

Quick Cream Soup or Sauce Mix

This sauce is similar to purchased condensed soups, but is lower in calories, fat, and possibly sodium.

Ingredients:

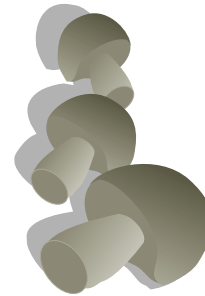
- 2 cups nonfat dry milk powder
- 3/4 cup cornstarch
- 1/4 cup granules instant chicken bouillon (or may substitute part sodium free granules)
- 2 tablespoons dried minced onion flakes
- 1/2 teaspoon black pepper
- 1 teaspoon celery seed
- 1 tablespoon dried parsley, crushed (optional)

Preparation:

1. Combine all ingredients, stirring well.
2. Store in an airtight container.

Makes 3 cups of mix (equal to about 9 cans of soup)
(Nutritional analysis is for 1/3 cup mix)

To use the mix: Combine 1/3 cup of mix to 1 1/4 cups of water in a saucepan. Heat and stir until thickened. It can also be a gravy for a meat dish. Reduce the liquid by one-half and add mushrooms, celery, or cheese for more flavor.



Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Values*	
Total Fat .5g	1%
Saturated Fat 0g	0%
Cholesterol 5mg	10%
Sodium 820mg	34%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 6g	
Vitamin A 8%	Vitamin C 2%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

CAUTION: For sodium restricted diets use no-salt added chicken bouillon.