

— Long Term Care & Campbell's® —

Pack nourishment and resident satisfaction into every bite with *Campbell's*. Reduce costs and add menu variety by using Campbell products in meals that your residents will be sure to love!



Souper Soups

Campbell's Souper Soup recipes, created by Campbell Chefs and Nutritionists, are specifically crafted to meet the needs of residents in your care. Each variety is full of flavor with under 400 mg of sodium/serving while averaging about 240 calories/serving and about 11 grams of protein/serving. Moreover, each recipe is easy to prepare with a minimal number of ingredients. At \$0.68 per serving or less¹, Campbell's Souper Soups recipes are an affordable way to deliver the taste your residents want and the calories, protein, and fiber they need.

TRY ALL 4 VARIETIES

Homestyle Turkey Vegetable Stew
Creamy Mushroom Barley & Beef Soup
Creamy Chicken and Bean Soup
Country Style Ham and Bean Soup



Campbell's Healthy Request® 7.25 oz Soup

Campbell makes it simple to meet operational needs with consistent, *Healthy Request* single-serve 7.25 oz cans in a range of timeless, patron-pleasing flavors. These ready-to-serve soups feature “pop and pour” packaging, making clean-up a breeze and yielding a single serving per can.

Many long term care operators are meeting changing resident needs by offering food carts/kiosks and snack shops² – Campbell's *Healthy Request* 7.25 oz soups are the perfect solution for this growing trend.

Cost-Saving Nutritious Options

Long term care facilities are seeking lower sodium and nutritious recipes while controlling food costs². Feature the provided recipes to save time and money!

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¹Costs calculated based on average national prices for recipe ingredients. Actual ingredient prices for an individual facility may vary.

²Technomic Executive Summary: “Future of Foodservice in Long Term Care”, September 2013

Whole Wheat Pasta Alfredo with Chicken & Broccoli

YIELDS: 48 servings

SERVING SIZE: 1 cup

AVERAGE COST PER SERVING: \$1.49



| INGREDIENTS | AMOUNT | MEASURE | DIRECTIONS |
|---|---------------|-----------------|--|
| Whole grain spaghetti, uncooked | 3 lbs + 5 oz | | 1. Cook the pasta in boiling water according to package directions. Add broccoli to the cooking water during the last 2 minutes of cooking time. DO NOT OVERCOOK. Drain. CCP: Cover and hold for hot service at 140°F until final dish is assembled. |
| Broccoli, florets | 4 lbs + 13 oz | 1 gallon + 2 qt | |
| Canola oil | | 8 Tbsp | 2. Heat the oil over meat - high heat. Add the chicken and sauté until well browned. Stir often. |
| Boneless, skinless chicken breasts, cut into ½" cubes | 10 lbs | | |
| Campbell's® Healthy Request® Condensed Cream of Mushroom soup , 50 oz each | 5 lbs + 7½ oz | 1¾ cans | 3. Stir the condensed soup, milk, pepper, and cooked pasta/broccoli mixture into the pan or skillet with the cooked chicken. Cook until the mixture is hot and bubbly, stirring occasionally. CCP: heat to 165°F for at least 15 seconds. |
| Non-fat milk | | 1 qt | |
| Black pepper | | 2 tsp | 4. Transfer mixture to serving pans. Sprinkle the cheese evenly over the mixture in the pans. CCP: Hold for hot service at 140°F. |
| Parmesan cheese, shredded | 2½ oz | 1 cup | |

NUTRITION PER SERVING

| Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) | Potassium (%DV) |
|----------|---------------|--------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|-----------------|
| 290 | 7 | 1.5 | 0 | 65 | 330 | 31 | 0 | 2 | 28 | 29 | 73 | 13 | 11 | 23 |

Turkey Meatloaf

YIELDS: 104 servings

SERVING SIZE: 1 slice

AVERAGE COST PER SERVING: \$1.08



| INGREDIENTS | AMOUNT | MEASURE | DIRECTIONS |
|--|---------------|----------------|--|
| Fat-free ground turkey | 26 lbs | | 1. Thoroughly mix the turkey, 7½ cups of condensed soup, onion, garlic, Italian seasoning, bread crumbs and egg substitute in a large mixing bowl or pan. |
| Campbell's® Healthy Request® Condensed Tomato soup , 50 oz each | 12 lbs + 8 oz | 4 cans | |
| Onions, finely chopped (about ¼ cup) | 1 lb + 2½ oz | ¾ cups | 2. Shape the mixture into loaves, 8x4-inch each. A recipe batch of 104 portions will make 13 loaves. |
| Garlic, whole cloves, peeled, minced | 1½ oz | 13 cloves | |
| Italian seasoning, crushed | ½ oz | 1 Tbsp + 2 tsp | 3. Pour the remaining condensed soup over the meatloaves. |
| Whole wheat bread crumbs | 2 lbs + 5 oz | 2 qt + 1¾ cups | |
| Cholesterol-free egg substitute, frozen, thawed | 1 lb + 11½ oz | ¾ cups | 4. Bake in a 350°F oven for 1 hour 10 minutes or until the meatloaf is cooked through. CCP: Heat to a minimum internal temperature for 158°F for 15 seconds. |
| | | | |
| | | | 5. Allow the meatloaves to stand for 10 minutes before slicing. |
| | | | 6. Cut each meatloaf into 8 equal sized slices. Portion size - 1 slice. |

NUTRITION PER SERVING

| Calories | Total Fat (g) | Sat. Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Carbohydrate (g) | Dietary Fiber (g) | Sugars (g) | Protein (g) | Vitamin A (%DV) | Vitamin C (%DV) | Calcium (%DV) | Iron (%DV) | Potassium (%DV) |
|----------|---------------|--------------|---------------|------------------|-------------|------------------|-------------------|------------|-------------|-----------------|-----------------|---------------|------------|-----------------|
| 190 | 3 | 1 | 0 | 60 | 310 | 12 | 1 | 5 | 29 | 6 | 6 | 4 | 10 | 22 |

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

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

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