

# LUNCH RE IMAGINED

*Campbell's.*



## Campbell's® Souped Up!™

This program guide shows you how to create unique, delicious soup entrées for lunch while increasing sales and lowering costs.



### Flavor Kids Love.

Campbell's Souped Up! lets you put a creative, kid-friendly spin on soup.

**56%** of students surveyed said they would purchase *Souped Up!* meals once a week or more.  
(IPSOS Custom Omnibus Study 2012)

### Nutrition Kids Need.

All of our kid-friendly recipes deliver **meat and vegetable meal contributions** to your menu, helping you meet the new USDA child nutrition requirements.

### Lunch For Less.

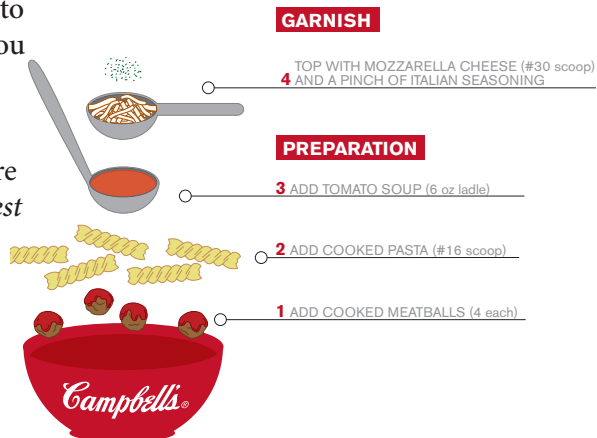
With *Souped Up!* you can offer delicious lunch options quickly, consistently and affordably. Our recipes combine Campbell's Healthy Request® soup with commodity ingredients, delivering an average cost per serving of only **\$0.65**.

## ASSEMBLY GUIDELINES

*Campbell's Souped Up!* is easy—just add delicious Campbell's Healthy Request soups to pantry items and commodity ingredients you have in stock and serve!

To assemble: Add protein and vegetables to the bowl to make sure your contributions are met, then add hot Campbell's Healthy Request soup and top with a garnish.

This infographic for Mini Meatball Italiano Soup is an example of how to assemble Campbell's Souped Up! recipes.



## Create a Campbell's® Souped Up!™ Menu

*Souped Up!* uses ingredients you already stock to expand your menu without increasing the number of products in your pantry. Kids will love *Souped Up!* for the on-trend flavors, and you'll love the added nutrition, simple prep and labor savings.

PRODUCTS	CASE CODE	PRODUCT DESCRIPTION	FORMAT	CASE PACK	CASE YIELD
Campbell's Healthy Request® soups are a versatile base for many recipes.	04145	Healthy Request Tomato Soup	Canned	12/50 oz	150 - 8 oz servings
	04143	Healthy Request Cream of Chicken Soup	Canned	12/50 oz	150 - 8 oz servings
	04144	Healthy Request Cream of Mushroom Soup	Canned	12/50 oz	150 - 8 oz servings

## Campbell's Souped Up! Recipes

Here are seven *Souped Up!* recipes to expand student options. Give your menu a boost with these fun soups that are sure to satisfy healthy appetites.



### Campbell's Healthy Request Tomato

**Southwest Cheesy Chicken Tomato Soup:** Tomato soup, tomatoes, beans and spicy diced chicken combine in this zesty cheese-topped favorite.

**Mini Meatball Italiano Soup:** Mini meatballs and curly pasta bring classic Italian flavor to this fun, kid-friendly soup!

**Cheeseburger Soup:** Serve tomato soup with ground beef, onions, tomatoes, ketchup, and Cheddar cheese for a twist on the all-American cheeseburger.

**Taco Bowl Soup:** This taco-in-a-bowl is the perfect combination of tomato soup, seasoned beef or turkey, peppers, beans and shredded cheese!



### Campbell's Healthy Request Cream of Chicken

**Buffalo Chicken Soup:** Heat things up with this spicy mix of chicken, hot sauce, veggies, cheese, and crunchy croutons.

**Sweet Potato, Chicken & Corn Chowder:** Savory chicken, hearty veggies and a dollop of sour cream make this soup hard to resist.



### Campbell's Healthy Request Cream of Mushroom

**Smoked Turkey & Chicken Jambalaya:** Lunch is a party when you serve up this hearty soup filled with smoked turkey and chicken, veggies, cheese, and rice.

