

Name _____

QUICK & EASY DIRECTIONS
MIX SOUP + 1 CAN WATER

MICROWAVE: HEAT, COVERED, IN MICROWAVABLE BOWL, ON HIGH ABOUT 3 MIN. CAREFUL! LEAVE IN MICROWAVE 1 MIN., THEN STIR.

STOVE: HEAT, STIRRING OCCASIONALLY.

CREAMIER SOUP: USE 1 CAN MILK.

PROPERLY PREPARED, ONE CUP OF SOUP IS A MEAL REPLACEMENT. SOUP MAKES AN EXCELLENT SNACK. STOVE AND MICROWAVE CAN BE USED TO REHEAT.

70% soup, condensed soup + 1 serving of vegetables.
Food Guide Pyramid suggests 3-5 vegetable servings daily.

Nutrition Facts
Serving Size 1/2 cup (120mL)
Condensed soup
Servings about 2.5
Calories 80
Fat Cal. 0

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 0g	0%	Total Carb. 20g	7%
Sat. Fat 0g	0%	Fiber 1g	4%
Cholest. 0mg	0%	Sugars 12g	
Sodium 710mg	30%	Protein 2g	
*Percent Daily Values are based on a 			
Vitamins A 10% • Vitamin C 10% • Calcium 3% • Iron 4%			

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Campbell's
CONDENSED
Tomato
SOUP

AS ALWAYS
A Full Serving of Vegetables
M'm! M'm! Good!

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

0 51000 00011 8

CUT HERE

RECYCLED

What is this? _____

What brand name? _____

What flavor? _____

Add how much water? _____

Microwave how many minutes? _____

M'm! M'm! _____

Serve hot or cold ? _____