

Campbell's

BUILD
A
BOWL™

Innovative Solutions for Long-Term Care Operations



Chicken Corn Chowder

Table of Contents

Why <i>Build-A-Bowl</i> ?	2
How to Create a <i>Build-A-Bowl</i> Menu	3
Campbell's <i>Build-A-Bowl</i> Recipes	4
How to Execute a <i>Build-A-Bowl</i> Menu	5
Campbell's <i>Build-A-Bowl</i> Recipes and Nutrition Facts	6-11

What is Campbell's® *Build-A-Bowl*™?

Introducing Campbell's *Build-A-Bowl*, an easy and cost-effective way to meet long-term care nutrition requirements and satisfy resident cravings for comfort foods.

Build-A-Bowl includes twelve delicious "soup as soup" recipes that your residents will enjoy. These soups deliver nutrition your residents need along with nostalgic flavors reminiscent of their favorite foods.

This guide will show you how to easily set up a *Build-A-Bowl* program in your facility, using on-hand ingredients with Campbell's® *Healthy Request*® 50-oz soups and Swanson® broths.



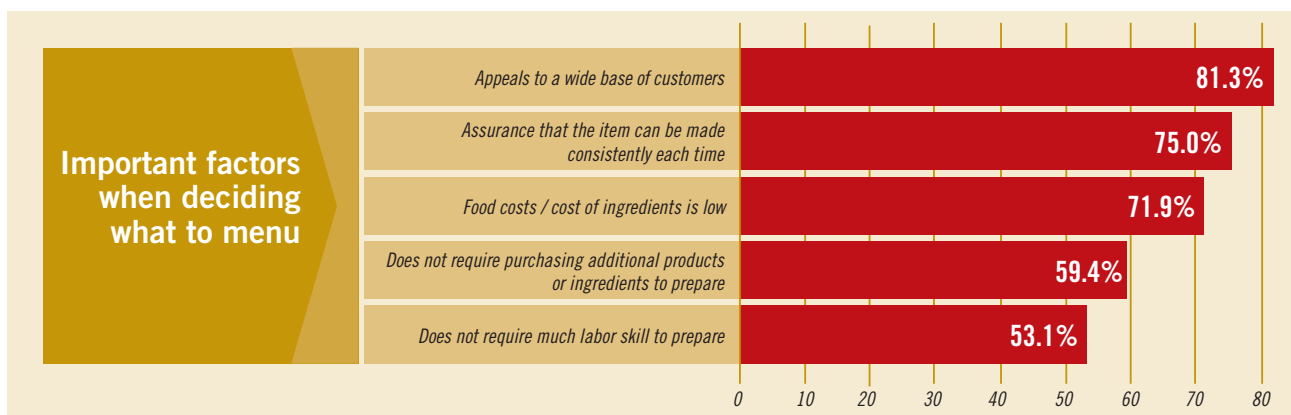
***Build-A-Bowl* was designed to meet your needs.**

In a recent survey of long-term care foodservice operators, you told us what's most important to you and how *Campbell*® can help build effective menu programs for your facility.

We worked with our chefs to design delicious recipes for your residents that not only work within your budget but that deliver on nutrition.

Available ingredients, wide appeal and consistency are key.

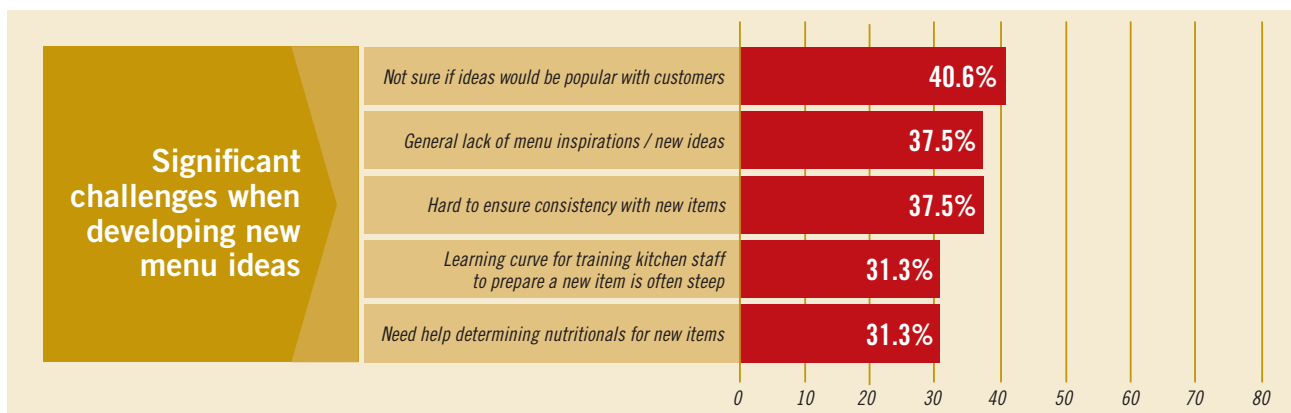
Build-A-Bowl was designed to help you create a wide variety of meal options using ingredients you already have in your pantry. By using *Campbell's*® *Healthy Request*® soups and *Swanson*® broths as the foundation for these recipes, you can produce a consistent dish every time at a reasonable cost!



