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Chef's Recipes

For



Low Sodium Bases



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

About the Recipes

We hope you enjoy the recipes we've chosen.

Remember, they are only a guide.

MAKE THEM YOUR OWN!!

If there's an ingredient you dislike, replace it.

If there's one you really like, add more.

Substitute any ingredients with similar ingredients you have on hand.

Cutting down on fat?

Substitute a "fat-free" cooking spray for butter or oil,

"Fat-Free" Half & Half (Land O' Lakes) for regular,

Evaporated Skim milk for heavy cream

Soften Bases in water instead of oil before rubbing on meats, poultry or fish to season.

Replace mayonnaise or sour cream in dips, pastas or on sandwiches with "Fat-Free" varieties, then add great flavor with Bases.

Some of the recipes call for

Minor's Sauce/Soup Thickener "Dry Roux"®

Substitute any of the following:

a) Classic roux in equal amounts of butter and flour

b) Cornstarch or arrowroot and water

1 oz. of Dry Roux® replaces 2 Tbsp. cornstarch or ¼ cup flour

Create memorable meals with Minor's.

HAPPY COOKING !!
Heidi & David

Chef's Secrets for Delicious Results

A) **ADD FLAVOR, NOT SALT**; replace salt with 2-3 times amount of Base. (e.g. omit 1 tsp. salt; replace with 2-3 tsp. Base.) Bases are highly concentrated; use level measurements. Add more at end of recipe if needed.

B) Replace bouillon cube(s) in recipes with ½ - 1 tsp. Base for more natural flavor.

C) Blend Base into any recipe by dispersing in any liquid called for - i. e., water, milk, eggs, mayonnaise ...

D) Enhance soup stock: Add 1 Tbsp. Base per qt. water or more to reach desired flavor.

E) Rices, grains, beans, vegetables: Add 2 tsp. Base to every 2 cups water for cooking.

F) For cooked rice, beans, grains or vegetables: Add ½ tsp. per cup as seasoning or a finishing touch to flavor. Dissolve in small amount of water, stir or toss.

G) Marinades: Add Base to olive oil, red wine vinegar, garlic & black pepper. Use 1 tsp. per cup of marinade.

H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin & meat before grilling, broiling or sauteeing.

I) Baste: Combine 2 tsp. Base with ¼ cup oil per lb. of meat.

J) Breading: Season meat with Base at 2 tsp. per lb. Then dust with comb. of flour, bread crumbs, seasonings. Or disperse in breading with electric mixer.

K) Sandwiches, dips: Blend 1 tsp. Base per cup of mayo, sour cream or cream cheese.

L) Pasta Sauce: Add 1 tsp. per cup for enhanced flavor.

M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add any herbs.

N) Poaching: Add 1 Tbsp. Base per quart of water with an acid such as wine, lemon juice or vinegar to retain meat juices. Don't allow liquid to boil. Boiling toughens meat.

O) Roasting: Rub with Base & oil. Cook at high temp. for short time, then lower temp. for longer time. Meat will carmelize on the outside for flavor and stay tender & juicy inside.

P) Ground meats: Add 2 tsp base per lb. of meat before grilling or baking.

Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Base (Chicken) per lb.

R) Bread & Rolls: Omit salt. Add 1 Tbsp. Base per every 4 cups flour.

S) Stuffing: Disperse ½ tsp. Base (in liquid) per cup of stuffing. Be sure dressing is cool before stuffing meat. Never stuff raw meat until ready to cook.

T) Replace salt in scrambled eggs, egg whites or egg substitute with ¼ tsp. Base, dissolved in a small amount of water. Use to flavor omelets or quiche.

U) For Low Sodium Veal Flavor - Mix equal amounts of Low Sodium Chicken & Beef Base

V) ALL BASE VARIETIES ARE INTERCHANGEABLE AND CAN BE COMBINED.

W) Low Sodium Bases are perfect for sauce reductions.

Beef Glazing Sauce

3 ½	Cups	Hot Water
1	Tbsp + 1 Tsp	Beef Base
½	Cup	Cold Water
¾	Cup	Corn Starch

In sauce pot, combine water and Base. Heat to simmering over med-high heat, stirring occasionally. Whisk together water and cornstarch until smooth. While stirring vigorously, pour into hot stock. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Apply heavy coating of glaze with brush and roast, broil or grill. Serve hot over meat and/or vegetables. **NOTE: For Mushroom Beef Sauce - add sliced fresh mushrooms to taste.** Yield 1 qt
Nutritional Analysis per 2 oz. serving (no salt added) Cal: 17 Protein: 0.4 g Fat: 0.3g Carbo: 3.1g Sat. Fat: 0.1 g Cholesterol: .4 mg Sodium: 56 mg.

Beef Barley Vegetable Soup

2	Quarts +1 Cup	Hot Water
½	Cup	Pearled Barley -- uncooked
2	Tbsps + 2 Tsp.	Beef Base
¼	Cup	Low Sodium Crushed Tomatoes In Puree
½	Cup	Carrots -- diced small
½	Cup	Onions -- diced small
¼	Cup	Celery -- diced small

In sauce pot combine water and barley. Heat to boiling over medium heat. Reduce heat; simmer 40-45 minutes, stirring occasionally until tender. Add Base, tomatoes, carrots and celery. Heat to boiling. Reduce heat; simmer 10-12 minutes, stirring occasionally until vegetables are tender. Garnish with chopped fresh parsley or shredded carrots. Yield 2 qts
Nutritional analysis per cup: cal: 77, protein: 3.2g, carbo: 13.8g, tot. fat: 1.2g, sat. fat: 0.4g, chols: 1.8mg, sodium 232mg. Add 1Tsp. salt for 365mg. sodium and 1Tbsp. for 632mg.

