



Total Time
90 MIN.

Serving & Size
1 CUP

Difficulty
EASY

Yields
24

Try our delicious Chicken Sopa Casserole made with Campbell's® Healthy Request® Cream of Chicken Soup and Swanson® Natural Goodness® Chicken Broth. This hearty dish is packed with peppers, onions, garlic, tomato, and cheddar cheese giving it a flavor profile everyone will love.

Nutrition Facts

Serving Size	1 CUP
Amount Per Serving	
Calories 247	
<small>% Daily Value</small>	
Total Fat 6.7g	10%
Saturated Fat 1.3g	7%
Cholesterol 49mg	16%
Sodium 478mg	20%
Total Carbohydrate 24.9g	8%
Dietary Fiber 3.1g	12%
Protein 20.2g	40%
Vitamin A 9%	Vitamin C 47%
Calcium 13%	Iron 8%




TIP

This recipe meets Partnership for a Healthier criteria for overall cafeteria and general menu offerings (a la carte entrees).

INGREDIENTS

WEIGHT

MEASURE

vegetable oil		2	tblsp.
Vidalia onion, minced	1 lb.	1	qt.
celery, minced	2 lb.	1	qt.
assorted bell peppers (green, red, yellow), finely diced	1 lb.	1	qt.
garlic, peeled, minced		2	tblsp.
cooked diced chicken	3 lb.	3	qt.
 Campbell's® Healthy Request® Condensed Cream of Chicken Soup	50 oz.	1	cans
Swanson® Natural Goodness® Chicken Broth		1	cups
green chiles, diced	5 oz.	1	cups
vegetable cooking spray, as needed			
corn tortilla	1 lb.	30	ea.
low fat Cheddar cheese, shredded	1 lb.	1	qt.
iceberg lettuce, shredded	18 oz.	1 1/2	qt.
tomato, diced	2 lb.	1 1/2	qt.



INSTRUCTIONS

1. In rondo heat oil over medium-high heat; add onions, celery and peppers and sauté until tender (5-7 minutes) Add garlic and continue to sauté 1-2 minutes.
2. Add chicken pieces and toss to coat.
3. Add Chicken Soup, Broth and diced chilies to onion mixture and heat through.
4. Spray and full (12 x 20 x 3-in.) hotel pan with non-stick cooking spray. Add 1 qt. chicken mixture and spread into an even layer. Top with 15 tortillas, overlapping slightly to create layer. Top with 1 1/2 cups cheese. Repeat process. Top with remaining chicken and sprinkle with remaining cheese.
5. Cover pan and bake in 375°F conventional or 325°F convection oven 45-55 minutes. CCP: Cook to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F or higher for service. Let Sopa rest at least 15 minutes before serving.
6. **To Serve:** Portion 1 cup Sopa on a bed of 1/2 cup lettuce and 1/2 cup chopped tomato.