# CAMPBELL'S® HEALTHY REQUEST® TOMATO



## Southwest Cheesy Chicken Tomato Soup

**YIELD: 50 portions**

**SERVING SIZE: 1 EACH** (see detailed portion guidelines below)

**COST/SERVING: \$0.63**

**AVERAGE PREP TIME: 8-15 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's Healthy Request Tomato Soup</i>	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Tomato Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Combine chicken seasoning blend. Place in serving pans. CCP: Cover pans and heat to 165°F. CCP: Hold for hot service at 140°F.</li> <li>3. Place the tomatoes and beans into separate serving pans. Cover pans and heat in a steamer or oven. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>4. For each serving, portion the following foods/amounts into each serving bowl: 1 ½ oz (3 ⅓ tbsp or #20 scoop) cooked chicken 2 tbsp (#30 scoop) heated tomatoes 2 tbsp (#30 scoop) heated beans 6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Tomato Soup</li> <li>5. Top with ½ oz (2 tbsp or #30 scoop) cheese and a pinch of green onion. Serve immediately with 1 oz tortilla shell rounds on the side.</li> </ol>
Water	3 cans, 50 oz ea	
Chicken, cooked, diced, frozen	4 lbs + 11 oz	
Seasoning, Mexican blend, salt-free	3 oz	
Tomatoes, diced, no salt added, undrained (commodity)	3 lbs + 4 oz	
Kidney beans, canned, low sodium, drained and rinsed (commodity)	3 lbs + 8 oz	
GARNISH		
Cheddar cheese, shredded (commodity)	1 lb + 9 oz	
Baked tortilla shell rounds, whole grain, bulk or individual serving size packages	3 lbs + 2 oz (or 50 single serve packages, 1 oz ea)	
Green onion, raw, chopped	½ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
354	13.9	4.6	53.8	550	38.5	3.9	21.2	10	13	18	11

### Suggestions and Variations:

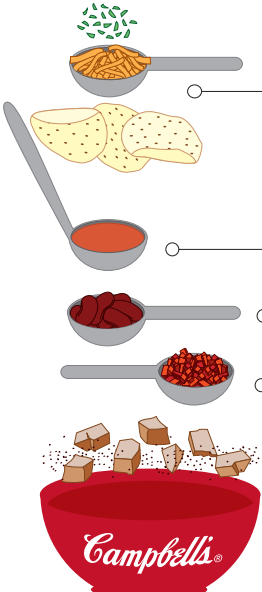
🔥 For spicier flavor, add cayenne pepper to the prepared soup in Step 1.

### Meal Contributions:

Meat/Meat Alternate - 2 oz; Grain - 1 oz; Vegetable - ½ cup TOTAL (½ cup red/orange + ½ cup legumes)

# Southwest Cheesy Chicken Tomato Soup

## ASSEMBLY GUIDELINES



**GARNISH**

TOP WITH CHEDDAR CHEESE/GREEN ONIONS (#30 scoop),  
**5** AND TORTILLA SHELL ROUNDS (1 oz)

**PREPARATION**

**4** ADD PREPARED TOMATO SOUP (6 oz ladle)

**3** ADD HEATED BEANS (#30 scoop)

**2** ADD HEATED TOMATOES (#30 scoop)

**1** ADD CHICKEN/MEXICAN SEASONING (#20 scoop)

Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

Suggested 4-Well Steamtable Set Up:

Prepared Soup 6 fl oz Ladle	Seasoned Chicken #20 Scoop	Tomatoes #30 Scoop	Cheese #30 Scoop	Tortilla Shells Tongs	Additional Grain Component, ex: 1 oz Cornbread Portions	Cold Vegetable
		Beans #30 Scoop	Green Onion Tongs or Small Spoon			Assorted Whole Fresh Fruit

Order of Assembly



Suggested 5-Well Steamtable Set Up:

Prepared Soup 6 fl oz Ladle	Seasoned Chicken #20 Scoop	Tomatoes #30 Scoop	Cheese #30 Scoop	Tortilla Shells Tongs	Additional Grain Component, ex: 1 oz Cornbread Portions	Cold Vegetable	Commodity Canned Fruit	Whole Fresh Fruit
		Beans #30 Scoop	Green Onion Tongs or Small Spoon					

Order of Assembly





## Mini Meatball Italiano Soup

**YIELD: 50 portions**

**SERVING SIZE: 1 EACH** (see detailed portion guidelines below)

**COST/SERVING: \$0.52**

**AVERAGE PREP TIME: 5-10 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's® Healthy Request®</i> Tomato Soup	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Tomato Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Combine tomato sauce and meatballs in serving pans. CCP: Cover pans and heat to 165°F. CCP: Hold for hot service at 140°F.</li> <li>3. Place hot cooked pasta in serving pans. CCP: Cover pans and hold for hot service at 140°F.</li> <li>4. For each serving, portion the following foods/amounts into each serving bowl: 2 oz (4 each) cooked meatballs ¼ cup (#16 scoop) cooked pasta 6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Tomato Soup</li> <li>5. Top with ½ oz (2 tbsp or #30 scoop) cheese and a pinch of Italian seasoning. Serve immediately.</li> </ol>
Water	3 cans, 50 oz ea	
Tomato sauce, <i>canned, low sodium</i>	6 lbs + 15 oz	
Meatballs, <i>beef, CN labeled, pre-cooked, ½ oz ea, hot</i>	6 lbs + 4 oz	
Spiral-shaped pasta, <i>whole grain, cooked (commodity), hot</i>	3 lbs + 14 oz	
GARNISH		
Cheese, <i>Mozzarella, light, shredded</i>	1 lb + 9 oz	
Italian seasoning blend, <i>salt free</i>	½ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



