



Southwest-Style Chicken Quinoa Bowl

ingredients | 2 person (4 person)

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

grab from your box

- Instant Quinoa** | 1 ½ cups (3)
- Kale** | ⅓ cup (¾)
- Chef's Choice Seasoning** | ½ Tbsp. (1)
- Rice Vinegar** | 2 Tbsp. (¼ cup)
- Chopped Chicken** | ½ cup (1)
- Veggie Mix**
 - Green Chili Peppers | 1 ½ Tbsp. (3)
 - Green Bell Peppers | ¼ cup (½)
 - Red Bell Peppers | ¼ cup (½)
 - Sweet Corn | ¼ cup (½)
- Onion Slices** | 2 Tbsp. (¼ cup)

Seasoning Blend

- Chef's Choice Seasoning | ¼ tsp. (½)
- Cilantro | ½ Tbsp. (1)
- Velouté Sauce Mix** | ½ Tbsp. (1)

grab from your pantry

- Chili Powder** | ½ tsp. (1)
- Cumin** | ½ tsp. (1)
- Olive Oil** | 2 Tbsp. (¼ cup)

20
minutes

allergens:
Dairy
Pantry items not included

280 CALS / FATS 13G / PROTEIN 13G / SODIUM 490MG

kitchen gadgets: Medium sauce pan, fine strainer, medium sized bowl, medium sauté pan.



1
Cooking for 4: Measurements for a four (4) person meal are in parentheses.

In a medium sauce pan, bring 6 cups of **water** to a boil. Add the **instant quinoa** and let boil for 2 minutes.



2
Add the **kale** to boiling quinoa and stir in to refresh for about 20 seconds. Pour the kale and quinoa into a fine mesh strainer, and let any excess water drain out. If desired cold for salad, rinse with cold water.



3
To complete the quinoa kale base, pour the kale and quinoa mixture into a medium sized bowl. Add the following seasonings to taste: **Chef's Choice seasoning**, $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **chili powder**, $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **cumin**, and as much **olive oil** and **rice vinegar** as desired. Mix well and set aside.



4
To make the sauté topping, combine $1\frac{1}{4}$ ($2\frac{1}{2}$) cups **water**, **chopped chicken**, **veggie mix**, **onion slices**, **seasoning blend**, $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **chili powder**, and $\frac{1}{4}$ ($\frac{1}{2}$) teaspoon **cumin** in a medium sauté pan and bring to a simmer. Simmer for 6-7 ($8-10$) minutes or until nearly all liquid has evaporated.



5
Stir in the **Velouté sauce mix** to slightly thicken and flavor the mixture. Stir well and simmer for an additional minute. Turn off the heat and rest for 1-2 minutes.



6
Top kale and quinoa with chicken topping, or mix together and enjoy!

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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 (56g)**
Amount per serving
Calories **200**

% Daily Value*

Total Fat 3.5g **4%**

 Saturated Fat 0.5g **3%**
Trans Fat 0g

Cholesterol 25mg **8%**
Sodium 490mg **21%**
Total Carbohydrate 28g **10%**

 Dietary Fiber 4g **14%**

Total Sugars 6g

 Includes 0g Added Sugars **0%**
Protein 13g

Vit. D 0mcg 0% • Calcium 62mg 4%

Iron 2mg 10% • Potas. 440mg 10%

*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: FREEZE DRIED COOKED QUINOA*, CHOPPED CHICKEN COOKED WHITE MEAT*, CORN*, SEASONED GOURMET RICE VINEGAR (RICE VINEGAR, SUGAR, SALT), THRIVE VELOUTÉ SAUCE POWDER (NONFAT DRY MILK, FOOD STARCH-MODIFIED, SALT, POTATO STARCH, MILK FAT, WHEY, YEAST EXTRACT, DEXTROSE, SWEET CREAM, ONION POWDER, SUGAR, NONFAT MILK SOLIDS, MALTODEXTRIN, CARROT POWDER, NATURAL FLAVOR, CHICKEN FAT, MODIFIED CORN STARCH, CHICKEN FLAVOR, GUAR GUM, XANTHAN GUM, SPICES, SODIUM CASEINATE, SODIUM PHOSPHATE, VINEGAR SOLIDS, CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D3), KALE*, RED BELL PEPPERS*, GREEN BELL PEPPERS*, ONION*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), GREEN CHILI PEPPERS*, CILANTRO*

*FREEZE DRIED

CONTAINS: MILK

DISTRIBUTED BY THRIVE LIFE, 691 SOUTH AUTO MALL DR,
 AMERICAN FORK, UTAH 84003. MADE IN UTAH.

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