

Product Spotlight

Wellness Forum Delicious Instant Potato Soup

Ingredients: Potato flakes, soy powder, dehydrated vegetable flakes, organic sucanat, sea salt, garlic powder, dehydrated onion, ground celery seed, thyme, sage, black pepper.

WF Potato Soup is available in single serving or a 4-serving size. This versatile soup can simply be reconstituted (add boiling water and stir) for a thick, hearty potato soup, or can be used as a base to create other soups and dishes.

The Wellness Forum's Instant Potato Soup comes in an individual serving size or a 4-serving size. It is an incredibly versatile soup that tastes great either by itself or with lots of other things added.

Here are just a few of the things you can do with WF Instant Potato Soup:

- Add 1 cup of rice or some cooked potato chunks, onions and peas to the individual serving size for a heartier soup and more filling meal;
- Combine 1 single serving package of WF Potato Soup with either 1 single serving package of Wellness Forum's Whata Tomato Soup or Black Bean Soup - this makes an easy, filling and thicker, chowder-type soup;
- Prepare the 4-serving size Wellness Forum Potato Soup with 4 cups of water instead of 6 - this will result in a thicker soup;
- Combine the 4-serving WF Potato Soup with one package of WF Not Cheese Sauce (made according to package instructions) and add 1 pound of frozen vegetables, your choice – terrific!
- Check out the new recipes posted on the recipe section of this site - for instance check try out the recipe below:

Scalloped Potatoes using WF Instant Potato Soup:

12 small-medium potatoes (about 8 cups sliced) – does not have to be exact
1 large onion, sliced thin

1 Cup Wellness Forum Potato Soup Mix
2 Cups boiling water

1 Cup soy sour cream
1/8 tsp black pepper

Preheat oven to 375 degrees.

Parboil potatoes until slightly tender, about 5-10 minutes. Slice into thin slices.

Combine boiling water and potato soup mix. Stir and let stand five minutes.

Add sour cream and pepper to soup mixture, stir. Add potatoes and onions and gently combine.

Pour into lightly sprayed casserole dish. Bake 35-45 minutes until bubbly and onions and potatoes are tender.

(This is also very tasty with mushrooms added!)