



Total Time
30 MIN.

Serving & Size
SEVING (1 CUP)

Difficulty
EASY

Yields
22

Experience the ultimate comfort in a bowl with this beef stroganoff soup. This is made with ground beef, mushrooms, onions, garlic, egg noodles and our Campbell's[®] No Salt Added Condensed Cream of Chicken soup.



Nutrition Facts

Serving Size		SEVING (1 CUP)
Amount Per Serving		
Calories 169		
		% Daily Value
Total Fat 8.4g		13%
Saturated Fat 2.7g		14%
Cholesterol 28mg		9%
Sodium 114mg		5%
Total Carbohydrate 11.4g		4%
Dietary Fiber 0.7g		3%
Protein 11.5g		23%
Vitamin A 2%	Vitamin C 4%	
Calcium 4%	Iron 7%	

INGREDIENTS

WEIGHT

MEASURE

85% lean ground beef, yield from 1 lb raw		2
onion, sliced thin	8 oz.	2 cups
mushrooms, quartered	24 oz.	8 cups
garlic, peeled, chopped	1 oz.	2 tbsp.
 Campbell's[®] Condensed No Salt Added Cream of Mushroom Soup , 50 ounce		1 cans
fresh oregano leaves, chopped		1 1/2 tbsp.
 Swanson[®] Unsalted Chicken Stock		3 cups
reduced fat (2%) milk		2 cups
water		1 cups
Worcestershire sauce		4 tbsp.
egg noodles	7 oz.	2 cups
sour cream	2 oz.	4 tbsp.
fresh parsley, chopped	3 oz.	1/2 cups

INSTRUCTIONS

1. Brown beef in a large sauce pot over high heat, for about 5 minutes. Drain off half the fat.
2. Add onions, mushrooms and garlic. Cook for 5 minutes.
3. Add **Campbell's® Condensed No Salt Added Cream of Mushroom Soup**. Simmer for 10 minutes.
4. Add oregano, **Swanson® Unsalted Chicken Stock**, milk and water. Simmer for 5 minutes.
5. Add Worcestershire sauce, egg noodles and sour cream. Simmer for 5 minutes.
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.
6. To Serve: Using an 8 oz. ladle, portion 1 cup of soup in a serving bowl. Garnish parsley. Serve immediately.



Total Time
30 MIN.

Serving & Size
1/2 CUP

Difficulty
EASY

Yields
47

A savory and creamy dish made with tender spinach, caramelized onions, nutmeg and our Campbell's[®] No Salt Added Condensed Cream of Mushroom soup that will leave your guests asking for more.

Nutrition Facts

Serving Size	1/2 CUP	
Amount Per Serving		
Calories	93	
	% Daily Value	
Total Fat 4.6g		7%
Saturated Fat 2g		10%
Cholesterol 7mg		2%
Sodium 138mg		6%
Total Carbohydrate 9.3g		3%
Dietary Fiber 2.7g		11%
Protein 5.1g		10%
Vitamin A 63%	Vitamin C	36%
Calcium 12%	Iron	18%




TIP

To substitute fresh spinach, use 10 pounds frozen spinach. Thaw and drain thoroughly.

INGREDIENTS

WEIGHT

MEASURE

spinach, fresh	190 oz.	
unsalted butter		1/2 cups
onion, diced	13 oz.	3 cups
garlic, peeled, minced		1 tbsp.
black pepper		1 1/2 tsp.
nutmeg		2 tsp.
all-purpose flour		3/4 cups
reduced fat (2%) milk		2 cups
 Campbell's [®] Condensed No Salt Added Cream of Mushroom Soup, 50 ounce		1 ea.
Parmesan cheese		1 cups

INSTRUCTIONS

1. In a large sauté pan, wilt spinach. Drain, reserve.
2. Using same pan, melt butter.
3. Add onions and garlic. Cook over medium heat for about 5 minutes.
4. Add black pepper and nutmeg. Cook for 3 minutes.
5. Add flour and mix well.
6. Reduce heat to low. Slowly add milk.
7. Add Campbell's[®] No Salt Added Cream of Mushroom Soup. Mix until smooth.
8. Add reserved spinach and Parmesan cheese. Mix until fully combined.

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.

9. To serve, using a 4-ounce serving spoon, portion 1/2 cup onto serving plate. Serve immediately.



Total Time
35 MIN.



Serving & Size
SERVING (1/2 CUP)

Difficulty
EASY

Yields
32

A perfect balance of creamy and savory, this dish is an indulgent side made with Brussels sprouts, crispy bacon, onions, herbs and our Campbell's® No Salt Added Condensed Cream of Mushroom soup.

Nutrition Facts	
Serving Size	SERVING (1/2 CUP)
Amount Per Serving	
Calories 195	
% Daily Value	
Total Fat 13g	20%
Saturated Fat 2.6g	13%
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 10.4g	3%
Dietary Fiber 2.4g	10%
Protein 6.7g	13%
Vitamin A 4%	Vitamin C 61%
Calcium 3%	Iron 7%

INGREDIENTS	WEIGHT	MEASURE
Brussels sprouts	63 oz.	18 cups
olive oil		1 cups
onion, sliced	9 oz.	2 cups
black pepper		1 tsp.
fresh rosemary leaves		1 tsp.
fresh parsley, chopped		2 tbsps.
cooked reduced sodium bacon, diced	10 oz.	2 1/2 cups
 Campbell's® Condensed No Salt Added Cream of Mushroom Soup		1 cans
 Swanson® Unsalted Chicken Stock		3 cups
white wine vinegar		1/2 cups

INSTRUCTIONS

1. Blanch Brussel Sprouts in a large pot of boiling water for 3 minutes.
2. Mix Brussels Sprouts in large bowl with 1/2 cup of oil. Roast in 350°F oven for 10 minutes. Reserve.
3. Heat oil in a large sauce pot. Add onions. Cook for 3 minutes.
4. Add black pepper, herbs and cooked bacon. Cook for 2 minutes.
5. Add **Campbell's® Condensed No Salt Added Cream of Mushroom Soup**, **Swanson® Unsalted Chicken Stock** and white wine vinegar. Simmer on low for 12 minutes.

