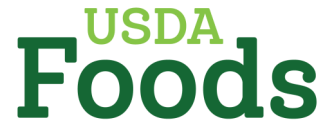


## Tomato Soup, Condensed, Low-sodium, Canned

MyPlate Food Group: **Vegetable**



### Nutrition Information

- 1 cup of prepared canned tomato soup contributes to the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, dried, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Tomatoes are an important source of many nutrients, including vitamins A, C, and an antioxidant called lycopene which is good for heart health and eyesight.

### Uses and Tips

- Tomato soup may be heated and served as a hot meal on a cold day. Add low-fat cheese on top for added protein and flavor. Serve with a side of crackers, whole wheat bread, or tortillas.
- Tomato soup packs a flavorful punch and can be used as a base for casseroles, stews, soups, and chilis.

### Storing Foods at Home

- Store unopened cans of tomato soup in a cool, clean, dry place.
- Store remaining opened tomato soup in a tightly covered container that is not made from metal in the refrigerator.

## MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Tomato Chili Rice Soup

Makes 6 servings

#### Ingredients:

- 4 cups chicken broth
- $\frac{3}{4}$  cup uncooked instant rice (or  $\frac{1}{2}$  cup cooked rice)
- 2 tablespoons catsup
- $\frac{1}{2}$  cup finely chopped celery
- 1 can (10.5 ounces) condensed, low-sodium tomato soup
- 2 teaspoons chili powder

**Directions:** Wash hands with soap and water.

1. Combine all ingredients in a large saucepan.
2. Simmer for 10 minutes or until rice is tender.

Recipe adapted from Oklahoma Nutrition Network

### Chicken Tortilla Casserole

Makes 6 servings

#### Ingredients:

- 1 can (10.5 ounces) condensed, low-sodium tomato soup
- 1 can (12 ounces) evaporated skim milk
- 1 can (4 ounces) chopped green chilies
- 2 cups diced cooked chicken
- non-stick cooking spray
- 8 corn tortillas (6 inches), cut horizontally and vertically into four pieces for a total of 32 triangles
- $\frac{3}{4}$  cup reduced-fat cheddar cheese, grated

**Directions:** Wash hands with soap and water.

1. In a bowl, mix soup, milk, chilies, and chicken.
2. Coat 8x8 inch baking dish with non-stick spray. Use half of the tortilla pieces to cover the bottom of the dish.
3. Put half of the chicken mixture on top of tortillas. Sprinkle with half of the cheese.
4. Place the rest of the tortilla pieces on the chicken mixture. Top with the rest of the chicken mixture. Sprinkle the rest of the cheese on the top.
5. Cover and refrigerate overnight.
6. Bake at 350 degrees F for 40 - 45 minutes.

Recipe adapted from Oklahoma Nutrition Network