

Tomato-Potato Soup

Combine two great tastes into one soup

- 1 (14.5 oz) can sliced **potatoes**, drained & chopped into chunks
- 1 (14.5 oz) can **corn**, drained
- 3 cups low-sodium **tomato juice**
- **Black pepper** to taste
- 1/2 cup shredded **cheddar cheese** (optional)

1) Combine potatoes, corn, tomato juice, and black pepper in a saucepan or microwave-safe bowl.

2) Heat until hot, stirring regularly.

3) Serve topped with 2 Tbl cheddar cheese if you would like.

Serves 4

Nutrition Facts

Serving Size About 1 cup
Servings Per Container 4

Amount Per Serving

Calories 180 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 650mg 27%

Total Carbohydrate 36g 12%

Dietary Fiber 5g 20%

Sugars 9g

Protein 7g

Vitamin A 60% • Vitamin C 110%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



All recipes ranked according to CHOP for nutritional quality

© 2013 Greater Pittsburgh Community Food Bank