

UtahStateUniversity

COOPERATIVE EXTENSION

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References:

Conner, S.L., & Conner, W.E. (1986) Homemade "cream" soup mix. In The new American diet (p. 261). New York, NY: Simon and Schuster.

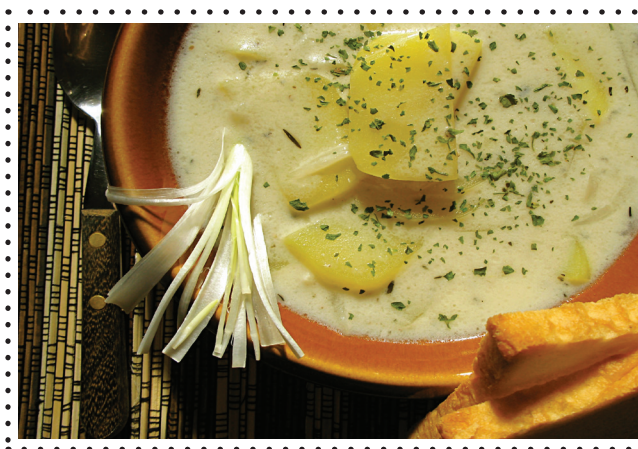
Nutrition Recipe Analysis, National Restaurant Association.

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Soup or Sauce (SOS) Mix



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In today's busy world, cooks are looking for ways to save time in meal preparation. Making and using the Soup and Sauce (SOS) Mix can provide many opportunities for saving time as well as money. Basic dishes become quicker, easier, less expensive to make and are more flavorful.

This mix recipe has been available from several sources through the years. In this booklet, we have compiled recipes using this mix for your convenience.

Things to Know

SOS Mix:

- Can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals, and casseroles.
- Can be substituted for a can of cream soup in any recipe.
- Saves time if you plan menus.
- Is fat free.
- Saves money.
- Is great for people with Celiac Disease because it contains no wheat.

Soup or Sauce (SOS) Mix

Ingredients

- 2 cups powdered non-fat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon (regular or low sodium)
- 2 Tbsp dried onion flakes
- 2 tsp Italian seasoning (optional)

Directions

Combine all ingredients in a recloseable plastic bag, mixing well.

Yield

Equal to 9 (10.5 oz) cans of cream soup.

To substitute for 1 can of cream soup

1. Combine 1/3 cup of dry mix with 1 1/4 cups of cold water. Whisk until well blended.
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.

Potato Soup

Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 1 cup cooked potato cubes

Directions

Whisk SOS Mix with water until well blended. Cook and stir on stove top or in microwave until thickened. Add potato cubes. Heat thoroughly.

Yield

2 servings

Oriental Chicken and Rice

Nutrition Facts	
Serving Size 1 serving (302g)	
Servings Per Container 4	
Amount Per Serving	
Calories 530	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 1330mg	55%
Total Carbohydrate 62g	21%
Dietary Fiber 2g 8%	
Sugars 12g	
Protein 23g	
Vitamin A 2%	Vitamin C 0%
Calcium 8%	Iron 15%
*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	

Salisbury Steak

Nutrition Facts	
Serving Size 1 serving (273g)	
Servings Per Container 5	
Amount Per Serving	
Calories 190	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 600mg	25%
Total Carbohydrate 14g	5%
Dietary Fiber 1g 4%	
Sugars 6g	
Protein 25g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 15%
*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	

Green Bean Casserole

Nutrition Facts	
Serving Size 1 serving (224g) Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 660mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 11g	
Vitamin A 8%	Vitamin C 6%
Calcium 20%	Iron 4%
*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	

Easy Beef Teriyaki Stir-Fry

Nutrition Facts	
Serving Size 1 serving (447g) Servings Per Container 4	
Amount Per Serving	
Calories 410	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1220mg	51%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 27g	
Vitamin A 10%	Vitamin C 40%
Calcium 10%	Iron 25%
*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	

Mexican Chicken and Rice

Nutrition Facts	
Serving Size 1 serving (396g) Servings Per Container 4	
Amount Per Serving	
Calories 610	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 1160mg	48%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 26g	
Vitamin A 6%	Vitamin C 10%
Calcium 20%	Iron 15%
*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	

Mushroom Soup

Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 4 oz can mushrooms, drained

Directions

Whisk SOS Mix with water until well blended. Cook and stir on stove top or in microwave until thickened. Add mushrooms. Heat thoroughly.

