



Total Time  
**40 MIN.**

Serving & Size  
**1 CUP (8 FL OZ)**

Difficulty  
**EASY**

Yields  
**38**



This is a simple chili to make using a southwestern seasoning blend, Salsa and a frozen Mexican mixed vegetable blend spiked up with cilantro to finish.

<b>Nutrition Facts</b>	
Serving Size	1 CUP (8 FL OZ)
<b>Amount Per Serving</b>	
<b>Calories</b> 145	
	<b>% Daily Value</b>
<b>Total Fat</b> 3.9g	<b>6%</b>
<b>Saturated Fat</b> 1.1g	<b>6%</b>
<b>Cholesterol</b> 34mg	<b>11%</b>
<b>Sodium</b> 521mg	<b>22%</b>
<b>Total Carbohydrate</b> 12.2g	<b>4%</b>
<b>Dietary Fiber</b> 2.8g	<b>11%</b>
<b>Protein</b> 14.7g	<b>29%</b>
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 5%

**INGREDIENTS**

**WEIGHT**

**MEASURE**

vegetable oil		2	tbsp.
Vidalia onion, chopped	1 lb.	1	qt.
garlic, peeled, minced		3	tbsp.
southwest seasoning blend		2	tbsp.
	<b>Campbell's® Healthy Request® Condensed Cream of Chicken Soup</b>	50 oz.	1 cans
	<b>Pace® Chunky Salsa- Mild</b>		1 qt.
water		1	qt.
cooked chicken	3 lb.	2	qt.
frozen Mexican vegetable blend (corn, black beans, poblano peppers, red peppers, onion)	2 lb.	1 1/2	qt.
black beans, canned, rinsed, drained	2 lb.	1	qt.
cilantro, minced		1	cups
reduced fat sharp Cheddar cheese, shredded		1 1/2	cups

**INSTRUCTIONS**

1. In large, heavy soup pot, heat oil over medium-high heat; add onions and sauté 5-6 minutes. Stir in garlic and continue cooking 2-3 minutes, stirring often.
2. Add seasoning blend and cook 2 minutes.
3. Pour in Soup, Salsa and water and bring mixture to a simmer; cook 5 minutes.
4. Stir in chicken, vegetables and beans and return to a simmer; cook 5 minutes. Stir in cilantro. CCP: Hold hot at 140°F. or higher for service.
5. **To Serve:** Ladle 8 oz./1 cup chicken chili into a hot bowl and sprinkle top with 1 Tbsp. shredded cheese to garnish.