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Campbell's[®]

RECIPES



V8® – Get More Vegetables to More People Every Day



V8® Beef Stew

Effort: Easy Total Time: 3 hours Serving Size: 8 oz. or 1 cup

Ingredients:

Flour, all-purpose 2 oz.
Pepper, black, cracked 1 Tbsp.
Beef for stew, cut into 1 1/2 inch pieces 6 lb.
Canola oil 6 oz.
Onion, sweet, chopped 1-1/2 lb.
Thyme leaves, dried, crushed 1 Tbsp.
Bay leaves 4
V8®100% Vegetable Juice 128 oz.
Swanson® Beef Broth 32 oz.
Russet potatoes, cut into 1/2 inch pieces 3 lb.
Carrots, cut into 1/2 inch pieces 2 lb.
Celery, cut into 1 inch pieces 1-3/4 lb.
Parsley, fresh, chopped 1/4 cups



Instructions:

Mix flour and pepper in bowl. Add beef and toss to coat.
Heat two-thirds of the oil in sauté pan or tilt skillet. Add the beef and cook until it's well browned, stirring often.
Remove the beef and set it aside. Degrease the pan.
Add the remaining oil and heat. Add the onions and cook for 10 minutes or until tender. Add the thyme and bay leaves. Stir in the vegetable juice and broth. Heat to a boil. Return the beef to the pan. Reduce the heat to low. Cover and cook for 1 1/2 hours.
Add the potatoes, carrots and celery. Cover and cook for 1 hour more or until meat is fork-tender and vegetables are tender. CCP: Heat until internal temperature is 165°F. or higher for 15 seconds. CCP: Hold at 140°F. or higher.
Portion stew with 8 oz. ladle (1 cup). Garnish with parsley.



V8® – Get More Vegetables to More People Every Day



V8® Zesty Chicken Stir-Fry

Effort: Medium **Serving Size:** 1 1/4 cups chicken mixture

Ingredients:

Cornstarch 6 Tbsp.

V8® 100% Vegetable Juice 96 oz.

Soy sauce 6 Tbsp.

Ginger, ground 1 Tbsp.

Pepper, black, ground 3/4 tsp.

Vegetable cooking spray

Vegetables, cut-up, frozen (broccoli flowerets, green or red pepper strips, onion) 6 lb.

Chicken breast halves, boneless, skinless, cut into strips 6 lb.

Hot cooked rice 24 servings



Instructions:

Stir cornstarch, vegetable juice, soy sauce, ginger and pepper; set aside.

Spray nonstick saute pan or tilt skillet with cooking spray. Heat pan.

Add vegetables and stir-fry until tender-crisp. Remove vegetables.

Add chicken and stir-fry until browned and done. Remove chicken.

Add cornstarch mixture to pan. Cook and stir until mixture boils and thickens.

Return chicken and vegetables to skillet and heat through. CCP: Heat until internal temperature is 165°F. or higher for 15 seconds. CCP: Hold at 140°F. or higher. Portion using 1-1/4 cups each. Serve with rice.



Recipes and Menu Applications



2-Bean Chili

Prep: 10 minutes Cook: 15 minutes Serves: 6

This colorful, quick-cooking chili features ground beef, green pepper, onion and beans in a spicy tomato gravy made with flavorful tomato juice.

Ingredients:

- 1 pound ground beef
- 1 large green pepper, chopped (about 1 cup)
- 1 large onion, chopped (about 1 cup)
- 2 tablespoons chili powder
- 1/4 teaspoon ground black pepper
- 3 cups Campbell's® Tomato Juice
- 1 can (about 15 ounces) kidney beans, rinsed and drained
- 1 can (about 15 ounces) great Northern beans, rinsed and drained
- Sour cream
- Sliced green onion
- Shredded Cheddar cheese
- Chopped tomato

Instructions:

Cook the beef, green pepper, onion, chili powder and black pepper in a 10-inch skillet until the beef is well browned, stirring often to separate meat. Pour off any fat. Stir the tomato juice and beans in the skillet and cook until the mixture is hot and bubbling. Top the beef mixture with the sour cream, green onion, cheese and tomato before serving.



Recipes and Menu Applications



Tomato Mocktail

Prep: 5 minutes Serves: 3

Campbell's® Tomato Juice is mixed with lemon juice, Worcestershire sauce, horseradish and hot pepper sauce for a colorful and satisfying non-alcoholic drink.

Ingredients:

3 cups Campbell's® Tomato Juice
2 tablespoons lemon juice
2 teaspoons prepared horseradish
2 teaspoons Worcestershire sauce
1/8 teaspoon hot pepper sauce
Ice cubes
Celery stalks

Instructions:

Stir the tomato juice, lemon juice, horseradish, Worcestershire and hot pepper sauce in a pitcher.
Place the ice into 3 glasses and add the tomato juice mixture.
Garnish with the celery.



Recipes and Menu Applications



Cincinnati Chili

Prep: 10 minutes Cook: 1 hour Serves: 8

Ingredients:

1 1/2 pound ground beef
2 large onions, chopped (about 2 cups)
1/4 teaspoon garlic powder OR 2 cloves garlic, minced
2 teaspoon chili powder
1/4 teaspoon ground cinnamon
dash ground cloves
4 cup Campbell's® Tomato Juice
2 can (about 15 ounces each) kidney beans, drained
Hot cooked spaghetti

Instructions:

Cook beef, onions and garlic powder in saucepot over medium-high heat in 2 batches until beef is browned and onion is tender, stirring to separate meat. Remove beef and onion. Pour off fat. Return beef and onion to saucepot.

