

# GET YOUR VEGGIES with V8®!



*Campbell's*   
**FOODSERVICE** AWAY FROM HOME DIVISION  
DRIVEN BY TASTE, POWERED BY SOLUTIONS.

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**Campbell's® Foodservice** is  
delighted to provide you with  
unique recipes using **V8®**  
**Vegetable Cocktail.**

**“Get your veggies with V8®”**



EAT Your Vegetables/  
Get Your Daily Servings



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# “Get your Veggies” by including V8® Beverages and Recipes with V8 on your menu



EAT Your Vegetables/  
Get Your Daily Servings

**Try these delicious recipes from Campbell's® using V8® Vegetable Cocktail:**

## **Beverages:**

- Veggie Mary (V8 Bloody Mary variation)

## **Summer Soups made with V8:**

- Cool, Cool Gazpacho
- Chilled Summer Vegetable Soup

## **Globally Inspired Entrees made with V8:**

- Argentinean Beef Stew
- African Bean Stew
- Yucatan Seafood Stew
- Pasta with Robust Bolognese Sauce

## **Sauces, Salad Dressing and Marinades**

- Roasted Tomato & Fennel Sauce
- Tomato Herb Dressing
- Sweet 'n Tangy Marinade

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# Veggie Mary

**Yields:** 4 servings    **Serving Size:** 8 oz/250 mL

**Prep Time:** 3 min.    **Cook Time:** none



A refreshing beverage made with delicious **V8® Vegetable Cocktail**.

**Feature Product:** **V8® Vegetable Cocktail**, 12/48oz, #00336

INGREDIENTS	IMPERIAL	METRIC	METHOD
<b>V8 Vegetable Cocktail</b>	4 cup	1 L	1. In a glass, combine all ingredients.  CCP: Refrigerate <b>V8 Vegetable Cocktail</b> below 40°F (4°C) at least 4 hours before serving.
Worcestershire Sauce	1 tsp	5 mL	
Hot sauce	1 tsp	5 mL	
Celery, stalk	4	4	2. Garnish each drink with one celery stalk.



**V8 Bloody Mary option:**  
Add 1 oz vodka to each beverage!



# Cool, Cool Gazpacho



This classic summer vegetable soup features **V8® Vegetable Cocktail** and is chock full of onion, pepper, cucumber and tomatoes, along with spiced garlic and pepper.

# Cool, Cool Gazpacho

**Yields:** 24 servings    **Serving Size:** 8 oz/250 mL  
**Prep Time:** 30 min.    **Cook Time:** none



Feature Product: **V8® Vegetable Cocktail, 12/48 oz, #00336**

INGREDIENTS	IMPERIAL	METRIC	METHOD
Tomatoes, diced, canned or fresh	2 ½ qt	2.5 L	1. In large container with a lid, combine all ingredients.
<b>V8 Vegetable Cocktail</b>	2 qt	2 L	
Cucumber, peeled and seeded, diced	4 cups	1 L	2. Cover.
Sweet onion, finely chopped	1 cup	250 mL	
Bell pepper, yellow, and green, diced	1 cup	250 mL	3. Garnish with sticks of cucumber, celery ribs, pickled onions, fresh herb sprigs, etc.
Parsley, minced	½ cup	125 mL	
Vinegar, cider	½ cup	125 mL	CCP: Refrigerate below 40°F (4°C) at least 4 hours before serving.
Garlic, minced	3 tbsp	45 mL	
Hot red pepper sauce	2 tbsp	30 mL	

# Chilled Summer Vegetable Soup



This cool soup  
features **V8®**  
**Vegetable Cocktail**  
with summer flavours  
including zucchini,  
carrots, garlic,  
onion, corn,  
scallions, tomato  
and basil.

