Soup is food for life’s moments. Warm and comforting, soup can be very appealing when appetite and desire to eat are compromised. 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 long term care facility.

An 8 oz. cup 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 variety is full of flavor with under 400 mg of sodium/serving, and each recipe is easy to prepare with a minimal number of ingredients. At $0.68 per serving 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 10/31/2014 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.
Adequate nutrition is an integral part of health, happiness, independence, quality of life, and physical and mental functioning for residents in your care. Unfortunately, malnutrition is common among those living in long-term care facilities.

WHY CAMPBELL’S® SOUPER SOUPS?

A “food first” approach is often recommended to treat malnourished elderly people. This approach offers the following benefits:

- The goal of nutritional support is not only nutritional repletion, but also improved quality of life. The process of eating is not simply a physiological need - it fulfills a psychological need, too.

- For many individuals, real foods provide better stimulation of smell, taste, fullness and satisfaction compared to supplements.

- Sometimes using supplements isn’t successful due to unpleasant side effects such as low palatability, nausea, diarrhea, leading to noncompliance.

- Some studies have shown that intake of normal foods is reduced when supplements are given.

- When supplements are offered, wastage up 35% has been reported.

- Many commercial supplements lack fiber, an important nutrient required to prevent chronic constipation - a condition that affects as many as 50% of the institutionalized elderly.

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Creamy Chicken and Bean Soup

YIELDS: 20 servings
SERVING SIZE: 1 cup
AVERAGE COST PER SERVING: $0.63

**INGREDIENTS** | **AMOUNT** | **MEASURE** | **DIRECTIONS**
---|---|---|---
Vegetable oil | 1 Tbsp | 1 tbsp | 1. Heat oil in a stockpot. Add onion and sauté over medium heat until tender. Add chilies; sauté 1 minute.
Onions, chopped | 7 oz | 1¼ cups | 2. Add soup, half and half, beans, chicken and seasonings; stir until fully blended.
Canned green chiles, diced | 1¾ oz | 5¼ Tbsp | 3. Heat to a boil over medium-high heat, stirring frequently. Reduce heat to low; simmer 10 to 15 minutes or until heated to 165°F.
*Campbell’s* Healthy Request® Condensed Cream of Chicken soup | 50 oz | 1 can | 4. CCP: Serve immediately, or hold for hot service at 140°F or higher.
Half and half | 5¾ cups | 5½ cups | 5. To serve: portion each serving with an 8 oz ladle (1 cup).
Frozen peas and carrots | 12½ oz | 2½ cups | Canned great northern beans, rinsed, drained | 47 oz | 5 cups | Cooked chicken, diced, frozen, thawed | 10 oz | 2¼ cups | Garlic powder | 1 tsp | Dried oregano leaves | ½ tsp | Anise seeds, ground, optional | ¼ tsp | Cumin, ground, optional | 1 Tbsp

**NUTRITION PER SERVING**

| Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) | Potassium (%DV) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 240 | 11 | 6 | 0 | 40 | 290 | 25 | 4 | 7 | 13 | 28 | 7 | 12 | 9 | 17 |

Country Style Ham and Bean Soup

YIELDS: 20 servings
SERVING SIZE: 1 cup
AVERAGE COST PER SERVING: $0.50

**INGREDIENTS** | **AMOUNT** | **MEASURE** | **DIRECTIONS**
---|---|---|---
Vegetable oil | 2 Tbsp | 2 tbsp | 1. Heat oil in a stockpot. Add onion; sauté over medium heat until tender, about 1 minute.
Onions, finely diced | 11½ oz | 2 cups | 2. Add soup, milk, beans, tomato, ham, tomato paste, and seasonings; stir until fully blended.
*Campbell’s* Healthy Request® Condensed Tomato soup | 50 oz | 1 can | 3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated to 165°F.
Milk | 1½ qt | 1½ qt | 4. CCP: Serve immediately, or hold for hot service at 140°F or higher until served.
Canned great northern beans, rinsed, drained | 56 oz | 1½ qt | 5. To serve: portion each serving with an 8 oz ladle (1 cup).
Cooked ham, diced | 6 oz | 1½ cups | No salt added tomato paste | 12 oz | 1¼ cups | Garlic powder | 1 tsp | Italian seasoning | 2 tsp

**NUTRITION PER SERVING**

| Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) | Potassium (%DV) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 230 | 6 | 2 | 0 | 10 | 390 | 34 | 5 | 13 | 11 | 13 | 16 | 14 | 12 | 29 |
Homestyle Turkey Vegetable Stew

YIELDS: 20 servings
SERVING SIZE: 1 cup
AVERAGE COST PER SERVING: $0.67

INGREDIENTS AMOUNT MEASURE DIRECTIONS
Campbell’s® Healthy Request® Condensed Cream of Chicken soup 50 oz 1 can
Milk 1 qt
Half and half 1 qt
Cooked brown rice 3 cups
Cooked, pulled turkey breast 10 oz
Mixed vegetables (carrots, green beans, corn, peas), frozen 2 qt
Poultry seasoning, optional 1 Tbsp

1. Combine all ingredients in stockpot.
2. Heat to a boil over medium-high heat, stirring frequently.
3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated and the vegetables are tender.
4. CCP: Serve immediately, or hold for hot service at 140°F until served.
5. To serve: portion each serving with an 8 oz ladle (1 cup).

NUTRITION PER SERVING

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Creamy Mushroom Barley & Beef Soup

YIELDS: 20 servings
SERVING SIZE: 1 cup
AVERAGE COST PER SERVING: $0.68

INGREDIENTS AMOUNT MEASURE DIRECTIONS
Vegetable oil 4 Tbsp
80% lean ground beef 13 oz
Mushrooms, finely chopped 5 oz 2 cups
Carrots, shredded 8 oz 2 cups
Campbell’s® Healthy Request® Condensed Cream of Mushroom soup 50 oz 1 can
Milk 2 qt
Pearl barley, cooked, drained 1½ qt
Garlic powder ½ Tbsp
Dried parsley flakes 2 Tbsp

1. Heat oil in a stockpot. Add ground beef, mushrooms and carrots and sauté over medium heat until tender.
2. Add soup, milk, barley, and seasonings; stir until fully blended.
3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated to 165°F.
4. CCP: Serve immediately, or hold for hot service at 140°F until served.
5. To serve: portion each serving with an 8 oz ladle (1 cup).

NUTRITION PER SERVING

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Explore Campbell's® Classic, Signature and Reserve soups at CampbellsFoodservice.com

For more information, contact your Campbell’s Foodservice Sales Representative, call 1.800.TRY.SOUP (879.7687) or email campbells_help@archway.com.

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