



Hearty Chili with Cornbread

ingredients | Classic (Family)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Cornbread Mix | 1 cup + 2 Tbsp.
(2 ¼ cups)

Garlic | 1 ½ tsp. (1 Tbsp.)

Ground Beef and Sausage

Ground Beef | ¼ cup (½)

Sausage Crumbles | ¼ cup (½)

Instant Red Beans | ½ cup (1)

Veggie Mix

Green Chili Peppers | 2 ½ Tbsp. (⅓ cup)

Red Bell Peppers | 2 ½ Tbsp. (⅓ cup)

Tomato Dices | 2 ½ Tbsp. (⅓ cup)

Chopped Onions | 2 ½ Tbsp. (⅓ cup)

Seasoning Blend

Tomato Powder | 1 ½ tsp. (1 Tbsp.)

Beef Bouillon | ½ tsp. (1)

Lime Powder | ½ tsp. (1)

Espagnole Sauce Mix | 1 Tbsp. (2)

grab from your pantry

Butter, Melted | 2 Tbsp. (¼ cup)

Butter or Oil | ½ Tbsp. (1)

Cumin | ¼ tsp. (¾)

Chili Powder | ¼ tsp. (¾)

Cholula (optional) | 1 Tbsp. (2)

Brown Sugar | ¾ tsp. (1 ½)

Low Sodium Soy Sauce | 1 ½ tsp. (1 Tbsp.)

28 minutes

AS PREPARED

460 CALS / FATS 15G / PROTEIN 17G / SODIUM 700MG*

*For less sodium, reduce or eliminate soy sauce.

What's on the Box?

Check your box for the **CLASSIC** or **FAMILY** icon. Family measurements are in orange.

kitchen gadgets: Medium Sauce Pot, Bowl, Bread Pan (8x8 pan)



See note above! Preheat oven to 375 degrees. For the cornbread, combine **cornbread mix**, 2 Tbsp. ($\frac{1}{4}$ cup) of **melted butter** and $\frac{1}{2}$ (1) cup **water** in a medium bowl. Stir until combined. Pour into a greased bread pan (use 8x8 pan for Family meal) and bake 25–30 minutes or until golden brown.



For the chili, measure out 3 (6) cups of **water** and set aside. In a medium sauce pot, add $\frac{1}{2}$ (1) Tbsp. of **butter or oil** and sauté the **garlic** on medium heat until aromatic (10–30 seconds). Add the **ground beef and sausage** and stir until lightly browned.



Add pre-measured water, **instant red beans**, **veggie mix**, **seasoning blend**, $\frac{3}{4}$ (1 $\frac{1}{2}$) tsp. **brown sugar**, $1 \frac{1}{2}$ tsp. (1 Tbsp.) **soy sauce**, $\frac{1}{4}$ ($\frac{3}{4}$) tsp. **cumin**, $\frac{1}{4}$ ($\frac{3}{4}$) tsp. **chili powder**, and 1 (2) Tbsp. **Cholula** if desired. Bring to a simmer and simmer 10 minutes.



Whisk in the **Espagnole sauce mix**. Simmer for an additional 4–5 minutes, and then let rest for 5 minutes. Season with salt and pepper to taste. Serve alongside cornbread!

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Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Hearty Chili

Nutrition Facts

3 servings per container

Serving size **1 cup (49g)**

	Per Serving	Per Box
Calories	200	600
	% DV*	% DV*
Total Fat	7g 9%	22g 28%
Saturated Fat	2.5g 13%	7g 35%
Trans Fat	0g	0g
Cholesterol	20mg 7%	60mg 20%
Sodium	480mg 21%	1430mg 62%
Total Carb.	23g 8%	68g 25%
Dietary Fiber	6g 21%	17g 61%
Total Sugars	4g	13g
Incl. Added Sugars	1g 2%	2g 4%
Protein	12g	37g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	46mg 4%	138mg 10%
Iron	2mg 10%	5mg 30%
Potassium	458mg 10%	1373mg 30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: DEHYDRATED INSTANT RED BEANS, FREEZE DRIED SAUSAGE CRUMBLES COOKED PORK* (PORK, SALT, SUGAR, SPICES), **COOKED AND SEASONED GROUND BEEF PATTY CRUMBLE*** (BEEF, LESS THAN 2% VEGETABLE PROTEIN [PEA PROTEIN ISOLATE, PEA PROTEIN], SALT, NATURAL FLAVORS, GRILL FLAVOR [NATURAL FLAVOR (FROM SUNFLOWER OIL), GUM ARABIC], SPICE), **THRIVE ESPAGNOLE SAUCE POWDER** (MALTODEXTRIN, MODIFIED FOOD STARCH, SALT, TOMATO POWDER, CREAM, SUGAR, WHEY, BEEF POWDER, BEEF FAT, BEEF FLAVOR, GARLIC, ONION POWDER, BEEF STOCK, NATURAL FLAVOR, NONFAT MILK, SPICES), **DRIED MINCED GARLIC, TOMATO POWDER, CHOPPED ONIONS*, RED BELL PEPPERS*, LIME POWDER** (FRUIT SOLIDS, MALTODEXTRIN), **BEEF BOUILLON POWDER** (SALT, MALTODEXTRIN, YEAST EXTRACT, NATURAL FLAVOR, ONION AND GARLIC POWDER, CARAMEL COLOR, DEHYDRATED CELERY AND CARROT POWDER, SPICE, LESS THAN 2% SUNFLOWER OIL ADDED TO PREVENT CAKING), **TOMATOES*, GREEN CHILI PEPPERS***.

*FREEZE DRIED

CONTAINS: MILK.

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Cornbread

Nutrition Facts

4.5 servings per container

Serving size **1/4 cup (48g)**

	Amount per serving	% Daily Value*
Calories	180	
		% Daily Value*
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 30mg		10%
Sodium 240mg		10%
Total Carbohydrate 38g		14%
Dietary Fiber 0g		0%
Total Sugars 17g		
Includes 12g Added Sugars		24%
Protein 4g		
Vitamin D 0mcg		0%
Calcium 43mg		4%
Iron 0mg		0%
Potassium 41mg		0%

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INGREDIENTS: UNBLEACHED WHITE FLOUR (ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES), **WHITE SUGAR, CORNMEAL, POWDERED MILK, HONEY CRYSTALS** (REFINERY SYRUP, HONEY), **THRIVE DRIED SCRAMBLED EGG PRODUCT** (WHOLE EGGS, YOLK, DRIED EGG WHITES), **CORNSTARCH, VANILLA POWDER** (VANILLA BEAN EXTRACTIVES, SUGAR, CORN STARCH, TRICALCIUM PHOSPHATE, GLYCERINE), **BAKING POWDER** (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), **IODIZED SALT.**

CONTAINS: MILK, WHEAT, EGGS.

Hearty Chili

Nutrition Facts

6 servings per container

Serving size **1 cup (49g)**

	Amount per serving	% Daily Value*
Calories	200	
		% Daily Value*
Total Fat 7g		9%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 20mg		7%
Sodium 480mg		21%
Total Carbohydrate 22g		8%
Dietary Fiber 6g		21%
Total Sugars 4g		
Includes 1g Added Sugars		2%
Protein 12g		
Vitamin D 0mcg		0%
Calcium 46mg		4%
Iron 2mg		10%
Potassium 451mg		10%

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*FREEZE DRIED

CONTAINS: MILK.

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Cornbread

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Dietary Fiber 0g		0%
Total Sugars 17g		
Includes 12g Added Sugars		24%
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CONTAINS: MILK, WHEAT, EGGS.