



CREAM OF MUSHROOM SOUP, Ready to Serve

Date: May 2013

Code: 110164

PRODUCT DESCRIPTION

- Cream of mushroom soup is a ready-to-eat, cream-based soup.

PACK/YIELD

- Cream of mushroom soup is packed in 22 ounce cartons. Each carton provides about 3.5 servings (6 fluid ounces each).

STORAGE

- Store unopened cream of mushroom soup in a cool, clean, dry place.
- After opening, store remaining cream of mushroom soup in the refrigerator tightly closed in its carton.
- Follow the "Best if used by" or "Best by" date on the carton.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND PREPARATION TIPS

- Ready-to-serve soups are fully cooked and do not need to be mixed with water or milk.
- If heated, serve right away. Refrigerate leftover soup in a container not made from metal.
- Serve cream of mushroom soup as a main dish or as an appetizer.
- Use cream of mushroom soup as a base for other main dish meals, stews, sauces, or casseroles.

NUTRITION INFORMATION

- 1 cup of cream of mushroom soup counts as ½ cup from the Vegetable Group of MyPlate. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

FOOD SAFETY

- If the carton is leaking or the ends are bulging, **throw it away**.
- If the food has a bad odor or liquid spurts out when the carton is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: ½ cup (90g) cream of mushroom soup, reduced sodium

Amount Per Serving

Calories	65	Calories from Fat	0
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% Daily Value*

Total Fat 2 g			3%
Saturated Fat .6g			0%
<i>Trans</i> Fat 0g			
Cholesterol 4 mg			0%
Sodium 480 mg			19%
Total Carbohydrate 10 g			1%
Dietary Fiber .8 g			0%
Sugars 3 g			
Protein 1.5 g			
Vitamin A	0 %	Vitamin C	0%
Calcium	2%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

CHEESY CHICKEN, BROCCOLI AND RICE BAKE

MAKES ABOUT 12SERVINGS

Directions

Ingredients

- 5 cups water
- 2 ½ cups rice
- ¼ cup onion chopped
- ¼ teaspoon black pepper
- 1 garlic clove
- 1 cup milk
- 1 can cream of mushroom soup
- ¼ teaspoon salt
- 2 cups chicken shredded, cooked
- 2 cups broccoli pieces
- ¾ cup reduced fat cheddar cheese, grated

1. Preheat oven to 350° F. In large saucepan bring water to boil. Add rice, onion, and garlic. Cook for about 20 minutes or until rice is soft.
2. While rice is cooking combine milk, soup, salt, and pepper, mix well. When rice is done combine with milk mixture, chicken and broccoli, mix well.
3. Grease 9 x 13 pan and pour mixture into pan. Bake in the preheated oven for 18 minutes. Sprinkle with cheese. Bake for another 6 minutes or until cheese is melted. Serve immediately.

Nutritional Information for 1 serving (about 1 cup) of Cheesy, Chicken, Broccoli and Rice Bake							
Calories	240	Cholesterol	25 mg	Sugar	2 g	Vitamin C	8.4 mg
Calories from Fat	25	Sodium	320 mg	Protein	13 g	Calcium	80 mg
Total Fat	2.5 g	Total Carbohydrate	39 g	Vitamin A	50 RAE	Iron	1.8 mg
Saturated Fat	1 g	Dietary Fiber	2 g				

Recipe adapted from Snap Ed Recipe Finder

QUICK TUNA CASSEROLE

MAKES ABOUT 6 SERVINGS

Ingredients:

- 4 cups of water
- 5 oz egg noodles
- 10 oz cream of mushroom soup
- 1/3 cup skim milk
- 1 can of tuna
- 1 cup green peas (frozen)
- 1 cup breadcrumbs

Directions:

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs.
8. Bake for 30 minutes.

Nutritional Information for 1/6 of recipe of Quick Tuna Casserole							
Calories	240	Cholesterol	30 mg	Sugar	4 g	Vitamin C	4.8mg
Calories from Fat	40	Sodium	280 mg	Protein	15 g	Calcium	80 mg
Total Fat	4.5 g	Total Carbohydrate	35 g	Vitamin A	90 RAE	Iron	9 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

Recipe adapted from Snap Ed Recipe Finder