Beef Noodle Soup

½	Tbsp	Canola Oil
¼	Cup	Onions -- finely chopped
¼	Cup	Carrots -- finely chopped
1/8	Cup	Celery -- finely chopped
1 7/8	Quarts	Hot Water
1/8	Cup	Beef Base
4	Ozs	Medium Egg Noodles -- uncooked

In sauce pot, heat oil over medium heat. Add onions, carrots and celery. Saute and stir 3 minutes. Add water, Base and noodles. Bring to boil. Reduce heat; simmer 10-12 min., stirring occasionally, until noodles are tender. Garnish with chopped fresh parsley. Serves 8
Nutritional Analysis per cup no salt added: Cal: 89, Tot.Fat: 2.6gm, Cholesterol: 15.2 mg, Sodium: 224 mg.

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Alfredo Sauce

1	Cup	Water
2	Ozs	Cornstarch
1½	Cups	Heavy Cream - or Milk with twice the amt. of Cornstarch
1	Cup	Water
5	Ozs	Parmesan Cheese -- grated
1	Oz	Butter
5	Tsps	<u>Chicken Base</u>
2½	Tsps	<u>Vegetable Base</u>
1/8	Tsp	Nutmeg

Whisk together water and cornstarch until smooth. Combine cream, water, Parmesan and butter in saucepan. Heat to boiling; reduce heat; gently boil 2-3 minutes. Gradually pour cornstarch mixture into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 2 minutes, stirring occasionally. Yield 1 Qt

Chicken Or Vegetable Gravy

2½	Cups	Hot Water
3	Tbsps	<u>Chicken or Vegetable Base</u>
¼	Tsp	Garlic Powder
½	Cup	Cool Water
1/3	Cup	Cornstarch
1	Cup	Milk

Combine hot water, Base and garlic powder, mixing well. Heat to boiling over med-high heat; reduce heat; gently boil 5 minutes. Blend cool water and cornstarch with wire whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 2 min., stirring occasionally. Stir in milk. Yield 1 Qt

Cheese Sauce

3	Cups	Low Fat Milk (2%)
1	Tbsp +1 Tsp	<u>Chicken Base</u>
½	Cup	Lukewarm Water
½	Cup	<u>Minor's Sauce/Soup Thickener (Dry Roux®)</u>
¼	Tsp	Dry Mustard
¼	Pound	Low Sodium Cheddar Cheese -- shredded

In sauce pot combine milk and Base. Heat to simmering over medium heat, stirring occasionally. In small bowl, blend water, mustard and Dry Roux® until smooth, using wire whisk. While whisking vigorously, pour into hot liquid. Heat to boiling over medium heat, stirring constantly. Boil/stir 1 minute. Add cheese, stirring until melted. Serve hot over vegetables, seafood or pasta. Yield 1 qt

Beef Tips In Yogurt Sauce

1	Tbsp	Canola Oil
1¼	Pounds	Beef Tenderloin-Well Trimmed -- cut in 1" cubes
½	Pound	Fresh Mushrooms -- quartered
1½	Cups	Onions -- diced medium
1	Cup	Green Bell Pepper -- diced medium
1	Tsp	Paprika
2	Cloves	Garlic -- minced
¾	Quart	Hot Water
2¼	Tsp	<u>Beef Base</u>
1¼	Tsp	<u>Vegetable Base</u>
1	Cup	Lukewarm Water
3/8	Cup + 1 Tbsp.	<u>Minor's Sauce/Soup Thickener(Dry Roux®)</u>
¼	Cup	Low Fat Yogurt

In sauce pot, heat oil over med-high heat. Add beef; saute and stir until browned, apx. 8-10 minutes. Add mushrooms, onions, peppers, paprika and garlic; saute and stir 5 min. Add water and Bases. Bring to boil. Reduce heat; simmer, stirring occasionally, 15 minutes or until beef is tender. In small bowl, whisk together water and Dry Roux® until smooth. While stirring vigorously pour into hot mixture. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Add yogurt, mixing well. DO NOT BOIL. Serve hot over rice or noodles. Serves 8
Nutritional Analysis per cup: cal-195, protein-18g, carbo-11.4g, tot. fat-8.5g, sat. fat-2.9g, chol-47.6mg, sodium-280mg. Add ½ tsp. salt for 347mg. - 2 tsps. for 547 mg.

