

TOMATO SOUP WITH TOASTED SESAME & YOGURT MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time
30 MIN.

Serving & Size
SERVING (8 FL. OZ. LADLE; 1 CUP)


Difficulty
EASY

A Mediterranean inspired soup that fuses the flavors of tomato, Greek yogurt, tahini, and toasted sesame.

Yields
12

Nutrition Facts	
Serving Size	SERVING (8 FL. OZ. LADLE; 1 CUP)
Amount Per Serving	
Calories 176	
% Daily Value	
Total Fat 6.3g	10%
Saturated Fat 0.9g	5%
Cholesterol 2mg	1%
Sodium 685mg	29%
Total Carbohydrate 22.9g	8%
Dietary Fiber 2.1g	8%
Protein 7.7g	15%
Vitamin A 3%	Vitamin C 5%
Calcium 9%	Iron 10%

INGREDIENTS	WEIGHT	MEASURE
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 Campbell's® Condensed Tomato Soup , 50 oz ea		1 cans
water		4 cups
tahini paste	4 oz.	1/2 cups
kosher salt		1 1/4 tsp.
black pepper, ground		1/2 tsp.
plain nonfat Greek yogurt	16 oz.	2 cups
sesame seeds, toasted		2 tbsp.

INSTRUCTIONS

1. Combine Campbell's® Condensed Tomato Soup, water, tahini, salt and pepper in large sauce pot.
2. Simmer for 10-12 minutes over medium heat.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
CCP: Hold for hot service at 140°F or higher until needed.
3. To serve, using an 8 fl. oz. ladle, portion 1 cup soup into serving bowl. Garnish each portion with a dollop of sour cream and 1/2 teaspoon sesame seeds. Serve immediately.