Soup or Sauce (SOS) Mix

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References:


Nutrition Recipe Analysis, National Restaurant Association.

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For more information contact your county Utah State University Cooperative Extension Office or visit the website at extension.usu.edu.
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Soup or Sauce (SOS) Mix

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.
**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

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**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 resealable 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.

---

**Nutrition Facts**

**Oriental Chicken and Rice**

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Calories per gram:
- Fat 9 |
- Carbohydrate 4 |
- Protein 4

**Salsbury Steak**

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<tr>
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<td>600mg</td>
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<td>Dietary Fiber</td>
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<td>4%</td>
<td></td>
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<tr>
<td>Sugars</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
<td>4%</td>
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<tr>
<td>Vitamin C</td>
<td>2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
<td>15%</td>
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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<tr>
<td>Dietary Fiber</td>
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<td>30g</td>
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</tbody>
</table>

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

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**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
### 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

### Potato Skillet Meal

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<tr>
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<td>35%</td>
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<tr>
<td>Protein:</td>
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**Vitamin A 80%**  
**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 | 65g |
| Saturated Fat: | Less than 20g | 20g |
| Trans Fat: | Less than 2g | 2g |
| Cholesterol: | Less than 100mg | 100mg |
| Sodium: | Less than 2,400mg | 2,400mg |
| Total Carbohydrate: | Less than 37g | 37g |
| Dietary Fiber: | Less than 12g | 12g |
| Sugars: | Less than 6g | 6g |
| Protein: | 56g | 56g |

**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4

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### Taco Soup

**Ingredients**
- 1 lb ground beef or turkey
- 1 medium onion, chopped
- 1 (15.5 oz) can whole kernel corn, uncooked
- 1/4 tsp chopped dried red pepper
- 1 (10 oz) can diced tomatoes with chilies, undrained
- 1/3 cup SOS Mix
- 2 1/4 cups water
- 1 (15 oz) can pinto beans, drained and rinsed
- 1/2 tsp chili powder
- 1/2 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

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### Chicken Enchilada Casserole

**Ingredients**
- 1/2 tsp chili powder
- 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

**Nutrition Facts**

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**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4

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### Chicken and Rice

**Ingredients**
- 1/2 tsp chili powder
- 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

**Nutrition Facts**

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**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4

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### Chicken Parmesan Skillet

**Ingredients**
- 1/2 tsp chili powder
- 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

**Nutrition Facts**

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<td>Protein:</td>
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**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4

---

### Potato Skillet Meal

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

**Nutrition Facts**

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<td>Protein:</td>
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**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4

---

### Tuna Noodle Skillet

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

**Nutrition Facts**

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**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4

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### Au Gratin Potatoes

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

**Nutrition Facts**

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**Calories per gram:**
- Fat 9 
- Carbohydrate 4 
- Protein 4
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
Alfredo Sauce

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

Homemade Milk Gravy

Nutrition Facts
Serving Size 1/4 cup (17g)
Servings Per Container 6

Amount Per Serving
Calories 90  % Daily Value
Calories from Fat 60
Total Fat 5g  8%
Saturated Fat 3g  15%
Trans Fat 0g  0%
Cholesterol 15mg  5%
Sodium 210mg  9%
Total Carbohydrate 7g  2%
Dietary Fiber 0g  0%
Sugar 5g  1%
Protein 3g  0%

Vitamin A 9%  •  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

Pizza Sauce

Ingredients
1/3 cup SOS Mix
1/4 cup water
1 cup tomato sauce
1/2 tsp sugar

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

Yield
6 servings

Cheese Sauce

Nutrition Facts
Serving Size 1/4 cup (73g)
Servings Per Container 5

Amount Per Serving
Calories 120  % Daily Value
Calories from Fat 70
Total Fat 7g  11%
Saturated Fat 2g  10%
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Cholesterol 20mg  6%
Sodium 210mg  9%
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Sugar 8g  6%
Protein 1g  6%

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

Pizza Pot Pie

Nutrition Facts
Serving Size 1/4 cup (67g)
Servings Per Container 5

Amount Per Serving
Calories 30  % Daily Value
Calories from Fat 20
Total Fat 1g  2%
Saturated Fat 0g  0%
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Cholesterol 0mg  0%
Sodium 5mg  0%
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Dietary Fiber 1g  4%
Sugar 2g  5%
Protein 1g  2%