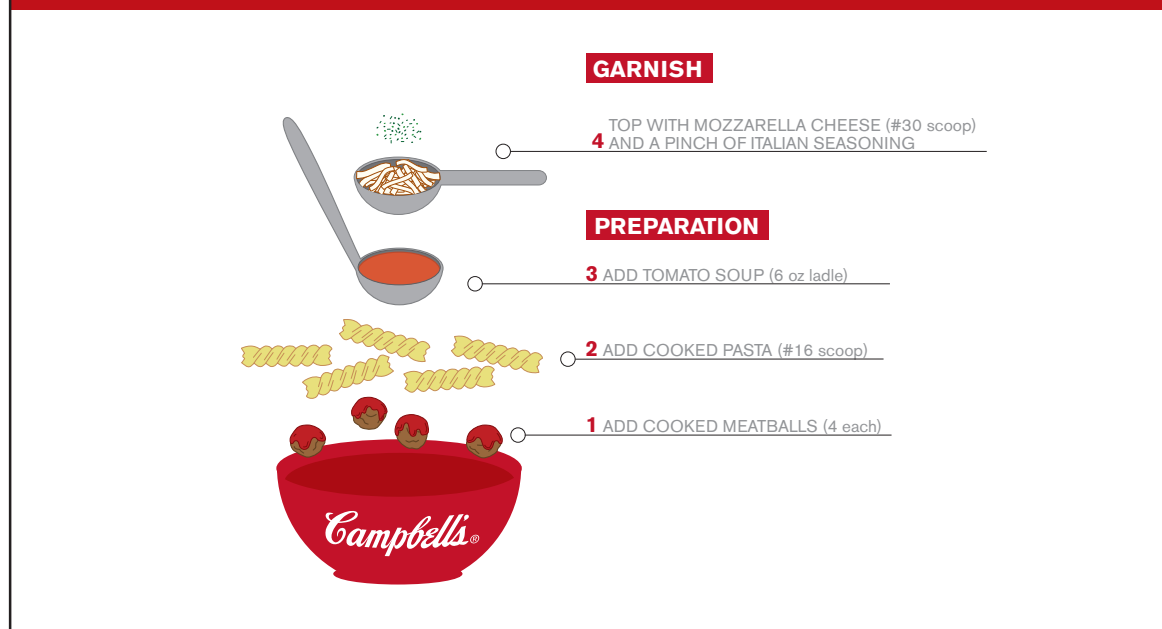
Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
308	15.2	6.6	54.3	601	32.26	2.8	17.5	14	16	14	22

### Meal Contributions:

Meat/Meat Alternate - 2 oz; Grain - ½ oz equiv.; Vegetable - ⅓ cup TOTAL (⅓ cup red/orange)

# Mini Meatball Italiano Soup

## ASSEMBLY GUIDELINES



Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

Suggested 4-Well Steamtable Set Up:

Italian Seasoning on Serving Counter

Prepared Soup 6 fl oz Ladle	Meatballs in Sauce 4 each using Tongs	Cooked Pasta #16 Scoop	Cheese #30 Scoop	Additional Bread Offering, for ex: 1.5 oz breadstick	Cold Vegetable Based Composed Salad Side, for ex: Tossed Romaine Salad	Commodity Canned Fruit
						Whole Fresh Fruit

Order of Assembly

Suggested 5-Well Steamtable Set Up:

Italian Seasoning on Serving Counter

Prepared Soup 6 fl oz Ladle	Meatballs in Sauce 4 each using Tongs	Cooked Pasta #16 Scoop	Cheese #30 Scoop	Additional Bread Offering, for ex: 1.5 oz breadstick	Cold Vegetable Based Composed Salad Side, for ex: Tossed Romaine Salad	Fresh Fruit 1	Commodity Canned Fruit	Fresh Fruit 2
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Order of Assembly



## Cheeseburger Soup

**YIELD: 50 portions**

**SERVING SIZE: 1 EACH** (see detailed portion guidelines below)

**COST/SERVING: \$0.52**

**AVERAGE PREP TIME: 10-20 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's® Healthy Request®</i> Tomato Soup	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Tomato Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Brown ground beef. CCP: Cook to 158°F. CCP: Transfer to serving pans, hold for hot service at 140°F. Keep pans covered to keep meat from drying out.</li> <li>3. Place onions in serving pans. Cover pans and steam until tender. CCP: Cook to 145°F. CCP: Hold for hot service at 140°F.</li> <li>4. Combine tomatoes and ketchup together in serving pans. CCP: Cover and heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>5. For each serving, portion the following foods/amounts into each serving bowl:  1 ½ oz (3 ⅓ tbsp or #24 scoop) cooked beef  2 tbsp (#30 scoop) cooked onions  3 fl oz ladle or spoodle tomato/ketchup mixture  6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Tomato Soup</li> <li>5. Top with ½ oz (2 tbsp or #30 scoop) cheese and a pinch of parsley. Serve immediately.</li> </ol>
Water	3 cans, 50 oz ea	
Beef, ground, 85/15 (commodity)	5 lbs	
Onions, yellow, raw, diced	3 lbs + 5 oz	
Tomatoes, diced, no salt added, undrained (commodity)	3 lbs + 4 oz	
Ketchup	1 lb + 10 oz	
GARNISH		
Cheese, Cheddar, shredded (commodity)	1 lb + 9 oz	
Parsley, fresh, chopped	½ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
263	12.8	5.9	55.3	556	21.53	1.5	16.7	13	17	13	10

### Suggestions and Variations:

- 🍷 Sauté 9 tbsp minced garlic with onions when cooking the meat.
- 🍷 For extra flavor, cook beef with 9 tbsp Montreal steak seasoning.
- 🍷 For a crunchy garnish, sprinkle ½ oz French fried onions on soup with shredded cheese (1 lb + 9 oz total).

