

24 January 07 Potato Soup Mixes THIS IS LIVING WELL ON 1420 KJCK, I'M DONNA MARTINSON, GEARY COUNTY K-STATE RESEARCH & EXTENSION FAMILY & CONSUMER SCIENCES AGENT.

Before Christmas I came across a recipe for instant potato soup. It called for instant mashed potatoes, non-fat dry milk, chicken bouillon, thyme, tumeric, dried parsley, and pepper. Directions said to make up the mix, then when you wanted soup, just add ½ cup of the mix to a cup of hot water. I cut out the recipe thinking that would be a good soup mix to package in single servings to give to a friend who is in her late eighties and lives alone. Often her evening meal is cold cereal, so this would be a nutritious option for her.

Last week I finally prepared the recipe. I toasted some of my favorite bread and used the toast like crackers. It was delicious. The next time I have that soup, I plan to cook a half-cup or so of frozen vegetables in a microwaveable container, add the cup of water, heat the mixture, then stir in the soup mix. It will help me reach the nutritional recommendation of 2 1/2 cups of vegetables per day and certainly not hurt the soup. Leftover vegetables and meat, or cheese or bacon bits, could be added as well.

This week I received a newsletter from a fellow extension agent with a similar potato soup mix recipe. It included instant mashed potatoes, powdered coffee creamer, chicken gravy mix, salt-free seasoning, dried minced onion, chicken bouillon granules and pepper. The cooking instructions are similar - however, because of the gravy mix, it will be thicker.

Instant potatoes are a good thickening agent and easily pick up the predominant flavor of soups and stews.

If you would like the instant potato soup recipes, give me a call at 238-4161, or print off today's Living Well program on the Geary county extension website, www.oznet.ksu.edu/geary.

THIS HAS BEEN LIVING WELL ON "THE TALK OF JC" 1420 KJCK. I'M DONNA MARTINSON. *K-State Research & Extension is an equal opportunity provider and employer.*

Instant potato soup recipes follow.

INSTANT POTATO SOUP

Potato Soup Mix #1

1 3/4 cups instant mashed potatoes
1 1/2 cup non-fat instant dry milk
*2 tablespoons instant chicken bouillon
1 teaspoon dried parsley
1/4 teaspoon white (or black) pepper
1/4 teaspoon dried thyme

Combine all ingredients in a large bowl. Mix well. Add 1/2 cup of soup mix to 1 cup of boiling water in a mug or bowl.

Nutrition per serving: 110 Calories, 0 fat, 480 sodium

6 servings

Source: Grass & Grain, recipe submitted by Beth Scriptor slightly modified.

*A low sodium chicken broth could be used which would lower the sodium per serving.

Potato Soup Mix #2

2 1/2 cups instant mashed potatoes
1 1/4 cup powdered coffee creamer
1 packet of chicken gravy mix
2 tsp salt-free seasoning
2 tsp dried minced onion
2 tsp chicken bouillon granules
1/2 tsp pepper

Place ingredients in large bowl and mix well. Place in container. Individual servings can be made by placing 1/2 cup of the mix in separate containers such as snack bags.

To Use: Place 1/2 cup Potato Soup Mix in a mug or bowl. Add 1 cup boiling water. Stir well. Let stand 3 minutes until thickened. Shredded cheese or bacon bits may be sprinkled over top.
(4 cups mix = 8 servings)

Nutrition: 157 calories, 0 fat, 210 sodium

Source: Foods, Nutrition, Health and Safety

Newsletter, Winter 2007, Greenwood, Chautauqua, & Wilson Counties, Jan Stephens, multi-county agent

Notes:

* Individual servings can be made by placing 1/2 cup of the mix in separate containers such as snack bags.

* Increase the nutritional value of the soup by adding canned, fresh or frozen vegetables. Also, grated cheese or cooked meat such as chicken, beef, turkey, tuna, salmon, or pork could be added.

* Serve with whole grain crackers or toast to help achieve more whole grains in your diet.

* Other dried herbs or seasoning such as dried chives, dried cilantro, dried minced onion, powdered garlic, basil, or oregano could be added or substituted according to flavor preferences.

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Donna R. Martinson
Geary County K-State Research & Extension
Family & Consumer Sciences Agent

119 E. 9th
Junction City, KS 66441
phone 785.238.4161
email: dmartins@ksu.edu
website: www.oznet.ksu.edu/geary/fcs

Support document for January 24, 2007 Living Well radio program

