



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.