

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

48441 Luck of the Irish Potato Leek Soup

This traditional Irish soup takes you to the green rolling hills of Ireland.

Just add Broth, Cream and Mushroom Soup.

Ingredients: Dehydrated Vegetables (Potatoes, Leeks, Onion, Celery), Minced Garlic, Thyme, Parsley, Black Pepper, Basil and Bay Leaf.

Ingredients You will need :

- 1 10 ½ oz can of low sodium concentrated cream of mushroom soup
- 4 cups of half & half
- 4 cups of vegetable broth
- 2 cups of water

Cooking Instructions

1. Place potatoes, vegetable and spice packets in slow cooker.
2. Pour mushroom soup, vegetable broth and water over ingredients. **Do not stir.**
3. Cover and cook on high for 3½-4½ hours or low for 6-7 hours. **Do not lift lid while cooking.**
4. Place half & half into a bowl. Slowly ladle potato soup into bowl until contents of bowl are heated.
5. Return heated contents of bowl to slow cooker.
6. Cook on high for 1 hour or until soup bubbles.
7. If desired pureé soup with an immersion blender.
8. When ready to serve salt to taste.

Serving Suggestions:

Garnish with sour cream, fresh parsley & chives.

Top with butter & a grind of black pepper.

Sprinkle with chopped bacon bits & ham.

Top with grated sharp cheddar cheese.

For true Irish style add shredded Kale (stems removed) and bring soup back to a s

For an Italian flare top with prosciutto, fresh basil & grated Parmesan cheese.

Accompany with a green salad & bread.

Nutrition Facts

Serving Size As Packaged 1.0 oz. (29g)

As Prepared 14.6 oz (415g)

Servings Per Container 8

Amount Per Serving	As Packaged	As Prepared	
Calories	100	520	
Calories from Fat	5	240	
% Daily Value**			
Total Fat 0g*	0%	42%	
Saturated Fat 0g	0%	45%	
Trans Fat 0g			
Cholesterol 0mg	0%	45%	
Sodium 30mg	1%	39%	
Total Carbohydrate 22g	7%	9%	
Dietary Fiber 2g	8%	12%	
Sugars 2g			
Protein 3g			
Vitamin A	80%	90%	
Vitamin C	4%	25%	
Calcium	2%	8%	
Iron	6%	25%	
<small>* Amount in Mix. As prepared, one serving provides 27g total fat (9 saturated fat), 135mg cholesterol, 940mg sodium, 28g carbohydrate (3g fiber, 5g sugar) and 43g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
Fat	9	* Carbohydrate	4 * Protein 4