

CANNED SOUP

# ***CAMPBELL'S®*** **SOUPER SOUPS**



**YOU WORK HARD  
TO DELIGHT YOUR GUESTS.  
WE DO THE SAME  
FOR YOU.**

## **OUR PROMISE**

We're passionate about partnering with you and supporting you on your mission to make memorable experiences. We're passionate about making great-tasting, real, carefully crafted food accessible to all. And we're passionate about taking care of and supporting the communities you serve through Campbell's charity work and sustainability.



## **MADE *to* SERVE™**

We're made to **partner with you** and support your mission to create memorable experiences.

We're made to ensure delicious, real, **carefully crafted foods** are accessible to all.

We're made to create **products your guests trust** today and well into the future.





## GIVE YOUR RESIDENTS MORE THAN JUST A BOWL OF SOUP

When your patrons start to lose their appetite or general desire for food, a warm comforting bowl of soup could be the right recipe to get them excited about eating again! Our Souper Soup recipes, created by Campbell's Chefs and Nutritionists, are specifically crafted to meet the needs of residents in your care who need extra calories, protein, and fiber. Campbell's Souper Soup recipes are delicious, nourishing, easy to prepare, and affordable to meet the challenges in your healthcare facility.

A serving of Souper Soup provides at least as many calories per 8 oz. serving as a leading nutrition supplement, plus at least 20% more protein<sup>1</sup> and is also a good source of fiber. Each recipe is full of flavor with under 450 mg of sodium/serving and easy to prepare with a minimal number of ingredients. At an average cost per serving of \$1.00 or less<sup>2</sup>, Campbell's Souper Soups recipes are an affordable way to deliver the taste your residents want and the calories, protein, and fiber they need.

<sup>1</sup>Based on a comparisons of the calorie, protein, and fiber content of our Souper Soup recipes to Ensure® Original (vanilla), as reported on 9/17/2018 at <http://ensure.com/products/ensure-original>.

<sup>2</sup>Costs calculated based on average national prices for recipe ingredients. Actual ingredient prices for an individual facility may vary.



# BUTTERNUT SQUASH, KALE & TURKEY SAUSAGE SOUP



**SERVINGS**  
24



**SERVING SIZE**  
1 cup



**COST/SERVING**  
\$0.90

## KEY NUTRITIONALS

**223**  
CALORIES



**PROTEIN**  
11.7g



**DIETARY FIBER**  
3.7g

Total Fat (g) 7.3 | Sodium (mg) 382 | Calcium (%DV) 22

## INGREDIENTS

Canola Oil	1 Tbsp
Onions, Diced	1 cup
Garlic, Peeled, Roasted, Mashed	1 Tbsp
Dried Thyme, Crushed	1 tsp
Fresh Parsley, Chopped	1 Tbsp
Ground Turkey Sausage, Yield from 1 oz Raw	20 oz
Crimini Mushrooms, Julienned	1 qt
Carrot, Peeled, Diced	1 cup
Butternut Squash, Cut into Cubes	1 cup
Reduced Sodium White Kidney Beans	1 qt + 1 cup
Kale, Chopped	1 qt + 2 cups
Black Pepper	¼ tsp
Campbell's® Healthy Request® Condensed Cream of Mushroom Soup (04144)	50 oz can
Milk	1 qt + 1 cup
Half & Half	2 cups
Butternut Squash, Puree	1 qt
Black Pepper, Ground	1 tsp
Cooked Brown Rice	1 qt + 1 cup

## INSTRUCTIONS

- 1 In large sauce pot, heat **oil** over medium heat. Add **onions**. Cook for 5 minutes.
- 2 Add **garlic, thyme, and parsley**. Cook for 2 minutes.
- 3 Add **turkey sausage, mushrooms, carrots, butternut squash, and beans**. Cook for 3 minutes.
- 4 Add **kale and pepper**. Simmer for 4 minutes.
- 5 Add **Campbell's® Healthy Request® Cream of Mushroom Soup, milk, half & half, and butternut squash puree**. Simmer for 4 minutes.
- 6 Serve over cooked **brown rice**.

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# MEATBALL STROGANOFF SOUP



**SERVINGS**  
20



**SERVING SIZE**  
1¼ cup



**COST/SERVING**  
\$0.83

## KEY NUTRITIONALS

**232**  
CALORIES



**PROTEIN**  
11g



**DIETARY FIBER**  
3.6g

Total Fat (g) 10.1 | Sodium (mg) 382 | Calcium (%DV) 13

## INGREDIENTS

Canola Oil	1 Tbsp
Onions	3 cups
Garlic, Peeled, Roasted, Mashed	1 Tbsp
Dijon-Style Mustard	1 Tbsp
Dried Parsley Flakes, Crushed	1 Tbsp
Dried Thyme Leaves, Chopped	1 tsp
Half & Half	1 cup
Black Pepper, Ground	¼ tsp
<b>Campbell's® Healthy Request®</b> Condensed Cream of Mushroom Soup (04144)	50 oz can
Whole Milk	2 cups
Sour Cream	½ cup
Frozen Pearl Onions, Thawed	1¼ cups
Sun-Dried Tomatoes, Julienned	1 cup
Frozen Fully-Cooked Beef Meatballs, ½ oz each	60
Cooked Whole Grain Egg Noodle	1 qt + 3 cups

