



Ingredients
3 1/2 cups Swanson® Natural Goodness™ Chicken Broth
5 large potatoes, cut into 1-inch pieces
Generous dash ground black pepper

Directions
Heat the broth and potatoes in a 4-quart saucepan over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the potatoes are tender. Drain the potatoes well in a colander, reserving the broth.
Mash the potatoes with **1 1/4 cups** broth and black pepper. Add additional broth, if needed, until the potatoes are the desired consistency.

Weight Watchers Points®* 3

Dietary Exchanges: 2 Starch, 1/2 Other Carbohydrate

USDA MyPyramid: 1 cup Vegetables

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Nutrition Information
Calories 178, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 329mg, Total Carbohydrate 40g, Dietary Fiber 4g, Protein 5g, Vitamin A 0%DV, Vitamin C 42%DV, Calcium 1%DV, Iron 3%DV