



Introducing Campbell's® Souper Soups

Give Your Residents More Than Just a Bowl of Soup

We've created four Souper Soups made with Campbell's® condensed soups that are enhanced with special ingredients to make them even more nourishing for your residents. And since most of the ingredients are already on hand in your kitchen, these recipes are also a cost-effective way to give residents the comfort foods they crave with the nutrition they need! **Try all four varieties: Homestyle Turkey Vegetable Stew, Creamy Chicken & Bean Soup, Country-Style Ham & Bean Soup and Creamy Mushroom Barley & Beef Soup.**

Why Campbell's® Souper Soups?

Up to 85% of long-term-care facility residents are undernourished.¹ While there are nutritional supplements available, they may be costly or unappealing to the residents who need them. Campbell's® Souper Soups are nutrient-dense alternatives that may help residents by targeting certain nutritional needs. These soups may be ideal for residents suffering from poor food intake, malnutrition, unintentional weight loss, pressure ulcers, anorexia, GI upset and other conditions. Each Souper Soup, prepared according to the recipe, is targeted to meet the following criteria per 8-oz. serving:

- >200 calories
- >8 grams of protein
- >2 grams of fiber

¹ Gallagher, A. and Wilson, M. "Leading the Way...The Dietitian's Role as Team Leader in the Interdisciplinary Management of Anorexia and Unintentional Weightloss in the Elderly" *Programs in Medicine*, a division of HMP Communications, LLC, 2004.

Enriched Recipes for Enriched Lives

Campbell has created four Souper Soup recipes to benefit residents and staff. These soups are easy to make and cost-effective, and most residents look to Campbell's® products as comfort foods!





Homestyle Turkey Vegetable Stew

Servings Yielded: 20
 Serving Size: 1 cup (8 oz.)

INGREDIENTS	QUANTITY
Campbell's® Condensed Cream of Celery soup	50-oz. can
Half-and-half	2 qt.
Wild rice, cooked	3 cups
Turkey breast, cooked, pulled	1 lb.
Broccoli, chopped, frozen	2 lb.
Carrots, shredded, chopped	1 cup

INSTRUCTIONS

1. Combine soup, half-and-half, rice, turkey, broccoli and carrots in a stockpot.
2. Heat to a boil over medium-high heat, stirring frequently.
3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated.



Country-Style Ham & Bean Soup

Servings Yielded: 20
 Serving Size: 1 cup (8 oz.)

INGREDIENTS	QUANTITY	INGREDIENTS	QUANTITY
Vegetable oil	1 tbsp.	Ham, cooked, diced	12 oz.
Onion, diced	2½ cups	Tomato paste, canned	6 oz.
Campbell's® Condensed Tomato soup	50-oz. can	Garlic powder	1 tsp.
Milk, whole	5¾ cups	Rosemary, dried	½ tsp.
Great Northern beans, canned, drained	5½ cups	Thyme, dried	½ tsp.
Diced tomato, canned	¾ cups	Crushed red pepper (optional)	½ tsp.

INSTRUCTIONS

1. Heat oil in a stockpot. Add onion; sauté over medium heat until tender, about 1 minute.
2. Add soup, milk, beans, tomato, ham, tomato paste and seasonings; stir until fully blended. Reduce heat to low; simmer 10 to 15 minutes or until fully heated.



Creamy Chicken & Bean Soup

Servings Yielded: 20
 Serving Size: 1 cup (8 oz.)

INGREDIENTS	QUANTITY	INGREDIENTS	QUANTITY
Vegetable oil	1 tbsp.	Great Northern beans, canned, drained	5 cups
Onion, chopped	1¾ cups	Chicken breast, cooked, pulled	12 oz.
Green chilies, diced, canned (optional)	½ cup	Cumin, ground (optional)	1 tbsp.
Campbell's® Condensed Cream of Chicken soup	50-oz. can	Garlic powder	1 tsp.
Half-and-half	5¾ cups	Oregano, dried	½ tsp.
		Aniseed, ground (optional)	¼ tsp.

INSTRUCTIONS

1. Heat oil in a stockpot. Add onion and sauté over medium heat until tender. Add chilies; sauté 1 minute.
2. Add soup, half-and-half, beans, chicken and seasonings; stir until fully blended.
3. Heat to a boil over medium-high heat, stirring frequently. Reduce heat to low; simmer 10 to 15 minutes or until fully heated.



Creamy Mushroom, Barley & Beef Soup

Servings Yielded: 20
 Serving Size: 1 cup (8 oz.)

INGREDIENTS	QUANTITY	INGREDIENTS	QUANTITY
Vegetable oil	2 tbsp.	Carrots, shredded	1 cup
Mushrooms, sliced	5 cups	Parsley, dried	2 tbsp.
Campbell's® Condensed Cream of Mushroom soup	50-oz. can	Garlic powder	½ tsp.
Milk, whole	2 qt.		
Barley, cooked	6 cups		
Beef chunks, cooked	1 lb.		

INSTRUCTIONS

1. Heat oil in a stockpot. Add mushrooms; sauté over medium heat until tender.
2. Add soup, milk, barley, beef, carrots and seasonings; stir until fully blended. Reduce heat to low; simmer 10 to 15 minutes or until fully heated.

To puree a single serving of any of the above Souper Soups, place heated soup in blender and carefully pulse, allowing steam to escape. Blend until soup reaches desired consistency. Reheat soup to a temperature of 165°F for a minimum of 15 seconds.

For more information, call 1.800.TRY.SOUP or visit our website at www.campbellawayfromhome.com.

