



**Nutrition Facts**

Serving Size 1 1/2 cups

**Amount Per Serving**

**Calories** 580

% Daily Value

**Total Fat** 37g **57%**

**Saturated Fat** 11g **55%**

**Cholesterol** 25mg **8%**

**Sodium** 1260mg **53%**

**Total Carbohydrate** 49g **16%**

**Dietary Fiber** 4g **16%**

**Protein** 11g **22%**

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, onions, garlic, salt and pepper in butter for 4 to 5 minutes or until vegetables start to soften.
3. Stir vegetable mixture into soup; bring to simmer. Cook for 5 to 8 minutes or until vegetables are tender. Stir in peas; simmer for 3 to 5 minutes or until heated through.
4. Cut each sheet of puff pastry into 4 rounds (if using); bake according to package directions until golden brown.



#### **TIP**

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 1 tsp (5 mL) each parsley and chives. Top with puff pastry round (if using).