



Total Time
40 MIN.


Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
MEDIUM

Yields
24

Light and spicy, chilapachole is a seafood soup enjoyed along the Gulf of Mexico. The sweet crabmeat in a piquant tomato broth made with Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation makes an elegant dinner offering, or can be served with a few simple quesadillas for an easy lunch menu.

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 155	
<small>% Daily Value</small>	
Total Fat 9.6g	15%
Saturated Fat 0.7g	4%
Cholesterol 9mg	3%
Sodium 141mg	6%
Total Carbohydrate 15.2g	5%
Dietary Fiber 2.8g	11%
Protein 4g	8%
Vitamin A %	Vitamin C 160%
Calcium 3%	Iron 6%

INGREDIENTS	WEIGHT	MEASURE
onion, small, peeled, quartered	22 oz.	9 ea.
tomato, large, cut into quarters	58 oz.	9 ea.
red bell pepper, small, seeded, cut in half lengthwise into quarters	23 oz.	9 ea.
serrano chili pepper, seeded, 1/4" sliced	56 oz.	35 ea.
vegetable oil		1 cups
garlic, peeled, minced	2 oz.	1/2 cups
 Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation	2 lb.	1 qt.
water		3 qt.
fresh parsley, chopped	1 oz.	1/2 cups
refrigerated lump crabmeat, drained	8 oz.	2 cups
black pepper, cracked		1/2 tsp.
lime, cut into 4 wedges		6 ea.



INSTRUCTIONS

1. Place the onion, tomato, red pepper and chili peppers into a large bowl or pan. Add the oil and toss to coat.

2. Heat a large skillet over medium heat. Add the vegetables and cook for 3 minutes, stirring occasionally. Add the garlic and cook for 2 minutes or until the vegetables are well browned, stirring occasionally. Remove and **reserve** the chili peppers from the skillet.

3. Remove the remaining vegetables to a blender. Add Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation, water and parsley. Cover and blend for 2 minutes or until the mixture is smooth. Pour the vegetable mixture into a saucepan and cook over medium heat until the mixture is hot and bubbling. Stir in the crabmeat and cook for 2 minutes or until the mixture is hot. Season with ground black pepper.

CCP: Ensure final cook step reaches a minimum internal temperature of 165°F for one minute.

CCP- Hold hot at 140°F or higher for service.

4. Mince the **reserved** chili peppers. Sprinkle the soup with the chili peppers and serve with the lime slices.

Portion size = 1 cup (8 oz. ladle)