

SINCE 189



PREMIUM

STEWED

TOMATOES

No Salt Added
Sliced with Onion, Green
Bell Pepper & Celery



NET WT
14.5 OZ
(411g)



PLEASE RECYCLE

Nutrition Facts

Serving Size 1/2 cup (126g)
Servings Per Container about 3 1/2

Amount/Serving
Calories 35 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 8%

Sugars 7g

Protein 1g

Vitamin A 10% • Vitamin C 15%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: TOMATOES, TOMATO JUICE, HIGH FRUCTOSE CORN SYRUP, DRIED ONIONS, GREEN PEPPERS, CELERY, CALCIUM CHLORIDE, CITRIC ACID, SPICE.
NOT A SODIUM FREE FOOD.

Chicken Chili Soup

Prep: 8 minutes

Cook: 15 minutes

Servings: 4 to 6

2 medium skinless, boneless chicken breast halves, cut in cubes

1 cup diced onion

1 Tbsp. chili powder

1 Tbsp. oil

1/2 tsp. ground cumin

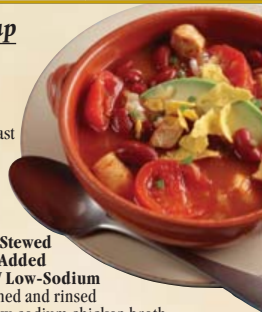
1 can (14.5 oz.) S&W® Stewed Tomatoes, No Salt Added

1 can (15.25 oz.) S&W Low-Sodium Kidney Beans, drained and rinsed

2 cans (14 oz. each) low-sodium chicken broth

1 to 2 Tbsp. minced jalapeno peppers (to taste)

1. Cook chicken, onion, chili powder and cumin in oil in large saucepan, 5 minutes.
2. Add undrained tomatoes, beans, chicken broth and jalapenos. Simmer 5 minutes. Garnish with avocado, broken unsalted tortilla chips and cilantro, if desired.



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QUESTIONS OR COMMENTS? CALL 800-252-7033 (MON.-FRI.).

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REFRIGERATE ANY UNUSED PORTION IN A SEPARATE, COVERED CONTAINER.

*NET CARBS PER SERVING= TOTAL CARBS MINUS FIBER



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