



SOS MIX

SOUP OR SAUCE
RECIPE BOOK

CREATE SNAP-ED
BETTER HEALTH™



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WELCOME

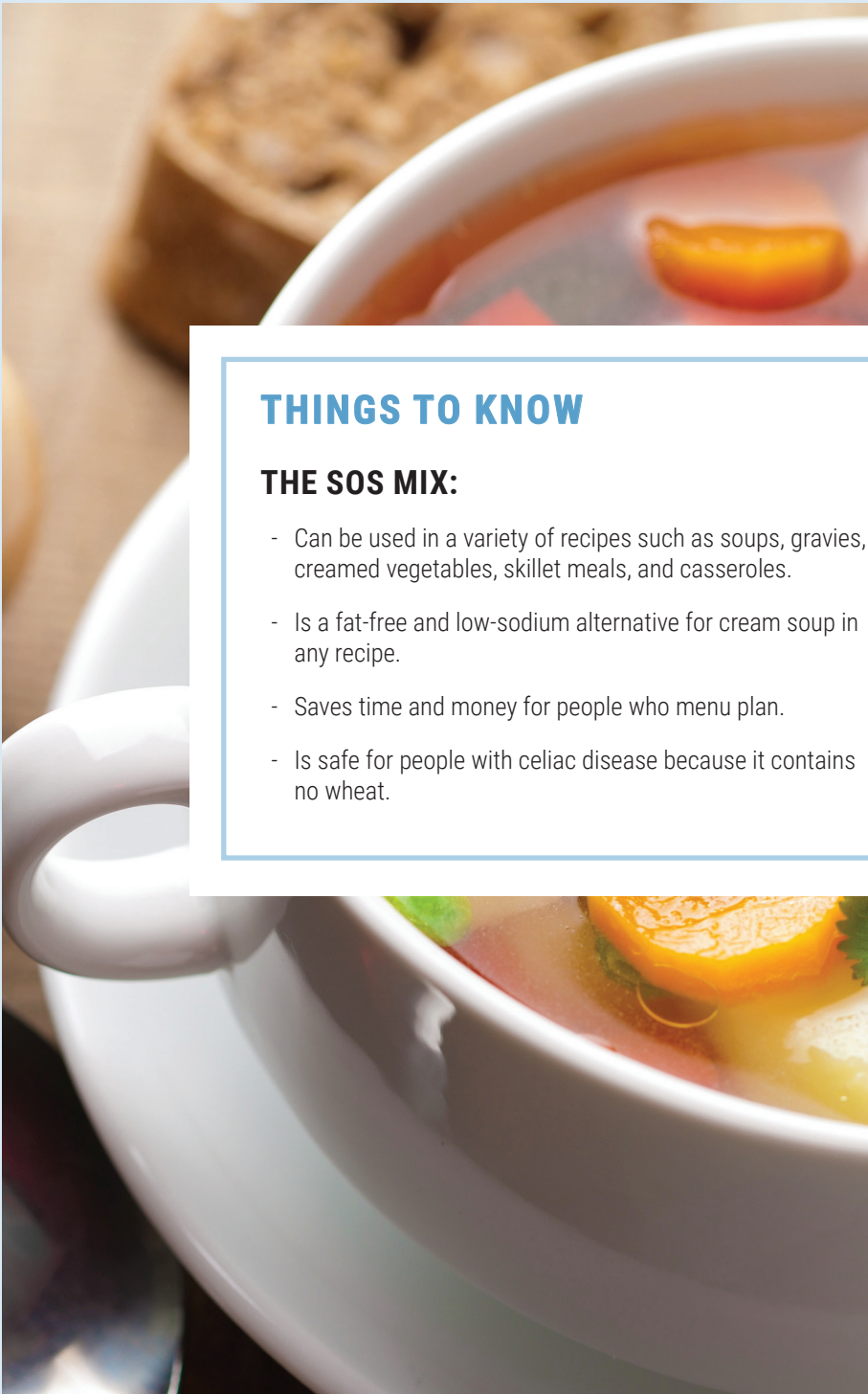
THE SOS (SOUP OR SAUCE) MIX

In this busy world, people are looking for ways to save time in the kitchen. Making the SOS Mix ahead and using it in homemade meals is a great way to save time and money. Basic dinner dishes are easier, quicker, and less expensive to make.

Use the SOS Mix as a thickening base in many recipes and as a substitute for a can of cream soup. Experiment with the seasonings to make your favorite recipes more flavorful!

This booklet is a small collection of recipes using the SOS Mix for your convenience.

Happy cooking!



THINGS TO KNOW

THE SOS MIX:

- Can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals, and casseroles.
- Is a fat-free and low-sodium alternative for cream soup in any recipe.
- Saves time and money for people who menu plan.
- Is safe for people with celiac disease because it contains no wheat.

SOS MIX



Ingredients

- 2 cups powdered nonfat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon powder (regular or low sodium)
- 2 tablespoons onion flakes, dried
- 2 teaspoons Italian seasoning (optional)



Directions

Combine all ingredients in a recloseable plastic bag; mix well.

Yield: Equals nine 10.5-ounce cans of cream soup.

To substitute for one can of cream soup

Combine 1/3 cup of dry mix with 1 1/4 cups of cold water. Whisk until well blended. Cook and stir on stovetop over medium heat or in microwave until thickened. Add thickened mixture to recipes as you would a can of soup.

Storage

Store in closed plastic bag or airtight container until ready to use. It requires no refrigeration.

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 stovetop or in microwave until thickened. Add potato cubes. 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 stovetop or in microwave until thickened. Add tomato sauce. Heat thoroughly.

Yield: 3 servings

MUSHROOM SOUP



Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 1 cup chopped mushrooms



Directions

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

Yield: 2 servings

BROCCOLI CHEESE SOUP



Ingredients

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



Directions

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

Yield: 2 servings

TORTILLA SOUP



Ingredients

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



Directions

Brown turkey or beef and onion together. Drain off 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. (One package taco seasoning may be substituted for spices.) Heat through. To serve, crumble six chips in each soup bowl and cover with soup. Garnish with 1 1/2 tablespoons cheese and sour cream.

Yield: 6 servings

HOMEMADE MILK GRAVY



Ingredients

- 2 tablespoons butter
- 1/4 cup SOS Mix
- 2 cups chicken broth, vegetable broth, or beef broth



Directions

Melt butter in a saucepan over medium heat. Stir in SOS Mix until smooth and slightly bubbly. Slowly whisk in broth until smooth, bring to a simmer, and then cook and stir for 2-3 minutes until it reaches the desired thickness.

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 stovetop or in microwave until thickened. Add grated cheese and mix until well blended.

Yield: 6 servings

PIZZA SAUCE



Ingredients

- 1/3 cup SOS Mix
- 1/4 cup water
- 1 cup tomato sauce
- 1/2 teaspoon sugar
- 1/8 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning



Directions

In a small bowl, combine all ingredients; mix well. 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 teaspoon pepper



Directions

In a small bowl, combine all ingredients; mix well. Cook on stovetop over medium heat until thickened. Serve sauce over cooked noodles or on pizza.

Yield: 6 servings

MACARONI AND CHEESE



Ingredients

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 1 cup cheese, grated
- 2-3 cups cooked macaroni
- 2 tablespoons bread crumbs, (optional), preferably whole grain
- 1 tablespoon butter (optional)



Directions

Whisk SOS Mix with water until well blended. Cook and stir on stovetop 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 butter. 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 package (8-10 ounces) frozen mixed vegetables
- 1 egg
- 1/2 cup milk
- 1 cup baking mix (such as Bisquick)

Biscuit topping



Directions

Whisk SOS Mix with water until well blended. Cook and stir on stovetop 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 pound ground beef or turkey
- 1 onion, chopped
- 1/3 cup SOS Mix
- 2 cups water
- 1/2 teaspoon Italian seasoning
- 1 (16-ounce) can tomato sauce
- 3 cups uncooked noodles
- 1/4 cup Parmesan cheese, grated
- 2 cups mozzarella cheese, grated



Directions

In a large skillet, brown meat and onion together. Drain off fat. Add SOS Mix, water, spices, 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.