# Chilled Summer Vegetable Soup

**Yields:** 24 servings    **Serving Size:** 8 oz/250 mL

**Prep Time:** 35 min.    **Cook Time:** 10 min.



Feature Product: **V8® Vegetable Cocktail, 12/48 oz, #00336**

INGREDIENTS	IMPERIAL	METRIC	METHOD
Vegetable oil	2 tbsp	30 mL	1. In large skillet heat oil over medium-high heat; add onions and sauté 4 minutes, stirring often. 2. Stir in garlic and continue cooking 2 minutes. 3. Add carrots and cook 2 minutes, stirring often. 4. Add zucchini to skillet and continue to cook 3 minutes, until vegetables are crisp-tender. Remove from heat.
Sweet onion, chopped	1 cup	250 mL	
Garlic, minced	2 tbsp	30 mL	
Carrots, chopped	3 ½ cups	875 mL	
Zucchini, diced	4 cups	1 L	5. Stir in <b>V8 Vegetable Cocktail</b> , lemon juice and zest. Place in container with lid.
<b>V8 Vegetable Cocktail</b>	3 qt	3 L	
Lemon juice	1/3 cup	80 mL	
Lemon, zest	2 tbsp	30 mL	6. Mix corn, tomatoes, scallions, basil and pepper sauce into soup mixture. Place in container with lid.  CCP: Refrigerate below 40°F (4°C) at least 4 hours before serving.
Corn kernels, frozen, thawed, drained	3 cups	750 mL	
Tomatoes, canned, diced	2 cups	500 mL	
Scallions, thinly sliced	1 cup	250 mL	
Basil leaves, fresh, julienned	1 cup	250 mL	
Hot red pepper sauce	1 tbsp	15 mL	7. Garnish with sticks of cucumber, celery ribs, pickled onions, fresh herb sprigs, etc.



# Argentinean Beef Stew



*Campbell's*  
CLASSIC SOUPS

Beef is the centre of this hearty stew enhanced with smoked paprika, garlic, **V8® Vegetable Cocktail** and filled with corn, apricots, peppers and cilantro.

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# Argentinean Beef Stew

Yields: 24 Servings

Serving Size: 1 cup (250 mL)

Prep Time: 30 min.

Cook Time: 60- 70 min.

Featured Products: **V8® Vegetable Cocktail**, 12/48 oz (1.36 L), #00336  
or 1.89 L plastic bottle, #15650

**Campbell's® Condensed Beef Consommé**, 12/48 oz, #01046



INGREDIENTS	IMPERIAL	METRIC	METHOD
Oil, vegetable Beef, chuck, boneless, ¾ inch pieces Paprika, smoked	3 tbsp. 3 lbs 1 ½ Tbsp	45 mL 1.4 kg 25 mL	1. Heat oil in a large pot over medium-high heat; add beef and sauté until well browned on all sides, about 6 minutes. Stir in paprika and continue to cook 2 minutes, stirring often.
Onions, sweet, minced Peppers, bell, green and red, diced Carrots, diced Garlic, minced <b>V8® Vegetable Cocktail</b> <b>Campbell's® Beef Consommé,</b> <b>48 oz. condensed, canned</b> Water	6 cups 6 cups 4 cups 3 Tbsp 12 cups 2 cups 2 cups	1.5 L 1.5 L 1 L 45 mL 3 L 500 mL 500 mL	2. Add onions and continue cooking for 5 minutes. Stir in peppers, carrots and garlic and continue cooking for 5 minutes.  3. Stir in <b>V8® Vegetable Cocktail</b> , <b>Beef Consommé</b> and water and bring to a boil; reduce heat to simmer and simmer on low for 60-75 minutes or until beef is tender, adding water as necessary if mixture gets too thick.
Corn, frozen, kernels Apricots, dried, julienned Cilantro Vinegar, sherry	1.25 lbs 3 cups 1 cup 3/4 cup	600 g 780 mL 280 mL 175 mL	4. Add corn and apricots and continue cooking 15-20 minutes.  5. Mix in cilantro and vinegar. CCP: Heat to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
Oil, chili, optional Cilantro, fresh, minced	2 tbsp as needed	30 mL	6. To Serve: For each serving, ladle 1 cup (250 mL) stew into a bowl and drizzle ½ tsp (3 mL) chili oil, if desired, over top of soup and sprinkle with cilantro, as desired to garnish.