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.

6. To Serve: Using a #8 scoop, portion 1/2 cup of brussels sprouts in small serving bowl. Serve immediately.



Total Time
90 MIN.

Difficulty
EASY

Yields
12

Serving & Size
SERVING (#4 SPOODLE PASTA; 1 CUP + 1 CUP CHICKEN

Braised chicken, onions, garlic and mushrooms, and a creamy Dijon mustard sauce made with our Campbell's[®] No Salt Added Condensed Cream of Mushroom soup come together in this delicious dish.

Nutrition Facts

Serving Size **SERVING (#4 SPOODLE PASTA; 1 CUP + 1 CUP CHICKEN**

Amount Per Serving

Calories 667

% Daily Value

Total Fat 25.9g **40%**

Saturated Fat 7.5g **38%**

Cholesterol 155mg **52%**

Sodium 314mg **13%**

Total Carbohydrate 59.2g **20%**

Dietary Fiber 3.9g **16%**

Protein 38.8g **78%**

Vitamin A 22% Vitamin C 14%

Calcium 9% Iron 22%

INGREDIENTS

WEIGHT

MEASURE

canola oil 4 tbsp.

boneless, skinless chicken thigh, yield from 1 ounce raw 64

onion, sliced 14 oz. 4 cups

cremini mushroom, chopped 1/4-inch 27 oz. 8 cups

garlic, minced 2 tbsp.

black pepper, ground 1 1/2 tbsp.

fresh parsley, chopped 3 tbsp.

fresh oregano leaves, chopped 3 tbsp.

spinach, fresh 12 oz. 8 cups



Swanson[®] Unsalted Chicken Broth 4 cups

Dijon-style mustard 3 1/2 tbsp.

white wine vinegar 3/8 cups



Campbell's[®] Condensed No Salt Added Cream of Mushroom Soup, 50 ounce 1 cans

light cream 1 1/2 cups

cooked linguine 56 oz. 12 cups

INSTRUCTIONS

1. Heat oil in a large rondeau over high heat. Sear chicken thighs on each side until golden brown. Remove chicken from pan. Reserve in full size hotel pan.
2. In the same rondeau pan add onions, mushrooms and garlic. Sauté for 10 minutes.
3. Add black pepper and herbs. Stir in spinach. Cook until spinach is wilted.
4. Add **Swanson® Unsalted Chicken Broth**, Dijon and vinegar. Bring to a simmer.
5. Stir in **Campbell's® Condensed No Salt Added Cream of Mushroom Soup** and cream. Simmer for 5 minutes. While simmering, slice chicken into 1-inch strips.
6. Pour mixture over chicken, cover. Braise in a 350°F for 30 minutes.
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.
7. To Serve: Using a #4 scoop, portion 1 cup pasta in a serving bowl. Using an 8 oz ladle top with 1 cup of braised chicken and sauce. Serve immediately.



Total Time
30 MIN.



Serving & Size
SERVING (SEE INSTRUCTIONS)

Difficulty
EASY

Pan-seared salmon topped with herb panko complemented with a savory herb vegetable cream sauce and couscous made with our Campbell's[®] No Salt Added Condensed Cream of Mushroom soup.

Yields
24

Nutrition Facts	
Serving Size	SERVING (SEE INSTRUCTIONS)
Amount Per Serving	
Calories 403	
% Daily Value	
Total Fat 12g	18%
Saturated Fat 1.7g	9%
Cholesterol 53mg	18%
Sodium 166mg	7%
Total Carbohydrate 37.7g	13%
Dietary Fiber 3.9g	16%
Protein 30.7g	61%
Vitamin A 22%	Vitamin C 8%
Calcium 3%	Iron 8%

INGREDIENTS	WEIGHT	MEASURE
salmon, yield from 1 ounce raw		96
black pepper, ground		1 tsp.
canola oil		6 tbsp.
onion, diced	4 oz.	1 cups
garlic, peeled, chopped	1 oz.	2 tbsp.
frozen mixed vegetable medley	58 oz.	11 cups
fresh thyme leaves, chopped		2 tsp.
fresh rosemary leaves, chopped		1 1/2 tsp.
 Swanson[®] Unsalted Chicken Stock		2 cups
white wine vinegar		1/4 cups
 Campbell's[®] Condensed No Salt Added Cream of Mushroom Soup , 50 ounce		1 cans
lemon juice		2 tbsp.
panko	6 oz.	3 cups
cooked couscous	66 oz.	12 cups

INSTRUCTIONS

1. Season salmon with black pepper. Heat 2 tablespoons of oil in a large pot. Sear until cooked through.
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.
2. Heat 2 tablespoons oil in a large sauce pot. Add onions and garlic. Cook for 3 minutes.
3. Add vegetable medley and herbs. Cook for 4-5 minutes.
4. Add **Swanson® Unsalted Chicken Stock**, white wine vinegar and **Campbell's® Condensed No Salt Added Cream of Mushroom Soup**. Simmer on low heat for 10 minutes.
5. Add lemon juice. Simmer for 3 minutes.
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.
6. Place 1 tablespoon panko on each salmon portion.
7. To Serve: Using a #8 scoop, portion 1/2 cup couscous into a serving bowl. Using a #8 scoop, top with 1/2 cup of vegetable mixture. Top with 1 (4 ounce) salmon portion. Serve immediately.