Canned Vegetarian Vegetable Soup Recipes

**Cook's Choice Award**

**Vegetable Soup Meat Loaf**

**You will need:**
- 1 can (10-1/2 ounces) vegetarian vegetable soup, undiluted
- 1 small onion, chopped
- 1/2 teaspoon salt
- 1-1/2 pounds ground beef (90% lean), or ground turkey
- 2 slices white bread, torn into small pieces
- 1 egg, lightly beaten
- 1/8 teaspoon pepper
- 1 can (8 ounces) tomato sauce

**Instructions:**
1. Preheat oven to 350 degrees F. In a large bowl, soak torn white bread in soup for 5 minutes.
2. Stir in the onion, egg, salt, and pepper. Crumble beef over mixture and mix well.
3. Line an 11-inch by 7-inch baking dish with foil and grease the foil.
4. Place meatloaf in pan and top with tomato sauce.
5. Bake, uncovered, at 350 degrees F. for 50 – 60 minutes or until meat thermometer reads 160 degrees F. and meat is no longer pink.

**Soupy Joes**

**You will need:**
- 1 can (10-1/2 ounces) vegetarian vegetable soup, undiluted
- 1 medium onion, chopped
- 1 teaspoon prepared mustard
- 1/2 teaspoon pepper
- 1 pound ground beef
- 1 tablespoon ketchup
- 1/2 teaspoon salt, or salt to taste
- 6 hamburger buns, split and toasted

**Instructions:**
1. Puree undiluted soup or mash soup with a spoon.
2. In a large saucepan cook beef and onion over medium heat until beef is no longer pink.
3. Stir in the soup, ketchup, mustard, salt, and pepper.
4. Simmer, uncovered, for 5 - 10 minutes.
5. Serve on buns. Recipe yields 6 servings.
Vegetable Soup with Pasta

You will need:
1 can (10-1/2 ounces) vegetarian vegetable soup  
1 cup rotini pasta, uncooked  
10-1/2 ounces water  
½ cup shredded Parmesan cheese  
salt as needed

Instructions:
- Prepare rotini as directed on box.
- Prepare vegetarian vegetable soup as directed on can.
- Add cooked rotini to soup.
- Simmer for 5 minutes.
- Top with Parmesan cheese and serve immediately.

Vegetable Soup with Crunchies

You will need:
1 can (10-1/2 ounces) vegetarian vegetable soup  
10-1/2 ounces water  
croutons, goldfish crackers, or grilled cheese sandwich cut into small cubes

Instructions:
- Prepare vegetarian vegetable soup as directed on can.
- Top with croutons, goldfish crackers, or cubed grilled cheese sandwich right before serving.

Vegetable Soup with Beans and Greens

You will need:
1 can (10-1/2 ounces) vegetarian vegetable soup  
finely chopped fresh spinach or kale  
10-1/2 ounces water  
1/3 cup cooked green lentils

Instructions:
- Prepare vegetarian vegetable soup as directed on can.
- Add finely chopped spinach or kale or cooked green lentils.
- Simmer 8 – 10 minutes.

Vegetable Soup with Leftover Meats

You will need:
1 can (10-1/2 ounces) vegetarian vegetable soup  
precooked mini meatballs, chicken, bacon, or sausage  
10-1/2 ounces water

Instructions:
- Prepare vegetarian vegetable soup as directed on can.
- Add precooked mini meatballs, chicken, bacon, or sausage.
- Simmer 8 – 12 minutes or until meat is warmed through.