



Meals At-A-Glance



SUNDAY
Hearty Lasagna Soup



MONDAY
Chicken & Broccoli Alfredo



TUESDAY
Campbell's Chili & Rice



WEDNESDAY
Pace Texas Two-Step Chicken



THURSDAY
Campbell's Souper Sloppy Joes



FRIDAY
Swanson Chicken Tetrazzini



SATURDAY
Prego Easy Skillet Chicken Parm

Shopping List

Table with 3 columns: Quantity, Item Name, and Have Buy checkboxes. Lists ingredients like olive oil, chicken breast, Italian seasoning, Prego sauce, Parmesan cheese, mozzarella cheese, Campbell's soup, parsley, red pepper, spaghetti, Swanson chicken, ground beef, Campbell's tomato soup, mustard, Pepperidge Farm rolls, Pace sauce, light brown sugar, dijon-style mustard, long-grain rice, onions, chili powder, red wine vinegar, kidney beans, linguine, broccoli flowerets, butter, milk, black pepper, garlic, mafalda pasta, parsley flakes, Swanson beef broth, and diced tomatoes.



# Sunday

## Hearty Lasagna Soup

**From:** Campbell's Kitchen  
**Prep:** 10 minutes  
**Cook:** 25 minutes  
**Serves:** 4

**Cost per recipe:** \$9.95  
**Cost per recipe serving:** \$2.48  
**Total cost of meal (including serving suggestion):** \$14.98

### Ingredients:

1 lb. ground beef  
1/4 cup chopped onion  
1 tsp. minced garlic  
1/4 tsp. dried parsley flakes  
1 can (about 14 1/2 ounces) diced tomatoes

3 1/2 cups *Swanson*® Beef Broth (Regular, 50% Less Sodium or Certified Organic)  
1/4 tsp. dried Italian seasoning, crushed  
1 1/2 cups uncooked mafalda or corkscrew-shaped pasta  
1/4 cup grated Parmesan cheese

### Directions:

**Cook** the beef, onion, garlic and parsley in a 3-quart saucepan over medium-high heat for 10 minutes or until the beef is well browned, stirring often. Pour off any fat.

**Stir** the broth, tomatoes and Italian seasoning in the saucepan and heat to a boil.

**Stir** the pasta in the saucepan. Reduce the heat to medium. Cook for 10 minutes or until the pasta is tender. Stir in the cheese. Serve with additional cheese, if desired.

**Serving Suggestion:** Serve with an Iceberg lettuce salad with Italian vinaigrette. For dessert serve fresh apple slices.



### Nutrition Information:

**Using regular *Swanson*® Beef Broth:** Calories 373, Total Fat 14g, Sodium 1074mg, Total Carbohydrate 31g, Dietary Fiber 3g, Protein 30g

**Using *Swanson*® 50% Less Sodium Beef Broth:** Calories 373, Total Fat 14g, Sodium 680mg, Total Carbohydrate 31g, Dietary Fiber 3g, Protein 31g

**Using *Swanson*® Certified Organic Beef Broth:** Calories 373, Total Fat 14g, Sodium 776mg, Total Carbohydrate 31g, Dietary Fiber 3g, Protein 30g

# Monday

## Chicken and Broccoli Alfredo

**From:** Campbell's Kitchen  
**Prep:** 10 minutes  
**Cook:** 20 minutes  
**Serves:** 4

**Cost per recipe:** \$7.86  
**Cost per recipe serving:** \$1.97  
**Total cost of meal (including serving suggestion):** \$14.81

### Ingredients:

1/2 of a 1-pound package linguine  
1 cup fresh or frozen broccoli flowerets  
2 tbsp. butter  
1 lb. skinless, boneless chicken breast, cut into 1 1/2-inch pieces

1 can (10 3/4 ounces) *Campbell's*® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free, 25% Less Sodium or *Healthy Request*®)  
1/2 cup milk  
1/2 cup grated Parmesan cheese  
1/4 tsp. ground black pepper

### Directions:

**Prepare** the linguine according to the package directions in a 3-quart saucepan. Add the broccoli during the last 4 minutes of cooking. Drain the linguine mixture well in a colander.

**Heat** the butter in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often.

**Stir** the soup, milk, cheese, black pepper and linguine mixture in the skillet. Cook until the mixture is hot and bubbling, stirring occasionally. Serve with additional Parmesan cheese.

**Tip:** You can substitute spaghetti or fettuccine for the linguine in this recipe.

**Serving Suggestion:** Serve with a mixed green salad topped with orange sections, walnut pieces and raspberry vinaigrette. For dessert serve almond biscotti.



### Nutrition Information:

**Using *Campbell's*® Condensed Cream of Mushroom Soup:** Calories 526, Total Fat 17g, Saturated Fat 6g, Cholesterol 45mg, Sodium 845mg, Total Carbohydrate 51g, Dietary Fiber 4g, Protein 39g, Vitamin A %DV, Vitamin C %DV, Calcium %DV, Iron %DV

\*See website for nutritional value when using *Campbell's*® Condensed 98% Fat Free or *Campbell's*® Condensed 25% Less Sodium Cream of Mushroom Soup



# Tuesday

## Campbell's® Chili & Rice

**From:** Campbell's Kitchen  
**Prep:** 10 minutes  
**Cook:** 25 minutes  
**Serves:** 4

**Cost per recipe:** \$7.19  
**Cost per recipe serving:** \$1.80  
**Total cost of meal (including serving suggestion):** \$12.33

**Ingredients:**

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| 3/4 lb. ground beef (85% lean)   | 1 tsp. vinegar   |
| 1 medium onion, chopped (about 1/2 cup)                                  | 1 can (about 15 ounces) kidney beans, rinsed and drained             |
| 1 tbsp. chili powder   | 4 cups hot cooked regular long-grain white rice, cooked without salt |
| 1 can (10 3/4 ounces) Campbell's® Healthy Request® Condensed Tomato Soup |  |
| 1/4 cup water  |  |



**Directions:**

**Cook** the beef, onion and chili powder in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often. Pour off any fat.

**Stir** the soup, water, vinegar and beans in the skillet and heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the mixture is hot and bubbling. Serve over the rice.

**Serving Suggestion:** Serve with reduced-fat cornbread and a salad with cucumber and red onion with light red wine vinaigrette. For dessert serve apples baked with cinnamon-sugar.

**Nutrition Information:**

Calories 513, Total Fat 11g, Saturated Fat 4g, Cholesterol 50mg, Sodium 532mg, Total Carbohydrate 75g, Dietary Fiber 7g, Protein 28g, Vitamin A 16%DV, Vitamin C 11%DV, Calcium 6%DV, Iron 32%DV

# Wednesday

## Pace® Texas Two-Step Chicken

**From:** Campbell's Kitchen  
**Prep:** 5 minutes  
**Cook:** 20 minutes  
**Serves:** 4

**Cost per recipe:** \$8.63  
**Cost per recipe serving:** \$2.16  
**Total cost of meal (including serving suggestion):** \$14.96

**Ingredients:**

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|--|---|
| 4 skinless, boneless chicken breasts halves            | 3 tbsp. packed light brown sugar                |
| 1 1/2 cups Pace® Picante Sauce or Thick & Chunky Salsa | 1 tbsp. Dijon-style mustard                     |
|  | 3 cups hot cooked regular long-grain white rice |



**Directions:**

**Place** chicken into 2-qt. shallow baking dish. Stir picante sauce, brown sugar and mustard in small bowl. Pour picante sauce mixture over chicken.

**Bake** at 400°F. 20 min. or until chicken is cooked through. Serve with rice.

**Serving Suggestion:** Serve with steamed cut green beans. For dessert serve lemon sorbet.

**Nutrition Information:**

Calories 355, Total Fat 3g, Saturated Fat g, Cholesterol mg, Sodium 907mg, Total Carbohydrate 47g, Dietary Fiber 3g, Protein 30g, Vitamin A %DV, Vitamin C %DV, Calcium %DV, Iron %DV



# Thursday

## Campbell's® Souper Sloppy Joes

**From:** Campbell's Kitchen  
**Prep:** 5 minutes  
**Cook:** 15 minutes  
**Serves:** 6

**Cost per recipe:** \$7.21  
**Cost per recipe serving:** \$1.20  
**Total cost of meal (including serving suggestion):** \$14.59

### Ingredients:

1 lb. ground beef

1 tbsp. prepared yellow mustard

1 can (10 3/4 ounces) Campbell's® Condensed Tomato Soup (Regular or 25% Less Sodium)

6 Pepperidge Farm® Farmhouse Premium White Rolls with Sesame Seeds

1/4 cup water

### Directions:

**Cook** the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often. Pour off any fat.

**Stir** the soup, water and mustard in the skillet and cook until the beef mixture is hot and bubbling. Serve the beef mixture on the rolls.