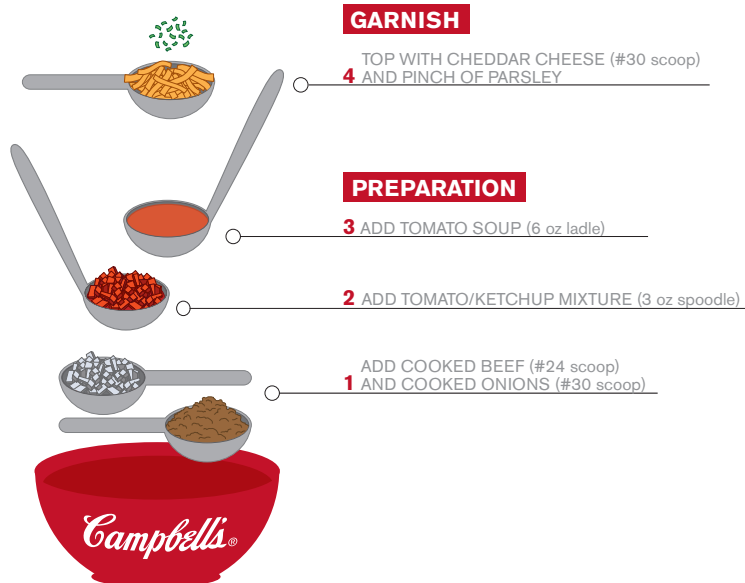
### Meal Contributions:

Meat/Meat Alternate - 2 oz; Vegetable - ⅓ cup TOTAL (½ cup red/orange, ⅓ cup other)



# Cheeseburger Soup

## ASSEMBLY GUIDELINES



Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

Suggested 4-Well Steamtable Set Up:

Parsley Garnish on Serving Counter

Prepared Soup 6 fl oz Ladle	Meat #24 Scoop	Onions #30 Scoop	Cheese #30 Scoop	Garlic Toast Made w/ WG Hamburger Buns	Shredded Lettuce	Commodity Canned Fruit
		Tomato/ Ketchup Mixture 3 fl oz Ladle	Parsley Tongs or Small Spoon		Sliced Tomato	Whole Fresh Fruit

Order of Assembly

(Reduced Fat Salad Dressing for Lettuce/Tomato on Line)

Suggested 5-Well Steamtable Set Up:

Parsley Garnish on Serving Counter

Prepared Soup 6 fl oz Ladle	Meat #24 Scoop	Onions #30 Scoop	Cheese #30 Scoop	Garlic Toast Made w/ WG Hamburger Buns	Shredded Lettuce		Garlic Toast Made w/ 2 oz Whole Grain Hamburger Bun	Commodity Canned Fruit
		Tomato/ Ketchup Mixture 3 fl oz Ladle	Parsley Tongs or Small Spoon			Sliced Tomato		Whole Fresh Fruit

Order of Assembly

(Reduced Fat Salad Dressing for Lettuce/Tomato on Line)



## Taco Bowl Soup

**YIELD: 50 portions**

**SERVING SIZE: 1 EACH** (see detailed portion guidelines below)

**COST/SERVING: \$0.61** if made with turkey, \$0.66 if made with beef

**AVERAGE PREP TIME: 15-25 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's® Healthy Request®</i> Tomato Soup	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Tomato Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Brown ground turkey in a skillet. Drain off fat. Stir in seasoning blend. CCP: Heat to 165°F. Hold for hot service at 140°F. Keep meat covered to keep from drying out.</li> <li>3. Place the onions and peppers into separate serving pans. Cover pans and steam the vegetables until slightly tender. CCP: Heat to 145°F. Hold for hot service at 140°F.</li> <li>4. Place the beans and tomatoes into separate serving pans. Cover pans and heat in a steamer or oven. CCP: Heat to 145°F. Hold for hot service at 140°F.</li> <li>5. For each serving, portion the following foods/amounts into each serving bowl:  1 ½ oz (3 ½ tbsp or #20 scoop) cooked turkey mixture  2 tbsp (#30 scoop) cooked onions  2 tbsp (#30 scoop) cooked bell peppers  2 tbsp (#30 scoop) heated black beans  2 tbsp (#30 scoop) heated diced tomatoes  6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Tomato Soup</li> <li>5. Top with ½ oz (2 tbsp or #30 scoop) cheese and a pinch of cilantro. Serve immediately.</li> </ol>
Water	3 cans, 50 oz ea	
Turkey, ground, raw, 85/15	5 lbs	
Seasoning, Mexican blend, salt free	3 ¾ oz	
Onions, yellow, raw, diced	3 lbs + 5 oz	
Green bell peppers, raw, diced	2 lbs + 9 oz	
Black beans, canned, low sodium, drained (commodity)	3 lbs + 5 oz	
Tomatoes, diced, no salt added, undrained (commodity)	3 lbs + 4 oz	
GARNISH		
Cheese, Cheddar, shredded (commodity)	1 lb + 9 oz	
Cilantro, fresh, chopped	¼ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
<b>Beef Taco Bowl</b>											
264	12.3	6.0	45.7	443	24.9	2.1	15.3	12	48	14	12
<b>Turkey Taco Bowl</b>											
248	11.2	4.9	50.3	438	24.90	2.1	14.6	13	48	15	10

