

Simple Low-Fat Watercress Soup

VITACRESS™

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Love your body™*

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients:

- 1 onion
- 2 pints stock
- 2 potatoes
- 2 bags watercress

Method:

Delicious served hot or cold. Sweat a chopped onion in a small amount of stock, then add 2 diced potatoes, seasoning and another 2 pints of stock. Bring to the boil and simmer until the potatoes are soft. Add 2 bags of watercress and stir for 3 minutes. Take off the heat and liquidise.



Nutrition:

Portions	3
Calories	80
Fat	0.9g
Saturated Fat	0.0g
Carbohydrate	13.8g
Protein	5g
Fibre	2.0g
Salt	1.35g