

Soup, Vegetable, Low-Sodium, Condensed

MyPlate Food Group: **Vegetable**



Product Description

- Canned vegetable soup is a condensed, meatless soup containing vegetables and pasta.

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.

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.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

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

Amount Per Serving	
Calories 80	Calories from Fat 5
-% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
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.	

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

Easy Supper Casserole

Makes about 8 servings

Ingredients

- 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.

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.

Recipe adapted from What's Cooking? USDA Mixing Bowl