### Suggestions and Variations:

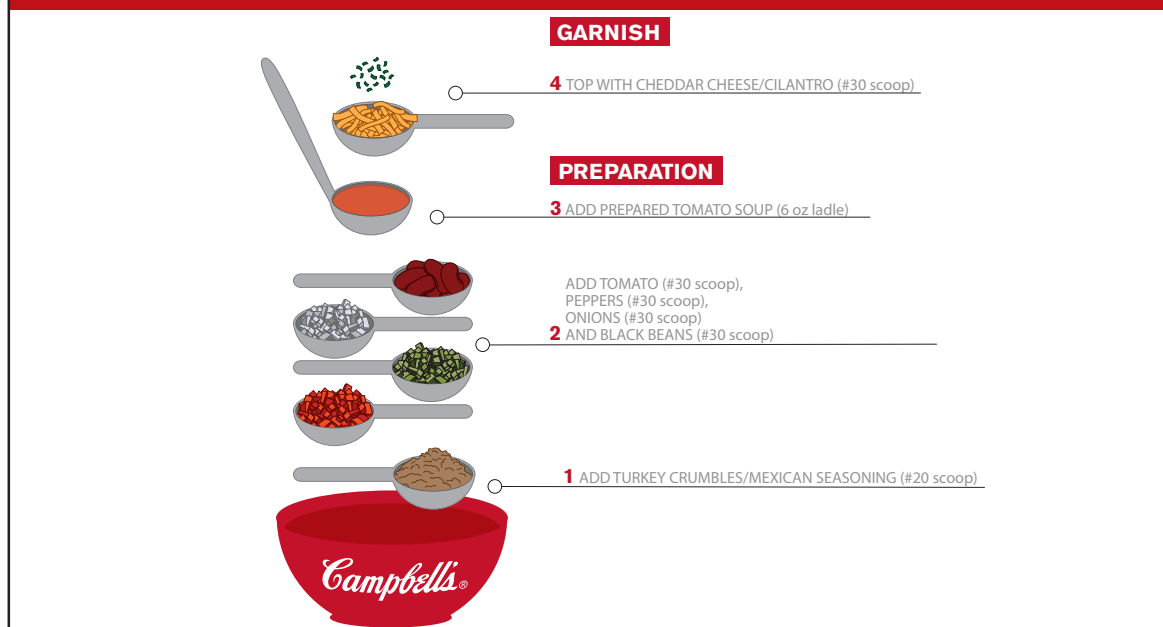
- Substitute 85% lean ground beef (commodity) for ground turkey.
- Add 6 tbsp minced garlic with onions when cooking the turkey or beef.
- For extra heat, add 6 tbsp diced and undrained green chilies to the bell peppers.

### Meal Contributions:

Meat/Meat Alternate - 2 oz; Vegetable - ¾ cup TOTAL (¼ cup other, ⅓ cup legumes, ½ cup red/orange)

# Taco Bowl Soup

## ASSEMBLY GUIDELINES



Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

### Suggested 4-Well Steamtable Set Up:

Basket of Tortilla Shell Rounds on Serving Counter			Additional Bread Item on Serving Counter, ex: 1 oz WG Cinnamon Breadstick			
Prepared Soup 6 fl oz Ladle	Seasoned Meat #20 Scoop	Onions #30 Scoop	Beans #30 Scoop	Tomatoes #30 Scoop	Cheese #30 Scoop	Cold vegetable
		Peppers #30 Scoop			Cilantro Tongs or Small Spoon	Commodity Canned Fruit
Order of Assembly						
<div></div>						
(Basket of Assorted Whole Fresh Fruit on Line or F/V Bar)						

### Suggested 5-Well Steamtable Set Up:

Basket of Tortilla Shell Rounds on Serving Counter									
Prepared Soup 6 fl oz Ladle	Seasoned Meat #20 Scoop	Onions #30 Scoop	Beans #30 Scoop	Tomatoes #30 Scoop	Cheese #30 Scoop	Tortilla Shell Rounds	Cold Vegetable	Commodity Canned Fruit	
		Peppers #30 Scoop			Cilantro Tongs or Small Spoon	Additional Bread Item, ex: 1 oz WG Cinnamon Breadstick		Fresh Fruit	
Order of Assembly									

