



Total Time  
**NOT AVAILABLE**

Serving & Size  
**1 CUP (8 FL OZ)**


Difficulty  
**EASY**

Try our Asparagus, Leek and Mushroom Soup made with Campbell's® Healthy Request® Condensed Cream of Mushroom Soup. This soup is not only delicious, but good for you at 105 calories per serving.

Yields  
**16**

| <b>Nutrition Facts</b>          |                 |
|---------------------------------|-----------------|
| Serving Size                    | 1 CUP (8 FL OZ) |
| <b>Amount Per Serving</b>       |                 |
| <b>Calories</b> 98              |                 |
|                                 | % Daily Value   |
| <b>Total Fat</b> 3.8g           | <b>6%</b>       |
| <b>Saturated Fat</b> 1.8g       | <b>9%</b>       |
| <b>Cholesterol</b> 6mg          | <b>2%</b>       |
| <b>Sodium</b> 291mg             | <b>12%</b>      |
| <b>Total Carbohydrate</b> 13.4g | <b>4%</b>       |
| <b>Dietary Fiber</b> 1.2g       | <b>5%</b>       |
| <b>Protein</b> 2.9g             | <b>6%</b>       |
| Vitamin A 6%                    | Vitamin C 6%    |
| Calcium 8%                      | Iron 8%         |

**INGREDIENTS** **WEIGHT** **MEASURE**

|  |     |      |       |
|--|-----|------|-------|
| unsalted butter  |     | 3    | tbsp. |
| leek, trimmed, sliced  | 20  | oz.  |       |
| mushrooms, fresh, white, sliced  | 10  | oz.  |       |
|  <b>Campbell's® Healthy Request® Condensed Cream of Mushroom Soup</b> , 50 oz ea | 1   | cans |       |
| water  | 2   | qt.  |       |
| asparagus, spears, trimmed, cut into 1-inch pieces   | 8   | oz.  |       |
| black pepper, ground   | 1   | tsp. |       |
| nutmeg, ground   | 1/2 | tsp. |       |

**INSTRUCTIONS**

1. In a soup pot, heat butter over medium-low heat; add leeks and sauté 3 minutes. Reduce heat, cover and cook 10 minutes, stirring occasionally, adding water if they get too dry.
2. Add mushrooms to pot, increase heat to medium and sauté mixture, stirring often, 5-7 minutes, until mixture is almost dry.
3. Add soup and water to pot and bring to a boil; reduce heat and simmer 5 minutes.
4. Stir in asparagus and return to a simmer for 5-6 minutes or until asparagus is tender.
5. Add pepper and nutmeg and simmer an additional 1 minute. Heat until internal temperature is 165° F. or higher for 15 seconds. CCP: Hold at 140° F. or higher.