

Creamy Soup Base

(Makes three cups)

2 cups nonfat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
1 tablespoon dried onion flakes
½ teaspoon thyme
½ teaspoon basil
¼ teaspoon black pepper

1. Be sure all equipment and ingredients are dry.
2. Combine all ingredients in a mixing bowl. Mix well.
3. Store in an airtight container in the refrigerator.
4. Use in the recipes below.

California Medley Cheese Soup

1 ½ cups frozen chopped broccoli, cauliflower and carrots
3 cups boiling water
1 cup dry creamy soup base mix
¾ cup cold water
¾ cup grated cheese

1. Add 1 ½ cups frozen chopped vegetables to three cups boiling water and cook slightly.
2. Mix one cup of creamy soup base mix with ¾ cup cold water in a small bowl.
3. Add cold soup mix to boiling water when vegetables are crispy and tender.
4. Add two tablespoons of grated cheese to each bowl just before serving. Cover and refrigerate leftovers within two hours.

Yields 7 ½ cups

Each 1 ¼ cup serving contains:

125 calories 4.5 grams of fat 681 grams of sodium 183mg of sodium

Chicken or Turkey Broccoli Casserole

1 pound fresh, or one 10 ounce package frozen broccoli
1 cup cooked chicken or turkey (you can use canned chicken)
1/3 cup dry creamy soup base mix with 1 ¼ cup water stirred in
1 cup shredded low-fat cheddar cheese

Cooked pasta, brown or white rice, or noodles.

1. Wash and cook broccoli until crispy tender.
2. Dice cooked chicken or turkey.
3. Cover bottom of casserole dish with cooked broccoli.
4. Cover broccoli with poultry and creamy soup base and water mixture.
5. Sprinkle with grated cheese. Bake at 350 degrees F for 20-30 minutes, or microwave for fifteen minutes, turning once.
6. Serve over cooked pasta, rice or noodles. Cover and refrigerate leftovers within two hours.

Serves four.

Each one cup serving contains:

137 calories 5 grams of carbohydrate 5 grams of fat 279 mg of calcium