

The Campbell's logo is written in a white, cursive script font, enclosed within a thin yellow rectangular border. The background of the entire page is a vibrant red.

Campbell's

**BREAKFAST/
BRUNCH
MENUS**

The background image is a close-up, high-angle shot of a breakfast meal. It features a generous portion of golden-brown, cubed potatoes, likely hash browns, which are piled on top of a layer of browned ground meat. Some translucent, sautéed onions are visible, interspersed among the potatoes and meat. The entire dish is served on a dark, possibly black or dark brown, ceramic plate. The lighting is warm and focused, highlighting the textures of the food.

**BREAKFAST/BRUNCH
MEAL 1**

**BREAKFAST/BRUNCH
MEAL 2**

**BREAKFAST/BRUNCH
MEAL 3**



Campbell's

LUNCH/
DINNER
MENUS



LUNCH/DINNER
MEAL 1

LUNCH/DINNER
MEAL 2

LUNCH/DINNER
MEAL 3

LUNCH/DINNER
MEAL 4

LUNCH/DINNER
MEAL 5

LUNCH/DINNER
MEAL 6

LUNCH/DINNER
MEAL 7

Campbell's

BREAKFAST/BRUNCH MEAL 1



PEACH MANGO SMOOTHIE



Features:

- V8® V-Fusion® Peach Mango Juice
- Campbell's® Cream of Celery Soup



REGULAR MENU

- 7 oz. Peach Mango Smoothie featuring V8 V-Fusion® Peach Mango juice
- 1 slice Country Quiche with Spinach & Swiss Cheese (1/6 quiche) featuring Campbell's® Cream of Celery Soup
- 1 fresh-baked Blueberry Muffin
- 1/2 cup Chilled Fruit Cup
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 7 oz. Peach Mango Smoothie featuring V8 V-Fusion® Peach Mango juice
- 1 slice soft Country Quiche with Spinach & Swiss Cheese (1/6 quiche) featuring Campbell's® Cream of Celery Soup
- 1 fresh-baked soft, moist Blueberry Muffin moistened with margarine (*as tolerated*)
- 1/2 cup chilled soft fruit (*no pineapple*)
- Coffee, tea as desired

PUREED MENU*

- 7 oz. Peach Mango Smoothie featuring V8 V-Fusion® Peach Mango juice pureed to smooth consistency (*no fresh berries or fresh mint*)
- 1 serving Pureed Country Quiche with Spinach & Swiss Cheese (equivalent to 1/6 quiche) ± featuring Campbell's® Cream of Celery Soup
- #10 scoop Pureed Fresh Baked Blueberry Muffin ±
- #12 scoop Pureed Soft Fruit ±
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 7 oz. Peach Mango Smoothie featuring V8 V-Fusion® Peach Mango juice
- 1 slice Country Quiche with Spinach & Swiss Cheese (1/6 quiche) featuring Campbell's® Cream of Celery Soup
- 1 fresh-baked Blueberry Muffin
- 1/2 cup sugar-free Chilled Fruit Cup
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

± The pureed recipe for this item is a basic general recipe + Sugar substitute as desired (no sugar at the table)

* Liquids thickened as ordered by physician

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BREAKFAST/BRUNCH MEAL 2



FARMHOUSE
BREAKFAST FRITTATA



Features:

- V8® V-Fusion®
Strawberry Banana Juice
- Campbell's® Healthy Request®
Cream of Mushroom Soup



REGULAR MENU

- 7 oz. Strawberry Banana Smoothie featuring
V8 V-Fusion® Strawberry Banana juice
- 6 oz. Farmhouse Breakfast Frittata featuring
Campbell's® Healthy Request® Cream of
Mushroom Soup
- 1 slice whole wheat toast with margarine and jelly
- 1/2 cup Tangy Citrus Cup
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 7 oz. Strawberry Banana Smoothie featuring
V8 V-Fusion® Strawberry Banana juice
- 6 oz. soft Farmhouse Breakfast Frittata featuring
Campbell's® Healthy Request® Cream of
Mushroom Soup
- 1 slice whole wheat toast moistened with
margarine and jelly (*as tolerated*)
- 1/2 cup soft Tangy Citrus Cup
- Coffee, tea as desired

PUREED MENU*

- 7 oz. Strawberry Banana Smoothie featuring
V8 V-Fusion® Strawberry Banana juice pureed to
smooth consistency (*substitute frozen raspberries for
cherries; no fresh berries or fresh mint*)
- 1 serving Pureed Farmhouse Breakfast Frittata
(equivalent to 6 oz. of regular recipe) ±
featuring Campbell's® Healthy Request® Cream of
Mushroom Soup
- 1 serving pureed bread with margarine and jelly
(*use a pureed bread product and follow package
directions*)
- #10 scoop Pureed Tangy Citrus Cup ±
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 7 oz. Strawberry Banana Smoothie featuring
V8 V-Fusion® Strawberry Banana juice
- 6 oz. Farmhouse Breakfast Frittata featuring
Campbell's® Healthy Request® Cream of
Mushroom Soup
- 1 slice whole wheat toast with margarine
and sugar-free jelly
- 1/2 cup sugar-free Tangy Citrus Cup
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III
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Campbell's

BREAKFAST/BRUNCH MEAL 3



Features:

- Campbell's® Healthy Request® Cream of Mushroom Soup

REGULAR MENU

- #20 scoop scrambled eggs
- 3x4" Delightful Mushroom Hash Brown Bake featuring Campbell's® Healthy Request® Cream of Mushroom Soup
- 3/4 cup Fresh Fruit in Season
- 1 slice whole wheat toast with margarine and jelly
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- #20 scoop scrambled eggs
- 3x4" soft Delightful Mushroom Hash Brown Bake featuring Campbell's® Healthy Request® Cream of Mushroom Soup
- 3/4 cup soft Fruit in Season (*no pineapple*)
- 1 slice whole wheat toast softened with margarine and jelly (*as tolerated*)
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- #8 scoop Pureed Scrambled Eggs with Toast and margarine
- 1 serving Pureed Delightful Mushroom Hash Brown Bake (equivalent to 3x4" piece from regular recipe) ± featuring Campbell's® Healthy Request® Cream of Mushroom Soup
- #12 scoop Pureed Soft Fruit in Season ±
- No toast (*It is pureed into egg*)
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- #20 scoop scrambled eggs
- 3x4" Delightful Mushroom Hash Brown Bake featuring Campbell's® Healthy Request® Cream of Mushroom Soup
- 3/4 cup sugar-free Fresh Fruit in Season
- 1 slice whole wheat toast with margarine and sugar-free jelly
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III
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LUNCH/DINNER MEAL 1



Features:

- V8® Juice

REGULAR MENU

- 1 serving Chicken Cacciatore featuring V8® Vegetable juice (4 oz. chicken breast)
- 1/2 cup Tender Pasta with 2/3 cup Cacciatore Sauce featuring V8® Vegetable juice
- 1/2 cup fresh Steamed Broccoli Florets
- 1/2 cup Revitalizing Fruit Cup with 1/2 cup Frosty Strawberry Sorbet
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 1 serving ground Chicken Cacciatore featuring V8® Vegetable juice (4 oz. ground chicken breast)
- 1/2 cup Tender Pasta moistened with 2/3 cup Cacciatore Sauce (*no hard vegetables*) featuring V8® Vegetable juice
- 1/2 cup soft fresh Steamed Broccoli Florets
- 1/2 cup soft Revitalizing Fruit Cup with 1/2 cup Frosty Strawberry Sorbet
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- 1 serving Pureed Chicken Cacciatore (equivalent to 1 serving of regular recipe - 4 oz. chicken breast pureed) featuring V8® Vegetable juice
- #8 scoop Pureed Tender Pasta with 2/3 cup Pureed Cacciatore Sauce featuring V8® Vegetable juice
- #8 scoop Pureed Steamed Broccoli Florets (*pureed with bread*)
- #12 scoop Pureed Soft Fruit ± with 1/2 cup Frosty Strawberry Sorbet
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 1 serving Chicken Cacciatore featuring V8® Vegetable juice (4 oz. chicken breast)
- 1/2 cup Tender Pasta with 2/3 cup Cacciatore Sauce featuring V8® Vegetable juice
- 1/2 cup fresh Steamed Broccoli Florets
- 1/2 cup sugar-free Revitalizing Fruit Cup with 1/4 cup Frosty Strawberry Sorbet
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

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LUNCH/DINNER MEAL 2



SAVORY BEEF with
HARVEST VEGETABLES

Features:

- V8® Juice



REGULAR MENU

- 1 1/3 cup Savory Beef with Harvest Vegetables featuring V8® Vegetable juice
- 1/2 cup Tender Noodles
- 1 cup Mixed Field Green Salad with 1 tbsp. honey mustard dressing
- 1 whole wheat roll with margarine
- 1/3 cup Festive Fruit Ambrosia
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 1 1/3 cup ground Savory Beef with soft Harvest Vegetables featuring V8® Vegetable juice
- 1/2 cup Tender Noodles moistened with sauce from entrée
- 1 cup shredded lettuce salad (*as tolerated*) with 1 tbsp. honey mustard dressing
- 1 slice whole wheat bread softened with margarine (*as tolerated*)
- 1/2 cup soft mandarin oranges (*no coconut or marshmallows*)
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- 1 serving Pureed Savory Beef with Harvest Vegetables featuring V8® Vegetable juice (equivalent to 1 1/3 cup of regular recipe) ±
- #8 scoop Pureed Tender Noodles
- #8 scoop Pureed Mixed Field Green Salad ± with 1 tbsp. smooth honey mustard dressing
- 1 serving pureed bread with margarine (*use a pureed bread product and follow package directions*)
- #10 scoop Pureed Mandarin Oranges
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 1 1/3 cup Savory Beef with Harvest Vegetables featuring V8® Vegetable juice
- 1/2 cup Tender Noodles
- 1 cup Mixed Field Green Salad with 1 tbsp. honey mustard dressing
- 1 whole wheat roll with margarine
- 1/3 cup Festive Fruit Ambrosia
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

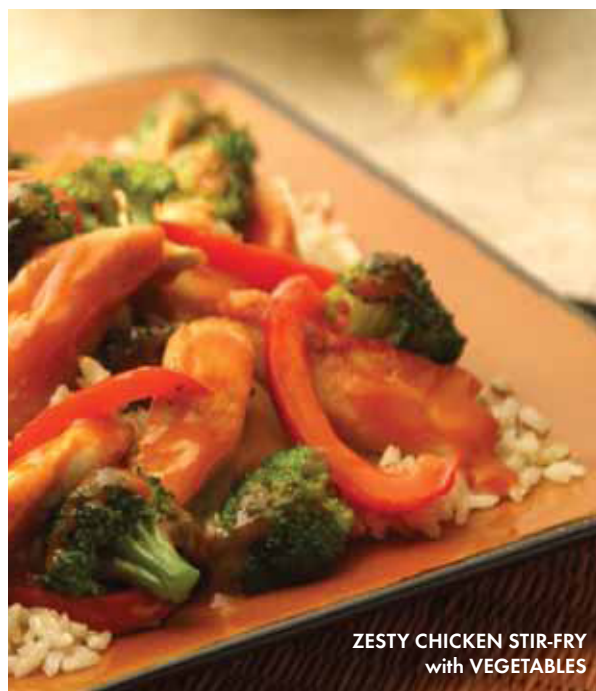
± The pureed recipe for this item is a basic general recipe + Sugar substitute as desired (no sugar at the table)

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LUNCH/DINNER MEAL 3



ZESTY CHICKEN STIR-FRY
with VEGETABLES



Features:

- V8® Juice
- Campbell's® Healthy Request® Tomato Soup



REGULAR MENU

- 1 1/4 cup Zesty Chicken Stir-Fry with vegetables featuring V8® Vegetable juice
- 1/2 cup Steamed Rice
- 1 cup Citrus Salad with Sweet & Tangy Dressing
- 2 1/2 x 3 1/4" Velvety Spice Cake featuring Campbell's® Healthy Request® Tomato Soup with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 1 1/4 cup ground Zesty Chicken Stir-Fry with soft Vegetables featuring V8® Vegetable juice
- 1/2 cup Steamed Rice moistened with sauce from entrée
- 1 cup finely chopped Citrus Salad with Sweet & Tangy Dressing (*as tolerated*)
- 2 1/2 x 3 1/4" Velvety Spice Cake featuring Campbell's® Healthy Request® Tomato Soup moistened (*as tolerated*) with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- 1 serving Pureed Zesty Chicken Stir-Fry with Vegetables featuring V8® Vegetable juice (equivalent to 1 1/4 cup of regular recipe) ±
- #8 scoop Cream of Rice cereal (*follow package directions to prepare*) with 1 part margarine
- #10 scoop Pureed Citrus Salad ± (*pureed with bread*) with 1/2 tbsp. Smooth Sweet & Tangy Dressing
- #16 scoop Pureed Velvety Spice Cake featuring Campbell's® Healthy Request® Tomato Soup with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 1 1/4 cup Zesty Chicken Stir-Fry with vegetables featuring V8® Vegetable juice
- 1/3 cup Steamed Rice
- 1 cup Citrus Salad with Sweet & Tangy Dressing
- 2 1/2 x 3 1/4" Velvety Spice Cake featuring Campbell's® Healthy Request® Tomato Soup with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

