

Serves 5 • Serving size: 1 cup

25  
minutes

PREP: 5 minutes

COOK: 20 minutes

(tested in 900 watt microwave)

## Creamy Potato SOUP

3–4 russet potatoes (about 4 cups), peeled and chopped  
10¼-oz./305 g can cream of celery soup  
2 cups water  
1 tsp. coarse kosher salt  
½ tsp. black pepper  
1½ cups shredded cheddar cheese  
¼ cup sour cream  
2 green onions, sliced thin

1. Placed chopped potatoes, cream of celery, water, salt and pepper in base of Microwave Pressure Cooker. Seal and microwave on high power 20 minutes.
2. Remove from microwave and allow pressure to release naturally until pressure indicator fully lowers, about 10 minutes.
3. Mash potato chunks and whisk in cheese and sour cream.
4. Serve topped with green onions.

Nutritional Information (per serving):

Calories: 300 Total Fat: 14g Saturated Fat: 9g Cholesterol: 40mg Carbohydrate: 31g  
Sugar: 2g Fiber: 3g Protein: 10g Sodium: 850mg Vitamin A: 15% Vitamin C: 15%  
Calcium: 25% Iron: 2%



TO DEMO



Microwave Pressure  
Cooker

OPTIONAL



Measuring  
Cups



Measuring  
Spoons



Silicone  
Spatula



Can Opener