# African Bean Stew



Simple ingredients come together in an unusual way using **Pace®** **Chunky Salsa** to create a filling vegetarian stew teeming with beans, sweet potatoes and a hint of cinnamon and molasses.

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# African Bean Stew

Yields: 24 Servings

Serving Size: 8 fl oz (250 mL)

Prep Time: 20 min.

Cook Time: 60 min.

Featured Products: **Pace® Chunky Salsa - Mild**, 138 fl oz (3.7 L), 2 pk #19675; 4 pk #34070  
**V8® Vegetable Cocktail**, 48 oz (1.36 L), 12 pk #00336  
or 1.89 L plastic bottle, 8 pk #15650



INGREDIENTS	IMPERIAL	METRIC	METHOD
Oil, olive	3 Tbsp	45 mL	1. In large pan or stock pot heat oil over medium-high heat; add onions and sauté 4 minutes. Stir in garlic and continue to cook 2 minutes.  2. Add peppers and continue to cook, stirring often, for 5 minutes. Stir in seasonings and cook 3 minutes.
Onion, sweet, chopped	8 cups (2.5 lbs)	2 L (1.1 kg)	
Garlic, chopped	2 Tbsp	30 mL	
Bell Peppers, multi-colour, diced	6 cups	1.5 L	
Chili powder	1 ½ Tbsp	25 mL	
Cinnamon, ground	1 tsp	5 mL	
<b>Pace® Chunky Salsa – Mild</b>	6 cups	1.5 L	3. Pour in <b>Pace® Salsa, V8® Vegetable Cocktail</b> and water or stock and bring to a boil. Reduce heat to simmer.
<b>V8® Vegetable Cocktail</b>	8 cups	2 L	
Water or vegetable stock	4 cups	1 L	
Beans, canned, mixture, drained	12 cups	3 L	4. Add beans, sweet potatoes, molasses and Worcestershire sauce and return to a boil; lower heat and simmer, stirring often, for 30 minutes.  5. Stir in raisins and cilantro and continue simmering 15 minutes, stirring often. CCP: Heat to an internal temperature of 165°F (74°C). or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
Sweet Potatoes, peeled, med. diced	4 cups	1 L	
Molasses	1/4 cup	75 mL	
Worcestershire sauce	1/4 cup	75 mL	
Raisins, dry seedless	2 cups	500 mL	
Cilantro, fresh chopped	½ cup	125 mL	
Cilantro, fresh, minced	½ cup	125 mL	6. To Serve: For each serving, ladle 8 fl oz (250 mL) stew into a soup bowl or mug and top with 1 tsp (5 mL) cilantro and 1 tbsp (15 mL) yogurt to garnish.
Yogurt, Greek-style, non-fat	1 ½ cups	375 mL	
<b>Protein-added Options:</b> Proteins could be added to this stew such as: turkey, chicken, pork, beef, sausage or game.			Topper: Use this stew as a topper for hearty grain dishes using various rices, wild rice, sprouted wheat or couscous.

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# Yucatan Seafood Stew



Travel to Mexico by tasting this seafood-based stew that uses **V8® Vegetable Cocktail** and **Pace® Chunky Salsa** as a base and fills up with black beans, fish, shrimp and corn with a fresh cilantro finish.

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# Yucatan Seafood Stew

Yields: 24 Servings

Serving Size: 8 fl. oz. (250 mL)

Prep Time: 15 min.

Cook Time: 30 min.

