

# Campbell's® Souper Soups



## GIVE YOUR RESIDENTS MORE THAN JUST A BOWL OF SOUP

Soup is food for life's moments. Warm and comforting, soup can be very appealing when appetite and desire to eat are compromised. Our Souper Soup recipes, created by Campbell's Chefs and Nutritionists, are specifically crafted to meet the needs of residents in your care who need extra calories, protein, and fiber. *Campbell's* Souper Soup Recipes are delicious, nourishing, easy to prepare, and affordable to meet the challenges in your long term care facility.

An 8 oz. cup of Souper Soup provides at least as many calories per 8 oz. serving as a leading nutrition supplement, plus at least 20% more protein<sup>1</sup> and is also a good source of fiber. Each variety is full of flavor with under 400 mg of sodium/serving, and each recipe is easy to prepare with a minimal number of ingredients. At \$0.68 per serving or less<sup>2</sup>, *Campbell's* Souper Soups recipes are an affordable way to deliver the taste your residents want and the calories, protein, and fiber they need.

<sup>1</sup>Based on a comparison of the calorie, protein, and fiber content of our Souper Soup recipes to Ensure® Original (vanilla), as reported on 10/31/2014 at <http://ensure.com/products/ensure-original>.

<sup>2</sup>Costs calculated based on average national prices for recipe ingredients. Actual ingredient prices for an individual facility may vary.



CONTRACTED SUPPLIER

Adequate nutrition is an integral part of health, happiness, independence, quality of life, and physical and mental functioning for residents in your care. Unfortunately, malnutrition is common among those living in long-term care facilities<sup>1</sup>.



## WHY CAMPBELL'S® SOUPER SOUPS?

A “food first” approach is often recommended to treat malnourished elderly people<sup>2</sup>. This approach offers the following benefits:

- The goal of nutritional support is not only nutritional repletion, but also improved quality of life. The process of eating is not simply a physiological need - it fulfills a psychological need, too<sup>3</sup>.
- For many individuals, real foods provide better stimulation of smell, taste, fullness and satisfaction compared to supplements<sup>4</sup>.
- Sometimes using supplements isn't successful due to unpleasant side effects such as low palatability, nausea, diarrhea, leading to noncompliance<sup>5</sup>.
- Some studies have shown that intake of normal foods is reduced when supplements are given<sup>6</sup>.
- When supplements are offered, wastage up to 35% has been reported<sup>6</sup>.
- Many commercial supplements lack fiber, an important nutrient required to prevent chronic constipation - a condition that affects as many as 50% of the institutionalized elderly<sup>7</sup>.



<sup>1</sup>Watterson C, Fraser A, Banks M, et al. Evidence based guidelines for nutritional management of malnutrition in adult patients across the continuum of care. *Nutr Diet*. 2009;66(3 suppl):S1-S34.

<sup>2</sup>Strategies to Improve Nutrition in Elderly People. *Best Practice Journal*, 2008, 15, 8-15.

<sup>3</sup>ESPEN: The European Society for Clinical Nutritional and Metabolism. Guidelines on adult enteral nutrition. Guidelines and Position Papers. Available from <http://www.espen.org/espenguidelines.htm>

<sup>4</sup>Thomas, B. and Bishop, J. (eds). *Manual of Dietetic Practice*. Blackwell Publishing Ltd, 2007.

<sup>5</sup>Kulick, D., Deen, D. Specialized Nutrition Support. *American Family Physician*, 2011, 83(2): 173-183.

<sup>6</sup>Dunne, J.L., Dahl, W.J. A Novel Solution is needed to Correct Low Nutrient Intakes in Elderly Long-term Care Residents. *Nutrition Review*, 2007, 65(3), 135-138.

<sup>7</sup>Gallagher, P., O'Mahony, D., & Quigley, E. Management of chronic constipation in the elderly. *Drugs Aging*, 2008, 25(10), 807-821.

