



Total Time
NOT AVAILABLE

Serving & Size
10 FL OZ (SERVED IN 12 FL OZ BOWL)

Difficulty
EASY

Yields
50

Transform ordinary tacos into a flavor packed soup. Campbell's® Healthy Request® Condensed Tomato Soup combines with ground turkey, onion, peppers, beans, tomatoes, Cheddar cheese and cilantro to spice up any menu.

Nutrition Facts	
Serving Size	10 FL OZ (SERVED IN 12 FL OZ BOWL)
Amount Per Serving	
Calories	260
% Daily Value	
Total Fat	13.5g 21%
Saturated Fat	4.8g 24%
Cholesterol	63mg 21%
Sodium	414mg 17%
Total Carbohydrate	17.3g 6%
Dietary Fiber	2.3g 9%
Protein	17.4g 35%
Vitamin A	9% Vitamin C 25%
Calcium	11% Iron 9%

INGREDIENTS

WEIGHT

MEASURE

 Campbell's® Healthy Request® Condensed Tomato Soup , 50 oz ea	150 oz.	3 cans
water, full 50 oz soup can	150 oz.	3 cans
ground turkey, cooked, drained	5 lb.	
salt free Mexican seasoning blend	4 oz.	
onion, diced	25 oz.	
green pepper, diced	25 oz.	
low sodium black beans, canned, rinsed, drained	25 oz.	
no salt added diced tomatoes, undrained	25 oz.	
sharp Cheddar cheese, shredded	25 oz.	
cilantro	0 oz.	

TIP

Substitute 85% lean ground beef (commodity) for ground turkey.

Add 6 tbsp minced garlic with onions when cooking the turkey or beef.

For extra heat, add 6 tbsp diced and undrained green chilies to the bell peppers.

Any variations to original recipe may alter nutrient analysis.



INSTRUCTIONS

1. Prepare **Campbell's® Healthy Request** Tomato Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.
2. Brown ground turkey in a skillet. Drain off fat. Stir in seasoning blend. CCP: Heat to 165°F. Hold for hot service at 140°F. Keep meat covered to keep from drying out.
3. Place the onions and peppers into separate serving pans. Cover pans and steam the vegetables until slightly tender. CCP: Heat to 145°F. Hold for hot service at 140°F.
4. Place the beans and tomatoes into separate serving pans. Cover pans and heat in a steamer or oven. CCP: Heat to 145°F. Hold for hot service at 140°F.
5. For each serving, portion the following foods/amounts into each serving bowl:
 - 1 1/2 oz (3 1/3 tbsp or #20 scoop) cooked turkey mixture
 - 2 tbsp (#30 scoop) cooked onions
 - 2 tbsp (#30 scoop) cooked bell peppers
 - 2 tbsp (#30 scoop) heated black beans
 - 2 tbsp (#30 scoop) heated diced tomatoes
 - 6 fl oz ladle prepared **Campbell's Healthy Request** Tomato Soup
6. Top with 1/2 oz (2 tbsp or #30 scoop) cheese and a pinch of cilantro. Serve immediately.