

# Cream of Chicken Soup Mix

## Cream of Whatever Soup Mix



I am back to no longer using cream of chicken soup in a can. I make my own from a mix. I used to do it all the time as a young bride and I'm not really sure why I stopped. I think the recipe came out of a church/community cookbook.

All plans are 6 points for a "can" Each full mix makes 9-10 "cans"

- 2 cups non fat dry milk
  - 2 1/2 cups all purpose flour
  - 1/4 cup chicken bouillon powder
  - 1/2 tsp white pepper (black is totally fine if you don't have white!)
  - 1/2 tsp dried thyme
  - 1 tsp dried basil
1. Mix all ingredients well and store in an airtight container. This recipe makes the equivalent of 9-10 cans of cream soup. Each serving or "can" is 6 points.
  2. To make the soup, place 1/2 cup of mix in a small saucepan. Slowly add and whisk in 1 1/4 cup of water. Cook over medium heat until thick and bubbly. It only takes a few minutes.
  3. You can alter the taste to cream of mushroom, celery or potato by adding the appropriate dried vegetables. You can also chop fresh veggies very fine and saute and add

to mix.