

Classic Cream Soup Mix

One of the staple ingredients in many of the comfort food casseroles that we all love to make during these cold days of winter are Cream Soups.

The big drawback to canned creamed soups is the amount of sodium that is present. Adena is always finding creative recipes to avoid the fat and sodium in recipes. The following recipe for classic cream soup mix may be something that will satisfy your taste buds, and is heart healthy as a bonus.

2 cups instant nonfat dry milk powder
½ cup plus 2 Tablespoons cornstarch
½ cup mashed potato flakes
¼ cup chicken bouillon granules
2 Tablespoons dried celery flakes
1 teaspoon onion powder
½ teaspoon dried marjoram
¼ teaspoon garlic powder
1/8 teaspoon white pepper

In a food processor or blender, combine all ingredients; cover and process until vegetable flakes are finely chopped. Store in an airtight container, in a cool dry place for up to 1 year. Yield: 9 batches (3 cups total)

For a condensed cream soup substitute:

In a 1 qt. saucepan or microwave safe bowl, combine 1/3 cup of soup mix and 1-1/4 cups water. Bring to a boil or microwave on high for 1-1/2 to 2 minutes, stirring occasionally. Cool or chill. Use as a substitute for one 10-3/4 oz. can of condensed cream of chicken, mushroom or celery soup.

For 1-1/2 cups of cream soup:

In a 1 quart saucepan or microwave-safe bowl, combine 1/3 cup of soup mix and 1-1/2 cups water. Bring to a boil or microwave on high for 1-1/2 to 2 minutes, stirring occasionally.