



Total Time
40 MIN.

Serving & Size
1 CUP (8 FL OZ)


Difficulty
EASY

Yields
16

Enhanced vegetable soup with Campbell's Cream of Mushroom. Onions, carrot and peppers can be savored in a creamy, smooth, and delicious soup.

Nutrition Facts	
Serving Size	1 CUP (8 FL OZ)
Amount Per Serving	
Calories 91	
	% Daily Value
Total Fat 3.3g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 302mg	13%
Total Carbohydrate 12.7g	4%
Dietary Fiber 1.3g	5%
Protein 2g	4%
Vitamin A 28%	Vitamin C 45%
Calcium 7%	Iron 3%

INGREDIENTS	WEIGHT	MEASURE
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vegetable oil		2 tbsp.
Vidalia onion, minced		2 cups
carrot, peeled, diced		3 cups
red bell pepper, diced		3 cups
 Campbell's® Healthy Request® Condensed Cream of Mushroom Soup , 50 oz ea		1 cans
water		2 qt.
fresh parsley, chopped		1/2 cups
chives, chopped		1/2 cups

INSTRUCTIONS

1. In a soup pot, heat oil over medium-high heat; add onions and carrots and sauté 4 minutes.
2. Add peppers and continue to cook 2 minutes or until tender.
3. Add soup and water and bring to a boil; reduce heat and simmer soup 10 minutes.
4. Stir in parsley and chives and serve. Heat until internal temperature is 165°F. or higher for 15 seconds. CCP: Hold at 140°F. or higher.