



Top your chili your own way in this fun and creative chili toppings bar.

Chili Bar

Prep Time: 10 Minutes
Start to Finish: 10 Minutes

1 pouch Progresso™ Southwest style white chicken chili with beans
1 pouch Progresso™ roasted vegetable chili with three beans

Toppings, as desired

Diced tomatoes
Chopped avocado
Diced red onion
Sliced scallions
Shredded Cheddar cheese
Crumbled queso fresco
Sliced jalapeño chiles
Chopped fresh cilantro
Sour cream
Hot sauce
Lime wedges

1. Heat chili as directed on pouches.
2. To serve, arrange Toppings in small bowls. Top each bowl of chili as desired.

4 servings

1 Serving: Calories 270 (Calories from Fat 50); Total Fat 6g (Saturated Fat 1.5g, Trans Fat 0g); Cholesterol 20mg; Sodium 820mg; Potassium 0mg; Total Carbohydrate 39g (Dietary Fiber 10g); Protein 15g

% Daily Value: Vitamin A 20%; Vitamin C 0%; Calcium 6%; Iron 15%

Exchanges: 2 1/2 Starch, 1 Very Lean Meat, 1 Fat

Carbohydrate Choices: 2 1/2

Make this even better by serving cornbread and a side salad.

Expecting a crowd? Increase the number of chili pouches to feed the hungry team.



Dig into nachos topped with chicken chili to feed the hungriest crowd.

Chicken Chili Nachos

Prep Time: 10 Minutes
Start to Finish: 25 Minutes

- 1 bag (11 oz) thick cut tortilla chips
- 1 1/2 cups shredded pepper Jack cheese (6 oz)
- 1 pouch Progresso™ Southwest style white chicken chili with beans
- 1 1/2 cups shredded Mexican 4-cheese blend (6 oz)
- 1 avocado, pitted, peeled and cut into pieces
- 3/4 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1/4 cup sliced jalapeño chiles
- Hot sauce

1. Heat oven to 375°F.
2. Pour entire bag of tortilla chips in even layer on ungreased 15x10x1-inch cookie sheet with sides. Sprinkle pepper Jack cheese over entire layer of chips. Bake about 5 minutes or until cheese is melted.
3. Meanwhile, heat chili as directed on pouch. Pour chili evenly over chips; top with Mexican cheese blend. Bake 5 minutes longer or until cheese is melted. Top with avocado, bell pepper, onion and chiles. Serve immediately with hot sauce.

8 servings

1 Serving: Calories 460 (Calories from Fat 240); Total Fat 27g (Saturated Fat 10g, Trans Fat 0g); Cholesterol 50mg; Sodium 600mg; Potassium 300mg; Total Carbohydrate 36g (Dietary Fiber 6g); Protein 17g

% Daily Value: Vitamin A 20%; Vitamin C 20%; Calcium 30%; Iron 8%

Exchanges: 1 1/2 Starch, 1 Other Carbohydrate, 1 1/2 High-Fat Meat, 3 Fat

Carbohydrate Choices: 2 1/2

Thick-cut tortilla chips work well to hold this topping.
Lining the cookie sheet with foil will make cleanup a snap!



Buffalo chicken flavor in a quick-to-throw-together dip -- ready to feed the hungriest crowd!

Easy Buffalo Chicken Chili Dip

Prep Time: 10 Minutes
Start to Finish: 25 Minutes

1 pouch Progresso™ Southwest style white chicken chili with beans
4 oz cream cheese, cut into cubes
2 cups shredded Cheddar cheese (8 oz)
1/3 cup Frank's™ RedHot™ Original cayenne pepper sauce
1/4 cup crumbled blue cheese
2 tablespoons chopped green onions
Tortilla chips, as desired

1. Heat oven to 350°F.
2. Spray 10-inch ovenproof skillet with cooking spray. In skillet, mix chili, cream cheese, 1 cup of the Cheddar cheese and the pepper sauce. Heat over medium-high heat 2 to 3 minutes, stirring constantly, until cheese is melted and mixture is bubbly. Top with remaining 1 cup Cheddar cheese. Bake uncovered about 10 minutes or until cheese is melted. Top with blue cheese and green onions. Serve warm with tortilla chips.

