

# BREAKFAST CASSEROLE WITH CAMPBELL'S® HEALTHY REQUEST CREAM OF MUSHROOM SOUP



Total Time  
**75 MIN.**

Serving & Size  
**1-1/4 CUP**

Difficulty  
**EASY**

Yields  
**24**


Try our new twist on breakfast with our cheesy casserole made with Campbell's® Healthy Request Cream of Mushroom Soup. With less than 200 calories per serving, this casserole is perfect for large groups or parties.

<b>Nutrition Facts</b>	
Serving Size	1-1/4 CUP
<b>Amount Per Serving</b>	
<b>Calories</b> 160	
	<b>% Daily Value</b>
<b>Total Fat</b> 4g	<b>6%</b>
<b>Saturated Fat</b> 1.6g	<b>8%</b>
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 503mg	<b>21%</b>
<b>Total Carbohydrate</b> 18.3g	<b>6%</b>
<b>Dietary Fiber</b> 2g	<b>8%</b>
<b>Protein</b> 13.2g	<b>26%</b>
Vitamin A 29%	Vitamin C 8%
Calcium 20%	Iron 11%

## INGREDIENTS

## WEIGHT

## MEASURE

vegetable cooking spray, as needed		
hash brown potatoes, shredded, thawed	2 lb.	2 qt.
vegetable oil		1 tbsp.
Vidalia onion, minced	30 oz.	1 1/2 qt.
frozen spinach, thawed, drained	2 lb.	1 qt.
 <b>Campbell's® Healthy Request® Condensed Cream of Mushroom Soup</b> , 50 oz ea	50 oz.	1 cans
low fat (1%) milk		3 cups
cholesterol-free egg substitute		3 cups
ground red pepper		1/2 tsp.
paprika, smoked		1 tsp.
low fat Cheddar cheese, shredded	20 oz.	5 cups



### TIP

Serve with cut fresh fruit on the side

## BREAKFAST CASSEROLE WITH CAMPBELL'S® HEALTHY REQUEST CREAM OF MUSHROOM SOUP



### INSTRUCTIONS

1. Spray bottom of a full-size (12 x 20 x 3-in.) hotel pan. Spread potatoes into an even layer in bottom of pan. Hold.
2. In large skillet or rondo, heat oil over medium-high heat; add onions and cook 6 minutes, stirring often.
3. Stir in spinach. Remove from heat and cool to room temperature. Hold.
4. In large bowl whisk together Mushroom Soup, milk, eggs, paprika and pepper until smooth. Hold.
5. Sprinkle half of the cheese over top of potatoes and then evenly spread spinach mixture to cover the cheese. Pour egg custard evenly over top of spinach layer. Top with remaining cheese. Cover and refrigerate at least 60 minutes or over night before baking.
6. Bake 350°F. conventional or 300°F. convection oven for 35-40 minutes, or until crisp on top and firm to the touch. Remove from heat and cool at least 10 minutes before dishing up to serve. CCP: Cook to an internal temperature of 145°F. or higher for 15 seconds. CCP: Hold hot at 140°F or higher for service.
7. **To Serve:** For each serving, spoon 1 1/4-cup serving and serve with fruit, if desired.