

SOS: Cream of Chicken Soup

Calories - 200 (1 Full Mix)

Sodium - 115

Ingredients:

2 Cups Instant Non-Fat Dry Milk

¾ Cup Cornstarch

¼ Cup Instant Granulated Bullion (9 Pkgs)(beef, chicken, veggie)

4 TBS Freeze dried minced onions

1 tsp Dried Basil

1 tsp Dried Thyme

1 tsp Dried Parsley

1 tsp Pepper, black or white

Mix all ingredients together.

For the equivalent of one (10.5 oz) can of condensed cream soup,

Mix 1/3 cup dry soup mix with 1 ¼ cups cold water. Cook, stirring until thick.

Store in airtight container in pantry.