Coq Au Vin Sauce

1½	Tbsp	Margarine - No Added Salt
¼	Cup	Onions -- diced fine
6	Ozs	Mushrooms -- sliced thin
2	Cloves	Fresh Garlic -- minced
2/3	Cup	Burgundy Wine
	Dash	Fresh Ground White Pepper -- to taste
4	Cups	Water
1 1/3	Ozs	No Added Salt Tomato Paste
6	Ozs	Onions-Small Frozen
2	Tbsp	<u>Beef Base</u>
½	Cup	<u>Minor's Sauce/Soup Thickener(Dry Roux®)</u>
2/3	Cup	Cool Water

Melt margarine over medium heat. Saute onions, mushrooms, garlic 3-4 minutes. Add wine and pepper; mixing well. Simmer 10 minutes. Add water, tomato paste and onions, simmer, stirring well. In bowl, mix Dry Roux® and water with wire whisk until well blended. Add to hot sauce, stirring continuously. Bring to a boil for 1 full minute, stirring constantly. Lower heat; simmer 5 minutes. Sauce may be poured over ¾ cooked chicken pieces. Cover pan. Heat at 375°F apx. 30 minutes, until chicken is completely cooked. Don't overcook.
Nutritional Analysis per 1 oz: Cal.: 18 Tot. Fat: 0.7 gm Sat. Fat: 0.2 gm Choles: 0.6 mg Protein: 0.5 gm Carbos: 2gm Potass.: 37 mg. Sodium: 32 mg. Yield 1 qt

Shepherd's Pie

1	Pound	Lean ground beef or chuck
3½	Cups	Hot water
4	Tsp	Chicken Base
2	Tsps	Vegetable Base
3½	Ozs	Cornstarch
4½	Ozs	Cold water
		Vegetable cooking spray
1	Cup	Canned green beans -- drained**
½	Cup	Canned diced tomatoes -- drained**
1/3	Cup	Canned sliced mushrooms -- drained**
¼	Cup	Canned corn -- drained**
1	Tbsp	Dry bread crumbs
1	Tsp	Salt
2	Cups	Instant mashed potatoes prepared -- per pkg. directions
		Dry bread crumbs to sprinkle on top

Saute beef over medium heat until browned; 10-12 minutes, drain fat. Heat water to boiling, add Bases. Stir to dissolve with wire whisk. Whisk cornstarch and cold water until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat, gently boil 5 minutes, stirring occasionally. Coat baking dish with vegetable spray. Combine meat, vegetables, bread crumbs and gravy. Mix lightly, but well, to blend. Spread potatoes evenly over mixture. Sprinkle with bread crumbs. Bake 375°F until lightly browned, apx 45 minutes. **Use reserved juices from canned vegetables as part of liquid to make gravy. **Substitute fresh vegetables sauteed lightly for canned. Use any vegetable combination.

Serves 6

Beef & Macaroni with Tomatoes

2	Cups	Elbow Macaroni -- uncooked
1	Pound	Ground Chuck Or Lean Ground Beef
3	Cups	Hot Water
2	Tbsps	Beef Base
1	Can	(28 oz.)Crushed Tomatoes In Puree*
½	Cup	Onions -- diced medium
2	Tbsps	Granulated Sugar

Cook macaroni per pkg. directions. Drain. Cook ground beef over medium heat until browned, apx. 10 minutes, stirring constantly. Drain fat. Add remaining ingredients to beef, mixing well. Heat to boiling over medium heat. Reduce heat; gently boil 25-30 minutes, stirring occasionally. Stir in macaroni. Gently boil 5 minutes, stirring until macaroni is tender. *Substitute a 29 oz. can Tomato Puree. Serves 9

Chicken Glazing Sauce

3½	Cups	Hot Water
1	Tbsp + 2 Tsps.	Chicken Base
1	Tbsp	Lemon Juice
½	Cup	Cold Water
3/8	Cup	Cornstarch

Add water, Base and lemon juice to pot; mix well. Heat to boiling. In medium bowl, whisk water and cornstarch until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over medium heat, stirring occasionally. Reduce heat; gently boil 2 minutes, stirring occasionally. Apply a heavy coating of glaze with brush. Roast, grill, broil or serve hot over chicken and/or vegetables. Yield 1 Qt

Chicken Meatballs

1/8	Cup	Hot Water
1½	Tbsps	Chicken Base
2	Pounds	Ground Chicken
½	Cup	Onions -- diced small
½	Cup	Old Fashioned Oats -- uncooked
¼	Tsp	Dried Sweet Basil
1/8	Tsp	Dried Leaf Thyme
	Dash	Ground White Pepper

In mixing bowl, blend water and Base using wire whisk. Let cool. Add chicken, onions, oats, basil, thyme and pepper; mix lightly. Shape meatballs; place in baking pan. Bake at 400°F, for 8-10 minutes, until lightly browned. Serve hot with marinara sauce or gravy. meatballs. Nutritional Analysis per 3 oz. serving. No Salt Added: Cal: 154, Tot. Fat: 8.2 gm, Choles: 95.5 mg. Sodium: 46 mg
Yield 40 meatballs

Homestyle Chicken Noodle Soup

1	Tbsp	Canola Oil
1¼	Cups	Onions -- diced small
1½	Cups	Carrots -- sliced ¼" thick
½	Cup	Celery -- diced small
¾	Quarts	Hot Water
1/3	Cup	Chicken Base
8	Ozs	Medium Egg Noodles -- uncooked
1	Cup	Frozen Whole Kernel Corn
1	Cup	Frozen Peas

In sauce pot, heat oil over medium heat. Add onions, carrots and celery; saute and stir for 3 minutes. Add water, Base, corn, noodles and peas. Bring to boil. Reduce heat; simmer 10-12 minutes, stirring occasionally. Garnish with chopped fresh parsley. Serves 16
Nutritional Analysis per 8 oz. serving (no salt added): cal. 105, protein: 4.4g, carbo: 17.4g, total fat: 2.3g, sat. fat: 0.4g, choles: 15.9mg, sodium: 224mg.
Add 1 Tsp. salt for 363 mg per 8 oz. serving Add 1 Tbsp. salt for 629 mg per 8 oz. serving.

