



Flavouring/Thickener Alternative Dried Soup Mixes

Servings: 4 (soup portions)

Total Time: 10 mins

Carb Content: approx 14g carbs per mix

INGREDIENTS

For the Onion Base Mix:

8 tsp dried onion flakes

1 tsp onion powder, or

1 Tbsp dried onion flakes, ground finely

¼ tsp ground black pepper

For White Onion Soup Mix, add:

1½ tsp dried parsley

1 tsp turmeric (optional)

½ tsp celery seed

½ tsp salt

a pinch of stevia

For Brown Onion Soup Mix, add:

4 tsp beef bouillon granules*

For Oxtail Soup Mix, add:

4 tsp beef bouillon granules*

1 Tbsp Worcester sauce

For Chicken Soup Mix, add:

4 tsp chicken bouillon granules*

For Mushroom Soup Mix, add:

4 tsp beef bouillon granules*

and replace the 8 tsp dried onion flakes
with 8 tsp crushed dried mushrooms



METHOD

For the White Onion, Brown Onion, Oxtail & Chicken Soup Mixes:

Prepare the onion base mix by adding the onion flakes, onion powder & ground black pepper to a small airtight jar.

Shake the jar well to mix.

Then, to the same jar containing the onion base mix, add the ingredients for the particular soup mix required.

Shake the jar well to mix.

For the Mushroom Soup Mix:

Prepare a base mix by adding crushed dried mushrooms, onion salt & ground black pepper to a small airtight jar.

Add the beef bouillon granules and shake the jar well to mix.

For later use, weigh and/or measure the soup mix produced, divide by 4 and label the jar with the grams and/or tablespoons to be used for a serving of soup.

All soup mixes can be stored for up to 6 months and it would be wise to also label the jar with the "best before" date.



SERVING SUGGESTIONS

* Use to boost the flavour in stews, roasts, casseroles and dips.

* To use as soup, add 4 cups of water, bring to a boil, reduce heat and simmer, covered, for 10 mins. Makes 4 servings.

TIPS

* If you only have stock cubes or stock powder available, use the equivalent amount required to make up 1 litre of stock. Stock cubes should be crushed before adding to the mix.

* For a finer consistency, grind all ingredients together in a coffee grinder.