**Serving Suggestion:** Serve with carrot and celery sticks and potato chips. For dessert, serve vanilla ice cream with butterscotch syrup.



### Nutrition Information:

**Using Campbell's® Condensed Tomato Soup:** Calories 286, Total Fat 10g, Saturated Fat 3g, Cholesterol 45mg, Sodium 571mg, Total Carbohydrate 30g, Dietary Fiber 1g, Protein 19g, Vitamin A 3%DV, Vitamin C 4%DV, Calcium 7%DV, Iron 18%DV

**Using Campbell's® Condensed 25% Less Sodium Tomato Soup:** Calories 286, Total Fat 10g, Saturated Fat 3g, Cholesterol 45mg, Sodium 497mg, Total Carbohydrate 30g, Dietary Fiber 1g, Protein 19g, Vitamin A 4%DV, Vitamin C 4%DV, Calcium 7%DV, Iron 17%DV

# Friday

## Swanson® Chicken Tetrazzini

**From:** Campbell's Kitchen  
**Prep:** 15 minutes  
**Cook:** 5 minutes  
**Serves:** 4

**Cost per recipe:** \$8.05  
**Cost per recipe serving:** \$2.01  
**Total cost of meal (including serving suggestion):** \$14.11

### Ingredients:

1 can (10 3/4 ounces) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)

2 tbsp. chopped fresh parsley or 2 teaspoons dried parsley

3/4 cup water

1/4 cup chopped red pepper OR pimiento (optional)

1/2 cup grated Parmesan cheese

2 cans (4.5 ounces each) Swanson® Premium Chunk Chicken Breast in Water, drained

4 cups cooked spaghetti

### Directions:

**Heat** the soup, water, cheese, parsley, pepper, spaghetti and chicken in a 2-quart saucepan over medium heat until the mixture is hot and bubbling.

**Serving Suggestion:** Serve with sautéed spinach with garlic and Parmesan cheese garlic bread. For dessert serve oatmeal raisin cookies.



### Nutrition Information:

**Using Campbell's® Condensed Cream of Mushroom Soup:** Calories 387, Total Fat 10g, Saturated Fat 4g, Cholesterol 34mg, Sodium 999mg, Total Carbohydrate 50g, Dietary Fiber 4g, Protein 24g, Vitamin A 4%DV, Vitamin C 4%DV, Calcium 15%DV, Iron 11%DV

\*See website for nutritional value when using Campbell's® Condensed 98% Fat Free or Campbell's® Condensed 25% Less Sodium Cream of Mushroom Soup



# Saturday

## Prego® Easy Skillet Chicken Parm

**From:** Campbell's Kitchen  
**Prep:** 5 minutes  
**Cook:** 25 minutes  
**Serves:** 6

**Cost per recipe:** \$8.15  
**Cost per recipe serving:** \$1.36  
**Total cost of meal (including serving suggestion):** \$14.92

**Ingredients:**

- 1 tbsp. olive oil
- 6 skinless, boneless chicken breasts halves
- 1 1/2 cups Prego® Traditional Italian Sauce OR Prego® Organic Tomato & Basil Italian Sauce
- 1/4 cup grated Parmesan cheese
- 1 1/2 cups shredded mozzarella cheese



**Directions:**

**Heat** oil in 12" skillet over medium-high heat. Add chicken and cook 10 min. or until well browned on both sides.

**Stir** sauce and 3 tbsp. Parmesan cheese in skillet. Reduce heat to medium. Cover and cook 10 min. or until chicken is cooked through.

**Sprinkle** mozzarella cheese and remaining Parmesan cheese over chicken. Let stand 5 min. or until cheese is melted.

**Serving Suggestion:** Serve an Iceberg lettuce salad with red wine vinaigrette. For dessert serve your favorite frozen yogurt.

**Nutrition Information:**

**Using Prego® Traditional Italian sauce:**  
Calories 305, Total Fat 14g, Saturated Fat g, Cholesterol mg, Sodium 567mg, Total Carbohydrate 8g, Dietary Fiber 2g, Protein 37g, Vitamin A %DV, Vitamin C %DV, Calcium %DV, Iron %DV