Soup and Casserole Sauce Mix

A recipe for soup and casserole sauce mix which costs just pennies and substitutes for a can of commercial cream soup.

Canned condensed cream soups are used in many recipes such as casseroles, meat dishes, homemade soups and more. While manufacturers make low-fat and low-sodium varieties, it typically costs more to choose the healthier options. Make your own cream soup mix to save money and hold the line on fat and sodium.

Healthy Cream Soup and Sauce Mix

Ingredients:

2 cups nonfat dry milk powder

3/4 cup cornstarch

1/4 cup instant reduced-sodium chicken (or other flavor) bouillon granules

1/2 teaspoon ground black pepper

2 tablespoons dried, minced onion flakes (optional)

1/2 teaspoon dried crushed basil (optional)

1/2 teaspoon dried crushed thyme (optional)

Directions:

1. Combine all ingredients. Store in an airtight container. Makes 3 cups mix, equivalent to 9 cans cream soup.

Directions to use soup mix:

1. Combine 1/3 cup mix with 1 1/4 cups water in a saucepan or microwave cooking dish. Cook and stir until thickened.

Or, add mix and water to browned and drained casserole meat and cook in skillet with other casserole ingredients until thickened.

Makes the equivalent of one can condensed cream soup.

To make other flavors of cream soup, add 1/4 to1/2 cup of cooked mushrooms, celery, broccoli, potatoes, onion or lowfat cheese to prepared soup mix.

Nutrition Facts: 1/3 cup dry mix contains 100 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 360 mg sodium, 19g total carbohydrate, 0g fiber, 9g sugar, 6g protein

Source: Adapted from Utah State University Cooperative Extension, USDA NDM Recipes and Linda Beech, Finney County





Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

Soup and Casserole Sauce Mix

A recipe for soup and casserole sauce mix which costs just pennies and substitutes for a can of commercial cream soup.

Canned condensed cream soups are used in many recipes such as casseroles, meat dishes, homemade soups and more. While manufacturers make low-fat and low-sodium varieties, it typically costs more to choose the healthier options. Make your own cream soup mix to save money and hold the line on fat and sodium.

Healthy Cream Soup and Sauce Mix

Ingredients:

2 cups nonfat dry milk powder

3/4 cup cornstarch

1/4 cup instant reduced-sodium chicken (or other flavor) bouillon granules

1/2 teaspoon ground black pepper

2 tablespoons dried, minced onion flakes (optional)

1/2 teaspoon dried crushed basil (optional)

1/2 teaspoon dried crushed thyme (optional)

Directions:

1. Combine all ingredients. Store in an airtight container. Makes 3 cups mix, equivalent to 9 cans cream soup.

Directions to use soup mix:

1. Combine 1/3 cup mix with 1 1/4 cups water in a saucepan or microwave cooking dish. Cook and stir until thickened.

Or, add mix and water to browned and drained casserole meat and cook in skillet with other casserole ingredients until thickened.

Makes the equivalent of one can condensed cream soup.

To make other flavors of cream soup, add 1/4 to1/2 cup of cooked mushrooms, celery, broccoli, potatoes, onion or lowfat cheese to prepared soup mix.

Nutrition Facts: 1/3 cup dry mix contains 100 calories, 0g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 360 mg sodium, 19g total carbohydrate, 0g fiber, 9g sugar, 6g protein

Source: Adapted from Utah State University Cooperative Extension, USDA NDM Recipes and Linda Beech, Finney County





Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777