Source: Campbell's Custom Research Report 2011

Nutritious ideas that will be popular with residents and are easy to make.

Based on popular entrées such as Beef Stroganoff and Chicken Parmesan, we developed twelve soup recipes sure to appeal to your residents. We've made them easy for your staff to prepare by using a minimal number of ingredients and including easy-to-follow recipes. We've also included nutrition information along with meal contributions.



Source: Campbell's Custom Research Report 2011

Seniors want customizable menu options.



of individuals age 65+ desire more customization of menu items. *Build-A-Bowl* meets this need by offering options that allow residents to select various garnishes including cheese, croutons and fresh herbs.



Source: 2012 Mintel Dining Out Study

How to Create a *Build-A-Bowl™* Menu



Achieve menu variety and reduce foodservice costs.

While residents will love the comfort and creativity *Campbell's® Build-A-Bowl* menu delivers, you'll appreciate its set-up simplicity and labor-saving efficiency.

Products	Case Code	Product Description	Format	Case Pack	Case Yield
<p>Here are the featured products for <i>Build-A-Bowl</i> menus. All Recipes feature <i>Campbell's® Healthy Request®</i> Soups or <i>Swanson®</i> Broths.</p> <div>   </div>	04143	<i>Campbell's Healthy Request</i> Cream of Chicken Soup	Canned	12/ 50 oz	150 - 8 oz servings
	04144	<i>Campbell's Healthy Request</i> Cream of Mushroom Soup	Canned	12/ 50 oz	150 - 8 oz servings
	04145	<i>Campbell's Healthy Request</i> Tomato Soup	Canned	12/ 50 oz	150 - 8 oz servings
	11334	<i>Swanson</i> Natural Goodness Chicken Broth	Canned	12/ 49 oz	74 - 8 oz servings
	14296	<i>Swanson</i> Lower Sodium Beef Broth	Canned	12/ 32 oz	48 - 8 oz servings
	15635	<i>Swanson</i> Certified Organic Vegetable Broth	Canned	12/ 32 oz	48 - 8 oz servings

Nutrition contributions per serving

Our *Build-A-Bowl* recipes were developed by our chefs and nutritionists to meet the unique needs of your patients.

<i>Campbell's Soup</i>	8 oz
Lean Protein	at least 1.5 oz
Vegetable	approximately 1/2 cup
Sodium Range*	260-761.2 mg



Buffalo Chicken Soup

*Less than 30% of the recommended daily value for sodium.

Campbell's Build-A-Bowl recipes.

Try *souping-up* your menu with these suggested soups, sure to tempt resident appetites.

CAMPBELL'S® HEALTHY REQUEST® CREAM OF CHICKEN

- **Buffalo Chicken Soup:** With chicken, hot sauce, diced carrots and aged blue cheese, this spicy classic is hard to forget.
- **Chicken Corn Chowder:** Filled with potatoes, corn, red peppers, green peppers and scallions, this hearty chowder is sure to satisfy.
- **Creamy Chicken Tortilla Soup:** This zesty favorite mixes tender chicken with diced tomatoes, corn, black beans and crispy tortillas.

CAMPBELL'S HEALTHY REQUEST CREAM OF MUSHROOM

- **Turkey Pot Pie Soup:** This rich-and-creamy taste of home combines diced turkey, peas, carrots and saltine crackers.
- **Beef Stroganoff Soup:** This indulgent taste combines lean ground beef with roasted onions, red peppers and sour cream.
- **Turkey Dinner Soup:** With diced turkey, stuffing and green beans, why wait until late November to enjoy a little taste of Thanksgiving?

