



Creamy Red Pepper Polenta with Grilled Chicken

ingredients | 2 person (4 person)

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

grab from your box

Grilled Seasoned Chicken | ¾ cup (1 ½)

Veggie Mix

Chopped Onions | 1 Tbsp. (1 ½)

Zucchini | ¼ cup (½)

Mushrooms | 2 ½ Tbsp. (⅓ cup)

Red Bell Peppers | 2 ½ Tbsp. (⅓ cup)

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

Tomato Dices | ¼ cup (½)

Seasoning Blend #1

Italian Seasoning | ½ Tbsp. (1)

Chef's Choice Seasoning | ¼ tsp. (½)

Chicken Bouillon | ⅛ tsp. (¼)

Tomato Powder | ½ Tbsp. (1)

Balsamic Glaze | ½ oz. (1)

Red Bell Peppers | ½ cup (1)

Garlic | ¼ tsp. (½)

Chopped Onions | 1 Tbsp. (2)

Seasoning Blend #2

Chef's Choice Seasoning | ¼ tsp. (¾)

Chicken Bouillon | 1 tsp. (2)

Italian Seasoning | 1 tsp. (2)

Cornmeal | ⅓ cup (¾)

Sour Cream and Cheese Mix

Mozzarella Cheese | 2 ½ Tbsp. (⅓ cup)

Sour Cream Powder | 2 ½ Tbsp. (⅓ cup)

grab from your pantry

Heavy Cream (optional) | 2 Tbsp. (¼ cup)

Butter or Oil | ½ Tbsp. (1)

Extra Virgin Olive Oil | ½ Tbsp. (1)

16 minutes

AS PREPARED
270 CALS / FATS 12G / PROTEIN 15G / SODIUM 820MG

What's on the Box?

Check your box for the icon and follow 2 or (4 person) measurements.



2 Person



4 Person

kitchen gadgets: Large sauté pan, medium sauce pot, blender/food processor.



See note above! In a large sauté pan, add 1 ½ (3) cups of **water, grilled chicken, veggie mix,** and **seasoning blend #1.** Simmer until broth thickens (8-10 minutes).



To finish the grilled chicken topping, fold in ½ (1) Tablespoon **olive oil** and ½ (1 bottle) **balsamic glaze.**



For the polenta, add ½ (¾) cup of **red bell peppers** in a food processor or blender, leaving 2 ½ Tablespoons (¼ cup) aside. Blend into a fine powder, then set aside.



In a medium sauce pot, add ½ (1) Tablespoon of **butter or oil** and sauté **garlic** on medium heat until aromatic (10-30 seconds). Add 1 ½ (3) cups **water, onions,** all **red bell peppers** (powdered and sliced), and **seasoning blend #2** and bring to a simmer. Simmer for 2-3 minutes.



Turn heat to low and add **cornmeal** slowly while whisking. Cook for 2-3 minutes.



While whisking, add the **sour cream and cheese mix.** For an extra creamy finish, add 2 Tablespoons (¼ cup) of **heavy cream** and stir well. Serve with grilled chicken topping and enjoy!

55/00

Wasn't that simple?

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



Nutrition Facts

3 servings per container

Serving size **1 cup (55g)**

Calories

Per Serving
220

Per Box
670

% DV*

% DV*

Total Fat

7g **9%**

20g **26%**

Saturated Fat

3g **15%**

9g **45%**

Trans Fat

0g

0g

Cholesterol

40mg **13%**

115mg **38%**

Sodium

790mg **34%**

2370mg **103%**

Total Carb.

27g **10%**

80g **29%**

Dietary Fiber

2g **7%**

6g **21%**

Total Sugars

6g

18g

Incl. Added Sugars

1g **2%**

2g **4%**

Protein

15g

44g

Vitamin D

0mcg 0%

1mcg 6%

Calcium

112mg 8%

335mg 25%

Iron

1mg 6%

3mg 15%

Potassium

417mg 8%

1251mg 25%

* 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.

Nutrition Facts

6 servings per container

Serving size **1 cup (55g)**

Amount per serving

Calories **220**

% Daily Value*

Total Fat 7g

9%

Saturated Fat 3g

15%

Trans Fat 0g

Cholesterol 40mg

13%

Sodium 790mg

34%

Total Carbohydrate 27g

10%

Dietary Fiber 2g

7%

Total Sugars 6g

Includes 1g Added Sugars

2%

Protein 15g

Vitamin D 0mcg

0%

Calcium 112mg

8%

Iron 1mg

6%

Potassium 417mg

8%

*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.