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Cold Cream of Vegetable Soup

Ingredients:

- 1 (10 ½ -ounce) can cream of celery soup concentrate
- ¼ cup 1% milk
- ½ cup light sour cream
- 2 medium carrots, sliced
- ½ red bell pepper
- 1 small zucchini
- ½ small onion
- 1 small tomato

Makes 4 servings - 41% calories from fat

Instructions:

1. Place half can of soup and sour cream in blender and puree with ½ the vegetables. Pour mixture into a bowl, set aside.
2. Repeat with remaining of the soup, sour cream and ¼ cup milk and vegetables. Add to bowl and mix well.
3. Pour into soup bowls and top with a sprig of fresh parsley

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 400mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	
Vitamin A 120%	• Vitamin C 60%
Calcium 8%	• 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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