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LUNCH/DINNER MEAL 4



Features:

- Campbell's® Tomato Juice

REGULAR MENU

- 1 serving Sweet 'n' Saucy Chop featuring Campbell's® Tomato Juice (4 oz. pork chop)
- 1/2 cup Herbed Brown Rice
- 1/2 cup Green Beans Almondine
- 1 cup Fresh Tossed Salad with 1 tbsp. Citrus Dressing
- 1 whole wheat dinner roll
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 1 serving ground Sweet 'n' Saucy Chop featuring Campbell's® Tomato Juice (4 oz. ground pork chop)
- 1/2 cup Herbed Brown Rice (*no hard vegetables*) moistened with sauce from entrée
- 1/2 cup soft French Green Beans (*no almonds*)
- 1 cup shredded salad (*as tolerated*) with 1 tbsp Citrus Dressing
- 1 whole wheat dinner roll (or bread) moistened with margarine (*as tolerated*)
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- 1 serving Pureed Sweet 'n' Saucy Chop (equivalent to 1 serving of regular recipe - 4 oz. pork chop) ± featuring Campbell's® Tomato Juice
- #8 scoop Cream of Rice cereal (*follow package directions to prepare*) with 1 part margarine
- #8 scoop Pureed Green Beans (*pureed with bread and margarine*)
- #10 scoop Pureed Fresh Tossed Salad ± (*pureed with bread*) with 1 tbsp. Citrus Dressing
- 1 serving pureed bread (*use a pureed bread product and follow package directions*)
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 1 serving Sweet 'n' Saucy Chop featuring Campbell's® Tomato Juice (4 oz. pork chop)
- 1/2 cup Herbed Brown Rice
- 1/2 cup Green Beans Almondine
- 1 cup Fresh Tossed Salad with 1 tbsp. Citrus Dressing
- 1 whole wheat dinner roll
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

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LUNCH/DINNER MEAL 5



HOMESTYLE BEEF STEW



Features:

- Campbell's® Low Sodium V8® Juice

REGULAR MENU

- 8 oz. Homestyle Beef Stew featuring V8® Low Sodium Vegetable juice
- 1 cup Baby Spinach Salad with 1 tbsp. honey dijon dressing
- 1 whole wheat roll

- 1/2 cup Fresh Baked Peach Cobbler with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 8 oz. Homestyle Beef Stew featuring V8® Low Sodium Vegetable juice (soft or ground beef as tolerated)
- 1 cup shredded lettuce salad (*as tolerated*) with 1 tbsp. honey dijon dressing
- 1 whole wheat roll softened with margarine (*as tolerated*)

- 1/2 cup soft/moist Fresh Baked Peach Cobbler (*softened with ice cream if needed*) with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- 1 serving Pureed Homestyle Beef Stew (equivalent to 8 oz. of regular recipe) ± featuring V8® Low Sodium Vegetable juice
- #10 scoop Pureed Baby Spinach Salad ± with 1 tbsp. smooth honey dijon dressing
- 1 serving pureed whole wheat bread (*use a pureed bread product and follow package directions*)

- #10 scoop Pureed Fresh Baked Peach Cobbler ± with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 8 oz. Homestyle Beef Stew featuring V8® Low Sodium Vegetable juice
- 1 cup Baby Spinach Salad with 1 tbsp. honey dijon dressing
- 1 whole wheat roll

- 1/2 cup sugar-free peach slices with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

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* Liquids thickened as ordered by physician

+ Sugar substitute as desired (no sugar at the table)

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Campbell's

LUNCH/DINNER MEAL 6



Features:

- Campbell's® Healthy Request® Tomato Soup

REGULAR MENU

- 3 oz. Grilled Salmon Fillet with Pomodoro Sauce featuring Campbell's® Healthy Request® Tomato Soup
- 1/2 cup Linguini noodles
- 1/2 cup Italian Green Beans
- 1/2 cup fresh Caesar Salad Supreme with Parmesan cheese and creamy dressing
- 1/2 cup Raspberry Parfait with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 3 oz. soft or ground Grilled Salmon Fillet with Pomodoro Sauce (*as tolerated*) featuring Campbell's® Healthy Request® Tomato Soup
- 1/2 cup Linguini noodles moistened with sauce from entrée
- 1/2 cup soft Italian Green Beans
- 1/2 cup shredded lettuce salad with 1 tbsp. grated Parmesan cheese and creamy dressing (*as tolerated*)
- 1/2 cup soft Raspberry Parfait with 2 tbsp. whipped topping
- 1 cup low-fat milk

PUREED MENU*

- 1 serving Pureed Grilled Salmon Fillet with Pomodoro Sauce (equivalent to 1 serving of regular recipe - 3 oz. salmon) ± featuring Campbell's® Healthy Request® Tomato Soup
- #8 scoop Pureed Linguini noodles
- #8 scoop Pureed Italian Green Beans ±
- #20 scoop Pureed Fresh Caesar Salad ± with Smooth Creamy Dressing
- #12 scoop Pureed Peaches with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 3 oz. Grilled Salmon Fillet with Pomodoro Sauce featuring Campbell's® Healthy Request® Tomato Soup
- 1/2 cup Linguini noodles
- 1/2 cup Italian Green Beans
- 1/2 cup fresh Caesar Salad Supreme with Parmesan cheese and creamy dressing
- 1/2 cup Raspberry Parfait with 2 tbsp. whipped topping
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III
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Campbell's

LUNCH/DINNER MEAL 7



Features:

- Campbell's® Healthy Request® Cream of Chicken Soup

REGULAR MENU

- 6 oz. Pumpkin Pie Soup featuring Campbell's® Healthy Request® Cream of Chicken Soup
- 1/2 Turkey Sandwich:
 - 1 oz. turkey
 - 1 oz. Swiss cheese
 - 1 slice whole wheat bread with
 - 1/2 tbsp. cranberry relish
- 1/2 cup Three Bean Salad
- 1 cup low-fat milk
- Coffee, tea as desired

MECHANICAL SOFT MENU (NDD III) *

- 6 oz. Pumpkin Pie Soup featuring Campbell's® Healthy Request® Cream of Chicken Soup
- 1/2 soft Turkey Sandwich (*as tolerated*):
 - 1 oz. thin-sliced or ground turkey
 - 1 oz. soft cheese
 - 1 slice whole wheat bread, softened with
 - 1/2 tbsp. pureed cranberry relish
- 1/2 cup soft Three Bean Salad
- 1 cup low-fat milk
- Coffee, tea as desired

PUREED MENU*

- 6 oz. Pureed Pumpkin Pie Soup featuring Campbell's® Healthy Request® Cream of Chicken Soup
- #8 scoop Pureed Turkey Sandwich with wheat bread and mayonnaise
- #12 scoop Pureed Three Bean Salad
- 1 cup low-fat milk
- Coffee, tea as desired

CONSISTENT CARBOHYDRATE+

- 4 oz. Pumpkin Pie Soup featuring Campbell's® Healthy Request® Cream of Chicken Soup
- 1/2 Turkey Sandwich:
 - 1 oz. turkey
 - 1 oz. Swiss cheese
 - 1 slice whole wheat bread with
 - 1/2 tbsp. cranberry relish
- 1/2 cup Three Bean Salad
- 1 cup low-fat milk
- Coffee, tea as desired

Notes: NDD III National Dysphagia Diet Level III

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** Image shown is a stock image and not a photograph of the actual provided recipe.

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BABY SPINACH SALAD



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Iceberg lettuce	lbs.	2	4	8	
Baby spinach, fresh	lbs.	3	6	12	
Green onions, sliced	bunches	1	2	4	
Carrots, finely grated	lbs.	3/4	1 1/2	3	
Celery, finely chopped	lbs.	3/4	1 1/2	3	

Portion: 1 cup

Note: 1 lb. AP iceberg lettuce or baby spinach equals 0.76 lb. EP (ready to serve).

Directions:

1. Clean, cut or tear lettuce and spinach into bite-size pieces.
2. Add green onion, carrot and celery.
3. Just before serving, toss lightly with dressing, or portion greens into individual salad bowls and serve with choice of dressings.
4. Cover and store leftovers below 40° F.

Note: Prepare all vegetables on a clean cutting board away from beef, poultry, fish and eggs.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
59 kcal	5 g	1 g	0 g	-	138 mg	12 g	5 g
Vitamin A		Vitamin C		Calcium		Iron	
15,513 IU		40 mg		160 mg		4 mg	

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BLUEBERRY MUFFINS



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		25	50	100		
Flour	oz.	20	40	80		
Baking powder	oz.	1	2	4		
Salt	tbsp.	1/2	1	2		
Sugar, granulated	oz.	5	10	20		
Eggs, beaten	each	2	4	8		
2% milk	qts.	3/4	1 1/2	3		
Oil	oz.	4	8	16		
Blueberries	oz.	8	16	32		

Portion: 1 muffin

Directions:

1. Start with clean hands, equipment and work surface.
2. Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds, using a flat beater.
3. Combine eggs, milk and melted shortening.
4. Add to dry ingredients. Mix on low speed only long enough to blend, 15 seconds. Batter will still be lumpy.
5. Carefully fold well-drained blueberries into the batter.
6. Portion batter with #16 dipper into greased muffin pans about 2/3 full.
7. Batter should be dipped all at once with as little handling as possible.
8. Bake at 400° F for 20-25 minutes, or until golden brown.
9. Remove muffins from pans as soon as baked.

Note: May substitute pre-prepared frozen muffin or muffin mix.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
171 kcal	4 g	6 g	1 g	22 mg	274 mg	26 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
83 IU		1 mg		110 mg		1 mg	

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CAESAR SALAD SUPREME



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		25	50	100		
Garlic, cloves	each	6	12	24		
Mayonnaise, low fat	cups	2 1/4	4 1/2	9		
Parmesan cheese	cups	1/2	1	2		
Worcestershire sauce	tsp.	4 1/4 tsp.	8 1/2 tsp.	5 tbsp. + 2 tsp.		
Dijon mustard	tsp.	4 1/4 tsp.	8 1/2 tsp.	5 tbsp. + 2 tsp.		
Lemon juice	tbsp.	4 1/4 tbsp.	8 1/2 tbsp.	1 cup + 1 tbsp.		
Bread croutons	cups	2	4 1/4	8 1/2		
Romaine lettuce, AP	lbs.	2 1/2	5	10		
Optional: Parmesan cheese	cups	1/2	1	2		

Portion: 1/2 cup

Note: 1 lb. AP lettuce equals 0.76 lb. EP (ready to serve).

Directions:

1. Prepare all vegetables on a clean cutting board away from beef, poultry, fish, and eggs.
2. Cut or tear lettuce and other greens into bite-size pieces. (Use sharp steel-blade knife if greens are cut.)
3. Mince cloves of garlic and combine in a bowl with mayonnaise, Parmesan cheese, Worcestershire sauce, mustard and lemon juice. Refrigerate until ready to use.
4. Portion servings into side dishes.
5. Serve lettuce with dressing, bread croutons and *optional* Parmesan cheese.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
121 kcal	4 g	6 g	2 g	10 mg	300 mg	14 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
9,180 IU		26 mg		101 mg		1 mg	

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CAMPBELL'S® COUNTRY QUICHE WITH SPINACH AND SWISS CHEESE



INGREDIENTS	MEASUREMENT	SERVINGS			
		24	48	96	CUSTOM SERVING
Campbell's® Condensed Cream of Celery Soup	can, 50 oz.	1/2	1	2	
Pasteurized liquid eggs	lbs.	2	4	8	
Pie shells, 9", deep-dish, pre-baked	6 oz. each	4	8	16	
Swiss cheese, shredded	lbs.	1	2	4	
Onions, sauteed	lbs.	1/2	1	2	
Spinach, chopped, frozen, thawed, squeezed dry	lbs.	1/2 cup + 2 tbsp.	1 1/4	2 1/2	

Portion: 1/6 quiche

Preparation Time: 1 hour and 30 minutes

Directions:

1. In large bowl combine soup and eggs. Blend well with wire whip.
2. Preheat convection oven to 350° F. To assemble: Cover each pie shell with 1/3 cup (1 1/2 oz.) cheese, 1/3 cup (2 oz.) onions and 1/3 cup (2 1/2 oz.) spinach. Pour 1 2/3 cups egg and soup mixture over ingredients; top with 2/3 cup (2 1/2 oz.) additional cheese.
3. CCP (Critical Control Point): Bake at 350° F for 40 minutes until internal temperature is 165° F or higher for 15 seconds.
4. CCP: Hold at 140° F or higher. Portion 1/6 quiche. For quick-and-easy preparation, combine shredded cheese, spinach and sauteed onions with egg/soup blend and portion evenly into pie shells.
5. To serve: Cut into hearty wedges garnished with seasonal fruit. For high-volume preparation, make a crustless quiche baked in oiled steam table pans.