Yield

2 servings

Tomato Soup

Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 2 cups tomato sauce

Directions

Whisk SOS Mix with water until well blended. Cook and stir on stove top or in microwave until thickened. Add tomato sauce. Heat thoroughly.

Yield

3 servings

Ham (Spam) Casserole

Nutrition Facts	
Serving Size 1 serving (690g) Servings Per Container 4	
Amount Per Serving	
Calories 450	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1470mg	61%
Total Carbohydrate 70g	23%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 20g	
Vitamin A 6%	Vitamin C 25%
Calcium 20%	Iron 15%
*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	

Mushroom Garlic Pork Chops

Nutrition Facts	
Serving Size 1 serving (185g) Servings Per Container 4	
Amount Per Serving	
Calories 230	Calories from Fat 120
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 330mg	14%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 20g	
Vitamin A 2%	Vitamin C 2%
Calcium 8%	Iron 6%
*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	

Hawaiian Pork Chops

Nutrition Facts	
Serving Size 1 serving (362g) Servings Per Container 4	
Amount Per Serving	
Calories 380	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1190mg	50%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	8%
Sugars 18g	
Protein 21g	
Vitamin A 2%	Vitamin C 20%
Calcium 10%	Iron 15%
*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	

Broccoli Cheese Soup

Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 1/3 cup fresh or frozen broccoli
- 1 cup cheese, grated

Directions

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

Yield

2 servings

Taco Soup

Ingredients

- 1 lb ground beef or turkey
- 1 medium onion, chopped
- 1 (15.5 oz) can whole kernel corn, undrained
- 1 (10 oz) can diced tomatoes with chilies, undrained
- 1 (8 oz) can tomato sauce
- 1 (15 oz) can pinto beans, drained and rinsed
- 1/2 tsp chili powder
- 1/4 tsp crushed dried red pepper
- 1/4 tsp garlic powder
- 1/8 tsp oregano
- 1/4 tsp cumin
- 1/3 cup SOS Mix
- 2 1/4 cups water
- 1/2 cup cheddar cheese, grated
- 6 Tbsp nonfat sour cream

Directions

Brown turkey or beef and onion together. Drain off the fat. Whisk SOS Mix with water until well blended. Add all remaining ingredients, except tortilla chips, nonfat sour cream and cheese, in a large pot. Season to taste. (1 pkg taco seasoning may be substituted for spices.) Heat through. To serve, crumble six chips in serving bowl and cover with soup. Garnish with 1 1/2 Tbsp cheese and 1 Tbsp nonfat sour cream.

Yield

6 servings

Potato Skillet Meal

Nutrition Facts	
Serving Size 1 cup (427g)	
Servings Per Container 5	
Amount Per Serving	
Calories 410	Calories from Fat 170
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 65mg	22%
Sodium 320mg	13%
Total Carbohydrate 42g	14%
Dietary Fiber 5g	20%
Sugars 7g	
Protein 24g	
Vitamin A 60%	Vitamin C 60%
Calcium 15%	Iron 20%
*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

Tuna Noodle Skillet

Nutrition Facts	
Serving Size 1 cup (272g)	
Servings Per Container 5	
Amount Per Serving	
Calories 330	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 410mg	17%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 21g	
Vitamin A 4%	Vitamin C 4%
Calcium 6%	Iron 15%
*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

Au Gratin Potatoes

Nutrition Facts	
Serving Size 1 cup (140g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 2%	Vitamin C 25%
Calcium 4%	Iron 4%
*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

Chicken Enchilada Casserole

Nutrition Facts	
Serving Size 1 cup (246g)	
Servings Per Container 8	
Amount Per Serving	
Calories 440	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 870mg	36%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 19g	
Vitamin A 8%	Vitamin C 6%
Calcium 30%	Iron 15%
*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