# CAMPBELL'S® HEALTHY REQUEST® CREAM OF CHICKEN



## Buffalo Chicken Soup

**YIELD: 50 portions**

**SERVING SIZE: 1 EACH** (see detailed portion guidelines below)

**COST/SERVING: \$0.73**

**AVERAGE PREP TIME: 20-25 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's Healthy Request Cream of Chicken Soup</i>	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Cream of Chicken Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Combine chicken and hot sauce. CCP: Heat to 165°F. CCP: Hold for hot service at 140°F. Keep chicken covered to keep from drying out.</li> <li>3. Place the onions, celery, and carrots into separate serving pans. Cover pans and steam the vegetables until slightly tender. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>4. For each serving, portion the following foods/amounts into each serving bowl:  1 ½ oz (3 ⅓ tbsp. or #20 scoop) cooked chicken mixture  2 tbsp (#30 scoop) cooked onions  2 tbsp (#30 scoop) cooked celery  2 tbsp (#30 scoop) cooked carrots  6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Cream of Chicken Soup</li> <li>5. Top with ½ oz (2 tbsp or #30 scoop) cheese, ½ oz (¼ cup or #16 scoop) croutons, and a pinch of parsley. Serve immediately.</li> </ol>
Water	3 cans, 50 oz ea	
Chicken, cooked, diced, frozen or canned	4 lbs + 11 oz	
Hot sauce	4 oz	
Onions, yellow, raw, diced	3 lbs + 5 oz	
Celery, raw, diced	2 lbs + 4 oz	
Carrots, raw, diced	4 lbs + 10 oz	
GARNISH		
Cheddar cheese, shredded (commodity)	1 lb + 9 oz	
Croutons, plain	1 lb + 9 oz	
Parsley, fresh, chopped	½ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
260	8.9	4.4	57.3	598	25.64	3.4	20.4	152	12	15	8

### Suggestions and Variations:

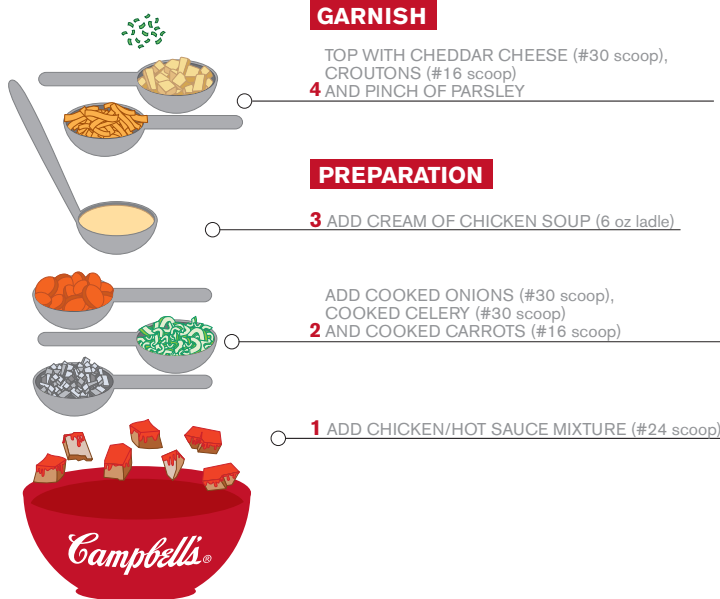
- For added flavor, cook chicken with 2 ½ oz chili seasoning mix or 1 ½ tbsp paprika.
- Replace shredded Cheddar cheese with 1 lb + 9 oz crumbled blue cheese.

### Meal Contributions:

Meat/Meat Alternate - 2 oz; Grain - ½ oz equiv.; Vegetables - ½ cup TOTAL (¼ cup other, ¼ cup red/orange)

# Buffalo Chicken Soup

## ASSEMBLY GUIDELINES



Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

Suggested 4-Well Steamtable Set Up:

2 Bread Components (ex: Crackers, Muffin Squares on Serving Counter)

Prepared Soup 6 fl oz ladle	Chicken # 24 Scoop	Onions #30 Scoop	Celery #30 Scoop	Carrots #16 Scoop	Cheese #30 Scoop	Parsley Tongs or Small Spoon
					Croutons #16 Scoop	Cold Vegetable

Order of Assembly

(Basket of Assorted Whole Fresh Fruit on Line or F/V Bar)

Suggested 5-Well Steamtable Set Up:

Prepared Soup 6 fl oz ladle	Chicken # 24 Scoop	Onions #30 Scoop	Celery #30 Scoop	Carrots #16 Scoop	Cheese #30 Scoop	Parsley Tongs or Small Spoon	Commodity Canned Fruit	Muffin Squares
					Croutons #16 Scoop	Cold Vegetable	Fresh Fruit	Additional Bread Component ex: Crackers

