



Total Time
60 MIN.

Serving & Size
1 CUP (8 OZ LADLE)


Difficulty
MEDIUM

Yields
28

Assorted vegetables, beans, and Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation form the base of this vegetable chili that is enhanced with tomatoes, onions, garlic and chili powder. This chili is full of fabulous flavor with less than 600 mg sodium per serving.

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 104	
	% Daily Value
Total Fat 1.9g	3%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 494mg	21%
Total Carbohydrate 18.6g	6%
Dietary Fiber 4.7g	19%
Protein 3.8g	8%
Vitamin A 14%	Vitamin C 31%
Calcium 4%	Iron 10%

INGREDIENTS

	WEIGHT	MEASURE
vegetable oil		2 tbsp.
onion, chopped	23 oz.	1 qt.
garlic, peeled, minced	1 oz.	3 tbsp.
celery, chopped	7 oz.	2 cups
sweet potato, peeled, diced 1/4-inch	8 oz.	1/2 qt.
red bell pepper, diced 1/4-inch	11 oz.	1/2 qt.
chili powder, toasted, mild	2 oz.	1/4 cups
cumin, seeds, ground, toasted		3 tbsp.
ground coriander		1/2 tbsp.
fresh oregano leaves, chopped		2 tbsp.
all-purpose flour	5 oz.	1 cups
water		3 qt.
 Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation	2 lb.	
no salt added tomato paste	5 oz.	1/2 cups
no salt added diced tomatoes, undrained	34 oz.	1 qt.
zucchini, diced 1/2-inch	9 oz.	1/2 qt.
cauliflower, chopped	8 oz.	1/2 qt.
balsamic vinegar		333/1000 cups



low sodium black beans, canned, rinsed, drained	26 oz.	3 cups
low sodium chick peas (garbanzo beans), canned, rinsed, drained	26 oz.	3 cups
chili powder, toasted, mild		3 tbsp.
kosher salt		1 1/2 tbsp.
cilantro, minced	1 oz.	2 cups

INSTRUCTIONS

1. In a kettle, heat oil to sauté vegetables:

- Add onions and sauté 5-6 minutes until golden.
- Add garlic and sauté 1 more minute.

2. Stir in celery, sweet potatoes, peppers, first amount of chili powder, cumin, coriander and oregano and cook 2 minutes.

3. Add flour and cook, stirring often, forming a thick, smooth roux.

4. Add water, a little at a time, whisking constantly, until bubbling and smooth after each addition.

5. Stir in remaining water, Campbell's® Signature Low Sodium Vegetarian Vegetable Culinary Foundation, tomato paste, diced tomatoes, zucchini, cauliflower, balsamic vinegar and beans. Bring to a boil, reduce heat and simmer 45 minutes or until thickened.

CCP- Heat to a minimum internal temperature of 165°F for one minute.

6. Just before serving stir in second amount of chili powder, salt and cilantro.

CCP- Hold for hot service at 140°F.

7. Use an 8 oz ladle to portion each serving of soup (1 cup). Serve immediately.