CAMPBELL’S®
SOUPER SOUPS
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.
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 protein¹ 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 less², Campbell’s Souper Soups recipes are an affordable way to deliver the taste your residents want and the calories, protein, and fiber they need.

¹Based 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.
²Costs calculated based on average national prices for recipe ingredients. Actual ingredient prices for an individual facility may vary.
**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® Condensed Cream of Mushroom Soup. milk, half & half, and butternut squash puree. Simmer for 4 minutes.


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**KEY NUTRITIONALS**

<table>
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<tr>
<th>SERVINGS</th>
<th>24</th>
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<tbody>
<tr>
<td>SERVING SIZE</td>
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<tr>
<td>COST/SERVING</td>
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</table>

| Calories | 223 |
| 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: 1/4 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
MEATBALL STROGANOFF SOUP

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.

KEY NUTRITIONALS

232 CALORIES
PROTEIN 11g
DIETARY FIBER 3.6g

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

SERVINGS 20
SERVING SIZE 1¼ cup
COST/SERVING $0.83

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
Campbell’s® Healthy Request® 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

CampbellsFoodservice.com
ROASTED CHICKEN, SHIITAKE MUSHROOM & QUINOA SOUP

**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.


5. In medium mixing bowl, season chicken breast with remaining ½ teaspoon of salt and ½ 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.

**KEY NUTRITIONALS**

- **CALORIES**: 258
- **PROTEIN**: 14.5g
- **DIETARY FIBER**: 3.1g

- **Total Fat (g)**: 10.1
- **Sodium (mg)**: 338
- **Calcium (%DV)**: 15

**SERVINGS**: 24

**SERVING SIZE**: 1 cup

**COST/SERVING**: $1.08

**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
- Campbell’s® Healthy Request® 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: ½ tsp
- Eggs: 24
- Water: 1 gallon
- Cooked Red Quinoa: 2 qt

Campbell’s® Foodservice.com
**GRILLED SHRIMP & MUSHROOM BARLEY SOUP**

**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.
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® Condensed Cream of Mushroom Soup. Simmer for another 3 minutes.
8. Add reserved ingredients together and serve over cooked barley.

**INGREDIENTS**

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

- Calories: 220
- Protein: 13.4g
- Dietory Fiber: 5.9g

**SERVINGS:** 22
**SERVING SIZE:** 1 cup
**COST/SERVING:** $1.29
HEARTY VEGETABLE & TURKEY SOUP

**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.

**KEY NUTRITIONALS**

- Calories: 229
- Total Fat (g): 8.2
- Sodium (mg): 392
- Calcium (%DV): 22
- Protein: 12.3g
- Dietary Fiber: 4.1g

**SERVINGS**

- 19

**SERVING SIZE**

- 1 cup

**COST/SERVING**

- $0.95

**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
# CRIMINI MUSHROOM, CHICKEN, & ROOT VEGETABLE SOUP

## 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.

## INGREDIENTS

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<th>Ingredient</th>
<th>Amount</th>
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<td>Onions, Diced ½-inch</td>
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<tr>
<td>Carrots, Diced</td>
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<td>Parsnips, Peeled, Diced ½-inch</td>
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<td>Potato</td>
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<td>Crimini Mushrooms, Julienned</td>
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<td>Frozen Lima Beans</td>
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<td>Kale, Chopped</td>
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<td>Milk</td>
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<td>Half &amp; Half</td>
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<td>Campbell’s® Healthy Request® Condensed Cream of Mushroom Soup (04144)</td>
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<td>Swanson® Unsalted Chicken Broth</td>
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<td>Black Pepper, Ground</td>
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<tr>
<td>Swanson® Unsalted Chicken Broth</td>
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## KEY NUTRITIONALS

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<th>Nutrient</th>
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CampbellsFoodservice.com
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.

For healthcare menu solutions and more, visit CampbellsFoodservice.com

To learn more about the Campbell’s Foodservice portfolio, contact your Sales Representative, call 1.800.879.7687 or email Campbells_help@archway.com.