

2002

Soups and Sauces

Utah State University Extension

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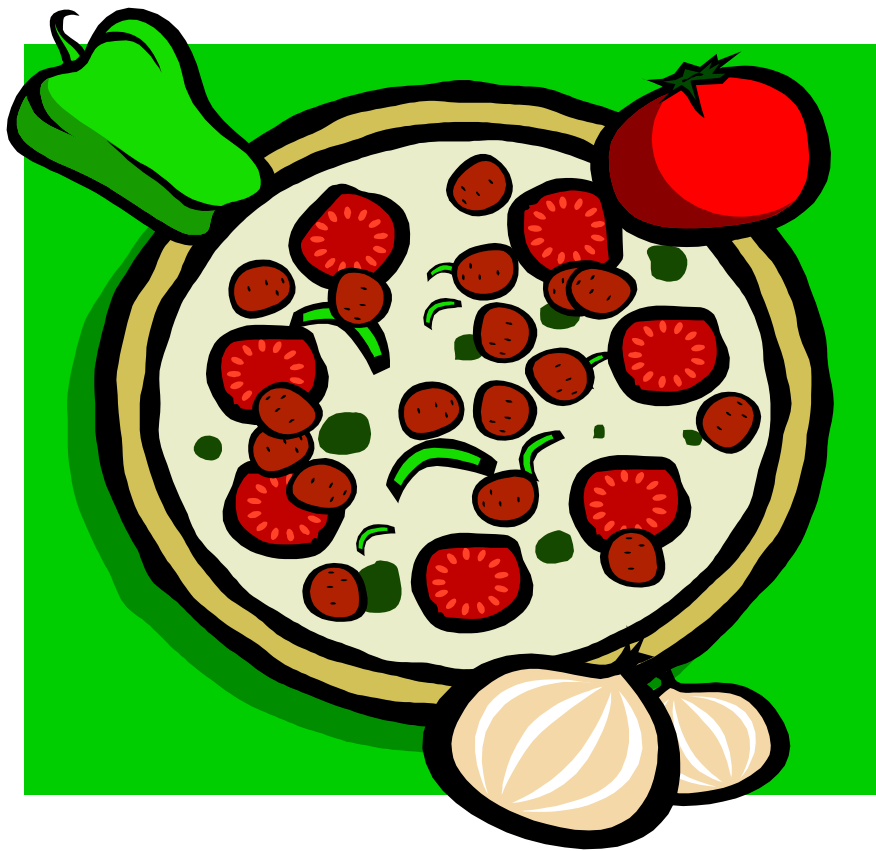
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NEP

Nutrition Education Program

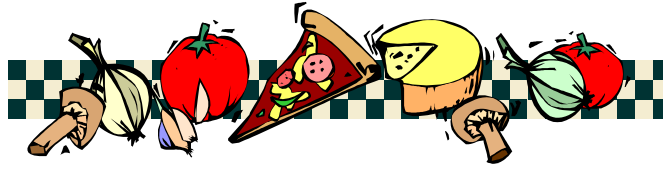
SOUPS and SAUCES



Utah State
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Department of
Workforce Services





SOUPS and SAUCES

Today's busy homemakers are always looking for shortcuts in meal preparation. Making and using a basic sauce mix from food kept on hand can provide many opportunities for such shortcuts. It can make the preparation of many basic dishes easier as well as enhance the flavor.

Things to Know

- ◆ Basic sauce can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals, and casseroles.
- ◆ Basic sauce mix made from items kept on hand can be substituted for a can of cream soup in any recipe.
- ◆ Using the basic sauce mix in the place of a canned cream soup is more nutritious because it contains no fat.
- ◆ By using the basic sauce mix in menu planning you will save time.
- ◆ Homemade basic sauce mix is less expensive than buying commercial mix in the store.

Skills

Basic Sauce Mix

2 cups powdered non-fat dry milk

3/4 cup cornstarch

1/4 cup instant chicken bouillon

2 Tbs. dried onion flakes

1 tsp. basil leaves

1 tsp. thyme

(2 tsp. Italian Seasoning can be used in place of basil and thyme).

Combine all ingredients in a plastic bag, mixing well.

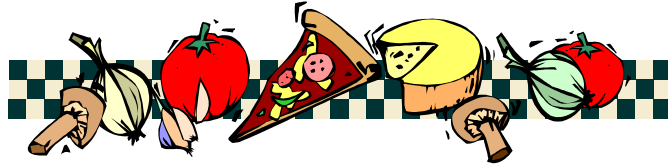
Yield: Equal to 9 cans of cream soup

To substitute for 1 can of cream soup:

1. In a saucepan, combine 1/3 cup of dry mix with 1 1/4 cups of cold water.
2. Cook and stir over medium heat until thickened OR microwave on high until thickened (approximately 2 1/2 minutes, stirring every 60 seconds).
3. Add thickened mixture to casseroles as you would a can of soup.

