

**LUNCH  
RE  
IMAGINED**



## Campbell's® Souped Up!™

This program shows you how to create unique, delicious soup entrées for lunch while increasing sales and lowering costs.



### Flavor Kids Love.

Campbell's Souped Up! lets you put a creative, kid-friendly spin on soup.

**56%** of students surveyed said they would purchase *Souped Up!* meals once a week or more.  
(IPSOS Custom Omnibus Study 2012)

### Nutrition Kids Need.

All of our kid-friendly recipes deliver **meat and vegetable meal contributions** to your menu, helping you meet the new USDA child nutrition requirements.

### Lunch For Less.

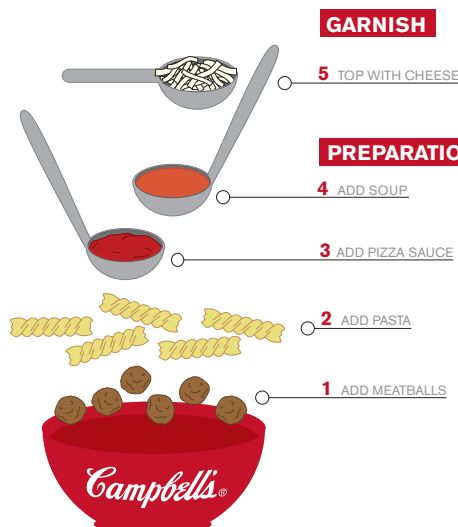
With *Souped Up!* you can offer delicious lunch options quickly, consistently and affordably. Our recipes combine Campbell's soup with commodity ingredients, delivering an average cost per serving of only **\$0.64**.

## ASSEMBLY GUIDELINES

Campbell's Souped Up! is easy—just add delicious Campbell's soups to pantry items and commodity ingredients you have in stock and serve!

To assemble: Add protein and vegetables to the bowl to make sure your contributions are met, then add hot Campbell's soup and top with a garnish.

This infographic for Mini Meatball Italiano Soup is an example of how to assemble Campbell's Souped Up! recipes.



## Create a Campbell's® Souped Up!™ Menu

*Souped Up!* uses ingredients you already stock to expand your menu without increasing the number of products in your pantry. Kids will love *Souped Up!* for the on-trend flavors, and you'll love the added nutrition, simple prep and labor savings.

PRODUCTS	CASE CODE	PRODUCT DESCRIPTION	FORMAT	CASE PACK	CASE YIELD
Campbell's® 50 oz. canned soups are a versatile base for many recipes.	<b>Canned Soup</b>				
	00016	Tomato Soup	Canned	12/50 oz.	150 - 8 oz. servings
	02046	Cream of Potato	Canned	12/50 oz.	150 - 8 oz. servings
	01036	Cream of Chicken	Canned	12/50 oz.	150 - 8 oz. servings
	01266	Cream of Mushroom	Canned	12/50 oz.	150 - 8 oz. servings

## Campbell's Souped Up! Recipes

Here are eight *Souped Up!* recipes to expand student options. Give your menu a boost with these fun soups that are sure to satisfy healthy appetites.



### Campbell's Tomato

**Southwest Cheesy Tomato Soup:** Tomato soup, salsa and spicy diced chicken combine in this zesty cheese-topped favorite.

**Mini Meatball Italiano Soup:** Mini meatballs and curly pasta bring classic Italian flavor to this fun, kid-friendly soup!

**Cheeseburger Soup:** Serve tomato soup with melted Cheddar cheese, crunchy fried onions and seasoned beef for a twist on the all-American cheeseburger.

**Taco Bowl Soup:** This taco-in-a-bowl is the perfect combination of tomato soup, seasoned turkey, spicy peppers and shredded cheese!



### Campbell's Cream of Chicken

**Buffalo Chicken Soup:** Heat things up with this spicy mix of chili-seasoned chicken, hot sauce, crunchy onions and melted cheese.

**Sweet Potato and Corn Chowder:** Savory chicken, hearty veggies and a dollop of sour cream make this soup hard to resist.



### Campbell's Cream of Mushroom

**Smoked Turkey Jambalaya:** Lunch is a party when you serve up this hearty soup filled with smoked turkey sausage, peppers and rice.



### Campbell's Cream of Potato

**Stuffed Potato Soup:** A creamy potato soup loaded with healthy veggies, melted cheese and a handful of delicious bacon.

