



Cuisine Santé Malanga Soup (Gluten Free)

YIELD 6 SERVING

Ingredients

- 1 lb Malanga, peeled
- 1 qt Water, boiling
- 1 oz HACO-Swiss Cuisine Santé Beef Stock
- 1 oz Onions, chopped
- 1 oz Parsnip, diced
- 2 oz Extra Virgin Olive Oil
- 2 cup Lactose free whole milk
- 1 cup HACO-Swiss Cuisine Santé White Roux

Preparation

Bring 1 qt water to a boil; add 1 lb of malanga and Cuisine Santé Beef Flavored Stock. Sauté the chopped onions and parsnip in Extra Virgin Olive Oil. Incorporate the sautéed ingredients to the boiling water. Then add milk and Cuisine Santé White Roux and let cook for 5-8 minutes at medium heat.

Setting

Garnish with poached chicken meat and cilantro or as desired.

Specialty Ingredients

- #720 HACO-Swiss Cuisine Santé Beef Flavored Stock
- #730 HACO-Swiss Cuisine Santé White Roux
Extra Virgin Olive Oil

Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
		Total Fat 10g	15%	Total Carb. 27g
Serv. size 8 oz (227g)	Sat. Fat 4g	20%	Fiber 5g	20%
Servings 6	Trans fats 0g		Sugars 2g	
Calories 214	Cholest. 6mg	2%	Protein 7g	
Fat Cal. 89	Sodium 189mg	8%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 4%	Vitamin C 20%	Calcium 8%	Iron 10%