

Soup or Sauce Mix SOS



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Recipes can also be found at: <http://oconto.uwex.edu/family-living-program/food-safety/>

Soup or Sauce Mix SOS

Ingredients:

2 cups powdered non-fat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 Tbsp Dried onion flakes
2 tsp Italian Seasoning

Directions:

Combine all ingredients in a re-sealable plastic bag, mixing well.

Yield: Equal to 9 cans of cream soup

To substitute for 1 can of cream soup:

1. Combine 1/3 cup of dry mix with 1¼ cups of cold water.
2. Cook and stir on stove top or in microwave until thickened.
3. Add thickened mixture to casseroles as you would a can of soup.

Storage:

Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.

Scalloped Potatoes

Ingredients:

4 medium potatoes
½ cup **SOS** mix
1¾ cups water
¼ cup chopped green onion (optional)
½ cup grated cheese (optional)

Directions:

Combine SOS mix and water in a small sauce pan and cook and stir until thickened. (Optional – 1 cup sour cream can be stirred into the sauce before it is added to the potatoes). Thinly slice potatoes and layer one half in a 2-quart oven safe dish. Pour ½ of the sauce over the potatoes, ½ of the green onion, and ½ of the cheese. Layer the rest of the potatoes on top. Add the rest of the sauce, onion and cheese. Cover and bake at 350° for 20 minutes. Uncover and continue baking for an additional 55 minutes.

Yield: 8 servings.

<p>Nutrition Facts per cup: 106 Cal, 2g Total Fat (2g sat fat), 146mg sodium, 17g carbo., 1g fiber, 4g protein Daily Values: 2% vit A; 10% vit C; 10% calcium, 2% iron</p>
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Potato Soup

Ingredients:

1/3 cup **SOS** mix
1¼ cups cold water
1 cup cooked potato cubes

Directions:

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

Nutrition Facts per cup: 140 Cal, 0 g Total Fat (0g sat fat), 397mg sodium, 28g carbo., 1g fiber, 7g protein
Daily Values: 0% vit A; 12% vit C; 18% calcium; 3% iron

Mushroom Soup

Ingredients:

1/3 **SOS** mix
1¼ cups cold water
4 oz. can mushrooms

Directions: Combine SOS mix with water. Cook and stir on stove.

Nutrition Facts per cup: 140 Cal, 0 g Total Fat (0g sat fat), 397mg sodium, 28g carbo., 1g fiber, 7g protein
Daily Values: 0% vit A; 1% vit C; 6% calcium; 1% iron

Tomato Soup

Ingredients:

1/3 cup **SOS** mix 1¼ cups cold water
2 cups tomato sauce

Directions:

Combine SOS mix with water. Cook and stir in stove top or in microwave until thickened. Add tomato sauce.

Nutrition Facts per cup: 98 Cal, 0g Total Fat (0g sat fat), 1250mg sodium, 20g carbo., 3g fiber, 6g protein
Daily Values: 32% vit A; 37% vit C; 14% calcium; 8% iron

Broccoli Cheese Soup

Ingredients:

1/3 cup **SOS** mix
1¼ cups cold water
1/3 cup fresh or frozen broccoli
1 cup cheese, grated

Directions:

Combine SOS mix and broccoli with water. Cook and stir on stove top or in microwave until thickened. Add grated cheese and mix until well blended.

<p>Nutrition Facts per cup: 205 Cal, 13g Total Fat (8g sat fat), 500mg sodium, 10g carbo., 1g fiber, 13g protein Daily Values: 16% vit A; 19% vit C; 40% calcium; 3% iron</p>

Tuna Noodle Skillet

Ingredients:

1 can Tuna
3 cups water
1/3 cup **SOS** mix
2 cups uncooked egg noodles
1 cup grated cheese
1 cup peas (frozen or canned)
Potato chips, crushed (optional)

Directions:

In a skillet, add water, SOS mix, cheese, tuna, peas and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Top with crushed potatoes if desired. Serve immediately.

Yield: 4-6 servings

<p>Nutrition Facts per cup: 225 Cal, 9g Total Fat (5g sat fat), 432mg sodium, 20g carbo., 1g fiber, 14g protein Daily Values: 7% vit A; 11% vit C; 21% calcium; 8% iron</p>

Potato Skillet Meal

Ingredients:

1 lb ground beef or turkey
2½ cups water
6 potatoes, peeled and sliced very thin
1 cup frozen mixed peas and carrots
2/3 cup **SOS** mix

Directions:

Brown meat and drain off the fat. Add water, potatoes, mixed vegetables and SOS mix. Simmer covered 20-30 minutes or until potatoes are tender. Uncover, stir and cook until excess water is evaporated.

