



Recipes Using Tomato Soup

EASY CHILI

2 can beans (pinto, kidney, red or black 15 ounces) drained and rinsed	tomatoes, undrained (15 ounces)
1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)	1 can tomato soup (about 10 ounces)
1 can crushed or diced	1/2 pound lean ground meat, browned and drained (optional)
	Chili powder to taste

Place all ingredients into a pan. Add chili powder to taste. Stir to mix. Continue to stir over medium heat until heated thoroughly. Refrigerate leftovers.

Source: Adapted from K-State Research and Extension

CAN-DO MEATBALL STEW

1 pound lean ground beef	1 (14.5 oz.) can carrots, drained and rinsed
1 egg, slightly beaten	2 (14.5 oz.) cans white potatoes, drained, rinsed and diced OR 6 medium fresh potatoes
1 cup dry bread or cracker crumbs	Salt and pepper to taste
1/4 cup finely chopped onion	
1 (10-3/4 oz.) can tomato soup made with water	

Mix ground beef, egg, bread or cracker crumbs, onion until mixed. Shape into meatballs.

Using a baking sheet or pan with sides, bake meatballs at 350 degrees F for 30 minutes or until done. Drain fat from meatballs.

While meatballs are baking, mix tomato soup and water in a large kettle. Heat thoroughly, stirring occasionally. Add carrots, potatoes and meatballs. Heat over medium until vegetables are hot. Serve in soup bowls.

Source: Adapted from K-State Research and Extension

BEEF AND TOMATO BAKE

2 medium potatoes	1 pound lean ground meat, browned and drained
1 can sliced carrots, drained	1 can vegetables, drained
1/4 teaspoon black pepper	1 can tomato soup (about 10 ounces)
1/2 cup onion, chopped	

Preheat oven to 350 degrees F. Spray a 9x9-inch baking dish with nonstick cooking spray.

Layer potatoes, vegetables, meat, beans, soup and pepper in baking dish.

Cover with an oven-safe lid or aluminum foil and bake for 45 minutes or until potatoes are soft and casserole is bubbling. Uncover and bake for another 15 minutes. Refrigerate leftovers.

Source: K-State Research and Extension adapted from USDA Mixing Bowl

DEEP DISH HAMBURGER PIE

1 cup canned beef	2 tablespoons chopped onion
1 can green beans, drained	1/2 can tomato soup
1 cup mashed potatoes	Salt and pepper to taste

Heat oven to 350 degrees F. In skillet cook and stir meat and onion until onion is tender. Stir in beans and soup. Season to taste. Pour into ungreased 1 quart casserole. Spoon mashed potatoes on top of mixture. Bake until mixture is hot and top is slightly brown, about 30 minutes

Source: Commodity Supplemental Food Program Cookbook for MAC/NAPS

For more cooking and recipe ideas visit the University of Minnesota Extension Real Life, Good Food website

<https://reallifegoodfood.umn.edu/>



GOULASH

2 cups uncooked pasta (elbow or any small or medium shape like penne, rotini, shells, etc)	chopped
2 teaspoons oil	1 green bell pepper, chopped (optional)
1 pound lean ground meat	1 stalk celery, chopped (optional)
1 medium onion,	2 cans tomato soup
	1 cans diced tomatoes
	Salt and pepper to taste

Cook pasta according to package directions; cook celery with pasta; drain.

Meanwhile heat oil in a large skillet or dutch oven over medium heat. Stir the ground meat, onion, and pepper into the skillet, breaking up the meat into small pieces. Season with salt and pepper.

Cook, stirring often, until the meat is no longer pink and the onion and pepper are soft (5-8 minutes). Stir in the tomatoes and tomato soup. Simmer until heated thoroughly.

Stir in the drained macaroni and combine well. Season with salt and pepper to taste.

Recipe Notes

For a spicy southwest variation add 1 cup of drained corn and 1-2 tablespoons chili powder when adding the tomatoes.

5 WAYS TO JAZZ UP TOMATO SOUP

1. Add herbs or spices like basil, Italian seasoning, onion, garlic, black pepper
2. Make with milk instead of water
3. Top with seasoned croutons
4. Use tomato paste for intensity
5. Add diced or crushed tomatoes to make a more hearty soup

CABBAGE ROLL BOWL

1 medium onion, chopped	3 cups cooked and drained chopped or shredded cabbage
1 pound lean ground beef	Salt and pepper to taste
1 can tomato soup	

In skillet cook ground beef and onion until brown, drain off fat.

Meanwhile in another pan, add cabbage and 1 cup water and cook until tender, drain.

In skillet add ground beef, onions, cabbage and tomato soup. Season with salt and pepper to taste. Cook for 10 minutes low heat stirring occasionally.

Serve over white or brown rice.



SUPREME GRILLED CHEESE SANDWICHES

1/4 cup bell peppers, sliced thinly	3 spinach leaves, stems removed
1 slice of onion	1 slice low-fat cheese of choice
2 slices buttered whole wheat bread	

Sauté onions and peppers/ Lay out slices of buttered bread; add layers of spinach leaves, peppers, onion and slice of cheese.

Heat skillet to medium low; lay sandwich in skillet. Heat sandwiches until cheese melts (about 2-3 minutes) or until the bottom is golden brown.

Serve warm with tomato soup.