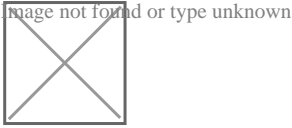


# CRIMINI MUSHROOM, CHICKEN & ROOT VEGETABLE SOUP MADE WITH CAMPBELL'S® HEALTHY REQUEST® CREAM OF MUSH

1-800-try-soup (879-7687) © 2023 Campbell Soup Company [campbellsfoodservice.com/recipes](http://campbellsfoodservice.com/recipes)



## Nutrition Facts

Serving Size	SERVING (1-8 OZ LADLE; 1 CUP)	
Amount Per Serving		
Calories 225		
		% Daily Value
Total Fat 7.9g		12%
Saturated Fat 3.5g		18%
Cholesterol 34mg		11%
Sodium 325mg		14%
Total Carbohydrate 24.8g		8%
Dietary Fiber 3.2g		13%
Protein 13.4g		27%
Vitamin A 27%		Vitamin C 21%
Calcium 15%		Iron 6%

## Total Time

90 min.

## Difficulty

easy

## Yields

21

## Serving & Size

SERVING (1-8 OZ LADLE; 1 CUP)

This Super Soup is brimming with root vegetables, kale, mushrooms, parsnip, lima beans & chicken make up this delicious decadent soup featuring Campbell's® Healthy Request® Condensed Cream of Mushroom.

## Ingredients

Weight

Measure

canola oil		1	tblsp.
onion, diced 1/2-inch	4 oz.	1	cups
carrot, diced	14 oz.	3	cups
parsnip, peeled, diced 1/2- inch	7 oz.	2 1/2	cups
potato, peeled, diced	21 oz.	4	cups
fresh parsley, chopped		1	tblsp.
dried thyme, crushed		1	tsp.
dried oregano leaves, crushed		1	tsp.
cremini mushroom, julienned	14 oz.	4	cups
frozen lima beans	14 oz.	2 1/2	cups
garlic, peeled, roasted, mashed		1	tblsp.
kale, chopped	3 oz.	2	cups
whole milk	30 oz.	6	cups
half and half		2	cups
 <del>Campbell's® Healthy Request® Condensed Cream of Mushroom Soup</del> , 50 oz ea		1	cans
<del>Swanson® Unsalted Chicken Broth</del>		1	cups
black pepper		1/4	tsp.
boneless, skinless chicken breast, yield from 1 ounce raw		24	
kosher salt		1/4	tsp.

canola oil

1 tsp.

## Instructions

1. In large sauce pot, heat oil over medium heat. Add onions. Cook for 5 minutes, or until translucent.
  2. Add carrots, parsnips and potatoes. Cook for 3 minutes.
  3. Add parsley, thyme, oregano, mushrooms, lima beans and roasted garlic. Cook 2 minutes.
  4. Add kale. Cook for 1 minute.
  5. Add milk and half & half. Simmer for 5 minutes.
  6. Add Campbell's® Healthy Request® Cream of Mushroom Soup, unsalted chicken broth, and ½ the listed amount of pepper. Simmer for 6 minutes.
  7. In large mixing bowl, season chicken with salt, remaining pepper and oil. Bake at 350°F oven until cooked through.  
CCP: Heat to a minimum internal temperature of 165°F for 1 minute.  
CCP: Hold for hot service at 140°F or higher until needed.
  8. Cool chicken and shred. Add to soup mixture.
- To Serve: Using an 8-ounce ladle, portion 1 cup into serving bowl. Serve immediately.