

RUSSIAN MUSHROOM AND POTATO SOUP

Prep Time: 20 minutes **Cook Time:** 25 minutes

Included in Box:

- 2 (15-oz) cans low sodium canned potatoes, drained, rinsed, chopped
- ½ cup canned no salt carrots, drained and rinsed
- 2 (4.5-oz) cans chicken, drained and rinsed
- 1 cup 1% milk

Additional Ingredients Needed:

- 2 T olive oil or vegetable oil
- 1 small onion (~½ c.), diced
- 2 (4-oz) cans no salt mushrooms, drained and rinsed
- 4 cups low sodium vegetable or chicken broth

Directions:

1. Add oil, onions, and mushrooms to a pot and cook over medium high heat until softened (3-4 minutes).
2. Add all other ingredients except milk and bring to a boil. Reduce heat and simmer for 15-20 minutes.
3. Add milk just before serving. Be sure the soup doesn't boil after you add the milk.

Tip: Add 1 T dried or 3 T fresh dill for more flavor!
Leave out the chicken for a vegetarian option.



Nutrition Facts*

Total Servings: 4
Serving Size: 2 cups
Calories: 309
Fat: 4 g
Sodium: 587 mg
Carbohydrates: 11 g
Fiber: 15 g
Protein: 32 g
Carbohydrate Servings: 1

**Nutrition facts include low sodium canned potatoes, no salt canned carrots, canned chicken, milk, olive oil, white onion, no salt canned mushrooms, and low sodium chicken broth.*