



Total Time
45 MIN.

Serving Size
1 "MUFFIN" 120 G (4OZ)

Difficulty
MEDIUM

Feature Product: Campbell's® Condensed Reduced Sodium Tomato soup, code #18987

Yields
30

INGREDIENTS

	WEIGHT	MEASURE
Vegetable oil	2 tbsp	30 mL
Onion, chopped	5 cups	1 1/4 L
Garlic, minced	2 tbsp	30 mL
Lean ground beef	7.5 lbs	3 1/2 kg
*Campbell's Condensed Reduced Sodium Tomato soup	1 48 oz can	1 1.36 L can
Bread crumbs, whole wheat, dry	3.75 cups	950 mL
Liquid eggs*	1 1/2 cups	375 mL
Dried paprika	2 tbsp	30 mL
Dried oregano	1 tsp	5 mL
Black pepper, ground	2 tsp	10 mL

Non-stick cooking spray

*equivalent to 6 medium eggs

INSTRUCTIONS

1. Heat oil in a skillet over medium-high heat and sauté onions until brown and caramelized.
2. Add in garlic and continue to sauté for an additional 2-3 minutes.
3. In a large bowl, mix together ground beef, soup, spices, breadcrumbs, egg and 2/3 of the onions. Save 1/4 cup (60 mL) of soup for later.
4. Spray muffin tin with non-stick cooking spray. Using a #8 scoop, portion beef mixture into muffin cups.
5. In a 400°F/205°C oven, bake for 25 minutes.
6. Remove from the oven. Brush tops with remaining tomato soup and add the remaining 1/3 of chopped onions over the top of each muffin.
7. Bake for an additional 5 minutes or until reaches an internal temperature of 165°F(75°C).

CCP: Hold hot at 140°F (60°C) or higher for service.



Tip

Note:

can also be prepared in traditional loaf pans. Cook at 325°F (165°C) convection oven for 55-60 minutes or until cooked through to an internal temperature of 165°F (74°C) or higher for 15 seconds. and top is slightly browned. Let stand at least 20 minutes before slicing.