

Welcome

Campbell's Kitchen



Hi!

My name is Cindy, and I head up Campbell's Kitchen. For over 17 years I have worked with my team to create great-tasting recipes for families across America.

Over the years, Campbell's Kitchen staff has developed a friendship with America's cooks. We develop and send out recipes, and in turn, our friends share their creations with us. My colleagues exchange ideas with me every day. Through the power of the Internet, our friendships continue to grow.

To create this collection, I teamed up with my friends across the country to bring you our families' favorite recipes. You too can develop your own creations, by substituting ingredients and adding your family's favorite flavors. On the following pages, we'll show you how.

This collection also includes helpful cooking tips and money-saving coupons. We've tucked in information on how you can get free stuff for your kids' school through Campbell's Labels for Education program. I also invite you to sign up for Meal-Mail, a recipe emailed daily from Campbell's Kitchen.

My family cooked with Campbell's soups long before I joined the company. (I can't imagine a holiday dinner without my Aunt Reba's Green Bean Casserole made with Campbell's Cream of Mushroom soup!) For me, creating and sharing recipes from Campbell's Kitchen has been the continuation of a long family tradition.

I hope these recipes make it easier for you to gather your family around the table for a home-cooked meal. And if you have a favorite you'd like to share with me, I'd love to try it for my family.

Fondly,

From the desk of Cindy Ayres



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the Label Lady



Hi, I'm Anne. It seems like only yesterday my children were in school and I participated in Campbell's Labels for Education program. Today, I work for Campbell and I am deeply involved with the program. In fact, my Kids call me the "Label Lady." I love helping parents across the country build better schools for our children.



Participating in the program is easy. Just save labels from Campbell's products and your school can redeem them for free educational, recreational and sporting equipment. The labels I saved over the years helped earn my Kids new computers, software, books and musical instruments.

Campbell's Labels For Education is a no-hassle fundraiser my whole family got involved with. Just save labels from products you already use and love. Labels can be collected and redeemed at any time, and there is no limit to the amount of merchandise your school can earn.

My Kids got so excited about the program when they were little. They tore labels from Campbell's soup cans stocked in my pantry. That often meant grilled cheese sandwiches and Campbell's soup surprise for dinner!

Over the past 29 years, families like ours have helped Campbell's deliver nearly \$100 million in valuable merchandise to our schools. Together, we are building better schools for our children—one label at a time!

Hope to hear from you soon.

Anne

P.S. To learn more, visit labelsforeducation.com or call us at 1-800-424-5331.

From the desk of Anne Pizarro

Making it Yours

Hi! My name is Andrea, and I'm the mother of three boys, Liam (7), Patrick (9), and Daniel (11). I work for Campbell part-time. My job is to meet with people like you and me who use Campbell's products, and gather their opinions. I ask questions about new product ideas, new soup flavors, advertising and recipes.

Many of the folks I speak to are moms who, like me, are pressed for time but still want to prepare delicious, homemade meals for their families. With my three boys—four, including my husband—I know how important it is to catch up with family at the dinner table.

That's where Campbell's recipes can help. In just 20 minutes or less, I can prepare a home cooked meal I know my family will love. My boys especially love moist and creamy dishes like Tasty 2-Step Chicken, made with Campbell's Cream of Mushroom soup. I can add my personal touch to make it fit the many tastes of my hungry gang. My son Daniel loves when I add broccoli and serve it with noodles. My husband Ed likes it served over pasta with garlic and extra mushrooms.

I just know these recipes will please your family as much as they do mine. Many can be made in two easy steps, with tips on how to add ingredients you probably have on hand to make the dish your very own.

Enjoy these delicious ways to bring your family together for dinner!

Andrea Mulligan



2-Step Recipes

<http://www.campbellskitchen.com>

Campbell's

kitchen

Kitchen Table

Open Your Recipe Box

Sign Up for Meal-Mail

find a recipe

SEARCH

ADVANCED SEARCH



[ADD] Your recipe box
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[PRINTER FRIENDLY FORMAT]

o.k., what's for dinner tomorrow night?

Sign up for **Meal-Mail** and you'll get great tasting, easy to prepare recipes in your email box everyday! What could be easier? Click here to **sign up**.



CAMPBELL'S® 2-STEP GARLIC PORK CHOPS

PREP/COOK TIME: 20 MIN. • SERVES 4

1. BROWN



1 CLOVE

4 BONELESS PORK CHOPS WITH MINCED GARLIC.

2. ADD



SOUP & MILK. COVER & SIMMER UNTIL DONE. SERVE WITH COUSCOUS OR RICE.

*ALSO DELICIOUS WITH CREAM OF MUSHROOM WITH ROASTED GARLIC SOUP; OMIT GARLIC.



Visit a *Campbell's*, site...



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Notes:

Campbell's
2-Step Inside-Out Chicken Pot Pie



PREP/COOK TIME: 20 MIN.
SERVES 4

1. BROWN



1 LB. CUT UP BONELESS CHICKEN BREASTS.

2. ADD



FROZEN VEGETABLES & SOUP. COVER & SIMMER UNTIL DONE. SERVE ON BISCUITS.

Notes:

Also Great with Cream of Mushroom!



C
KING

CAMPBELL'S®
TASTY 2-STEP CHICKEN
PREP/COOK TIME: 20 MIN. • SERVES 4

1. BROWN



4 BONELESS CHICKEN BREASTS.

2. ADD



SOUP & WATER. COVER & SIMMER UNTIL DONE.

FOR A CREATIVE TWIST...

REPLACE WATER WITH...
MILK

THEN ADD...
1/2 TSP. DRIED THYME LEAVES

For more of these ideas, go to cambellskitchen.com under the label or visit our website.

Added some chili powder last week after browning and it was a Big Hit.

Campbell's

kitchen

Kitchen Table

Open Your Recipe Box

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find a recipe

SEARCH

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o.k., what's for dinner tomorrow night?

Sign up for **Meal-Mail** and you'll get great tasting, easy to prepare recipes in your email box everyday! What could be easier? Click here to **sign up**.



