

Maggie & Mary's Red River Valley Potato Soup



YOU WILL NEED:

- 1 package Red River Valley Soup Mix
- 5 ½ cups water

For your own special touch, consider adding one or some of the following:

- 3 tablespoons cooked, crumbled bacon (We highly recommend! 😊)
- ½ cup diced ham or cooked sausage
- Shredded cheese
- Flaked smoked salmon

EASY DIRECTIONS:

1. Bring 5 ½ cups hot water to a boil. Add soup mix and blend well.
2. Return mixture to low boil. Reduce heat and simmer for about 35 minutes, or until potatoes are tender. Stir occasionally.

INGREDIENTS: Dehydrated Potatoes, Canola Oil, Corn Syrup Solids, Nonfat Milk, Modified Corn Starch, Salt, Cane Sugar, Maltodextrin, Mono and Diglycerides, Sodium Caseinate, Dipotassium Phosphate, Yeast Extract, Silicon Dioxide (to prevent caking), Tomato Powder, Dehydrated Chicken Fat, Dextrose, Natural Flavor, Dehydrated Cooked Chicken, Whey, Xanthan Gum, Dehydrated Onion, Disodium Phosphate, Spices, Turmeric (added for color) **Contains: Milk**

Nutrition Facts

6 Servings Per Container
Serving Size: 3 T dry;
1 Cup Prepared

Amount Per Serving
Calories **180**

% Daily Value(DV)*

Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	2%
Sodium 800mg	35%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 3g Added Sugars	6%
Protein 3g	6%

Not a significant source of vitamin D, calcium, iron, and potassium

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RED RIVER VALLEY POTATO SOUP



Maggie & Mary's Cheddar Broccoli Pantry Soup

Nutrition Facts	
About 6 Servings Per Container	
Serving Size: 3 Tbsp dry (28g)	
1 Cup Prepared	
Amount Per Serving	
Calories	120
% Daily Value(DV)*	
Total Fat 7g	11%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 730mg	30%
Total Carbohydrate 12g	4%
Dietary Fiber less than 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	
Protein 3g	6%
Vitamin D 0%	• Calcium 2%
Iron 4%	• Potassium 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Cheddar, Blue, Romano, & Parmesan Cheese Powders [(Pasteurized Milk, Salt, Extract of Annatto, Cultures, Enzymes), Whey, Soybean Oil, Buttermilk, Nonfat Milk, Sodium Phosphate, Salt, Butter (Cream), Natural Flavor, Citric Acid, Lactic Acid, Turmeric, Paprika Extract], Modified Corn Starch, Whey, Dried Vegetables (Broccoli and Onion), Canola Oil, Corn Syrup Solids, Maltodextrin, Sea Salt, Nonfat Milk, Tomato Powder, Yeast Extract, Xanthan Gum, Soy Sauce (Wheat, Soybeans, Salt), Dipotassium Phosphate, Mono and Diglycerides, Sodium Caseinate, Silicon Dioxide (to prevent caking), Spices, Dextrose. [Contains: Milk, Soy, Wheat]

Maggie & Mary's Pantry Pack Soup Chicken Dumpling

Nutrition Facts

Serving Size: 1/4 Cup dry mix (29g)

8 fl.oz. prepared

Servings Per Container: About 6

Amount Per Serving

Calories 110

Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 680mg 28%

Total Carbohydrates 18g 6%

Dietary Fiber less than 1g 2%

Sugars 2g

Protein 4g

Vitamin A 40% Calcium 2%

Vitamin C 2% Iron 4%

* Percent Daily Values are based on 2,000 calorie diet.

Ingredients: Dumplings (Durham Wheat, Eggs, Water), Maltodextrin, Dehydrated Chicken, Modified Corn Starch, Dehydrated Vegetables (Carrots, Onion, Parsley), Chicken Fat, Salt, Dextrose, Hydrolyzed Corn Gluten, Sugar, Disodium Inosinate & Guanylate, Torula Yeast, Soy Flour, Autolyzed Yeast Extract, Silicon Dioxide (to prevent caking), Spices, Natural Flavors, Soy Sauce (Soybeans, Wheat, Salt), and Turmeric (added for color).