

Butternut Squash, Kale & Mushroom Bowl

TOTAL TIME
45 min

SERVING / SIZE
250 mL (1 cup)

SERVINGS
17



A rich & hearty bowl filled with roasted butternut squash, kale & mushrooms that comes in a savoury garlic herb cream sauce featuring Campbell's® Condensed Cream of Mushroom Soup.

MADE WITH



Classic Cream of Mushroom
CASE CODE 01266

Ingredients

30 mL	Canola oil
625 mL	Onion, sliced thin
15 mL	Garlic, peeled, roasted, mashed
625 mL	Butternut Squash, peeled, seeded, diced
500 mL	Carrot, peeled, diced
15 mL	Dried thyme, crushed
15 mL	Fresh parsley, chopped
2 ½ mL	Black pepper, ground
1 can (1.36 L)	Classic Cream of Mushroom
250 mL	Water
250 mL	Half & Half
45 mL	Sundried tomato pesto
750 mL	Kale, baby, roughly chopped
500 mL	Reduced sodium white kidney beans, rinsed, drained
90 mL	Portobello mushroom, sliced
62.5 mL	Canola oil
690 mL	Kale
3 L	Quinoa, cooked, hot
250 mL	Marinated tomatoes

Directions

- 1** Using a large sauce pot, heat oil over medium heat.
- 2** Sauté onions and garlic. Cook for 3–4 minutes.
- 3** Add butternut squash, carrots and herbs. Cook for 5 minutes on low heat.
- 4** Add Campbell's® Cream of Mushroom Soup, water, half & half, sundried tomato pesto and kale. Simmer for 12 minutes.
- 5** Add kidney beans. Simmer for 3–4 minutes. Reserve.

CCP: Heat to a minimum internal temperature of 165°F / 74°C for 1 minute.
CCP: Hold for hot service at 140°F / 60°C or higher until needed.
- 6** Toss mushrooms with ¼ cup of oil. Roast in pre-heated 350°F / 177°C oven for 6–7 minutes. Reserve.
- 7** Lightly wilt kale in hot pan for 1-2 minutes. Reserve.

CCP: Hold for hot service at 140°F / 60°C or higher until needed

-
- 8** To assemble, portion ingredients in the following order.
Serve immediately.
1. 2 - #10 scoops (3/4 cup) quinoa
 2. 8-ounce ladle (1 cup) soup mixture
 3. 1 oz. wilted kale
 4. #60 scoop (about 1 tablespoon) marinated tomatoes
 5. 2 oz. sliced mushrooms