



Total Time
75 MIN.

Serving & Size
SERVING (2 CUPS)

Difficulty
EASY

Yields
12

Braised chicken, garam masala, ginger, garlic, onions and a touch of yogurt simmered with our Campbell's[®] No Salt Added Condensed Tomato soup on a bed of cooked Basmati rice.


Nutrition Facts

Serving Size	SERVING (2 CUPS)	
Amount Per Serving		
Calories 524		
% Daily Value		
Total Fat 14.5g		22%
Saturated Fat 4.6g		23%
Cholesterol 115mg		38%
Sodium 149mg		6%
Total Carbohydrate 70.2g		23%
Dietary Fiber 6.3g		25%
Protein 28g		56%
Vitamin A 6%	Vitamin C 4%	
Calcium 8%	Iron 16%	

INGREDIENTS

WEIGHT

MEASURE

boneless, skinless chicken thigh, yield from 1 ounce raw		48
garam masala	1 oz.	3 tbsp.
vegetable oil		2 tbsp.
onion, diced	9 oz.	2 cups
ginger root, peeled, minced	1 oz.	3 tbsp.
garlic, peeled, minced	4 oz.	6 tbsp.
cumin, ground	1 oz.	3 tbsp.
garam masala	1 oz.	3 tbsp.
ground coriander		2 tbsp.
chili powder		1 tbsp.
water		1 cups
 Campbell's [®] Condensed No Salt Added Tomato Soup		1 cans
light cream	8 oz.	1 cups
plain nonfat Greek yogurt	4 oz.	1/2 cups
cooked brown basmati rice	56 oz.	12 cups
cilantro		

INSTRUCTIONS

1. In a bowl, combine chicken and first measure of Garam Masala. Allow to marinate for at least 30 minutes.
2. Heat oil in a rondeau over medium high heat. Add chicken. Brown on each side. Work in batches if needed. Once browned remove and reserve.
3. Add onion to rondeau. Cook for 5 minutes.
4. Add ginger and garlic. Cook for 2-3 minutes, or until fragrant.
5. Add in the remaining dry seasonings. Mix well with the onion mixture. Cook for 1-2 minutes. Return chicken with any juices back to the pan. Add water to deglaze.
6. Add **Campbell's® Condensed No Salt Added Tomato Soup**. Stir until well combined.
7. Add cream. Stir, bring to a boil, then reduce to a simmer 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.
8. Stir in yogurt.
9. To Serve: Using a #4 scoop, portion 1 cup cooked rice onto serving plate. Using a #4 scoop, top with 1 cup chicken mixture. Garnish with cilantro. Serve immediately.



Total Time
30 MIN.

Serving & Size
SERVING (2 CUPS)

Difficulty
EASY

Yields
12

Savor the rich flavors of this classic dish with beef, bell peppers, garlic simmered in a rich tomato sauce made with our Campbell's[®] No Salt Added Condensed Tomato soup with a blend of warm spices.


Nutrition Facts

Serving Size	SERVING (2 CUPS)	
Amount Per Serving		
Calories	485	
		% Daily Value
Total Fat	11.7g	18%
Saturated Fat	3.4g	17%
Cholesterol	45mg	15%
Sodium	75mg	3%
Total Carbohydrate		23%
	68.8g	
Dietary Fiber	6g	24%
Protein	25.1g	50%
Vitamin A	10%	Vitamin C 35%
Calcium	4%	Iron 25%

INGREDIENTS

WEIGHT

MEASURE

canola oil		2	tblsp.
onion, diced	9 oz.	2	cups
garlic, chopped	1 oz.	2	tblsp.
paprika		2	tblsp.
85% lean ground beef, yield from 1 lb raw		2	
green and red bell pepper, diced	20 oz.	4	cups
Italian seasoning, crushed		2	tblsp.
black pepper, ground		1	tblsp.
 Campbell's [®] Condensed No Salt Added Tomato Soup, 50 ounce		1	cans
cooked elbow macaroni	36 oz.	12	cups

INSTRUCTIONS

1. In a large sauce pot, heat oil over medium heat. Add onions. Cook for 4-5 minutes.
2. Add garlic, paprika and ground beef. Cook for 5 minutes. Ensure to break up the meat as the beef cooks.
3. Add peppers, Italian seasoning, and black pepper. Cook for 5 minutes on low heat.
4. Add **Campbell's[®] Condensed No Salt Added Tomato Soup**. Simmer for 10 minutes on low heat.
5. Add macaroni. Simmer for additional 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 a #4 scoop, portion 1 cup pasta in the center of a serving plate. Using a #4 scoop, top with 1 cup beef mixture. Serve immediately.



Total Time
30 MIN.

Serving & Size
SERVING (1.5 CUPS)

Difficulty
EASY

Yields
15

Enjoy the flavors of the Mediterranean with this roasted chicken ratatouille. Juicy chicken, fresh vegetables, and our Campbell's[®] No Salt Added Condensed Tomato soup come together perfectly in this tasty dish.

