

# Delicaé Gourmet Product Information

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## # 48431 Sante Fe Chicken with Black Beans

The mildly spicy flavor of this dinner is a delicious reminder of the southwest.

### Just add Chicken, Tomatoes and Corn.

**Ingredients:** Black Beans, Dehydrated Vegetables (Carrots, Onions, Celery), Chipotle, Chili Powder, Minced Garlic, Jalapeño, Sugar, Cilantro and Cumin.

### Ingredients needed

(6-7 quart slow cooker)

- 1 14 ½ oz can of low sodium petite diced tomatoes
- 1 15 oz can of low sodium tomato sauce
- 1 16 oz bag of frozen corn
- 4 lbs. of skinless chicken breasts or thighs
- 4 cups of water or low sodium chicken broth

### Cooking Instructions

1. Place uncooked chicken in bottom of cooker.
2. Rinse and sort beans and layer over chicken.
3. Layer contents of vegetable and spice packets over beans. (For less spicy flavor remove 2-3 tsp from the spice packet before use.)
4. Top evenly with diced tomatoes and tomato sauce.
5. Slowly pour water or chicken broth over ingredients. Do not stir.
6. Cover & cook on high for 5½-6½ hours or low for 8½-9½ hours. Do not lift lid while cooking.
7. Add corn ½ hour before serving.
8. When ready to serve salt to taste.

### Serving Suggestions

Before serving add 2 - 4 ½ oz cans of chopped green chilies. (These are not spicy and they add wonderful flavor.)

Add 1 cup diced fire roasted red peppers.

Want more heat? Add hot sauce or jalapeños.

Top with sour cream and grated cheese.

Top with chopped fresh cilantro & lime.

Serve over rice with warm tortillas.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Place black beans in a large bowl and sort through them carefully. Cover with water and let soak 8 hours to overnight.
2. Drain and rinse beans after soaking and place in a large 5 to 6 quart sauce pot with cover. Pour in 4 cups of water or broth.
3. Place on stove, set heat on low. Cover. Allow to heat to a slight boil, while stirring occasionally for 1 hour.
4. At this point, you may need to add 1 to 2 more cups of water or broth. Add tomato sauce and diced tomatoes, along with the contents of the vegetable packet. Mix pot thoroughly. Cover and let simmer for another hour.
5. Once the beans begin to soften, add chicken and spice packets, and stir. You may need to add more water or broth. Cover and let simmer for 1 hour.
6. Add corn and (if desired) green chilis. Stir, cover, and simmer another hour or until done.
7. Garnish and serve.

## Nutrition Facts

Serving Size As Packaged 1.0 oz. (29g)  
As Prepared 14.0 oz (398g)  
Servings Per Container 11

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	100	340	
Calories from Fat	0	30	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>5%</b>	
Saturated Fat 0g	<b>0%</b>	<b>3%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>32%</b>	
<b>Sodium</b> 60mg	<b>3%</b>	<b>8%</b>	
<b>Total Carbohydrate</b> 19g	<b>6%</b>	<b>10%</b>	
Dietary Fiber 3g	<b>12%</b>	<b>20%</b>	
Sugars 4g			
<b>Protein</b> 5g			
Vitamin A	60%	60%	
Vitamin C	6%	25%	
Calcium	2%	4%	
Iron	8%	20%	
<small>* Amount in Mix. As prepared, one serving provides 3g total fat (0.5g saturated fat), 95mg cholesterol, 190mg sodium, 31g carbohydrate (5g fiber, 8g sugar) and 43g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	* Carbohydrate	4 * Protein 4