Options: For a hearty homestyle Country Ham and Swiss Strata, blend hearty chunks of diced ham with quiche filling blend and diced bread cubes, portion in baking pans and bake until golden and bubbly.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
288 kcal	12 g	19 g	6 g	178 mg	427 mg	17 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
1,798 IU		1 mg		192 mg		1 mg	

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CHICKEN CACCIATORE MADE WITH V8® VEGETABLE JUICE



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		24	48	96		
Chicken breasts, skinless, boneless, 4 oz. each	lbs.	6	12	24		
Flour, all-purpose	oz.	3	6	12		
Vegetable oil	cup	1/8	1/4	1/2		
V8® Vegetable juice	qts.	3	6	12		
Oregano leaves, dried, crushed	tbsp.	2	4	8		
Garlic powder	tsp.	1 1/2	3	6		
Green pepper, cut into 1" pieces	lbs.	1 1/2	3	6		
Onion, chopped	cups	3	6	12		

Portion: 4 oz. chicken, 2/3 cup sauce

Directions:

1. Coat chicken pieces with flour. Heat oil in a large sauté pan or tilt skillet. Add chicken and cook until browned.
2. Add vegetable juice, oregano, garlic, pepper, and onion. Heat to a boil. Reduce heat to low. Cover and cook for 30 minutes or until chicken is cooked through.
3. CCP (Critical Control Point): Heat until internal temperature is 180° F or higher for 15 seconds. Hold at 140° F or higher.
4. Portion sauce using 6 oz. ladle, 2/3 cup over 1 piece chicken and 1 cup linguini.

Note: Follow package directions to cook, drain and serve linguini.

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
183 kcal	25 g	4 g	1 g	63 mg	366 mg	11 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
1,150 IU		51 mg		38 mg		1 mg	

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CHILLED FRUIT CUP



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Bananas	lbs. (approximately)	1 1/2	3	6	
Tart fruit juice	cup	1/4	1/2	1	
Oranges, fresh, peeled, sliced	lbs.	1 1/2	3	6	
Pineapple, fresh or canned	lbs.	1 1/2	3	6	
Peaches, peeled, sliced	lbs.	1 1/2	3	6	

Portion: 1/2 cup

Directions:

1. Peel bananas and cut into 1/4-inch slices on clean cutting board away from beef, poultry, fish, and eggs.
2. Gently toss the banana slices with the fruit juice to prevent discoloring.
3. Drain the bananas.
4. Combine fruits. Chill below 40° F until serving.
5. Cover and store leftovers below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
62 kcal	1 g	0 g	0 g	0 mg	1 mg	16 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
184 IU		33 mg		18 mg		0 mg	

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CITRUS DRESSING



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Orange juice	cups	3/4	1 1/2	3	
Lemon juice	cups	3/8	3/4	1 1/2	
Vegetable oil	cups	3/8	3/4	1 1/2	
Honey	tsp./tbsp.	3 tsp.	6 1/4 tsp.	4 1/4 tbsp.	
Seasoned salt	tsp.	3/4	1 1/2	3	
Paprika	tsp.	3/16	3/8	3/4	
Pepper	tsp.	3/16	3/8	3/4	

Portion: 1 tbsp.

Directions:

1. In blender, combine the dressing ingredients, cover and process until blended.
2. Serve with salad.
3. Refrigerate any leftover dressing.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
72 kcal	0 g	7 g	1 g	-	141 mg	4 g	0 g
Vitamin A		Vitamin C		Calcium		Iron	
24 IU		7 mg		3 mg		0 mg	

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CITRUS SALAD WITH SWEET & TANGY DRESSING



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Iceburg lettuce, AP	lbs.	3 1/2	7	14	
Pink grapefruit	cups	3	6	12	
Mandarin oranges	cups	6 1/2	13	26	
Marmalade	tbsp.	6	12	24	
Cider vinegar	tbsp.	6	12	24	
Olive oil, extra-virgin	tbsp.	2 1/2	12	24	
Chives, chopped	cups	3/4	1 1/2	3	

Portion: 1 cup salad

Note: 1 lb. AP iceberg lettuce equals 0.76 lb. EP (ready to serve).

Directions:

1. Prepare all vegetables and fruits on a clean cutting board away from beef, poultry, fish and eggs.
2. Cut or tear lettuce into bite-size pieces. (Use sharp steel-bladed knife if greens are cut.)
3. For fresh fruit, cut off ends, then remove skin in strips, working all the way around the fruit from top to bottom. Cut along the side of the membrane to remove the sections of the citrus fruit.
4. Arrange lettuce on platter and top with pieces of fruit.
5. Combine marmalade with vinegar and stream in extra-virgin olive oil.
6. Pour dressing over the salad.
7. Garnish platter with chopped chives.
8. Cover and store all leftover vegetables below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
139 kcal	2 g	9 g	1 g	-	20 mg	14 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
1,829 IU		32 mg		42 mg		1 mg	

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DELIGHTFUL MUSHROOM HASH BROWN BAKE



INGREDIENTS	MEASUREMENT	SERVINGS			
		24	48	96	CUSTOM SERVING
Vegetable oil	tbsp.	4	8	12	
Onion, sweet, chopped	oz.	20	40	60	
Bell peppers, multicolored, chopped	oz.	20	40	60	
Garlic, minced	tbsp.	2	4	6	
Mixed mushrooms, chopped	lbs.	2	4	6	
Campbell's® Healthy Request® Cream of Mushroom Soup	can, 50 oz.	2	4	6	
Milk, low-fat	cups	1	2	4	
Eggs, lightly beaten	lbs.	2	4	8	
Shredded hash browns, frozen, thawed	lbs.	6	12	24	
Non-stick spray		as needed	as needed	as needed	

Portion:

1 wedge – cut each full steam table pan (3" x 4") to produce 12 servings (12 oz. each)

Directions:

Mushroom pepper mixture:

1. In large skillet heat oil over medium-high heat; add onions and sauté 4 minutes.
2. Add peppers and garlic and sauté 1 minute.
3. Mix in mushrooms and sauté 5 minutes or until mushrooms don't give off any more liquid. Remove from heat and cool.
4. CCP (Critical Control Point): Cover and refrigerate to 40° F or below for later use.

Mushroom custard:

5. In pot heat mushroom soup and milk over medium-high heat until hot and smooth; remove from heat and cool.

CCP (Critical Control Point): Cover and refrigerate to 40° F or below for later use.

6. When cooled, whisk in eggs until blended.
7. For each full steam table pan: Spray pan with nonstick spray. Pat 3 pounds of hash browns into bottom of each pan. Bake in 400° F convection oven for 30 minutes or until brown and crisp. Remove from heat and cool.
8. For each full steam table pan: Spread 4 cups of mushroom-pepper mixture evenly over top of crisp hash browns in pan. Pour 9 cups of mushroom custard evenly over top of mushroom mixture.
9. Place pan into 325° F convection oven and bake 40-50 minutes, or until custard is firm and slightly browned. Let sit 15 minutes before serving.
CCP (Critical Control Point): Hold at 140° F or higher for service.
10. To serve: Cut each full steam table pan into 12 pieces.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
267 kcal	11 g	9 g	2 g	165 mg	532 mg	37 g	4 g
Vitamin A		Vitamin C		Calcium		Iron	
315 IU		30 mg		150 mg		3 mg	

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FARMHOUSE BREAKFAST FRITTATA



INGREDIENTS	MEASUREMENT	SERVINGS			
		24	48	96	CUSTOM SERVING
Vegetable oil	cup	3/16	3/8	3/4	
Onions, diced	lbs.	1 1/8	2 1/4	4 1/2	
Turkey sausage, lean	lbs.	1 1/2	3	6	
Potatoes, shredded, cooked	lbs.	1 1/8	2 1/4	4 1/2	
Campbell's® Healthy Request® Condensed Cream of Mushroom Soup*	can, 50 oz.	3/4	1 1/2	3	
Pasteurized liquid eggs	lbs.	3	6	12	
Pepper	tsp.	3/8	3/4	1 1/2	
Cheddar cheese, shredded	lbs.	7/8	1 7/8	3 3/4	
Steam table pans	12" x 20" x 2 1/2"	1	2	4	

Portion: 6 oz.

Directions:

1. Preheat convection oven to 325° F. Reserve 1 tbsp. oil.
2. In saucepot, heat remaining oil. Add onions and sausage and cook until sausage is browned.
3. Lightly oil steam table pans with reserved oil. Place 12 oz. cooked potatoes in each pan, spreading to cover bottom of pans.
4. In large mixing bowl, blend soup, eggs, salt and pepper with wire whip.
5. Layer 10 oz. cheese in each pan. Top with 2 1/2 qt. soup mixture. Top each with remaining potatoes and press down to cover with soup mixture.
6. CCP (Critical Control Point): Bake uncovered for 20 minutes. Top with remaining cheese. Bake for 10 minutes or until internal temperature is 165° F or higher for 15 seconds.

7. Cut each pan 6 x 5 into 6-oz. portions. Hold at 140° F or higher.

* Substitutions: Campbell's® Condensed Cream of Mushroom Soup.

** Optional ingredients are not included in nutritional analysis.

Options: For menu variety, change the cheese to Swiss and garnish the top of the frittata with thinly sliced onion. Use crisp cooked shredded potatoes. Leftover hash browns work well baked or fried. The use of a conventional oven will increase cooking times.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
240 kcal	19 g	12 g	5 g	46 mg	596 mg	14 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
1,003 IU		4 mg		216 mg		2 mg	

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FESTIVE FRUIT AMBROSIA



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Mandarin oranges with juice, drained	lbs.	1.5	3	6	
Pineapple with juice, drained	lbs.	1 3/4	3 1/2	7	
Marshmallows, mini	oz.	6	12	24	
Coconut	oz.	3	6	12	
Sour cream	oz.	6	12	24	

Portion: 1/3 cup

Directions:

1. Wipe off top of each can before opening with can opener.
2. Combine fruits, marshmallows and coconut.
3. Add sour cream to fruit. Toss lightly to combine.
4. Refrigerate below 40° F until served. Cover and store leftovers below 40° F.

Note: Salad does not hold well and is best served soon after mixing.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
80 kcal	1 g	2 g	2 g	4 mg	22 mg	15 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
415 IU		12 mg		16 mg		0 mg	

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FRESH BAKED PEACH COBBLER



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Flour	Cups/gallon	4 1/4 cups	1/2 gallon	1 gallon	
Sugar	cups	1	2 1/4	4 1/2	
Baking powder	tsp.	4	8 1/4	16 1/2	
Cinnamon, ground	tsp.	2 1/8	4 1/4	8 1/2	
Margarine	cups	3/4	1 1/2	3	
Eggs, beaten	whole	4	8	17	
Milk	cups	3/4	1 1/2	3	

FILLING INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Sugar	cups	1 1/2	2 3/4	5 1/2	
Cornstarch	cups	1/4	1/2	1	
Water	cups	1	2	4	
Peaches, sliced, unsweetened	gallon	1	2	4	

Portion: 1/2 cup

Directions:

1. Wipe off top of each can before opening with can opener.
2. Prepare filling: In saucepan combine sugar and cornstarch. Add water. Stir in fruit.
3. Cook and stir until thickened and bubbly. Keep hot.

4. For topping, mix flour, sugar, baking powder and cinnamon.
5. Cut in margarine until mixture resembles coarse crumbs.
6. Combine egg and milk. Add to flour mixture, stirring just to moisten.
7. Transfer filling to baking dish.
8. Drop topping in individual mounds on top of hot filling.
9. Bake in a 400° F oven 20-25 minutes or till a toothpick inserted into topping comes out clean.
10. Serve warm.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
174 kcal	3 g	5 g	1 g	24 mg	93 mg	31 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
412 IU		4 mg		42 mg		1 mg	

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FRESH FRUIT IN SEASON



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Tart fruit juice	cup	3/8	3/4	1 1/2	
Bananas	lbs. (approximately)	2 1/4	4 1/2	9	
Oranges, fresh, peeled, sliced	lbs.	2 1/4	4 1/2	9	
Pineapple, fresh or canned	lbs.	2 1/4	4 1/2	9	
Peaches, peeled, sliced	lbs.	2 1/4	4 1/2	9	

Portion: 3/4 cup

Directions:

1. Peel bananas and cut into 1/4-inch slices on clean cutting board away from beef, poultry, fish, and eggs.
2. Gently toss the banana slices with the fruit juice to prevent discoloring.
3. Drain the bananas.
4. Combine fruits. Chill below 40° F until serving.
5. Cover and store leftovers below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
92 kcal	1 g	0 g	0 g	0 mg	1 mg	23 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
274 IU		36 mg		27 mg		0 mg	

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FRESH TOSSED SALAD



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		25	50	100		
Iceberg lettuce, AP	lbs.	3 1/2	7	14		
Bibb lettuce, AP	lbs.	1 1/2	3	6		
Cucumbers, sliced	cups	4 1/2	9	18		
Onions, chopped	cups	3	6	12		
Tomatoes, quartered	each	12	24	48		
Carrots, shredded	cups	1 1/2	3	6		

Portion: 1 cup

Note:

1 lb. AP iceberg lettuce equals 0.76 lb. EP (ready to serve).

Use any combination of the following vegetables:

Cucumbers, sliced or diced
Zucchini, sliced
Green peppers, sliced or diced
Carrots, shredded
Mushrooms, sliced
Cauliflower, sliced

Onions, sliced or diced
Red cabbage, sliced or diced
Radishes, sliced
Celery, chopped
Tomatoes, quartered

Directions:

1. Prepare vegetables on a clean cutting board away from beef, poultry, fish, and eggs.
2. Cut or tear lettuce and other greens into bite-size pieces. (Use sharp steel-blade knife if greens are cut.)
3. Toss lettuce with any of the above mentioned fresh vegetables.
4. Cover and store leftovers below 40° F.

