



## Vegetable Soup, Condensed, Low-sodium, Canned

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of prepared canned vegetable soup contributes to the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.

### Uses and Tips

- Vegetable soup is ready to eat out of the can. Just heat and serve!
- Vegetable soup may be a hot meal on a cold day. Add low-fat cheese on top for added protein and flavor. Serve with a side of crackers, or whole wheat bread or tortillas.
- Vegetable soup packs a flavorful punch and can be used as a base for casseroles, stews, other soups, and chilis.

### Storing Foods at Home

- Store unopened cans of vegetable soup in a cool, clean, dry place.
- Store remaining opened vegetable soup in a tightly covered container that is not made from metal in the refrigerator.

### MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Classic Vegetable Soup Meatloaf

Makes 8 servings

#### Ingredients:

- 1½-2 pounds lean ground beef or turkey
- 1 can (10.5 ounces) condensed, low-sodium vegetable soup
- 1 egg, beaten
- ½ cup fine breadcrumbs, or 2 or 3 slices of bread, shredded
- ½ cup onion, chopped
- ¼ - ½ cup green bell pepper, chopped (optional)
- 1 tablespoon prepared mustard (optional)
- 1 teaspoon salt (optional)
- ¼ teaspoon black pepper

Recipe adapted from [www.thespruceeats.com](http://www.thespruceeats.com)

**Directions:** Wash hands with soap and water.

1. Preheat oven to 325 degrees F.
2. In a large bowl, gently mix all ingredients together. Shape into a loaf.
3. Place loaf in a shallow baking dish and bake for 1 hour to 1 hour and 15 minutes or until done.

### Chickpea Salad

Makes 4 servings

#### Ingredients:

- 1 can (10.5 ounces) condensed, low-sodium vegetable soup
- 2¼ cups cucumber, diced, partially peeled
- 1 cup tomato, diced, seeded
- ¼ cup red onion, diced
- 2 tablespoons lemon juice
- ¼ cup fresh parsley, minced
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 cans (15.5 ounces each) chickpeas (garbanzo beans), rinsed and drained

Recipe adapted from *Campbell's*

**Directions:** Wash hands with soap and water.

1. In a large bowl, combine vegetable soup with cucumbers, tomato, red onion, and chickpeas.
2. For the dressing, mix together two tablespoons lemon juice, minced fresh parsley, oil, salt, and pepper.
3. Mix veggies and dressing together and toss until all veggies are covered with the dressing.
4. Chill in the refrigerator for at least 2 hours before serving.