Chicken and Rice

Nutrition Facts	
Serving Size 1 serving (313g)	
Servings Per Container 4	
Amount Per Serving	
Calories 520	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 840mg	35%
Total Carbohydrate 58g	19%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 26g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 15%
*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

Chicken Parmesan Skillet

Nutrition Facts	
Serving Size 1 serving (389g)	
Servings Per Container 4	
Amount Per Serving	
Calories 700	Calories from Fat 230
% Daily Value*	
Total Fat 26g	40%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1330mg	55%
Total Carbohydrate 84g	28%
Dietary Fiber 5g	20%
Sugars 11g	
Protein 32g	
Vitamin A 15%	Vitamin C 15%
Calcium 15%	Iron 25%
*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

Homemade Milk Gravy

Ingredients

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

Directions

Remove cooked meat or poultry from roasting pan. Leaving brown residue in pan, pour meat 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 meat dripping); stir in SOS 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 meat drippings.

Yield

8 servings

Cheese Sauce

Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 1 cup cheese, grated

Directions

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

Yield

6 servings

Skillet Lasagna

Nutrition Facts	
Serving Size 1 cup (387g)	
Servings Per Container 5	
Amount Per Serving	
Calories 550	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 13g	65%
Trans Fat 1g	
Cholesterol 90mg	30%
Sodium 1000mg	42%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 37g	
Vitamin A 15%	Vitamin C 15%
Calcium 45%	Iron 20%
*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	

Cheeseburger Skillet

Nutrition Facts	
Serving Size 1 cup (324g)	
Servings Per Container 5	
Amount Per Serving	
Calories 390	Calories from Fat 160
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 8g	40%
Trans Fat 1g	
Cholesterol 70mg	23%
Sodium 420mg	18%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 25g	
Vitamin A 10%	Vitamin C 25%
Calcium 8%	Iron 20%
*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	

Hamburger Stroganoff

Nutrition Facts	
Serving Size 1 cup (279g)	
Servings Per Container 5	
Amount Per Serving	
Calories 310	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 85mg	28%
Sodium 200mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 22g	
Vitamin A 4%	Vitamin C 0%
Calcium 10%	Iron 15%
*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	

Chicken Broccoli Alfredo

Nutrition Facts	
Serving Size 1 cup (276g)	
Servings Per Container 5	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 620mg	26%
Total Carbohydrate 39g	13%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 21g	
Vitamin A 6%	Vitamin C 4%
Calcium 10%	Iron 8%
*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	

Taco Skillet

Nutrition Facts	
Serving Size 1 cup (315g)	
Servings Per Container 6	
Amount Per Serving	
Calories 420	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 9g	45%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 1140mg	48%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 24g	
Vitamin A 8%	Vitamin C 15%
Calcium 10%	Iron 20%
*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	

Chili Tomato Mac

Nutrition Facts	
Serving Size 1 cup (346g)	
Servings Per Container 5	
Amount Per Serving	
Calories 410	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 7g	35%
Trans Fat 1g	
Cholesterol 65mg	22%
Sodium 560mg	23%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 22g	
Vitamin A 25%	Vitamin C 45%
Calcium 10%	Iron 20%
*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	

Pizza Sauce

Ingredients

- 1/3 cup SOS Mix
- 1/4 cup water
- 1 cup tomato sauce

- 1/2 tsp sugar
- 1/8 tsp garlic powder
- 1/2 tsp Italian seasoning

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

5 servings

Alfredo Sauce

Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups water
- 1/2 cup Parmesan cheese, grated

- 1/2 cup low-fat sour cream
- 1/4 tsp pepper

Directions

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

Yield

6 servings

Homemade Milk Gravy

Nutrition Facts	
Serving Size 1/4 cup (71g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140mg	6%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 3g	
Vitamin A 6%	Vitamin C 2%
Calcium 10%	Iron 0%
*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	

