

**VEGAN menu
ITEMS ARE AT
A PREMIUM.
MAKE THE most
OF THEM.**

Campbell's

SIGNATURE SOUPS

CAMPBELL'S® SIGNATURE VEGAN VEGETABLE

Product Code: 20543 Format: Frozen Ready-to-Serve Pouch Pack: 4 x 1.81 kg (4 lb)

Give Vegans more of what they want. Chock-full of carrots, tomatoes, Great Northern beans and red lentils, this hearty-homestyle soup is slow simmered with aromatic herbs and a dash of balsamic vinegar for a sweet, savoury finish.

WHY SHOULD THIS SOUP BE ON YOUR MENU?

Carefully crafted:

Full of what your guests love. We carefully select only quality ingredients and leave out anything unnecessary.

Demand for Vegetarian options:

35% of patrons claim restaurants should offer at least 1 vegetarian soup*

Only quality ingredients:

Providing classic taste with homemade appearance

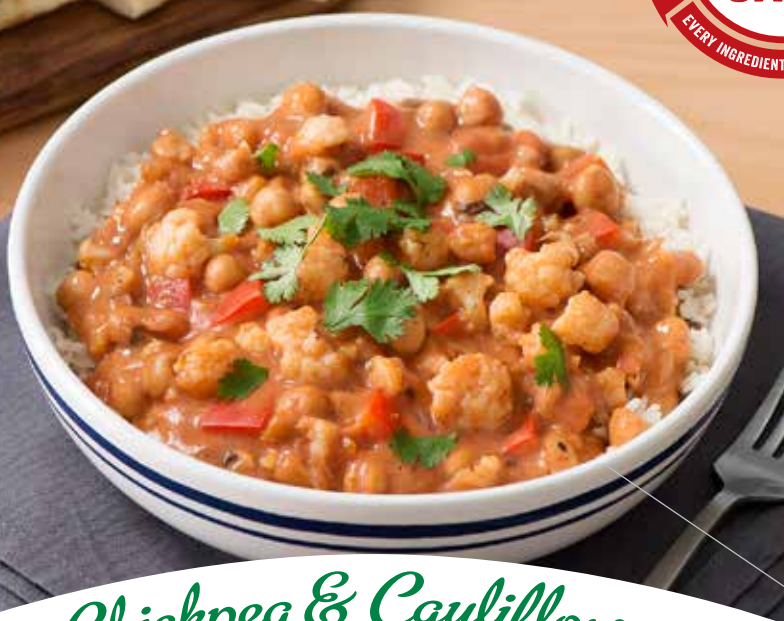
Profitable option:

Guests are willing to pay more for items with servings of vegetables

* Source: Technomic, Inc., The Left Side of the Menu: Soup & Salad Consumer Trend Report (2016)

C
CRAFTED
with
CARE

EVERY INGREDIENT EARNS ITS PLACE



Chickpea & Cauliflower Curry

PREP TIME: 25 MINS • COOK TIME: 30 MINS

TOTAL TIME: 55 MINS • MAKES: 12 SERVINGS

For this and other great recipes, please visit:
campbellsfoodservice.ca

**DECREASE LABOUR,
PREPARATION AND
STORAGE COSTS.**

With creamy coconut milk and Indian curry paste, this soothing curry makes a warm and inviting vegan dish on any menu.

Campbell's
FOODSERVICE

MADE TO SERVE™

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Vegan African Peanut Stew

PREP TIME: 15 MINS • COOK TIME: 25 MINS

TOTAL TIME: 40 MINS • MAKES: 8 SERVINGS

WITH CROWD-PLEASING MEXICAN *flavours*, THIS TASTY STEW WILL ATTRACT MEAT LOVERS, TOO!

2 **tblsp** (30 mL)
6 **cups** (1.5 L)
1 ½ **cups** (375 mL)
2 **tblsp** (30 mL)
2 **tsp** (10 mL)
½ **tblsp** (7.5 mL)
1 **tsp** (5 mL)
½ **tsp** (3 mL)
1 **pouch** (1.81 kg/4 lb)
1 **cup** (250 mL)
3 **cups** (750 mL)
1 **can** (540 mL)
¾ **cup** (185 mL)

Serving:

1
¾ **cup** (185 mL)
¼ **cup** (60 mL)
12

canola oil
diced butternut squash
diced onions
minced garlic
ground cumin
dried oregano
smoked paprika
each salt and pepper
Campbell's® Signature Vegan Vegetable Soup
water
cooked quinoa
black beans, drained and rinsed
corn

ripe avocado, thinly sliced
finely chopped tomatoes
finely chopped green onions
lime wedges

1. Heat oil in large rondeau set over medium heat; cook squash and onions for 3 to 5 minutes or until slightly softened. Add garlic, cumin, oregano, smoked paprika, salt and pepper. Cook, stirring, for 3 to 5 minutes or until fragrant.
2. Stir in Signature Vegan Vegetable Soup; bring to simmer, stirring often. Stir in 1 cup (250 mL) water, quinoa, black beans and corn. Cook for 15 to 20 minutes or until stew is thickened. Keep warm for service. Makes 16 cups (4 L) stew.

Serving: Ladle 1 cup (250 mL) stew into serving dish. Top with 0.4 oz (11 g) avocado slices, 2 **tblsp** (30 mL) tomatoes and 1 **tsp** (5 mL) green onions. Serve with lime wedge.

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RICH AND VELVETY, THIS HEARTY AND *nutritious*. VEGAN STEW IS PACKED WITH *flavour* AND TEXTURE.

¼ **cup** (60 mL)
4 **cups** (1 L)
4 **tsp** (20 mL)
4 **tsp** (20 mL)
2 **tsp** (10 mL)
2 **tsp** (10 mL)
2 **tsp** (10 mL)
1 **tsp** (5 mL)
1 **pouch** (1.81 kg/4 lb)

6 **cups** (1.5 L)
1 **cup** (250 mL)
1/3 **cup** (80 mL)

Serving:

1 **cup** (250 mL)
½ **cup** (125 mL)

canola oil
diced sweet potato (about ½-inch dice)
minced garlic
minced ginger
ground cumin
ground coriander
paprika
hot pepper flakes
Campbell's® Signature Vegan Vegetable Soup
chopped collard greens
chunky peanut butter
lemon juice

finely chopped toasted peanuts
finely chopped cilantro

1. Heat oil in large rondeau set over medium heat; cook sweet potatoes for about 5 minutes or until slightly softened. Add garlic, ginger, cumin, coriander, paprika and hot pepper flakes. Cook, stirring, for about 5 minutes until fragrant.
2. Stir in soup; bring to simmer, stirring often. Stir in collard greens and peanut butter. Cook for 15 to 20 minutes or until sweet potatoes and collard greens are tender and stew is thickened. Stir in lemon juice. Keep warm for service. (Makes 11 cups/2.6 L).

Serving: Ladle 1.5 cups (345 mL) stew into serving bowl. Top with 2 **tblsp** (30 mL) peanuts and 1 **tblsp** (15 mL) cilantro.



Vegan Mexican Quinoa Stew

PREP TIME: 20 MINS • COOK TIME: 30 MINS

TOTAL TIME: 50 MINS • MAKES: 16 SERVINGS

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