

**HEARTY VEGETABLE & TURKEY SOUP MADE WITH CAMPBELL'S®
HEALTHY REQUEST® CREAM OF MUSHROOM SOUP**



Total Time
25 MIN.

Serving & Size
SERVING (1-8 OZ LADLE; 1 CUP)

Difficulty
EASY

Yields
19


What a great way to start of your fall! vegetables stand out in this dish, accented with turkey, potatoes, herbs, garlic round out this hearty cream soup featuring Campbell's® Healthy Request® Condensed Cream of Mushroom.

Nutrition Facts

Serving Size	SERVING (1-8 OZ LADLE; 1 CUP)	
Amount Per Serving		
Calories	229	
		% Daily Value
Total Fat	8.2g	13%
Saturated Fat	3.8g	19%
Cholesterol	31mg	10%
Sodium	371mg	15%
Total Carbohydrate		9%
26.8g		
Dietary Fiber	3.5g	14%
Protein	12.3g	25%
Vitamin A	38%	Vitamin C 27%
Calcium	17%	Iron 6%

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INGREDIENTS	WEIGHT	MEASURE
canola oil		1 tbsp.
onion, diced	8 oz.	2 cups
garlic, peeled, roasted, mashed		1 tbsp.
dried oregano leaves, crushed		1 tsp.
fresh parsley, chopped		1 tbsp.
carrot, diced	18 oz.	4 cups
parsnip, roasted	14 oz.	4 cups
red potato	19 oz.	3 1/2 cups
whole milk		6 cups
half and half	9 oz.	2 cups
 Campbell's® Healthy Request® Condensed Cream of Mushroom Soup , 50 oz ea		1 cans
black pepper		1 tsp.
kale, chopped	5 oz.	3 cups
frozen lima beans	17 oz.	3 cups
kosher salt		1/4 tsp.
black pepper		1/4 tsp.
canola oil		1/2 tsp.
skinless, boneless turkey breast half		16

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INSTRUCTIONS

1. In large sauce pot, heat oil over medium heat. Add onions, garlic, oregano, parsley, carrots, parsnips and potatoes. Cook for 5 minutes.

2. Add milk, half and half and Campbell's® Healthy Request® Cream of Mushroom Soup. Simmer for 10 minutes on low heat.

3. Add pepper, kale and lima beans. Continue to simmer for 4 minutes.

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.

4. In large mixing bowl, season turkey with salt, 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.

5. Cool turkey and shred. Add to soup mixture.

To Serve: Using an 8-ounce ladle, portion 1 cup into serving bowl. Serve immediately.