

## Soup, Cream of Mushroom, Condensed

MyPlate Food Group: **Vegetable**



### Product Description

- Canned mushroom soup is a condensed soup product that you can mix with water or water and milk to make ready-to-eat soup.

### Storage

- Store unopened cans in a cool, clean, dry place.
- For best quality after opening, store unused portions of canned soup in the refrigerator in a nonmetal container. Use within 3 to 4 days.

### Uses and Tips

- Condensed, canned cream of mushroom soup is easy to prepare. Add water to make a ready to eat soup. Follow the directions on the package for the best results.
- Use in recipes for stews, casseroles, and sauces, or as the base for other soups. Follow the directions in recipes for the best results.

### Nutrition Information

- This condensed cream of mushroom soup has only half the calories, fat, cholesterol, and sodium as regular condensed soup.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: ½ cup (120g), cream of mushroom soup, condensed

Amount Per Serving	
<b>Calories</b> 60	<b>Calories from Fat</b> 20
<b>-% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

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

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Cheesy Chicken, Broccoli, and Rice Bake

Makes about 12 servings

### 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

### Directions

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.

*Recipe adapted from SNAP-ED Connection 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

*Recipe adapted from SNAP-ED Connection Recipe Finder*