CAMPBELL'S HEALTHY REQUEST TOMATO

- **BLT Soup:** Deliver an upscale take on traditional tomato soup by adding crumbled bacon, diced tomatoes and iceberg lettuce.
- **Chicken Parmesan Soup:** Capturing all the taste and texture of an all-time favorite, this delicious variation features Mozzarella cheese, grated Parmesan and Italian seasonings.
- **Cheeseburger Soup:** Melted Cheddar cheese, sizzling ground beef and an assortment of burger toppings come together in this reimagining of an All-American classic.

SWANSON® NATURAL GOODNESS CHICKEN BROTH

- **Asian Chicken Stock:** A savory stock made with *Swanson* Chicken Broth, fish sauce, fresh ginger root, sesame oil and ancho chili powder.
- **Ancho Chili & Sesame Chicken Noodle Bowl:** This on-trend noodle bowl is made with Asian Chicken Stock and glass noodles topped with diced chicken, Asian vegetables and sambal chili sauce.

SWANSON LOWER SODIUM BEEF BROTH

- **Asian Beef Stock:** A deliciously spicy beef stock made with *Swanson* Beef Broth, jalapeño peppers, soy sauce and ginger root.
- **Beef & Noodle Bowl:** Made with buckwheat noodles and ground beef in Asian Beef Stock, this bowl is topped with Asian vegetables, Hoisin sauce, chili oil and lime for spicy, satisfying flavor.

SWANSON CERTIFIED ORGANIC VEGETABLE BROTH

- **Red Curry & Coriander Asian Vegetable Stock:** This stock starts with *Swanson* Certified Organic Vegetable Broth simmered with curry, coriander, ground cumin, fresh ginger and sambal chili paste.
- **Asian Vegetable Soup:** Made with tofu, crushed peanuts, hearty Asian vegetables and Sriracha sauce in Asian Vegetable Stock, this flavorful vegetarian soup will be a menu favorite.

Make prep quick and easy with the *Build-A-Bowl* recipe-ingredient chart found on the following page.

How To Execute *Build-A-Bowl™* Menu

Simple ways to give residents more selection with *Build-A-Bowl* recipes.

Ways to treat residents to delicious signature soups:



Exhibition Cooking allows you to prepare *Build-A-Bowls* in front of residents. And since they love a show, put your culinary flair and fresh ingredients on full display.

- Consider giving residents a sense of involvement and customization by allowing them to select garnishes such as croutons, shredded cheese, scallions or fresh herbs like chopped parsley.

Wait Staff Service is a great alternative to an exhibition cooking station in your resident dining room that still makes *Build-A-Bowl* interactive for the residents. Below are some examples to consider:

- Have wait staff offer the *Build-A-Bowl* recipe as the feature of the day. The wait staff can use the descriptions on the front of the recipe card to describe the offering.
- Have production staff layer ingredients into each soup bowl.
- Put hot soup in a thermos or a small pot with handles. Wait staff can pour or ladle the soup over the ingredients tableside in front of the resident.
- Offer residents the option of garnishes for a more customized experience.

Resident Tray Service provides the option for you to serve *Build-A-Bowl* in communal dining rooms or deliver a warm meal to a resident's room.

- Include garnishes in soufflé cups to make it a more interactive experience.



For support in creating a successful *Build-A-Bowl* program, contact your Campbell sales representative, call **1-800-TRY-SOUP** or go to **www.CampbellsFoodservice.com**

BUFFALO CHICKEN SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz chicken

Ingredients	Quantities	Preparation Instructions
<i>Campbell's Healthy Request</i> Condensed Cream of Chicken Soup 04143	1-50 oz can	<ol style="list-style-type: none">1. In soup pot, mix soup, water and pepper; bring to a simmer.2. Stir in onions, celery and carrots and return to a simmer. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. To Serve: For each serving, portion 1/4 cup/2 oz chicken into a bowl or mug and ladle 1 cup/8 oz hot soup over top of chicken. Top with 1 Tbsp cheese and a splash of hot sauce to garnish.
Water	1-50 oz can	
Pepper, red, ground	1/2 tsp	
Onions, sliced, caramelized	3 cups	
Celery, diced, 1/4"	3 cups	
Carrots, fresh, diced, 1/4"	3 cups	
Chicken, breast, cooked, diced, 1/2"	1 qt	
Cheese, blue, crumbled	1 cup	
Pepper, sauce, red, hot	1 tsp	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 200; Protein (g): 21; Total Fat (g): 6; Sat Fat (g): 2.5; Cholesterol (mg): 55; Sodium (mg): 500; Total CHO (g): 15; Dietary Fiber (g): 3; Vitamin A (%DV): 140; Vitamin C (%DV): 8; Calcium (%DV): 8; Iron (%DV): 4		

