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***Eating Smart***<sup>®</sup> Cream of Vegetable



## Case Code

19476

## Pack & Size

4 x 3.6 kg (8lb) pouch

A velvet cream soup filled with 11 different vegetables.

- Great tasting soup choices for consumers who want to embrace more balanced lifestyles – it's nutritious, balanced with delicious.
- Campbell's frozen soups are made from the finest ingredients, for the real food taste that distinguishes a great bowl of soup.
- Campbell's *Eating Smart* soup varieties are low in fat.
- Choosing foods prepared with little or no fat is part of healthy eating.

[Request a Sample](#)

Nutrition Facts

## Nutrition Facts

Per 100 g

Calories 29.4

Total Fat 0.69 g

Saturated Fat 0.32 g  
+ Trans Fat 0.02 g  
Cholesterol 2.06 mg  
Sodium 181.88 mg  
Total Carbohydrate 5.18 g  
Sugars 1.13 g  
Dietary Fibre 0.39 g  
Protein 0.77 g  
Potassium 48.53 mg 4%  
Calcium 25.14 mg  
Iron 0.09 mg  
Phosphorus 4.5 mg

#### Ingredients

Water, Carrots, Modified corn starch, Cream, Onions, Skim milk powder, Red and green bell peppers, Dried potatoes (potatoes, mono- and diglycerides, sodium phosphate, citric acid), Celery, Salt, Onion powder, Modified milk ingredients, Carrot juice concentrate, Canola and/or soybean oil, Vinegar, Dried garlic, Soy protein isolate, Dried parsley, Cabbage, Parsley, Yeast extract, Xanthan gum, Ascorbic acid, Caramel, Spice, Flavour.

#### Preparation

##### **Traditional Method**

##### *Frozen or Thawed\* Soup*

1. Open pouch and pour contents into heating container.
2. Cook product to a minimum of 80°C (180°F); stirring occasionally.
3. Hold product at 68-74°C (155-165°F) for up to 4 hours.

##### **Cold Plating Method**

##### *Thaw\* soup to 2-4°C (32-40°F) (48-72 hours)*

1. Open pouch and pour thawed product into container. Stir thoroughly to ensure homogenous.
2. Using a ladle, portion stirred product into individual serving containers.
3. Cook product according to retherm cart instructions. Cook to minimum temperature of 80°C (180°F).

\*To thaw product, remove from cardboard packaging. Place on flat surface (do not stack) in a 4°C (40°F) cooler. Thaw for 48 to 72 hours until no ice crystals present. Once thawed, product can be stored for maximum of 2 days in cooler.

#### Serving Ideas

Serve soup on its own or as a side order with sandwiches, salads, or any entree. For added value, sprinkle a garnish onto individual portions of soup just before serving.

## ***Eating Smart*<sup>®</sup> Cream of Vegetable**

Case Code 19476

Pack & Size 4 x 3.6 kg (8lb) pouch

Case Weight 15.42

Case Size

Cube 0.0248

UPC 063211194760

SCC-14 10063211194767

### **Storage & Handling**

Shelf Life:21 months.FROZEN.Keep frozen until ready to use. Ready to Cook. Do not re-freeze. Do not use if pouch punctured or torn. .



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