



Nutrition Facts

Serving Size		1 12th recipe
Amount Per Serving		
Calories 250		
		% Daily Value
Total Fat	17g	26%
Saturated Fat	5g	25%
Cholesterol	mg	0%
Sodium	1600mg	67%
Total Carbohydrate	15g	5%
Dietary Fiber	2g	8%
Protein	7g	14%
Vitamin A %		Vitamin C %
Calcium %		Iron %



Total Time
**NOT
AVAILABLE**

Serving Size
1 12TH RECIPE

Difficulty
EASY

Yields
12

INSTRUCTIONS

1. Prepare soup with water as directed.
2. Sauté onions, carrots and celery in oil for 3 to 5 minutes or until softened.
3. Stir vegetable mixture and buffalo wing hot sauce into soup; bring to simmer. Cook for 8 to 10 minutes or until vegetables are tender and heated through.



Tip

For each portion, ladle 1 1/3 cups (325 mL) into bowl; garnish with 1 tbsp (15 mL) blue cheese and 1 tsp (5 mL) chives.