



Total Time
45 MIN.


Serving & Size
SERVING (1-1/2 CUPS)

Difficulty
EASY

A Cajun-style favorite with onion, peppers, celery and chicken. Spiced up with a Cajun spice blend.

Yields
12

Nutrition Facts	
Serving Size	SERVING (1-1/2 CUPS)
Amount Per Serving	
Calories 615	
	% Daily Value
Total Fat 7.6g	12%
Saturated Fat 1.1g	6%
Cholesterol 55mg	18%
Sodium 448mg	19%
Total Carbohydrate 102.8g	34%
Dietary Fiber 4.8g	19%
Protein 30.9g	62%
Vitamin A 12%	Vitamin C 74%
Calcium 6%	Iron 33%

INGREDIENTS	WEIGHT	MEASURE
vegetable oil		3 tbsp.
onion, diced	9 oz.	2 cups
green pepper, diced	11 oz.	2 cups
red bell pepper, diced	11 oz.	2 cups
celery, diced	7 oz.	1 1/2 cups
boneless, skinless chicken breast, yield from 1 ounce raw, diced		41
garlic, minced		1/2 tsp.
paprika, ground		2 tbsp.
black pepper, ground		1 1/4 tsp.
bay leaf, crumbled		1/4 tsp.
garlic powder		2 1/2 tbsp.
long grain white rice, unprepared	40 oz.	6 cups
 Campbell's® Healthy Request® Condensed Tomato Soup , 50 oz ea		1 cans
water		4 cups
fresh parsley, chopped		



INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat. Sauté onions, peppers and celery for 5 minutes.
2. Add diced chicken, garlic and spices. Stir well, cook 10 minutes.
3. Add rice and mix well. Add **Campbell's® Healthy Request® Condensed Tomato Soup**. Slowly stir in water.
4. Bring to a boil, then reduce to a simmer. Cover and stir occasionally until rice is cooked, about 15 minutes.

**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.**

5. To serve, using a 12 oz. ladle, portion 1-1/2 cups of Jambalaya into a serving bowl. Garnish with fresh parsley. Serve immediately.