CHICKEN CORN CHOWDER YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz chicken

Ingredients	Quantities	Preparation Instructions
<i>Campbell's Healthy Request</i> Condensed Cream of Chicken Soup 04143	1-50 oz can	<ol style="list-style-type: none">1. In soup pot, mix soup, water and thyme; bring to a simmer.2. Stir in corn, potatoes and peppers; return to a simmer. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. To Serve: For each serving, portion 1/4 cup/2 oz chicken into a bowl or mug and ladle 1 cup/8 oz hot soup over top of chicken. Top with 1 Tbsp scallions to garnish.
Water	1-50 oz can	
Thyme, dry leaf	2 tsp	
Corn, frozen, kernels, roasted	3 cups	
Potatoes, cooked, cubed, 1/4"	3 cups	
Peppers, bell, green & red, diced, 1/4"	3 cups	
Chicken, breast, roasted, diced, 1/2"	1 qt	
Scallions, thinly sliced, 1/8"	1 cup	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 200; Protein (g): 21; Total Fat (g): 3.5; Sat Fat (g): 1.5; Cholesterol (mg): 50; Sodium (mg): 340; Total CHO (g): 21; Dietary Fiber (g): 3; Vitamin A (%DV): 20; Vitamin C (%DV): 50; Calcium (%DV): 2; Iron (%DV): 6		

CREAMY CHICKEN TORTILLA SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz chicken

Ingredients	Quantities	Preparation Instructions
<i>Campbell's Healthy Request</i> Condensed Cream of Chicken Soup 04143	1-50 oz can	<div>1. In soup pot, mix soup, water and chili powder; bring to a simmer.</div> <div>2. Stir in tomato, corn and beans. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.</div> <div>3. Just before serving, stir in cilantro.</div> <div>4. To Serve: For each serving, portion 1/4 cup/2 oz chicken into a bowl or mug and ladle 1 cup/8 oz hot soup over top of chicken.</div> <div>Top with 1 Tbsp salsa and 1 Tbsp crumbled tortilla chips to garnish.</div>
Water	1-50 oz can	
Chipotle chili powder	1 Tbsp	
Tomato, fresh, diced, 1/4"	1 qt	
Corn, frozen, kernels	3 cups	
Beans, black, canned, drained, no-salt	2 cups	
Cilantro, fresh, chopped	1 cup	
Chicken, breast, roasted, diced, 1/2"	1 qt	
Pace® Chunky Salsa, medium	1 cup	
Tortilla, chips, baked, crumbled	1 cup	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 220; Protein (g): 22; Total Fat (g): 4.5; Sat Fat (g): 1.5; Cholesterol (mg): 50; Sodium (mg): 510; Total CHO (g): 24; Dietary Fiber (g): 4; Vitamin A (%DV): 20; Vitamin C (%DV): 15; Calcium (%DV): 4; Iron (%DV): 8		

COOLING: CCP: Cool to 70°F. or lower within 2 hours and from 70°F. to 40°F. within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into icebath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.

TURKEY POT PIE SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup plus 2 oz turkey

Ingredients	Quantities	Preparation Instructions
Campbell's Healthy Request Condensed Cream of Mushroom Soup 04144	1-50 oz can	<ol style="list-style-type: none">1. In soup pot, mix soup, water and spice blend; bring to a simmer.2. Stir in peas and carrots and return to a simmer and cook 5 minutes. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. Just before serving, stir in parsley.4. To Serve: For each serving, portion 1/4 cup/2 oz turkey into a bowl or mug and ladle 1 cup/8 oz hot soup over top of turkey. Garnish top with 2 Tbsp crumbled crackers.
Water	1-50 oz can	
Turkey stuffing seasoning blend, no-salt	1 Tbsp	
Peas, frozen	1 qt	
Carrots, fresh, diced, 1/4"	1 qt	
Parsley, fresh, minced	1 cup	
Turkey, breast, cooked, diced, 1/2"	1 qt	
Crackers, saltine, crumbled, unsalted tops	2 cups	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 220; Protein (g): 22; Total Fat (g): 3.5; Sat Fat (g): 1; Cholesterol (mg): 50; Sodium (mg): 480; Total CHO (g): 25; Dietary Fiber (g): 4; Vitamin A (%DV): 170; Vitamin C (%DV): 25; Calcium (%DV): 4; Iron (%DV): 15		

