



Total Time
NOT AVAILABLE

Serving & Size
1 CUP (8 FL OZ)


Difficulty
EASY

Campbell's classic tomato soup with onions, celery and rice. Season to taste with pepper and parsley for a delicious and hearty soup.

Yields
16

Nutrition Facts	
Serving Size	1 CUP (8 FL OZ)
Amount Per Serving	
Calories 128	
	% Daily Value
Total Fat 1.2g	2%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 295mg	12%
Total Carbohydrate 26.4g	9%
Dietary Fiber 2.1g	8%
Protein 2.9g	6%
Vitamin A 3%	Vitamin C 13%
Calcium 2%	Iron 4%

INGREDIENTS	WEIGHT	MEASURE
--------------------	---------------	----------------

vegetable oil		1 tbsp.
Vidalia onion, finely diced		2 cups
celery, minced		2 cups
 Campbell's® Healthy Request® Condensed Tomato Soup , 50 oz ea		1 cans
water		8 cups
brown rice, cooked, hot		1 qt.
black pepper, ground		1 tsp.
fresh parsley, chopped		1/2 cups

INSTRUCTIONS

1. In a soup pot, heat oil over medium-high heat; add onion and sauté 2-3 minutes. Stir in celery and continue to cook 2 minutes.
2. Add soup and water and stir well to combine. Bring soup to a boil. Reduce soup to a simmer and cook 10 minutes.
3. Add rice and pepper and parsley to soup. Heat until internal temperature is 165° F. or higher for 15 seconds. CCP: Hold at 140° F. or higher.