



Nutrition Facts

Serving Size		1 bowl
Amount Per Serving		
Calories 510		
		% Daily Value
Total Fat	13g	20%
Saturated Fat	3g	15%
Cholesterol	15mg	5%
Sodium	1950mg	81%
Total Carbohydrate	85g	28%
Dietary Fiber	8g	32%
Protein	16g	32%
Vitamin A	%	Vitamin C %
Calcium	%	Iron %



Total Time
80 MIN.

Serving Size
1 BOWL

Difficulty
MEDIUM

Yields
16

Packed with earthy mushrooms, nutty grains simmered in Harvest Butternut Squash Soup and healthy greens, this rich vegetarian power bowl is drizzled with a simple but tasty miso dressing.



Tip

- Alternatively, sauté mushrooms to order.
- For a gluten-free bowl, use tamari instead of soy sauce.

Serving Tips:

INGREDIENTS

WEIGHT

MEASURE

Campbell's Signature Harvest Butternut Squash Soup	1 pouch (8 cups/4 lb)	1 pouch (1.81 kg)
Red quinoa	2 cups	500 mL
Mirin	1 cup	250 mL
Soy Sauce	1/2 cup	125 mL
Minced fresh ginger	1/4 cup	60 mL
Minced garlic	3 tbsp	45 mL
Par-cooked brown rice	4 cups	1 L
Canola oil	1/3 cup	75 mL
Cremeni mushrooms, sliced	2 lbs	1 kg
Shiitake mushrooms, stems removed and sliced	1 lb	500 g
Oyster mushrooms, sliced	1/2 lb	250 g
Enoki mushrooms		
Each salt and pepper	2 tsp	10 mL
Rice wine vinegar	1 cup	250 mL
White miso paste	1/2 cup	125 mL
Soy sauce	1/3 cup	75 mL
Minced fresh ginger	2 tbsp	30 mL
Honey	2 tbsp	30 mL
Sesame oil	2 tbsp	30 mL
Microgreens, divided	20 cups	5 L



INSTRUCTIONS

1. **Brown Rice and Red Quinoa:** In large saucepan, bring soup to simmer. Stir in red quinoa, mirin, soy sauce, ginger and garlic. Cover and cook for 18 to 20 minutes, stirring ever 5 minutes; add brown rice. Cover and cook, stirring every 5 minutes, for 15 to 20 minutes or until rice and quinoa are tender and most of the liquid is absorbed. Let stand for 5 minutes and fluff with fork. Let cool completely. (Makes 12 cups/3 L.)
 2. **Sautéed Mushrooms:** Heat oil in large rondeau or tilt fryer set over medium-high heat. Sauté mushrooms, salt and pepper for 8 to 10 minutes or until golden brown and tender. Hold for service.
 3. **Miso Dressing:** Whisk together rice wine vinegar, miso, soy sauce, ginger, honey and sesame oil. Can be prepared 24 hours in advance and refrigerated. (Makes 2 cups/500 mL.)
- Serving:** Toss together 3/4 cup (175 mL) rice and quinoa with 1 cup (250 mL) microgreens. Transfer to serving bowl. Top with 1/2 cup (125 mL) mushrooms. Sprinkle 1/4 cup (60 mL) microgreens over top. Drizzle with 2 tbsp (30 mL) dressing.