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CAMPBELL'S® 2-STEP ITALIAN BURGER MELT
PREP/COOK TIME: 25 MIN. • SERVES 6

<p>1. MIX</p>  <p>← 1 TSP.</p> <p>SOUP, WATER AND OREGANO. POUR OVER 6 HAMBURGERS.</p>	<p>2. TOP</p>  <p>WITH CHEESE. BAKE AT 400° F. FOR 20 MIN. SERVE ON ROLLS OR PASTA.</p>
---	--

Visit a *Campbell's*, site... ✓

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The team **LOVES** these after the game!



Recipes from Karen

<http://www.campbellskitchen.com>

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Kitchen Table

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o.k., what's for dinner tomorrow night?

Sign up for **Meal-Mail** and you'll get great tasting, easy to prepare recipes in your email box everyday! What could be easier? Click here to **sign up**.



[ADD] Your recipe box
[SHARE] with a friend
[PRINTER FRIENDLY FORMAT]



CAMPBELL'S® SPEEDY 2-STEP BEEF STROGANOFF

PREP/COOK TIME: 20 MIN. • SERVES 4

1. BROWN



1 LB. GROUND BEEF.

2. ADD



SOUP, SOUR CREAM, MILK AND WORCESTERSHIRE. HEAT THROUGH. SERVE ON NOODLES.

FOR A CHANGE OF PACE, ADD 1 CAN OF SLICED MUSHROOMS.

Visit a *Campbell's*, site...



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Brett loves these wrapped in flour tortillas with taco-flavored cheese!

Karen & Brett
Nov. '01 →



Karen's
mom made
this when
she was
a kid!
↓

USED

COOKING

of om

NET WT.
10 3/4 OZ
(305g)

**CAMPBELL'S® SPEEDY
2-STEP BEEF STROGANOFF**
PREP/COOK TIME: 20 MIN. • SERVES 4

1. BROWN	2. ADD
<p>1 LB. GROUND BEEF.</p>	<p>SOUP, SOUR CREAM, MILK AND WORCESTERSHIRE. HEAT THROUGH. SERVE ON NOODLES.</p>

FOR SOMETHING NEW

WHEN BROWNING BEEF ADD: 1/2 CUP CHOPPED ONION	THEN STIR IN: 1 CAN SLICED MUSHROOMS
--	---

For more of these ideas see under the label or visit our website www.campbellskitchen.com

INGREDIENTS: WATER, MUSHROOMS, VEGETABLE OIL, CORN, COTTAGE CHEESE, CANOLA AND/OR SOYBEAN, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM, CONTAINS LESS THAN 2% OF THE FOLLOWING INGREDIENTS: SALT, DRIED WHEY, MONOSODIUM GLUTAMATE, SOY PROTEIN CONCENTRATE, DRIED DAIRY BLEND (WHEY, CALCIUM CASHEINATE), YEAST EXTRACT, SPICE EXTRACT, DEHYDRATED GARLIC
CAMPBELL SOUP COMPANY, CAMDEN, NJ 08105-1701

MICROWAVE

STROGANOFF

PREPARED

5% FAT

10 3/4 OZ

Serv. Cont. Serv. Calo

Per 1/2 cup

Satisfac

Please 1

Contest Winners

Campbell's Paprika Chicken
with Sour Cream Gravy
Prep/Cook Time: 20 min - Serves 4

20 MINUTE RECIPE CHALLENGE
GRAND PRIZE
WINNER!
SECOND ANNUAL



"Campbell's is
my best friend
in the kitchen,"
says wife &
mom Christina
Hurt of Ada, OK.



OOD

WEDNESDAY
JUNE 19, 2002



Campbell's® 20-Minute Recipe Challenge Grand Prize Winner is Christina Hurt of Ada, OK

M'm! M'm! Good! That's what the Campbell's Kitchen staff declared when they tested Christina Hurt's entry in the second annual Campbell's 20-Minute Recipe Challenge. Hurt, who hails from Ada, Oklahoma, took top honors out of thousands of entries received. In addition to claiming the \$20,000 grand prize, she and her winning recipe will be featured on the label of Campbell's® Condensed Cream of Chicken Soup. Eight First Prizes also were awarded.

Hurt's recipe, Paprika Chicken with Sour Cream Gravy, uses Campbell's®

continued on page 7

Campbell's® Paprika Chicken with Sour Cream Gravy

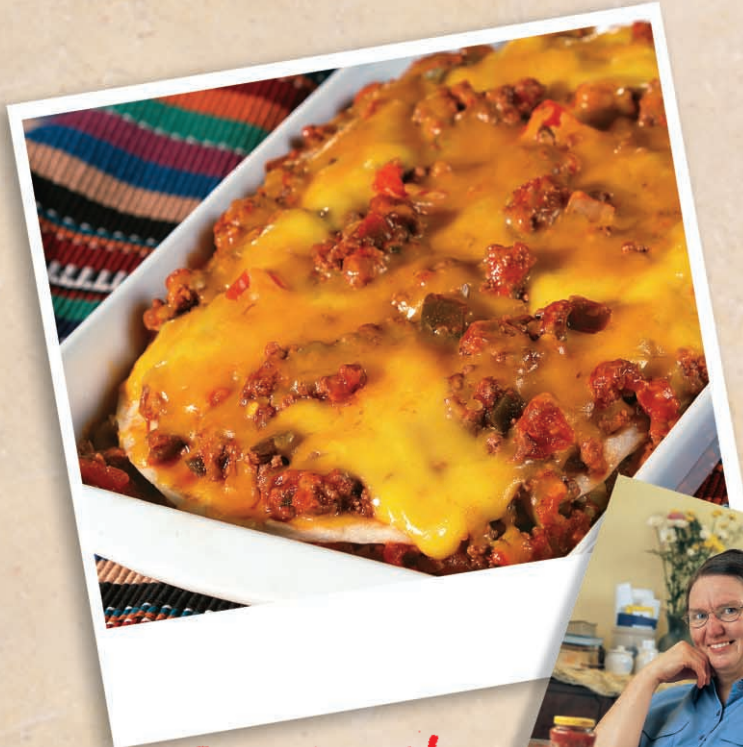
Prep/Cook Time: 20 min.

