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## Potato Yummy Soup

### Ingredients:

- 6 medium potatoes, peeled and diced
- 2 medium onions, chopped
- 6 cups low sodium, low fat chicken broth
- 1 Tablespoon butter
- salt and pepper to taste
- 1/8 teaspoon parsley (for garnish)

*Makes 6 servings - 13% calories from fat*

### Instructions:

1. Wash, peel and dice potatoes, and chop onions, set aside.
2. In a covered saucepan, melt butter. Add potatoes and onions and gently cook until soft but not colored.
3. Add the chicken broth, and salt and pepper to taste. Heat thoroughly.
4. Sprinkle with parsley and serve.

### Notes:

- Milk and water may be substituted in place of chicken broth (for a white broth).
- Serve as a chunky soup or puree in a blender for a creamy soup.

Nutrition Facts	
Serving Size 2 cups	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 15
% Daily Value*	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 5g	
<b>Protein</b> 5g	
Vitamin A 2%	• Vitamin C 50%
Calcium 2%	• Iron 6%

\*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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