## Creamy Chicken and Bean Soup

YIELDS: 20 servings

SERVING SIZE: 1 cup

AVERAGE COST PER SERVING: \$0.63



INGREDIENTS	AMOUNT	MEASURE	DIRECTIONS
Vegetable oil		1 Tbsp	<ol style="list-style-type: none"> <li>1. Heat oil in a stockpot. Add onion and sauté over medium heat until tender. Add chilies; sauté 1 minute.</li> <li>2. Add soup, half and half, beans, chicken and seasonings; stir until fully blended.</li> <li>3. Heat to a boil over medium-high heat, stirring frequently. Reduce heat to low; simmer 10 to 15 minutes or until heated to 165°F.</li> <li>4. CCP: Serve immediately, or hold for hot service at 140°F or higher.</li> <li>5. To serve: portion each serving with an 8 oz ladle (1 cup).</li> </ol>
Onions, chopped	7 oz	1¼ cups	
Canned green chiles, diced	1¾ oz	5¼ Tbsp	
<i>Campbell's® Healthy Request®</i> Condensed Cream of Chicken soup	50 oz	1 can	
Half and half		5¾ cups	
Frozen peas and carrots	12½ oz	2½ cups	
Canned great northern beans, rinsed, drained	47 oz	5 cups	
Cooked chicken, diced, frozen, thawed	10 oz	2½ cups	
Garlic powder		1 tsp	
Dried oregano leaves		½ tsp	
Anise seeds, ground, optional		¼ tsp	
Cumin, ground, optional		1 Tbsp	

### 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)
240	11	6	0	40	290	25	4	7	13	28	7	12	9	17

## Country Style Ham and Bean Soup

YIELDS: 20 servings

SERVING SIZE: 1 cup

AVERAGE COST PER SERVING: \$0.50



INGREDIENTS	AMOUNT	MEASURE	DIRECTIONS
Vegetable oil		2 Tbsp	<ol style="list-style-type: none"> <li>1. Heat oil in a stockpot. Add onion; sauté over medium heat until tender, about 1 minute.</li> <li>2. Add soup, milk, beans, tomato, ham, tomato paste, and seasonings; stir until fully blended.</li> <li>3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated to 165°F.</li> <li>4. CCP: Serve immediately, or hold for hot service at 140°F or higher until served.</li> <li>5. To serve: portion each serving with an 8 oz ladle (1 cup).</li> </ol>
Onions, finely diced	11½ oz	2 cups	
<i>Campbell's® Healthy Request®</i> Condensed Tomato soup	50 oz	1 can	
Milk		1½ qt	
Canned great northern beans, rinsed, drained	56 oz	1½ qt	
Cooked ham, diced	6 oz	1½ cups	
No salt added tomato paste	12 oz	1¼ cups	
Garlic powder		1 tsp	
Italian seasoning		2 tsp	

### 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)
230	6	2	0	10	390	34	5	13	11	13	16	14	12	29

# Homestyle Turkey Vegetable Stew



YIELDS: 20 servings  
 SERVING SIZE: 1 cup  
 AVERAGE COST PER SERVING: \$0.67

INGREDIENTS	AMOUNT	MEASURE	DIRECTIONS
<i>Campbell's® Healthy Request®</i> Condensed Cream of Chicken soup	50 oz	1 can	1. Combine all ingredients in stockpot. 2. Heat to a boil over medium-high heat, stirring frequently. 3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated and the vegetables are tender. 4. CCP: Serve immediately, or hold for hot service at 140°F until served. 5. To serve: portion each serving with an 8 oz ladle (1 cup).
Milk		1 qt	
Half and half		1 qt	
Cooked brown rice		3 cups	
Cooked, pulled turkey breast	10 oz		
Mixed vegetables (carrots, green beans, corn, peas), frozen		2 qt	
Poultry seasoning, optional		1 Tbsp	

## 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)
240	9	5	0	35	320	27	4	7	12	85	14	13	6	16

# Creamy Mushroom Barley & Beef Soup



YIELDS: 20 servings  
 SERVING SIZE: 1 cup  
 AVERAGE COST PER SERVING: \$0.68

INGREDIENTS	AMOUNT	MEASURE	DIRECTIONS
Vegetable oil		4 Tbsp	1. Heat oil in a stockpot. Add ground beef, mushrooms and carrots and sauté over medium heat until tender. 2. Add soup, milk, barley, and seasonings; stir until fully blended. 3. Reduce heat to low; simmer 10 to 15 minutes or until fully heated to 165°F. 4. CCP: Serve immediately, or hold for hot service at 140°F until served. 5. To serve: portion each serving with an 8 oz ladle (1 cup).
80% lean ground beef	13 oz		
Mushrooms, finely chopped	5 oz	2 cups	
Carrots, shredded	8 oz	2 cups	
<i>Campbell's® Healthy Request®</i> Condensed Cream of Mushroom soup	50 oz	1 can	
Milk		2 qt	
Pearl barley, cooked, drained		1½ qt	
Garlic powder		½ Tbsp	
Dried parsley flakes		2 Tbsp	

## 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)
240	11	4	0	25	300	25	3	7	9	41	2	19	7	17

Explore Campbell's® Classic, Signature and Reserve soups at [CampbellsFoodservice.com](http://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](mailto:campbells_help@archway.com).