

Soup and Sauce Mix Recipes

Busy cooks are always looking for quick, inexpensive meal ideas. Making and using a basic sauce mix from food kept on hand can simplify meal preparation and stretch your food dollars.

Things to Know

- Basic sauce can be used in a variety of recipes such as soups, gravies, creamed vegetable, skillet meals and casseroles.
- Basic sauce mix made from items kept on hand can be substituted for a can of cream soup in any recipe.
- Using the basic sauce mix in menu planning saves time.
- Using the basic sauce mix in place of canned cream soup is more nutritious because it contains no fat.
- Homemade basic sauce mix is less expensive than buying commercial mixes at the store.

Basic Soup/Sauce Mix

Ingredients:

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

Directions:

Combine all ingredients in a plastic bag. Mix well.

Yield: Equal to 9 cans of cream soup.

To substitute for 1 can of cream soup:

Combine 1/3 cup of dry mix with 1 $\frac{1}{4}$ 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.



Cost of Ingredients:

Some of these ingredients are available from your local food bank. Even if you have to purchase the ingredients, the cost of the mix is only about 26¢ per 1/3 cup. A can of cream soup costs about a dollar!

Storage:

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

Tuna Noodle Skillet

Ingredients:

1 can tuna
3 cups water
1/3 cup dry basic sauce mix
2 cups uncooked egg noodles
1 cup grated cheese
1 cup peas (frozen or canned)
Potato chips, crushed

Directions:

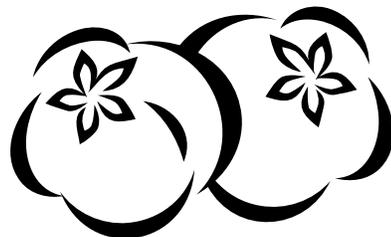
In a skillet, add water, sauce mix, cheese, tuna, peas and uncooked egg noodles. Stir. Bring to a boil. Reduce heat and simmer, covered, for 15 to 20 minutes or until noodles are tender. Top with crushed potato chips if desired. Serve immediately.

Yield: 4-6 servings

Chili Tomato Mac

Ingredients:

1 lb. ground beef
1 cup water
1½ cups uncooked macaroni
1 15 oz. cans diced tomatoes
1 TBSP. chili powder
1/3 cup dry basic sauce mix

**Directions:**

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

Yield: 4-6 servings

Hamburger Stroganoff

Ingredients:

- 1 lb. ground beef or turkey
- 3 cups water
- 1/3 cup dry basic sauce mix
- 2 cups uncooked egg noodles
- 1/2 cup "light" sour cream or plain yogurt



Directions:

Brown meat and drain off fat. Add water, sauce mix and uncooked egg noodles. Stir. Bring to a boil, reduce heat and simmer, covered, for 15-20 minutes or until noodles are tender. Top with sour cream or yogurt. Serve immediately.

Yield: 4-6 servings

Taco Skillet

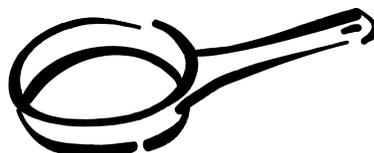
Ingredients:

- 1 lb. ground beef or turkey
- 1/3 cup dry basic sauce mix
- 1 1/4 cups cold water
- 2 cups tomato sauce
- 1 cup salsa
- 6 flour tortilla or corn tortillas (6" to 8") cut into 1" pieces
- 1 cup cheese, grated

Directions:

In a skillet over medium-high heat, cook ground meat until browned. Drain off fat. Add water, sauce mix, salsa, tomato sauce and tortillas. Stir. Bring to a boil, reduce heat and simmer, covered, for 15-20 minutes or until tortillas are tender. Top with cheese and let melt.

Yield: 6 servings



Potato Soup

Ingredients:

1/3 cup dry sauce mix
1 1/4 cups cold water
1 cup cooked potato cubes



Directions:

Combine mix with water. Cook and stir on stovetop or in microwave until thickened. Add potato cubes.

Tomato Soup

Ingredients:

1/3 cup dry basic sauce mix
1 1/4 cup cold water
2 cups tomato sauce
(Optional idea: use a 15 oz. can of diced tomatoes in tomato sauce)

Directions:

Combine mix with water. Cook and stir on stovetop or in microwave until thickened. Add tomato sauce.

Adapted from: SOS Soups or Sauces, Utah State University, Family Nutrition Program Publication #101. Entire publication available on-line at http://extension.usu.edu/files/publications/publication/FNP_101.pdf



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