## INSTRUCTIONS

- 1 In large sauce pot, heat **oil** over medium heat. Add **onions**. Cook for 5 minutes.
- 2 Add **garlic**. Cook for an additional 3 minutes.
- 3 Add **Dijon mustard, parsley, thyme, and half & half**. Simmer for 4 minutes.
- 4 Add **Campbell's® Healthy Request® Cream of Mushroom Soup, pepper, milk, sour cream, pearl onions, and sun-dried tomatoes**. Reduce heat and simmer for 10 minutes. Reserve.
- 5 Heat **meatballs** according to package directions. Add to soup mixture.
- 6 Serve over cooked **whole grain egg noodles**.



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# ROASTED CHICKEN, SHIITAKE MUSHROOM & QUINOA SOUP



**SERVINGS**  
24



**SERVING SIZE**  
1 cup



**COST/SERVING**  
\$1.08

## KEY NUTRITIONALS

**258**  
CALORIES



**PROTEIN**  
14.5g



**DIETARY FIBER**  
3.1g

Total Fat (g) 10.1 | Sodium (mg) 338 | Calcium (%DV) 15

## INGREDIENTS

Canola Oil	1 Tbsp
Onions, Diced	1 cup
Garlic, Peeled, Roasted, Mashed	1 Tbsp
Dried Parsley Flakes, Crushed	1 Tbsp
Fresh Thyme Leaves, Chopped	1 tsp
Shiitake Mushrooms, Grilled, Sliced	3 cups
Milk	1 qt
Half & Half	1 cup
<b>Campbell's® Healthy Request®</b> Condensed Cream of Mushroom Soup (04144)	50 oz can
Boneless, Skinless Chicken Breasts, Yield from 1 oz Raw	8 oz
Kosher Salt	½ tsp
Black Pepper	¼ tsp
Eggs	24
Water	1 gallon
Cooked Red Quinoa	2 qt

## INSTRUCTIONS

- 1 In large sauce pot, heat **oil** over medium heat. Add **onions**. Cook for 5 minutes.
- 2 Add **garlic, parsley, and thyme**. Cook for an additional 2 minutes.
- 3 Add **shiitake mushrooms**. Cook for 4 minutes. Add **milk**. Simmer for 2 minutes.
- 4 Add **Campbell's® Healthy Request® Cream of Mushroom Soup, half & half, and ⅛ teaspoon of salt**. Reduce heat. Simmer for another 5 minutes. Reserve.
- 5 In medium mixing bowl, season **chicken breast** with remaining ⅛ teaspoon of **salt** and ⅛ teaspoon of **pepper**. Roast in 350°F oven for 20 minutes, or until cooked through. Cut into 1 oz slices.
- 6 In large pot, bring 1 gallon of **water** to a boil, reduce heat. Gently poach **eggs** until yolk is slightly firm. Reserve.
- 7 Serve over cooked **red quinoa**.

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# GRILLED SHRIMP & MUSHROOM BARLEY SOUP



**SERVINGS**  
22



**SERVING SIZE**  
1 cup



**COST/SERVING**  
\$1.29

## KEY NUTRITIONALS

**220**  
CALORIES



**PROTEIN**  
13.4g



**DIETARY FIBER**  
5.9g

Total Fat (g) 3.1 | Sodium (mg) 367 | Calcium (%DV) 12

## INGREDIENTS

Canola Oil	2 Tbsp
Onions, Sliced	1 cup
Shiitake Mushrooms, Grilled, Sliced	1 qt
Garlic, Peeled, Roasted, Mashed	1 Tbsp
Fresh Thyme Leaves, Chopped	1 tsp
Dried Parsley Flakes, Crushed	1 Tbsp
Low Sodium Vegetable Broth	1 qt
<i>Campbell's® Healthy Request®</i> Condensed Cream of Mushroom Soup (04144)	50 oz can
Sun-Dried Tomatoes, Sliced	2 cups
Frozen Spinach, Thawed, Well Drained	1 qt + ½ cup
Frozen Egg Whites, Thawed	1 qt
Shrimp, Small, Yield from 1 lb Raw	14 oz
Black Pepper	¼ tsp
Cooked Barley	3 qt

## INSTRUCTIONS

- 1 In a large sauté pan, scramble **egg white** until light and fluffy. Reserve.
- 2 In medium mixing bowl, season **shrimp** with **pepper**. Grill until cooked through. Reserve.
- 3 In large sauce pot, heat **oil** over medium heat. Add **onions**. Cook for 4 minutes.
- 4 Add **mushrooms, garlic, thyme, and parsley**. Cook for an additional 2 minutes.
- 5 Add **vegetable broth**. Simmer for 4 minutes.
- 6 Add *Campbell's® Healthy Request®* **Cream of Mushroom Soup**. Simmer for another 3 minutes.
- 7 Add **sun-dried tomatoes** and **spinach**. Cook for 2 minutes. Reserve.
- 8 Add reserved ingredients together and serve over cooked **barley**.