32 servings (2 tablespoons dip each)

1 Serving: Calories 60 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2.5g, Trans Fat 0g); Cholesterol 15mg; Sodium 125mg; Potassium 15mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 3g

% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 4%; Iron 0%

Exchanges: 1/2 Very Lean Meat, 1 Fat

Carbohydrate Choices: 0

Trademarks referred to herein are the properties of their respective owners.

Serve with extra pepper sauce to increase the heat.
Serve with fresh veggies for a tasty dip.



Serve chili in a fun new way for a tasty game day snack or a light meal.

Vegetable Chili Mini Boats

Prep Time: 15 Minutes
Start to Finish: 30 Minutes

12 Old El Paso™ Taco Boats™ mini soft flour tortillas
1 tablespoon plus 1 1/2 teaspoons vegetable oil
1 pouch Progresso™ roasted vegetable chili with three beans
1 cup frozen whole kernel corn, cooked as directed on package
3 tablespoons chopped red bell pepper
1 tablespoon chopped jalapeño chile
1 tablespoon chopped fresh cilantro
2 tablespoons fresh lime juice
1/8 teaspoon salt
Lime wedges, if desired
Sour cream, if desired

1. Heat oven to 350°F. Lightly brush boats with oil to coat entirely, and place on ungreased cookie sheet. Bake 4 to 5 minutes or until browned on rim (boats will get crisp as cooled). Set aside.
2. Meanwhile, heat chili as directed on pouch. In small bowl, mix corn, bell pepper, chile, cilantro, lime juice and salt.
3. To serve, divide chili evenly among crisped boats. Top each boat with heaping tablespoon of corn salsa. Serve with lime wedges and sour cream.

6 servings (2 boats each)

1 Serving: Calories 230 (Calories from Fat 70); Total Fat 8g (Saturated Fat 1.5g, Trans Fat 0g); Cholesterol 0mg; Sodium 480mg; Potassium 80mg; Total Carbohydrate 34g (Dietary Fiber 5g); Protein 6g

% Daily Value: Vitamin A 15%; Vitamin C 8%; Calcium 4%; Iron 10%

Exchanges: 2 Starch, 1 1/2 Fat

Carbohydrate Choices: 2

Make this even quicker using purchased corn salsa.
Make a complete meal by adding a fresh salad and your favorite dressing.



Tachos are Tater Tots™ potato nuggets topped with chili and all the fixings. Move over nachos -- there's a new game day favorite to serve.

Chili Tachos

Prep Time: 20 Minutes
Start to Finish: 55 Hours

1 bag (32 oz) frozen Tater Tots™ potato nuggets
1 pouch Progresso™ Smokehouse pork & beef chili with beans
2 cups shredded Cheddar cheese (8 oz)
12 slices bacon, crisply cooked, crumbled (3/4 cup)
1/2 cup chopped tomatoes
1/4 cup sliced green onions

1. Heat oven to 425°F. Spray 15x10x1-inch cookie sheet with sides with cooking spray. Bake potato nuggets as directed on bag, stirring halfway through.
2. Heat chili as directed on pouch. Mound potato nuggets together on pan. Sprinkle with 1 cup of the cheese. Pour chili on top. Top with remaining 1 cup cheese. Bake about 5 minutes longer or until cheese is melted. Top with bacon, tomatoes and green onions. Serve immediately.

