



Total Time
55 MIN.

Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
EASY

Yields
23


This Mexican-style soup made with Campbell's® Signature Low Sodium Chicken Culinary Foundation is accented with chicken, chilies, cumin, tomatoes, cilantro, and crispy tortilla strips. Great Mexican flavor with less than 600 mg sodium per serving.

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 160	
	% Daily Value
Total Fat 4.4g	7%
Saturated Fat 0.6g	3%
Cholesterol 24mg	8%
Sodium 546mg	23%
Total Carbohydrate 20.9g	7%
Dietary Fiber 3.1g	12%
Protein 10g	20%
Vitamin A 18%	Vitamin C 29%
Calcium 8%	Iron 6%

INGREDIENTS

WEIGHT

MEASURE

corn tortilla, 6-inch	2 lb.	24 ea.
vegetable cooking spray		
vegetable oil		2 tbsp.
onion, finely chopped	2 lb.	1 qt.
garlic, peeled, minced	1 oz.	1/4 cups
red bell pepper, diced	11 oz.	1/2 qt.
frozen whole kernel corn	10 oz.	2 cups
ground coriander		1/2 tbsp.
cumin		2 tbsp.
ancho chili powder		11/2 tbsp.
ground chipotle chile powder		1 tsp.
cooked diced chicken, 1/2-inch	2 lb.	5 cups
no salt added diced tomatoes, undrained	2 lb.	1 qt.
 Campbell's® Signature Low Sodium Chicken Culinary Foundation	2 lb.	
water		3 qt.
bay leaf, individual leaf(ves)		3 ea.
cilantro, minced	1 oz.	1/4 cups
lime juice, fresh		1/4 cups



kosher salt 1 1/2 tbsp.

Cheddar cheese, shredded 2 oz. 1/2 cups

INSTRUCTIONS

1. Julienne half tortillas and lay in an even layer on a sheetpan. Spray with non-stick cooking spray, toss and respray. Bake in 350°F. oven for 10-12 minutes or until crispy and golden. Remove and cool. Reserve for garnish.
2. Bake remaining tortillas in an even layer on sheet pans for 15 minutes, turning once, to crisp and slightly brown. Remove from heat, cool and grind in a food processor until smooth. Hold.
3. In a kettle, heat oil to sauté vegetables:
 - Add onion and sauté 4 minutes until slightly golden.
 - Add garlic and sauté 1 minute.
 - Add red pepper, corn, coriander, cumin, ancho and chipotle powders and sauté 2 minutes, stirring often.
4. Stir in chicken and cook 3 minutes.
5. Pour in tomato dices with liquid and bring to a simmer.
6. Add Campbell's® Signature Low Sodium Chicken Culinary Foundation, water, bay leaves and reserved ground tortillas. Bring to a simmer and cook 30 minutes.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
7. Just before serving remove bay leaves and stir in cilantro, lime juice and salt.
CCP: Hold for hot service at 140°F or higher until needed.
8. Using an 8 oz ladle, portion 1 cup into soup bowl. Top each serving with 1 teaspoon shredded cheese and several reserved tortilla strips. Serve immediately.