

Basic Soup and Sauce Mix

Yield: 9 servings

Ingredients:

2 cups non-fat powdered dry milk
3/4 cup cornstarch
1/4 cup instant chicken bouillon
2 Tablespoons dried onion flakes
2 teaspoons Italian seasoning

Instructions:

Yield: Equal to about 3 cups dry and 9 cans of cream soup.

1. Combine all ingredients in a plastic bag, mixing well.

To substitute for 1 can of cream soup:

1. Combine 1/3 cup of dry mix with 1 1/4 cups of cold water.

2. Cook and stir on stove top or in microwave until thickened.

3. Add thickened mixture to casseroles as you would a can of soup.

Storage: Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.



Basic Soup and Sauce Mix (continued)

Note: The final product of this recipe is intended to be used as an ingredient in other recipes. It is not intended as a ready-to-eat product.

Cost:

Per Recipe: \$ 1.36 , Per Serving: \$ 0.15

Source: USDA—Recipe Finder

Adapted from:

Utah State University Cooperative Extension

Nutrition Facts Per Serving: Serving Size 1/3 cup dry mix, 1/9 or recipe (28g), Calories 100, Total Fat 0g, Sodium, 330mg, Total Carbohydrate 19g, Protein 6g. Calcium 20%

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