



Nutrition Facts

Serving Size		1/4 cup (60 mL)
Amount Per Serving		
Calories 130		
		% Daily Value
Total Fat	10g	15%
Saturated Fat	4.5g	23%
Cholesterol	20mg	7%
Sodium	370mg	15%
Total Carbohydrate	6g	2%
Dietary Fiber	1g	4%
Protein	4g	8%
Vitamin A %		Vitamin C %
Calcium %		Iron %



Total Time
60 MIN.

Serving Size
1/4 CUP (60 ML)

Difficulty
MEDIUM

Yields
12

Inspired by the popular Mexican street corn snack, “elote,” this warm and cheesy dip is a perfect sharing appetizer packed with heat and flavour. Serve with tortilla chips.

INGREDIENTS

	WEIGHT	MEASURE
vegetable oil	3 tbsp	45 mL
diced onion	2 cups	500 mL
minced jalapeño peppers	1/4 cup	60 mL
minced garlic	2 tbsp	30 mL
Campbell's Signature Golden Broccoli and Cheese Condensed Soup	8 cups	2 L
milk	2 cups	500 mL
cream cheese, softened	1 lb	500 g
shredded Tex-Mex cheese	2 cups	500 mL
cooked corn kernels	1 1/2 cups	375 mL
lime juice	1/3 cup	75 mL
chopped green onion, divided	1/2 cup	125 mL
chopped fresh cilantro, divided	1/2 cup	125 mL
chili powder	2 tbsp	30 mL
smoked paprika	2 tsp	10 mL
ground cumin	1 tsp	5 mL
salt	1/4 tsp	1 mL

INSTRUCTIONS

1. Heat oil in large skillet or saucepan set over medium heat; sauté onion, jalapeño and garlic for about 5 minutes or until tender and fragrant. Stir in soup and milk; simmer for 8 to 10 minutes or until slightly thickened and heated through.
2. Stir together the soup mixture, cream cheese, Tex-Mex cheese, corn kernels, lime juice, 1/4 cup (60 mL/0.5 oz) green onion, 1/4 cup (60 mL/0.5 oz) cilantro, chili powder, paprika, cumin and salt until well combined.
3. Preheat oven to 375°F (190°C). Divide mixture among twelve 1 cup (250 mL/8 oz) ovenproof baking dishes. Bake for 22 to 25 minutes or until golden and bubbly at edges. Sprinkle with 1 tsp (5 mL/0.1 oz) each green onion and cilantro.



Tip

- Dip can be prepared and refrigerated for up to 1 day. Adjust baking time as needed.
- When corn is not in season, canned or frozen kernels can be substituted.

Tips: