

Potato soup with marjoram

Savoury

level 

 1

 25 min



Ingredients

1 Sachet	Calshake Neutral
200 ml	Fresubin 2 kcal DRINK Neutral
240 ml	whole milk (3.5 % fat)
200 g	potatoes (3 medium size), ready-to-cook
120 ml	meat stock
15 g	onions
20 g	bacon
	salt, nutmeg, marjoram, pepper

Nutritional information per serving:

Energy	875 kcal
Protein.....	21.7 g
Fat	36.4 g
Carbohydrate	97.3 g
Fibre.....	0.0 g

Alternative products:

Fresubin® Clear Thickener
Fresubin® Protein Powder



Preparation

Shake Calshake Neutral with the milk in a shaker. Cook the peeled potatoes in the stock. Dice the bacon into small cubes and fry at medium temperature until it turns a darker colour. Add the diced onions and also fry slightly. Add the shaken Calshake Neutral to the boiled potatoes and blend with a hand-held blender. Add the bacon, the onions and the Fresubin 2 kcal DRINK Neutral, heat and season.

Serve the soup and garnish with a little fresh marjoram.

TIP:

Add sliced wieners to the soup.