



Nutrition Facts

Serving Size	1 bowl
Amount Per Serving	
Calories 630	
% Daily Value	
Total Fat 33g	51%
Saturated Fat 5g	25%
Cholesterol 10mg	3%
Sodium 1000mg	42%
Total Carbohydrate 74g	25%
Dietary Fiber 10g	40%
Protein 14g	28%
Vitamin A %	Vitamin C %
Calcium %	Iron %



Total Time
60 MIN.

Serving Size
1 BOWL

Difficulty
MEDIUM

This Mexican-inspired quinoa bowl is finished with a drizzle of a cool and creamy chipotle dressing – a perfect balance for a zesty dish.

Yields
12

INGREDIENTS

	WEIGHT	MEASURE
Campbell's® Signature Mexicali Tortilla Condensed Soup	5 cups	11/4 L
water	1 cup	250 mL
quinoa	5 cups	11/4 L
sweet potatoes, sliced (900 g)	3	3
olive oil	3 tbsp	45 mL
chili powder	1 tbsp	15 mL
mayonnaise	11/2 cups	375 mL
lime juice	1/4 cups	60 mL
chopped green onion	3 tbsp	45 mL
chopped fresh cilantro	3 tbsp	45 mL
chili powder	3 tsp	15 mL
salt	3/4 tsp	3 mL
avocados, peeled, pitted, quartered and sliced	3	3
halved cherry tomatoes	3 cups	750 mL
thinly sliced red onion	11/2 cups	375 mL

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). In large saucepan set over medium-high heat, bring Signature Mexicali Tortilla Soup and water to boil. Stir in quinoa. Reduce heat to medium-low; cover and cook for about 20 minutes or until tender. Fluff with fork.
2. Meanwhile, toss together sweet potatoes, olive oil and chili powder; transfer to baking sheet. Roast, flipping once, for 15 to 20 minutes or until golden and tender.
3. Whisk together mayonnaise, lime juice, green onion, cilantro, chili powder and salt. Spoon 1 cup (250 mL) cooked quinoa mixture into bowl. Top with 4 slices (50 g) sweet potatoes, one-quarter avocado, 1/4 cup (60 mL) cherry tomatoes and 2 tbsp (30 mL) sliced red onion. Drizzle with 1/4 cup (60 mL) Creamy Chipotle Dressing.

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: