

Watercress Soup

Mrs Fred Brock

St Timothy's - Hale Schools - Raleigh, NC - 1976

*3/4 stick butter
1 teaspoon garlic salt
salt (to taste)
3/4 cup instant mashed
potato flakes
4 cups milk
1 bunch watercress,
chopped fine*

In a saucepan, melt the butter. Add the milk, garlic and salt.

Slowly stir in the mashed potato flakes after the milk comes to a boil.

Add the chopped watercress. Simmer for 5 minutes.

Per Serving (excluding unknown items): 1217 Calories; 102g Fat (73.9% calories from fat); 34g Protein; 47g Carbohydrate; 2g Dietary Fiber; 319mg Cholesterol; 3245mg Sodium. Exchanges: 0 Vegetable; 4 Non-Fat Milk; 19 1/2 Fat; 0 Other Carbohydrates.