Yield: 4-6 servings

<p>Nutrition Facts per cup: 387 Cal, 20g Total Fat (8g sat fat), 208mg sodium, 34g carbo., 2g fiber, 17g protein Daily Values: 44% vit A; 22% vit C; 8% calcium; 11% iron</p>

Skillet Lasagna

Ingredients:

1 lb ground beef or turkey
1/3 cup **SOS** mix
1 onion, chopped
2 cups water
1 16-oz can tomato sauce
3 cups uncooked noodles
¼ cup parmesan cheese
2 cups mozzarella cheese, grated

Directions:

In a large skillet, brown meat, crumble, and drain off the fat. Add SOS mix, water, tomato sauce, uncooked noodles, and parmesan cheese. Bring to a boil. Reduce heat and simmer for 15 minutes, stirring until thickened. Top with mozzarella cheese five minutes before serving. Turn off heat, stop stirring and allow cheese to melt.

Yield: 4-6 servings

<p>Nutrition Facts per cup: 474 Cal, 28g Total Fat (13g sat fat), 883mg sodium, 26g carbo., 2g fiber, 29g protein Daily Values: 20% vit A; 20% vit C; 37% calcium; 17% iron</p>

Cheeseburger Skillet

Ingredients:

1 lb ground beef or turkey
2 cups water
1½ cups uncooked macaroni
1 16-oz can chopped tomatoes
1/3 cup **SOS** mix
½ cup cheese, grated

Directions:

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, and SOS mix. Simmer covered 20 minutes or until macaroni is tender. Remove from heat, add cheese.

Yield: 4-6 servings

<p>Nutrition Facts per cup: 410 Cal, 24g Total Fat (10g sat fat), 341mg sodium, 27g carbo., 1g fiber, 21g protein Daily Values: 16% vit A; 22% vit C; 16% calcium; 16% iron</p>

Taco Skillet

Ingredients:

1 lb Ground beef or ground turkey
1/3 cup **SOS** mix
1¼ cups cold water
2 cups tomato sauce
1 cup salsa
6 flour tortillas or 8 corn tortillas (6-8") cut into
1" pieces
1 cup cheese, grated.

Directions:

In skillet over medium-high heat, cook ground meat until browned, stirring to separate meat. Pour off fat. Add water, SOS mix, salsa, tomato sauce, tortillas and stir.

Yield: 6 servings

<p>Nutrition Facts per cup: 485 Cal, 29g Total Fat (13g sat fat), 1148mg sodium, 32g carbo., 3g fiber, 24g protein Daily Values: 25% vit A; 28% vit C; 27% calcium; 21% iron</p>
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Macaroni & Cheese

Ingredients:

1/3 cup **SOS** mix
1 1/4 cups cold water
1 cup cheese, grated
2-3 cups cooked macaroni
2 Tbsp bread crumbs (optional)
1 Tbsp margarine (optional)

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add cheese to cooked sauce. Add cooked macaroni to sauce. If desired, place in square baking dish and top with bread crumbs moistened with margarine. Bake 350° for 15 minutes, or until bubbly and golden brown.

Yield: 4-6 servings

<p>Nutrition Facts per cup: 321 Cal, 9g Total Fat (4g sat fat), 283mg sodium, 45g carbo., 1g fiber, 13g protein Daily Values: 6% vit A; 1% vit C; 21% calcium; 13% iron</p>

Homemade Milk Gravy

Ingredients:

2 Tbsp fat (from meat, margarine, butter or other fat)
1/2 cup **SOS** mix
2 cups liquid (drippings, water, vegetable broth or milk)

Directions:

Remove cooked meat or poultry from roasting pan. Leaving brown residue in pan, pour drippings into a bowl. Allow fat to rise to surface; skim off fat and reserve. (Remaining drippings in bowl are meat juices that should be used as part of liquid in gravy.) Add fat to roasting pan (with brown residue); stir in SOS and mix until smooth. Heat until bubbly. Stir in liquid and cook until sauce thickens; continue stirring and cooking 2 or 3 minutes longer, scraping bottom and sides of roasting pan to blend in the brown residue.

