

Extra thick vegetable soup / Tesco Stores Ltd.

Contributors

Tesco (Firm)

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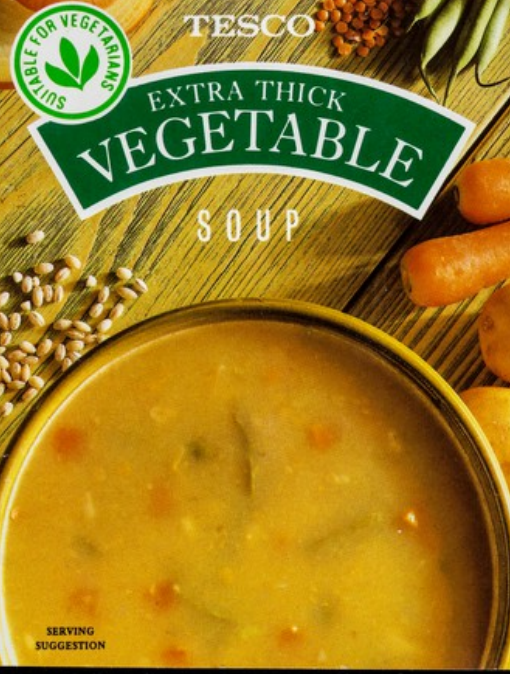
HEATING INSTRUCTIONS
Empty contents of can into a saucepan. Heat gently for 4 minutes, stirring frequently. DO NOT ALLOW TO BOIL.

TO MICROWAVE IN A 650W OVEN
(Adjust cooking time according to your particular model.) Microwave ovens vary. The following are guidelines only. Empty contents of the can into a non-metallic bowl and cover. Cook on Full Power for 7½ minutes. Remove from the oven and stir. Re-cover and replace in the oven, cook on Full Power for a further 7½ minutes. Stir well and check food is piping hot throughout before serving.

INGREDIENTS
Water, Potatoes, Carrots, Onions, Wheat Flour, Modified Starch, Peas, Salt, Lentils, Yellow Pea Flour, Pearl Barley, Sugar, Vegetable Oil, Hydrolysed Vegetable Protein, Starch, Celery, Flavour Enhancers (E21, E35), Dried French Beans, Dried Leeks, Spice Extracts, Bay Extract, Colour (Beta Carotene).

Recyclable Steel

PRODUCED IN THE U.K. FOR
TESCO STORES LTD., CHESHUNT
ENB PSL, U.K. © TESCO '91



SERVING SUGGESTION

NUTRITION

TYPICAL COMPOSITION	per 100 g (3½ oz) serving	per 425 g (15 oz) can
Energy	475 kJ (113 kcal)	201 kJ (48 kcal)
Protein	3.2g	1.4g
Carbohydrate	19.7g	8.5g
Fat	1.3g	0.6g
Sodium	1.3g	0.6g
Fibre	2.1g	0.9g

INFORMATION

BEST BEFORE END:
SEE DATE ON CAN END

425 g e

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SERVING SUGGESTION

