



PRICE: \$11.50 CA | \$10.50 US (PACK OF 3)  
VOLUME: 67 g (2.4 oz)

#### FLAVOUR PROFILE

Saucy, creamy stew with a satisfying chicken flavour and a hint of onion and sage.

#### FEATURES & BENEFITS

Creamy, rich, and comforting stew made with chicken (or your choice of protein) and veggies; ready in under 20 min.

Makes about 8 cups of prepared stew.

#### LABEL DIRECTIONS

Makes 4 servings.

Combine seasoning with 2 cups water. Set aside. In a large microwavable bowl, combine 2 cups cubed potatoes with 1 cup each diced carrots and celery and ½ cup water. Cover and microwave on high for 8 min or until veggies are fork-tender. Meanwhile, add 1 tbsp oil to large frying pan. Over medium-high heat, brown 1 lb (450 g) bite-sized pieces of boneless, skinless chicken breast. Stir in reserved seasoning mixture and cooked vegetables. Bring to a boil, stir in 1 cup frozen peas, and serve.

#### INGREDIENTS LIST\*

Black pepper, cheddar cheese flavour (cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], whey, buttermilk solids, salt, sodium phosphate, lactic acid), chives, corn starch, inactive nutritional yeast, sage, sea salt.

#### ALLERGENS AND SENSITIVITIES:

Milk.

\*Ingredient list is in alphabetical order for proprietary reasons.

#### RECIPE IDEAS

- Use as a filling for chicken pot pies.
- Use the sauce alone as a dip for biscuits or cornbread.
- Elevate your stew and swap chicken for shrimp.
- Brinner: serve over waffles for the savoury "breakfast for dinner" meal.

#### KITCHEN HACK

Swap chicken for mushrooms and enjoy a vegetarian cream of mushroom soup instead.

#### TASTING TIP

Bring one serving to demo at your cooking class; freeze the remainder in portions for future classes.

#### COMPANION PRODUCTS

Check [epicure.com](http://epicure.com) for current availability.

#### FOOD & BEVERAGES:

- **Steamy Dinners Collection**
- **African Sweet Potato Stew Seasoning**

#### COOKWARE:

- **Multipurpose Steamer**
- **Prep Pro Utensil Set**

\*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at [epicure.com](http://epicure.com).

Nutrition Facts / Valeur nutritive		
Per 1/4 package dry mix (17g) / About 2 cups prepared par		
	Dry Mix Mélange	Prepared† Préparé‡
<b>Calories</b>	<b>70</b>	<b>320</b>
	% Daily Value* / % valeur quotidienne*	
<b>Fat / Lipides 2 g†</b>	3 %	11 %
Saturated / saturés 1 g	5 %	10 %
+ Trans / trans 0.1 g		
<b>Carbohydrate / Glucides 9 g</b>		
Fibre / Fibres 1 g	4 %	21 %
Sugars / Sucres 2 g	2 %	6 %
<b>Protein / Protéines 3 g</b>		
<b>Cholesterol / Cholestérol 5 mg</b>		
<b>Sodium 350 mg</b>	15 %	22 %
<b>Potassium 150 mg</b>	3 %	18 %
<b>Calcium 50 mg</b>	4 %	8 %
<b>Iron / Fer 0.4 mg</b>	2 %	13 %
† Amount in food as sold. / Teneur de l'aliment tel que vendu.		
‡ Prepared adds 250 Calories, 6 g Fat (1 g Saturated), 22 g Carbohydrate (5 g Fibre, 4 g Sugars), 27 g Protein, 65 mg Cholesterol, 150 mg Sodium. / La recette préparée ajoute 250 Calories, 6 g Lipides (1 g saturés), 22 g Glucides (5 g Fibres, 4 g Sucres), 27 g Protéines, 65 mg Cholestérol, 150 mg Sodium.		
*5% or less is a little, 15% or more is a lot		
*5% ou moins c'est peu, 15% ou plus c'est beaucoup		