Cheese Sauce

Nutrition Facts	
Serving Size 1/4 cup (72g)	
Servings Per Container 6	
Amount Per Serving	
Calories 80	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 5g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 0%
*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	

Pizza Sauce

Nutrition Facts	
Serving Size 1/4 cup (67g)	
Servings Per Container 5	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	
Vitamin A 6%	Vitamin C 6%
Calcium 4%	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	

Alfredo Sauce

Nutrition Facts	
Serving Size 1/4 cup (78g)	
Servings Per Container 6	
Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 3g	
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 0%
*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	

Macaroni and Cheese

Nutrition Facts	
Serving Size 1 cup (204g)	
Servings Per Container 4	
Amount Per Serving	
Calories 320	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 7g	35%
Trans Fat 0.5g	
Cholesterol 30mg	10%
Sodium 380mg	16%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 14g	
Vitamin A 10%	Vitamin C 0%
Calcium 25%	Iron 8%
*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	

Chicken Pot Pie

Nutrition Facts	
Serving Size 1 cup (165g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 460mg	19%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 8g	
Vitamin A 20%	Vitamin C 4%
Calcium 10%	Iron 6%
*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	

Nutritional Facts

Soup or Sauce (SOS) Mix

Nutrition Facts	
Serving Size 1/3 cup (30g)	
Servings Per Container 9	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 580mg	24%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 6g	
Vitamin A 6%	Vitamin C 2%
Calcium 20%	Iron 0%
*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	

Potato Soup

Nutrition Facts	
Serving Size 1 cup (241g)	
Servings Per Container 2	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A 4%	Vitamin C 10%
Calcium 10%	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	

Mushroom Soup

Nutrition Facts	
Serving Size 3/4 cup (191g)	
Servings Per Container 2	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 3g	
Vitamin A 4%	Vitamin C 2%
Calcium 10%	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	

Tomato Soup

Nutrition Facts	
Serving Size 1 cup (272g)	
Servings Per Container 3	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1050mg	44%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 4g	
Vitamin A 15%	Vitamin C 20%
Calcium 10%	Iron 10%
*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	

Broccoli Cheese Soup

Nutrition Facts	
Serving Size 1 cup (222g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 150
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 640mg	27%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 15g	
Vitamin A 6%	Vitamin C 4%
Calcium 10%	Iron 0%
*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	

Taco Soup

Nutrition Facts	
Serving Size 1 cup (306g)	
Servings Per Container 6	
Amount Per Serving	
Calories 410	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	27%
Cholesterol 75mg	25%
Sodium 390mg	16%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	27%
Sugars 8g	
Protein 32g	
Vitamin A 15%	Vitamin C 20%
Calcium 10%	Iron 30%
*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	

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

Whisk SOS Mix with water until well blended. Cook and stir on stove top or in microwave until thick. 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 at 350°F for 15 minutes or until bubbly and golden brown.

Yield

4 servings

Chicken Pot Pie

Ingredients

1/3 cup SOS Mix
1 1/4 cups cold water
1 cup cooked chicken, cubed
1 pkg (8-10 oz) frozen mixed vegetables

Biscuit Topping

1 egg
1/2 cup milk
1 cup baking mix
(such as Bisquick)

Directions

Whisk SOS Mix with water until well blended. Cook and stir on stove top or in microwave until thick. In 9 inch pie plate combine sauce, vegetables and chicken. For biscuit topping, combine egg, milk and baking mix in a small bowl. Pour over chicken mixture. Bake at 400°F for 30 minutes or until golden brown.

Yield

6 servings

Skillet Lasagna

Ingredients

1 lb ground beef or turkey	1 (16 oz) can tomato sauce
1 onion, chopped	3 cups uncooked noodles
1/3 cup SOS Mix	1/4 cup Parmesan cheese
2 cups water	2 cups Mozzarella cheese, grated
1/4 tsp basil*	
1/4 tsp oregano*	

Directions

In a large skillet, brown meat and onion together. 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 5 minutes before serving.

*1/2 tsp Italian seasoning may be substituted for basil and oregano.