# TOMATO

## Southwest Cheesy Tomato Soup

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.71

**AVERAGE PREP TIME:** 8-15 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Tomato Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Tomato Soup according to label directions.</li> <li>2. Toss chicken with taco seasoning and cook thoroughly. Hold hot.</li> <li>3. Warm tomatoes and beans. Hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl: 1 ½ oz. cooked chicken 1 oz. tomatoes 1 oz. kidney beans</p> <p>Add 6 oz. prepared Campbell's Tomato Soup.</p>
Water	4 ½ quarts + ¾ cups	
Chicken, <i>diced</i>	5 lbs.	
Taco seasoning, <i>prepared</i>	3 oz.	
Canned diced tomatoes, <i>undrained</i>	3 lbs.	
Low sodium kidney beans, <i>drained and rinsed</i>	3 lbs. + 4 oz.	
GARNISH		
Yellow Cheddar cheese, <i>shredded</i>	1 lb. + 9 oz.	Top with ½ oz. shredded cheese and serve with a pack of tortilla scoops.
Tortilla scoops	50, 1 oz. single serve packets	



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 374 kcal	Cholesterol 56.60 mg	Protein 23.53 g	36.39% Calories from Total Fat
Total Fat 15.14 g	Sodium 893.43 mg	Vitamin A 109.73 RE	11.74% Calories from Saturated Fat
Saturated Fat 4.88 g	Carbohydrates 41.06 g	Vitamin A 548.65 IU	*0.00%* Calories from Trans Fat
Trans Fat. *0.00* g	Dietary Fiber 5.90 g	Vitamin C 7.07 mg	43.87% Calories from Carbohydrates
	Calcium 145.24 mg	Iron 3.29 mg	25.14% Calories from Protein

### Suggestions and Variations:

▼ For spicier flavor, replace diced tomatoes with 3 lbs. undrained Ro\*Tel® Diced Tomatoes with Green Chilies.

### Meal Contributions:

Meat/Meat Alternate - 2 oz.

Grain - 1 oz.

Vegetable - ½ cup red/orange vegetables + ½ cup other vegetables (1 cup total)

## Mini Meatball Italiano Soup

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.63

**AVERAGE PREP TIME:** 5-10 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Tomato Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Tomato Soup according to label directions.</li> <li>2. Heat pizza sauce and add Italian seasoning blend. Hold hot.</li> <li>3. Cook pasta to desired texture, drain. Heat other ingredients and hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl:  1 ½ oz. cooked meatballs  1 oz. cooked pasta  1 oz. pizza sauce mixture  Add 6 oz. prepared Campbell's Tomato Soup.</p>
Water	4 ½ quarts + ¾ cups	
Pizza sauce, <i>prepared</i>	3 lbs. + 2 oz.	
Italian seasoning blend	5 tbsp. + 1 tsp.	
Mini meatballs, <i>pre-cooked</i>	4 lbs. + 11 oz.	
Spiral-shaped pasta, <i>uncooked</i>	3 lbs. + 2 oz.	
<b>GARNISH</b>		
Part-skim mozzarella, <i>shredded</i>	1 lb. + 9 oz.	Top with ½ oz. cheese and serve immediately.



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 313 kcal	Cholesterol 27.75 mg	Protein 16.64 g	24.67% Calories from Total Fat
Total Fat 8.58 g	Sodium 925.00 mg	Vitamin A 106.15 RE	10.50% Calories from Saturated Fat
Saturated Fat 3.65 g	Carbohydrates 40.06 g	Vitamin A 530.75 IU	*0.00%* Calories from Trans Fat
Trans Fat. *0.00* g	Dietary Fiber 3.39 g	Vitamin C 4.39 mg	51.18% Calories from Carbohydrates
	Calcium 148.25 mg	Iron 2.72 mg	21.26% Calories from Protein

### Meal Contributions:

Meat/Meat Alternate - 2 oz.

Grain - 1 oz.

