

Meals-in-a-Jar Made Easy

CHICKEN POTATO SOUP

2 T. Thrive Veloute Sauce
1 tsp. Chicken Bouillon
3 T. Thrive Instant Milk
1 tsp. Kosher Salt
1/2 tsp. Dried Thyme
1/4 tsp. Ground Pepper
1 tsp. Thrive Garlic
1/4 c. Thrive FD Chopped Onions
1/4 c. Thrive FD Spinach
1/3 c. Thrive Dehydrated Carrots
1/2 c. Thrive FD Celery
1 c. Thrive FD Diced Potatoes
1 c. Thrive FD Chicken Slices

Combine contents of jar with 4 cups of water in medium saucepan. Bring to a boil. Reduce heat and simmer for 20 minutes or until carrots are soft.

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