



Nutrition Facts

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

Amount Per Serving

Calories 494

% Daily Value

Total Fat	13.2g	20%
Saturated Fat	3.3g	17%
Cholesterol	168mg	56%
Sodium	555mg	23%
Total Carbohydrate	52.6g	18%
Dietary Fiber	5.5g	22%
Protein	39.4g	79%
Vitamin A	12%	Vitamin C 7%
Calcium	6%	Iron 22%



TIP

TAGINE SPICE BLEND

- 12 tablespoons ground paprika
- 4 tablespoons ground black pepper
- 4 tablespoons ground cinnamon
- 4 tablespoons ground




Total Time
40 MIN.

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

Difficulty
EASY

Yields
24

Seared chicken in a sauce of garlic, olives, lemon juice, Roma tomatoes, chicken broth, tomato soup infused with fragrant blend of herbs and spices served with couscous.

INGREDIENTS	WEIGHT	MEASURE
TAGINE SPICE BLEND	2 oz.	1/2 cups
boneless, skinless chicken thigh, yield from 1 ounce raw		160
olive oil		2 tbsp.
onion, sliced thin	9 oz.	2 cups
garlic, peeled, chopped fine	1 oz.	2 tbsp.
roma tomatoes, diced	11 oz.	2 cups
black olives, pitted, cut in half	9 oz.	11/2 cups
olive brine		2 fl oz.
Swanson® Natural Goodness® Chicken Broth		2 cups
 Campbell's® Condensed Tomato Soup , 50 oz ea		1 cans
fresh Italian parsley, finely chopped		1 tbsp.
lemon juice		2 tbsp.
cooked couscous	125 oz.	24 cups
cilantro, finely chopped		1 tbsp.



INSTRUCTIONS

1. Season chicken with half the spice blend. Reserve.
2. Heat large pot over high heat, add olive oil.
3. Sear chicken on both sides until golden brown about 5 minutes. Reserve.
4. In the same pot, lower heat to medium. Add onions, garlic and remaining spice mix. Cook for 3 minutes.
5. Add tomatoes, olives and brine. Let simmer for 5 minutes.
6. Add **Swanson® Natural Goodness® Chicken Broth**, chicken thighs and **Campbell's® Condensed Tomato Soup**. Let simmer for 20 minutes on low heat.
7. Add lemon juice and parsley. Simmer for additional 2 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.
8. Assemble each bowl in the following order:
 - 1 cup (#4 scoop) cooked cous cous
 - 2 pieces (about 6 oz of chicken thighs)
 - 3 oz ladle of sauce
9. Garnish with chopped cilantro. Serve immediately.