



Nutrition Facts

Serving Size		1 12th recipe
Amount Per Serving		
Calories 190		
		% Daily Value
Total Fat	9g	14%
Saturated Fat	4g	20%
Cholesterol	35mg	12%
Sodium	1460mg	61%
Total Carbohydrate	16g	5%
Dietary Fiber	2g	8%
Protein	10g	20%
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 potatoes, carrots, celery, salt and pepper in oil for 5 to 8 minutes or until softened.
3. Stir potato mixture, corned beef and beer into soup; bring to simmer. Cook for about 10 minutes or until vegetables are tender.



Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tbsp (30 mL) Cheddar cheese and 1 tsp (5 mL) chives.