

# Potato Soup Mix in a Jar

Makes eight servings. With regular bouillon, each serving has 150 calories, 0 gram (g) of fat, 11 g of protein, 25 g of carbohydrate, 1 g of fiber and 770 milligrams (mg) of sodium. With low-sodium bouillon, each serving has 150 calories, 0 g of fat, 11 g of protein, 25 g of carbohydrate, 1 g of fiber and 420 mg sodium.

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2 c. instant potato flakes

1 3/4 c. nonfat dry milk

2 Tbsp. instant chicken bouillon granules (or substitute vegetable bouillon)

2 tsp. dried onion flakes

1 tsp. dried parsley

1/2 tsp. garlic powder

1/4 tsp. white pepper

1 1/2 tsp. seasoning salt

Additional toppings (bacon crumbles, sliced green onion, shredded cheddar cheese)

Mix all the ingredients in a bowl and place in a 1-quart glass jar. To prepare, shake jar to mix contents, then place 1/2 cup of the soup mix in a soup bowl and add 1 cup of boiling water. Mix well. If desired, top with additional topping.

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