Chicken or Turkey Ala King

1	Tbsp	Canola Oil
1	Cup	Green Bell Pepper -- diced medium
1 1/3	Cups	Fresh Mushrooms -- sliced 1/4" thick
5	Cups	Hot Water
2	Tbsps + 1 Tsp	Chicken Base
2 1/2	Cups	Cooked Chicken Or Turkey -- diced medium
1 1/2	Tbsp	Red Bell Pepper -- julienned
1/2	Tsp	Garlic Powder
3/4	Cup	Cold Water
2/3	Cup	Cornstarch
1/4	Cup	Sauterne Wine Or Lemon Or White Grape Juice
2	Cups	Whole Milk

In sauce pot, heat oil over med-high heat. Add green peppers; saute/stir 3 min. Stir in mushrooms; saute/stir 3 more min. Add water, Base, chicken, peppers and garlic powder, mixing well. Heat to boiling, stirring. Reduce heat; gently boil 5 min. In small bowl, blend water & cornstarch until smooth, using wire whip. While stirring vigorously pour into hot mixture. Heat to boiling over medium heat, stirring constantly. Boil and stir for 1 minute. Add wine*, mixing well. Stir in milk. Serve over rice or noodles. Serves 8

Nutritional Analysis per 1 Cup: Cal: 188 Protein: 16.1g Carbo:16.4 g Tot.Fat: 5.7g Sat.Fat: 1.9g Chol: 43.1mg Sod: 264 mg.

	Sodium Levels	Salt Added	Sodium per 1 Cup Svg
Recommended:	200-400 mg	1/2 tsp.	331 mg
Regular:	less than 800 mg	2 tsp.	531 mg

Chicken Cacciatore

1	Tbsp	Olive Oil
2	Tsp	Chicken Base
1 1/4	Cups	Skinless Boneless Chicken Breast -- Julienned
2	Tbsps	Olive Oil
3/4	Cup	Green Peppers -- Julienned
3/4	Cup	Onions -- Julienned
3/4	Cup	Mushrooms -- Sliced
1/4	Cup	Celery -- Cut On Bias
1	Tsp	Garlic -- Minced
1 1/2	Cups	Water
2	Tbsps	Chicken Base
1	Can	(6 Oz.) Tomato Paste
1	Tbsp	Sugar
2	Tbsp	Burgundy Wine
1/4	Tsp	Oregano
1/4	Tsp	Basil

In medium bowl, mix oil and 2 tps. Base until well blended. Add chicken; toss until coated. In large saute pan, heat olive oil over med-high heat. Add chicken; saute 4-6 min.stirring often. Remove chicken from pan. Set aside. In same pan, add peppers, onions mushrooms, celery and garlic. Saute over med-high heat 2-3 minutes, stirring often. Add water, 2 Tbsps. Chicken Base, tomato paste, sugar, wine, oregano, basil and chicken, mix well. Heat to slow boil; cook 5 minutes, stirring occasionally. Serve over rice or pasta. Serves 6

Nutritional Analysis per 5 oz. serving: Cal. - 356, protein- 20.5 g, fat:14.5g, carbo: 41.6g, cholesterol - 38.9mg, sodium- 258 mg. Potassium-1969mg.

Tuscan Vegetable Soup W/ Orzo

1	Large	Onion -- coarsely chopped
2	Cloves	Garlic minced
8	Ozs	Mushroom -- sliced
1	Cup	Dry White Wine
1	Quart	Water
5	Tsp	Chicken Base
1/4	Tsp	Fresh Ground Black Pepper
1	Large	Zucchini-Sliced 1/2" Thick and quartered
1	Large	Yellow Squash-Sliced 1/2" Thick and quartered
1/2	Cup	Orzo-Rice Shaped Pasta -- uncooked
1/4	Cup	Fresh Basil chopped or 1 tsp dried
1	Tsp	Dried Oregano
1/2	Cup	Fresh Grated Parmesan Cheese
1/4	Cup	Fresh Italian Parsley

In soup pot over medium heat, saute onion and garlic in oil until tender apx. 4 minutes. Add mushrooms; saute 2 minutes more. Add wine, water and Base; bring to a boil. Reduce heat; cover and simmer 10 minutes. Add zucchini, squash and orzo; cover and simmer 10-15 mins. until tender. Remove from heat, stir in herbs. Sprinkle with cheese. Serves 7

Creole Or Spanish Sauce

3	Tbsp	Butter Or Margarine - No Salt Added
1/2	Pound	Onions-Sliced apx. 1/8" x 1"
1/2	Pound	Green Peppers-Sliced apx. 1/8" x 1"
1/2	Pound	Fresh Mushrooms -- sliced 1/4" thick
2 1/2	Cups	Hot Water
3 3/4	Tsp	Beef Base
3 3/4	Tsp	Vegetable Base
4	Ozs	Cool Water
1/2	Cup	Minor's Sauce/Soup Thickener(Dry Roux®)
24	Ozs	Canned Crushed Tomatoes In Puree Or Stewed Tomatoes Without Added Salt
1/4	Tsp	Hot Red Pepper Sauce -- optional

In skillet, melt butter over medium heat until bubbly. Add onions, green peppers and mushrooms. Saute and stir until tender-crisp, apx. 8 minutes. Add water and Bases. Bring to boil. In bowl, mix Dry Roux® with cool water with wire whisk until smooth and well blended. Add to hot sauce, stirring continuously. Bring to boil; boil 1 full minute, stirring constantly. Reduce heat to simmer. Add tomatoes and Hot Red Pepper Sauce, if desired. Heat to boiling over medium heat, stirring constantly. Reduce heat, simmer 10 minutes, stirring occasionally. Remove from heat, keep hot. Serve with poultry or fish. Yield 2 qts

