



Total Time
30 MIN.

Serving Size
250 ML

Difficulty
EASY

A spiced up tomato soup with sweet corn, smoky chipotle, cumin, and a hint of lime.

Yields
13

Nutrition Facts

Serving Size 250 mL

Amount Per Serving

Calories 166

% Daily Value

Total Fat 5.1g **8%**

Saturated Fat 2.2g **11%**

Cholesterol 9mg **3%**

Sodium 437mg **18%**

Total Carbohydrate 27.9g **9%**

Dietary Fiber 2.2g **9%**

Protein 3.7g **7%**

Vitamin A % Vitamin C %

Calcium 4% Iron 7%

INGREDIENTS

WEIGHT

MEASURE

| | | |
|-----------------------------------|--------|---------|
| vegetable oil | 1 tbsp | 15 mL |
| frozen whole kernel corn | 4 cups | 1 L |
| cumin, ground | 3 tbsp | 45 mL |
| paprika, smoked | 2 tbsp | 30 mL |
| garlic powder | 2 tsp | 10 mL |
| Campbell's® Condensed Tomato Soup | 1 can | |
| water | 6 cups | 1 1/2 L |
| lime juice | 1 tbsp | 15 mL |
| sour cream | 1 cup | 250 mL |

INSTRUCTIONS

1. Heat a large pot over medium high heat. Add oil. Once hot, stir in Corn. Cook for 5 minutes, stirring occasionally.
2. Add cumin, smoked paprika and garlic powder. Stir to combine and cook additional 3 minutes.
3. Add Campbell's® Condensed Tomato Soup and water. Bring to a simmer. Add lime juice and simmer 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.
4. Portion 250 mL of soup into serving bowl. Top with 15mL of sour cream. Serve immediately.