Note: Analysis results will vary depending on vegetable(s) used. Analysis below includes iceberg and Bibb lettuce, cucumbers, onions, tomatoes, and carrots.

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
51 kcal	3 g	1 g	0 g	-	23 mg	11 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
4,133 IU		15 mg		58 mg		1 mg	

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FROSTY STRAWBERRY SORBET



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Sorbet, strawberry	cups	12 1/2	25	50	

Portion: 1/2 cup

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
128 kcal	-	-	-	-	8 mg	34 g	-
Vitamin A		Vitamin C		Calcium		Iron	
-		10 mg		-		1 mg	

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GREEN BEANS ALMONDINE



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Green beans, fresh, AP	lbs.	6	12	24	
Margarine, melted	oz.	4	8	16	
Almonds, sliced	oz.	4	8	16	

Portion: 1/2 cup

Note: 12 lbs. AP green beans equals 10 lbs. EP (ready to serve).

Directions:

1. Wash and trim fresh beans. Cut on the diagonal.
2. Boil or steam beans.
3. In large skillet over medium heat melt butter with almonds. Cook until butter is browned and almonds are fragrant.
4. Add green beans to skillet and toss to coat.
5. Hold above 140° F until served.

**Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.*

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
85 kcal	3 g	6 g	3 g	12 mg	38 mg	8 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
886 IU		13 mg		47 mg		1 g	

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GRILLED SALMON FILLET WITH POMODORO SAUCE



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Campbell's® Healthy Request® Condensed Tomato Soup	can, 50 oz.	47 oz.	94 oz.	188 oz.	
Salmon fillets, 3 oz. each	each	25	50	100	
Diced tomatoes, drained	lbs.	1 7/8	3 3/4	7 1/2	
Water	cups	1 1/8	2 1/3	4 5/8	
Italian seasoning mixture	tbsp.	7/8	1 7/8	3 3/4	
Parsley flakes	tbsp.	2 3/4	5 5/8	11 1/4	
Thyme leaves, crushed	tbsp.	2 3/4	5 5/8	11 1/4	
Pepper, ground	tsp.	7/8	1 7/8	3 3/4	
Parmesan cheese	cups	7/8	1 7/8	3 3/4	

Portion: 3 oz. fillet

Directions:

1. In large pot, mix tomato soup, water, tomatoes, parsley, Italian seasonings, thyme, and pepper and bring to low boil. Reduce heat and simmer.
2. Spray and preheat grill.
3. Spray and season each salmon fillet with cooking spray. Grill salmon 4 to 6 minutes per side or until fish flakes easily when tested with a fork and internal temperature is 165° degrees or higher for 15 seconds.
4. To serve: For each serving, toss 4 oz. hot, cooked linguini on a plate and top with 2 oz. of tomato sauce.
5. Sprinkle with Parmesan cheese and top with grilled salmon.
6. Add 1 oz. sauce on salmon.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
183 kcal	19 g	7 g	2 g	49 mg	296 mg	9 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
482 IU		9 mg		59 mg		2 mg	

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HERBED BROWN RICE



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Margarine	cups	1/2	1 1/4	2 1/2	
Onions, finely chopped	cups	2 1/4	4 1/4	8 1/2	
Brown rice, converted	cups	4 1/4	8 1/3	16 2/3	
Low-sodium broth	qts.	2 2/3	5 1/4	10 1/2	
Black pepper	tsp.	2 1/8	4 1/4	8 1/2	
Celery, finely chopped	cups	2 2/3	5 1/4	10 1/2	
Green pepper, finely chopped	cups	1	2	4	

Portion: 1/2 cup

Directions:

1. Prepare vegetables on a clean cutting board away from beef, poultry, fish, and eggs.
2. Sauté onions, celery, and green peppers in margarine until tender. Do not brown.
3. Cook rice according to package directions.
4. Toss onions, celery, and green peppers in rice.
5. Add broth and pepper.
6. Bake in oven for 20 minutes.
7. Hold at above 140° F until served.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool rice by separating into smaller batches and placing pans in ice bath.
3. Stir frequently to cool quickly.

*Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
177 kcal	5 g	5 g	1 g	-	88 mg	27 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
233 IU		6 mg		26 mg		1 mg	

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HOMESTYLE BEEF STEW FOR A CROWD



INGREDIENTS	MEASUREMENT	SERVINGS			
		24	48	96	CUSTOM SERVING
Beef for stew, lean, cut into 1 1/2-inch pieces	lbs.	6	12	24	
Flour, all-purpose	cups	1/2	1	2	
Black pepper, ground	tbsp.	1	2	4	
Vegetable oil	cups	3/4	1 1/2	3	
Onion, sweet, chopped	qts.	1 1/2	3	6	
Thyme leaves, dried, crushed	tbsp.	1	2	4	
Bay leaves	each	4	8	16	
V8® Low Sodium Vegetable juice	qts.	4	8	16	
Swanson® Low Sodium Beef broth	qts.	1	2	4	
Russet potatoes, cut into 1/2-inch pieces	qts.	2	4	8	
Carrots, cut into 1/2-inch pieces	qts.	1 1/2	3	6	
Celery, cut into 1-inch pieces	qts.	1 1/2	3	6	
Parsley, fresh, chopped	cups	1/4	1/2	1	

Portion: 8 oz.

Directions:

1. Mix the flour and pepper in a bowl. Add the beef and toss to coat.
2. Heat two-thirds of the oil in sauté pan or tilt skillet. Add the beef and cook until it's well-browned, stirring often. Remove the beef and set it aside. Degrease the pan.

3. Add the remaining oil and heat. Add the onions and cook for 10 minutes or until tender. Add the thyme and bay leaves. Stir in the vegetable juice and broth. Heat to a boil. Reduce the heat to low. Cover and cook for 1 1/2 hours.
4. Add the potatoes, carrots, and celery. Cover and cook for 1 hour more or until meat is fork-tender and vegetables are tender. CCP (Critical Control Point): Heat until internal temperature is 165° F or higher for 15 seconds. CCP: Hold at 140° F or higher. Portion stew with 8 oz. ladle (1 cup). Garnish with parsley.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
308 kcal	26 g	11 g	2 g	38 mg	250 mg	26 g	4 g
Vitamin A		Vitamin C		Calcium		Iron	
6,859 IU		57 mg		67 mg		3 mg	

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ITALIAN GREEN BEANS



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		25	50	100		
Beans, fresh AP	lbs.	6	12	24		
Water	cups	1 1/2	3	6		
Parmesan cheese	tbsp.	9 1/2	19	38		
Bread crumbs, seasoned	tbsp.	9 1/2	19	38		
Garlic powder	tsp.	3 1/4	6 1/2	13		
Pepper, ground	tsp.	1 1/2	3	6		
Olive oil	tbsp.	6	12	24		

Portion: 1/2 cup

Note: 12 lbs. AP green beans 10 lbs. EP (ready to serve).

Directions:

1. Boil or steam beans until crisp-tender.
2. In bowl, combine the Parmesan cheese, bread crumbs, garlic powder, and pepper.
3. Drain beans, drizzle with olive oil. Sprinkle with cheese mixture and toss to coat.
4. Hold above 140° F until served.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool beans by separating into smaller batches and placing pans in ice bath.
3. Stir frequently to cool quickly.

**Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.*

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
86 kcal	3 g	4 g	1 g	2 mg	55 mg	10 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
799 IU		14 mg		69 mg		1 mg	

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LINGUINI



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Linguini	lbs.	2 1/2	5	10	
Water	gallon	2 1/2	5	10	
Salt	cup	1/4	1/2	1	
OPTIONAL: Vegetable oil	tbsp.	1 1/2	3	6	

Portion: 1/2 cup

Directions:

1. Bring water to a rapid boil.
2. Add salt and oil.
3. Add pasta gradually while stirring.
4. Return to boiling.
5. Cook uncovered at a fast boil until tender, 5-10 minutes.
6. Stir occasionally to prevent sticking.
7. Test for doneness. Pasta should still be firm to the bite.
8. Drain. Hold above 140° F until served.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool noodles by separating into smaller batches and placing pans in ice bath.
3. Stir frequently to cool quickly.

**Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.*

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
110 kcal	4 g	1 g	0 g	-	92 mg	21 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
-		-		5 g		1 g	

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MIXED FIELD GREEN SALAD



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Iceberg lettuce, AP	lbs.	3 1/2	7	14	
Bibb lettuce, AP	lbs.	1 1/2	3	6	

Portion: 1 cup

Note: 1 lb. AP iceberg lettuce equals 0.76 lb. EP (ready to serve).

Directions:

1. Prepare lettuce on a clean cutting board away from beef, poultry, fish, and eggs.
2. Cut or tear lettuce and other greens into bite-size pieces. (Use sharp steel-bladed knife if greens are cut.)
3. Portion greens into individual salad bowls and serve with choice of dressing.
4. Cover and store leftovers below 40° F.

Note:

Iceberg lettuce can be sliced on a clean meat slicer for a more even consistency.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
25 kcal	2 g	0 g	0 g	-	15 mg	5 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
2,440 IU		6 mg		42 mg		1 mg	

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PEACH MANGO SMOOTHIE



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		24	48	96		
V8 V-Fusion® Peach Mango juice*	qts.	1.5	3	6		
Vanilla yogurt, low-fat	qts.	1.5	3	6		
Frozen peach slices**	qts.	1.5	3	6		
Bananas, peeled	single banana (medium)	12	24	48		
Fresh berries, optional	each	12	24	48		
Fresh mint, optional	sprigs	12	24	48		

Portion: 7 oz.

Directions:

1. In a blender combine juice, yogurt, frozen peaches and bananas.
2. Blend on high speed until smooth.
3. Serve beverage chilled 40°F.
4. Pour into glass and garnish with mint and/or fresh berries, if desired.

Cooling directions:

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

Sanitation instructions:

Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA-recommended method.

For Consistent Carbohydrate Diet: Substitute V8 V-Fusion® Light Peach Mango Juice

* Substitutions: V8 V-Fusion® Acai Mixed Berry, Pomegranate Blueberry or Strawberry Banana

** Ingredient options: Other frozen fruits may be substituted, including strawberries, blueberries, raspberries, plums, cherries, nectarines, mangoes, papaya, etc.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
193 kcal	4 g	1 g	1 g	3 mg	62 mg	44 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
492 IU		80 mg		114 mg		1 mg	

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PUMPKIN PIE SOUP



INGREDIENTS	MEASUREMENT	SERVINGS			
		24	48	96	CUSTOM SERVING
Campbell's® Healthy Request® Cream of Chicken Soup	can, 50 oz.	56 oz.	112 oz.	225 oz.	
Half and half, fat-free	cups	7	14	28 1/8	
Pumpkin puree, canned, unseasoned	cups	8 1/2	17	33 3/4	
Nutmeg, ground	tsp.	2 1/4	4 1/2	9	
Cinnamon, ground	tbsp.	2 1/4	4 1/2	9	
Brown sugar, light, packed	cups	5	10 1/8	20 1/4	
Chocolate sauce for garnish		as desired	as desired	as desired	
Whipped cream for garnish		as desired	as desired	as desired	

Portion: 6 oz.

Directions:

1. In large saucepot or kettle, combine soup, cream, pumpkin, nutmeg, cinnamon, and brown sugar.
2. Cook over medium-high heat, stirring frequently with whisk to blend mixture until smooth.
3. CCP (Critical Control Point): Simmer until internal temperature is 165° F or higher for 15 seconds. Hold at 145° F or higher.
4. Portion using 8-oz. ladle (1 cup). Drizzle with chocolate sauce and garnish with whipped cream, if desired.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
287 kcal	4 g	3 g	1 g	9 mg	359 mg	66 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
13,708 IU		4 mg		133 mg		2 mg	

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RASPBERRY PARFAIT



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Raspberry gelatin	cups	1 1/4	2 1/3	4 2/3	
Sugar	cups	3/4	1 1/2	3	
Water, boiling	qts.	1	2 qt. + 1/2 cup	4 1/4	
Whipped topping, light	qts.	2 1/4	4 1/4	8 1/2	
Raspberries, crushed	qts.	3/4	1 1/2	3	

Portion: 1/2 cup

Directions:

1. Start with clean hands, equipment, and work surface.
2. Mix gelatin and sugar; dissolve in boiling water.
3. Refrigerate below 40° F until mixture begins to thicken. Beat until foamy.
4. Fold whipped topping and crushed raspberries into whipped gelatin mixture.
6. Spoon into serving dishes and chill below 40° F.
7. Cover and store leftovers below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
90 kcal	1 g	1 g	1 g	-	34 mg	19 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
5 IU		4 mg		5 mg		0 mg	

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REVITALIZING FRUIT CUP



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Fruit cocktail, packed in juice, drained	#10 can	1	2	4	
Bananas, sliced	single banana (medium)	6	12	24	
Maraschino cherries, halved	cups	1/2	1	2	

Portion: 1/2 cup

Directions:

1. Wipe off top of each can before opening with can opener.
2. Place prepared fruit in large bowl. Set aside.
3. Toss gently. Chill below 40° F. Serve.
4. Cover and store leftovers below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
85 kcal	1 g	0 g	0 g	-	5 mg	22 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
367 IU		6 mg		13 mg		0 mg	

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SAVORY BEEF WITH HARVEST VEGETABLES MADE WITH V8® VEGETABLE JUICE



INGREDIENTS	MEASUREMENT	SERVINGS			CUSTOM SERVING
		24	48	96	
Canola oil	cups	1/3	2/3	1 1/3	
Onion, Spanish, sliced	qts.	1 1/2	3	6	
Green pepper, sliced	cups	3	6	12	
Red pepper sliced	cups	3	6	12	
Yellow squash, cut in half lengthwise and thinly sliced	qts.	1 1/2	3	6	
Garlic, chopped	cup	1/4	1/2	1	
Basil leaves, dried, crushed	tbsp.	1	2	4	
Oregano leaves, dried, crushed	tbsp.	1	2	4	
Beef flank or top round steak, julienne sliced, approx. 2 x 1/2 x 1/4"	lbs.	5	10	20	
Cornstarch	cups	1/2	1	2	
V8® Vegetable juice	cans, 46 oz.	2 cans	4 cans	8 cans	
Parmesan cheese		as desired	as desired	as desired	
Black pepper		as desired	as desired	as desired	

Portion: 1 1/3 cup beef and vegetables

Directions:

1. Heat half of the oil in large sauté pan or tilt skillet. Add onion, green pepper, red pepper, squash, garlic, basil, and oregano. Cook and stir until tender-crisp. Remove vegetables.
2. Heat remaining oil. Add beef. Cook and stir until beef just loses its pink color.

