

## Instant Potato Soup Mix

*This recipe is a good source of calcium, which keeps bones and teeth strong.*

### Ingredients:

- 1 3/4 cups instant mashed potatoes
- 1 1/2 cups non-fat dry milk
- 2 tablespoons instant chicken bouillon
- 2 teaspoons dried minced onions or onion powder
- 3/4 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1/4 teaspoon pepper
- 1/4 teaspoon curry
- 1/4 teaspoon salt (optional)

### Directions:

1. Mix all ingredients together. Store mix in a 1-quart container or jar with a tight fitting lid. Keep in a cool, dark location. To make soup, follow directions 2-4.
2. Measure out 1/2 to 2/3 cup of the instant potato mix and place in a beverage mug.
3. Add 1-cup of boiling water. Stir, cover and let set for 2-minutes to thicken before serving
4. Refrigerate leftover prepared soup within 2-3 hours. .

**Tip:** This soup can serve as a base for other soups. Try adding corn or clams for chowder. For variety and nutrition, add steamed or canned vegetables. Bits of ham or bacon adds flavor. Season to taste with salt, pepper and other herbs.

### Bright Ideas:

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Source: OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

<b>Nutrition Facts</b>	
Serving Size 1 cup Servings Per Container 10	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 1g	4%
Sugars 6g	
<b>Protein 5g</b>	
Vitamin A 0%	• Vitamin C 4%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**10 servings, 1 cup each**