



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.