



## SOS Tomato Soup Mix

### Tomato Soup:

- 1/3 cup SOS Mix
- 1 1/4 cups cold water
- 2 cups tomato sauce

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

**Source:** Utah State University Extension / **Yield:** 3 (1 cup) servings; 70 Calories per serving. Total fat 0g; Saturated fat 0g; Protein 4g; Total carbohydrate 15g; Dietary fiber 2g, Sodium 1050mg.

### SOS Mix:

- 2 cups powdered non-fat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon (regular or low-sodium)
- 2 tablespoons dried onion flakes
- 2 teaspoons Italian seasoning (optional)

Combine all ingredients in a recloseable plastic bag, mixing well. Equal to 9 (10.5 oz.) cans of cream soup. Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.

### To Substitute for 1 Can of Cream Soup:

1. Combine 1/3 cup of dry mix with 1 1/4 cups 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.