



WELLNESS SOUPS MADE EASY

Our Lentil Vegetable soup is a hearty blend of zucchini, lentils, butternut squash, carrots and diced tomatoes in a savoury broth seasoned with onion and garlic.

Eating Smart®
Lentil Vegetable



WELLNESS SOUPS, AMAZING FLAVOUR

Give your patrons a satisfying bowl of goodness with a homemade style, that is both nutritious and delicious with Campbell's® Eating Smart® soup.



FEATURES AND BENEFITS:

- 480 mg or less of sodium per 250 mL (1 cup) serving
- Low fat – 3 g or less per 250 mL (1 cup) serving
- The most frequently served soups in Canadian hospitals¹
- Cream varieties (9) are blended and suitable for pureed menus
- 9 Vegetarian options
- Easy preparation and handling whether using conventional retherm or cold plating system

¹Direct Link 2015



Eating Smart®
Cream of Carrot



19466

Beef Noodle

Chock full of beef and curly broad egg noodles, this delicious soup is simmered in a hearty beef broth.



19467

Chicken Noodle

A definite favourite with finely diced chicken, spoon-sized egg noodles, soft carrots and celery.



21618

Lentil Vegetable

A hearty blend of zucchini, lentils, butternut squash, carrots and diced tomatoes in a savoury broth seasoned with onion and garlic.



19478

Minestrone

An authentic combination of vegetables, beans and pasta shells simmered in a flavourful tomato broth.



19479

Turkey Vegetable with Pasta

Tender turkey and vegetables in a light chicken broth with acini di pepe pasta.



19481

Vegetable

A zesty tomato broth combined with a variety of vegetables.



19480

Vegetable Beef with Barley

A hearty soup combining a homestyle blend of vegetables, barley and finely diced beef in a rich beef broth.

Format: Frozen Ready-to-Cook Pouch

Pack: 4 x 3.6 kg (8 lb) pouch
Case Yield: 64 x 8 oz servings
or 85 x 6 oz servings
Pouch Yield: 128 oz per pouch





✓ Cream of Broccoli

Pureed broccoli in a lightly seasoned cream base.



✓ Cream of Carrot

A smooth and creamy blend of pureed carrots, lightly seasoned and simmered to perfection.



✓ Cream of Cauliflower

A delicious blend of pureed cauliflower and cabbage seasoned with onion and garlic.



✓ Cream of Celery

Delicate texture and flavour make this mildly spiced soup a pleasing favourite.



✓ Cream of Chicken

This low fat version is a tasty selection any day of the week.



✓ Cream of Mushroom

A pureed cream soup bursting with mushroom flavour.



✓ Cream of Potato

Delicate and creamy, this lightly seasoned soup is perfect on any menu.



✓ Cream of Tomato

A smooth and creamy favourite from Campbell.



✓ Cream of Vegetable

Smooth and creamy, this velvety soup features pureed vegetables with a hint of onion.

SOUP NUTRITION AT-A-GLANCE INDEX



Calorie Watch

100 calories or less per serving.



Low-Fat

Each serving contains 3 g of fat or less.



Source of Fibre

2 g of fibre or more per serving.



Sodium Watch

480 mg or less of sodium per serving.



Serving of Fruits and/or Vegetables

At least 1 full serving of fruits and/or vegetables per serving.



Vegetarian

Lacto-ovo-vegetarian: May include milk or milk products and eggs, but excludes meat, poultry, fish and seafood.



Vegan

Excludes any use of meat, poultry, fish, seafood, eggs, dairy and honey.

MORE WELLNESS SOUP OPTIONS

premium dry soup

Format: Shelf Stable Pouch

Pack: 4 pouches per case



Harvest Vegetable

A classic vegetable medley, loaded with garden potatoes, carrots, onions, red bell peppers, corn, green beans and zucchini, and spiced to perfection. 580 oz/case.



Hearty Chicken Noodle

This hearty soup blends delicate pasta with plenty of carrots, onions, celery and tender chicken. 632 oz/case.



Lasagna Soup with Beef

Rich and hearty, this delectable soup is comfort in a bowl...abundant with tender noodles, tomatoes, onions, savoury beef and spices. 576 oz/case.



Creamy Potato & Leek

A delicious blend of potatoes, onions and leeks in a creamy velvet base. Simply irresistible. 608 oz/case.



Traditional Minestrone

This time-honoured recipe boasts of seashell pasta, onions, carrots, celery, peas, zucchini, spinach and kidney beans in a zesty tomato broth. A traditional favourite that's sure to please. 568 oz/case.



Country Vegetable, Beef & Barley

The perfect blend of barley, bountiful vegetables and tender beef in a delicious beef broth. 564 oz/case.

shelf stable condensed can



Reduced Sodium Tomato

NEW The one you always remembered, now with 40% less sodium than regular tomato. Great as a soup or use as an ingredient in your recipe!



Format: Shelf Stable Condensed Can

Pack: 12 x 1.36 L (48 oz) can

Case Yield: 144 x 8 oz servings

For Wellness recipes that utilize **Campbell's®** Condensed Reduced Sodium Tomato Soup like **Italian Vegetable & Bean Soup, Tomato Barley Soup, Tomato Herb Florentine, Chicken Parmesan Soup** and more — go online to **CampbellHealthcare.ca**, click on Recipes and Presentation Ideas.

Campbell's

SIGNATURE SOUPS



Harvest Vegetable

21789

A hearty vegetable soup made with Great Northern beans, garbanzo beans, red beans, zucchini, spinach and sweet peas in a tangerine tomato broth.

Format: Frozen Condensed Tub

Pack: 3 x 1.81 kg (4 lb) tub

Case Yield: 48 x 8 oz servings



LOOK TO CAMPBELL FOR SOLUTIONS THAT MEET YOUR HEALTHCARE MENU PLANNING NEEDS

CampbellsFoodService.ca 1-800-461-SOUP (7687) CampbellsHealthcare.ca

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