- 1/2 cup all-purpose flour
- 2 tsp. paprika
- 1 tsp. **each** salt, ground pepper, garlic powder, cayenne pepper
- 4 boneless chicken breast halves
- 1/4 cup butter **or** margarine
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken **or** 98% Fat Free Cream of Chicken Soup
- 1/4 cup sliced green onions
- 1 carton (8 oz.) sour cream

MIX flour and seasonings. Coat chicken.

MELT butter in skillet. Add chicken and cook until browned.

ADD soup and onions. Cover and cook over low heat 10 min. or until done. Stir in sour cream. Serve with mashed potatoes or rice if desired. Serves 4.



Susan Schneider
of Elgin, IA



Campbell's® Microwave Enchilada Torte

Prep/Cook Time: 20 min.

- 1 lb. ground beef
- 1 jar (16 oz.) PACE Chunky Salsa
- 2 tbsp. chili powder
- 8 (6 to 8") flour tortillas
- 1 can CAMPBELL'S Cheddar Cheese Soup
- 1 cup shredded Cheddar cheese
- Sour cream (optional)

COOK beef in skillet until browned. Pour off fat.

ADD salsa and chili powder.

LAYER 4 tortillas in 2-qt. microwave-safe shallow baking dish. Top with *half* of the meat mixture and *half* of the soup. Repeat layers. Top with cheese. **Cover.**

MICROWAVE at 70% power for 8 min. or until hot. Serve with sour cream if desired. Serves 6.



*Richard McIntosh of
Newcastle, WA.
He's at "home on
the range!"*

Campbell's Contest Winners continued

Campbell's® Cranberry Chicken

PREP/COOK TIME: 20 MIN.

- 1 tbsp. vegetable oil
- 4 boneless chicken breast halves
- 1/4 cup **each** cranberry juice **and** orange juice
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
- 1 tbsp. dried cranberries
- 1 tbsp. chopped fresh sage **or** 1 tsp. dried sage leaves, crushed
- 1/8 tsp. pepper
- 4 cups cooked instant white rice

HEAT oil in skillet. Add chicken and cook until browned.
ADD juices, soup, cranberries, sage and pepper. Heat to a boil. Cover and cook over low heat 5 min. or until done.
SERVE over rice. Serves 4.





*A new twist on
Shepherd's Pie by
Kurt Wait,
Redwood City, CA.*

Recipes: Campbell's® Fast Fiesta Shepherd's Pie
Prep/Cook Time: 20 min.

- 1 lb. ground beef
- 1 can CAMPBELL'S Tomato with Roasted Garlic & Herbs Soup
- 1 cup frozen whole kernel corn
- 3/4 cup PACE Picante Sauce
- 1 tsp. ground cumin
- 1 can CAMPBELL'S Fiesta Nacho Cheese Soup
- 1 cup milk
- 2 tbsp. butter or margarine
- 1 1/3 cups instant mashed potato flakes

COOK beef in skillet until browned. Pour off fat.
 STIR in tomato soup, corn, picante sauce and cumin. Heat to a boil. Cover and cook over low heat 5 min.
 MIX cheese soup, milk and butter in saucepan. Heat to a boil. Remove from heat. Stir in potato flakes. Let stand 30 seconds. Mix with fork until evenly moistened. Drop potatoes by large spoonfuls onto beef mixture.
 Serves 4.



Campbell's

CONDENSED



Campbell's® Creamy Almond Chicken

Prep/Cook Time: 20 min.

- 1/4 cup butter *or* margarine
- 2/3 cup sliced almonds
- 6 boneless chicken breast halves
- 1/8 tsp. **each** salt and pepper
- 1 cup heavy cream
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken *or* 98% Fat Free Cream of Chicken Soup
- 2 tbsp. orange marmalade
- 1 tbsp. Dijon mustard
- 1/8 tsp. red pepper flakes

MELT 1 tbsp. butter in skillet. Add almonds and cook until browned. Remove almonds.

PLACE chicken between 2 sheets of plastic wrap and pound to even thickness. Season with salt and pepper.

MELT remaining butter in skillet. Add chicken and cook until browned.

ADD 1/2 cup toasted almonds, cream, soup, marmalade, mustard and red pepper. Cook 10 min. or until sauce thickens. Garnish with remaining almonds. Serve with rice if desired. Serves 6.

Edna Felix
of
Hilton Head
Island, SC.

Was a BIG
hit with The
Mulligan family!



Julie DeMatteo of
Clemonten, NJ



Campbell's® Chicken Creole with Chile Cream Sauce
Prep/Cook Time: 20 min.

- 4 boneless chicken breast halves
- 2 tsp. Creole or Cajun seasoning
- 1 tbsp. olive oil
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken or 98% Fat Free Cream of Chicken Soup
- 1/2 cup water
- 1 can (4 oz.) chopped green chiles
- 1 tsp. lime juice
- 1/4 cup sour cream
- Hot cooked rice

SEASON chicken with Creole seasoning.

HEAT oil in skillet. Add chicken and cook until browned.

ADD soup, water, chiles and lime juice. Heat to a boil. Cook over low heat 5 min. or until done.

STIR in sour cream and heat through. Serve over rice. Serves 4.

Kathleen Johnson of
Ellensburg, WA, Knits,
Crochets, and cooks
with Campbell's
Cream of Chicken
Soup!



Campbell's® New Orleans Shrimp Toss

Prep/Cook Time: 20 min.

- 1 lb. fresh large shrimp, shelled and deveined
- 2 tbsp. vegetable oil
- 2 tbsp. lemon juice
- 1 tbsp. Worcestershire sauce
- 1 tsp. Cajun seasoning
- 1/2 cup chopped onion
- 2 cloves garlic, chopped
- 1 can CAMPBELL'S Cream of Chicken with Herbs Soup
- 1/2 cup milk
- 1 tsp. paprika
- 4 cornbread squares or biscuits

MIX shrimp, 1 tbsp. oil, lemon juice, Worcestershire and Cajun seasoning.

HEAT remaining oil in skillet. Add onion and garlic and cook until tender.