3. Stir cornstarch into vegetable juice, mixing well. Gradually stir juice mixture into skillet. Return vegetable mixture and beef to skillet. Cover and cook 5 minutes until heated thoroughly.
4. CCP (Critical Control Point): Heat until internal temperature is 165° F or higher for 15 seconds. Hold at 140° F or higher.
5. Cook and drain pasta per package recipe.
6. Portion using 1 1/3 cups vegetable mixture over noodles.
7. Serve with grated Parmesan cheese and black ground pepper as desired.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
284 kcal	28 g	13 g	4 g	48 mg	367 mg	13 g	2 g
Vitamin A		Vitamin C		Calcium		Iron	
1,845 IU		78 mg		60 mg		3 mg	

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STEAMED BROCCOLI FLORETS



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Broccoli	lbs. EP	5	10	20	
Margarine, melted	cup	1/4	1/2	1	

Portion: 1/2 cup

Directions:

1. Trim off leaves. Remove tough ends of lower stems. Wash. Cut in bite-size pieces.
2. If stems are thicker than 1 inch, make lengthwise gashes in each stem.
3. Boil or steam broccoli spears.
4. Pour margarine over cooked broccoli.
5. Hold above 140° F until served.

Note:

Frozen broccoli can be used. If using a steamer, steam no more than 9 minutes to maintain color and taste.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool broccoli by separating into smaller batches and placing pans in an ice bath.
3. Stir frequently to cool quickly.

**Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.*

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
48 kcal	2 g	2 g	0 g	-	58 mg	7 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
1,485 IU		59 mg		37 mg		1 mg	

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STEAMED RICE



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Water	qts.	2 1/8	4 1/4	8 1/2	
Salt	tbsp.	1	2	4	
Converted rice	lbs.	1 1/4	3 1/2	7	
Margarine or butter	cups	1/3	2/3	1 1/3	

Portion: 1/2 cup

Directions:

1. Bring water to a boil in steam-jacketed kettle or other large kettle.
2. Add salt, rice and margarine. Stir. Cover tightly.
3. Cook on low heat until rice is tender and all water is absorbed, about 15-20 minutes.
4. Remove from heat and let stand covered 5-10 minutes. Fluff with fork.
5. Hold above 140° F until served.

Option: Parsley rice —Sprinkle with parsley.

Alternate cooking method:

Using the same measurements and ingredients, rice can be cooked in the steamer. Steam about 10 minutes. Hold above 140° F until served.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool rice by separating into smaller batches and placing pans in ice bath.
3. Stir frequently to cool quickly.

**Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.*

Notes:

1. If using regular white rice in place of converted rice, the cooking time may need to be reduced.
2. For brown rice, increase cooking time to 40-45 minutes.
3. One pound uncooked rice yields 2 quarts cooked rice.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
120 kcal	2 g	0 g	0 g	-	1 mg	26 g	0 g
Vitamin A		Vitamin C		Calcium		Iron	
-		-		9 mg		1 mg	

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STRAWBERRY BANANA SMOOTHIE



INGREDIENTS	MEASUREMENT	SERVINGS			CUSTOM SERVING
		24	48	96	
V8 V-Fusion® Strawberry Banana juice*	qts.	1.5	3	6	
Vanilla yogurt, low-fat	qts.	1.5	3	6	
Frozen cherries**	qts.	1.5	3	6	
Bananas, peeled	single banana (medium)	12	24	48	
Fresh berries, optional	each	12	24	48	
Fresh mint, optional	sprigs	12	24	48	

Portion: 7 oz.

Directions:

1. In a blender combine juice, yogurt, frozen berries and bananas.
2. Blend on high speed until smooth.
3. Serve beverage chilled to 40° F.
4. Pour into a glass and garnish with mint and/or fresh berries, if desired.

Cooling directions:

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

Sanitation instructions:

Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA-recommended method.

For Consistent Carbohydrate Diet: Substitute V8 V-Fusion® Light Strawberry Banana Juice.

For Pureed Diet: Substitute frozen raspberries for frozen cherries.

* Substitutions: V8 V-Fusion® Acai Mixed Berry, Pomegranate Blueberry or Peach Mango

** Ingredient options: Other frozen fruits may be substituted, including peaches, plums, cherries, nectarines, mangoes, raspberries, blueberries, papaya, etc.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
265 kcal	6 g	1 g	1 g	4 mg	81 mg	60 g	4 g
Vitamin A		Vitamin C		Calcium		Iron	
947 IU		29 mg		166 mg		1 mg	

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SWEET 'N' SAUCY CHOPS



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		24	48	96		
Cornstarch	tbsp.	4	8	16		
Campbell's® Tomato Juice	cups	6	12	24		
Vegetable oil	tbsp.	4	8	16		
Pork chops, 4 oz. boneless	each	24	48	96		
Packed brown sugar	cups	1/4	1/2	1		
Soy sauce, low-sodium	cups	1/4	1/2	1		
Ground ginger	tsp.	1/2	1	2		
Garlic powder OR	tsp.	1/2	1	2		
Clove garlic, minced	each	4	8	16		
Onion, sliced	cups	1	2	4		

Portion: 1 pork chop

Directions:

1. In a cup, mix cornstarch and 1/2 cup tomato juice until smooth. Set aside.
2. In medium skillet over medium-high heat, heat oil. Add chops in 2 batches and cook 10 minutes or until browned. Set chops aside. Pour off fat.
3. Add remaining tomato juice, brown sugar, soy, ginger, garlic powder and onion. Heat to a boil. Return chops to pan. Reduce heat to low. Cover and cook 5 minutes.
4. CCP (Critical Control Point): Cover and cook until chops are minimum 165° F internal temperature. Remove and keep warm.
5. Stir cornstarch mixture and add to sauce in pan. Cook until mixture boils and thickens, stirring constantly. Serve sauce over chops.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
213 kcal	26 g	8 g	2 g	70 mg	335 mg	7 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
125 IU		15 mg		9 mg		0 mg	

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TANGY CITRUS CUP



INGREDIENTS	MEASUREMENT	SERVINGS			
		24	48	96	CUSTOM SERVING
Lime peel, grated	cups	1/4	1/2	1	
Pink grapefruit, peeled and sectioned, canned	cups	6	12	24	
Navel orange, peeled and sectioned, canned	cups	6	12	24	

Portion: 1/2 cup

Directions:

1. In a bowl, combine the grapefruit and orange sections.
2. Stir in lime peel.
3. Cover and refrigerate until chilled.
4. Chill below 40° F until served.
5. Cover and store leftovers below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
54 kcal	1 g	0 g	0 g	0 mg	14 mg	13 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
1 IU		22 mg		11 mg		0 g	

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TENDER NOODLES



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Noodles	lbs.	2 1/2	5	10	
Water	gallon	2 1/2	5	10	
Salt	cup	1/4	1/2	1	
OPTIONAL: Vegetable oil	tbsp.	1 1/2	3	6	

Portion: 1/2 cup

Directions:

1. Bring water to a rapid boil.
2. Add salt and oil.
3. Add pasta gradually while stirring.
4. Return to boiling.
5. Cook uncovered at a fast boil until tender 5-10 minutes.
6. Stir occasionally to prevent sticking.
7. Test for doneness. Pasta should still be firm to the bite.
8. Drain. Hold above 140° F until served.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool noodles by separating into smaller batches and placing pans in ice bath.
3. Stir frequently to cool quickly.

**Foods should be reheated to an internal temperature above 165° F for 15 seconds in less than 2 hours before serving.*

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
110 kcal	4 g	1 g	0 g	-	92 mg	21 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
-		-		5 mg		1 mg	

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TENDER PASTA



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Pasta	lbs.	2 1/2	5	10	
Water	gallon	2 1/2	5	10	
Salt	cup	1/4	1/2	1	
OPTIONAL: Vegetable oil	tbsp.	1 1/2	3	6	

Portion: 1/2 cup

Directions:

1. Bring water to a rapid boil.
2. Add salt and oil.
3. Add pasta gradually while stirring.
4. Return to boiling.
5. Cook uncovered at a fast boil until tender, 5-10 minutes.
6. Stir occasionally to prevent sticking.
7. Test for doneness. Pasta should still be firm to the bite.
8. Drain. Hold above 140° F until served.

Cooling directions:

1. Leftovers should be cooled below 40° F within 4 hours.
2. Cool noodles by separating into smaller batches and placing pans in ice bath.
3. Stir frequently to cool quickly.

**Foods should be reheated to an internal temperature of above 165° F for 15 seconds in less than 2 hours before serving.*

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
110 kcal	4 g	1 g	0 g	-	92 mg	21 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
-		-		5 mg		1 mg	

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THREE BEAN SALAD



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Green beans, no salt added, canned, drained	qts.	1 1/4	2 1/2	7	
Wax beans, no salt added, canned, drained	qts.	1 1/4	2 1/2	5	
Kidney beans, canned, drained	qts.	1	2	4	
Onions, sliced	cups	1 3/4	3 1/2	7	
Vinegar, red wine	cups	2/3	1 1/3	2 2/3	
Water	cups	2/3	1 1/3	2 2/3	
Oil	tbsp.	1 2/3	3 1/3	6 2/3	
Oregano	tsp.	1 1/4	2 1/2	5	
Onions, minced	cups	2/3	1 1/3	2 2/3	
Salt	tsp.	1	2	4	
Pepper	tsp.	1/8	1/4	1/2	
Sugar	tbsp.	1/2	1	2	

Portion: 1/2 cup

Directions:

1. Wipe off top of each can before opening with can opener. Slice onions on a clean cutting board away from beef, poultry, fish, and eggs.
2. Mix all ingredients together. Refrigerate below 40° F overnight.
3. Cover and store leftovers below 40° F.

Note: May substitute prepared three bean salad.

NUTRIENT VALUES PER RECIPE SERVING:							
Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
79 kcal	4 g	1 g	0 g	-	96 mg	14 g	5 g
Vitamin A		Vitamin C		Calcium		Iron	
143 IU		4 mg		22 mg		1 mg	

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TURKEY SANDWICH



INGREDIENTS	MEASUREMENT	SERVINGS			
		25	50	100	CUSTOM SERVING
Turkey lunchmeat, oven-roasted, sliced	lbs.	1 1/2	3 1/8	6 1/4	
Swiss cheese, sliced	lbs.	1 1/2	3 1/8	6 1/4	
Tomato, slices	lbs.	1 1/4	3 1/2	7	
Iceberg lettuce, washed, separated	heads	2/3	1 1/4	2 1/2	
Bread, whole wheat	slices	12 1/2	25	50	
Cranberry relish	tbsp.	12 1/2	25	50	

Portion: 1/2 sandwich

Directions:

1. Start with clean hands, equipment, and work surface. Wash and separate lettuce.
2. Slice tomatoes on a clean cutting board away from beef, poultry, fish, and eggs.
3. Top 1/2 piece of bread with turkey, Swiss cheese, tomato slice, lettuce leaf, and cranberry relish.
4. Top with remaining bread slice. Hold below 40° F until served.
5. Cover and store leftovers below 40° F.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
196 kcal	16 g	9 g	5 g	39 mg	359 mg	13 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
574 IU		7 mg		246 mg		1 mg	

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VELVETY SPICE CAKE WITH WHIPPED TOPPING



INGREDIENTS	MEASUREMENT	SERVINGS			CUSTOM SERVING
		25	50	100	
Flour, all- purpose, sifted	qts.	5/6 qt.	1 5/8 qts.	3 1/4 qts.	
Baking powder	tbsp.	1 1/2 tbsp. + 2 tsp.	3 tbsp. + 2 tsp.	6 tbsp. + 2 tsp.	
Baking soda	tbsp.	1/4 tbsp. + 1 tsp.	1/2 tbsp. + 1 tsp.	1 tbsp. + 1 tsp.	
Nutmeg, ground	tbsp.	1/2	1	2	
Cinnamon, ground	tbsp.	1/4	1/2	1	
Cloves, ground	tsp.	1/4	1/2	1	
Shortening	cups	5/8	1 1/4	2 1/2	
Sugar	cups	1 2/3	3 3/8	6 2/3	
Eggs, large, well-beaten	each	3	6	12	
Campbell's® Condensed Tomato Soup	can, 50 oz.	1/4 can	1/2 can	1 can	
Whipped topping	cups	3 1/8	6 1/4	12 1/2	

Portion: 2 1/2" x 3 1/4"

Directions:

1. Mix flour, baking powder, baking soda, nutmeg, cinnamon, and cloves. Set aside.
2. Beat shortening with mixer at medium speed for 5 minutes.

