



Making your own mixes can save you money and time.

Milk Master Mix combines nonfat dry milk with other common ingredients.

You can use **Milk Master Mix** to make soups, puddings and **Magic White Sauce**. Use **Magic White Sauce** in a variety of main dishes and desserts. For example, try the white sauce in macaroni and cheese.

Cream of Tomato Soup

1 c. Milk Master Mix
1 qt. tomato juice
½ tsp. salt
1/8 tsp. pepper
½ tsp. sugar (optional)
½ tsp. Worcester sauce (optional)

Mix all ingredients together in a cooking pan. Cook the soup over moderate heat until it is smooth and thick. Stir often.

Makes four to six servings.

Per serving: 139 calories, 27g carbohydrate, 0.1g fat, 1.3g fiber and 1,014mg sodium

Milk Master Mix & Magic White Sauce

Milk Master Mix

4 c. nonfat dry milk powder
1 c. flour
1 tsp. iodized salt

In a storage container with a tight lid, combine dry milk, flour and salt. Cover and store in a cool place. Stir before measuring for a recipe.

Tip: You may prefer to substitute 2/3 c. cornstarch for the 1 c. flour if making pudding.

Tip: 1 can of cream soup = 1 ¼ c. Milk Master Mix
1 ¼ c. water
1 Tbsp. margarine

Vanilla Magic Pudding

1 c. Milk Master Mix
2 to 3 Tbsp. sugar
2 c. water
2 tsp. margarine (optional)
1 tsp. vanilla

Mix dry ingredients in a heavy sauce pan. Add water slowly while stirring; add margarine. Cook over low to medium heat, stirring constantly until thickened and almost to a boil. Lower heat and simmer a few minutes. Remove from heat and stir in vanilla.

Makes four servings.

Per serving: 123 calories, 19.5g carbohydrate, 2g fat, 0.25g fiber and 265mg sodium

Try these ideas for variety:

Chocolate Magic Pudding: Add 2 tablespoons cocoa to dry ingredients in **Vanilla Magic Pudding**, and use 3 to 4 tablespoons of sugar instead of 2 to 3 tablespoons.

Butterscotch Magic Pudding: Instead of white sugar in **Vanilla Magic Pudding**, use 3 to 4 tablespoons brown sugar.

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Magic White Sauce

1 c. Milk Master Mix

2 c. water

2 tsp. margarine (optional)

Place mix in saucepan, stir in water slowly; add margarine. Cook, stirring constantly over medium heat, until thickened and almost boiling. Reduce heat and simmer a few minutes.

Yields 1½ cups medium sauce.

Per ¼ cup: 65 calories, 10g carbohydrate, 0.7g fat, 0.2g fiber and 171mg sodium

Cheese Sauce: Add three to four slices cut-up processed cheese or American cheese to hot **Magic White Sauce**. Serve over toast or mixed with hot, cooked macaroni or cooked vegetables.

Cook according to directions for **Magic White Sauce**. Season as desired.

Makes three servings.

Per serving: 183 calories, 25g carbohydrate, 4g fat, 0.4g fiber and 453mg sodium

Chicken or Turkey Florentine

2 c. cooked, drained, chopped spinach or other cooked or canned vegetables

2 c. cooked, cubed chicken or turkey

1 recipe **Magic White Sauce**

½ tsp. instant chicken bouillon

Paprika

Place spinach in greased 9-inch pie plate or shallow baking pan. Arrange chicken over the vegetable. Mix the white sauce with the instant chicken bouillon and pour over all. Sprinkle with paprika. Bake in 325 F oven for 30 minutes or until heated through and bubbly.

Makes four servings.

Per serving: 321 calories, 24g carbohydrate, 3.7g fat, 2.7g fiber and 1,920mg sodium

For more information about nutrition and food safety, visit www.ag.ndsu.edu/food

Compiled by Julie Garden-Robinson, Ph.D., R.D., L.R.D., food and nutrition specialist; Bridget Curley, program assistant (former); and Tera Sandvik, project coordinator (former).

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Making Cream Soup

To make cream soup, add 1 cup (or more) cooked vegetables (mashed or diced) or flaked fish to one recipe of **Magic White Sauce**. Season as desired. Heat to boiling.

Makes four servings.

Try these ideas. Add about 1 cup of the following main ingredients to one recipe of **Magic White Sauce**. If it gets too thick, add some milk.

Corn Soup: Add canned corn to **Magic White Sauce**. Season with chopped and cooked onion or onion salt if desired.

Potato Soup: Add mashed potato to **Magic White Sauce**. Season with minced onion. If soup is too thick, add extra milk.

Spinach Soup: Use leftover cooked, canned, frozen or chopped spinach. Strain vegetable after cooking. Add to **Magic White Sauce** and season with salt and pepper.

Pea Soup: Use cooked or canned peas. Strain vegetables if desired. Add to white sauce and season with salt and pepper. Make **Magic White Sauce** with juice from peas instead of water.

Fish Soup: Flake canned salmon or leftover fish. (Use liquid from salmon to make **Magic White Sauce**.) Add fish to **Magic White Sauce**. Season with onion or onion salt.