Yield: 2 cups

<p>Nutrition Facts per 1/4 cup: 123 Cal, 9g Total Fat (5g sat fat), 153mg sodium, 7g carbo., 0g fiber, 4g protein Daily Values: 2% vit A; 2% vit C; 13% calcium; 1% iron</p>
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Pizza Sauce

Ingredients:

1/3 cup **SOS** mix
1/2 tsp sugar
1/4 cup water
1/8 tsp garlic powder
1 cup tomato sauce

Directions: In a small bowl, combine all ingredients. Mix well and cook until thick. Spoon sauce onto pizza dough. Sprinkle with mozzarella cheese and other toppings as desired. Bake at 375°F for 18-20 minutes

Yield: 1 medium pizza

Nutrition Facts per 1/4 cup: 34 Cal, 0g Total Fat (0g sat fat), 308mg sodium, 7g carbo., 0g fiber, 2g protein
Daily Values: 6% vit A; 7% vit C; 6% calcium; 2% iron

Alfredo Sauce

Ingredients:

1/3 cup **SOS** mix
1/2 cup low-fat sour cream
1 1/4 cups water
1/4 tsp pepper
1/2 cup grated parmesan cheese

Directions: In a small bowl, combine all ingredients. Mix well and cook until thick. Serve sauce over cooked noodles or on pizza.

Yield: 1 1/2 cups sauce

Nutrition Facts per 1/4 cup: 95 Cal, 6g Total Fat (5g sat fat), 275mg sodium, 6g carbo., 0g fiber, 5g protein
Daily Values: 1% vit A; 1% vit C; 15% calcium; 1% iron

Chicken Broccoli Alfredo

Ingredients:

1½ cups Fettuccine noodles
1 cup fresh or frozen broccoli
1 lb boneless chicken breast, cooked (2 breast halves)
1/3 cup **SOS** mix
3 cups water
½ cup grated Parmesan cheese

Directions:

In a skillet, combine SOS mix, water, cheese and fettuccine noodles. Bring to a boil. Cook until thick and noodles are almost tender. Add broccoli and cooked chicken for last 4 minutes of cooking time. Serve with additional Parmesan cheese.

Yield: 4-6 servings

<p>Nutrition Facts per cup: 164 Cal, 3g Total Fat (2g sat fat), 294mg sodium, 16g carbo., 1g fiber, 16g protein Daily Values: 6% vit A; 2448% vit C; 19% calcium; 6% iron</p>

Hamburger Stroganoff

Ingredients:

1 lb ground beef or turkey
3 cups water
1/3 cup **SOS** mix
2 cups uncooked egg noodles
½ cup “light” sour cream or plain yogurt

Directions:

Brown meat and drain off the fat. Add water, SOS mix and uncooked egg noodles and 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.

<p>Nutrition Facts per cup: 347 Cal, 24g Total Fat (8g sat fat), 205mg sodium, 14g carbo., 0g fiber, 17g protein Daily Values: 0% vit A; 1% vit C; 7% calcium; 11% iron</p>

Chicken Pot Pie

Ingredients:

1/3 cup **SOS** mix
1¼ cups cold water
1 cup cooked chicken, cubed
1 pkg (8-10 oz) frozen mixed vegetables

Biscuit Topping:

1 egg
½ cup milk
1 cup baking mix

Directions:

Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. In 9-inch pie plate, combine sauce, vegetables, and chicken. Combine egg, milk, and baking mix. Pour over chicken mixture. Bake 400° for 30 minutes, or until golden brown.

Yield: 6-8 servings.

<p>Nutrition Facts per cup: 196 Cal, 7g Total Fat (2g sat fat), 361mg sodium, 21g carbo., 2g fiber, 9g protein Daily Values: 37% vit A; 7% vit C; 16% calcium; 7% iron</p>
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Chili Tomato Mac

Ingredients:

1 lb ground beef or turkey
1 cup water
1½ cups uncooked macaroni
2 15-oz cans chopped tomatoes
1 Tbsp Chili powder
1/3 cup **SOS** mix

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

Yield: 4-6 servings

<p>Nutrition Facts per ¼ cup: 418 Cal, 21g Total Fat (8g sat fat), 684mg sodium, 155g carbo., 1g fiber, 20g protein Daily Values: 56% vit A; 88% vit C; 9% calcium; 25% iron</p>
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Cheese Sauce

Ingredients:

1/3 cup **SOS** mix
1 1/4 cups cold water
1 cup grated cheese

Directions: Combine SOS mix with water. Cook and stir on stove top or in microwave until thickened. Add grated cheese and mix until well blended.

Nutrition Facts per 1/4 cup: 80 Cal, 5g Total Fat (3g sat fat), 210mg sodium, 4g carbo., 0g fiber, 5g protein
Daily Values: 3% vit A; 1% vit C; 16% calcium; 1% iron



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