3. Gradually add sugar and beat 5 minutes more or until light and fluffy. Scrape sides of bowl frequently.
4. Add eggs. Beat for 2 more minutes.
5. Add soup and flour mixture alternately, mixing until smooth.
6. Divide batter evenly between greased and floured sheet pans (18" x 26"). One pan for 50 and two pans for 100.
7. Bake at 350° F for 35 minutes or until done.
8. Serve with whipped topping (2 tbsp. per individual serving).

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
202 kcal	3 g	8 g	3 g	25 mg	214 mg	30 g	1 g
Vitamin A		Vitamin C		Calcium		Iron	
76 IU		1 mg		60 mg		1 mg	

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ZESTY CHICKEN STIR-FRY MADE WITH V8® VEGETABLE JUICE



INGREDIENTS	MEASUREMENT	SERVINGS				CUSTOM SERVING
		24	48	96		
Cornstarch	tblsp. or cups	6 tblsp.	3/4 cups	1 1/2 cups		
V8® Vegetable juice	qts.	3	6	12		
Soy sauce, low-sodium	tblsp. or cups	6 tblsp.	3/4 cup	1 1/2 cups		
Ginger, ground	tblsp.	1	2	4		
Black pepper, ground	tsp. or tblsp.	3/4 tsp.	1 1/2 tsp.	1 tblsp.		
Vegetables, cut up, frozen (broccoli flowerets, green or red pepper strips, onion)	lbs.	6	12	24		
Chicken breast halves, 4 oz. pieces, boneless, skinless, cut into strips	lbs.	6	12	24		

Portion: 1 1/4 cups chicken stir-fry with vegetables

Directions:

1. Stir together cornstarch, vegetable juice, soy sauce, ginger, and pepper; set aside.
2. Spray nonstick sauté pan or tilt skillet with cooking spray. Heat pan.
3. Add vegetables and stir-fry until tender-crisp. Remove vegetables.
4. Add chicken and stir-fry until browned and cooked to minimum of 165° F for 15 sec. Remove chicken.
5. Add cornstarch mixture to pan. Cook and stir constantly until mixture boils and thickens.
6. Return chicken and vegetables to skillet and heat through.
7. CCP (Critical Control Point): Heat until internal temperature is 165° F or higher for 15 seconds. Hold at 140° F or higher.
8. Portion using 1 1/4 cups each. Serve with Steamed Rice recipe.

NUTRIENT VALUES PER RECIPE SERVING:

Calories	Protein	Total Fat	Sat Fat	Chol	Sodium	Total CHO	Dietary Fiber
198 kcal	26	3 g	1 g	63 mg	516 mg	16 g	3 g
Vitamin A		Vitamin C		Calcium		Iron	
2, 246 IU		103 mg		59 mg		2 mg	

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PUREED BABY SPINACH SALAD*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Baby Spinach Salad including vegetables (1 cup/serving)	1 serving	5 servings	10 servings	15 servings	20 servings	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	
Citrus Dressing**	1/2 tbsp.	2 1/2 tbsp.	1/4 cup + 1 tbsp.	1/2 cup	2/3 cup	
Mashed potato flakes	1 tbsp.	1/3 cup	2/3 cup	1 cup	1 1/4 cups	

Serving size: #10 Scoop

Directions:

1. Measure appropriate portions of salad and vegetables (such as onions, carrots, and celery) into processor bowl. To soften these products, lightly steam but do not overcook. Puree.
2. Add appropriate portions of chopped lettuce. Puree well.
3. Add bread pieces and puree.
4. Add dressing in three additions. Puree after each addition to appropriate consistency. Add mashed potato flakes if product is not at the desired consistency. Be sure it is pureed until completely smooth.
5. Portion into serving dishes and cover.
6. Chill to 40° F or below. Hold below 41° F for serving.

Note: Carefully wash and handle raw ingredients to prevent food-borne illness.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Use scoop to chop pureed tossed salad to simulate real product.
 Serve in a side dish.
 Garnish with dressing.

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PUREED CHICKEN CACCIATORE*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Chicken from Chicken Cacciatore, drained	1 serving	5 servings	10 servings	15 servings	20 servings	
Campbell's® Chicken Broth**	1/3 cup	1 2/3 cups	3 1/3 cups	5 cups	6 2/3 cups	
Bread	2/3 slice	3 1/3 slices	6 2/3 slices	10 slices	13 1/3 slices	

Serving size: 1 serving is equivalent to 4 oz. chicken breast

Directions:

1. Measure freshly cooked chicken cacciatore portions – drained of liquid.
2. Puree well. Add liquid gradually to achieve appropriate consistency. Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Garnish as appropriate depending on the type of chicken cacciatore.

PUREED CHILLED FRUIT CUP*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Drained Chilled Fruit Cup	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	

Serving size: #12 Scoop

Directions:

1. Drain fruit well and measure portions. Place in processor bowl.
2. Puree in blender until completely smooth.
3. Portion and chill to 41° F prior to serving.

Note: Fruits with high water content may need added ingredients such as rice flakes, gelatin powder or commercial thickeners to achieve the appropriate thickness. See specific recipes for each fruit.

Tips for pureeing fruit:

- Fibrous fruits such as pineapple may be difficult to puree. Use a strainer if needed to assure a smooth consistency.
- Ripe bananas may be thoroughly mashed instead of pureed. Be sure there are no lumps.
- Some fruits may discolor upon standing or refrigeration. It is best to serve them immediately.
- Fruits with high water content (watermelon, cantaloupe, honeydew, melon, oranges, grapefruit, grapes) do not puree to an appropriate consistency. A commercial thickening agent may be added to achieve a pudding-like consistency.

* Recipe has not been tested.

Presentation:

Serve in separate dishes.

Garnish with sprinkle of gelatin or piped whipped cream.

PUREED CITRUS SALAD WITH SMOOTH SWEET & TANGY DRESSING*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Citrus Salad with Sweet & Tangy Dressing	1 cup	5 cups	10 cups	15 cups	20 cups	
Smooth sweet & sour dressing**	1/2 tbsp.	2 1/2 tbsp.	1/4 cup + 1 tbsp.	1/2 cup	2/3 cup	
Bread	1 1/4 slices	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: #10 Scoop

Directions:

1. Measure appropriate portion of citrus salad with dressing into processor bowl.
2. Puree.
3. Add bread, torn into pieces, and puree.
4. Add dressing in three additions. Puree after each addition to appropriate consistency. Be sure it is pureed until completely smooth.
5. Portion into serving sizes and cover.
6. Chill to 41° F or below. Hold below 41° F for serving.

Note:

1. Carefully wash and handle lettuce to prevent food-borne illness.
2. 1 tablespoon of mashed potato flakes may be used in place of 1/2 slice of bread.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Use a scoop to chop pureed salad to simulate tossed salad.

Serve in side dish.

Garnish with salad dressing.

PUREED COUNTRY QUICHE W/SPINACH & SWISS CHEESE*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Country Quiche w/ Spinach & Swiss Cheese	1 serving	5 servings	10 servings	15 servings	20 servings	
Campbell's® Vegetable Broth**	1 tbsp.	1/3 cup (5 tbsp.)	2/3 cup (10 tbsp.)	1 cup (15 tbsp.)	1 1/4 cups (20 tbsp.)	

Serving size: 1 serving is equivalent to 1/6 quiche

Directions:

1. Measure freshly cooked quiche portions.
2. Puree well. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.) Puree until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

**Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve in individual casserole dishes.

Garnish as appropriate depending on the type of quiche.

PUREED DELIGHTFUL MUSHROOM HASH BROWN BAKE*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Delightful Mushroom Hash Brown Bake	1 serving	5 servings	10 servings	15 servings	20 servings	
Water**	1 tbsp.	1/3 cup (5 tbsp.)	2/3 cup (10 tbsp.)	1 cup (15 tbsp.)	1 1/4 cups (20 tbsp.)	

Serving size: 1 serving is equivalent to 3x4" hash brown bake

Directions:

1. Measure freshly cooked hash brown bake portions.
2. Puree well. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.) Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve in individual casserole dishes.

Garnish as appropriate depending on the type of hash brown bake.

PUREED FARMHOUSE BREAKFAST FRITTATA *



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Farmhouse Breakfast Frittata	1 serving	5 servings	10 servings	15 servings	20 servings	
Campbell's® Chicken Broth**	1 tbsp.	1/3 cup (5 tbsp.)	2/3 cup (10 tbsp.)	1 cup (15 tbsp.)	1 1/4 cups (20 tbsp.)	

Serving size: 1 serving is equivalent to 6 oz. frittata

Directions:

1. Measure freshly cooked frittata portions.
2. Puree well. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.)
Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Garnish as appropriate depending on the frittata.

PUREED FRESH BAKED BLUEBERRY MUFFIN*



INGREDIENTS	SERVINGS					
	1	5	10	15	20	CUSTOM SERVING
Blueberry Muffin (2 1/2 oz. each)	1 muffin or 2 1/2 oz.	5 muffins or 12 1/2 oz.	10 muffins or 25 oz.	15 muffins or 37 1/2 oz.	20 muffins or 50 oz.	
Milk**	3 tbsp.	1 cup	2 cups	2 3/4 cups	3 3/4 cups	
Margarine, melted	1 tbsp.	1 tbsp. +2 tsp.	3 tbsp. +1 tsp.	1/4 cup +1 tbsp.	1/3 cup +1 1/2 tbsp.	

Serving size: #10 Scoop

Directions:

1. Count number of servings and weigh.
2. Place muffins in food processor.
3. Add margarine to muffin and puree.
4. Add half of milk and puree.
5. Add remaining milk gradually until pureed. Be sure it is pureed until completely smooth.
6. Portion into servings.
7. Hold lower than 41° F for cold serving or heat to 165°F and hold at higher than 135°F for hot serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve with jelly on top.

PUREED FRESH BAKED PEACH COBBLER*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Fresh Baked Peach Cobbler	1 serving	5 servings	10 servings	15 servings	20 servings	
Warm milk**	3 tbsp.	1 cup	2 cups	2 3/4 cups	3 3/4 cups	

Serving size: 1 serving equals 1/2 cup (#8 scoop)

Directions:

1. Measure appropriate amount of cobbler and place in processor bowl.
2. Puree cobbler well.
3. If needed for appropriate consistency, add milk gradually and blend well to achieve desired consistency. Be sure it is completely smooth.
4. Portion into serving dishes and cover.
5. Chill to 41° F or below. Hold below 41° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve cobbler on plate.

Garnish with whipped topping.

PUREED FRESH CAESAR SALAD WITH SMOOTH CREAMY DRESSING*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Caesar Salad with Smooth Creamy Dressing	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Smooth Dijon Mustard Dressing**	1/2 tbsp.	2 1/2 tbsp.	1/4 cup + 1 tbsp.	1/2 cup	2/3 cup	
Bread	1 1/4 slices	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: #20 Scoop

Directions:

1. Measure appropriate portion of Caesar salad with dressing into processor bowl.
2. Puree well.
3. Add bread, torn into pieces and puree well.
4. Add dressing in three additions; puree after each addition to appropriate consistency. Be sure it is pureed until completely smooth.
5. Portion into serving dishes and cover.
6. Chill to 41° F or below. Hold below 41° F for serving.

Note:

1. Carefully wash and handle lettuce to prevent food-borne illness.
2. 1 tablespoon of mashed potato flakes may be used in place of 1/2 slice of bread.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Use a scoop to chop pureed salad to simulate tossed salad.
Serve in side dish.
Garnish with salad dressing.

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PUREED FRESH TOSSED SALAD*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Fresh Tossed Salad including vegetables (1 cup/serving)	1 serving	5 servings	10 servings	15 servings	20 servings	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	
Citrus Dressing**	1/2 tbsp.	2 1/2 tbsp.	1/4 cup + 1 tbsp.	1/2 cup	2/3 cup	
Mashed potato flakes	1 tbsp.	1/3 cup	2/3 cup	1 cup	1 1/4 cups	

Serving size: #10 Scoop

Directions:

1. Measure appropriate portions of tossed salad and vegetables (such as cucumbers, onions, carrots, and tomatoes) into processor bowl. To soften these products, lightly steam but do not overcook. Puree well.
2. Add appropriate portions of chopped lettuce. Puree well.
3. Add bread pieces and puree.
4. Add dressing in three additions. Puree after each addition to appropriate consistency. Add mashed potato flakes if product is not at the desired consistency. Be sure it is pureed until completely smooth.
5. Portion into serving dishes and cover.
6. Chill to 40° F or below. Hold below 41° F for serving.

Note: Carefully wash and handle raw ingredients to prevent food-borne illness.

*Recipe has not been tested.

**Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Use scoop to chop pureed tossed salad to simulate regular product.
 Serve in a side dish.
 Garnish with dressing.