Yield

5 servings

Cheeseburger Skillet

Ingredients

1 lb ground beef or turkey	1 (16 oz) can chopped tomatoes
1/3 cup SOS Mix	1/2 tsp Italian seasoning*
2 cups water	1/2 cup cheese, grated
1 1/2 cups uncooked macaroni	

Directions

In a skillet, brown meat and drain off the fat. In a small bowl, whisk the SOS Mix and water until well blended. Add to the skillet along with the uncooked macaroni, tomatoes, and Italian seasoning. Simmer covered 20 minutes or until macaroni is tender. Remove from heat and stir in cheese.

*May use Italian seasoned tomatoes and omit the Italian seasoning.

Yield

5 servings

Oriental Chicken and Rice

Ingredients

3/4 cup uncooked regular white rice	2 Tbsp cider vinegar
4 skinless, boneless chicken breast halves	2 Tbsp honey
2 cups water	1 tsp garlic powder
2 Tbsp soy sauce	1/3 cup SOS Mix paprika

Directions

Spread rice in 2-quart shallow baking dish. Place chicken on rice. Mix water, soy sauce, vinegar, honey and garlic powder. Whisk in SOS Mix. Pour over chicken. Sprinkle with paprika. Cover and bake at 350°F for 1 hour or until chicken is done and rice is tender.

Yield

4 servings

Salisbury Steak

Ingredients

2/3 cup SOS Mix	1/4 cup oil
2 1/2 cups cold water	1 (8 oz) can mushrooms, drained, use liquid as part of water
1 lb bottom round steak	
1/3 cup SOS Mix (for breading)	

Directions

Whisk 2/3 cup SOS Mix with water until well blended. Cook and stir on stove top or microwave until thickened. Pound both sides of steak with a mallet to tenderize. Bread both sides of steak with 1/3 cup SOS Mix. Cut into serving pieces or leave whole. If left whole, cut edges to prevent curling. Heat 1/4 cup oil in large skillet. Sear steak on both sides. Place meat in 9" x 13" baking pan. Pour mushrooms and sauce over top. Cover with foil. Bake at 300°F for 2–3 hours.

Yield

5 servings

Mushroom Garlic Pork Chops

Ingredients

1 Tbsp vegetable oil
4 pork chops, 1/2" thick
(about 1 lb)
1/4 tsp garlic powder
1/3 cup SOS Mix
1 1/4 cups water
1 (4 oz) can mushrooms, undrained

Directions

In a medium skillet, heat oil over medium-high heat. Add chops and cook 10 minutes or until browned. Set chops aside. Pour off fat. In a small bowl, whisk the SOS Mix, garlic powder and water until well blended. Add mushrooms. Add to pan. Heat to a boil. Return chops to pan. Reduce heat to low. Cover and cook 5 minutes or until chops are done.

Yield

4 servings

Hawaiian Pork Chops

Ingredients

4 boneless pork chops
3/4" thick
1 tsp garlic
1 Tbsp vegetable oil
1 medium onion, chopped
1/3 cup SOS Mix
1 1/2 cups water
1 (8 oz) can pineapple chunks,
undrained
3 Tbsp soy sauce
1 Tbsp honey
2 cups cooked rice (instant or
regular)

Directions

Season chops with garlic. Heat oil in skillet. Add chops and cook until browned. Add onion. Whisk SOS Mix and water together until well blended. Add pineapple with juice, soy sauce and honey. Add to skillet. Heat to a boil. Cook over low heat 10 minutes or until done. Serve with cooked rice and garnish with green onions.

Yield

4 servings

Hamburger Stroganoff

Ingredients

1 lb ground beef or turkey
3 cups water
1/3 cup SOS Mix
2 cups uncooked egg noodles
1/2 cup lowfat sour cream

Directions

In a skillet, brown meat and drain off the fat. In a small bowl, whisk the SOS Mix and water together until well blended. Add to the skillet along with the uncooked egg noodles and stir. Bring to boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Top with sour cream. Serve immediately.