BEEF STROGANOFF SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz beef

Ingredients	Quantities	Preparation Instructions
Campbell's Healthy Request Condensed Cream of Mushroom Soup 04144	1-50 oz can	<ol style="list-style-type: none">1. In soup pot, mix soup, water and paprika; bring to a simmer.2. Stir in onions and peppers and bring to a simmer. Stir in chives right before serving. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. Just before service, stir in chives.4. To Serve: For each serving, portion 1/4 cup/2 oz beef into a bowl or mug and ladle 1 cup/8 oz hot soup over top of beef. Garnish top with 1 Tbsp sour cream.
Water	1-50 oz can	
Paprika, smoked	1 Tbsp	
Onions, chopped, roasted until golden	1 1/4 qt	
Pepper, bell, red, diced, roasted	1 1/4 qt	
Chives, chopped	1 cup	
Beef, ground, extra-lean (5%), cooked, drained	1 qt	
Sour cream, non-fat	1 cup	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 190; Protein (g): 18; Total Fat (g): 5; Sat Fat (g): 2.5; Cholesterol (mg): 17; Sodium (mg): 360; Total CHO (g): 17; Dietary Fiber (g): 3; Vitamin A (%DV): 45; Vitamin C (%DV): 100; Calcium (%DV): 6; Iron (%DV): 10		

TURKEY DINNER SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz turkey

Ingredients	Quantities	Preparation Instructions
Campbell's Healthy Request Condensed Cream of Mushroom Soup 04144	1-50 oz can	<ol style="list-style-type: none">1. In soup pot, mix soup, water and spice mix; bring to a simmer.2. Stir in the beans and onions and return to a simmer. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. Just before serving, stir in parsley.4. To Serve: For each serving, portion 1/4 cup/2 oz turkey into a bowl or mug and ladle 1 cup/8 oz hot soup over top of turkey. Top with 2 Tbsp crumbled stuffing mix to garnish.
Water	1-50 oz can	
Sage, dry, rubbed	1 1/2 Tbsp	
Beans, green, frozen, pieces	1 qt	
Onions, pearl, frozen	3 cups	
Parsley, fresh, minced	1/2 cup	
Turkey, breast, cooked, diced, 1/2"	1 qt	
Stuffing mix, dry	2 cups	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 190; Protein (g): 20; Total Fat (g): 2.5; Sat Fat (g): 1; Cholesterol (mg): 50; Sodium (mg): 480; Total CHO (g): 20; Dietary Fiber (g): 2; Vitamin A (%DV): 10; Vitamin C (%DV): 6; Calcium (%DV): 4; Iron (%DV): 8		

COOLING: CCP: Cool to 70°F. or lower within 2 hours and from 70°F. to 40°F. within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into icebath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.

BLT SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz turkey

Ingredients	Quantities	Preparation Instructions
Campbell's Healthy Request Condensed Tomato Soup 04145	1-50 oz can	<ol style="list-style-type: none">1. In soup pot, mix soup with water; bring to a simmer.2. Stir in tomatoes and bacon and return to a simmer. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. Just before service, stir in parsley.4. To Serve: For each serving, portion 1/4 cup/2 oz turkey into a bowl or mug and ladle 1 cup/8 oz hot soup over top of turkey. Top with 1/4 cup shredded lettuce and 2 Tbsp croutons to garnish.
Water	1-50 oz can	
Tomato, fresh, diced, 1/4"	3 cups	
Onion, sweet, chopped, caramelized	3 cups	
Bacon, smoked, cooked, crumbled	1/2 cup	
Parsley, fresh, minced	1 cup	
Turkey, breast, boneless, roasted, diced, 1/4"	1 qt	
Lettuce, iceberg, shredded	1 qt	
Croutons, seasoned, low-sodium	2 cups	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 210; Protein (g): 21; Total Fat (g): 5; Sat Fat (g): 1.5; Cholesterol (mg): 40; Sodium (mg): 470; Total CHO (g): 20; Dietary Fiber (g): 2; Vitamin A (%DV): 20; Vitamin C (%DV): 25; Calcium (%DV): 4; Iron (%DV): 10		