PUREED GREEN BEANS*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Green beans - no nuts	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Salt	1/16 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.	1 1/4 tsp.	
Margarine, melted	1/2 tbsp.	2 1/2 tbsp.	1/3 cup	1/2 cup	2/3 cup	
Water**	1 1/2 tbsp.	1/2 cup	1 cup	1 1/3 cups	1 3/4 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: #8 Scoop

Note:

Choice of fresh, frozen, or canned vegetables will affect process and end result.

Always wash fresh produce thoroughly.

Frozen green beans: Thaw in hot water to soften. Do not overcook. Drain excess water.

Canned green beans: Drain thoroughly. Omit salt.

Directions:

1. Measure proper portion of green beans and place in food processor with salt and melted margarine.
2. Puree well.
3. Add half of water and puree until completely smooth.
4. Add bread and puree again. Be sure it is pureed until completely smooth.
5. Heat to 165° F. Hold above 135° F for serving.

**Recipe has not been tested.*

***Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.*

Presentation:

May be piped onto plate using a pastry bag and tip to simulate green beans.

PUREED GRILLED SALMON FILLET WITH POMODORO SAUCE*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Grilled Salmon Fillet with Pomodoro Sauce (3 oz./serving)	1 serving	5 servings	10 servings	15 servings	20 servings	
Water**	3 tbsp.	1 cup	1 3/4 cups	2 3/4 cups	3 3/4 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: 1 serving is equivalent to 3 oz. salmon fillet

Directions:

1. Measure freshly cooked or baked salmon fillet portions. Drain liquid.
2. Puree well. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.) Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

*Recipe has not been tested.

**Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Garnish with pomodoro sauce.

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PUREED HOMESTYLE BEEF STEW*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Homestyle Beef Stew	1 serving	5 servings	10 servings	15 servings	20 servings	
Water/stew liquid**	1 tbsp.	1/3 cup (5 tbsp.)	2/3 cup (10 tbsp.)	1 cup (15 tbsp.)	1 1/4 cups (20 tbsp.)	

Serving size: 1 serving is equivalent to 8 oz. beef stew

Directions:

1. Measure freshly cooked beef stew portions — drained of liquid. Puree well.
2. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.)
Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve in a bowl.

Garnish as appropriate.

PUREED ITALIAN GREEN BEANS*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Italian Green Beans	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Margarine, melted	1/2 tbsp.	2 1/2 tbsp.	1/3 cup	1/2 cup	2/3 cup	
Water**	1 1/2 tbsp.	1/2 cup	1 cup	1 1/3 cups	1 3/4 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: #8 Scoop

Note: Choice of fresh, frozen, or canned vegetables will affect process and end result.

Always wash fresh produce thoroughly.

Frozen green beans: Thaw in hot water to soften. Do not overcook. Drain excess water.

Canned green beans: Drain thoroughly. Omit salt.

Directions:

1. Measure proper portion of green beans and place in food processor with salt and melted margarine.
2. Puree well.
3. Add half of water and puree until completely smooth.
4. Add bread and puree again. Be sure it is pureed until completely smooth.
5. Heat to 165° F. Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

May be piped onto plate using a pastry bag and tip to simulate green beans.

PUREED LINGUINI*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Linguini	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Margarine, melted	2 tsp.	3 tbsp. + 1 tsp.	6 tbsp. + 2 tsp.	2/3 cup	3/4 cup + 1 1/2 tsp.	
Water**	3 tbsp.	1 cup	1 3/4 cups	2 3/4 cups	3 3/4 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	
Pepper	Dash	1/16 tsp.	1/8 tsp.	1/8 tsp.	1/4 tsp.	

Serving size: #8 Scoop

Directions:

1. Measure linguini and place in processor bowl. Puree with melted margarine and pepper.
2. Add half of water and puree.
3. Add bread and puree.
4. Add remaining water until mixture is desired consistency. Be sure it is pureed until completely smooth.
5. Reheat to minimum temperature of 165° F. Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve with gravy, melted margarine or hot condensed cream soup over top.

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PUREED MANDARIN ORANGES*



INGREDIENTS	SERVINGS					
	1	5	10	15	20	CUSTOM SERVING
Mandarin oranges, drained	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Gelatin	1/2 tsp.	2 1/2 tsp.	1 tbsp. + 2 tsp.	2 tbsp. + 1 1/2 tsp.	3 tbsp. + 1 tsp.	
Cold juice	1 tsp.	2 tbsp.	3 tbsp.	1/4 cup	1/3 cup	
Boiling water	1 tbsp.	1/4 cup	2/3 cup	1 cup	1 1/4 cups	

Serving size: #10 Scoop

Directions:

1. Drain oranges well and reserve juice. Place in processor bowl.
2. Puree fruit.
3. Measure cold juice and sprinkle gelatin over top. Allow gelatin to absorb cold liquid.
4. Add boiling water to gelatin mixture and stir until gelatin is dissolved.
5. Add gelatin mixture to mandarin oranges and blend thoroughly until completely smooth.
6. Portion into serving dishes and cover.
7. Chill to 41° F or below. Hold below 41° F for serving.

* Recipe has not been tested.

Presentation:

Serve in a side dish.

Garnish with whipped topping.

Sprinkle dry gelatin of a contrasting color on top.

PUREED MIXED FIELD GREEN SALAD*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Lettuce salad, shredded or chopped	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Smooth honey mustard dressing**	1/2 tbsp.	2 1/2 tbsp.	1/4 cup + 1 tbsp.	1/2 cup	2/3 cup	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: #20 Scoop

Directions:

1. Measure appropriate portion of shredded or chopped lettuce salad into processor bowl.
2. Puree.
3. Add bread, torn into pieces, and puree.
4. Add dressing in three additions. Puree after each addition to appropriate consistency. Be sure it is pureed until completely smooth.
5. Portion into serving sizes and cover.
6. Chill to 41° F or below. Hold below 41° F for serving.

Note:

1. Carefully wash and handle lettuce to prevent food-borne illness.
2. 1 tablespoon of mashed potato flakes may be used in place of 1/2 slice of bread.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Use a scoop to chop pureed salad to simulate tossed salad.
 Serve in side dish.
 Serve with salad dressing.

PUREED PEACHES*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Peaches, canned, drained	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	

Serving size: #12 Scoop

Directions:

1. Drain peaches well. Place in processor bowl.
2. Puree well until completely smooth.
3. Portion into serving dishes.
4. Chill to 41° F or below. Hold below 41° F for serving.

** Recipe has not been tested.*

Presentation:

Serve in a side dish.

Garnish with whipped topping.

Sprinkle dry gelatin of a contrasting color on top if desired.

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PUREED PUMPKIN PIE SOUP*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Pumpkin Pie Soup (6 oz./serving)	1 serving	5 servings	10 servings	15 servings	20 servings	

Serving size: 1 serving equals 6 oz.

Directions:

1. Measure freshly cooked and slightly cooled pumpkin pie soup into processor bowl.
2. Puree well.
3. Be sure it is pureed until completely smooth.
4. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

** Recipe has not been tested.*

Presentation:

Serve in a soup bowl.

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PUREED REVITALIZING SOFT FRUIT CUP*



INGREDIENTS	1	5	SERVINGS 10	15	20	CUSTOM SERVING
Revitalizing Soft Fruit Cup, drained	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	

Serving size: #12 Scoop

Directions:

1. Drain fruit well and measure portions. Place in processor bowl.
2. Puree in blender until completely smooth.
3. Portion and chill to 41° F prior to serving.

Note: Fruits with high water content may need added ingredients such as rice flakes, gelatin powder or commercial thickeners to achieve the appropriate thickness. See specific recipes for each fruit.

Tips for pureeing fruit:

- Fibrous fruits such as pineapple may be difficult to puree. Use a strainer if needed to assure a smooth consistency.
- Ripe bananas may be thoroughly mashed instead of pureed. Be sure there are no lumps.
- Some fruits may discolor upon standing or refrigeration. It is best to serve them immediately.
- Fruits with high water content (watermelon, cantaloupe, honeydew, melon, oranges, grapefruit, grapes) do not puree to an appropriate consistency. A commercial thickening agent may be added to achieve a pudding-like consistency.

** Recipe has not been tested.*

Presentation:

Serve in separate dishes.
Garnish with sprinkle of gelatin or piped whipped cream.

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PUREED SCRAMBLED EGGS WITH TOAST*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Egg, scrambled	1	5	10	15	20	
Margarine	1 tsp.	5 tsp.	10 tsp.	15 tsp.	20 tsp.	
Milk**	2 tbsp.	2/3 cup	1 1/4 cups	1 3/4 cups	2 1/2 cups	
Toast	1 slice	5 slices	10 slices	15 slices	20 slices	
Margarine for toast	1 tsp.	5 tsp.	10 tsp.	15 tsp.	20 tsp.	

Serving size: #8 Scoop

Directions:

1. Measure appropriate amount of prepared scrambled eggs, place in processor bowl and puree.
2. Add toast with margarine and puree.
3. Add half of milk and puree.
4. Add remaining milk and puree. Be sure it is pureed until completely smooth.
5. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

** Recipe has not been tested.*

*** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.*

Presentation:

Scoop on plate and chop slightly to simulate scrambled eggs.
Garnish with dash of salt and pepper.

PUREED SOFT FRUIT IN SEASON*



INGREDIENTS	SERVINGS					
	1	5	10	15	20	CUSTOM SERVING
Drained Fresh Fruit in Season	1/2 cup	2 1/2 cup	5 cups	7 1/2 cups	10 cups	

Serving size: #12 Scoop

Directions:

1. Drain fruit well and measure portions. Place in processor bowl.
2. Puree in blender until smooth consistency. Be sure it is pureed until completely smooth.
3. Portion and chill to 41° F prior to serving.

Note: Fruits with high water content may need added ingredients such as rice flakes, gelatin powder or commercial thickeners to achieve the appropriate thickness. See specific recipes for each fruit.

Tips for pureeing fruit:

- Fibrous fruits such as pineapple may be difficult to puree. Use a strainer if needed to assure a smooth consistency.
- Ripe bananas may be thoroughly mashed instead of pureed. Be sure there are no lumps.
- Some fruits may discolor upon standing or refrigeration. It is best to serve them immediately.
- Fruits with a high water content (watermelon, cantaloupe, honeydew, melon, oranges, grapefruit, grapes) do not puree to an appropriate consistency. A commercial thickening agent may be added to achieve a pudding-like consistency.

* Recipe has not been tested.

Presentation:

Serve in separate dishes.

Garnish with sprinkle of gelatin or piped whipped cream.

PUREED STEAMED BROCCOLI FLORETS*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Steamed Broccoli Florets	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Salt	1/16 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.	1 1/4 tsp.	
Margarine, melted	1/2 tbsp.	2 1/2 tbsp.	1/4 cup + 1 tbsp.	1/2 cup	1/2 cup + 2 tbsp.	
Water**	2 tbsp.	1/3 cup	1 1/4 cups	1 3/4 cups	2 1/2 cups	
Bread	1/2 Slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: #8 Scoop

Note:

Choice of fresh, frozen or canned vegetables will affect process and end result.

Always wash fresh produce thoroughly.

Frozen broccoli: Thaw in hot water to soften. Do not overcook. Drain excess water.

Directions:

1. Measure proper portion of broccoli and place in food processor with salt and melted margarine.
2. Puree well.
3. Add half of water and puree until completely smooth.
4. Add bread and puree again. Be sure it is pureed until completely smooth.
5. Heat to 165° F. Hold at above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

May be piped onto plate using a pastry bag and tip to simulate broccoli.

PUREED SWEET 'N' SAUCY CHOP*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Sweet 'n' Saucy Chop, drained	1 serving	5 servings	10 servings	15 servings	20 servings	
Water**	1/4 cup	1 1/4 cups	2 1/2 cups	3 3/4 cups	5 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	

Serving size: 1 serving is equivalent to 4 oz. pork chop

Directions:

1. Measure freshly cooked pork chop portions. Drain liquid and place in processor bowl.
2. Grind meat well.
3. Add remaining ingredients, alternating broth and bread and processing in between.
4. Puree well until proper consistency is achieved.
5. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Garnish with pureed sauce.

PUREED TANGY CITRUS CUP*



INGREDIENTS	SERVINGS					
	1	5	10	15	20	CUSTOM SERVING
Tangy Citrus Cup, drained	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	

Serving size: #10 Scoop

Directions:

1. Drain fruit well and measure portions. Place in processor bowl.
2. Puree in blender until completely smooth.
3. Portion and chill to 41° F prior to serving.

Note: Fruits with high water content may need added ingredients such as rice flakes, gelatin powder or commercial thickeners to achieve the appropriate thickness. See specific recipes for each fruit.

Tips for pureeing fruit:

- Fibrous fruits such as pineapple may be difficult to puree. Use a strainer if needed to assure a smooth consistency.
- Ripe bananas may be thoroughly mashed instead of pureed. Be sure there are no lumps.
- Some fruits may discolor upon standing or refrigeration. It is best to serve them immediately.
- Fruits with a high water content (watermelon, cantaloupe, honeydew, melon, oranges, grapefruit, grapes) do not puree to an appropriate consistency. A commercial thickening agent may be added to achieve a pudding-like consistency.

* Recipe has not been tested.

Presentation:

Serve in separate dishes.

Garnish with sprinkle of gelatin or piped whipped cream.