ADD soup, milk and paprika. Heat to a boil. Add seasoned shrimp. Cover and cook over low heat 5 min. or until shrimp is done. Serve with cornbread. Serves 4.





Swanson® Beef Teriyaki

Prep/Cook Time: 25 min.

- 1 lb. boneless beef sirloin steak, 3/4" thick*
- 2 tbsp. cornstarch
- 1 can (14 oz.) **SWANSON** Beef Broth or Lower Sodium Beef Broth
- 2 tbsp. soy sauce
- 1 tbsp. packed brown sugar
- 1/4 tsp. garlic powder
- 4 cups broccoli flowerets
- 4 cups hot cooked rice, cooked without salt

SLICE beef into very thin strips. Mix cornstarch, broth, soy, sugar and garlic.

STIR-FRY beef in nonstick skillet until browned and juices evaporate.

ADD broccoli and cornstarch mixture. Cook and stir until mixture boils and thickens. Serve over rice.
Serves 4.

**To make slicing easier, freeze beef 1 hr.*





Great
with
Rice

CAMPBELL'S® CHICKEN SCAMPI

Prep/Cook Time: 20 min.

- 2 tbsp. butter
- 4 boneless chicken breast halves
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken or 98% Fat Free Cream of Chicken Soup
- 1/4 cup water
- 2 tsp. lemon juice
- 2 cloves garlic, minced or 1/4 tsp. garlic powder
- 4 cups hot cooked capellini or thin spaghetti

HEAT butter in skillet. Add chicken and cook until browned.

ADD soup, water, lemon juice and garlic. Heat to a boil. Cover and cook over low heat 5 min. or until done. Serve with pasta. Serves 4.

Found this in
Taste of Home.
Love that magazine!



Campbell's® Chicken Broccoli Divan

Prep Time: 10 min.

Cook Time: 30 min.

- 4 cups fresh **or** frozen broccoli
- 4 boneless chicken breast halves
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Chicken **or** 98% Fat Free Cream of Chicken Soup*
- 1/2 cup milk
- 1/2 cup shredded Cheddar cheese
- 2 tbsp. dry bread crumbs
- 1 tbsp. melted butter
- **PLACE** broccoli in 2-qt. shallow baking dish.
- Top with chicken.
- **MIX** soup and milk. Pour over chicken. Sprinkle with cheese. Mix bread crumbs and butter and sprinkle on top.
- **BAKE** at 350°F. for 30 min.
- Serves 4.
- *Also delicious with Broccoli Cheese or Cream of Broccoli Soup.





*A Winner
Every
Time!*

Campbell's® Pork Chops & Stuffing Bake

Prep Time: 10 min. Cook Time: 30 min.

4 cups PEPPERIDGE FARM Corn Bread Stuffing

4 to 6 boneless pork chops, 3/4" thick

1 can CAMPBELL'S Cream of Celery or 98% Fat Free
Cream of Celery Soup*

1/3 cup milk

1/2 cup shredded Cheddar cheese

PREPARE corn bread stuffing according to pkg. directions.

SPOON stuffing across center of 3-qt. shallow baking dish.
Place pork chops on each side of stuffing.

MIX soup and milk. Pour over chops.

COVER. Bake at 400°F. for 30 min. or until done. Sprinkle
with cheese. Serves 4 to 6.

*Also delicious with Cream of Mushroom Soup.

Campbell's® Herb Roasted Chicken & Vegetables

Prep Time: 10 min.

Cook Time: 50 min.

- 1 can (10¾ oz.) **CAMPBELL'S** Cream of Mushroom or 98% Fat Free Cream of Mushroom Soup
- ½ cup water
- 2 tsp. dried oregano leaves, crushed
- 2 cups fresh or frozen baby carrots
- 4 medium potatoes, cut into quarters
- 4 bone-in chicken breast halves
- ½ tsp. paprika

MIX soup, water, 1 tsp. oregano, carrots and potatoes in shallow roasting pan.

TOP with chicken. Season with remaining oregano and paprika. Place on top.

BAKE at 400°F. for 50 min. or until done. Stir vegetables.

Serves 4.

notes:

Tastes like
Grandma's
but 10 times
easier to
make!

Recipe

FRANCO-AMERICAN® EASY CHICKEN & GRAVY

PREP/COOK TIME: 15 MIN.

4 boneless chicken Breast halves

2 tbsp. all-purpose flour

1 tbsp. vegetable oil

1 can (10 1/2 oz.) FRANCO-AMERICAN Chicken Gravy

4 cups hot cooked rice

COAT chicken with flour.

HEAT oil in skillet. Add chicken and cook 12 min. or until browned and done.

ADD gravy and heat through, serve with rice.

Serves 4.



Franco-American® Quick Pepper Steak

Prep/Cook Time: 25 min.

- 1 lb. boneless beef sirloin steak, $\frac{3}{4}$ " thick*
- 2 tbsp. vegetable oil
- 3 cups fresh **or** frozen green **or** red pepper strips
- 1 medium onion, cut into wedges
- $\frac{1}{2}$ tsp. garlic powder
- 1 can (10 $\frac{1}{4}$ oz.) **FRANCO-AMERICAN** Beef Gravy
- 1 tbsp. Worcestershire sauce
- 4 cups hot cooked rice

SLICE beef into very thin strips.

HEAT 1 tbsp. oil in skillet. Add beef and stir-fry until browned and juices evaporate. Push to one side of skillet.

HEAT remaining oil. Add peppers, onion and garlic and cook until tender-crisp.

ADD gravy and Worcestershire. Heat through. Serve over rice.

Serves 4.

**To make slicing easier, freeze beef 1 hr.*

FRANK'S
All-time Favorite
STIR-FRY!





39 Recipe Classics

Campbell's® Zesty Slow-Cooker Italian Pot Roast

Prep Time: 10 min. **Cook Time:** 10 to 12 hr.

- 4 medium potatoes, quartered
- 2 cups fresh **or** frozen baby carrots
- 1 stalk celery, cut into 1" pieces
- 2½ lb. boneless beef chuck roast
- ½ tsp. pepper
- 1 can **CAMPBELL'S** Tomato with Roasted Garlic & Herbs Soup
- ½ cup water

PLACE potatoes, carrots and celery in 3½-qt. slow cooker. Season roast with pepper and place on top.

