

Alphabet Soup Mix

(Use mix within 6 months)

1 jar Alphabet Soup Mix

4 cups water

¼ cup tomato sauce

Remove crackers from jar; set aside. Place water, tomato sauce and contents of jar into a large sauce pan. Bring to a boil over high heat; reduce heat and simmer 10 minutes, uncovered, or until pasta is tender. Serve with crackers.

Variation: One cup of frozen vegetables may added during the last 2 minutes of cooking time.



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Nutrition Facts

4 servings per container

Serving size 1 cup (313g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 370mg 16%

Total Carbohydrate 45g 16%

Dietary Fiber 0g 0%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 2mg 10%

Potassium 61mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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