Yield

5 servings

Chicken Broccoli Alfredo

Ingredients

1 1/2 cups fettuccine noodles, uncooked
1 cup fresh or frozen broccoli
1 lb boneless chicken breast,
cooked (2 breast halves)
3 cups water
1/3 cup SOS Mix
1/4 cup Parmesan cheese,
grated

Directions

In a skillet, combine SOS Mix, water, Parmesan cheese and fettuccine noodles. Bring to a boil, cook until thick and noodles are almost tender. Add broccoli and cooked chicken. Heat thoroughly until noodles are tender. Serve with additional Parmesan cheese.

Yield

5 servings

Taco Skillet

Ingredients

1 lb ground beef or turkey	1 cup salsa
1/3 cup SOS Mix	6 flour tortillas or 8 corn tortillas (6"-8") cut into 1" pieces
1 1/4 cups cold water	1 cup cheese, grated
2 cups tomato sauce	

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. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until tortillas are tender. Top with cheese and allow to melt.

Yield

6 servings

Mexican Chicken and Rice

Ingredients

1/3 cup SOS Mix	4 skinless, boneless chicken breast halves
1 3/4 cups water	1/2 cup cheddar cheese, shredded
1 cup salsa	
1 cup whole kernal corn	
3/4 cup uncooked white rice	

Directions

Whisk SOS Mix and water until well blended. Add salsa, corn and rice. Pour in 2 quart shallow baking dish. Place chicken on rice mixture. Cover and bake at 350°F for 1 hour or until chicken is done and rice is tender. Sprinkle with cheese.

Yield

4 servings

Chili Tomato Mac

Ingredients

1 lb ground beef or turkey	1 1/2 cups uncooked macaroni
1/3 cup SOS Mix	2 (15 oz) cans chopped tomatoes
1 cup water	1 Tbsp chili powder

Directions

In a skillet, brown meat and drain off the fat. In a small bowl, whisk the SOS Mix and water together until well blended. Add to the skillet along with the macaroni, tomatoes and chili powder. Simmer covered for 20 minutes or until macaroni is tender.

Yield

5 servings

Ham (Spam) Casserole

Ingredients

3 cups curly noodles	1/4 cup onions, chopped
7 cups water	1/4 cup green pepper, chopped
1 1/2 tsp salt	1 cup diced ham or spam
1/3 cup SOS Mix	1/2 cup cheese, grated
1 1/4 cups water	salt and pepper to taste
1 cup milk	2 Tbsp fine bread crumbs
2 tsp margarine	

Directions

Boil noodles in 7 cups water with salt. Drain. In a small bowl, whisk the SOS Mix, water and milk together until well blended. Set aside. In a skillet, melt the margarine. Stir in chopped onions, peppers and diced meat. Cook for 5 minutes. Add the SOS Mix and water/milk mixture. Heat through. Remove from heat. Stir in grated cheese, noodles, salt and pepper. Spoon into a 2-quart shallow baking dish. Sprinkle bread crumbs on top. Bake at 350°F for 30 minutes or until heated through.

Yield

4 servings

Green Bean Casserole

Ingredients

1 (14.5 oz) can green beans
1/2 medium onion, chopped
1/3 cup SOS Mix
1 cup water

Optional Garnishes

1 cup reduced fat cheddar
cheese, shredded
1/2 cup dried onion rings
1/4 cup slivered almonds

Directions

Put green beans and onions in a small casserole dish. In a saucepan, whisk SOS Mix and water until well blended. Cook and stir over medium heat until thickened. Pour mixture over green beans and onions. Top with cheese, dried onion rings or almonds. Bake at 350°F for 30 minutes.

