



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	580
% Daily Value	
Total Fat	37g57%
Saturated Fat	11g55%
Cholesterol	25mg8%
Sodium	1260mg53%
Total Carbohydrate	49g16%
Dietary Fiber	4g16%
Protein	11g22%
Vitamin A	%
Calcium	%
Vitamin C	%
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).