Yield: 5 servings

POTATO SKILLET



Ingredients

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



Directions

Brown meat and drain off 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 has evaporated.

Yield: 5 servings

CHICKEN BROCCOLI ALFREDO



Ingredients

- 6-ounces fettuccine noodles, uncooked
- 1 pound fresh or frozen broccoli, steamed
- 1 pound boneless, skinless chicken breast, or about 2 breasts, cooked
- 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

CHICKEN ENCHILADA CASSEROLE



Ingredients

- 2/3 cup SOS Mix
- 2 1/2 cups water
- 1 (4-ounce) can green chilies, chopped
- 1 can black beans, drained and rinsed
- 1 pound cooked, diced, or shredded chicken
- 1 cup nonfat sour cream
- 3/4 cup cheddar, cheese, grated
- 1 package (10 1/2 inches) flour tortillas, preferably whole grain



Directions

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

Yield: 8 servings

CHICKEN AND RICE CASSEROLE



Ingredients

- 1/3 cup SOS Mix
- 1/2 cup nonfat dry milk
- 2 cups cold water
- 1 can mushrooms, drained
- 3/4 cup uncooked long grain rice
- 3-4 boneless, skinless chicken breasts



Directions

Combine 1/3 cup SOS Mix and dry milk with water. Cook and stir on stovetop or in microwave until thickened. Place rice in bottom of 9-by-13-inch shallow baking pan. Add mushrooms to sauce. 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

SALSA CHICKEN CASSEROLE



Ingredients

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



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

CHICKEN PARMESAN SKILLET



Ingredients

- 1 tablespoon vegetable oil
- 4 skinless, boneless breast halves (about 1 pound)
- 1/3 cup SOS Mix
- 1 1/4 cups water
- 2 (8-ounce) cans tomato sauce
- 2 tablespoons nonfat dry milk
- 2 tablespoons Parmesan cheese, grated
- 1/2 tablespoon dried basil leaves, crushed
- 1/4 teaspoon garlic powder or 2 cloves garlic, minced
- 4 cups cooked medium penne pasta (about 2 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, combine SOS Mix, 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

GREEN BEAN CASSEROLE



Ingredients

- 1 (14.5-ounce) 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 pound boneless beef sirloin steak, 3/4 inch thick
- 1 tablespoon vegetable oil
- 1/4 cup onion, chopped
- 1/4 cup green pepper, chopped (optional)
- 1/3 cup SOS Mix
- 1 1/4 cups water
- 3 tablespoons soy sauce
- 1 tablespoon packed brown sugar
- 1 bag (16-ounce) frozen Asian 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 peppers are translucent. Combine SOS Mix, water, soy sauce, and sugar. Add mixture to skillet. Heat to a boil. Reduce heat to medium. Add frozen vegetables. Cover and cook 5 minutes until vegetables are crisp-tender, stirring occasionally. Serve over cooked rice.

Yield: 4 servings

TACO SKILLET



Ingredients

- 1 pound ground beef or turkey
- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 2 cups tomato sauce
- 1 cup salsa
- 6 flour tortillas or 8 corn tortillas, cut into 1-inch 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, and 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

SALISBURY STEAK



Ingredients

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



Directions

Whisk 2/3 cup SOS Mix with water and the canned mushroom liquid until well blended. Cook and stir on stovetop 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 sized pieces or leave whole. If left whole, trim edges to prevent curling. Heat 1/4 cup oil in large skillet. Sear steak on both sides. Place meat in 9-by-13-inch baking pan. Pour mushrooms and sauce over top. Cover with foil. Bake at 300 °F for 2-3 hours.