Yield

4 servings

Easy Beef Teriyaki Stir-fry

Ingredients

1 lb boneless beef sirloin steak, 3/4" thick	1/3 cup SOS Mix
1 Tbsp vegetable oil	1 1/4 cups water
1/4 cup med. onion, chopped	3 Tbsp soy sauce
1/4 cup green pepper, chopped (optional)	1 Tbsp packed brown sugar
	1 bag (16 oz) frozen Oriental stir-fry vegetables
	2–3 cups cooked rice

Directions

Slice beef into very thin strips. In medium skillet, heat oil over medium-high heat. Add beef, onion and green pepper. Stir-fry until beef is browned, juices evaporate and onions and green pepper are translucent. Combine SOS Mix, water, soy sauce and sugar. Add mixture to skillet. Heat to a boil. Reduce heat to medium. Add vegetables. Cover and cook 5 minutes until vegetables are crisp-tender, stirring occasionally. Serve over cooked rice.

Yield

4 servings

Potato Skillet Meal

Ingredients

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

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. Stir, uncover and cook until excess water has evaporated.

Yield

5 servings

Tuna Noodle Skillet

Ingredients

1/3 cup SOS Mix	1 can tuna
3 cups water	1 cup peas (frozen or canned)
2 cups uncooked egg noodles	1 cup cheese, grated
	potato chips, crushed

Directions

In a bowl, whisk SOS Mix and water until well blended. In a skillet, add SOS mixture and noodles together. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Add tuna, peas and cheese. Heat through. Top with crushed potato chips if desired. Serve immediately.

Yield

5 servings

Au Gratin Potatoes

Ingredients

1/2 cup SOS Mix	4 medium potatoes
1 3/4 cups water	1/4 cup chopped green onions (optional)
1 cup lowfat sour cream (optional)	1/2 cup cheese, grated (optional)

Directions

Combine SOS Mix and water in a small sauce pan and cook and stir until thick. (Optional - 1 cup lowfat sour cream can be stirred into the sauce before it is added to the potatoes.) Thinly slice potatoes and layer half in a 2-quart oven safe dish. Pour half of the sauce over the potatoes, half of the green onions and half 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°F for 20 minutes. Uncover and continue baking for an additional 55 minutes.

Yield

8 servings

Chicken Enchilada Casserole

Ingredients

2/3 cup SOS Mix	1 cup nonfat sour cream
2 1/2 cups water	3/4 cup cheddar cheese, grated
1 can (4 oz) green chilies, chopped	1 pkg (10 1/2") flour tortillas
1 lb cooked, diced or shredded chicken	

Directions

Make sauce by combining SOS Mix, water and green chilies. Cook and stir on stove top or in microwave until thick. Add sour cream to sauce. Cut tortillas in quarters. Line bottom of casserole with tortillas. Add a layer of chicken and a layer of sauce. Top with cheese. Repeat. Bake at 350°F for 20 minutes.

Yield

8 servings

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Chicken and Rice

Ingredients

1/3 cup SOS Mix	3/4 cup uncooked long grain rice
1/2 cup non-fat dry milk	4–6 boneless chicken breasts
2 cups cold water	
1 can mushrooms, drained (use liquid as part of water)	

Directions

Combine 1/3 cup SOS Mix and dry milk with water. Cook and stir on stove top or in microwave until thickened. Place rice in bottom of 9"x13" shallow baking pan. Place chicken on top of rice. Pour mushrooms and thickened sauce over top. Cover with foil. Bake at 350°F for 1 hour.

Yield

4 servings

Chicken Parmesan Skillet

Ingredients

1 Tbsp vegetable oil	2 Tbsp non-fat dry milk
4 skinless, boneless breast halves (about 1 lb)	2 Tbsp Parmesan cheese, grated
1/3 cup SOS Mix	1/2 Tbsp dried basil leaves, crushed
1 1/4 cups water	1/4 tsp garlic powder OR 2 cloves garlic, minced
2 (8 oz) cans tomato sauce	4 cups cooked medium penne pasta, (about 3 cups uncooked)

Directions

In medium skillet, heat oil over medium-high heat. Add chicken and cook 10 minutes or until browned. Set chicken aside. Pour off fat. In a bowl, mix SOS, water, tomato sauce, milk, cheese, basil and garlic powder. Add mixture to pan. Heat to a boil. Return chicken to pan. Reduce heat to low. Cover and simmer 5 minutes or until chicken is done. Serve over cooked pasta.

Yield

4 servings

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