Order of Assembly



# Sweet Potato, Chicken & Corn Chowder Soup

**YIELD:** 50 portions

**SERVING SIZE:** 1 EACH (see detailed portion guidelines below)

**COST/SERVING:** \$0.72

**AVERAGE PREP TIME:** 20-25 mins.

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's® Healthy Request®</i> Cream of Chicken Soup	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Cream of Chicken Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Toss chicken with chili powder. CCP: Place mixture in serving pans, cover pans, and heat to 165°F. CCP: Hold for hot service at 140°F. Keep chicken covered to keep from drying out.</li> <li>3. Place the onions, peppers, and sweet potatoes into separate serving pans. Cover pans and steam the vegetables until slightly tender. CCP: Heat to 145°F. Hold for hot service at 140°F.</li> <li>4. For each serving, portion the following foods/amounts into each serving bowl:  2 oz (¼ cup or #16 scoop) cooked chicken mixture  2 tbsp (#30 scoop) cooked onions  2 tbsp (#30 scoop) cooked peppers  2 tbsp (#30 scoop) heated sweet potatoes  6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Cream of Chicken Soup</li> <li>5. Top with ½ oz (1 tbsp) sour cream and a pinch of parsley. Serve immediately.</li> </ol>
Water	3 cans, 50 oz ea	
Chicken, <i>diced</i> ,	6 lbs + 4 oz	
Chili powder	1 ½ tbsp	
Onions, <i>raw, diced</i>	3 lbs + 5 oz	
Green bell pepper, <i>raw, cut into strips</i>	2 lbs + 9 oz	
Sweet potatoes, <i>canned, cut, extra light syrup, drained</i>	2 lbs + 11 oz	
IQF corn niblets	2 lbs + 5 oz	
GARNISH		
Sour cream, <i>light</i>	1 lb + 9 oz	
Parsley, <i>dried</i>	½ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
215	5.5	2.4	60.4	342	22.78	2.8	20.8	51	49	4	7

### Suggestions and Variations:

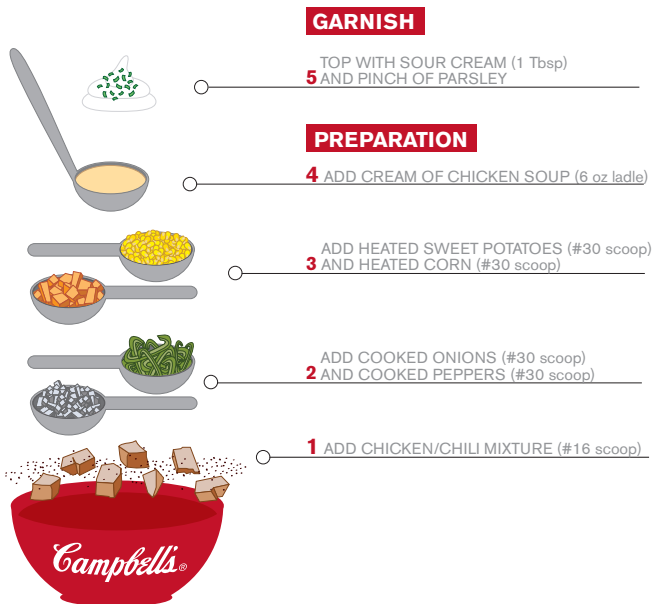
- For sweetness, add 3 oz maple syrup to the sour cream.
- For Louisiana-style flavor, add 2 tbsp Creole seasoning to the prepared soup in Step 1.

### Meal Contributions:

Meat/Meat Alternate - 2 oz; Vegetable - ½ cup TOTAL (¼ cup other, ¼ cup red/orange, ¼ cup starchy)

# Sweet Potato, Chicken & Corn Chowder Soup

## ASSEMBLY GUIDELINES



Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

### Suggested 4-Well Steamtable Set Up:

2 Bread Components (ex: Crackers, 1 oz Whole Grain Rolls on Serving Counter)

Prepared Soup 6 fl oz Ladle	Chicken #16 Scoop	Onions #30 Scoop	Sweet Potatoes #30 Scoop	Corn #30 Scoop	Sour Cream Tbsp	Commodity Canned Fruit
		Peppers #30 Scoop			Parsley Tongs or Small Spoon	Cold Vegetable

Order of Assembly

(Whole Fresh Fruit on Line)

### Suggested 5-Well Steamtable Set Up:

Prepared Soup 6 fl oz Ladle	Chicken #16 Scoop	Onions #30 Scoop	Sweet Potatoes #30 Scoop	Corn #30 Scoop	Sour Cream Tbsp	Commodity Canned Fruit	Cold Vegetable	1 oz Whole Grain Rolls
		Peppers #30 Scoop			Parsley Tongs or Small Spoon	Whole Fresh Fruit		Crackers

