

## CREAM SOUP MIX

- 2 cups nonfat dry milk
- 3/4 cup cornstarch
- 1/4 cup low sodium instant chicken or beef bouillon
- 2 tablespoons dried onion flakes
- 1/4 teaspoon ground pepper
- 1 teaspoon dried thyme (optional)
- 1 teaspoon dried basil (optional)
- 1/2 teaspoon garlic powder (optional)



Compared to canned condensed cream soup, cream soup mix is much lower in sodium and saves you money!



Combine ingredients, put in airtight container and store in refrigerator or freezer.

To use as a substitute for one can condensed cream soup, measure 1/3 cup dry soup mix and 1 1/4 cups water. Mix together with a fork or whisk and cook on medium heat until thickened, stirring constantly.

### Potato Soup

- 2/3 cup Cream Soup Mix
  - 2 1/2 cups water
  - 2 cups cooked, cubed potatoes
  - Diced ham or bacon (optional)
  - Cooked carrots or broccoli (optional)
- Mix soup mix and water in a saucepan. Bring to a boil to thicken. Add remaining ingredients.

### Noodle Main Dish

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|------------------------|-----------------------|
| 2 cups dry noodles     | 1 can tuna or turkey  |
| 2/3 cup Cream Soup Mix | 1/2 cup peas          |
| 2 1/2 cups water       | 1 cup shredded cheese |

Preheat oven to 325 degrees.  
Cook noodles according to package.  
Mix dry soup mix with water, slowly bring to boil to thicken. Remove from heat.  
Stir soup and remaining ingredients in casserole dish. Bake 40 minutes.

Use the cream soup mix to create...

**Cream of Mushroom Soup**—Add 1 1/2 cups cooked sliced mushrooms to cream soup.

**Bean Soup**—Add 1 1/2 to 2 cups of cooked dried beans and 2 tablespoons finely chopped onion to cream soup. Season with black pepper.

**Cheese Soup**—Add 1 1/2 cups shredded cheddar cheese to cream soup.

**Broccoli Cheese Soup**—Add 1 1/2 cups cooked broccoli to the cheese soup.

**Wild Rice Cheese Soup**—Add 1 1/2 cups cooked wild rice to the cheese soup.



**Try this!** Add vegetables to the soup for more flavor and nutrition. Try peas, corn, green pepper or mixed vegetables.