MIX soup and water. Pour over all.

COVER and cook on **LOW** 10 to 12 hr.* Serves 4 to 6.

*For a thicker gravy, mix ¼ cup all-purpose flour with ½ cup water. Remove beef and keep warm. Add flour mixture to slow cooker. Turn heat to **HIGH**. Cook until mixture boils and thickens, about 10 min.*

TIP: You can substitute 1 can (10¾ oz.) **CAMPBELL'S** Tomato Soup and 3 cloves garlic (minced) for **CAMPBELL'S** Tomato with Roasted Garlic & Herbs Soup.

*Or on **HIGH** 5 to 6 hr.

Only
10 min.
to prep!

Veggie/Sides



Prep/Cook Time: 10 min.

Serves 4

Campbell's



From the Kitchen of:

Barb

Date:

6/20

Recipe for:

Cheesy Broccoli

1 can Campbell's Cheddar Cheese Soup

1/4 cup milk

4 cups frozen broccoli cuts

Mix soup and milk in 2-qt. microwave-safe casserole. Add broccoli. Cover.

Microwave on HIGH 8 min. or until broccoli is tender-crisp, stirring once.



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Campbell's® Cheese Fries

Prep/Cook Time: 20 min.

1 bag (32 oz.) frozen French fried potatoes

1 can **CAMPBELL'S** Cheddar Cheese Soup

BAKE potatoes according to pkg. directions.

PUSH potatoes into center of baking sheet. Stir soup in can and spoon over potatoes.

BAKE 3 min. or until soup is hot. Serves 6.

Nacho Cheese Fries: Substitute **CAMPBELL'S** Fiesta Nacho Cheese Soup for the Cheddar Cheese Soup.

*Tasha's kids
love cheese fries!*





Recipe for **Swanson® Savory Vegetables**

Time required Prep/Cook Time: 20 min. Serves 4

Ingredients & Directions

- 1 cup **SWANSON** Chicken Broth or Natural Goodness™ Chicken Broth
- 3 cups cut-up vegetables*

MIX broth and vegetables in saucepan. Heat to a boil.

COVER and cook over low heat 5 min. or until vegetables are tender-crisp. Drain.

*Use a combination of broccoli flowerets, cauliflower flowerets, sliced carrot and sliced celery.



Swanson® Broth Simmered Rice

PREP/COOK TIME: 25 MIN.

1 can (14 oz.) **SWANSON** Chicken
Broth or Natural Goodness™
Chicken Broth
(1 3/4 cups)

3/4 cup uncooked regular long-
grain white rice

HEAT broth in saucepan to a boil.
Stir in rice. Cover and cook over low
heat 20 min. or until done. Serves 4.

*Also Great
with Beef,
Vegetable, or
Seasoned
Broth!*





OOD

Green Bean Casserole

America's Favorite Holiday Tradition

Jeff Bedard

Public Relations

Perhaps the most famous creation to emerge from the Campbell's Kitchens at the Campbell Soup Co. is the recipe for Green Bean Casserole, that holiday favorite of creamy, saucy green beans topped with crisp French-fried onions. What American family hasn't had this on its Thanksgiving table?

Very few, according to statistics from Campbell. This popular side dish takes its place alongside turkey on more than 20 million holiday tables each year.

Originally christened "Green Bean Bake," today's Green Bean Casserole recipe is requested by more than 10,000 home cooks each year, but most frequently during the holidays. The recipe coats green beans with a saucy combination of Campbell's Condensed Cream of Mushroom Soup and a splash of soy sauce. The green beans are then smothered with crunchy French Fried onions for the perfect finish.

The recipe was created in 1955 by Dorcas Reilly, former manager of the Campbell Kitchens.

"My initial inspiration for the Green Bean

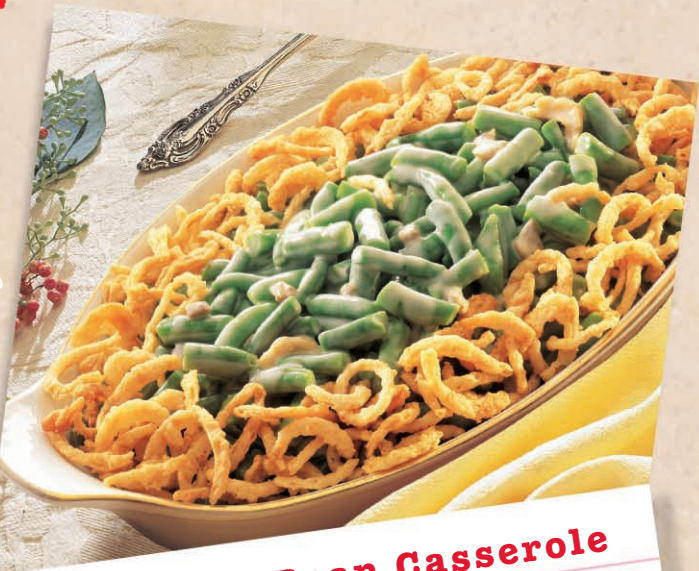
Casserole was really quite simple," says Reilly, whom Campbell calls the "grandmother" of the Green Bean Casserole. "I wanted to create a quick and easy recipe around two things most Americans always have on hand – green beans and Campbell's Condensed Cream of Mushroom Soup."

Why has it become a classic? "Green Bean Casserole has become an American holiday tradition because it's attractive, convenient, and quite easy to transport to a party or potluck dinner," Reilly says. "And best of all, friends and family look forward to eating it at the holidays – or any day of the year."

Over the years, consumers have customized the recipe by adding or substituting different ingredients and flavors – by topping it with shredded cheddar cheese or crunchy, chopped red bell pepper, by substituting Campbell's Condensed Golden Mushroom or Campbell's 98% Fat Free Cream of Mushroom Soup in lieu of regular Cream of Mushroom.

Even Cindy Ayers, who heads up Campbell's Kitchen, varies the basic recipe. "I still love it today because I can tailor it to perfectly suit my family's needs," Ayers says. "The options are endless, and, any way you customize it, it's certain to become a family favorite."

