



**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 cups	375 mL
prepared guacamole	1 cups	375 mL
prepared salsa	1 cups	375 mL
crushed corn chips	1 cups	375 mL
sliced green onion	1 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.



**TIP**

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.