

MEATLESS SAUSAGE MINISTRONE SOUP MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time
30 MIN.

Serving Size
250 ML

Difficulty
EASY

A plant based minestrone made with meatless sausage, beans, tomato, pasta.

Yields
21

Nutrition Facts

Serving Size 250 mL

Amount Per Serving

Calories 187

% Daily Value

Total Fat 3g **5%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 670mg **28%**

Total Carbohydrate **9%**

27.5g

Dietary Fiber 4.7g **19%**

Protein 13.6g **27%**

Vitamin A % Vitamin C %

Calcium 6% Iron 2%

INGREDIENTS

WEIGHT

MEASURE

ditalini (small tube shaped) pasta	1 1/3 cup	332 mL
olive oil	1 tbsp	15 mL
meatless Italian sausage style crumbles	8 1/4 cups	2 L
garlic powder	1 tsp	5 mL
dried oregano leaves, crushed	1 tsp	5 mL
frozen cut green beans	2 cups	500 mL
kidney beans	2 cups	500 mL
diced tomatoes, drained	4 cups	1 L
Campbell's® Condensed Tomato Soup	1 can	
water	6 cups	1 1/2 L

INSTRUCTIONS

1. Cook pasta according to package directions. Drain and cool. Reserve for later use.
2. Heat a large pot over medium high heat. Add oil. Once hot, add the meatless Italian style sausage crumbles. Cook for 5 minutes or until browned and cooked through.
3. Add garlic, oregano, green beans, kidney beans and tomatoes. Stir to combine and cook for 3-4 minutes.
4. Add Campbell's® Condensed Tomato Soup and water. Mix well. Heat to a simmer and cook for 10 minutes.
5. Add in cooked pasta

CCP: Heat to a minimum internal temperature of 74°C for 1 minute.

CCP: Hold for hot service at 60°C or higher until needed.

To serve: Portion 250 mL soup into a serving bowl. Serve immediately.