CHICKEN PARMESAN SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz chicken

Ingredients	Quantities	Preparation Instructions
<i>Campbell's Healthy Request</i> Condensed Tomato Soup 04145	1-50 oz can	<div>1. In soup pot, mix soup, water and seasoning mixture; bring to a simmer.</div> <div>2. Stir in tomatoes and return to a simmer. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.</div> <div>3. Just before service, stir in Parmesan cheese.</div> <div>4. To Serve: For each serving, portion 1/4 cup/2 oz chicken into a bowl or mug and ladle 1 cup/8 oz hot soup over top of chicken. Top with 2 Tbsp Mozzarella and 2 Tbsp croutons to garnish.</div>
Water	1-50 oz can	
Italian seasoning mix, no-salt	1 1/2 Tbsp	
Tomato, fresh, diced, 1/4"	1 qt	
Onion, sweet, chopped, caramelized	3 cups	
Cheese, Parmesan, grated	1 cup	
Chicken, breast, cooked, diced, 1/2"	1 qt	
Cheese, Mozzarella, part-skim, shredded	2 cups	
Croutons, seasoned, optional	2 cups	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 220; Protein (g): 25; Total Fat (g): 7; Sat Fat (g): 3; Cholesterol (mg): 60; Sodium (mg): 490; Total CHO (g): 15; Dietary Fiber (g): 1; Vitamin A (%DV): 15; Vitamin C (%DV): 15; Calcium (%DV): 15; Iron (%DV): 6		

CHEESEBURGER SOUP YIELDS: 16 Servings SERVING SIZE: 8 oz / 1 cup soup plus 2 oz beef

Ingredients	Quantities	Preparation Instructions
<i>Campbell's Healthy Request</i> Condensed Tomato Soup 04145	1-50 oz. can	<ol style="list-style-type: none">1. In soup pot, mix soup with water and bring to a simmer.2. Stir in tomato and return to a simmer. CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds. CCP: Hold hot at 140°F. or higher for service.3. Just before serving, stir in cheese and scallions.4. To Serve: For each serving, portion 1/4 cup/2 oz beef into a bowl or mug and ladle 1 cup/8 oz hot soup over top of beef. Top with 1/4 cup lettuce shreds and 2 Tbsp croutons.
Water	1-50 oz. can	
Tomato, fresh, diced, 1/4"	1 qt.	
Cheese, Cheddar, low-fat, shredded	2 cups	
Scallions, sliced	2 cups	
Beef, ground, lean, cooked, crumbled	1 qt.	
Lettuce, iceberg, shredded	1 qt.	
Croutons, seasoned	2 cups	
NUTRITION FACTS Serving size: 1 cup plus toppings; Calories (kCal): 220; Protein (g): 21; Total Fat (g): 7; Sat Fat (g): 3; Cholesterol (mg): 45; Sodium (mg): 500; Total CHO (g): 18; Dietary Fiber (g): 2; Vitamin A (%DV): 15; Vitamin C (%DV): 15; Calcium (%DV): 8; Iron (%DV): 15		

COOLING: CCP: Cool to 70°F. or lower within 2 hours and from 70°F. to 40°F. within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into icebath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.

ANCHO CHILI & SESAME CHICKEN BOWL YIELDS: 12 Servings SERVING SIZE: 8 oz or 1 cup plus toppings

START WITH: Asian Chicken Stock Recipe

Ingredients	Quantities	Preparation Instructions
<i>Swanson®</i> Natural Goodness Chicken Broth 11334	98 fl oz	<div>1. Combine 98 fl oz (2 containers, 49 oz ea) of <i>Swanson</i> Natural Goodness Chicken Broth 11334 in a stock pot with 2 Tbsp ancho chili powder, 1/4 cup sesame oil, 2 Tbsp fish sauce, 1/4 cup roughly chopped ginger, and 1 cup roughly chopped fresh leeks.</div> <div>2. Bring to a boil.</div> <div>3. Turn off heat and strain the broth to remove the pieces of ginger and leeks. Makes approximately 1-1/2 qt</div>
Ancho chili powder	2 Tbsp	
Sesame oil	1/4 cup	
Fish sauce	1 Tbsp	
Ginger root	1/4 cup	
Leeks	1 cup	
NUTRITION FACTS Serving size: 1; Calories (kCal): 61; Protein (g): 2.3; Total Fat (g): 4.4; Sat Fat (g): 0.6; Cholesterol (mg): 0.0; Sodium (mg): 707.7; Total CHO (g): 2.9; Dietary Fiber (g): 0.6; Vitamin A (%DV): 9; Vitamin C (%DV): 2; Calcium (%DV): 1; Iron (%DV): 2		

