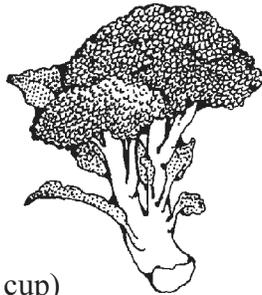


*Wisconsin  
Nutrition  
Education  
Program*

### **Cream of Broccoli Soup**

Makes 4 servings  
(1 serving is 1-1/2 cup)

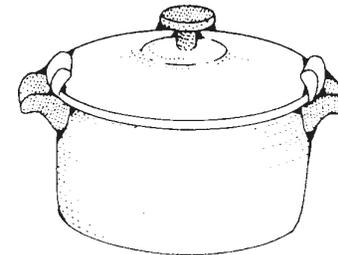
- 3/4 cup water
- 1 pound of fresh broccoli, chopped\*
- 1 - 2 stalks celery, chopped (about 3/4 cup)
- 1 medium onion, chopped (about 1/2 cup)



Prepare 3 cups of Basic White Sauce (double the recipe inside). Heat water to boiling and add vegetables. Cook 5-6 minutes until tender. Heat prepared white sauce; add cooked vegetables and cooking water. Stir and heat until bubbly. Serve.

\* You can also use a 10 ounce box or 16 ounce bag of frozen chopped broccoli in place of the fresh broccoli.

## **Making Casseroles and Soups with a White Sauce**



Save money by making tasty soups and casseroles that use leftover meat, rice or noodles and vegetables.



White sauce can be used instead of canned cream of mushroom, cream of celery or cream of chicken soup in many recipes.

In place of one can of creamed soup, use one of the following:

- **Make 1-1/2 cups of white sauce using this recipe -**

### White Sauce (Makes 1-1/2 cup)

1 Tablespoon margarine      1-1/4 cup lowfat milk  
4 teaspoons flour

Melt margarine over low heat. Blend in flour and cook until the mixture is bubbly. Remove from heat. While stirring, slowly add milk. Cook mixture over low heat, stirring constantly until it thickens.

- **Make 1-1/2 cups of white sauce using a mix -**

Stir together 1/3 cup Dry White Sauce Mix (below) and 1-1/4 cup water in a sauce pan. Cook and stir over medium heat until thick.

### Dry White Sauce Mix

2 cups nonfat dry milk powder      3/4 cup cornstarch  
1/2 teaspoon thyme (optional)      1/4 teaspoon pepper

Combine all ingredients. Stir well. Store in airtight container.

OPTIONAL: For extra flavor - add 1 to 2 Tablespoons chicken bouillon granules (regular or reduced sodium) to the mix. Stir well.

## Create a Casserole

Makes 4 servings  
(one serving is 1-1/2 cups)

Vegetables (about 1 cup)	Meat, Chicken, Fish, Eggs, Dried Beans or Peas and Nuts (1 to 2 cups)	Cereal, Rice or Pasta (2 cups)
mixed vegetables	tuna fish	cooked noodles
tomatoes	cooked meat:	cooked macaroni
corn	hamburger	cooked rice
green beans	turkey	cooked spaghetti
cooked and cubed:	chicken	cooked barley
acorn squash	pork	cooked bulgar
zucchini	hard cooked eggs	
potatoes	cooked lentils	
broccoli	cooked split peas	
peas	cooked navy or	
cabbage	pinto beans	

Prepare a Casserole by following these steps:

1. Prepare 1-1/2 cups white sauce (recipes at left).
2. Choose one ingredient from each list above.
3. Add other flavorings such as 1 teaspoon onion powder and/or 1/4 cup Parmesan cheese.
4. Mix ingredients together.
5. Heat thoroughly in oven or on top of stove.  
In oven: Place ingredients in a covered casserole dish.  
Bake at 350° for 35 - 40 minutes. Serve hot.  
On top of stove: Place ingredients in a large skillet.  
Simmer until bubbly. Serve hot.

1 serving using diced turkey has 360 calories and 9 grams of fat.