Kyle, Wendy, Kelsey, & Steve in Hawaii



Campbell's® Green Bean Casserole

Prep Time: 10 min. Cook Time: 30 min.

1 can (10 3/4 oz.) CAMPBELL'S Cream of Mushroom or 98% Fat Free Cream of Mushroom Soup

1/2 cup milk

1 tsp. soy sauce

Dash pepper

4 cups cooked cut green beans

1 1/3 cups French's® French Fried Onions

MIX soup, milk, soy, pepper, beans and 2/3 cup onions in 1 1/2-qt. casserole. BAKE at 350°F. for 25 min. or until hot.

STIR. Sprinkle with remaining onions. Bake 5 min. Serves 6.

TIP: Use 1 bag (16 to 20 oz.) frozen green beans, 2 pkg. (9 oz. each) frozen green beans, 2 cans (about 16 oz. each) green beans or about 1 1/2 lb. fresh green beans for this recipe.

Kyle and Kelsey love it
when Mom adds cheddar
cheese before baking.

Swanson® Double-Apricot Glazed Ham

Prep Time: 15 min. Cook Time: 2 hr.

- 1 cup dried apricots (6 oz.)
- 1 cup SWANSON Chicken Broth **or** Natural Goodness™ Chicken Broth
- ½ cup firmly packed brown sugar
- 6-8-lb. fully cooked whole boneless ham*
- 2 tbsp. butter **or** margarine
- ½ cup finely chopped shallots
- 2 jars (12 oz. **each**) apricot preserves (about 2 cups)
- ¼ cup Dijon mustard
- 2 tsp. grated orange rind

PLACE apricots and broth in microwave-safe measuring cup. Microwave on HIGH for 2 min. Let cool. Remove apricots and cut into strips. Reserve broth. Mix apricots, sugar and ¼ cup reserved broth.

PLACE ham in roasting pan. Bake at 325°F. for 2 hr. or until thermometer registers 140°F. (allow 15 min. per pound). Top with apricot mixture during last 30 min. of baking, basting frequently with pan drippings.

HEAT butter in skillet. Add shallots and cook until tender. Add apricot preserves, mustard, orange rind and remaining broth. Heat to a boil. Cook over low heat 10 min. or until slightly thickened.

SLICE ham and serve with apricot sauce. Serves 24 to 32.

**Use 3- to 3½-lb. fully cooked half boneless ham for 12 servings. Prepare as above, but reduce remaining ingredients in half.*





notes *from Trish's Kitchen*

Got this at
www.tastedhome.com



Swanson® Holiday Vegetable Stuffing

Prep/Cook Time: 25 min.

- 2 tbsp. butter **of** margarine
- 2 cups cut-up mushrooms
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 1 can (14 oz.) SWANSON Vegetable Broth

- 1 can (8 oz.) sliced water chestnuts, drained
- 2 cups coarsely chopped fresh spinach
- 4 cups PEPPERIDGE FARM Herb Seasoned Stuffing

HEAT butter in saucepot. Add mushrooms, onion and carrots and cook until tender.

ADD broth, chestnuts and spinach. Heat to a boil. Stir in stuffing. Mix lightly.

Serves 8.





Swanson® Ultra Creamy Mashed Potatoes

Prep/Cook Time: 25 min.

- 2 cans (14 oz. **each**) SWANSON Chicken Broth or Natural Goodness™ Chicken Broth (3½ cups)
- 5 large potatoes, cut into 1" pieces (about 7½ cups)
- ½ cup light cream
- 2 tbsp. butter **or** margarine
- Generous dash pepper



PLACE broth and potatoes in saucepan. Heat to a boil. Cover and cook over medium heat 10 min. or until tender. Drain, reserving broth.

MASH potatoes with ¼ cup broth, cream, butter and pepper. Add additional broth, if needed, until desired consistency.

Serves about 6.

Soup & Stews

Perfect for Parties!

Campbell's 2-Bean Chili

PREP/COOK TIME: 25 MIN.

MAKES 6 SERVINGS

- 1 lb. ground beef
 - 1 large green pepper, chopped
 - 1 large onion, chopped
 - 2 tbsp. chili powder
 - ¼ tsp. pepper
 - 3 cups CAMPBELL'S Tomato Juice
 - 1 can (about 15 oz.) each kidney beans and great Northern beans, rinsed and drained
- Sour cream, sliced green onions, shredded Cheddar cheese, chopped tomato

COOK beef, green pepper, onion, chili powder and pepper in skillet until browned. Pour off fat.

ADD tomato juice and beans and heat through. Top with sour cream, green onions, cheese and tomato.



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Sensational Chicken Noodle Soup

HOMEMADE
SOUPS

3 1/2 cups SWANSON Chicken
Broth **or** Natural Goodness™
Chicken Broth

Generous dash pepper

1 medium carrot, sliced

1 stalk celery, sliced

1/2 cup **uncooked** medium
egg noodles

1 cup cubed cooked chicken

PREP/COOK TIME: 20 MIN.

MIX broth, pepper, carrot and celery in
saucepan. Heat to a boil.

STIR in noodles and chicken. Cook
over medium heat 10 min. or until
noodles are done. Serves 4.

Nutritional Values Per Serving: Calories
106, Fat 3g, Protein 12g, Carbohydrate 6g,
Sodium 903mg.





Hearty Lasagna Soup

HOMEMADE
SOUPS

- 1 lb. ground beef
- 1/4 tsp. garlic powder
- 2 cans (14 oz. **each**) SWANSON Seasoned Beef Broth with Onion
- 1 can (14 1/2 oz.) diced tomatoes
- 1/4 tsp. dried Italian seasoning, crushed
- 1 1/2 cups **uncooked** mafalda or corkscrew pasta
- 1/4 cup grated Parmesan cheese

PREP/COOK TIME: 25 MIN.

COOK beef with garlic in skillet until browned. Pour off fat.

ADD broth, tomatoes and Italian seasoning. Heat to a boil.

STIR in pasta. Cook over medium heat 10 min. or until pasta is done. Stir in cheese. Serve with additional cheese, if desired. Serves 4.

