

# Healthcare Menu Simplification

**Insight:** As the budgetary pressures in healthcare continue to increase, operators must look for ways to simplify their cafeteria and patient menus.

Campbell offers easy menu solutions that help me stay on budget.

Let us take you from “scratch to success.”

- > Simplify your menus and increase kitchen efficiency using Campbell's® speed-scratch recipe ideas.

What is speed-scratch?

- > Innovative ways to create flavorful homemade recipes using one or more prepared ingredient.

See how our speed-scratch solutions can benefit your bottom line.

- > Save time and maintain consistency
- > Reduce food, labor and equipment costs
- > Increase control of nutritional value
- > One product offers many menu applications
- > Still allows chef creativity
- > Offer more delicious homemade recipes all day long





## Shelf Stable Recipes



BREAKFAST

### FARMHOUSE BREAKFAST FRITTATA

YIELDS: 96 servings SERVING SIZE: 3" x 3 1/3" piece TOTAL TIME: 30 minutes EFFORT: Medium  
FEATURED INGREDIENT: *Campbell's® Healthy Request® Cream of Mushroom Soup*, 12/50 oz., #04144

INGREDIENTS	WEIGHT	MEASURE	METHOD
<i>Campbell's® Healthy Request® Cream of Mushroom Soup</i>		4 cans	1. Preheat convection oven to 325°F. Combine cooked onions and turkey sausage in bowl. Set aside. 2. Lightly oil four 12 x 20 x 2 1/2" steam table pans. Place 12 oz. cooked potatoes in each pan, spreading to cover the bottom of the pans. Top each with 3 3/4 lb. of sausage and onion mixture.
Onions, chopped, cooked	7 lb.		
Sausage, turkey, cooked	6 lb.		
Hash brown potatoes, cooked	6 lb.		
Liquid egg whites, thawed	16 lb.		3. In large bowl, blend soup, egg whites and black pepper with whisk.
Black pepper		2 tsp.	
Lowfat cheddar cheese	5 lb.		4. Layer 10 oz. of cheese on top of each pan containing potatoes and sausage. Top with 2 1/2 qt. soup mixture. Top each with remaining potatoes and press down to cover soup mixture. 5. Bake uncovered for 20 minutes. Top with remaining cheese. CCP: Bake for 10 minutes or until internal temperature is 165°F or higher for 15 seconds. 6. Cut each pan 6 times. 7. CCP: hold at 140°F or higher for service.



Think outside of the can.

Over 85% of healthcare operations use cream-based soups as an ingredient.<sup>1</sup>

#### ENTRÉE



Mushroom Goat Cheese Pizza

#### STARTER



White Bean and Five Mushroom Chowder



## Beverage Recipes



DINNER

### BBQ SALMON SALAD

YIELDS: 24 servings SERVING SIZE: 1 fillet; 2 cups salad; 2 tbsp. dressing PREP TIME: 30 minutes COOK TIME: 3-4 minutes  
FEATURED INGREDIENT: *V8® 100% Vegetable Juice*, 12/46 oz., #00336

INGREDIENTS	WEIGHT	MEASURE	METHOD
<i>V8® 100% Vegetable Juice</i>		2 qt.	1. In covered container, whisk together juice, vinegar, sugar and half the spice rub mixture and mix well. 2. Whisk in olive oil and then scallions to finish. Cover and refrigerate at least 2 hours before serving. Reserve 2/3 of BBQ sauce for basting fish while grilling and remainder to use as a salad dressing for completed salad. 3. Place fish fillets on a sheet pan in one layer and sprinkle evenly with remaining BBQ spice rub. Cover and refrigerate at least 2 hours or overnight before cooking. 4. Before grilling, spray each seasoned fillet with non-stick cooking spray and grill over high heat, seasoned-side down over fire, for 1 minute. Turn and baste with BBQ sauce several times for 2 minutes over top of each fillet until fish flakes easily when tested with a fork and internal temperature is 165°F or higher for 15 seconds. CCP: May be served hot 140°F or higher, or chilled 40°F or lower. 5. For each serving: Place 2 cups greens on chilled dinner plate. Top with 1/2 cup chopped tomatoes and 1/4 cup each: diced cucumber, shredded carrots and corn kernels. 6. Place a cooked fish fillet over top of salad and drizzle with 2 tbsp. BBQ sauce to serve.
Cider vinegar		1 cup	
Brown sugar		1 cup	
BBQ dry spice rub		3/4 cup	
Olive oil		3/4 cup	
Scallions, chopped		2 cups	
Salmon fillets, 6oz. portions	9 lb.		
Non-stick cooking spray		As needed	
Mixed salad greens (romaine, iceberg, frisée, chickory, etc.)	6 lb.		
Tomatoes, chopped	4 lb., 8 oz.		
Cucumbers, diced	3 lb.		
Carrots, shredded	1 lb., 8 oz.		
Corn kernels, frozen, thawed, drained	1 lb., 12 oz.		



#### SIDE



Santa Fe Pasta Salad

#### LUNCH



Garden Vegetable Sauté

Think beyond the drink.

Discover new ways to use our nutritious beverages and watch your menu grow.

## Shelf Stable Recipes

## Beverage Recipes



Use *Campbell's*® Tomato Soup in combination with on-hand ingredients to learn how one product can be used for many flavorful menu applications.



### Spice Cake with Cream Cheese Frosting

- Dessert
- Snack



### Salmon with Pomodoro Sauce

- Lunch Entrée
- Dinner Entrée



### Orange Chicken Vegetable Stir Fry

- Starter
- Side Item
- Lunch Entrée



Offer nutritious menu options without sacrificing flavor by combining V8 V-Fusion® beverages with on-hand ingredients.



### Ginger Berry Dip

- Dessert
- Snack



### Sautéed Chicken with Herbed Pomegranate-Blueberry Sauce

- Lunch Entrée
- Dinner Entrée



### Strawberry Banana Smoothie

- Breakfast Entrée
- Dessert
- Snack



For more recipes and nutritional information visit: [campbellsfoodservice.com](http://campbellsfoodservice.com)