Vegetable - ½ cup red/orange vegetables + ½ cup other vegetables (1 cup total)

# Cheeseburger Soup

**YIELD: 50 portions**

**SERVING SIZE: 10 oz. in 12 oz. bowl**

**COST/SERVING: \$0.53**

**AVERAGE PREP TIME: 10-20 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Tomato Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Tomato Soup according to label directions.</li> <li>2. Cook beef to safe temperature, drain excess fat and hold hot. Sauté onions and hold hot.</li> <li>3. Heat tomatoes and ketchup together. Hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl: 1 ¼ oz. cooked beef ¾ oz. onions 1 ½ oz. tomato/ketchup mixture</p> <p>Add 6 oz. prepared Campbell's Tomato Soup.</p>
Water	4 ½ quarts + ¾ cups	
Ground beef crumbles	4 lbs.	
Onions, <i>diced</i>	2 lbs. + 8 oz.	
Canned diced tomatoes, <i>undrained</i>	3 lbs.	
Ketchup	2 lbs.	<p>Top with ½ oz. cheese and serve immediately.</p>
GARNISH		
Yellow Cheddar cheese, <i>shredded</i>	1 lb. + 9 oz.	



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 218 kcal	Cholesterol 24.81 mg	Protein 12.23 g	38.59% Calories from Total Fat
Total Fat 9.33 g	Sodium 1039.88 mg	Vitamin A 119.96 RE	20.92% Calories from Saturated Fat
Saturated Fat 5.06 g	Carbohydrates 22.73 g	Vitamin A 599.78 IU	*0.00%* Calories from Trans Fat
Trans Fat. *0.00* g	Dietary Fiber 2.52 g	Vitamin C 8.70 mg	41.80% Calories from Carbohydrates
	Calcium 130.41 mg	Iron 1.52 mg	22.49% Calories from Protein

### Suggestions and Variations:

- 🍷 Sauté 9 tbsp. minced garlic with onions and serve hot.
- 🍷 For extra flavor, cook beef with 9 tbsp. Montreal Steak Seasoning.
- 🍷 For a crunchy garnish, sprinkle ½ oz. French fried onions on soup with shredded cheese (1 lb. + 9 oz. total).

### Meal Contributions:

Meat/Meat Alternate - 1 ¾ oz.

Vegetable - ½ cup red/orange vegetables + ½ cup other vegetables (1 cup total)

# Taco Bowl Soup

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.71

**AVERAGE PREP TIME:** 15-25 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Tomato Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare <b>Campbell's</b> Condensed Tomato Soup according to label directions.</li> <li>2. Toss turkey with taco seasoning and cook thoroughly. Hold hot.</li> <li>3. Individually sauté veggies, heat other ingredients and hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl:  1 ½ oz. cooked turkey mixture  ½ oz. onions  ½ oz. bell peppers  ½ oz. black beans  ½ oz. diced tomatoes</p> <p>Add 6 oz. prepared <b>Campbell's</b> Tomato Soup.</p>
Water	4 ½ quarts + ¾ cups	
Turkey, ground	5 lbs.	
Taco seasoning, prepared	3 ¾ oz.	
Onions, diced	1 lb. + 9oz.	
Red and green bell peppers, diced	1 lb. + 9oz.	
Black beans, drained and rinsed	1 lb. + 9oz.	
Canned diced tomatoes, undrained	1 lb. + 9oz.	
GARNISH		<p>Top with ½ oz. shredded cheese and serve immediately.</p>
Yellow Cheddar cheese, shredded	1 lb. + 9 oz.	



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 246 kcal	Cholesterol 62.17 mg	Protein 18.58 g	39.32% Calories from Total Fat
Total Fat 10.76 g	Sodium 834.30 mg	Vitamin A 204.61 RE	17.15% Calories from Saturated Fat
Saturated Fat 4.70 g	Carbohydrates 19.41 g	Vitamin A 1062.86 IU	*0.23%* Calories from Trans Fat
Trans Fat. *0.06* g	Dietary Fiber 2.95 g	Vitamin C 24.92 mg	31.51% Calories from Carbohydrates
	Calcium 138.39 mg	Iron 2.08 mg	30.17% Calories from Protein

### Suggestions and Variations:

- 🍷 Sauté 6 tbsp. minced garlic with onions and serve hot.
- 🍷 For a smoky kick, replace 1 lb. black beans with 1 lb. + 4 oz. minced canned chipotle peppers in adobo sauce.
- 🍷 For extra heat, add 6 tbsp. diced and undrained green chilies to the bell peppers.

### Meal Contributions:

Meat/Meat Alternate - 2 oz.

