



Total Time
65 MIN.

Serving & Size
1 SERVING (1 FISH FILET, 1/3 CUP SAUCE, 1/2 CUP RI

Difficulty
EASY

Yields
24


Try our Creole Baked Fish recipe made with Campbell's® Healthy Request® Condensed Tomato Soup. Combine the fish, creole sauce, and fresh grated parmesan cheese to a baking pan and cook for 45 minutes. Serve over brown rice to finish.

Nutrition Facts	
Serving Size	1 SERVING (1 FISH FILET, 1/3 CUP SAUCE, 1/2 CUP RI
Amount Per Serving	
Calories	317
% Daily Value	
Total Fat	5.6g 9%
Saturated Fat	1.6g 8%
Cholesterol	60mg 20%
Sodium	326mg 14%
Total Carbohydrate	38.4g 13%
Dietary Fiber	3.8g 15%
Protein	28.4g 57%
Vitamin A	5% Vitamin C 37%
Calcium	8% Iron 11%

TIP

Sprinkle parsley over dish.

Substitute saffron rice for brown rice.

INGREDIENTS	WEIGHT	MEASURE
dried oregano leaves, crumbled		2 1/2 tbsp.
gumbo file powder		1 tbsp.
black pepper, ground		1 tsp.
ground red pepper		1/2 tsp.
vegetable cooking spray, as needed		
tilapia, filets, 4 oz each	6 lb.	24 ea.
vegetable oil		2 tbsp.
Vidalia onion, diced	3 lb.	2 qt.
green pepper, diced	1 lb.	1 qt.
celery, diced	2 lb.	1 qt.
garlic, peeled, minced		2 tbsp.
 Campbell's® Healthy Request® Condensed Tomato Soup	50 oz.	1 cans
water		2 cups
fresh parsley, minced		1 cups
lemon juice		333/1000 cups
lemon zest		1 tbsp.
Parmesan cheese, grated	2 oz.	1 cups



brown rice, cooked, hot

3 qt.

INSTRUCTIONS

1. In bowl mix together oregano, gumbo file, if desired, and peppers.
2. Lightly spray 2 shallow, full-size (12 x 20 x 3-in.) hotel pans with cooking spray. Fold fish filets, tail side under, and arrange in a singled layer in the bottoms of each pan, 12 per pan. Sprinkle tops of fish evenly with 2 Tbsp. oregano-pepper mixture. Reserve remaining herb mixture for sauce.
3. In a large sauce pan, heat oil over medium-high heat; add onion, peppers and celery and sauté until tender, about 5 minutes.
4. Stir in garlic and remaining oregano-pepper mixture and continue to sauté 2 minutes.
5. Mix in Campbell's® Healthy Request Tomato Soup, water, parsley and lemon juice and zest; bring to a boil. Remove Creole sauce from heat. (Sauce may be made ahead, cooled and refrigerated.) CCP: May be served hot 140°F or higher, or chilled 40°F or lower.
6. Pour prepared Creole sauce evenly over the fish portions.
7. Bake in 375°F. conventional or 325°F. convection oven 30-35 minutes, uncovered until the fish is tender and cooked through and the sauce is bubbly. CCP: Cook to an internal temperature of 145°F. or higher for 15 seconds.
8. Sprinkle tops of fish evenly with Parmesan. CCP: Hold hot at 140°F or higher for service.
9. **To Serve:** For each serving, portion 1 fish filet on top of a 1/2 cup rice and top with at least 1/3 cup pan sauce over fish.