

Creamed Soup Mix

- 2 cups nonfat dry milk
- 3/4 cup cornstarch
- 2 T. dried onion flakes
- 1 t. dried crushed thyme
- 1 t. dried crushed basil
- 1/2 t. ground black pepper
- 1 T. salt (optional)

Combine all ingredients and store in an air-tight container. To exchange for one can of condensed soup, mix 1/4c. creamed soup mix with 1 1/4c. chicken broth in a glass measure. Microwave on HIGH power for 4 minutes, stirring once or twice, until thickened. Vary taste by adding sauteed mushrooms, chopped celery, or chopped, cooked chicken. A touch of sherry can be added just before serving.

Helpful Hints

Use cold broth with dry mix in a jar. Shake to mix well.



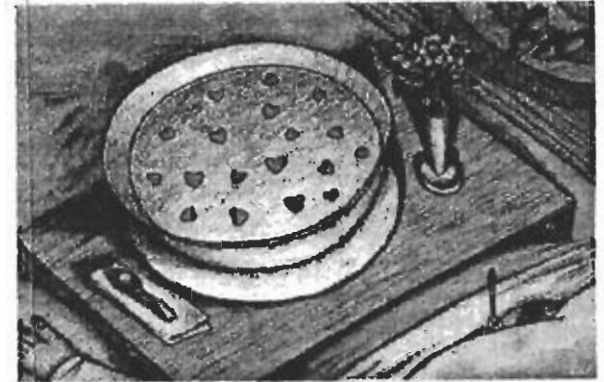
Use a wire whisk when blending liquid into sauce.



Casserole Sauce Mix provided by CSA Recipe Collection #3.

Recipes adapted by Beckee Moreland

Gluten-Free Comfort Foods -



Do you long for that warm, creamy comfort food? Do you remember those casseroles made with condensed creamed soups? There's no need to live without these dishes while on the gluten-free diet. Mix up the dry Casserole Sauce mix and keep it handy in the refrigerator. Try some of these old favorite recipes to warm your heart.



Broccoli Rice Casserole

- 2 c. cooked rice
- 1 8 oz. pkg. frozen broccoli pieces
- 2 c. cheddar cheese, shredded
- 1 T. butter or gf margarine
- 1 c. fresh mushrooms, chopped
- 1/2c. onion, finely chopped
- 1/4c. dry casserole mix
- 1/2 t. salt
- 1/4 t. pepper
- 1 16 oz. can gf chicken/vegetable broth

Cook rice per instructions but a bit undercooked. Saute onions and mushrooms until soft over medium heat. Shake together dry mix and half the broth in a jar. Add mixture to sauteed onions and mushrooms and stir. As it starts to thicken, add the rest of the broth. Take off heat and mix in cheddar cheese til melted. Add spices; stir.

Combine rice and broccoli in large bowl. Add soup, stir to coat. If it seems dry, add some milk or broth until it's sloppy.

Spray a 9x13" baking dish with oil. Pour mixture in and spread evenly. Bake at 350 degrees for about 1 hour or until bubbly and brown.

GF Hashbrown Casserole

- 1 pkg. Mr. Dell's frozen hashbrown potatoes
- 1/4 c. butter or margarine
- 1/2 c. dry soup mix
- 1 can gf chicken broth
- 12 oz. gf sour cream
- 1/2 c. milk
- 1/2 T. dried parsley
- 1/4 c. green onions, chopped
- 2 c. grated cheddar cheese
- 1 c. crushed gf corn flakes or potato chips

Pour 1/4 c. melted butter into 9x12" baking dish. Add 1/2 pkg. frozen hashbrowns. In large bowl, stir together dry soup mix, broth, sour cream, milk, green onions, and parsley. Pour half of mixture over hashbrowns. Add the rest of the hashbrowns, pour last of liquid mixture on top. Top with cheddar cheese and then the corn flakes. Bake at 350 degrees for 40 minutes or until bubbly.



Chicken and Mushrooms

- 5-6 chicken pieces, cleaned and pat dry
- 1 cup fresh mushrooms, sliced
- 1 T. olive oil
- 1/2 t. garlic powder
- 1 can gf chicken broth
- 1/3 c. dry soup mix
- 1 c. frozen peas
- 1 T. dry sherry or white wine (optional)
- 1/2 c. Parmesan cheese
- Salt and pepper to taste

Season chicken pieces with garlic powder, salt and pepper. In a 10" to 12" skillet, heat olive oil. Brown chicken over medium-high heat. Remove chicken from skillet and keep warm. Saute mushrooms in skillet. Add 1/2 of the chicken broth and wine to skillet to deglaze the pan. In a jar, shake together half of the broth and the soup mix. Add skillet, stir, and sauce to boil. Add chicken pieces, reduce heat and cover. Simmer until chicken is tender. Add frozen peas and sherry, stir, cover for 5 minutes. Serve with rice or noodles. Top with Parmesan cheese.