Nutritional Analysis per 1 oz. of sauce: Cal.: 17 Protein: 0.4 gm Total Fat: 0.8 gm Sat. Fat: 0.2 gm Choles: 0.4 mg Carbo: 2.2 gm Pot.: 29 mg. Sodium: 25 mg

Flavorful Fresh Carrots

1/4	Cup	Water
1	Tbsp	Chicken Or Vegetable Base
1	Pound	Carrots -- sliced

Add water and base to sauce pot. Mix well. Heat to boiling. Add carrots. Heat to boiling over medium heat; reduce heat; gently boil until tender as desired. Do not rinse after cooking. Season to taste. Serves 8

Lemon Pork W/ Vegetables

½	Tsp	Coarsely ground black pepper
1	12 Ozs	Pork tenderloin-trimmed of fat & membrane -- sliced ¾" thick
1	Tsp	Vegetable oil
2	Tsps	Cornstarch mixed with 2 Tbsp. water
¾	Cup	Water
¾	Tsp	Pork or Chicken Base
1	Tsp	Fresh grated lemon rind
2	Tbsps	Fresh lemon juice
1	Tsp	Butter or margarine
1	Pint	Cherry tomatoes
8	Ozs	Fresh sugar snap peas -- strings removed

Sprinkle pork with pepper on both sides. Heat oil in large non-stick skillet over medium heat. Add pork, cook 2-3 minutes per side until brown and barely pink inside. Remove to serving platter, keep warm. Wipe out pan if desired. To pan, add butter, snap peas and tomatoes, cook, stirring often until tomato skins begin to split and peas are tender-crisp, 3-5 minutes. Meanwhile in small sauce pot bring water and Base to boil until dissolved, add cornstarch mixture; stir until thickened. Remove from heat, add lemon rind, juice and parsley. Serve sauce over pork with vegetables.

Nutritionals (wiping out pan) Cal: 173; Protein: 21g; Carbo: 11; Fat: 5 g; Cholesterol: 58 mg with butter, 55mg with margarine; Sod: 512 mg. Serves 4

Thai Steak Salad

12	Ozs	Boneless top round steak -- trimmed of fat, apx 1" thick
8	Cups	Loosely packed romaine lettuce -- torn bite-size
½	Cup	Thinly sliced green onions
1	Cup	Thinly sliced radishes
1	Cup	Thinly sliced cucumber
½	Cup	Chopped cilantro
½	Cup	Water
½	Tsp	Chicken Base
2	Tbsps	Fresh lime juice
1	1½" x 1" piece	Fresh ginger -- peeled and chopped
1	Tsp	Vegetable oil
1	Large	Clove garlic peeled
½	Tsp	Hot-pepper sauce
		salt to taste -- optional

Broil or grill steak 4-6" from heat source, 5-7 minutes per side for rare, 7-9 minutes for medium and 9-11 minutes for well done. Remove to cutting board; let stand 5 minutes. Meanwhile place lettuce, cucumber, radishes, scallions and cilantro in salad bowl. Place water, Base, lime juice, ginger, oil, garlic, sugar, hot sauce and salt in a blender or food processor; process until smooth. Cut steak in thin slices across the grain; add to bowl. Pour dressing over; toss to mix and coat.

Nutritionals per serving: 175 cal., 24 g. protein, 9 g. carbohydrates, 5 g. fat, 54 mg cholesterol, 710 mg of sodium (using 1 tsp. salt) Serves 4

Italian Chicken Vegetable Soup

3/8	Tsp	(½ Oz.) Canola Oil
¾	Cup	Onions -- diced medium
¾	Cup	Carrots -- diced medium
¼	Cup	Celery -- diced medium
1	Clove	Fresh Garlic -- minced
7	Cups	Water
2	Tbsp + ½ Tsp.	Chicken Base
2½	Tsp	Vegetable Base
4	Oz	Canned Tomatoes -- diced
2	Oz	Orzo Or Other Small Pasta
1	Tbsp	Fresh Parsley -- chopped
1	Tsp	Sweet Basil
½	Tsp	Oregano
¼	Tsp	Tabasco Sauce
1/8	Tsp	Fresh Ground White Pepper
½	Cup	Yellow Squash -- diced large
½	Cup	Zucchini Squash -- diced large
¾	Cup	Mushrooms -- sliced
1	Oz	Water
2	Tbsp	Cornstarch

In sauce pot, heat oil over medium heat; add onions, carrots, celery and garlic; saute 3-4 minutes. Add water, Bases, tomatoes, orzo, parsley, basil, oregano, tobasco and pepper, mixing well. Heat to boiling, stirring occasionally. Reduce heat; gently boil until pasta is al dente, 6-8 minutes, stirring occasionally. Add squash, zucchini and mushrooms. Heat to boiling; reduce heat; gently boil 2 minutes, stirring occasionally. In small bowl, whisk water and cornstarch until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 2 minutes, stirring occasionally. Yield 2 qts

Nutritional Analysis per 6 oz.svg Cal: 61 Protein: 2 gm Tot. Fat: 2 gm Sat. Fat: 0.2 gm Chol:1 mg Carbs: 10 gm Pot: 112 mg Sod: 147 mg