Nutritional Values Per Serving: Calories 446, Fat 18g, Protein 31g, Carbohydrate 39g, Sodium 1157mg.



Ground Turkey
would work
too!

Campbell's® Slow-Cooker Tuscan Beef Stew

Prep Time: 5 min. Cook Time: 8 to 9 hr.

MAKES 8 SERVINGS

- 1 can (10¾ oz.) **CAMPBELL'S** Tomato Soup
- 1 can **CAMPBELL'S** Condensed Beef Broth
- ½ cup red wine **or** water
- 2 lb. beef for stew, cut into 1" pieces
- 1 can (14½ oz.) diced Italian-style tomatoes
- 3 large carrots, cut into 1" pieces
- 1 tsp. Italian seasoning, crushed
- ½ tsp. garlic powder
- 2 cans (about 16 oz. **each**) white kidney (cannellini) beans, drained

MIX soup, broth, wine, beef, tomatoes, carrots, Italian seasoning and garlic in 3½-qt. slow cooker.

COVER and cook on **LOW** 8 to 9 hr.*

STIR in beans. Turn heat to **HIGH** and cook 10 min.

*Or on **HIGH** 4 to 5 hr.



Slow-Cooked



Try Portobello
Mushrooms



Swanson® Herb-Simmered Beef Stew

2 lb. beef for stew, cut into 1" cubes

Freshly ground pepper

2 tbsp. all-purpose flour

2 tbsp. olive oil

3 cups thickly sliced mushrooms

3 cloves garlic, minced

1/2 tsp. each dried marjoram, thyme **and** rosemary leaves, crushed

1 bay leaf

1 can (14 oz.) SWANSON Beef Broth **or** Lower Sodium Beef Broth

3 cups fresh **or** frozen baby carrots

12 whole baby red-skinned potatoes, with a strip of peel removed in center

Prep Time: 15 mins
Cook Time: 1 hr 30 mins

SEASON beef with pepper and coat with flour. Heat oil in saucepot. Add beef and cook until browned, stirring often. Add mushrooms, garlic, herbs and bay leaf and cook until mushrooms are tender and liquid evaporates. Add broth.

HEAT to a boil. Cover and cook over low heat 45 min.

ADD carrots and potatoes. Heat to a boil. Cover and cook over low heat 30 min. or until done. Remove bay leaf. Serves 6.

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Suppers

Make this for
the Big Game!❖ Campbell's® Slow-Cooker
Hearty Beef & Bean Chili ❖

Prep Time: 15 min. • Cook Time: 8 to 10 hr.

- 1½ lb. ground beef
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 can (10¾ oz.) **CAMPBELL'S** Tomato Soup
- 1 can (14½ oz.) diced tomatoes
- ½ cup water
- 2 cans (15 oz. **each**) red kidney beans
- ¼ cup chili powder
- 2 tsp. ground cumin

COOK beef in skillet until browned. Pour off fat.

MIX beef, onion, garlic, soup, tomatoes, water, beans, chili powder and cumin in 3 1/2-qt. slow cooker.

COVER and cook on **LOW** 8 to 10 hr. * Serves 6.

* Or on **HIGH** 4 to 5 hr.



ITALIAN Recipes



Prego® Easy Spaghetti & Meatballs

Prep/Cook Time: 20 min.

- 1 jar (28 oz.) PREGO Traditional Pasta Sauce
- 12 frozen or refrigerated fully cooked meatballs
(about 12 oz.)*
- 4 cups hot cooked spaghetti

MIX pasta sauce and meatballs in saucepan. Heat to a boil. Cover and cook over low heat 15 min. or until hot.

SERVE over spaghetti. Serves 4.

**For quicker Spaghetti & Meatballs, omit fully cooked meatballs and substitute 1 jar (28 oz.) PREGO Mini Meatball Pasta Sauce for PREGO Traditional Pasta Sauce.*

Prego® Mini Pizzas

Prep/Cook Time: 5 min.

½ cup PREGO Pepperoni Hearty Meat Pasta Sauce*

4 slices Italian bread, ½" thick, toasted

¼ cup shredded mozzarella cheese

1. SPREAD about 2 tbsp. pasta sauce on each bread slice. Top with cheese. Place on microwave-safe plate.

2. MICROWAVE on HIGH 1 min. or until cheese is melted.

Serves 2.

**Also delicious with Italian Sausage & Garlic and Mini-Meatball.*



These mini Pizzas are Great as Quick Snacks for the kids before practice!



Campbell's® Tuna & Pasta Cheddar Melt

Prep/Cook Time: 20 min.

- 3 cups **uncooked** corkscrew pasta
- 1 can **CAMPBELL'S** Condensed Chicken Broth
- 1 soup can water
- 1 can (10 3/4 oz.) **CAMPBELL'S** Cream of Mushroom **or** 98% Fat Free Cream of Mushroom Soup
- 1 cup milk
- 1 can (6 1/2 oz.) solid-pack tuna, drained
- 1 cup shredded Cheddar cheese
- 2 tbsp. Italian seasoned bread crumbs
- 2 tsp. melted butter

COOK pasta in broth and water in skillet until just tender. Do not drain.

ADD soup, milk and tuna. Top with cheese. Mix bread crumbs and butter. Sprinkle on top. Heat through. Serves 4.



*Saw this at
Taste of Home Cooking
School!*





Campbell's® Italian Vegetables and Pasta

Prep/Cook Time: 25 min.

- 1 tbsp. olive **or** vegetable oil
- 2 medium carrots, thinly sliced
- 1 medium zucchini, sliced
- 1 medium onion, sliced
- 1 cup **CAMPBELL'S** Tomato Juice
- ¼ cup grated Parmesan cheese
- ¼ tsp. dried oregano leaves, crushed
- ¼ tsp. garlic powder **or** 2 cloves garlic, minced
- 2 cups cooked medium tube-shaped, medium shell or corkscrew pasta

HEAT oil in skillet. Add carrots, zucchini and onion and cook until tender-crisp.

ADD tomato juice, cheese, oregano and garlic. Heat to a boil. Cover and cook over low heat 5 min. or until vegetables are tender.

