



Total Time
NOT AVAILABLE

Serving & Size
1 CUP (8 FL OZ)


Difficulty
EASY

White beans are added to Campbell's classic tomato soup, and onions, garlic and oregano elevate the taste of this traditional Italian soup.

Yields
16

Nutrition Facts	
Serving Size	1 CUP (8 FL OZ)
Amount Per Serving	
Calories 119	
	% Daily Value
Total Fat 1.8g	3%
Saturated Fat 0.4g	2%
Cholesterol 1mg	0%
Sodium 399mg	17%
Total Carbohydrate 21g	7%
Dietary Fiber 2.6g	10%
Protein 4.6g	9%
Vitamin A 4%	Vitamin C 11%
Calcium 5%	Iron 6%

INGREDIENTS **WEIGHT** **MEASURE**

olive oil		2	tblsp.
Vidalia onion, minced		2	cups
garlic, peeled, minced		1	tblsp.
escarole, chopped		1 1/2	qt.
dried oregano leaves		2	tsp.
	Campbell's® Healthy Request® Condensed Tomato Soup , 50 oz ea	1	cans
water		2	qt.
small white beans, canned, rinsed, drained		3	cups
Parmesan cheese, grated		333/1000	cups

INSTRUCTIONS

1. In a soup pot, heat oil over medium-high heat; add onion and sauté 2-3 minutes. Add garlic and continue to cook 2 minutes. Add escarole, cover and cook 2 minutes.
2. Stir in oregano, reduce heat to a simmer and cook 10 minutes.
3. Add soup and water stir well to combine. Bring soup to a boil.
4. Add beans and heat through. Heat until internal temperature is 165° F. or higher for 15 seconds. CCP: Hold at 140° F. or higher.
5. Garnish each serving with 1 tsp. parmesan.