

Cream of Whatever (S.O.S – Soup or Sauce)

2 cups powdered non-fat dry milk

¾ cup arrowroot powder

2 Tablespoons dried minced onion

1 teaspoon sea salt

1 teaspoon ground savory

1 teaspoon dried flat-leaf Italian parsley

½ teaspoon dried thyme

½ teaspoon dried tarragon

¼ teaspoon dried marjoram

1/8 teaspoon cayenne pepper

OPTIONAL: 2 teaspoons dried Italian seasoning.

Combine all ingredients. Mix well. Store in an airtight container.

One batch equals nine (10.5 ounce) cans of creamed soup.

For one can of cream soup:

Combine 1/3 cup of dry mix with 9 ounces COLD water in a saucepan. Whisk until well blended. Heat, stirring constantly with the whisk until thickened.

Add to casseroles or other recipes just as you would a can of soup.

Need Cream of Mushroom Soup: Stir in chopped mushrooms with the dry mix and water.

Need Cream of Celery Soup? Add 2 Tablespoons dried celery flakes to the saucepan.

Need other flavors? Use your imagination!

Seasoned Salt

½ cup sea salt

¼ cup paprika

2 Tablespoons ground tumeric

2 Tablespoons onion powder

1 Tablespoon garlic powder

¼ teaspoon citric acid

In a small bowl, mix ingredients well. Store in an airtight spice jar and use as needed.

NOTE: If you truly feel that something is “missing” as compared to the seasoned salt you buy, it is, without a doubt, the sugar. If you like, you can add 1/8 teaspoon **Sweet Leaf stevia powder** to this mix.