Spinach And Pear Salad

1	Tsp	Chicken Base dissolved in 1 cup water
3	Tbsp	Balsamic Or Red Wine Vinegar
½	Tsp	Dijon Mustard
	Dash	Salt -If Desired
¼	Tsp	Fresh Ground Black Pepper
¼	Cup	Extra Virgin Olive Oil
6	Ozs	Reduced-Fat Turkey Kielbasa -- sliced thin
2		Bartlett Pears-Cored But Not Peeled -- sliced paper thin
7	Cups	Cleaned Spinach Leaves Torn Into -- bite-sized pieces
		Feta Cheese, Optional For Garnish -- Crumbled

Dressing: In saucepot over high heat; reduce broth to ¼ cup liquid. (Use only Low Sodium for reducing) Set aside. Combine vinegar, mustard, salt and pepper in nonreactive bowl, whisk until well blended. Whisk in olive oil, then reduced stock. (Dressing can be made 1 day ahead-cover/ refrigerate - reheat over low heat to warm slightly before using.) When ready to assemble salad, spray skillet with nonstick spray. Heat over med-high heat until hot. Add kielbasa; stir/cook until lightly browned, 3-4 minutes. Remove, set aside. Warm dressing. Place pears in serving bowl, toss with ½ the dressing. Add spinach, toss adding just enough dressing to coat lightly. Garnish with kielbasa and feta. Season to taste with salt & pepper. Serves 4 as main course or 6 as a side. Serves 4

Basil Sauce

½	Tbsp	Vegetable Oil or Margarine (No Salt Added)
¼	Cup	Onions -- diced small
¼	Cup	Pale Dry Cocktail Sherry
3½	Cups	Hot Water
3½	Tsp	Chicken Base
1½	Tsp	Vegetable Base or Use-Chicken Base
2	Tsp	Sweet Dried Basil -- crumbled
2		Bay Leaves
3/8	Cup	Minor's Sauce/Soup Thickener (Dry Roux®)
½	Cup	Lukewarm Water

In sauce pot, heat oil over medium heat until hot. Add onions; saute 2-3 minutes, until translucent. Add sherry. Heat to boiling. Reduce heat; gently boil 10-12 minutes, stirring occasionally. Add bay leaves, water, Base (s) & basil. Simmer 3-5 minutes, stirring occasionally. Discard Bay Leaves. **OPTIONAL:** Sauce may be pureed in blender/processor 1-2 minutes. Return to sauce pot; heat to simmering. In bowl, whisk together Dry Roux® and cool water. While stirring vigorously, pour into hot liquid. Heat to boiling. Boil/stir 1 minute. Serve over roast lamb, baked or boiled fish, pasta or chicken. Yield 1 qt
Nutritional Analysis per cup: Cal.:15 Protein: 0.3 gm Tot. Fat: 0.4 gm Sat. Fat: 0.2 gm Chol: 0.6 mg Carbos: 2 gm Potas: 15 mg Sodium: 30 mg.

Chicken Gumbo Creole Soup

1½	Tbsp	Margarine Or Butter
¾	Cup	Onions -- julienned
1/3	Cup	Green Pepper -- julienned
2	Cloves	Garlic -- finely minced
	Dash	Ground Thyme or to taste
1	Small	Bay Leaf
4	Cups	Hot Water
2	Tbsp	Chicken Base
8	Oz	No Salt Added Stewed Tomatoes
4	Oz	Frozen Okra -- cut in ¼" pieces
6	Tbsp	Long-Grain White Rice -- uncooked
½	Cup	Cooked Chicken -- diced small
1/8	Tsp	Worcestershire Sauce
	Dash	Ground Red Pepper or to taste
1/8	Cup	Minor's Sauce/Soup Thickener(Dry Roux®)
1	Oz	Lukewarm Water
		Chopped Fresh Parsely For Garnish

Melt butter over medium heat. Stir in onions, green pepper, garlic, thyme and Bay leaf; saute and stir for 3 minutes. Stir in water, Base, tomatoes, okra, rice, chicken, Worcestershire and red pepper. Heat to boiling, stirring often. Reduce heat; gently boil 15 minutes, stirring occasionally, until rice is tender. Discard Bay Leaf. In small mixing bowl, whisk Dry Roux® with water until smooth. Gradually pour into hot soup while stirring vigorously. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute Garnish.
Nutritional Analysis per 6 oz. serving: Cal.: 99 Protein: 4 gm Tot. Fat: 3 gm Sat. Fat: 1 gm. Carbos: 14gm Chol: 8 mg. Potass: 108 mg. Sodium: 153 mg. Yield 6 cups

Vegetable Julienne With Sherry Garlic Sauce

4	Ozs	Broccoli Flowerets
4	Ozs	Cauliflower Flowerets
2	Ozs	Canola Oil
½	Cup	Onions -- diced fine
2	Tsps	Garlic -- minced
8	Ozs	Fresh Mushrooms -- sliced
3	Ozs	Dry Sherry
¾	Tsp	Vegetable Base
1/8	Tsp	Fresh Ground White Pepper

Blanch broccoli and cauliflower 45 seconds in simmering water. Drain well. Saute onions, garlic mushrooms, broccoli and cauliflower over medium heat 3-4 minutes, stirring often. Add dry sherry to pan. Deglaze 1 minute. Add Base and pepper; mix well. Serves 7
Nutritional Analysis per 2½ oz. serving: Cal.: 105 Protein: 2 gm Tot. Fat: 8 gm Sat. Fat: 0.4 gm Choles: 0 Carbo: 4 gm Potass: 247 mg. Sodium: 33 mg.

