

Clarifying the Contents: Pasta & Soup

Canned pasta and soup are some of the most versatile products to incorporate into your daily diet, taking just minutes to heat up and enjoy. An increasingly wide choice of soups, which include healthy and organic varieties, such as organic Cream of Tomato Soup, and pasta products like Hidden Veg Hoops, contribute to a healthy, balanced diet for adults and children alike.

• Amanda Ursell says •

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Originally, canned soup and pasta contained salt because consumers liked the taste better. With shoppers becoming more health-conscious, the canned food industry has been able to make significant reductions in the amount of salt and sugar in their pasta and soup products – and they still taste great

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Amanda Ursell is a qualified nutritionist and has a diploma in dietetics. She is also an award winning journalist, television presenter and author.

What's in the Can?

Since 2003, many canned pasta and soup varieties have undergone sodium reductions of between 10% and 60%.

The labelling of sodium and salt has improved, making it easier for consumers to see what they are eating and easily compare it to the 6g maximum salt limit per day.

Health conscious shoppers will be pleased to know that canned pasta contains less than 5% sugars.

One serving of Spring Vegetable Soup contains

A vegetable based soup can give you a selection of vegetables including carrots, peas, celery & cabbage.

One 200g serving can have just 63 calories and 0.7g of fat per portion.

One serving gives us over a gram of fibre to count towards our 18g a day target.

Having vegetable soup as a starter can reduce the amount you eat for your main course.



Store Cupboard Essentials

- Canned soup and pasta have a long shelf life, meaning that they can stay in your store cupboard until you need it to cook a healthy dish in minutes
- Heating canned soup and pasta takes just a few minutes, meaning that you have more time to relax and enjoy your meal
- Canned soup and pasta can be enjoyed as part of a meal or on their own for a small lunch or snack
- Feeding the family? Add canned soup or pasta to a meal to bulk it out for just a few extra pence

Notes to editor:

Data was provided by Premier Foods and Heinz, filler members of Canned Food UK, and TNS in Q1 2009 as sourced by Canned Food UK. Participants in the research include. The research excludes imported produce. Market data was taken from the TNS Canned Food Report 2008/09

Recipe Sheet

Tuscan Bean Soup

Serves 4

Preparation and cooking time: 35 minutes



Course:
Starter

Dish:
Vegetarian

Serves:
4

Nutritional information per serving:

Calories: 153
Protein: 5.8g
Fat: 6.4g
Saturated fat: 0.9g
Carbohydrate: 19g
Fibre: 5.2g

Ingredients



- 1 garlic clove, crushed
- 1 small onion, finely chopped
- 1 leek, finely chopped
- 150g canned carrots, drained
- 1 x 400g can baked beans
- 1 x can condensed vegetable soup
- 1 bay leaf
- ½ tsp (2.5 ml) dried sage, crushed
- 2 tbsp (30 ml) chopped fresh flat-leaf parsley, plus extra to garnish
- Freshly ground black pepper
- 2 tbsp (30 ml) extra virgin olive oil

Instructions

1. Place the garlic, vegetables, beans, vegetable stock, bay leaf and sage in a large saucepan.
2. Bring to the boil, lower the heat, cover and simmer for about 20 minutes until the vegetables are tender.
3. Remove from the heat and remove the bay leaf. Stir in the fresh parsley.
4. Season with freshly ground black pepper and ladle in warmed bowls.
5. Scatter over the extra parsley and drizzle with the oil before serving.

