

SOUP, VEGETABLE MEATLESS, CANNED, CONDENSED

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

- **Canned Vegetable Soup** is a condensed meatless soup containing tomatoes, carrots, celery, corn, green peas, pasta, and spices.

Pack/Yield

- Vegetable Soup is packed in 10¾-ounce cans. When diluted with an equal part of water, it will make about 2½ 1-cup servings.

Storage

- Store unopened cans of Vegetable Soup in a cool, dry place off the floor until ready to use.
- Store opened Vegetable Soup in a covered container and refrigerate. Use within 3 to 4 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

- Canned Vegetable Soup is not only a delicious main-dish meal when served with a protein source, such as cheese, but is an excellent base for main-dish recipes and stews.
- To serve, dilute with an equal amount of water, and heat to at least 165°F

(See recipes on reverse side)



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- For variety, top the Vegetable Soup with crackers or shredded cheese.
- Adding cooked rice or pasta will turn Vegetable Soup into a hearty meal.

Nutrition Information

- **Vegetable Soup** is low in fat and is a good source of vitamin A and iron.
- 1 cup of Vegetable Soup provides 1 serving from the **VEGETABLE GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 1 cup (248g) Vegetable Soup, prepared with water	
Amount Per Serving	
Calories 70	Fat Cal 11
% Daily Value*	
Total Fat 1.3	2%
Saturated Fat 0	0%
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Protein 4g	
Vitamin A 90%	Vitamin C 0%
Calcium 2%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet.	

Solomon Grundy

1 pound lean ground beef
1 large onion, diced
2 cans condensed Vegetable Soup
1 can water

Recipe provided by Campbell Soup Company

1. Brown ground beef and onion in a large skillet over medium high heat until mixture falls apart. Drain and discard fat.
2. Stir in Vegetable Soup and water. Reduce heat to medium low and simmer for 10 minutes.

Serve over cooked rice, mashed potatoes, or toast points for an extra-quick meal.

Makes 4 servings

Nutrition Information for each serving of Solomon Grundy:

Calories	289	Cholesterol	66 mg	Sugar	1 g	Calcium	29 mg
Calories from Fat	151	Sodium	560 mg	Protein	22 g	Iron	2.5 mg
Total Fat	16.8 g	Total Carbohydrate	11 g	Vitamin A	186 RE		
Saturated Fat	6.3 g	Dietary Fiber	1 g	Vitamin C	3 mg		

American Shepherd's Pie

1 pound ground beef
½ cup chopped onion
½ cup chopped celery
1 can condensed Vegetable Soup
3 cups mashed potatoes
1 cup shredded lowfat cheddar cheese

Recipe provided by Campbell Soup Company

1. Preheat oven to 350°F.
2. Lightly oil a 2-quart baking dish.
3. In a large skillet, over medium heat, brown ground beef, celery, and onion until meat is no longer pink.
4. Drain off fat and discard.
5. Mix in condensed Vegetable Soup and spread in baking dish.
6. Top with mashed potatoes.
7. Bake for 20 minutes to heat through.
8. Top with shredded cheese and bake 5 minutes more until cheese has melted.

Makes 6 servings

Nutrition Information for each serving of American Shepherd's Pie:

Calories	364	Cholesterol	44 mg	Sugar	1 g	Calcium	225 mg
Calories from Fat	143	Sodium	746 mg	Protein	23 g	Iron	2.0 mg
Total Fat	15.9 g	Total Carbohydrate	31 g	Vitamin A	295 RE		
Saturated Fat	4.9 g	Dietary Fiber	2 g	Vitamin C	10 mg		

Vegetable Soup Meatloaf

1 can vegetable soup, undiluted
1 egg, beaten
½ cup dry fine bread crumbs
1 medium onion, finely chopped
¼ cup finely chopped green pepper
1 tablespoon prepared mustard
1 teaspoon salt
¼ teaspoon pepper
1 pound lean ground beef

Recipe provided by Southern U. S. Cuisine

1. Mix vegetable soup, egg, bread crumbs, onion, green pepper, and seasonings together.
2. Blend mixture thoroughly with ground beef.
3. Shape into a loaf and place in shallow baking pan.
4. Bake at 350°F for 1½ hours.

Makes 6 servings

Nutrition Information for each serving of Vegetable Soup Meatloaf:

Calories	288	Cholesterol	92 mg	Sugar	1 g	Calcium	46 mg
Calories from Fat	160	Sodium	901 mg	Protein	16 g	Iron	2.6 mg
Total Fat	17.8 g	Total Carbohydrate	13 g	Vitamin A	143 RE		
Saturated Fat	6.7 g	Dietary Fiber	1 g	Vitamin C	9 mg		

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

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