

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	2 slices white bread, torn into small pieces
1 small onion, chopped	1 egg, lightly beaten
1/2 teaspoon salt	1/8 teaspoon pepper
1-1/2 pounds ground beef (90% lean), or ground turkey	1 can (8 ounces) tomato sauce

Instructions:

- Preheat oven to 350 degrees F. In a large bowl, soak torn white bread in soup for 5 minutes.
- Stir in the onion, egg, salt, and pepper. Crumble beef over mixture and mix well.
- Line an 11-inch by 7-inch baking dish with foil and grease the foil.
- Place meatloaf in pan and top with tomato sauce.
- Bake, uncovered, at 350 degrees F. for 50 - 60 minutes or until meat thermometer reads 160 degrees F. and meat is no longer pink.
- Let stand for 10 minutes before slicing. Recipe yields 6 servings.

Soupy Joes

You will need:

1 can (10-1/2 ounces) vegetarian vegetable soup, undiluted	1 pound ground beef
1 medium onion, chopped	1 tablespoon ketchup
1 teaspoon prepared mustard	1/2 teaspoon salt, or salt to taste
1/4 teaspoon pepper	6 hamburger buns, split and toasted

Instructions:

- Puree undiluted soup or mash soup with a spoon.
- In a large saucepan cook beef and onion over medium heat until beef is no longer pink.
- Stir in the soup, ketchup, mustard, salt, and pepper.
- Simmer, uncovered, for 5 - 10 minutes.
- 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 1/4 cup shredded Parmesan cheese 10-1/2 ounces water
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 10-1/2 ounces water
finely chopped fresh spinach or kale 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 10-1/2 ounces water
precooked mini meatballs, chicken, bacon, or sausage

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.