



VEGETABLE SOUP, CONDENSED, CANNED

Date: November 2012 Code: 100321

PRODUCT DESCRIPTION

- Canned vegetable soup is a condensed, meatless soup containing vegetables and pasta. It is considered a “Healthy” food, which means it is low in fat, saturated fat, and cholesterol, contains at least 10% of the daily amount of vitamins A and C, iron, calcium, protein, and fiber, and has no more than 480 milligrams of sodium per serving.

PACK/YIELD

- Vegetable soup is packed in about 10 ½ ounce cans. When diluted with water, it will be about 2 servings (1 cup each).

STORAGE

- Store unopened vegetable soup in a cool, clean, dry place.
- Store remaining opened vegetable soup in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- 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>.

PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Serve vegetable soup heated as a main dish or appetizer.
- Top vegetable soup with cheese or crackers for added flavor.
- Use vegetable soup as a base for other main dish meals, stews, or casseroles.

NUTRITION INFORMATION

- 1 cup of prepared vegetable soup counts as 1 cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- 1 cup of prepared vegetable soup provides more than 40% of the recommended daily amount of vitamin A needs and 10% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

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

OTHER RESOURCES

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

NUTRITION FACTS

Serving size: 1 cup (248g) condensed, canned vegetable soup, prepared with water

Amount Per Serving	
Calories	80
Calories from Fat	0
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	20%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	10%
Sugars 5g	
Protein 3g	
Vitamin A 45%	Vitamin C 2%
Calcium 2%	Iron 4%

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

EASY SUPPER CASSEROLE

MAKES ABOUT 8 SERVINGS

Ingredients

- 1 ½ pounds ground beef (or ground turkey)
- ½ cup onion, chopped
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 4 medium potatoes, sliced
- 1 can (about 10 ounces) condensed vegetable soup
- 1 can (about 15 ounces) creamed style corn

Directions

1. Preheat oven to 350 degrees F.
2. Cook meat in a large skillet over medium-high heat until browned and cooked through. Add onion, salt, and pepper, and cook until onion is soft.
3. Put meat mixture into a 9x13-inch baking dish and add potatoes, vegetable soup, and corn. Mix well.
4. Bake for 1 ½ hours or until potatoes are cooked evenly.

Nutrition Information for 1 serving of Easy Supper Casserole							
Calories	320	Cholesterol	60 mg	Sugar	5 g	Vitamin C	24 mg
Calories from Fat	120	Sodium	575 mg	Protein	19 g	Calcium	34 mg
Total Fat	13 g	Total Carbohydrate	32 g	Vitamin A	34 RAE	Iron	3 mg
Saturated Fat	5 g	Dietary Fiber	4 g				

Recipe adapted from Food.com

CHICKEN AND RICE CASSEROLE

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 cup canned chicken, drained
- 1 can (about 10 ounces) condensed vegetable soup
- ¾ cup white rice, uncooked
- 1 ¼ cups water
- 1 teaspoons garlic powder
- ½ teaspoon black pepper

Directions

1. Preheat oven to 375 degrees F.
2. Combine all ingredients in a 9x9-inch baking dish.
3. Cover with a lid or aluminum foil and bake 20 minutes or until rice is cooked evenly.

Nutrition Information for 1 serving (about 1 cup) of Chicken and Rice Casserole							
Calories	280	Cholesterol	35 mg	Sugar	0 g	Vitamin C	1 mg
Calories from Fat	40	Sodium	400 mg	Protein	16 g	Calcium	23 mg
Total Fat	5 g	Total Carbohydrate	43 g	Vitamin A	0 RAE	Iron	3 mg
Saturated Fat	1.5 g	Dietary Fiber	1 g				

Recipe adapted from Food.com