Yield: 4 servings

HAM OR CHICKEN CASSEROLE



Ingredients

- 3 cups uncooked pasta
- 7 cups water
- 1 1/2 teaspoons salt
- 1/3 cup SOS Mix
- 1 1/4 cups water
- 1 cup milk
- 2 teaspoons olive oil
- 1/4 cup onion, chopped
- 1/4 cup green pepper, chopped
- 1 cup diced ham or canned chicken
- 1/2 cup cheese, grated
- Salt and pepper to taste
- 2 tablespoons fine bread crumbs



Directions

Boil noodles in 7 cups water with salt. Drain. In a small bowl, whisk the SOS Mix, 1 1/4 cups water, and milk together until well blended. Set aside. In a skillet, heat the oil on medium heat. Stir in chopped onions, peppers, and diced meat. Cook for 5 minutes. Add the SOS Mix and water with 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

MUSHROOM GARLIC PORK CHOPS



Ingredients

- 1 tablespoon olive oil
- 4 pork chops, 1/2 inch thick (about 1 pound)
- 1/4 teaspoon garlic powder
- 1/3 cup SOS Mix
- 1 1/4 cups water
- 1 (4-ounce) can mushrooms, undrained (low sodium preferred)



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 inch thick
- 1 teaspoon garlic
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/3 cup SOS Mix
- 1 1/2 cups water
- 1 (8-ounce) can pineapple chunks, undrained
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 2 cups cooked rice
- Green onions, sliced (optional)



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

SOY SAUCE CHICKEN AND RICE BAKE



Ingredients

- 3/4 cup uncooked regular white rice
- 4 skinless, boneless chicken breast halves
- 2 cups water
- 2 tablespoons soy sauce
- 2 tablespoons cider vinegar
- 2 tablespoons honey
- 1 teaspoon garlic powder
- 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

AU GRATIN POTATOES



Ingredients

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



Directions

Combine SOS Mix and water in a small saucepan; cook and stir until thick. If desired, stir in optional lowfat sour cream before adding sauce to 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 add 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 45 minutes.

Yield: 8 servings

TUNA NOODLE SKILLET



Ingredients

- 1/3 cup SOS Mix
- 3 cups water
- 2 cups uncooked egg noodles (whole grain preferred)
- 1 can tuna, drained and rinsed
- 1 cup peas (frozen or canned)
- 1 cup cheese, grated (low-fat preferred)
- Saltine crackers, 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 saltine crackers if desired. Serve immediately.

Yield: 5 servings

HAMBURGER STROGANOFF



Ingredients

- 1 pound ground beef or turkey
- 3 cups water
- 1/3 cup SOS Mix
- 2 cups uncooked egg noodles
- 1/2 cup low-fat 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

CHEESEBURGER SKILLET



Ingredients

- 1 pound ground beef or turkey
- 1/3 cup SOS Mix
- 2 cups water
- 1 1/2 cups uncooked macaroni
- 1 (16-ounce) can chopped tomatoes
- 1/2 teaspoon Italian seasoning
- 1/2 cup cheese, grated



Directions

In a skillet, brown meat and drain off 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.

Yield: 5 servings

CHILI TOMATO MAC



Ingredients

- 1 pound ground beef or turkey
- 1 1/2 cups uncooked macaroni
- 1/3 cup SOS Mix
- 2 (15-ounce) cans chopped tomatoes
- 1 cup water
- 1 tablespoon 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

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ABOUT

Create Better Health is Utah's SNAP-Ed program. SNAP-Ed is the nutrition education component of the Supplemental Nutrition Assistance Program, or SNAP. Create Better Health teaches the skills people need to access safe and healthy foods. The program helps participants learn how to cook healthy meals on a budget, buy and prepare whole foods, read food labels, practice food safety, and establish a physically active lifestyle. Online education and in-person and hands-on classes are provided through Utah State University Extension.

EXTENSION

For classes in your area, contact your local Utah State University Extension office. You can find them here:

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