



The **V8** Diet

Campbell's Kitchen Recipes



DIET V8 SPLASH® FUNSICLES

Prep Time: 10 minutes

Freeze Time: About 4 hours

Ingredients:

1 cup vanilla no-sugar-added ice cream
6 (3-oz.) plastic cups
6 craft sticks
1 1/2 cups V8 Diet Splash® Tropical Blend,
Berry Blend or Strawberry Kiwi

Directions:

PLACE a small scoop **2 heaping tbsp.** ice cream into each plastic cup. Insert a craft stick.

FILL almost to top with tropical blend.
Freeze until firm. Makes 6.

TIP: *To remove funsicles easily from cups,* let stand at room temperature a few min. Or place under cold running water for a few seconds.

For Fruity V8 Diet Splash® Funsicles, add frozen or fresh blueberries to cups.

CAMPBELL'S 2-BEAN CHILI

Prep/Cook Time: 25 minutes

Ingredients:

lb. ground beef
1 large green pepper, chopped
1 large onion, chopped
2 tbsp. chili powder
1/4 tsp. ground black pepper
3 cups Campbell's® Tomato Juice
1 can (about 15 oz.) kidney beans, rinsed and drained
1 can (about 15 oz.) great Northern beans, rinsed and drained
Sour cream, Sliced green onion,
Shredded Cheddar cheese, Chopped tomato

Directions:

COOK beef, green pepper, onion, chili powder and black pepper in skillet until browned. Pour off fat.

ADD tomato juice and beans and heat through. Top with sour cream, green onions, cheese and tomato.

Serves 6.



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V8® BLOODY MARY MOCKTAIL

Prep Time: 5 min.

Ingredients:

3 cups V8® 100% Vegetable Juice
1 tsp. prepared horseradish
1 tsp. Worcestershire sauce
1/2 tsp. hot pepper sauce
Lemon slice for garnish

Directions:

MIX vegetable juice, horseradish, Worcestershire and hot pepper sauce.

SERVE over ice. Garnish with lemon slices.

Makes 3 cups.

ORANGE SPRITZER

Prep Time: 5 minutes

Ingredients:

3 cups V8® 100% Vegetable Juice
1 1/2 cups unflavored seltzer water **OR** orange-flavored seltzer water
1 cup orange juice
Orange slices

Directions:

MIX vegetable juice, seltzer and orange juice. Serve over ice.
Garnish with orange slices.

Makes 5 1/2 cups.

FRUITED V8® FROST

Prep Time: 10 minutes

Ingredients:

2 cans (6 oz. each) V8® V8 Low Sodium V8
1/2 cup drained sliced peaches in juice
1 tsp. lemon juice
1 tsp. lime juice
Crushed ice
Lime slices

Directions:

PLACE vegetable juice, peaches, lemon juice and lime juice in blender jar. Cover and blend until smooth.

POUR over crushed ice in 3 (8-oz.) glasses.
Garnish each with lime slices.

Makes 3 1/3 cups or 3 servings.