

# Creamy Chicken Fajita Pasta

*Recipe makes 6 meals*

## Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, sliced**
- **15 oz Barilla Protein Plus Pasta**
- **8 oz Light Sour Cream**
- **1 cup Chicken Broth**
- **1 cup Fat Free Faiflife Milk**
- **1 small Yellow Onion, sliced**
- **1 large Green Bell Pepper, sliced**
- **1 large Red Bell Pepper, sliced**
- **1.2 oz pack Fajita Seasoning, divided**
- **2 Tbsp Water**
- **2 Tbsp Butter**
- **2 Tbsp All-Purpose Flour**
- **1 Tbsp Olive Oil**
- **1/2 Tbsp Garlic Powder**
- **1 tsp Onion Powder**
- **1 tsp Paprika**
- **Salt and Pepper to taste**



## Nutrition Profile

*- per meal -*

**Calories - 494**  
**Fat - 22g**  
**Carbohydrates - 57g**  
**Protein - 41g**  
**\*Fiber - 8g**

**Estimated Cost  
Per Meal**

**\$2.24**

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# Instructions

- 1. Start by adding your sliced chicken to a large mixing bowl, along with 1 Tbsp olive oil, 1/4 of your fajita seasoning packet, 1/2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp paprika, and a little salt and pepper. Mix to coat.**
- 2. Add your seasoned chicken into a large skillet over medium-high heat and cook for 4-5 minutes on each side or until your chicken is cooked through and has a nice color on the outside. Once it's done, remove it from the skillet and set it aside.**
- 3. Return that same skillet back to the stove and add in your sliced onions, bell peppers, 1/4 of your fajita seasoning packet, and 2 Tbsp of water. Cook for 4-5 minutes. Once that's done, remove them from the skillet and set it aside.**
- 4. Place that same skillet back on the stove and add in 2 Tbsp of butter. Once your butter is melted, stir in 2 Tbsp of all-purpose flour and cook for about 1 minute, stirring constantly.**
- 5. Next, add in 1 cup of chicken broth, 1 cup of milk, and the rest of your fajita seasoning packet. Mix well and bring to a boil.**
- 6. Once your liquid starts boiling, reduce the heat to low and add in your cooked chicken and veggies. Cover, and let this simmer on low heat while you make your pasta.**
- 7. Cook your pasta according to the instructions on the package. When it's done, strain it, return it back to the pot, and add in your chicken and veggies, along with 8 ounces of light sour cream. Mix well, give it a taste, and add salt and pepper to preference.**
- 8. Divide into your meal containers and enjoy!**



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# Notes

- **These portions are quite large and pretty filling. But if you want to add more veggies to this meal, that's perfectly fine. If you don't like bell peppers, you can always swap them out for your veggie of choice.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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