



Nutrition Facts

Serving Size	1 bowl
Amount Per Serving	
Calories 520	
% Daily Value	
Total Fat 15g	23%
Saturated Fat 4g	20%
Cholesterol 15mg	5%
Sodium 990mg	41%
Total Carbohydrate 86g	29%
Dietary Fiber 8g	32%
Protein 13g	26%
Vitamin A %	Vitamin C %
Calcium %	Iron %



Total Time
MIN.

Serving Size
1 BOWL

Difficulty
MEDIUM

Yields
12

Fresh flavours come together in this colourful brown rice bowl. Packed with veggies, creamy guacamole and queso fresco, this is the perfect Mexican-inspired lunch or dinner.

INGREDIENTS

	WEIGHT	MEASURE
long-grain brown rice	5 cups	1 1/4 L
Campbell's Signature Mexicali Tortilla Condensed Soup	4 cups	1 L
water	4 cups	1 L
shredded romaine lettuce	3 cups	750 mL
halved cherry tomatoes	3 cups	750 mL
crumbled queso fresco	1 1/2 cups	375 mL
prepared guacamole	1 1/2 cups	375 mL
prepared salsa	1 1/2 cups	375 mL
crushed corn chips	1 1/2 cups	375 mL
sliced green onion	1/4 cup	175 mL

INSTRUCTIONS

1. In large saucepan set over medium-high heat, combine brown rice, Signature Mexicali Tortilla Soup and water; bring to boil.

2. Reduce heat to low; cover and cook for 40 minutes or until tender. Fluff with fork.

Serving: Spoon 1 cup (250 mL/8 oz) rice mixture into bowl. Top with 1/4 cup (60 mL/0.4 oz) lettuce, 1/4 cup (60 mL/1.5 oz) halved cherry tomatoes, 2 tbsp (30 mL/0.6 oz) crumbled queso fresco, 2 tbsp (30 mL/1 oz) guacamole, 2 tbsp (30 mL/1 oz) salsa, 2 tbsp (30 mL/0.4 oz) corn chips and 1 tbsp (15 mL/0.2 oz) green onion.



Tip

- Can be served warm or cold. Great as a take-out item.

- For added protein, add cooked chicken, shrimp or steak for non-vegetarian options.

Tips: