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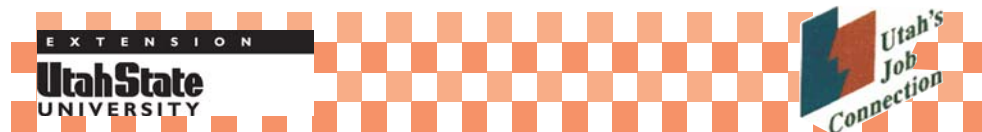
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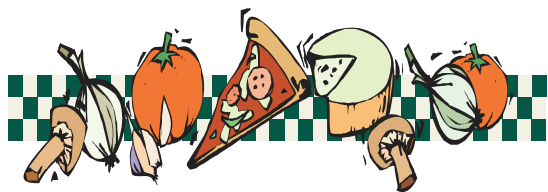
Family Nutrition Program Publication #101



# SOS

## Soups or Sauces



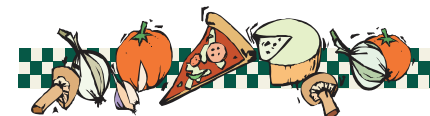


## SOUP OR SAUCE (SOS) MIX

Busy cooks are always looking for shortcuts in meal preparation. Making and using Soup or Sauce (SOS) mix from food kept on hand can provide many opportunities for such shortcuts. By using SOS many basic dishes become quicker and easier to make as well as more flavorful.

### Things to Know

- SOS mix can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals, and casseroles.
- SOS mix can be substituted for a can of cream soup in any recipe.
- SOS mix saves time if you plan menus.
- SOS mix is fat free.
- SOS mix saves money. Making mix from ingredients kept on hand is less expensive than buying a commercial mix in the store.



## Chicken Enchiladas

### Ingredients:

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

### Directions:

Make sauce by combining SOS mix, water and green chilies. Cook and stir on stove top or in microwave until thickened.

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 degrees for 20 minutes.

Yield: 8 servings

**Nutrition Facts per serving:** 416Cal 20g Total fat (11g sat fat)  
532mg sodium 30g carbo. 1g fiber, 27g pro  
**Daily Values:** 7% vit A; 8% vit C; 26% calcium; 13% iron



## Scalloped Potatoes

### Ingredients:

- 4 medium potatoes
- $\frac{1}{2}$  cup \*SOS
- 1  $\frac{3}{4}$  cup water
- $\frac{1}{4}$  cup chopped green onion (optional)
- $\frac{1}{2}$  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 over safe dish. Pour  $\frac{1}{2}$  of the sauce over the potatoes,  $\frac{1}{2}$  of the green onion, and  $\frac{1}{2}$  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 degrees for 20 minutes. Uncover and continue baking for and additional 55 minutes.

Yield: 8 servings

**Nutrition Facts per cup:** 106 Cal 2g Total fat (2g sat fat) 146mg sodium 17g carbo. 1g fiber, 4g pro  
**Daily Values:** 2% vit A; 10% vit C; 10% calcium; 2% iron



## Soup or Sauce Mix

### \*SOS

### Ingredients:

- 2 cups powdered non-fat dry milk
- $\frac{3}{4}$  cup cornstarch
- $\frac{1}{4}$  cup instant chicken bouillon
- 2 Tbs. dried onion flakes
- 2 tsp. Italian Seasoning

### Directions:

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

Yield: Equal to 9 cans of cream soup.

### To substitute for 1 can of cream soup:

1. Combine  $\frac{1}{3}$  cup of dry mix with 1  $\frac{1}{4}$  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.



## Potato Soup

### Ingredients:

- 1/3 cup \*SOS
- 1 1/4 cup 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 0g Total fat (0g sat fat) 397mg sodium 28g carbo. 1g fiber, 7g pro  
**Daily Values:** 0% vit A; 12% vit C; 18% calcium; 3% iron

## Mushroom Soup

### Ingredients:

- 1/3 \*SOS
- 1 1/4 cup cold water
- 4 oz. can mushrooms

### Directions:

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

**Nutrition Facts per cup:** 27 Cal 0g Total fat (0g sat fat) 207mg sodium 5g carbo. 0g fiber, 2g pro  
**Daily Values:** 0% vit A; 1% vit C; 6% calcium; 1% iron



## Tuna Noodle Skillet

### Ingredients:

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

### 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 potato chips if desired. Serve immediately.

Yield: 4 -6 servings

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



## Potato Skillet Meal

### Ingredients:

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

### 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 is evaporated.

Yield: 4-6 servings

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



## Tomato Soup

### Ingredients:

1/3 cup \*SOS  
 1 1/4 cup cold water  
 2 cups tomato sauce

### Directions:

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

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

## Broccoli Cheese Soup

### Ingredients:

1/3 cup \*SOS  
 1 1/4 cup 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.

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



## Homemade Milk Gravy

### Ingredients:

2 Tbsp. fat (from meat, margarine, butter or other fat)  
 1/2 cup \*SOS  
 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 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><b>Nutrition Facts per 1/4 cup:</b> 123 Cal 9g Total fat (5g sat fat)          153mg sodium 7g carbo. 0g fiber, 4g pro  <b>Daily Values:</b> 2% vit A; 2% vit C; 13% calcium; 1% iron</p>
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## Cheese Sauce

### Ingredients:

1/3 cup \*SOS      1-1/4 cup 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.

<p><b>Nutrition Facts per 1/4 cup:</b> 80 Cal 5g Total fat (3g sat fat)          210mg sodium 4g carbo. 0g fiber, 5g pro  <b>Daily Values:</b> 3% vit A; 1% vit C; 16% calcium; 1% iron</p>
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## Chili Tomato Mac

### Ingredients:

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

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

### Ingredients:

1 lb. Ground beef or ground turkey  
 1/3 cup \*SOS  
 1 1/4 cup cold water  
 2 cups tomato sauce  
 1 cup salsa  
 6 flour tortillas or 8 corn tortillas (6"to8") 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. 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

**Nutrition Facts per cup:** 485 Cal 29g Total fat (13g sat fat)  
 1148mg sodium 32g carbo. 3g fiber, 24g pro  
**Daily Values:** 25% vit A; 28% vit C; 27% calcium; 21% iron



## Pizza Sauce

### Ingredients:

1/3 cup \*SOS  
 1/4 cup water  
 1 cup tomato sauce  
 1/2 tsp. sugar  
 1/8 tsp. Garlic powder

### 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:** 34Cal 0g Total fat (0g sat fat)  
 308mg sodium 7g carbo. 0g fiber, 2g pro  
**Daily Values:** 6% vit A; 7% vit C; 6% calcium; 2% iron

## Alfredo Sauce

### Ingredients:

1/3 cup \*SOS  
 1 1/4 cup water  
 1/2 cup low-fat sour cream  
 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:** 95Cal 6g Total fat (5g sat fat)  
 275mg sodium 6g carbo. 0g fiber, 5g pro  
**Daily Values:** 1% vit 1; 0% vit C; 15% calcium; 1% iron



## Macaroni & Cheese

### Ingredients:

- 1/3 cup \*SOS
- 1 1/4 cup 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 at 350 degrees for 15 minutes or until bubbly and golden brown.

Yield: 4 -6 servings

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



## Chicken Broccoli Alfredo

### Ingredients:

- 1 1/2 cups Fettuccine noodles
- 1 cup fresh or frozen broccoli
- 1 lb. boneless chicken breast, cooked (2 breast halves)
- 1/3 cup \*SOS
- 3 cups water
- 1/2 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

**Nutrition Facts per cup:** 164Cal 3gTotal fat (2g sat fat) 294mg sodium 16g carbo. 1g fiber, 16g pro  
**Daily Values:** 6% vit A; 24% vit C; 19% calcium; 6% iron



## 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 "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

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



## Chicken Pot Pie

### Ingredients:

- 1/3 cup \*SOS
- 1 1/4 cup 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

### 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 at 400 degrees for 30 minutes or until golden brown.

Yield: 6 -8 servings

**Nutrition Facts per cup:** 196Cal 7g Total fat (2g sat fat) 361mg sodium 21g carbo. 2g fiber, 9g pro  
**Daily Values:** 37% vit A; 7% vit C; 16% calcium; 7% iron



## Skillet Lasagna

### Ingredients:

- 1 lb. ground beef or turkey
- 1/3 cup \*SOS
- 1 onion, chopped
- 2 cup water
- 1 16-oz. Can tomato sauce
- 3 cups uncooked noodles
- 1/4 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

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



## Cheeseburger Skillet

### Ingredients:

- 1 lb. ground beef or turkey
- 2 cups water
- 1 1/2 cups uncooked macaroni
- 1 16-oz. can chopped tomatoes
- 1/3 cup \*SOS
- 1/2 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

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