

SINCE 1896



PREMIUM

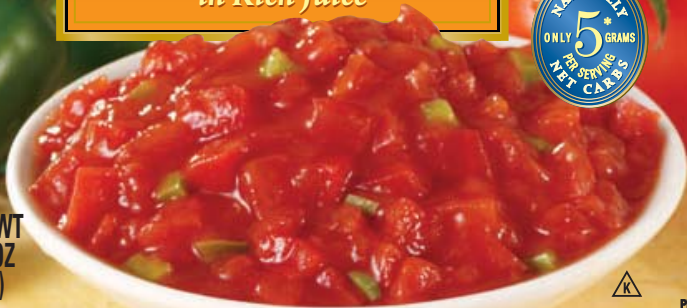
PETITE-CUT®

TOMATOES

Diced with Jalapeños  
in Rich Juice



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 30 Calories from Fat 0

% Daily Value\*

Total Fat 0g 0%  
Saturated Fat 0g 0%  
Trans Fat 0g

Cholesterol 0mg 0%

Sodium 380mg 16%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 15% • Vitamin C 15%

Calcium 2% • Iron 4%

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

INGREDIENTS: TOMATOES, TOMATO JUICE, TOMATO PUREE, JALAPENO PEPPERS, SALT, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVOR, DRIED ONION, SPICES, DRIED GARLIC.

### Sonora Nachos

Prep: 5 minutes  
Cook: 8 minutes  
Servings: 8 (appetizer)

- 1 can (14.5 oz.) S&W® Petite-Cut® Diced Tomatoes with Jalapenos
- 1/2 lb. ground beef or turkey
- 1/2 cup S&W Black Beans, drained
- 1/4 cup S&W Whole Kernel Corn, drained
- 1 tsp. ground cumin
- 8 oz. tortilla chips
- 2 cups (8 oz.) shredded Cheddar or Mexican cheese



1. Reserve 1/4 cup tomatoes for garnish. Brown meat in skillet; drain. Stir in remaining undrained tomatoes, beans, corn and cumin; cook over medium heat 3 minutes or until liquid is gone.
  2. Arrange chips in single layer in large shallow ovenproof platter or baking sheet.\* Spoon meat mixture over chips. Top with cheese.
  3. Bake in preheated 400°F oven, 2 minutes or until cheese is melted. Garnish with sliced green onions, cilantro and sour cream, if desired.
- \*Tip: It may be necessary to bake in 2 batches.

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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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