Featured Products: **Pace® Chunky Salsa - Mild**, 4/138 oz (3.7 L), 2 pk #19675, 4 pk #34070  
**V8® Vegetable Cocktail**, 48 oz (1.36 L), 12 pk #00336 or 1.89 L, 8 pk #15650



INGREDIENTS	IMPERIAL	METRIC	METHOD
Oil, vegetable	2 tbsp	30 mL	1. In large pot heat oil over medium-high heat; add onions and cook 4 minutes. Add cumin and continue cooking 1 minute. Stir in peppers and sauté 6-8 minutes more.  2. Pour in <b><i>Pace</i>® Salsa, V8® Vegetable Cocktail</b> and water and bring to a boil; reduce heat and simmer stew base 10 minutes.
Onions, sweet, minced	4 lbs	3 L	
Cumin, ground	1 tbsp	15 mL	
Peppers, bell, green and red, diced	8 cups	2 L	
<b><i>Pace</i>® Chunky Salsa - Mild</b>	4 cups	1 L	
<b><i>V8</i>® Vegetable Cocktail</b>	8 cups	1 L	
Water	4 cups	1 L	3. Stir in black beans and corn and return to a simmer; cook 5 minutes.
Beans, black, canned, drained	4 cups	1 L	
Corn, frozen, kernels	4 cups	1 L	
*Fish, white, firm, frozen, 1-in. chunks	2 lbs	900 g	
*Shrimp, medium, peeled, deveined	1.5 lbs	680 g	4. Add fish and shrimp and cook 3-4 minutes. CCP: Heat to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
Cilantro, fresh, minced	1 cup	250 mL	
<b>Optional:</b>			5. Just before service, stir in cilantro.
Sour cream, low-fat, optional	3/4 cup	175 mL	
			6. To Serve: Ladle 8 fl oz (250 mL) stew into a bowl or soup plate. <b>Optional:</b> top with a ½ tbsp (8 mL) dollop of sour cream, if desired.

\* Option: substitute 3 ½ lbs (1.6 kg) seafood medley for the shrimp and white fish.

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# Pasta with Robust Bolognese Sauce



*A new take on a meaty pasta sauce using **V8® Vegetable Cocktail** that adds character and boldness to your signature pasta dish.*

# Pasta with Robust Bolognese Sauce

**Yields:** 50 servings

**Serving Size:** 1 cup/250 mL sauce plus 2 cups/500 mL pasta

**Prep Time:** 20 min.

**Cooking Time:** 90 min.



Feature Product: **V8® Vegetable Cocktail, #00336**

INGREDIENTS	IMPERIAL	METRIC	METHOD
<b>SAUCE:</b>			
Olive oil, divided	1 cup	250 mL	1. In large saucepan, heat ½ of oil. Add onion and carrots and sauté for 10-12 minutes or until glazed.
Spanish onion, minced	12 cups	3 L	
Carrot, peeled, finely diced	10 cups	2.5 L	2. Add garlic and red pepper flakes and cook 2-3 minutes. Remove vegetables from pan and reserve.
Garlic, peeled, chopped	½ cup	125 mL	
Red pepper flakes, crushed	3 tsp	15 mL	3. Heat remaining ½ cup of oil. Add beef and pork. Cook until brown and crumbly. Drain mixture to remove excess fat.
Beef, ground, lean	8 lbs	3.6 kg	
Ground Pork	8 lbs	3.6 kg	4. Add the reserved onion mixture to the drained meat mixture.
<b>V8 Vegetable Cocktail</b>	7 x 48 fl oz can	7 x 1.36 L can	
Tomato paste	2 cups	500 mL	5. Add <b>V8 Vegetable Cocktail</b> and tomato paste. Bring to a boil.
Italian seasoning	3 tsp	15 mL	
Fresh parsley, chopped	2 cups	500 mL	6. Reduce heat and simmer sauce for 1 ½ hours or until rich and thick.
Fresh basil leaves, shredded	2 cups	500 mL	
Salt	To taste		7. Add herbs and season to taste. Serve hot.
Cooked Penne Pasta	18 lbs (25 qts)	8 kg (25 L)	8. Toss hot pasta with hot sauce.
Parmesan cheese, grated	3 cups	750 mL	9. Garnish each serving with 1 tbs. parmesan cheese.

## Serving Suggestions

- Substitute ground turkey for ground beef and pork.
- Substitute favourite pasta such as Bow-tie, rotini or cavatapi.
- Add dash of cayenne for added heat.

