



Potato-Plus Soup

Prep Time: 10 minutes

Cook Time: 10 minutes

Cost per serving: \$0.50

What you need:

Utensils:

- Knife
- Cutting board
- Measuring cups & spoons
- Sauce pan
- Microwave dish
- Mixing bowl
- Stirring spoon

Ingredients:

- 3 cups cauliflower pieces or broccoli pieces or combination of both (3 cups is about 1 medium head of broccoli or cauliflower, fresh)
- 1 tablespoon water
- 2 cups water
- 2 teaspoons or 2 cubes chicken bouillon
- 4 cups fat-free or low-fat milk
- 1 teaspoon crumbled dried parsley flakes
- 2 cups potato flakes
- ½ cup reduced-fat, shredded cheddar cheese
- Pepper as desired

What to do:

1. Wash your hands and clean your cooking area.
2. Wash cauliflower and/or broccoli. Cut into bite size pieces.
3. Microwave cauliflower and/or broccoli pieces in a covered dish with 1 tablespoon of water until vegetables are tender.
4. In a sauce pan, combine water, bouillon, milk, and parsley. Cook over low heat.
5. Add potato flakes to sauce pan.
6. Stir in cooked cauliflower and/or broccoli pieces.
7. Top with shredded cheese. Heat until cheese is melted. Serve.
8. Refrigerate leftovers.



BETTER LIVING
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Nutrition Facts

Serving Size about 1 cup of soup
Servings Per Container 8

Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 9g	
Vitamin A 8%	Vitamin C 80%
Calcium 25%	Iron 4%