

SOUP, TOMATO, CONDENSED, CANNED

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

- **Tomato Soup** is a condensed tomato-based soup that tastes slightly sweet.

Pack/Yield

- Tomato Soup is packed in 10¾-ounce cans. When diluted with milk or water, it makes about 2½ 1-cup servings.

Storage

- Store unopened cans in a cool, dry place off the floor until ready to use.
- Store opened Tomato Soup in a covered container and refrigerate. Use within 5 to 7 days.
- When putting new soup in storage, always place older cans in front of the new so that the oldest product is used first.

Uses and Tips

- Condensed Tomato Soup is meant to be diluted with either water or milk; milk will impart a milder, creamier taste.
- For a quick and satisfying meal, serve diluted condensed Tomato Soup with crackers and shredded cheese.
- Mix some cooked vegetables (fresh, frozen, or canned) into the soup while heating for a nutritious snack.

(See recipes on reverse side)



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- Canned Tomato Soup is also a “quick” ingredient in sauce, casseroles, and meat loaves.

Nutrition Information

- **Tomato Soup** is low in fat and is a good source of vitamin A and vitamin C. When the soup is made with milk, it is also a good source of calcium --15% of the Daily Value.
- 1 cup of Tomato Soup provides 1 serving from the **VEGETABLE GROUP of the Food Guide Pyramid.**

| Nutrition Facts | | | |
|--|------------------|-----------------------|------------|
| Serving size 1 cup (250g) | | | |
| Tomato Soup prepared with water | | | |
| Amount Per Serving | | | |
| Calories | 100 | Fat Cal | 13 |
| | | % Daily Value* | |
| Total Fat | 1.5g | | 2% |
| | Saturated Fat 0g | | 0% |
| Cholesterol | 0mg | | 0% |
| Sodium | 570mg | | 24% |
| Total Carbohydrate | 21g | | 7% |
| | Dietary Fiber 2g | | 8% |
| Sugars | 6g | | |
| Protein | 2g | | |
| Vitamin A | 30% | Vitamin C | 20% |
| Calcium | 2% | Iron | 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. | | | |

Country Beef and Vegetables

1½ pounds lean ground beef
 1 can condensed Tomato Soup, undiluted
 1 tablespoon Worcestershire sauce (optional)
 1 10-ounce package frozen mixed vegetables
 6 cups hot cooked rice
 3 ounces (¾ cup) shredded lowfat cheddar cheese

1. Brown beef in skillet until no longer pink.
2. Drain and discard fat.
3. Blend in Tomato Soup, Worcestershire sauce, and vegetables.
4. Cook over low heat until vegetables are tender.
5. Serve over 1 cup of rice per portion; sprinkle 2 tablespoons cheese on top of each serving.

Recipe provided by Campbell Soup Company

Makes 6 servings

Nutrition Information for each serving of Country Beef and Vegetables:

| | | | | | | | |
|-------------------|--------|--------------------|--------|-----------|--------|---------|--------|
| Calories | 555 | Cholesterol | 66 mg | Sugar | 2 g | Calcium | 157 mg |
| Calories from Fat | 151 | Sodium | 446 mg | Protein | 31 g | Iron | 5.6 mg |
| Total Fat | 16.8 g | Total Carbohydrate | 67 g | Vitamin A | 306 RE | | |
| Saturated Fat | 6.4 g | Dietary Fiber | 2 g | Vitamin C | 28 mg | | |

Souper French Dressing

½ cup sugar
 1 cup oil
 2 teaspoons salt
 1 teaspoon paprika
 1 can condensed Tomato Soup, undiluted
 1½ cups vinegar
 1 large onion, grated
 1 teaspoon Worcestershire sauce
 ¼ teaspoon pepper

1. Combine ingredients.
2. Shake or whisk until well blended.
3. Store in a tightly covered container in the refrigerator.

Makes about 4 cups: 32 servings (2 tablespoons each)

Recipe provided by southernfood.about.com

Nutrition Information for each serving of Souper French Dressing:

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|-------|---------|-------|
| Calories | 83 | Cholesterol | 0 mg | Sugar | 3 g | Calcium | 3 mg |
| Calories from Fat | 62 | Sodium | 208 mg | Protein | 0 g | Iron | .1 mg |
| Total Fat | 6.9 g | Total Carbohydrate | 5 g | Vitamin A | 12 RE | | |
| Saturated Fat | 1.2 g | Dietary Fiber | 0 g | Vitamin C | 1 mg | | |

Tomato Soup Spice Cake

2 cups flour
 1 1/3 cups sugar
 1 tablespoon + 1 teaspoon baking powder
 1 teaspoon baking soda
 1½ teaspoons ground allspice (optional)
 1 teaspoon ground cinnamon
 ½ teaspoon ground cloves (optional)
 1 can condensed Tomato Soup, undiluted
 ½ cup margarine or butter, softened
 2 eggs
 ¼ cup water

1. Preheat oven to 350°F.
2. Grease and lightly flour 13" x 9" baking pan.
3. In large bowl mix flour, sugar, baking powder, baking soda, and spice.
4. Add soup, margarine, eggs, and water. With mixer at low speed, beat until well mixed, constantly scraping side and bottom of bowl. At high speed, beat 4 minutes, occasionally scraping bowl. Pour into prepared pan.
5. Bake 40 minutes, until toothpick inserted in center comes out clean.
6. Cool in pan on wire rack 10 minutes.
7. Frost with Cream Cheese Frosting.

Recipe provided by Campbell Soup Company

Makes 12 servings

Nutrition Information for each serving of Tomato Soup Spice Cake:

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|--------|---------|--------|
| Calories | 259 | Cholesterol | 35 mg | Sugar | 21 g | Calcium | 68 mg |
| Calories from Fat | 80 | Sodium | 478 mg | Protein | 3 g | Iron | 1.4 mg |
| Total Fat | 8.9 g | Total Carbohydrate | 41 g | Vitamin A | 105 RE | | |
| Saturated Fat | 1.8 g | Dietary Fiber | 0 g | Vitamin C | 13 mg | | |

These recipes, presented to you by USDA, have not been tested or standardized.

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