

You'll Need For 4 Servings:



Dairy or non-dairy



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.



Quick & Easy Organic Mashed Potatoes



ROASTED GARLIC



Organic Mashed Potatoes

QUICK & EASY PREPARE IN 5 MIN.



MAKES 4 SERVINGS  
ROASTED GARLIC  
NET WT 3.5oz 100g



SERVING SUGGESTION

**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	Vegan Spread, Water
<b>Calories</b>	90	140	
Calories from fat	0	45	
	%Daily Value**		
<b>Total Fat</b> 0g	0%	8%	
Saturated Fat 0g	0%	6%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%	0%	
<b>Sodium</b> 180mg	7%	10%	
<b>Total Carbohydrate</b> 20g	7%	7%	
Dietary Fiber 2g	7%	7%	
Sugars <1g			
<b>Protein</b> 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	50g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	25g	30g	

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

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

Distributed by Edward & Sons Trading Co., Inc. P.O. Box 1326

Carpinteria, CA 93014 USA  
www.edwardandsons.com

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\*For details of Kosher certification, email

custserv@edwardandsons.com

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