8 servings

1 Serving: Calories 500 (Calories from Fat 270); Total Fat 30g (Saturated Fat 12g, Trans Fat 4.5g); Cholesterol 50mg; Sodium 1110mg; Potassium 750mg; Total Carbohydrate 40g (Dietary Fiber 4g); Protein 18g

% Daily Value: Vitamin A 10%; Vitamin C 8%; Calcium 20%; Iron 10%

Exchanges: 2 Starch, 1/2 Other Carbohydrate, 1/2 Very Lean Meat, 1 High-Fat Meat, 4 Fat

Carbohydrate Choices: 2 1/2

Trademarks referred to herein are the properties of their respective owners.

Tater Tots™ potato nuggets should be cooked for maximum amount of time to be extra crispy. Try Monterey Jack cheese for a new flavor twist.



Pub fries get a whole new flavor in this saucy twist on an appetizer favorite.

Hearty Stew Pub Fries

Prep Time: 10 Minutes
Start to Finish: 40 Minutes

1 bag (24 oz) frozen potato wedges with skins
1 pouch Progresso™ hearty vegetable stew with beef
2 cups shredded sharp Cheddar cheese (8 oz)
1/2 cup crumbled blue cheese
1/4 cup chopped green onions

1. Heat oven to 425°F. Spray large cookie sheet with cooking spray. Bake potato wedges on cookie sheet as directed on bag, stirring halfway through.
2. Meanwhile, heat stew as directed on pouch. Mound baked potato wedges in 10-inch ovenproof skillet. Sprinkle 1 cup of the Cheddar cheese over wedges. Pour stew over cheese and wedges. Top with remaining Cheddar cheese. Bake 5 to 7 minutes longer or until cheese is melted. Top with blue cheese and onions. Serve immediately.

8 servings

1 Serving: Calories 250 (Calories from Fat 120); Total Fat 13g (Saturated Fat 8g, Trans Fat 0g); Cholesterol 40mg; Sodium 560mg; Potassium 60mg; Total Carbohydrate 18g (Dietary Fiber 2g); Protein 14g

% Daily Value: Vitamin A 8%; Vitamin C 2%; Calcium 20%; Iron 6%

Exchanges: 1 Starch, 1/2 Very Lean Meat, 1 High-Fat Meat, 1 Fat
Carbohydrate Choices: 1

Potato wedges are often called oven fries.
Try adding cooked chopped bacon for even more flavor!



These individual biscuit cups with savory stew are quick to throw together for a weeknight meal.

Chicken Stew Biscuit Cups

Prep Time: 10 Minutes
Start to Finish: 35 Minutes

1 pouch Progresso™ white chicken stew with savory herbs
1 can (16.3 oz) Pillsbury™ Grands!™ refrigerated flaky layers biscuits
1/2 cup shredded Parmesan cheese
2 tablespoons chopped fresh parsley

1. Heat oven to 375°F. Spray 8 regular-size muffin cups with cooking spray. Heat stew as directed on pouch.
2. Meanwhile, separate dough into 8 biscuits; place biscuit in each muffin cup. Firmly press dough in bottom and up side of each cup, forming 1/4-inch rim. Spoon 2 heaping tablespoons stew into each dough-lined cup. Sprinkle each with 1 tablespoon cheese.
3. Bake 14 to 17 minutes or until biscuits are golden brown and cheese is melted. Place on cooling rack; cool 5 minutes before removing from pan. Top with parsley.

8 servings

1 Serving: Calories 250 (Calories from Fat 80); Total Fat 9g (Saturated Fat 4g, Trans Fat 0g); Cholesterol 15mg; Sodium 740mg; Potassium 10mg; Total Carbohydrate 31g (Dietary Fiber 0g); Protein 9g

% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium 8%; Iron 8%

Exchanges: 1 1/2 Starch, 1/2 Other Carbohydrate, 1/2 Very Lean Meat, 1 1/2 Fat

Carbohydrate Choices: 2

Add a green salad with favorite dressing to complete the meal.
Try Progresso™ hearty vegetable stew with beef for a different twist.