



Total Time
60 MIN.

Serving & Size
1 SEERVING (4 OZ PORK CHOP, 1 CUP RICE)


Difficulty
EASY

Yields
24

Campbell's® Healthy Request® Condensed Tomato Soup and Swanson® Chicken Broth combine with rice, onions, green peppers, garlic, and red pepper. Perfectly paired with grilled pork chops, this dish will add Spanish flair to any menu.

Nutrition Facts	
Serving Size	1 SEERVING (4 OZ PORK CHOP, 1 CUP RICE)
Amount Per Serving	
Calories 483	
	% Daily Value
Total Fat 8.4g	13%
Saturated Fat 2.2g	11%
Cholesterol 86mg	29%
Sodium 272mg	11%
Total Carbohydrate 60.8g	20%
Dietary Fiber 2.4g	10%
Protein 37.9g	76%
Vitamin A 8%	Vitamin C 35%
Calcium 4%	Iron 23%

INGREDIENTS	WEIGHT	MEASURE
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vegetable oil		2 tbsp.
Vidalia onion, chopped	3 lb.	2 qt.
green and red bell pepper, diced	30 oz.	1 1/2 qt.
garlic		2 tbsp.
long grain white rice	3 lb.	7 1/2 cups
vegetable cooking spray		
 Campbell's® Healthy Request® Condensed Tomato Soup	50 oz.	1 cans
water		2 qt.
ground red pepper		1/2 tsp.
fresh parsley, chopped		1 cups
grilled boneless pork chops, 4 oz each		24 ea.

TIP
May substitute chicken or turkey breast for pork chops.



INSTRUCTIONS

1. In large rondo, heat oil over medium-high heat; add onions and peppers and sauté 6-7 minutes or until slightly softened. Add garlic, and cook 3 minutes. Stir in rice and continue cooking 3-4 minutes, stirring often.
2. Transfer rice mixture to a full-size (12 x 20 x 3-in.) hotel pan that has been sprayed with non-stick cooking spray. Hold.
3. In a soup pot, whisk together Tomato Soup, water and ground red pepper bring to a slow boil.
4. Pour soup mixture over rice. Cover pan and bake in 350°F conventional or 325°F convection oven 40-45 minutes. or until the rice is tender and all liquid has been absorbed. Let rice rest at least 15 minutes. CCP: Cook to an internal temperature of 155°F. or higher for 15 seconds. CCP: Hold hot at 140°F or higher for service.
5. Just before serving, stir in parsley.
6. **To Serve:** Serve 1 cup of rice with one 4-oz. pork chop.