



# KNORR BOUILLON Pantry Pals

## KNORR BOUILLON

- 1. PROTEINS:** (use 1 lb. of lean meat proteins or plant based proteins such as bean & legumes)
- 2. VEGETABLES:** (add at least 2 cups of vegetables)
- 3. AROMATICS:** (herbs, spices, flavorings)
- 4. GRAINS:** (1/2 cup serving)
- 5. DISH IDEAS**

### KNORR BOUILLON CHICKEN



#### 1. PROTEINS

chicken,  
black beans,  
chickpeas,  
chorizo

#### 3. AROMATICS

parsley,  
cilantro,  
bay leaf,  
oregano,  
cumin,  
culantro,  
annatto,  
dried chilies

#### 5. DISH IDEAS

Chickpea and  
Chorizo Stew

Caldo de Pollo

Black Bean Soup  
with quinoa  
or rice

Arroz con Pollo

Sancocho (latin  
american stew)

Chicken  
Chilaquiles

Chicken Tacos

Chicken Tinga

#### 2. VEGETABLES

red onion, garlic,  
green peas,  
tomatoes,  
bell peppers,  
potatoes,  
cabbage, corn,  
yucca, tarro root,  
carrots, jalapeno,  
calabaza

#### 4. GRAINS

quinoa,  
rice,  
masa harina,  
barley,  
tortillas

#### 1. PROTEINS

flank steak,  
steak beef,  
beans, pork,  
sausage/  
chorizo

#### 3. AROMATICS

parsley, cilantro,  
bay leaf,  
oregano,  
cumin, culantro,  
annatto,  
dried chilies,  
white vinegar,  
orange juice

#### 5. DISH IDEAS

Ropa Vieja

Black Bean Soup

Caldo de Res

Sancocho de Res

Carne Asada

Steak Tacos

Roasted Pork  
Mojo

Chuleta  
(Pork Chop)  
with grains

#### 2. VEGETABLES

red onion, garlic,  
green peas,  
tomatoes,  
bell peppers,  
potatoes,  
cabbage, corn,  
yucca, tarro root,  
carrots, jalapeno,  
calabaza

#### 4. GRAINS

quinoa,  
rice,  
masa harina,  
barley,  
tortillas

### KNORR BOUILLON BEEF