PUREED TENDER NOODLES*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Tender Noodles	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Margarine, melted	2 tsp.	3 tbsp. + 1 tsp.	6 tbsp. + 2 tsp.	2/3 cup	3/4 cup + 1 1/2 tsp.	
Water**	3 tbsp.	1 cup	1 3/4 cups	2 3/4 cups	3 3/4 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	
Pepper	Dash	1/16 tsp.	1/8 tsp.	1/8 tsp.	1/4 tsp.	

Serving size: #8 Scoop

Directions:

1. Measure noodles and place in processor bowl. Puree with melted margarine and pepper.
2. Add half of water and puree.
3. Add bread and puree.
4. Add remaining water until mixture is desired consistency. Be sure it is pureed until completely smooth.
5. Reheat to minimum temperature of 165° F. Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve with gravy, melted margarine or hot condensed cream soup over the top.

PUREED TENDER PASTA*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Tender Pasta	1/2 cup	2 1/2 cups	5 cups	7 1/2 cups	10 cups	
Margarine, melted	2 tsp.	3 tbsp. + 1 tsp.	6 tbsp. + 2 tsp.	2/3 cup	3/4 cup + 1 1/2 tsp.	
Campbell's® Low Sodium Chicken Broth**	3 tbsp.	1 cup	1 3/4 cups	2 3/4 cups	3 3/4 cups	
Bread	1/2 slice	2 1/2 slices	5 slices	7 1/2 slices	10 slices	
Pepper	Dash	1/16 tsp.	1/8 tsp.	1/8 tsp.	1/4 tsp.	

Serving size: #8 Scoop

Directions:

1. Measure pasta and place in processor bowl. Puree with melted margarine and pepper.
2. Add half of broth and puree.
3. Add bread and puree.
4. Add remaining broth until mixture is desired consistency. Be sure it is pureed until completely smooth.
5. Reheat to minimum temperature of 165° F. Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve with gravy, melted margarine or hot condensed cream soup over the top.

PUREED THREE BEAN SALAD*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Three Bean Salad, drained, no hard vegetables	1/2 cup	2 3/4 cups	5 1/2 cups	8 1/4 cups	11 cups	

Serving size: #12 Scoop

Directions:

1. Measure appropriate portion of bean salad into processor bowl.
2. Puree until completely smooth.
3. Portion into serving dishes and cover.
4. Chill to 41° F or below. Hold below 41° F for serving.

** Recipe has not been tested.*

Presentation:

Serve in a side dish.

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PUREED TURKEY SANDWICH*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Turkey breast, cooked	2 oz.	10 oz.	20 oz.	30 oz.	40 oz.	
Water**	1/4 cup	1 1/4 cups	2 1/2 cups	3 3/4 cups	5 cups	
White bread	1 1/2 slices	7 1/2 slices	15 slices	22 1/2 slices	30 slices	
Mayonnaise	2 tbsp.	1/2 cups + 2 tbsp.	1 1/4 cups	1 3/4 cups + 2 tbsp.	2 1/2 cups	

Serving size: #8 Scoop

Directions:

1. Measure appropriate amount of turkey and place in processor bowl. Grind turkey well.
2. Add mayonnaise and puree.
3. Add bread and puree.
4. Add half of the water and puree.
5. Gradually add remaining water and puree until desired consistency is achieved. Be sure it is pureed until completely smooth.
6. Chill to minimum temperature of 41° F. Hold below 41°F for serving.

** Recipe has not been tested.*

*** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.*

Presentation:

Shape as a sandwich.

Garnish with mayonnaise and a sprinkle of paprika if desired.

PUREED SAVORY BEEF WITH HARVEST VEGETABLES MADE WITH V8® VEGETABLE JUICE



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Savory Beef with Harvest Vegetables made with V8® Vegetable juice	1 serving	5 servings	10 servings	15 servings	20 servings	
Water**	1 tbsp.	1/3 cup (5 tbsp.)	2/3 cup (10 tbsp.)	1 cup (15 tbsp.)	1 1/4 cups (20 tbsp.)	

Serving size: 1 serving is equivalent to 1 1/3 cups savory beef with vegetables

Directions:

1. Measure freshly cooked savory beef and vegetable portions – drained of liquid.
2. Puree well. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.)
Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

PUREED ZESTY CHICKEN STIR-FRY WITH VEGETABLES MADE WITH V8® VEGETABLE JUICE*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Zesty Chicken Stir-Fry with Vegetables made with V8® Vegetable juice	1 serving	5 servings	10 servings	15 servings	20 servings	
Campbell's® Chicken Broth**	1 tbsp.	1/3 cup (5 tbsp.)	2/3 cup (10 tbsp.)	1 cup (15 tbsp.)	1 1/4 cups (20 tbsp.)	

Serving size: 1 serving is equivalent to 1 1/4 cups chicken stir-fry with vegetables

Directions:

1. Measure freshly cooked stir-fry with vegetable portions – drained of liquid.
2. Puree well. Add liquid gradually to achieve appropriate consistency. (The addition of liquid may not be necessary, depending on product composition.)
Be sure it is pureed until completely smooth.
3. Heat to serving temperature (minimum of 165° F). Hold above 135° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Garnish as appropriate depending on the type of stir-fry and vegetables.

PUREED VELVETY SPICE CAKE WITH WHIPPED TOPPING*



INGREDIENTS	SERVINGS					CUSTOM SERVING
	1	5	10	15	20	
Velvety Spice Cake with Whipped Topping	1 serving	5 servings	10 servings	15 servings	20 servings	
Warm milk**	2 tbsp.	2/3 cup	1 1/4 cups	1 3/4 cups	2 1/2 cups	

Serving size: 1 serving is equivalent to 2 1/2 x 3 1/4" spice cake with topping

Directions:

1. Measure appropriate amount of cake and place in processor bowl.
2. Add milk gradually and puree well to achieve desired consistency. Be sure it is completely smooth.
3. Portion into serving dishes and cover.
4. Chill to 41° F or below. Hold below 41° F for serving.

* Recipe has not been tested.

** Fluid amount has been adjusted to nearest even measure. More or less fluid may be required to achieve a moist mashed potato or pudding-like consistency.

Presentation:

Serve on a cake plate.

Garnish with whipped topping.

MEAL 1



BREAKFAST/BRUNCH

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

BREAKFAST #1	805	716	238	21	103	7	56	27	8	203	648	2,556	2	115	40	35	438	3	1,024	768	87	376
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MECHANICAL SOFT

BREAKFAST #1	783	737	273	21	99	6	51	30	9	203	626	2,999	2	95	40	35	427	3	952	818	83	371
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PUREED MENU

BREAKFAST #1	871	790	290	22	107	6	60	32	10	208	702	3,195	2	98	63	35	482	3	1,049	886	92	411
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CONSISTENT CARBOHYDRATE

BREAKFAST #1	804	655	237	21	88	7	41	26	8	203	631	2,828	2	50	40	35	435	3	985	760	85	376
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LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,142	678	105	40	106	8	69	12	4	82	898	3,466	2	126	123	52	390	4	1,485	648	108	537
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MECHANICAL SOFT

LUNCH/DINNER	1,142	678	105	40	106	8	69	12	4	82	898	3,466	2	126	123	52	390	4	1,485	648	108	537
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PUREED MENU

LUNCH/DINNER	1,322	902	217	45	130	9	77	24	7	83	1,035	3,696	2	116	123	84	445	5	1,476	1,393	112	566
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	1,088	599	106	40	86	8	49	12	4	82	904	3,406	2	121	123	52	387	4	1,488	644	108	534
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MEAL 2



BREAKFAST/BRUNCH

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

BREAKFAST	950	711	165	29	110	7	72	18	7	50	684	2,130	3	57	22	5	440	4	1,477	895	98	383
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MECHANICAL SOFT

BREAKFAST	950	711	165	29	110	7	72	18	7	50	684	2,130	3	57	22	5	440	4	1,477	895	98	383
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PUREED MENU

BREAKFAST	942	685	165	28	105	6	72	18	7	50	731	2,750	3	73	22	-	446	3	1,488	866	89	343
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CONSISTENT CARBOHYDRATE

BREAKFAST	950	628	165	29	89	6	56	18	7	51	662	3,143	3	48	22	5	436	5	1,357	897	92	378
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LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,160	789	282	45	83	9	38	31	10	71	986	5,343	3	97	121	47	451	6	1,711	902	130	611
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MECHANICAL SOFT

LUNCH/DINNER	1,178	745	261	45	77	9	33	29	8	68	1,013	6,168	3	116	120	47	446	6	1,741	884	130	604
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PUREED MENU

LUNCH/DINNER	1,239	891	351	48	87	7	36	39	11	68	1,044	4,872	3	115	120	68	484	5	1,586	1,155	108	554
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	1,160	789	282	45	83	9	38	31	10	71	986	5,343	3	97	121	47	451	6	1,711	902	130	611
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MEAL 3



BREAKFAST/BRUNCH

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

BREAKFAST	1,108	716	228	29	96	8	42	25	8	360	949	1,498	2	68	170	5	552	5	1,951	990	107	572
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MECHANICAL SOFT

BREAKFAST	1,067	698	228	29	91	8	38	25	8	360	913	1,486	2	63	170	5	548	5	1,894	990	102	572
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PUREED MENU

BREAKFAST	1,111	717	274	29	84	6	34	31	9	388	959	2,234	2	50	189	22	572	5	1,853	1,088	96	580
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CONSISTENT CARBOHYDRATE

BREAKFAST	1,108	702	228	29	93	8	42	25	8	360	952	1,498	2	67	170	5	550	5	1,950	986	107	571
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LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,220	783	224	41	98	7	45	25	8	108	1,045	4,614	2	136	126	76	467	5	1,599	870	109	562
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MECHANICAL SOFT

LUNCH/DINNER	1,220	783	224	41	98	7	45	25	8	108	1,045	4,614	2	136	126	76	467	5	1,599	870	109	562
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PUREED MENU

LUNCH/DINNER	1,339	833	286	43	94	7	48	32	10	111	1,159	4,915	2	137	142	36	518	4	1,650	1,140	108	583
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	1,190	743	223	41	89	7	45	25	8	108	1,024	4,614	2	136	126	59	464	4	1,589	869	106	549
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MEAL 4



LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCALS (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,381	797	291	47	83	12	33	33	10	101	1,208	5,864	1	58	123	-	470	4	1,580	879	174	559
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MECHANICAL SOFT

LUNCH/DINNER	1,384	820	317	47	82	12	33	36	11	101	1,208	6,043	1	58	123	-	465	4	1,565	926	169	549
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PUREED MENU

LUNCH/DINNER	1,440	842	316	46	88	9	32	35	9	90	1,260	5,852	1	46	120	33	524	4	1,333	1,336	104	412
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	1,381	797	291	47	83	12	33	33	10	101	1,208	5,864	1	58	123	-	470	4	1,580	879	174	559
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MEAL 5



LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCALS (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,330	816	254	44	101	13	50	28	8	82	1,139	23,247	3	102	125	25	596	9	2,802	840	209	629
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MECHANICAL SOFT

LUNCH/DINNER	1,330	816	254	44	101	13	50	28	8	82	1,139	23,247	3	102	125	25	596	9	2,802	840	209	629
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PUREED MENU

LUNCH/DINNER	1,403	902	290	47	110	11	54	32	10	87	1,190	23,323	3	105	149	36	679	9	2,840	961	196	623
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	1,339	696	213	42	84	13	43	24	7	58	1,172	23,308	3	103	120	4	562	8	2,805	752	208	606
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MEAL 6



LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,096	714	221	40	86	9	40	25	8	81	933	10,929	4	53	122	54	536	5	1,604	897	128	616
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MECHANICAL SOFT

LUNCH/DINNER	1,096	714	221	40	86	9	40	25	8	81	933	10,929	4	53	122	54	536	5	1,604	897	128	616
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PUREED MENU

LUNCH/DINNER	1,332	951	352	42	110	11	40	39	11	78	1,126	11,945	4	54	121	97	568	7	1,797	1,346	144	652
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	1,096	714	221	40	86	9	40	25	8	81	933	10,929	4	53	122	54	536	5	1,604	897	128	616
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MEAL 7



LUNCH/DINNER

	WGT (G)	CALS (KCAL)	FATCAL (KCAL)	PROT (G)	CARB (G)	FIB (G)	SUGAR (G)	FAT (G)	SATFAT (G)	CHOL (MG)	WATER (G)	VIT A (IU)	VIT B12 (MCG)	VIT C (MG)	VIT D (IU)	FOL ACID (MCG)	CALC (MG)	IRON (MG)	POT (MG)	SOD (MG)	MAGN (MG)	PHOS (MG)
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REGULAR MENU

LUNCH/DINNER	1,008	686	161	32	104	10	69	18	9	67	787	14,889	3	15	125	-	699	3	1,280	934	123	638
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MECHANICAL SOFT

LUNCH/DINNER	1,008	686	161	32	104	10	69	18	9	67	787	14,889	3	15	125	-	699	3	1,280	934	123	638
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PUREED MENU

LUNCH/DINNER	1,070	731	154	34	116	11	70	17	6	61	836	14,380	2	10	120	-	504	4	1,238	1,441	132	532
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CONSISTENT CARBOHYDRATE

LUNCH/DINNER	919	591	153	31	82	9	51	17	9	64	742	10,320	2	14	125	-	654	3	1,091	814	111	593
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