



Buffalo Chicken Soup

Prep Time: 15 min

Cook Time : 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

331Calories

7 total grams of fat

590 mg of sodium



INGREDIENTS: **** Items not included in kit**

- 2 tablespoons olive oil **
- 1.5 lbs. cubed chicken
- 1 cup onion, diced
- 1 cup celery, diced
- 1 cup carrot, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1.75 lbs. Yukon gold potatoes peeled, 2 cups cut into 1/2 inch cubes
- 1/2 cup Frank's Red Hot Sauce, measure out to desired heat level
- 6 cups low-sodium chicken broth
- 1/2 cup whole milk
- Salt & black pepper, to taste **

Toppings:

- 4 Green onions, sliced
- 1/2 cup gorgonzola cheese
- Ciabatta rolls

DIRECTIONS:

1. Prep produce as listed in Ingredients.
2. Heat **2 TB olive oil** in a large pot over medium-high heat. Sauté **chicken cubes** until no longer pink, 5-8 minutes. Add **diced onion, celery, carrot, red bell pepper and garlic**. Sauté for 3 minutes or until onions are slightly translucent.
3. Add **cubed potatoes, 5 cups chicken broth, 1/4 cup Frank's Red Hot Sauce** (or use more to reach your desired heat level). Bring to a boil, once boiling, lower heat to a simmer and cook covered on medium heat for 30 minutes.
4. Remove about 1 cup of potatoes and place in a blender with **1/2 cup chicken broth** and **1/2 cup whole milk**, and process until smooth OR mash in a bowl until smooth. Add mixture back into pot, stirring to combine. Season to taste with **salt & black pepper**, add any additional Frank's Red Hot Sauce or chicken broth to reach desired heat level and consistency.
5. Garnish with **sliced green onions** and **gorgonzola cheese**.
6. Warm **ciabatta rolls** in 400 degree oven for 5-8 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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