

You'll Need For
4 Servings:



1/2 Cup Milk Product
Dairy or non-dairy



1 1/2 Cups Boiling Water



2 Tbsp Butter Spread
Margarine or Olive Oil

To Prepare	Potato Mix	Milk Product	Water	Buttery Spread
2 SERVINGS	2/3 CUP	1/4 CUP	2/3 CUP	1 TBSP
4 SERVINGS	1 1/3 CUPS	1/2 CUP	1 1/3 CUPS	2 TBSP

Stovetop Method

- Place buttery spread and water in a saucepan and heat to a boil.
- Remove from heat and stir in Organic Mashed Potatoes mix.
- Add milk product and stir thoroughly with fork to achieve desired consistency. Do not whip.

Quickest Preparation:

Pour boiling water and buttery spread into a bowl. Sprinkle in the organic mashed potatoes and stir well. Stir in milk product until well mixed. Serve immediately.

Microwave Method

- Place buttery spread, milk product and water in a microwave-safe bowl. Heat on high for 45 seconds to 1 minute until buttery spread is melted and water is almost boiling.
- Stir in Organic Mashed Potatoes mix.
- Microwave on high for 3 1/2 minutes for 4 servings or 2 1/2 minutes for 2 servings.
- Stir thoroughly with a fork to achieve consistency. Do not whip.

For creamier potatoes, add more milk product (stir in 1 Tbsp at a time to reach desired consistency). For firmer potatoes, let sit 2-3 minutes before serving. Refrigerate leftovers and use within 3 days.

From Alison's Kitchen

Roasted Garlic Potato-Broccoli Soup



SERVING SUGGESTION

3 - 4 cups of fresh cut broccoli
2 cups water
1 Edward & Sons Not-Chick'n bouillon cube
1 cup soy milk (or your favorite milk product)
1 box Edward & Sons Organic Roasted Garlic Mashed Potatoes

Prepare the Organic Mashed Potatoes as directed on the box and set aside. In a saucepan, bring 2 cups of water to a boil. Turn down heat, add broccoli and simmer until tender. Add bouillon cube and simmer until cube is dissolved. Puree in food processor or blender. Add milk and heat until just boiling. Stir in prepared mashed potatoes until desired thickness is reached. Serves 6-8.

Optional: Add salt and pepper to taste. May replace broccoli with asparagus.



Serving Suggestions:

- Just before serving, fold in cooked peas, corn or broccoli florets.
- Smother prepared potatoes with any of Road's End Organics' quick-cooking gravies - all are organic, gluten free and delicious.



Our Roasted Garlic Potato - Broccoli Soup recipe on the back of this box uses Edward & Sons Not-Chick'n Bouillon Cubes to impart wonderful natural seasoning.

Edward & Sons Quick & Easy Organic Mashed Potatoes
ROASTED GARLIC GF GLUTEN-FREE



Nutrition Facts

Serving Size 1/3 cup dry mix (25g)
1/2 cup prepared
Servings Per Container: 4

Amount Per Serving	Seasoned Flakes	Soy Milk, Veggie Spread, Water
Calories	90	140
Calories from Fat	0	45
	%Daily Value**	
Total Fat 0g	0%	8%
Saturated Fat 0g	0%	6%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 180mg	7%	10%
Total Carbohydrate 20g	7%	7%
Dietary Fiber 2g	7%	7%
Sugars less than 1g		
Protein 2g		
Vitamin A	0%	6%
Vitamin C	30%	30%
Calcium	0%	4%
Iron	2%	2%

*Prepared as directed with soy milk and buttery spread, which adds an additional 5g total fat, 1.5g sat fat, 60mg sodium, 1g carbohydrate, 1g sugar, 1g protein.

**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	0g	8g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	30g	37g
Dietary Fiber	Less than	25g	30g

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

Ingredients:
Organic Potato Flakes (organic potatoes, mono and di-glycerides from organic palm oil), Organic Onion Powder, Sea Salt, Organic Roasted Garlic, Organic Black Pepper

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