

# TOMATO SOUP WITH TOASTED SESAME & YOGURT MADE WITH CAMPBELL'S® CONDENSED TOMATO SOUP



Total Time  
**30 MIN.**

Serving Size  
**250 ML**

Difficulty  
**EASY**

A Mediterranean inspired soup that fuses the flavors of tomato, Greek yogurt, tahini, and toasted sesame.

Yields  
**12**

## INGREDIENTS

## WEIGHT

## MEASURE

Campbell's® Condensed Tomato Soup	1 can	
water	4 cups	1 L
tahini paste	1/2 cup	120 L
kosher salt	1 1/4 tsp	6 1/4 mL
black pepper, ground	1/2 tsp	2 mL
plain nonfat Greek yogurt	2 cups	500 mL
sesame seeds, toasted	2 tbsp	30 mL

## INSTRUCTIONS

1. Combine Campbell's® Condensed Tomato Soup, water, tahini, salt and pepper in large sauce pot.
2. Simmer for 10-12 minutes over medium heat.  
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.
3. To Serve: Portion 250 mL soup into serving bowl. Garnish each portion with a dollop of sour cream and sesame seeds. Serve immediately.

## Nutrition Facts

Serving Size 250 mL

### Amount Per Serving

**Calories** 176

% Daily Value

**Total Fat** 6.3g **10%**

**Saturated Fat** 0.9g **5%**

**Cholesterol** 2mg **1%**

**Sodium** 685mg **29%**

**Total Carbohydrate** 22.9g **8%**

**Dietary Fiber** 2.1g **8%**

**Protein** 7.7g **15%**

Vitamin A % Vitamin C %

Calcium 9% Iron 10%