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# HEARTY VEGETABLE & TURKEY SOUP



**SERVINGS**  
19



**SERVING SIZE**  
1 cup



**COST/SERVING**  
\$0.95

## KEY NUTRITIONALS

**229**  
CALORIES



**PROTEIN**  
12.3g



**DIETARY FIBER**  
4.1g

Total Fat (g) 8.2 | Sodium (mg) 392 | Calcium (%DV) 22

## INGREDIENTS

Canola Oil	1 Tbsp
Onions, Diced	2 cups
Garlic, Peeled, Roasted, Mashed	1 Tbsp
Dried Oregano Leaves, Crushed	1 tsp
Fresh Parsley, Chopped	1 Tbsp
Carrots, Diced	1 qt
Parsnips, Roasted	1 qt
Red Potato	3½ cups
Milk	1 qt + 2 cups
Half & Half	2 cups
Campbell's® Healthy Request® Condensed Cream of Mushroom Soup (04144)	50 oz can
Black Pepper, Ground	1 tsp
Kale, Chopped	3 cups
Frozen Lima Beans	3 cups
Kosher Salt	¼ tsp
Black Pepper	¼ tsp
Canola Oil	½ tsp
Skinless, Boneless Turkey Breast Half	16 oz

## INSTRUCTIONS

- 1 In large sauce pot, heat **oil** over medium heat. Add **onions, garlic, oregano, parsley, carrots, parsnips, and potatoes**. Cook for 5 minutes.
- 2 Add **Campbell's® Healthy Request® Cream of Mushroom Soup, milk, and half & half**. Simmer for 10 minutes on low heat.
- 3 Add **pepper, kale, and lima beans**. Continue to simmer for 4 minutes.
- 4 In large mixing bowl, season **turkey** with **salt, pepper, and oil**. Bake at 350°F oven until cooked through.
- 5 Cool **turkey** and shred. Add to soup mixture and serve.

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# CRIMINI MUSHROOM, CHICKEN, & ROOT VEGETABLE SOUP



**SERVINGS**  
21



**SERVING SIZE**  
1 cup



**COST/SERVING**  
\$0.99

## KEY NUTRITIONALS

**226**  
CALORIES



**PROTEIN**  
13.4g



**DIETARY FIBER**  
3.8g

Total Fat (g) 7.9 | Sodium (mg) 338 | Calcium (%DV) 20

## INGREDIENTS

Canola Oil	1 Tbsp
Onions, Diced ½-inch	1 cup
Carrots, Diced	3 cups
Parsnips, Peeled, Diced ½-inch	2½ cups
Potato	1 qt
Fresh Parsley, Chopped	1 Tbsp
Dried Thyme, Crushed	1 tsp
Dried Oregano Leaves, Crushed	1 tsp
Crimini Mushrooms, Julienned	1 qt
Frozen Lima Beans	2½ cups
Garlic, Peeled, Roasted, Mashed	1 Tbsp
Kale, Chopped	2 cups
Milk	1 qt + 2 cups
Half & Half	2 cups
<i>Campbell's® Healthy Request®</i> Condensed Cream of Mushroom Soup (04144)	50 oz can
<i>Swanson®</i> Unsalted Chicken Broth	1 cup
Black Pepper, Ground	¼ tsp
Boneless, Skinless Chicken Breasts, Yield from 1 oz Raw	24 oz
Kosher Salt	¼ tsp
Canola Oil	1 tsp

## INSTRUCTIONS

- 1 In large sauce pot, heat **oil** over medium heat. Add **onions**. Cook for 5 minutes.
- 2 Add **carrots**, **parsnips**, and **potatoes**. Cook for 3 minutes.
- 3 Add **parsley**, **thyme**, **oregano**, **mushrooms**, **lima beans**, and **roasted garlic**. Cook for 2 minutes.
- 4 Add **kale**. Cook for 1 minute. Add **milk** and **half & half**. Simmer for 5 minutes.
- 5 Add *Campbell's® Healthy Request®* Cream of Mushroom Soup, unsalted chicken broth, and ½ the listed amount of **pepper**. Simmer for 6 minutes.
- 6 In large mixing bowl, season **chicken** with **salt**, remaining **pepper**, and **oil**. Bake at 350°F oven until cooked through.
- 7 Cool **chicken** and shred. Add to soup mixture and serve.

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HOW CAN  
WE BETTER  
SERVE YOU?

## OUR COMMITMENT TO PARTNERSHIP

We partner with and listen to customers in order to offer the best operator assistance through attentive customer service, category expertise, culinary support, and more.

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