

**TURKEY & WILD RICE SOUP MADE WITH CAMPBELL'S® CLASSIC HEALTHY REQUEST® CREAM OF CHICKEN**



Total Time  
**45 MIN.**


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

Difficulty  
**EASY**

A savory soup loaded with hearty carrots, celery, asparagus, and diced turkey.

Yields  
**18**

<b>Nutrition Facts</b>	
Serving Size	SERVING (8 OZ LADLE; 1 CUP)
<b>Amount Per Serving</b>	
<b>Calories</b> 214	
	<b>% Daily Value</b>
<b>Total Fat</b> 9.2g	<b>14%</b>
<b>Saturated Fat</b> 3.9g	<b>20%</b>
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 323mg	<b>13%</b>
<b>Total Carbohydrate</b> 17.6g	<b>6%</b>
<b>Dietary Fiber</b> 1.7g	<b>7%</b>
<b>Protein</b> 14.9g	<b>30%</b>
Vitamin A 21%	Vitamin C 4%
Calcium 5%	Iron 4%

<b>INGREDIENTS</b>	<b>WEIGHT</b>	<b>MEASURE</b>
vegetable oil		2 tbsp.
onion, diced	11 oz.	2 cups
carrot, diced	10 oz.	2 cups
celery, diced	11 oz.	2 cups
garlic, minced		1 tbsp.
black pepper, ground		1/2 tsp.
 <b>Campbell's® Healthy Request® Condensed Cream of Chicken Soup,</b> 50 oz ea		1 cans
water		6 cups
wild rice, raw		1 cups
cooked turkey, diced	23 oz.	4 cups
asparagus, spears, trimmed, cut into 1" diagonal pieces	7 oz.	1 1/2 cups
light cream		2 cups
fresh parsley, chopped		1 1/2 tbsp.

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### INSTRUCTIONS

1. Heat oil in a large pot over medium-high heat. Add in onions, carrots and celery. Sauté for 10 minutes. Add garlic and cook for 3 minutes stirring often.
2. Add pepper, **Campbell's® Healthy Request® Condensed Cream of Chicken Soup** and water. Stir well to combine.
3. Add wild rice and bring to a simmer. Cover and stir occasionally. Cook until wild rice is tender, about 25 minutes.  
**CCP: Heat to a minimum internal temperature of 165°F for 1 minute.**
4. Once rice is tender, add remaining ingredients, return to a simmer for 5 minutes.  
**CCP: Hold for hot service at 140°F or higher until needed.**
5. To serve, ladle 8 oz. of soup into a serving bowl. Serve immediately.