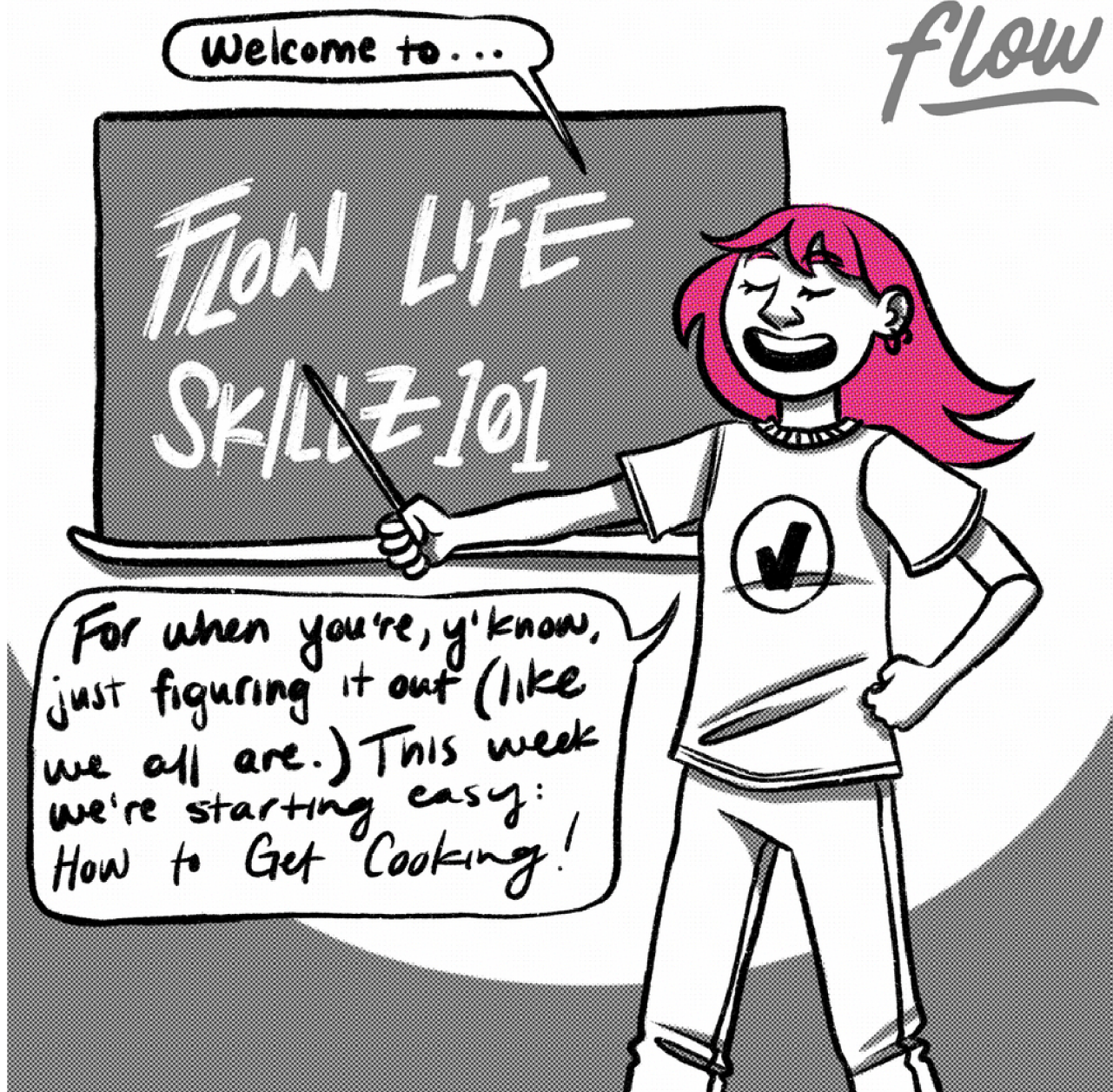


Welcome to...

flow

FLOW LIFE
SKILLZ 101

For when you're, y'know,
just figuring it out (like
we all are.) This week
we're starting easy:
How to Get Cooking!

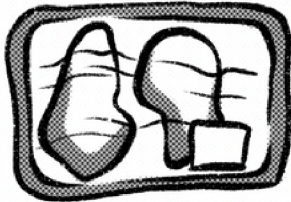




Don't worry, we're starting small, promise! Today we're just going over one cheap/healthy/yummy/easy meal.

KISS THE COOK

This is bootleg white chili,
n' it makes enough for
dinner for a week for 1!
You're gonna need...



1 pack of
chicken breast
(fresh or frozen)



1-2 cans beans
(garbanzo + white)
1 can corn



1 yellow onion



1 container of
chicken broth





It's basically like an easy chicken soup, it won't take more than 15 minutes of prep. Let's get going!

CLATTER



First, choppy chop that chicken + your onion. Just like, bite size-ish pieces. They don't have to be pretty, chop with ya heart!

Dump all that
into a heated pot
with some olive oil
& brown them.

PLOP

While you're
doing that,
get your
cans!



Once your chicken & onion are nicely browned, plop literally everything else into the pot (corn, beans, broth)





Season to taste
with pretty much
anything you want
to taste. When in
doubt: salt & pepper!
Then throw a
lid on your pot
& let it cook till
the chicken is all
cooked through.

BOOM! You're done + have enough Soup for like an army. Thank me later (after you have seconds)!