Ancho Chili & Sesame Chicken Bowl Recipe

Ingredients	Quantities	Preparation Instructions
Asian Chicken Stock (made with <i>Swanson®</i> Natural Goodness Chicken Broth 11334)	1-1/2 qt	<div>1. Prepare all ingredients and set up station.</div> <div>2. If broth is prepared in advance of the day of service, reheat to 165 °F. Hold broth for hot service at 140 °F or higher.</div> <div>For each serving:</div> <div><div><div>Ladle 8 oz hot broth into a 10 oz bowl.</div><div>Top broth with</div><div><div><div>- 2 Tbsp (#30 scoop) chicken</div><div>- 1 Tbsp (#60 scoop) cabbage</div><div>- 1 Tbsp (#60 scoop) broccoli</div><div>- 1 Tbsp sliced mushrooms (#60 scoop)</div><div>- 1 Tbsp diced tomatoes (#60 scoop)</div></div><div><div>- ¼ cup (2 fl oz spoodle) noodles</div><div>- 1 Tbsp (#60 scoop) green peppers</div><div>- 1 Tbsp (#60 scoop) red peppers</div><div>- 1 Tbsp scallions (#60 scoop)</div><div>- 1/2 tsp Sambal chili sauce</div></div></div></div></div>
Cooked diced or shredded chicken	1-1/2 cup	
Glass noodles	3 cups	
Finely shredded cabbage	3/4 cup	
Diced green peppers	3/4 cup	
Chopped broccoli	3/4 cup	
Diced red peppers	3/4 cup	
Sliced mushrooms	3/4 cup	
Thinly sliced scallions	3/4 cup	
Diced tomatoes	3/4 cup	
Sambal chili sauce	2 Tbsp	
<div>NUTRITION FACTS Serving size: 1; Calories (kCal): 162; Protein (g): 9.8; Total Fat (g): 5.8; Sat Fat (g): 0.9; Cholesterol (mg): 18.2; Sodium (mg): 761.2; Total CHO (g): 18.0; Dietary Fiber (g): 2.3; Vitamin A (%DV): 27; Vitamin C (%DV): 52; Calcium (%DV): 3; Iron (%DV): 7</div>		

COOLING: CCP: Cool to 70°F. or lower within 2 hours and from 70°F. to 40°F. within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into icebath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.

BEEF & NOODLE BOWL YIELDS: 12 Servings SERVING SIZE: 8 oz or 1 cup plus toppings

START WITH: Asian Beef Stock Recipe

Ingredients	Quantities	Preparation Instructions
<i>Swanson®</i> Lower Sodium Beef Broth 14296	96 fl oz	1. Combine 96 fl oz (3 cans, 32 oz ea) of <i>Swanson</i> Lower Sodium Beef Broth 14296 in a stock pot with 4 whole jalapeno peppers, 1/2 cup low sodium soy sauce, and 1/4 cup rough cut ginger. 2. Bring to a boil. 3. Turn off heat and strain the broth to remove the peppers and the pieces of ginger. Makes approximately 1-1/2 qt.
Jalapeno pepper	4	
Low sodium soy sauce (Shoyu)	1/2 cup	
Ginger root	1/4 cup	
NUTRITION FACTS Serving size: 1; Calories (kCal): 21; Protein (g): 2.5; Total Fat (g): 0.0; Sat Fat (g): 0.0; Cholesterol (mg): 0.0; Sodium (mg): 591.6; Total CHO (g): 1.9; Dietary Fiber (g): 0.2; Vitamin A (%DV): 1; Vitamin C (%DV): 9; Calcium (%DV): 0; Iron (%DV): 1		

Beef & Noodle Bowl Recipe

Ingredients	Quantities	Preparation Instructions
Asian Beef Stock (made with <i>Swanson</i> Lower Sodium Beef Broth 14296)	1-1/2 qt	<div>1. Prepare all ingredients and set up station.</div> <div>2. If broth is prepared in advance of the day of service, reheat to 165 °F. Hold broth for hot service at 140 °F or higher.</div> <div>For each serving:</div> <div><div><div>▪ Ladle 8 oz hot broth into a 10 oz bowl.</div><div>▪ Top broth with</div><div><div><div>- 2 Tbsp (#30 scoop) beef</div><div>- 1 Tbsp (#60 scoop) tomatoes</div><div>- 1 Tbsp (#60 scoop) peas</div><div>- 1 Tbsp cabbage</div><div>- 1 tsp Hoisin sauce</div><div>- 1 lime wedge</div></div><div><div>- 1/4 cup (2 fl oz spoodle) noodles</div><div>- 1 Tbsp (#60 scoop) mushrooms</div><div>- 1 Tbsp (#60 scoop) red peppers</div><div>- 1 Tbsp carrots</div><div>- 1 tsp chili oil</div></div></div></div></div>
Cooked ground beef	1-1/2 cups	
Cooked buckwheat noodles	3 cups	
Diced tomatoes	3/4 cup	
Sliced mushrooms	3/4 cup	
Peas	3/4 cup	
Diced red peppers	3/4 cup	
Finely shredded cabbage	3/4 cup	
Shredded carrots	3/4 cup	
Hoisin sauce	1/4 cup	
Chili oil	1/4 cup	
Fresh limes, each cut into 6 wedges	2 each	
<div>NUTRITION FACTS Serving size: 1; Calories (kCal): 188; Protein (g): 11.4; Total Fat (g): 7.3; Sat Fat (g): 1.7; Cholesterol (mg): 17.2; Sodium (mg): 740; Total CHO (g): 18.9; Dietary Fiber (g): 1.8; Vitamin A (%DV): 27; Vitamin C (%DV): 44; Calcium (%DV): 2; Iron (%DV): 7</div>		

