



Total Time
NOT AVAILABLE

Serving & Size
1 CUP (8 FL OZ)


Difficulty
EASY

Onion, carrot, Sage and Barley with our Campbell's cream of Mushroom soup come together to create a creamy and rich soup perfect for any occasion.

Yields
16

Nutrition Facts	
Serving Size	1 CUP (8 FL OZ)
Amount Per Serving	
Calories 115	
	% Daily Value
Total Fat 2.6g	4%
Saturated Fat 0.8g	4%
Cholesterol 2mg	1%
Sodium 323mg	13%
Total Carbohydrate 20.1g	7%
Dietary Fiber 2g	8%
Protein 2.8g	6%
Vitamin A 14%	Vitamin C 5%
Calcium 8%	Iron 5%

INGREDIENTS **WEIGHT** **MEASURE**

olive oil		2	tblsp.
Vidalia onion, chopped		3	cups
carrot, shredded		2	cups
dried sage, ground, rubbed		1	tblsp.
	Campbell's® Healthy Request® Condensed Cream of Mushroom Soup , 50 oz ea	1	cans
water		2	qt.
tomato paste		3	tblsp.
pearl barley, cooked, drained		3	cups
chives, chopped		667/1000	cups
light sour cream		333/1000	cups

INSTRUCTIONS

1. In a soup pot over medium-high heat, heat oil; add onions and sauté 4 minutes.
2. Add carrots and sage and sauté 1 minute.
3. Add soup, water and tomato paste, bring to a boil; stir in barley, reduce heat and simmer 10 minutes. Heat until internal temperature is 165° F. or higher for 15 seconds. CCP: Hold at 140° F. or higher.
4. Garnish each serving with 2 tsp. chopped chives and 1 tsp. of low-fat sour cream.