Soup or Sauce Mix

Yield: Equal to 9 cans of cream soup

Soup or Sauce Mix can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals and casseroles. Use the following recipes or find new recipes on canned soup labels and substitute your own mix!

2 cups powdered nonfat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 tablespoons dried onion flakes
2 teaspoons Italian seasoning
(Bulk recipe for Italian seasoning: 1 teaspoon each dried oregano, basil, marjoram, rosemary, thyme, sage and savory leaves of choice. Use only 2 teaspoons of this for mix.)

Combine all ingredients in a resealable plastic bag, jar or tub. Mix well each time you are ready to use the mix.

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

To substitute for one can of cream soup

Combine ½ cup of dry mix with 1¼ cups of cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

Chili Tomato Mac

Yield: 4–6 servings

1 pound ground meat (moose, caribou, beef, poultry)
1 cup water
1½ cups uncooked macaroni
2 15-ounce cans chopped tomatoes
1 tablespoon chili powder
½ cup Soup or Sauce Mix

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes and chili powder and mix. Simmer, covered, 20 minutes or until macaroni is tender.

Have mixing party!

Get your friends and families involved and have a soup- or sauce-mixing party! Order supplies in large quantities, mix large batches and divide the mix and the cost among the participants. Everyone can share in the money-saving results and have a good time as well. Try your own ideas to make your meals tastier and more affordable.

**Cheeseburger Skillet**

_Yield: 4–6 servings_

1 pound ground meat (moose, caribou, beef, poultry)
2 cups water
1½ cups uncooked macaroni
16-ounce can chopped tomatoes
½ cup Soup or Sauce Mix
½ cup cheese, grated

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes and Soup or Sauce Mix. Simmer, covered, 20 minutes or until macaroni is tender. Remove from heat; add cheese.

**Tuna Noodle Skillet**

_Yield: 4–6 servings_

1 can tuna
3 cups water
½ cup Soup or Sauce Mix
2 cups uncooked egg noodles
1 cup grated cheese
1 cup peas (or any frozen or canned vegetable)

In a skillet, add water, Soup or Sauce Mix, cheese, tuna, peas and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer, covered, for 15 to 20 minutes or until noodles are tender. Serve immediately.

**Chicken Pot Pie**

_Yield: 6–8 servings_

½ cup Soup or Sauce Mix
1¼ cup cold water
1 cup cooked chicken, cubed (or any cooked meat)
1 can mixed vegetables or 2 cups cooked, drained frozen or fresh vegetables

Combine Soup or Sauce Mix with water. Cook and stir on stove top or in microwave until thickened. In 9-inch pie plate combine sauce, vegetables and chicken. Combine egg, milk and baking mix for biscuit topping. Pour over chicken mixture. Bake at 400°F for 30 minutes or until golden brown.

**Biscuit Topping:**

1 egg
½ cup milk
1 cup baking mix

**Homemade Milk Gravy**

_Yield: 2 cups_

2 tablespoons fat (from meat, margarine, butter or other fat)
½ cup Soup or Sauce Mix

Remove cooked meat or poultry from roasting pan. Leaving brown residue in pan, pour drippings into a bowl. Allow fat to rise to surface; skim off fat and reserve. (Remaining drippings in bowl are meat juices that should be used as part of liquid in gravy.) Add fat to roasting pan (with brown residue); stir in Soup or Sauce Mix and stir until smooth. Heat until bubbling. Stir in liquid and cook until sauce thickens; continue stirring and cook 2 or 3 minutes longer, scraping bottom and sides of roasting pan to blend in the brown residue.

For more recipes, see Extension publication FNH-00060, _Make Your Own Mix_ ($3). Call 1-877-520-5211 to order or visit www.uaf.edu/ces.

To find out if you are eligible for free nutrition education, call UAF Cooperative Extension Service at 907-474-7930 or visit www.uaf.edu/ces/hhfd/fnp.

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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.