



Taters and Gravy

Ingredients:

- Cream of Chicken, Beef Bouillon Soup packet or Aged Cheddar Cheese
- 3 oz. water
- Diet Right Mashed Potatoes, prepared

Directions:

1. Prepare your soup or cheese with 3 oz. of warm water.
2. Prepare your Diet Right Mashed Potatoes as normal.
3. Enjoy half of the gravy, refrigerate the rest and use within 24 hours!

Servings: makes 1 serving.

Each serving = 2 protein products.

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