Vegetable Oats Soup

1	Tbsp	Canola Oil
1	Cup	Leek - White Part-sliced (save tops -- for garnish)
1	Cup	Onion -- diced medium
¾	Cup	Carrots -- diced medium
¼	Cup	Celery -- diced medium
¾	Cup	Old-Fashioned Oats -- uncooked
1¾	Quarts	(7 Cups) Hot Water
3	Tbsps	Chicken Base

In sauce pot, heat oil over medium heat. Add leeks, onions, carrots and celery; saute/stir 4 min. Add oats; saute 2-3 min. Add Base, water, parsley and pepper. Bring to boil. Reduce heat; simmer 3 min., stirring occasionally. Garnished with chopped leek tops. Serves 8
Nutritional Analysis per cup -NO ADDED SALT Cal: 88 Protein: 3.3 g Carbo: 12.4 g Tot. Fat: 3.1 g Sat. Fat: 0.4g Chol: 2.5 mg Sodium: 216 mg

Vegetarian Vegetable Rice Soup

1½	Tsp	Canola Oil
½	Cup	Onions -- diced small
½	Cup	Carrots -- diced small
7	Cups	Hot Water
2	Tbsp + 2 Tsp	Vegetable Base
		Salt -Optional -- to taste
½	Cup	Long-Grain White Rice -- uncooked

In sauce pot, heat oil over medium heat. Add onions and carrots. Saute/stir 5 min. Stir in water, Base, corn and green beans. Heat to boiling, stirring occasionally. Add rice and salt. Reduce heat; gently boil 18-20 min., until rice is tender. Serves 8
Nutritional Analysis per cup- (no salt added) Cal: 91 Protein: 2.3 gm Tot. Fat: 1.8 gm Sat. Fat: 0.2 gm Choles: 0 Carbo: 16.8 mg. Sodium: 232 mg.

Pasta Primavera with Mirepoix Sauce

1	Pound. Pkg.	Frozen Vegetable Blend-California or San Francisco
1½	Pounds	Fettucini Or Linguini -- uncooked
½	Cup	Cool Water
1½	Cups	Cornstarch
1	Quart	Hot Water
1	Quart	Whole Milk
4	Ozs	<u>Vegetable Base</u>
1	Tsp	Garlic Powder
1	Tsp	Italian Seasoning
½	Tsp	Salt - Optional
¼	Tsp	Fresh Ground White Pepper
¼	Cup	Vegetable Oil

Cook vegetables and pasta per pkg. directions; drain. Blend cool water & cornstarch until smooth with wire whisk. Set aside. Combine hot water, milk and Base. Heat to boiling over medium heat. Gradually pour cornstarch mixture into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 2 minutes, stirring occasionally. Whisk garlic powder, Italian seasoning, salt and pepper into sauce. Gently boil 2 minutes. Heat oil until hot. Add vegetables and pasta; mix well. Blend in sauce mixture; mix well. Serves 12

Pasta with Garden Vegetable Sauce

1	Pound	Spaghetti Or Linguini -- uncooked
1½	Tsps	Vegetable Oil
¾	Quart	Hot Water
¾	Cup	Onions-Cut In Half -- sliced 1/8" thick
½	Cup	Carrots -- julienned 1-2"long
½	Cup	Zucchini -- julienned 1-2"long
1/3	Cup	Red Bell Pepper -- julienned 1-2"long
1/3	Cup	Green Bell Pepper -- julienned 1-2"long
2/3	Quart	Low Fat Milk (2%)
1	Tbsp + 1 Tsp.	<u>Vegetable Base</u>
½	Cup	Lukewarm Water
1/3	Cup	<u>Minor's Sauce/Soup Thickener (Dry Roux®)</u>
¼	Tsp	Italian Seasoning
¼	Tsp	Garlic Powder

Cook pasta per pkg. directions until just tender. Drain well; mix oil with hot pasta until evenly coated. Keep warm. In sauce pot, heat 1st amount of water to boiling. Add vegetables. Simmer 1-2 minutes until tender-crisp. Drain. Rinse and soak in cold water 2 minutes. Drain well; set aside. In sauce pot combine milk and Base. Heat to simmering over medium heat, stirring occasionally. In bowl, blend 2nd amount of water, Dry Roux®, Italian seasoning and garlic powder until smooth, with wire whisk; pour into hot liquid. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Add vegetables to hot sauce, mix well. Serve hot over pasta. Serves 8

Nutritional Analysis per ½ cup sauce & 1 cup pasta: cal: 295, protein: 10.8g, carbo:52.9, tot. fat.: 4.2g, sat. fat: 1.5g, choles: 7.3mg, sodium: 168mg. Add 2 tsp. salt for 30mg. sodium. Add 1 Tbsp + 1 tsp. salt for 435mg. sodium.

Country Sausage Gravy with Turkey

½	Pound	Ground Turkey
	Dash	Sage
	Dash	Fresh Ground White Pepper
¼	Cup	Cool Water
3 ½	Ozs	Cornstarch
2	Cups	Lukewarm Water
2	Cups	Milk
2	Tbsps	<u>Chicken Base</u>
½	Tsp	Dry Mustard

Gravy: Whisk water and cornstarch until smooth. Blend warm water, milk, Base and mustard. Heat to boiling over medium heat, stirring occasionally. Gradually pour cornstarch mixture into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 2 minutes, stirring constantly. Set aside.