# Roasted Tomato & Fennel Sauce

**Yields:** 50 servings    **Serving Size:** 1 oz/30 mL  
**Prep Time:** 15 min.    **Cooking Time:** 45 min.



## Feature Product: **V8® Vegetable Cocktail, #00336**

*This hearty tomato sauce with added flavours from fennel provides a robust sauce that is an excellent addition to any menu.*

INGREDIENTS	IMPERIAL	METRIC	METHOD
Roma Tomatoes, quartered	9 ea.	9 ea.	1. Preheat oven to 350°F (175°C)
Fennel Bulb, finely diced	3 bulbs	3 bulbs	
Fennel Seed, dry	1 tbsp	15 mL	2. Toss tomatoes, fennel bulb, fennel seed and Italian seasoning with olive oil.
Italian Seasoning	1 tbsp.	15 mL	
Olive Oil	1/3 cup	75 mL	3. Roast for 30-40 minutes or until fennel is tender.
<b>V8 Vegetable Cocktail</b>	4 cups	1 L	4. Blend tomatoes and fennel with <b>V8 Vegetable Cocktail</b> .
			5. Heat gently. Hold hot at 140°F (60°C) or higher for service.

## Serving Suggestions

- Serve over chicken, pork or beef, or on a bed of al-dente pasta.
- Use heirloom tomatoes for richer flavour instead of Roma tomatoes.
- Add heat with a dash of cayenne pepper or roasted jalapeno.



# Tomato Herb Dressing

**Yields:** 50 servings    **Serving Size:** 1.5oz/45 mL

**Prep Time:** 10 min.    **Cooking Time:** N/A



## Feature Product: **V8® Vegetable Cocktail**, #00336

*This savoury, flavourful dressing is a great option as your signature house dressing.*

INGREDIENTS	IMPERIAL	METRIC	METHOD
<b>V8 Vegetable Cocktail</b>	1.32 qt.	1.25 L	1. Add <b>V8 Vegetable Cocktail</b> , vinegar, garlic and mustard in a large mixing bowl and whisk to blend,
Red wine vinegar	¾ cups	175 mL	
Garlic, roasted and minced	½ cup	125 mL	
Dijon Mustard	3 tbsp	45 mL	
Olive Oil	2 cups	500 mL	2. Add olive oil slowly, and whisk to blend.
Italian herb blend, dry	3 tbsp	45 mL	3. Add the herb blend, salt and pepper, and stir to mix
Salt	2 tbsp	30 mL	
Pepper	1 tbsp	15 mL	

## Serving Suggestions

- Toss in a bowl with mixed greens, fresh baby tomatoes, and thinly sliced cucumbers for a simple ready-to-eat salad.
- Excellent as a marinade for fish fillets
- Add more flavour by using fresh oregano, basil, thyme and/or rosemary.

# Sweet n' Tangy Marinade

**Yields:** 50 servings    **Serving Size:** 2oz/50 mL  
**Prep Time:** 10 min.    **Cooking Time:** N/A



## Feature Product: **V8® Vegetable Cocktail, #00336**

*An infusion of tangy flavours with a sprinkle of sweetness creates a unique marinade.*

INGREDIENTS	IMPERIAL	METRIC	METHOD
<b>V8 Vegetable Cocktail</b>	14 cups	3.5L	1. Whisk together <b>V8 Vegetable Cocktail</b> , tomato paste, vinegar, spice rub mixture in a covered container.
Tomato Paste	1 cup	250 mL	
Cider Vinegar	1 ¼ cups	300 mL	2. Melt brown sugar in pot and slowly add to mixture, stirring constantly
BBQ Dry Spice Rub	1 ½ cups	375 mL	
Brown Sugar	2 cups	500 mL	3. Whisk in olive oil and green onions to finish,  4. Cover and refrigerate for at least 2 hours before using
Olive oil	1 cup	250 mL	
Green onion, chopped	4 cups	1L	

## Serving Suggestions

- Marinate lean cuts of meat, fish or poultry before grilling
- Drizzle over freshly tossed greens for an added twist of flavour.
- Add lemon or lime juice for a zesty punch.
- Add cayenne or chili powder for extra heat

What will you make of it?<sup>TM</sup>



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