

# Chicken Tinga Bowl

TOTAL TIME  
55 min

SERVING / SIZE  
250 mL (1 cup)

SERVINGS  
24



Brown rice topped with slow simmered, shredded chicken breast, onions, garlic, tomato soup, cumin, chipotle peppers in a bowl topped with black beans, corn, Monterey Jack cheese, avocado, cilantro, and tortillas.

MADE WITH

**Campbell's** **Chicken**  
CASE CODE 12114

**Campbell's** **Classic Tomato**  
CLASSIC SOUPS CASE CODE 00016

## Ingredients

62.5 mL	Canola oil
500 mL	Onion, sliced thin
15 mL	Garlic, minced
2.5 mL	Black pepper, ground
15 mL	Oregano leaves, dried
5 mL	Cumin, ground
10 mL	Chipotle pepper, canned, pureed
30 mL	Cilantro, chopped
5 L	Chicken, breast, cooked, shredded
250 mL	<b>Chicken</b>
1 can – 1.36 L	<b>Classic Tomato</b>
6 L	Brown rice, cooked
1.5 L	Frozen corn, whole kernel, thawed, drained
1.5 L	Black beans, canned, rinsed, drained
750 mL	Monterey Jack cheese, shredded
4 each	Avocado, ripe, peeled, pitted, sliced
24 each	Corn tortilla, 6-inch, warmed
125 mL	Cilantro, sprigs

## Directions

- Using a medium sauce pot, heat canola oil over medium heat.
- Add onions. Sauté for 2-3 minutes.
- Add garlic. Cook for additional 1 minute.
- Add black pepper, oregano, cumin and chipotle peppers. Cook for 3-4 minutes.
- Add chopped cilantro, chicken and *Campbell's*® Chicken Broth. Simmer for 5 minutes.
- Add *Campbell's*® Condensed Tomato Soup. Let simmer on low to medium heat for 20 minutes.

CCP: Heat to a minimum internal temperature of 165°F / 74°C for 1 minute.  
 • Remove chicken breast from sauce. Pull into shreds. Return chicken to sauce and reserve.  
 CCP: Hold for hot service at 140°F / 60°C or higher until needed.

- Assemble each bowl in the following order:
  - 1 cup (#4 scoop) cooked brown rice
  - ½ cup (#8 scoop) tomato chicken mixture
  - ⅓ cup (#12 scoop) corn
  - ⅓ cup (#12 scoop) black beans
  - ⅓ cup (#30 scoop) shredded Monterey Jack cheese
  - 3 slices of avocado

**To Serve**

Garnish each bowl with 1 tortilla cut in 6 pieces and a sprig of cilantro. Serve immediately.