Nutrition Facts

Serving Size	SERVING (1.5 CUPS)	
Amount Per Serving		
Calories	316	
% Daily Value		
Total Fat	10.5g	16%
Saturated Fat	1.9g	10%
Cholesterol	71mg	24%
Sodium	93mg	4%
Total Carbohydrate	25.5g	9%
Dietary Fiber	4.3g	17%
Protein	29.4g	59%
Vitamin A	8%	Vitamin C 46%
Calcium	4%	Iron 11%

INGREDIENTS

	WEIGHT	MEASURE
boneless, skinless chicken breast, yield from 1 ounce raw		60
balsamic vinegar		1 cups
olive oil		1/2 cups
onion, diced	11 oz.	2 cups
garlic, chopped	1 oz.	2 tbsp.
eggplant, peeled, diced	19 oz.	7 cups
zucchini, diced	23 oz.	6 cups
green and red bell pepper, diced	17 oz.	5 cups
black pepper, ground		2 tsp.
fresh basil leaves, chopped		1/4 cups
fresh thyme leaves, chopped		1 tbsp.



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

INSTRUCTIONS

1. Mix chicken with 1/2 cup balsamic vinegar. Roast in oven at 350°F until cooked through. Slice and Reserve.

**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.**

2. Heat ¼ cup of oil in a large wide sauce pot. Add onions. Cook for 3-4 minutes.

3. Add garlic, eggplant, zucchini, red and green peppers. Cook for 6-7 minutes on high heat.

4. Add black pepper, basil, and thyme. Cook for 2-3 minutes.

5. Add **Campbell's® Condensed No Salt Added Tomato Soup**. Simmer on low heat for 10 minutes.

6. Add remaining olive oil & balsamic vinegar.

**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 12 oz serving spoon, portion 1-1/2 cups vegetable mixture onto plate. Garnish with 4 oz. of cooked chicken breast. Serve immediately.



Total Time
60 MIN.

Difficulty
EASY


Yields
16

Serving & Size

Chickpeas, onion, collard greens, paprika, cumin, garlic, and our Campbell's[®] No Salt Added Condensed Tomato soup are combined perfectly in this flavorful side dish.

Nutrition Facts	
Serving Size	
Amount Per Serving	
Calories 533	
<small>% Daily Value</small>	
Total Fat 12g	18%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 281mg	12%
Total Carbohydrate 90.6g	30%
Dietary Fiber 13.4g	54%
Protein 15.4g	31%
Vitamin A 14%	Vitamin C 18%
Calcium 16%	Iron 19%

INGREDIENTS **WEIGHT** **MEASURE**

olive oil		1/2 cups
onion, diced	17 oz.	4 cups
garlic, minced	2 oz.	1/4 cups
cumin	1 oz.	1/4 cups
paprika, smoked	1 oz.	1/4 cups
dried thyme, leaves		1/4 cups
black pepper		1 tbsp.
chickpeas (garbanzo beans), canned, rinsed, drained	71 oz.	12 cups
collard greens	20 oz.	16 cups
apple cider vinegar		3/4 cups
water		2 cups
	Campbell's[®] Condensed No Salt Added Tomato Soup , 50 ounce	1 cans
cooked brown rice		16 cups

INSTRUCTIONS

1. Heat rondeau over medium high heat. Add oil and onions. Cook for 5 minutes. Stir in garlic. Cook stirring for another 3 minutes.
2. Add all spices. Mix well to combine.
3. Add chickpeas. Stir to combine until all chickpeas are coated. Cook stirring for 5 minutes.
4. Add collard greens. Stir to combine. Cook for 5 minutes or until greens start to wilt.
5. Add apple cider vinegar and water. Stir, and scrape the bottom of the pot.
6. Add **Campbell's® Condensed No Salt Added Tomato Soup**. Stir until well combined. Bring to a boil. Reduce heat to a simmer. Continue to simmer for 20-25 minutes stirring occasionally.

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.

To Serve: Using a #4 scoop, portion 1 cup rice into center of serving bowl. With an 8 oz ladle, top with 1 cup chickpea mixture. Serve immediately.



Total Time
30 MIN.

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

Difficulty
EASY

Yields
16

A bisque full of warm and comforting flavors delivered by roasted red bell peppers, onions, garlic, basil, Pacific Oat Milk and our Campbell's® No Salt Added Condensed Tomato soup.

Nutrition Facts	
Serving Size	SERVING (8 OZ LADLE; 1 CUP)
Amount Per Serving	
Calories 137	
% Daily Value	
Total Fat 3.7g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 23.8g	8%
Dietary Fiber 2.9g	12%
Protein 3.1g	6%
Vitamin A 8%	Vitamin C 65%
Calcium 3%	Iron 5%

INGREDIENTS	WEIGHT	MEASURE
red bell pepper, medium-sized	25 oz.	6 ea.
olive oil		2 tbsp.
onion, diced	9 oz.	2 cups
garlic, peeled, minced	1 oz.	2 tbsp.
basil leaves, dried		2 tsp.
black pepper, ground		2 tsp.
water		2 cups



Campbell's® Condensed No Salt Added Tomato Soup, 50 ounce

1 cans



Pacific Foods™ Barista Series™ Oat Original, 32 ounce

1 cartons

INSTRUCTIONS

1. Preheat oven to 450° F. Place bell peppers on a sheet pan and roast in the oven for 20 minutes, or until charred and soft. Remove from oven and place in a bowl covered with plastic wrap. Once cooled, remove stem, skin, and seeds. Reserve
2. Heat a pot over medium high heat. Add oil and onions. Cook 3-5 minutes.
3. Add garlic. Cook 3 minutes, stirring. Add basil and black pepper, mix well.
4. Combine roasted peppers and water in a blender. Blend until smooth.
5. Add pepper puree, **Campbell's® Condensed No Salt Added Tomato Soup** and **Pacific Foods™ Barista Series™ Oat Original**. Stir to combine. Bring to a simmer and cook for 10 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 into serving bowl. Serve immediately.