

PLANT BASED CHILI WITH BEANS MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Nutrition Facts	
Serving Size	250 mL
Amount Per Serving	
Calories 200	
% Daily Value	
Total Fat 2.7g	4%
Saturated Fat 0.2g	1%
Cholesterol 0mg	0%
Sodium 673mg	28%
Total Carbohydrate 28.9g	10%
Dietary Fiber 6.8g	27%
Protein 15.9g	32%
Vitamin A %	Vitamin C %
Calcium 9%	Iron 18%

Total Time
30 MIN.

Serving Size
250 ML

Difficulty
EASY

A plant based chili made tomato soup, meatless meat, beans, onions, and spices.

Yields
17

INGREDIENTS

	WEIGHT	MEASURE
vegetable oil	1 tbsp	15 mL
onions, diced	2 cups	500 mL
meatless crumbles	2 lbs	2 L
chili powder	1/4 cup	60 mL
cumin	3 tbsp	45 mL
kidney beans, canned, rinsed, drained	4 cups	1 L
water	6 cups	1 1/2 L
Campbell's® Condensed Tomato Soup	1 can	

INSTRUCTIONS

1. Heat a large pot over medium high heat. Add oil. Once hot add onions. Cook for 5 minutes, stirring often.
2. Add meatless crumbles. Stir well to break up any large pieces. Cook for 3-4 minutes, just until browned.
3. Stir in chili powder and cumin. Cook over medium heat for 3 minutes, stirring well to mix with the meatless crumble mixture.
4. Add kidney beans and mix well.
5. Add Campbell's® Condensed Tomato Soup and water. Mix well and heat to a simmer. Cook for 10 minutes.
CCP: Heat to a minimum internal temperature of 74°C for 1 minute.
CCP: Hold for hot service at 60°C or higher until needed.
6. Portion 250 mL soup into serving bowl. Serve immediately.