

MEATBALL STROGANOFF SOUP MADE WITH CAMPBELL'S® HEALTHY REQUEST® CREAM OF MUSHROOM SOUP



Total Time
90 MIN.

Difficulty
EASY

Yields
20

Serving & Size
SERVING (1-8 OZ + 1-6 1OZ LADLE; 1-1/4 CUP)


A beautiful take on a classic Russian dish. Mini meatballs cooked with herbs, sundried tomatoes, garlic pearl onions, finished in a Dijon mustard & mushroom cream sauce featuring Campbell's® Healthy Request® condensed Cream of Mushroom.

Nutrition Facts	
Serving Size	SERVING (1-8 OZ + 1-6 1OZ LADLE; 1-1/4 CUP)
Amount Per Serving	
Calories 266	
	% Daily Value
Total Fat 12.4g	19%
Saturated Fat 4.8g	24%
Cholesterol 31mg	10%
Sodium 419mg	17%
Total Carbohydrate 27.6g	9%
Dietary Fiber 3.2g	13%
Protein 12.3g	25%
Vitamin A 4%	Vitamin C 4%
Calcium 10%	Iron 12%

INGREDIENTS

WEIGHT

MEASURE

canola oil		1 tbsp.
onion	4 oz.	1 cups
garlic, peeled, roasted, mashed		1 tbsp.
Dijon-style mustard		1 tbsp.
dried parsley flakes, crushed		1 tbsp.
fresh thyme leaves, chopped		1 tsp.
half and half	9 oz.	1 cups
black pepper, ground		1/4 tsp.
	Campbell's® Healthy Request® Condensed Cream of Mushroom Soup , 50 oz ea	1 cans
whole milk		2 cups
sour cream	4 oz.	1/2 cups
frozen pearl onions, thawed	5 oz.	11/4 cups
sun-dried tomatoes, julienned	3 oz.	1 cups
frozen fully-cooked beef meatballs, 1/2 oz each	30 oz.	60
cooked whole grain egg noodle	39 oz.	7 cups

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INSTRUCTIONS

1. In large sauce pot, heat oil over medium heat. Add onions. Cook for 5 minutes, or until translucent.
2. Add garlic. Cook for an additional 3 minutes.
3. Add Dijon mustard, parsley, thyme and half and half. Simmer for 4 minutes.
4. Add pepper, Campbell's® Healthy Request® Cream of Mushroom Soup, milk, sour cream, pearl onions and sundried tomatoes. Reduce heat and simmer for 10 minutes. Reserve.

5. Heat meatballs according to package directions. Add to soup mixture.

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.

To Serve: Using an 8-ounce spoodle, portion 1 cup noodles into bottom of serving bowl. Using an 8-ounce ladle, top with 1 cup soup mixture (including 3 meatballs).