Storage

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



Cheese Sauce

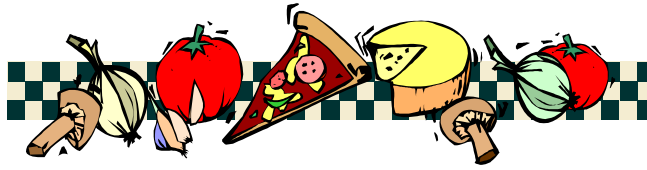
Ingredients:

- 1/3 cup dry sauce mix
- 1 1/4 cup water
- 1 cup shredded cheese

Directions:

Combine dry sauce mix with cold water. Cook and stir on stove top or in microwave until thickened. Add shredded cheese to mixture and stir until melted. Serve over cooked vegetables or use in any recipe calling for cheese sauce.

Cheese Sauce Nutrition Facts			
Serving Size		2 Tbsp	
Servings Per Container		5	
Amount per serving			
Calories 104		Calories from Fat 57	
% Daily Value			
Total Fat	13g		10%
Saturated Fat	5g		20%
Cholesterol	30 mg		7%
Sodium	660 mg		5%
Total Carbohydrate	5g		2%
Dietary Fiber	0g		1%
Sugars	5g		
Protein	5g		
Vitamin A	4%	Vitamin C	0%
Calcium	17%	Iron	2%



Homemade Gravy

Ingredients:

2 Tbsp. fat (from meat or vegetables)

3 Tbsp. flour

$\frac{1}{2}$ tsp. salt

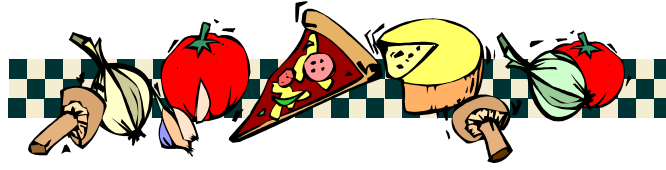
$\frac{1}{8}$ tsp. pepper

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 flour and seasonings 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.

Homemade Gravy Nutrition Facts			
Serving Size		1/2 cup	
Servings Per Container		4	
Amount per serving			
Calories	79	Calories from Fat	58
% Daily Value			
Total Fat	13g	10%	
Saturated Fat	5g	16%	
Cholesterol	30 mg	2%	
Sodium	660 mg	12%	
Total Carbohydrate	5g	2%	
Dietary Fiber	0g	1%	
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%



Pizza Sauce

Ingredients:

1 cup tomato sauce	$\frac{1}{2}$ tsp. sugar
$\frac{1}{8}$ tsp. garlic powder	1 Tbsp. onion
$\frac{1}{2}$ tsp. Italian seasoning	dash pepper minced
$\frac{1}{4}$ tsp. salt	

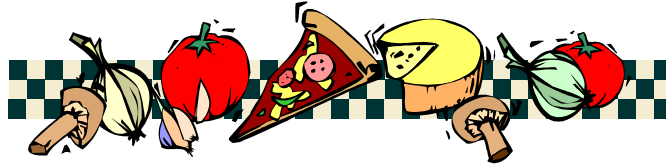
Directions:

In a small bowl combine all ingredients and mix well. Spoon sauce onto pizza. Sprinkle with mozzarella cheese and other toppings as desired. Bake at 375°F for 18-20 minutes.

Yield: 1 medium pizza

*See Pizza Crust under "Quick Breads"

Pizza Sauce Nutrition Facts			
Serving Size		2 Tbsp	
Servings Per Container		8	
Amount per serving			
Calories 30		Calories from Fat 3	
% Daily Value			
Total Fat	13g	0%	
Saturated Fat	5g	0%	
Cholesterol	30 mg	0%	
Sodium	660 mg	4%	
Total Carbohydrate	5g	2%	
Dietary Fiber	0g	6%	
Sugars	5g		
Protein	5g		
Vitamin A	16%	Vitamin C	23%
Calcium	1%	Iron	6%



Sweet and Sour Sauce

Ingredients:

3/4 cup pineapple juice

1 Tbsp. sugar

1 Tbsp. lemon juice

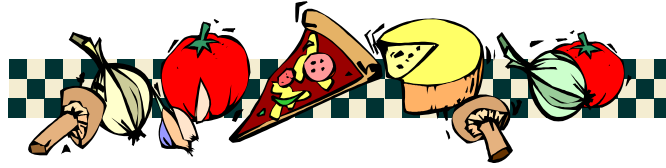
1/2 tsp. cornstarch

1 tsp. light soy sauce

Directions:

Combine ingredients in mixing bowl.

Sweet & Sour Sauce Nutrition Facts			
Serving Size		2 Tbsp	
Servings Per Container		6	
Amount per serving			
Calories 31		Calories from Fat 0	
% Daily Value			
Total Fat	13g		0%
Saturated Fat	5g		0%
Cholesterol	30 mg		0%
Sodium	660 mg		1%
Total Carbohydrate	5g		3%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	0%	Vitamin C	6%
Calcium	1%	Iron	1%



Mushroom Soup

Ingredients:

1 /3 cup dry basic sauce mix

1 1/4 cup cold water

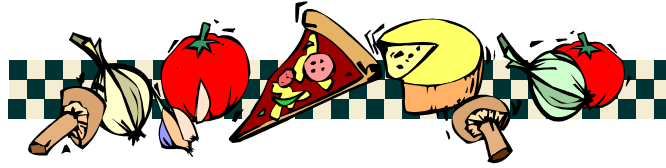
4 oz. can mushrooms

Directions:

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

Yield: 2 cups

Mushroom Soup Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		2	
Amount per serving			
Calories	230	Calories from Fat	6
% Daily Value			
Total Fat	13g		1%
Saturated Fat	5g		1%
Cholesterol	30 mg		3%
Sodium	660 mg		43%
Total Carbohydrate	5g		13%
Dietary Fiber	0g		7%
Sugars	5g		
Protein	5g		
Vitamin A	1%	Vitamin C	6%
Calcium	53%	Iron	7%



Tomato Soup

Ingredients:

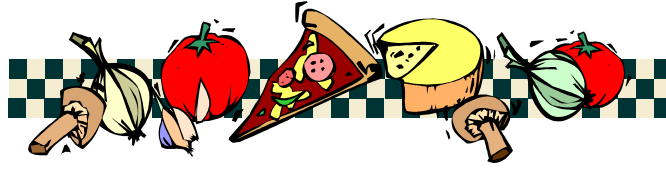
- 1 /3 cup dry basic sauce mix
- 1 1/4 cup cold water
- 2 cups tomato sauce

Directions:

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

Yield: 2 cups

Tomato Soup Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		2	
Amount per serving			
Calories 288		Calories from Fat 11	
% Daily Value			
Total Fat	13g	2%	
Saturated Fat	5g	2%	
Cholesterol	30 mg	3%	
Sodium	660 mg	44%	
Total Carbohydrate	5g	18%	
Dietary Fiber	0g	16%	
Sugars	5g		
Protein	5g		
Vitamin A	43%	Vitamin C	66%
Calcium	55%	Iron	19%



Potato Soup

Ingredients:

1 /3 cup dry basic sauce mix

1 1/4 cup cold water

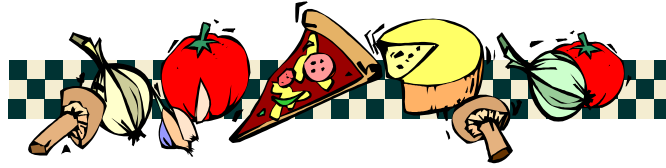
1 cup cooked potato cubes

Directions:

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

Yield: 2 cups

Potato Soup Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		5	
Amount per serving			
Calories 284		Calories from Fat 5	
% Daily Value			
Total Fat	13g		1%
Saturated Fat	5g		1%
Cholesterol	30 mg		3%
Sodium	660 mg		33%
Total Carbohydrate	5g		18%
Dietary Fiber	0g		6%
Sugars	5g		
Protein	5g		
Vitamin A	1%	Vitamin C	18%
Calcium	53%	Iron	6%



Broccoli Cheese Soup

Ingredients:

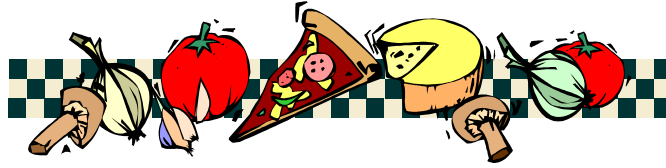
- 1 /3 cup dry basic sauce mix
- 1 1/4 cup cold water
- 1/3 cup fresh or frozen broccoli
- 1 cup cheese, grated

Directions:

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

Yield: 2 cups

Broccoli Cheese Soup Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		2	
Amount per serving			
Calories 452		Calories from Fat 174	
% Daily Value			
Total Fat	13g		3 0%
Saturated Fat	5g		61%
Cholesterol	30 mg		23%
Sodium	660 mg		48%
Total Carbohydrate	5g		13%
Dietary Fiber	0g		4%
Sugars	5g		
Protein	5g		
Vitamin A	25%	Vitamin C	33%
Calcium	95%	Iron	8%



Clam Chowder

Ingredients:

1 /3 cup dry basic sauce mix	1 small can clams
1 1/4 cup cold water	1 carrot, grated
1 cup cooked potato cubes	bacon bits (to taste)

Directions:

Combine mix with water. Cook and stir on stove top or in microwave until thickened. Add potato cubes, clams, carrot and bacon bits. Cook until warmed through.

Yield: 2 cups

Clam Chowder Nutrition Facts			
Serving Size		1 cup	
Servings Per Container		2	
Amount per serving			
Calories 367		Calories from Fat 23	
% Daily Value			
Total Fat	13g		4%
Saturated Fat	5g		5%
Cholesterol	30 mg		13%
Sodium	660 mg		56%
Total Carbohydrate	5g		19%
Dietary Fiber	0g		10%
Sugars	5g		
Protein	5g		
Vitamin A	158%	Vitamin C	22%
Calcium	58%	Iron	26%