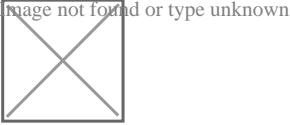


ASIAN VEGETABLE SOUP WITH CAMPBELL'S® HEALTHY REQUEST CHICKEN NOODLE SOUP

1-800-try-soup (879-7687) © 2023 Campbell Soup Company cambellsfoodservice.com/recipes



Nutrition Facts

Serving Size	1 CUP (8 FL OZ)	
Amount Per Serving		
Calories 70		
		% Daily Value
Total Fat 2.4g		4%
Saturated Fat 0.7g		4%
Cholesterol 46mg		15%
Sodium 451mg		19%
Total Carbohydrate 9.3g		3%
Dietary Fiber 1.4g		6%
Protein 3.6g		7%
Vitamin A 18%	Vitamin C 37%	
Calcium 17%	Iron 7%	

Total Time

Not Available

Difficulty

easy

Yields

16

Serving & Size

1 CUP (8 FL OZ)

This delicious Asian recipe combines Campbell's® Healthy Request Chicken Noodle Soup with green onions, soy sauce, eggs, ginger, green cabbage, and carrots. With all the Asian flavors you love under 100 calories per serving.

Ingredients

Weight Measure



~~Campbell's® Healthy Request® Condensed Chicken Noodle Soup, 50 oz~~
ea

1 cans

water

2 qt.

green cabbage, shredded

1 qt.

carrot, shredded

2 cups

red bell pepper, diced

2 cups

ginger root, peeled, minced

2 tbsp.

ground red pepper

1/4 tsp.

green onion, chopped

1 cups

reduced sodium soy sauce

1/4 cups

egg, large, beaten

3 ea.

Instructions

1. In a soup pot, combine soup and water and bring to a boil; reduce heat to simmer and cook 5 minutes.
2. Add vegetables and pepper and simmer soup 5 more minutes.
3. Stir in scallions and soy sauce and return to a simmer.
4. Whisk in beaten eggs until evenly distributed. Heat until internal temperature is 165° F. or higher for 15 seconds. CCP: Hold at 140° F. or higher.