Product Description
- Canned tomato soup is a condensed, tomato-based soup.
- 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.

Storage
- Store unopened tomato soup in a cool, clean, dry place.
- Store remaining opened tomato soup in a tightly covered container not made from metal and refrigerate.

Uses and Tips
- Serve tomato soup heated as a main dish or as an appetizer.
- Top tomato soup with cheese or crackers for added flavor.
- Use tomato soup as a base for other main dish meals, stews, sauces, or casseroles.
- Mix cooked vegetables (canned, frozen, or fresh) into tomato soup for a heartier meal.

Nutrition Information
- 1 cup of prepared tomato 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.
- 1 cup of prepared tomato soup provides 25% of the daily recommended amount of vitamin C.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size: 1 cup (248g) condensed, canned tomato soup, prepared with water</th>
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</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
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<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<td>Saturated Fat</td>
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<td>Trans Fat</td>
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<td>Cholesterol</td>
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<td>Total Carbohydrate</td>
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<td>Dietary Fiber</td>
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<td>Sugars</td>
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<td>Protein</td>
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<td>Vitamin A</td>
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<td>Vitamin C</td>
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<td>Calcium</td>
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<td>Iron</td>
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</tbody>
</table>

*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.

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

July 2018

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Ground Beef Stew

Makes about 4 servings

Ingredients
½ pound ground beef (or ground turkey)
¼ teaspoon salt
¼ teaspoon pepper
1 can (about 10 ounces) condensed tomato soup
1 ¾ cups water
6 medium carrots, sliced (or 2 cups canned, drained)
2 medium potatoes, diced (or 2 cups canned, drained)
1 cup onion, diced

Directions
2. Add soup and water to skillet. Add carrots, potatoes, and onions.
3. Bring to a boil, then simmer, covered, about 25 minutes or until soft. Remove from heat; cover for 10 minutes to thicken.

Recipe adapted from SNAP-ED Connection Recipe Finder

Beef and Tomato Bake

Makes about 6 servings

Ingredients
Nonstick cooking spray
2 to 3 medium potatoes, sliced
2 cups sliced carrots, fresh (or canned)
¼ teaspoon black pepper
¼ teaspoon salt
½ cup onion, sliced
1 pound lean ground beef, browned and drained (or ground turkey)
1 ½ cups green beans, fresh or canned
1 can (about 10 ounces) condensed tomato soup

Directions
1. Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.
2. Layer potatoes, carrots, meat, beans, soup, pepper, and salt in dish.
3. Cover with an oven-safe lid or aluminum foil and bake for 45 minutes or until potatoes are soft and casserole is bubbling.
4. Uncover and bake for 15 more minutes.

Recipe adapted from Food.com

These recipes, presented to you by USDA, have not been tested or standardized.