

## Pilgrims' Potato Soup

1/4 cup margarine  
1 tbsp vegetable oil  
1 cup chopped onion  
1/2 cup diced celery  
1 1/2 cups diced potatoes  
1 cup sliced carrots  
1/3 cup fresh or frozen corn  
2 pkg George Washington's Golden Seasoning and Broth  
1 2/3 cups water  
1/4 cup chopped parsley  
1/2 tsp thyme  
1 1/2 tsp salt  
1/4 tsp pepper

Melt margarine with oil in a large saucepan or stock pot. Add onion and celery and cook, stirring occasionally, about 5 minutes. Add potatoes, carrots, corn, broth powder, water, parsley, thyme, salt, and pepper. Simmer until vegetables are tender, 10-15 minutes.

Per recipe: 399 mg phe, 8.4 g protein  
Per serving (1/2 cup): 20 mg phe, 0.43 g protein



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