



Total Time
30 MIN.

Serving & Size
1/2 CUP

Difficulty
EASY

Yields
30

This savory Mediterranean-inspired dish is made with kale, chickpeas and quinoa sautéed with Campbell's® Healthy Request® Condensed Tomato Soup and garnished with feta cheese.

Nutrition Facts

Serving Size	1/2 CUP	
Amount Per Serving		
Calories 129		
	% Daily Value	
Total Fat 2.7g		4%
Saturated Fat 0.5g		3%
Cholesterol 1mg		0%
Sodium 320mg		13%
Total Carbohydrate 21.8g		7%
Dietary Fiber 4.3g		17%
Protein 6g		12%
Vitamin A 18%	Vitamin C 48%	
Calcium 6%	Iron 9%	




TIP

Try making this recipe with Lacinato kale, also known as Tuscan kale and black kale.

INGREDIENTS

WEIGHT

MEASURE

olive oil		4 tsp.
onion, medium, chopped	8 oz.	2 ea.
garlic, whole cloves, peeled, minced	1 oz.	8 ea.
ginger root, peeled, grated		2 tbsp.
sun-dried tomatoes, soaked, drained, sliced	6 oz.	1 1/2 cups
 Campbell's® Healthy Request® Condensed Tomato Soup	40 oz.	9 1/4 cups
Swanson® Certified Organic Vegetable Broth	30 oz.	3 5/8 cups
chickpeas (garbanzo beans), canned, rinsed, drained	30 oz.	5 1/2 cups
kale, cleaned and stems removed	2 lb.	57 cups
quinoa	13 oz.	2 cups
kosher salt		1 pinches
black pepper		1 pinches
fresh parsley, chopped		1/4 cups
reduced fat feta cheese, crumbled	4 oz.	3/4 cups



INSTRUCTIONS

1. Heat oil in a large rondeau over medium heat. Add onion, garlic, and ginger. Cook until soft, stirring constantly.
2. Mix in sun-dried tomatoes, Campbell's® Healthy Request® Condensed Tomato Soup and Swanson® Certified Organic Vegetable Broth.
3. Once mixture is bubbling, add chickpeas. Cook for 10 minutes.
4. Add kale to mixture, in bunches, while stirring continuously.
5. When kale shrinks down and softens, add quinoa. Cook for 2-5 minutes, until heated through. Mixture should be loose.

CCP: Heat to a minimum internal temperature of 165°F for 1 minute.

CCP: Hold for hot service at 140°F or higher until needed.

6. Season with salt and pepper. Top with parsley and feta.

To Serve: Using a 4 oz. spoodle or a #8 scoop, portion 1/2 cup onto plate. Serve immediately.