Vegetable - ½ cup red/orange vegetables + ½ cup other vegetables (1 cup total)

# CREAM OF CHICKEN

## Buffalo Chicken Soup

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.65

**AVERAGE PREP TIME:** 20-25 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Cream of Chicken Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Cream of Chicken Soup according to label directions.</li> <li>2. Toss chicken with hot sauce and cook thoroughly. Hold hot.</li> <li>3. Individually sauté carrots and onions, hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl: 1 ½ oz. cooked chicken mixture 1 oz. onions 1 oz. carrots</p> <p>Add 6 oz. prepared Campbell's Cream of Chicken Soup.</p> <p>Top with ½ oz. cheese and ½ oz. French fried onions and serve immediately.</p>
Water	4 ½ quarts + ¾ cups	
Chicken, <i>diced</i>	4 lbs. + 11 oz.	
Onions, <i>diced</i>	3 lbs. + 10 oz.	
Carrots, <i>sliced</i>	2 lbs. + 10 oz.	
Hot sauce	11 oz.	
GARNISH		
Yellow cheese, <i>shredded</i>	1 lb. + 9 oz.	
French fried onions	1 lb. + 9 oz.	



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 189 kcal	Cholesterol 54.60 mg	Protein 17.10 g	50.64% Calories from Total Fat
Total Fat 10.61 g	Sodium 401.29 mg	Vitamin A 845.86 RE	23.02% Calories from Saturated Fat
Saturated Fat 4.53 g	Carbohydrates 8.50 g	Vitamin A 4229.29 IU	*0.00%* Calories from Trans Fat
Trans Fat. *0.00* g	Dietary Fiber 1.64 g	Vitamin C 2.99mg	17.99% Calories from Carbohydrates
	Calcium 124.52 mg	Iron 1.97 mg	36.21% Calories from Protein

### Suggestions and Variations:

- Sauté 8 tbsp. minced garlic with onions and serve hot.
- For added flavor, cook chicken with 2 ½ oz. chili seasoning mix or 1 ½ tbsp. paprika.
- Replace shredded yellow cheese with 1 lb. + 9 oz. crumbled bleu cheese.

### Meal Contributions:

Meat/Meat Alternate - 2 oz.  
Vegetable - ¼ cup



# Sweet Potato & Corn Chowder Soup

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.52

**AVERAGE PREP TIME:** 20-25 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Cream of Chicken Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Cream of Chicken Soup according to label directions.</li> <li>2. Toss chicken with chili powder and cook thoroughly.</li> <li>3. Individually sauté corn, sweet potatoes, onions and pepper mix. Hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl:  1 oz. cooked chicken mixture  ½ oz. corn  1 oz. peppers  ½ oz. sweet potatoes  ½ oz. diced onion</p> <p>Add 6 oz. prepared Campbell's Cream of Chicken Soup.</p>
Water	4 ½ quarts + ¾ cups	
Chicken, <i>diced</i>	3 lbs. + 2 oz.	
Chili powder	1 ½ tbsp.	
Onions, <i>diced</i>	1 lb. + 11 oz.	
Red and green bell peppers, <i>cut into strips</i>	3 lbs.	
Canned sweet potatoes, <i>drained and cubed</i>	1 lb. + 9 oz.	
IQF corn niblets	1 lb. + 9 oz.	<p>Top with ½ oz. sour cream and serve immediately.</p>
GARNISH		
Low-fat light sour cream	1 lb. + 9 oz.	



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 185 kcal	Cholesterol 36.00 mg	Protein 11.56 g	40.27% Calories from Total Fat
Total Fat 8.27 g	Sodium 604.66 mg	Vitamin A 381.78 RE	10.94% Calories from Saturated Fat
Saturated Fat 2.25 g	Carbohydrates 17.66 g	Vitamin A 1954.63 IU	*0.00%* Calories from Trans Fat
Trans Fat. *0.00* g	Dietary Fiber 3.04 g	Vitamin C 31.49 mg	38.23% Calories from Carbohydrates
	Calcium 33.22 mg	Iron 1.42 mg	25.03% Calories from Protein

### Suggestions and Variations:

- 🍷 Sauté 8 tbsp. minced garlic with onions and serve hot.
- 🍷 For sweetness, add 3 oz. maple syrup to the sour cream.
- 🍷 For Louisiana-style flavor, cook sausage with 2 tbsp. Creole seasoning.

