



Total Time
45 MIN.

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

Difficulty
EASY

Yields
24

Brown rice topped with slow simmered, shredded chicken breast, onions, garlic, tomato soup, cumin, chipotle peppers in a bowl topped with black beans, corn, Monterey jack cheese, avocado, cilantro, and tortillas.

Nutrition Facts	
Serving Size	SERVING (1-1/2 CUPS;)
Amount Per Serving	
Calories 698	
	% Daily Value
Total Fat 18.3g	28%
Saturated Fat 5.1g	26%
Cholesterol 109mg	36%
Sodium 532mg	22%
Total Carbohydrate 80.9g	27%
Dietary Fiber 9.5g	38%
Protein 49g	98%
Vitamin A 6%	Vitamin C 11%
Calcium 15%	Iron 15%

INGREDIENTS **WEIGHT** **MEASURE**

canola oil		1/4 cups
onion, sliced thin	9 oz.	2 cups
garlic, minced		1 tbsp.
black pepper, ground		1/2 tsp.
dried oregano leaves		1 tbsp.
cumin, ground		1 tsp.
canned chipotle pepper, pureed	1 oz.	2 tsp.
cilantro, chopped		2 tbsp.
cooked chicken, breast, shredded	96 oz.	19 1/2 cups

Swanson® Natural Goodness® Chicken Broth 1 cups



Campbell's® Condensed Tomato Soup, 50 oz ea 1 cans

cooked brown rice	134 oz.	24 cups
frozen whole kernel corn, thawed, drained	36 oz.	6 cups
black beans, canned, rinsed, drained	39 oz.	6 cups
Monterey Jack cheese, shredded	14 oz.	3 cups
avocado, ripe, peeled, pitted, sliced		4 ea.
corn tortilla, 6-inch, warmed	17 oz.	24 ea.
cilantro, sprigs		1/2 cups



INSTRUCTIONS

1. Using a medium sauce pot, heat canola oil over medium heat.
2. Add onions. Sauté for 2-3 minutes.
3. Add garlic. Cook for additional 1 minute.
3. Add black pepper, oregano, cumin and chipotle peppers. Cook for 3-4 minutes.
4. Add chopped cilantro, chicken and **Swanson® Natural Goodness® Chicken Broth**. Simmer for 5 minutes.
5. Add **Campbell's® Condensed Tomato Soup**. Let simmer on low to medium heat for 20 minutes.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
6. Remove chicken breast from sauce. Pull into shreds. Return chicken to sauce and reserve.
CCP: Hold for hot service at 140°F or higher until needed.
7. Assemble each bowl in the following order:
 - 1 cup (#4 scoop) cooked brown rice
 - 4 oz (#8 scoop) tomato chicken mixture
 - 2 oz (#30 scoop) corn
 - 2 oz (#30 scoop) black beans
 - 1 oz (#30 scoop) shredded Monterey jack cheese
 - 3 slices of avocado
8. To Serve: Garnish each bowl with 1 tortilla cut in 6 pieces and a sprig of cilantro. Serve immediately.