

Healthy Ways to Eat Canned Tomato Soup



Make a fast and easy meal: *Add a can of “Low Sodium” or “No Salt Added” tomatoes to your soup *Add vegetables! Canned, frozen, or fresh veggies are rich in nutrients but low in calories. *Add whole grains! Whole wheat noodles, brown rice, or barley provide long-lasting energy. *Add protein! Beans, canned chicken, or lean ground meat will stretch your soup further.

Selection and Storage Tips

Canned soups tend to be very high in sodium. Follow these tips to lower your salt intake:

- If the soup is “condensed,” be sure to add water according to instructions
- Whenever possible, choose soups that have “Low Sodium” or “No Salt Added” on the label

How To Store

- Unopened canned tomato soup can be used up until their expiration date.
- Opened canned tomato soup can be stored 3-4 days within the refrigerator.

Health Benefits

- Tomato soup is low in calories and high in potassium and vitamins C, K, and A. It also provides a great deal of lycopene, the compound responsible for most of the health benefits of tomatoes.
- Lycopene is a plant nutrient that gives fruits like tomatoes and grapefruit their color. It has been linked to improved heart health, sunburn prevention, and protection against certain cancers

Nutrition Facts

0g of Trans Fat Per Serving • No Artificial Flavors				
Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3g	4%	Sodium 870mg	38%
	Saturated Fat 2g	10%	Total Carbohydrate 22g	8%
	Trans Fat 0g		Dietary Fiber 1g	4%
	Polyunsaturated Fat 0g		Total Sugars 16g	
	Monounsaturated Fat 0.5g		Includes 11g Added Sugars	22%
	Cholesterol 10mg	3%	Protein 1g	
Calories 120	Vitamin D 0mcg	0%	Iron 0.3mg	2%
	Calcium 20mg	0%	Potassium 250mg	6%

INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE), CREAM (MILK), DICED TOMATOES IN TOMATO JUICE, SUGAR, WATER, MODIFIED CORNSTARCH, WHEAT FLOUR, CONTAINS LESS THAN 1% SALT, BUTTER (CREAM), CITRIC ACID, FLAVORING, ASCORBIC ACID (VITAMIN C).

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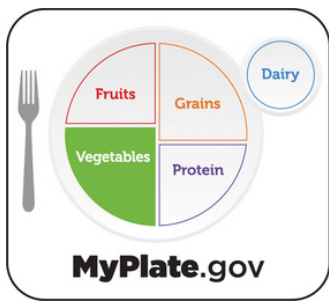
THE INGREDIENTS FROM CORN AND SUGAR IN THIS PRODUCT COME FROM GENETICALLY MODIFIED CROPS. FOR INFORMATION ABOUT GMO INGREDIENTS, VISIT: WhatIsMyFood.com

Questions or Comments? Call us at 1-800-257-8443. Visit our website at: www.campbells.com

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DIRECTIONS
MIX SOUP + 1 CAN WATER
MICROWAVE: Microwave ovens vary. Time given is approximate. HEAT, COVERED, IN MICROWAVABLE SERVING BOWL ON HIGH 2 1/2 TO 3 MINUTES OR UNTIL HOT. CAREFUL, LEAVE IN MICROWAVE 1 MINUTE, THEN STIR.
STOVE: HEAT, STIRRING OCCASIONALLY.
CAUTION: METAL EDGES ARE SHARP. RECOMMEND USE BY DATE ON CONTAINER. PROMPTLY REFRIGERATE UNUSED PRODUCT IN SEPARATE CONTAINER.





Make It A Meal

Recipes

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Creamy Chicken Pasta with Peas

Ingredients:

- 8-oz. whole wheat pasta
- 1 (14.5-oz.) can peas, drained & rinsed
- 1 cup low-fat or nonfat milk
- 1 (10-oz.) can condensed tomato soup, diluted
- 1 (10-oz.) or 2 (5-oz.) cans chicken, drained
- ½ cup parmesan or mozzarella cheese (optional)
- 1 teaspoon Italian seasoning
- ¼ teaspoon black pepper

Directions:

1. Cook pasta according to instructions. Drain and set aside.
1. Dilute soup as directed on can. Heat the soup, milk, chicken, peas, pasta and cheese (if using) until warm and cheese is melted. Serve hot.



Tomato Soup is rich in antioxidants, which has been linked with a lower risk of cancer and inflammation-related diseases, such as obesity and heart disease.

Mexican Skillet

Ingredients:

- 1 Tablespoon oil
- 1 onion, chopped (or 1 tsp onion powder)
- 1 ½ teaspoons chili powder
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- 1 (15-oz.) can beans- black or pinto, drained & rinsed
- 1 (15-oz.) can whole kernel corn, drained & rinsed
- 1 (10-oz.) can condensed tomato soup
- ½ cup water
- 2 cups cooked brown rice

Directions:

1. Heat oil in large skillet over medium-high heat. Add onion and cook until soft, about 5 minutes. Add chili powder, cumin, and garlic powder; cook for 1 more minute.
1. Stir in beans, corn, tomato soup, and water. Cover and cook, stirring frequently, about 3-5 minutes.
1. Stir in cooked rice. Cook for 3 more minutes, until rice is coated with sauce and heated through. Garnish with sliced avocado, low-fat cheddar cheese, or low-fat yogurt in place of sour cream.

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