



Nutrition Facts

Serving Size		1 12th recipe
Amount Per Serving		
Calories 170		
		% Daily Value
Total Fat	7g	11%
Saturated Fat	g	0%
Cholesterol	20mg	7%
Sodium	1120mg	47%
Total Carbohydrate	18g	6%
Dietary Fiber	2g	8%
Protein	7g	14%
Vitamin A %		Vitamin C %
Calcium %		Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare Campbell's Chicken White and Wild Rice as directed.
2. Sauté bacon until almost crisp. Add onion, peppers, garlic and cumin. Cook for 5 minutes or until translucent.
3. Stir bacon mixture, tomatoes, avocado and basil into soup. Simmer for 5 minutes or until heated through.



Tip

For each portion, ladle hot soup into serving bowl or crock. Garnish with arugula.