Vitamin A 20%  •  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
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
- 1 egg
- 1/2 cup milk
- 1 cup baking mix (such as Bisquick)

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
Cheeseburger Skillet

**Ingredients**
- 1 lb ground beef or turkey
- 1/3 cup SOS Mix
- 2 cups water
- 1/4 tsp basil*
- 1/4 tsp oregano*

**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
- 4 skinless, boneless chicken breast halves
- 2 cups water
- 1/4 cup Parmesan cheese
- 2 cups Mozzarella cheese, grated
- 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
- 2 1/2 cups cold water
- 1 lb bottom round steak
- 1/4 cup oil
- 1 (8 oz) can mushrooms, drained, use liquid as part of water
- 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
### Hawaiian Pork Chops

**Ingredients**
- 4 boneless pork chops, 1/2" thick
- (about 1 lb)
- 1/4 tsp garlic powder
- 1 Tbsp vegetable oil
- 1 medium onion, chopped
- 1/3 cup SOS Mix
- 1 1/2 cups water

**Directions**

**Yield**
4 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

**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

### Hamburger Stroganoff

**Ingredients**
- 1 lb ground beef or turkey
- 2 cups uncooked egg noodles
- 3 Tbsp soy sauce
- 1 Tbsp honey
- 1 1/4 cups water
- 1/2 cup lowfat sour cream
- 1/3 cup SOS Mix

**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
- 3 cups water
- 3 cups water
- 1/3 cup SOS Mix
- 1/4 cup Parmesan cheese, grated
- 1 cup fresh or frozen broccoli
- 1 lb boneless chicken breast, cooked (2 breast halves)
- 2 cups cooked rice (instant or regular)
- 1 Tbsp soy sauce
- 2 cups cooked rice (instant or regular)
- 1 Tbsp honey

**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
**Chili Tomato Mac**

**Ingredients**
- 1 lb ground beef or turkey
- 1/3 cup SOS Mix
- 1 cup water
- 1 1/4 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 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 tortillas are tender. Top with cheese and allow to melt.

**Yield**
5 servings

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**Taco Skillet**

**Ingredients**
- 1 lb ground beef or turkey
- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 2 cups tomato sauce
- 6 flour tortillas or 8 corn tortillas
- 1 cup salsa
- 1 Tbsp chili powder

**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

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**Ham (Spam) Casserole**

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

**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

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**Mexican Chicken and Rice**

**Ingredients**
- 1/3 cup SOS Mix
- 1 3/4 cups water
- 1 cup salsa
- 1 cup whole kernal 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

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**Mexican Chicken and Rice**

**Ingredients**
- 1/3 cup SOS Mix
- 1 3/4 cups water
- 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

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**Mexican Chicken and Rice**

**Ingredients**
- 1/3 cup SOS Mix
- 1 3/4 cups water
- 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
Easy Beef Teriyaki Stir-fry

Ingredients
- 1 lb boneless beef sirloin steak, 3/4” thick
- 1 Tbsp vegetable oil
- 1/4 cup medium onion, chopped
- 1/4 cup green pepper, chopped (optional)

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

Optional Garnishes
- 1/3 cup SOS Mix
- 1 Tbsp packed brown sugar
- 1 bag (16 oz) frozen Oriental stir-fry vegetables
- 2–3 cups cooked rice

Green Bean Casserole

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

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

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

Potato Skillet Meal

Ingredients
- 1 lb 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 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
- 3 cups water
- 2 cups uncooked egg noodles
- 1 can tuna
- 1 cup peas (frozen or canned)
- 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

Tuna Noodle Skillet

Ingredients
- 1/3 cup SOS Mix
- 3 cups water
- 2 cups uncooked egg noodles
- 1 can tuna
- 1 cup peas (frozen or canned)
- 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
### Chicken Enchilada Casserole

**Ingredients**
- 2/3 cup SOS Mix
- 2 1/2 cups water
- 1 can (4 oz) green chilies, chopped
- 1 lb cooked, diced or shredded chicken
- 1/2 cup nonfat sour cream (optional)
- 1/4 cup chopped green onions (optional)
- 1/2 cup cheese, grated (optional)

**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

### 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
- 1/2 cup cheese, grated
- 1/4 cup nonfat sour cream
- 1/4 cup chopped green onions (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 and Rice

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

**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