COOLING: CCP: Cool to 70°F. or lower within 2 hours and from 70°F. to 40°F. within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into icebath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.

ASIAN VEGETABLE SOUP YIELDS: 12 Servings SERVING SIZE: 8 oz or 1 cup plus toppings

START WITH: Red Curry & Coriander Asian Vegetable Stock Recipe

Ingredients	Quantities	Preparation Instructions
Swanson® Certified Organic Vegetable Broth 15635	96 fl oz	<ol style="list-style-type: none">Combine 96 fl oz (3 containers, 32 oz ea) of <i>Swanson</i> Organic Vegetable Broth 15635 in a stock pot with 2 Tbsp red curry powder, 2 Tbsp coriander, 2 Tbsp cumin, 2 Tbsp roughly chopped ginger and 4 tsp Sambal chili paste.Bring to a boil.Turn off heat and strain the broth to remove the pieces of ginger. Makes approximately 1-1/2 qt.
Curry powder	2 Tbsp	
Coriander, ground	2 Tbsp	
Cumin, ground	2 Tbsp	
Ginger root	2 Tbsp	
Sambal Oelek, ground fresh chili paste	4 tsp	
NUTRITION FACTS Serving size: 1; Calories (kCal): 29; Protein (g): 0.5; Total Fat (g): 0.7; Sat Fat (g): 0.0; Cholesterol (mg): 0.6; Sodium (mg): 552.5; Total CHO (g): 4.9; Dietary Fiber (g): 0.7; Vitamin A (%DV): 10; Vitamin C (%DV): 1; Calcium (%DV): 2; Iron (%DV): 5		

Asian Vegetable Soup Recipe

Ingredients	Quantities	Preparation Instructions
Red Curry & Coriander Asian Vegetable Stock (made with <i>Swanson</i> Certified Organic Vegetable Broth 15635)	1-1/2 qt	<div>1. Prepare all ingredients and set up station.</div> <div>2. If broth is prepared in advance of the day of service, reheat to 165 °F. Hold broth for hot service at 140 °F or higher.</div> <div>For each serving:</div> <div><div><div>Ladle 8 oz hot broth into a 10 oz bowl.</div><div>Top broth with<ul style="list-style-type: none">- 2 Tbsp (#30 scoop) tofu- 2 Tbsp (#30 scoop) carrots- 1 Tbsp (#60 scoop) jalapeños- 1 tsp cilantro</div><div><div>- 2 Tbsp (#30 scoop) peanuts</div><div>- 1 Tbsp (#60 scoop) corn</div><div>- 1/2 tsp Sriracha sauce</div></div></div></div>
Diced tofu	1-1/2 cups	
Crushed peanuts (optional)	1-1/2 cups	
Diced carrots	1-1/2 cups	
Sliced mushrooms	3/4 cup	
Whole kernel corn	3/4 cup	
Sliced jalapeños	3/4 cup	
Sriracha sauce	2 Tbsp	
Fresh chopped cilantro leaves	1/4 cup	
<div>NUTRITION FACTS Serving size: 1; Calories (kCal): 204; Protein (g): 10.2; Total Fat (g): 13.4; Sat Fat (g): 2.1; Cholesterol (mg): 0.6; Sodium (mg): 672.9; Total CHO (g): 14.0; Dietary Fiber (g): 3.6; Vitamin A (%DV): 65; Vitamin C (%DV): 28; Calcium (%DV): 14; Iron (%DV): 13</div>		

COOLING: CCP: Cool to 70°F. or lower within 2 hours and from 70°F. to 40°F. within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into icebath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.