ADD pasta Heat through. Serves 4.

*Tastes fantastic
and so easy to
make when we're
having friends
over for supper.*

Mix 'n' Match Prego® Pasta Bake Sauce

PREGO Pasta Bake Sauces are specially blended to turn **uncooked** pasta into homemade Italian meals in just 40 minutes.

- Mix 1 lb. **uncooked** pasta, 1 jar PREGO Pasta Bake Sauce and 1 **full** jar water in 9" x 13" baking dish.
- Cover tightly with foil. Bake at 425° F. 30 min.
- **Stir.** Top with 2 cups cheese and bake 10 min. or until pasta is tender.



Enough pasta ideas for a year!



You can create an endless variety of pasta bakes by starting with 1 lb. uncooked pasta, adding one of our PREGO Pasta Bake Sauces and topping with a different cheese each time (see below).

Start with pasta



Add PREGO Pasta Bake Sauce



Top with cheese

16 oz. rotini pasta

Three-Cheese Marinara

2 cups shredded pizza cheese blend

8 oz. penne pasta plus
8 oz. rotini pasta

Hearty Meat

2 cups shredded sharp Cheddar cheese

16 oz. ziti pasta

Mushroom Garlic & Onion

2 cups shredded mozzarella cheese plus ¼ cup grated Parmesan

16 oz. medium shell pasta

Tomato Garlic & Basil

2 cups shredded Mexican 4-cheese blend

8 oz. bow tie pasta plus
8 oz. penne pasta

Authentic Italian Sausage

1 cup shredded mozzarella cheese plus 1 cup shredded Cheddar cheese

Tips for Cooking with Campbell's Soup

by Jane Freiman, Campbell's Kitchen

Campbell's Condensed Soups make delicious sauces that can turn everyday ingredients into home-cooked meals in no time. Keep them on hand for quick and easy meals your family will love. Here are some ideas to get you started:

- Campbell's Cream of Mushroom Soup makes perfect basic cooking sauce. You can make an endless variety of sauces by adding other simple on-hand ingredients. Try adding a little chili powder to tasty 2-step chicken and topping chicken with shredded cheese. Your family will love the Mexican twist.

- When cooking meat for a Campbell's recipe, make sure it is well browned. Browning makes the final dish more flavorful.

- Stir your favorite Campbell's Condensed Soup into cooked instant rice for a savory side dish in no time.

- Soup up your burgers. Simmer browned hamburger patties in Campbell's French Onion Soup. Add a slice of your favorite cheese for a deliciously different burger.

- For Souper Simple Mac and Cheese, combine 1 can Campbell's Cheddar Cheese Soup, 1/2 soup can milk and 1/2 can water; heat to a boil. Stir in 1 cup uncooked elbow macaroni and cook over low heat for 10 minutes or until done, stirring often.

- Keep an eye out for our easy 2-Step Recipes on the backs of cans and in your favorite magazines. All you have to do is look at a picture for a great-tasting home-cooked dinner your whole family will love.

No Time To Make a Traditional Sauce?

Try Cooking With Campbell's Condensed Soups!

By Jennifer Cobb
Campbell's Kitchen

The Campbell Soup Company has been producing M'm! M'm! Good! condensed soups since 1897 when John Dorrance came up with a way to remove water from soup to make it easier for consumers to use at home.

Dorrance was a true culinarian in every sense of the word. He studied in Germany and developed a taste for soup and a passion for food. After returning the U.S., Dorrance continued to study under top chefs in Paris for 3 months each year and was named an honorary member of an elite French chef association. He even won a gold medal at the Paris exhibition of 1900.

Perhaps what is most interesting about Mr. Dorrance's creation, is how closely several of his soups (Cream of Mushroom, Cream of Chicken and Tomato) mirror the system of classic sauces developed by Carême. This system includes four sauces referred to as "mother sauces," because all other sauces are made from them. The mother sauces are:

Béchamel: A white sauce made from milk or cream thickened with a roux, a mixture of butter and flour that has been cooked.

Velouté: Also a white sauce, made from chicken, veal, or fish stock and thickened with a roux usually made with flour and chicken fat instead of butter

Tomate: Essentially a tomato sauce based on a roux of pork fat and flour. Tomato commonly also contains browned onions and carrots and various seasonings.

Espagnole: Also known as brown sauce. Made

from beef stock, herbs, and tomatoes, and thickened with a browned roux of fat and flour.

Before John Dorrance created Campbell's condensed soups, home cooks who wanted to create these sauces had to make them themselves. Now home cooks can add moisture and creaminess to their favorite recipe without the hassle or time required to create one of these sauces from scratch.

For example, Cream of Mushroom soup performs in many ways like a béchamel sauce. Characterized by its smooth, creamy texture, Cream of Mushroom soup is an ideal alternative to a white sauce because of its adaptable flavor and ability to thicken, bind and coat a wide range of foods.

Cream of Chicken soup is similar in flavor and consistency to a velouté sauce and allows home cooks to prepare meals in minutes without the labor-intensive steps required to make a traditional velouté.

"Many American cooks have never made a roux and don't know what a béchamel should look, smell or taste like," said Cindy Ayers of Campbell's Kitchen. "Campbell's Condensed Cream of Mushroom and Cream of Chicken soups offer busy home cooks all of the convenience of a ready-to-use sauce. They not only minimize the time investment needed to prepare a sauce from scratch, but they also remove the guesswork."

With Campbell's Condensed cooking soups, even the busiest home cook can create a delicious, creamy sauce in minutes by blending the soup with favorite flavors and seasonings.

www.campbellskitchen.com

#1 on My Favorites List!

The Kitchen Table is a great place to get recipe ideas and cooking tips from other Moms just like me! Campbell's Kitchen staff joins in on the fun too by chatting with cooks at the "table."

I created my own recipe box, and now I store my Campbell's favorites online.



The Meal-mail is super cool. I like the convenience of having a new recipe emailed to me every weekday. I told my church group about it, and they loved it too!

I love the "find a recipe" feature. Last week, I entered chicken, rice and Campbell's Cream of Chicken Soup. The finder instantly popped up 15 recipes.

