



Total Time
60 MIN.

Serving & Size
SERVING(#8 SCOOP, 1/2 CUP)


Difficulty
EASY

Yields
20

Looking for a dish that is a good source of fiber and calcium? Then we have the perfect dish for you. Try our delicious cream spinach made with Campbell's® Healthy Request® Cream of Chicken Soup, onions, garlic powder and nutmeg!

Nutrition Facts	
Serving Size	SERVING(#8 SCOOP, 1/2 CUP)
Amount Per Serving	
Calories 98	
	% Daily Value
Total Fat 3.2g	5%
Saturated Fat 0.7g	4%
Cholesterol 5mg	2%
Sodium 463mg	19%
Total Carbohydrate 12.3g	4%
Dietary Fiber 2.4g	10%
Protein 5.5g	11%
Vitamin A 75%	Vitamin C 7%
Calcium 14%	Iron 6%

INGREDIENTS	WEIGHT	MEASURE
--------------------	---------------	----------------

canola oil		1 tbsp.
onion, diced	10 oz.	1 1/4 cups
garlic powder		1 tsp.
nutmeg, ground		1 tsp.
reduced fat (2%) milk		2 cups
 Campbell's® Healthy Request® Condensed Cream of Chicken Soup, 50 oz ea		1 cans
kosher salt		1 1/2 tsp.
frozen spinach, chopped, thawed, squeezed dry	80 oz.	10 cups

INSTRUCTIONS

1. In a large sauce pot, heat canola oil. Sauté onions over medium heat until caramelized, about 10 minutes.
2. Add garlic powder and nutmeg. Cook for another 2 minutes.
3. Add milk, Campbell's® Healthy Request® Cream of Chicken Soup, salt and pepper. Simmer for 15 minutes.
4. Add spinach, continuously stirring. Reduce heat to low. Continue to cook for 15-20 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.
5. To Serve: Using a #8 scoop, portion 1/2 cup onto plate. Serve immediately.