### Meal Contributions:

Meat/Meat Alternate - 1 oz.  
Vegetable - ¼ cup

# CREAM OF MUSHROOM

## Smoked Turkey Jambalaya

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.61

**AVERAGE PREP TIME:** 20-25 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Cream of Mushroom Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Cream of Mushroom Soup according to label directions.</li> <li>2. Heat and combine both sausages and hot sauce, hold hot.</li> <li>3. Individually sauté veggies, heat other ingredients and hold hot.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl:  1 ½ oz. cooked sausage mixture  ½ oz. pepper mixture  ½ oz. celery  ½ oz. brown rice  ½ oz. diced tomatoes</p> <p>Add 6 oz. prepared Campbell's Cream of Mushroom Soup.</p>
Water	4 ½ quarts + ¾ cups	
Smoked turkey sausage, <i>pre-cooked and diced</i>	3 lbs.	
Sweet and spicy Italian sausage, <i>pre-cooked</i>	2 lbs.	
Hot sauce	6 tbsp.	
Red and green bell peppers, <i>diced</i>	2 lbs.	
Celery, <i>diced</i>	1 lb. + 2 oz.	
Brown rice, <i>cooked</i>	1 lb. + 9 oz.	
Canned diced tomatoes	1 lb. + 9 oz.	
<b>GARNISH</b>		
Yellow Cheddar cheese, <i>shredded</i>	1 lb. + 9 oz.	Top with ½ oz. cheese and serve immediately.



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 239 kcal	Cholesterol 58.79 mg	Protein 15.29 g	50.76% Calories from Total Fat
Total Fat 13.48 g	Sodium 1197.11 mg	Vitamin A 142.27 RE	18.49% Calories from Saturated Fat
Saturated Fat 4.91 g	Carbohydrates 12.58 g	Vitamin A 801.55 IU	*0.28%* Calories from Trans Fat
Trans Fat. *0.07* g	Dietary Fiber 2.49 g	Vitamin C 24.76 mg	21.06% Calories from Carbohydrates
	Calcium 154.21 mg	Iron 0.92 mg	25.60 % Calories from Protein

### Meal Contributions:

Meat/Meat Alternate - 2 oz.

Vegetable - ¼ cup

# CREAM OF POTATO

## Stuffed Potato Soup

**YIELD:** 50 portions

**SERVING SIZE:** 10 oz. in 12 oz. bowl

**COST/SERVING:** \$0.79

**AVERAGE PREP TIME:** 15-20 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
Campbell's® Condensed Cream of Potato Soup	3, 50 oz. cans	<ol style="list-style-type: none"> <li>1. Prepare Campbell's Condensed Cream of Potato Soup according to label directions.</li> <li>2. Cook potatoes, drain and toss with hot sauce. Hold hot.</li> <li>3. Sauté onions. Hold hot. Heat bacon.</li> </ol> <p><b>For each serving:</b> Place in 12 oz. bowl: 1 oz. potatoes 1 oz. broccoli 1 oz. onions ½ oz. bacon</p> <p>Add 6 oz. prepared Campbell's Cream of Potato Soup.</p>
Water	4 ½ quarts + ¾ cups	
Potatoes, <i>diced</i>	2 lbs. + 14 oz.	
IQF small broccoli florets, <i>blanched</i>	3 lbs. + 2 oz.	
Onions, <i>diced</i>	2 lbs. + 13 oz.	
Bacon, <i>cooked and chopped</i>	1 lb. + 14 oz.	
Hot sauce	4 oz.	<p>Top with ½ oz. cheese and ½ oz. scallions and serve immediately.</p>
GARNISH		
White Cheddar cheese, <i>shredded</i>	1 lb. + 9 oz.	
Scallions, <i>diced</i>	1 lb. + 9 oz.	



## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 Portion Size (10 oz.)



Calories 262 kcal	Cholesterol 37.46 g	Protein 12.85 g	46.45% Calories from Total Fat
Total Fat 13.51 g	Sodium 1013.76 mg	Vitamin A *79.93* RE	21.04% Calories from Saturated Fat
Saturated Fat 6.12 g	Carbohydrates 21.86 g	Vitamin A *686.92* IU	*0.00%* Calories from Trans Fat
Trans Fat. *0.00* g	Dietary Fiber 3.55 g	Vitamin C *23.28* mg	33.41% Calories from Carbohydrates
	Calcium 130.36 mg	Iron 1.04 mg	19.64% Calories from Protein

### Meal Contributions:

Meat/Meat Alternate - 1 oz.

Vegetable - ¾ cup



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