

SWEET POTATO, CHICKEN & CORN CHOWDER SOUP



Total Time
NOT AVAILABLE

Serving & Size
10 FL OZ (SERVED IN 12 FL OZ BOWL)


Difficulty
EASY


Yields
50

Campbell's® Healthy Request® Condensed Cream of Chicken Soup combines with chicken, onion, peppers, sweet potatoes, chili powder and sour cream. Packed with flavor with less than 200 calories per serving.

Nutrition Facts	
Serving Size	10 FL OZ (SERVED IN 12 FL OZ BOWL)
Amount Per Serving	
Calories	199
	% Daily Value
Total Fat 5.5g	8%
Saturated Fat 1.3g	7%
Cholesterol 51mg	17%
Sodium 362mg	15%
Total Carbohydrate 20.7g	7%
Dietary Fiber 1.7g	7%
Protein 15.6g	31%
Vitamin A 13%	Vitamin C 32%
Calcium 4%	Iron 7%

INGREDIENTS	WEIGHT	MEASURE
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 Campbell's® Healthy Request® Condensed Cream of Chicken Soup, 50 oz ea	150 oz.	3 cans
water		142 fl oz.
cooked diced chicken	100 oz.	
chili powder		1 1/2 tbsp.
onion, diced	53 oz.	
green pepper, cut into strips	41 oz.	
canned sweet potato, drained	43 oz.	
frozen whole kernel corn	37 oz.	
light sour cream	25 oz.	
dried parsley flakes	1 oz.	

 **TIP**

For sweetness, add 3 oz maple syrup to the sour cream.

For Louisiana-style flavor, add 2 tbsp Creole seasoning to the prepared soup in step 1.

Any variations to original recipe may alter nutrient analysis.



INSTRUCTIONS

1. Prepare **Campbell's Healthy Request** Cream of Chicken Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.
2. Toss chicken with chili powder. CCP: Place mixture in serving pans, cover pans, and heat to 165°F. CCP: Hold for hot service at 140°F. Keep chicken covered to keep from drying out.
3. Place the onions, peppers, and sweet potatoes into separate serving pans. Cover pans and steam the vegetables until slightly tender. CCP: Heat to 145°F. Hold for hot service at 140°F.
4. For each serving, portion the following foods/amounts into each serving bowl:
2 oz (1/4 cup or #16 scoop) cooked chicken mixture
2 Tbsp (#30 scoop) cooked onions
2 Tbsp (#30 scoop) cooked peppers
2 Tbsp (#30 scoop) heated sweet potatoes
6 fl oz ladle prepared **Campbell's Healthy Request** Cream of Chicken Soup
5. Top with 1/2 oz (1 Tbsp) sour cream and a pinch of parsley. Serve immediately.