Stir in chili powder, cinnamon and cloves and cook 2 minutes. Stir in tomato juice. Heat to a boil. Cover and cook over low heat 30 minutes.

Add beans. Cover and cook 15 minutes, stirring occasionally. Serve over spaghetti.



Recipes and Menu Applications



Savory Tuscan Vegetable Soup

Prep: 5 minutes Chill: 20 minutes Serves: 8

Ingredients:

- 4 cups Swanson® Natural Goodness® Chicken Broth
- 3 cup Campbell's® Tomato Juice
- 1/2 teaspoon garlic powder or 2 cloves garlic, minced
- 1 teaspoon dried oregano leaves or Italian seasoning, crushed
- 1/4 teaspoon ground black pepper
- 1 bag (16 ounces) frozen vegetable combination (broccoli, cauliflower, carrots)
- 1 can (about 15 ounces) red kidney beans or white kidney beans (cannellini), rinsed and drained

Instructions:

Heat the chicken broth, tomato juice, garlic powder, oregano, black pepper and vegetables in a 3-quart saucepan over medium-high heat to a boil.

Reduce the heat to low. Cover and cook for 10 minutes or until the vegetables are tender. Add the beans and cook until the mixture is hot.



V8® – Get More Vegetables to More People Every Day



V8® Black and White Bean Salad

Effort: Easy

Total Time: 2 hours

Serving Size: 1 1/4 cups

Ingredients:

V8® 100% Vegetable Juice 3 cups

Oil, vegetable 3 Tbsp.

Garlic powder 3/4 tsp.

Black beans, canned, rinsed and drained 3 can (16 oz. each)

Small white beans, canned, rinsed and drained 3 can (16 oz. each)

Corn, whole kernel, canned, drained 3 can (8 oz. each)

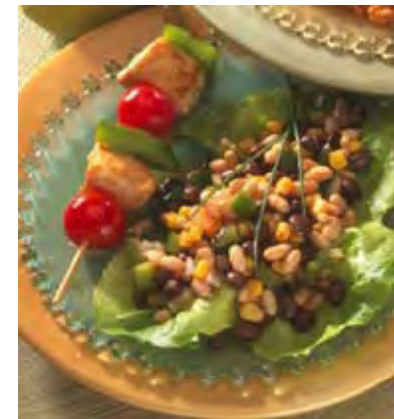
Green or red pepper, chopped 3 cups

Onion, chopped 1-1/2 cups

Instructions:

Mix all ingredients and stir until evenly coated. Cover and refrigerate at least 2 hours.

CCP: Hold at 40°F. or lower. Portion 1-1/4 cups each.



Recipes and Menu Applications



Chilled Pear Tomato Gazpacho with Cucumber, Melon and Lump Crabmeat

Prep: 15 minutes Chill: 3 hours Serves: 6

Ingredients:

- 1 3/4 cups Swanson® Vegetable Broth (Regular or Certified Organic)
- 1/4 cup pineapple juice
- 1/4 cup Campbell's® Tomato Juice
- 2 teaspoons V8 V-Fusion® Pomegranate Blueberry
- 3 fresh basil leaves, cut into very thin strips
- 3 fresh mint leaves, cut into very thin strips
- 2 cups each red and yellow pear tomatoes, cut into quarters or cut into 1/4-inch pieces
- 1/4 cup diced, peeled and seeded cucumber
- 1/2 cup diced, peeled and seeded cantaloupe or Cavillion melon
- 1/4 pound cooked lump crabmeat
- 1 tablespoon olive oil



Instructions:

Stir the broth, pineapple juice, tomato juice, vinegar, basil, mint, tomatoes, cucumbers and cantaloupe in large bowl. Season to taste. Cover and refrigerate for at least 3 hours or until cold.

Ladle 1 cup gazpacho in each of 6 chilled soup serving bowls. Top each serving of soup with 2 teaspoons crabmeat and 1/2 teaspoon olive oil.



V8® – Get More Vegetables to More People Every Day



V8® Basil Chicken with Linguine

Effort: Medium

Serving Size: 1 chicken breast half 1 cup pasta, 2/3 cup sauce

Ingredients:

Cornstarch 1/2 cup

V8® 100% Vegetable Juice 2 (46 oz. cans)

Basil leaves, dried, crushed 2 tsp.

Ground black pepper 1 tsp.

Chicken breast halves, boneless, skinless 24 (4 oz. each)

Flour, all-purpose 1 cup

Canola oil 3/4 cup

Onion, chopped 1-1/2 qt.

Mushrooms, sliced 3 qt.

Basil, fresh, chopped 1 cup

Linguine, cooked and drained 3 lbs. uncooked



Instructions:

Mix cornstarch, vegetable juice, basil and black pepper. Coat chicken with flour. Heat half of the oil in a sauté pan or tilt skillet. Add chicken in batches and cook until browned. Remove chicken.

Heat remaining oil. Add onion and mushrooms and cook until tender.

Stir cornstarch mixture and add to pan. Cook and stir until mixture boils and thickens. Top with chicken. Cover and cook over low heat until chicken has reached 165°F. Stir in basil. Serve over 2 oz. linguine. CCP: Heat until internal temperature is 165°F. or higher for 15 seconds. CCP: Hold at 140. F.

or higher. Portion 1 chicken breast half per serving, 6 oz. ladle (2/3 cup) sauce over 1 cup linguine