Order of Assembly

# CAMPBELL'S® HEALTHY REQUEST® CREAM OF MUSHROOM



## Smoked Turkey & Chicken Jambalaya

**YIELD: 50 portions**

**SERVING SIZE: 1 EACH** (see detailed portion guidelines below)

**COST/SERVING: \$0.77**

**AVERAGE PREP TIME: 20-25 mins.**

INGREDIENTS	QUANTITIES	PREPARATION INSTRUCTIONS
<i>Campbell's Healthy Request Cream of Mushroom Soup</i>	3 cans, 50 oz ea	<ol style="list-style-type: none"> <li>1. Prepare <i>Campbell's Healthy Request</i> Cream of Mushroom Soup according to label directions. CCP: Heat to 145°F. CCP: Hold for hot service at 140°F.</li> <li>2. Combine turkey breast meat, chicken, and hot sauce. Place in serving pans. CCP: Cover pans and heat to 165°F. CCP: Hold for hot service at 140°F. Keep covered to keep from drying out.</li> <li>3. Place the hot cooked rice into serving pans. CCP: Hold for hot service at 140°F.</li> <li>4. Place the peppers, celery, and tomatoes into separate serving pans. Cover pans and steam the vegetables until slightly tender. CCP: Heat to 145°F. Hold for hot service at 140°F.</li> <li>5. For each serving, portion the following foods/amounts into each serving bowl:  1 ½ oz (3 ½ tbsp or #20 scoop) heated turkey and chicken mixture  ¼ cup (#16 scoop) brown rice  2 tbsp (#30 scoop) peppers  2 tbsp (#30 scoop) celery  ¼ cup (#16 scoop) tomatoes  6 fl oz ladle prepared <i>Campbell's Healthy Request</i> Cream of Mushroom Soup</li> <li>6. Top with ½ oz (2 tbsp or #30 scoop) cheese and a pinch of green onions. Serve immediately.</li> </ol>
Water	3 cans, 50 oz ea	
<i>Turkey, breast, cooked, deli-style, smoked, frozen, thawed, diced</i>	2 lbs + 8 oz	
<i>Chicken, cooked, diced (commodity)</i>	3 lbs + 2 oz	
Cayenne pepper	3 ¼ tsp	
<i>Rice, brown, long grained, parboiled, cooked (commodity), hot</i>	5 lbs + 6 oz	
<i>Green bell peppers, raw, diced</i>	2 lbs + 9 oz	
<i>Celery, raw, diced</i>	2 lbs + 4 oz	
<i>Tomatoes, diced, no salt added, undrained (commodity)</i>	6 lbs + 8 oz	
GARNISH		
<i>Cheese, Cheddar, shredded (commodity)</i>	1 lb + 9 oz	
<i>Green onions, fresh, chopped</i>	½ oz	

## Nutritional Information and Meal Contributions

\*Nutrients are based upon 1 serving.



Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (mg)	Dietary Fiber (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
235	5.6	2.3	49.1	518	22.8	3.3	20.2	11	45	21	13

### Meal Contributions:

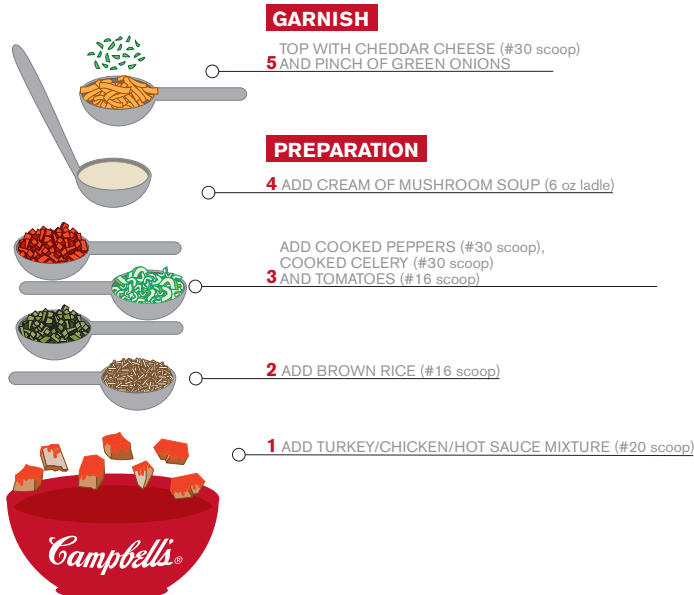
Meat/Meat Alternate - 2 oz; Grains - ½ oz equiv; Vegetable - ½ cup TOTAL (¼ cup other, ¼ cup red/orange)

NOTE: 1.6 oz. commodity deli-style turkey breast provides 1 oz-equivalent meat/meat alternate.



# Smoked Turkey & Chicken Jambalaya

## ASSEMBLY GUIDELINES



Items in bold text are foods included in the *Souped Up!* Recipes. Additional foods in plain text are suggested to offer a complete reimbursable lunch in a high school.

Suggested 4-Well Steamtable Set Up:

Basket of Additional Bread Component on Serving Line, Such as 2 oz Biscuits

Prepared Soup 6 fl oz Ladle	Turkey and Chicken Mixture #20 Scoop	Rice #16 Scoop	Peppers #30 Scoop	Tomatoes #16 Scoop	Cheese #30 Scoop	Commodity Canned Fruit
				Celery #30 Scoop	Green Onion Tongs or Small Spoon	Cold Vegetable

Order of Assembly

(Basket of Fresh Fruit on Line)

Suggested 5-Well Steamtable Set Up:

Prepared Soup 6 fl oz Ladle	Turkey and Chicken Mixture #20 Scoop	Rice #16 Scoop	Peppers #30 Scoop	Celery #30 Scoop	Tomatoes #16 Scoop	Green Onion Tongs or Small Spoon	Commodity Canned Fruit	Cold Vegetable
					Cheese #30 Scoop		Fresh Fruit	Additional Bread Component, Such as 2 oz Biscuits

Order of Assembly