Turkey: Cook over medium heat until browned, 10-15 minutes, stirring often. Add sage and pepper. Add gravy. Heat to boiling, stirring frequently. Reduce heat; gently boil 2-3 minutes. Serve hot over split bisquits or rice.

Macaroni & Cheese Supreme

2	Quarts	Hot Water
½	Pound	Elbow Macaroni -- uncooked
¼	Cup	Cool Water
3½	Ozs	Cornstarch
2	Cups	Lukewarm Water
2	Cups	Milk
5	Tsps	<u>Chicken Base</u>
1	Tsps	<u>Vegetable Base or all Chicken Base</u>
½	Tsps	Dry Mustard
½	Pound	Extra Sharp Cheddar Cheese** -- cut in thin slices
2	Ozs	Extra Sharp Cheddar Cheese** -- shredded

Cook macaroni in 2 qts. boiling water until just tender 8-10 minutes. Drain well. Blend cornstarch and cool water until smooth with wire whisk. Set aside. Whisk together warm water, milk, chicken, Base (s) and mustard. Heat to boiling over medium heat, stirring occasionally. Gradually pour cornstarch mixture into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 2 minutes, stirring constantly. Add cheese slices to hot sauce, stirring until melted. Combine cheese sauce with macaroni, mixing well. Pour into baking dish. Sprinkle shredded cheese evenly on top. Bake uncovered at 350° until heated through and lightly browned. 30-35 minutes. **Low Fat may be substituted. Yield 1 ½ Qt

Garden Vegetable Soup

2	Cups	Potatoes -- peeled & diced
1	Cup	Celery -- diced
1	Cup	Carrots -- diced
1	Cup	Onions -- chopped
3	Cups	Cabbage -- shredded
1	Can	(6 oz.) no-salt added tomato paste
1	Tsp	Thyme
¼	Tsp	Fresh ground black pepper
6	Cups	Water
2	Tbsps	<u>Beef Base</u>
¼	Cup	Fresh parsley -- finely chopped

Combine all ingredients except parsley in large stockpot. Bring to boil; reduce heat; simmer 20 min., or until tender. Remove 3 cups vegetables and broth; puree in blender or processor (optional). Return puree to pot; add parsley. Heat until very hot. Serves 8

Chicken Vegetable Rice Soup

1½	Tsp	Canola Oil
½	Cup	Onions -- diced small
½	Cup	Carrots -- diced small
7	Cups	Hot Water
2	Tbsp + 2 Tsp	Chicken Base
		Salt - Optional -- to taste
½	Cup	Frozen Corn
¾	Cup	Frozen Cut Green Beans
½	Cup	Long-Grain White Rice -- uncooked

In sauce pot, heat oil over medium heat. Add onions and carrots; saute and stir 5 minutes. Stir in water, Chicken Base, corn and green beans. Heat to boiling, stirring occasionally. Add rice and salt if desired. Reduce heat; gently boil 18-20 minutes, stirring occasionally, until rice is tender.

Nutritional Analysis per cup (No salt added) Cal: 91 Protein: 2.9 gm Tot. Fat: 1.7 gm Sat. Fat: 0.3 gm Chol: 2.5 mg Carbo: 16.4 gm Sodium: 206 mg. Serves 8

Cream Of Potato & Cabbage Soup

1½	Tsps	Canola Oil
½	Cup	Onion -- diced medium
½	Cup	Carrots -- diced medium
1	Clove	Garlic -- minced
5½	Cups	Hot Water
1	Cup	Low Fat Milk (2%)
2	Cups	Cabbage -- diced medium
1½	Cups	Potatoes -- diced medium
		White Pepper -- to taste
1 1/3	Cups	Instant Potato Flakes
2	Tsps + 1 Tsp	Chicken Base

In sauce pot, heat oil over medium heat. Add onions, carrots and garlic; saute and stir 3 minutes. Add water, milk, Base, cabbage, potatoes and pepper. Bring to boil. Reduce heat; simmer 12-15 minutes, stirring occasionally until cabbage and potatoes are tender. Stir in instant potatoes, blending well with whisk. Simmer 3 minutes, stirring occasionally. Serve with fresh chopped chives. Serves 8

Nutritional Analysis per 8 oz. serving-No added Salt-Cal: 114 Protein: 4.3 g Carbs: 20.1gm Tot.Fat: 2.2g Sat.Fat: 0.6 g Chol: 4.7 mg Sod: 240 mg

To prepare above recipe with higher sodium levels, add salt.

	Sodium Levels	Salt Added	Sodium per
8 oz. svg.			
Recommended:	200 - 400 mg	1 tsp.	373 mg
Regular:	Less than 800 mg	1 tbsp.	640 mg

Flavorful Vegetables

¼	Cup	Water
1	Tbsp	Vegetable Or Chicken Base
1	Pound	Frozen Spinach, Mustard Greens, Okra, Snap Beans Or Mixed Vegetables

Heat water and base to boiling in saucepot. Add vegetables. Return to boil over medium heat; reduce heat; gently boil until tender. Do not rinse after cooking. Season to taste. Serves 8

Marinara Sauce

1/8	Cup	Canola Oil
¼	Cup	Onions -- finely diced
1	Clove	Garlic -- minced
6	Cups	Low Sodium Crushed Tomatoes In Puree*
1/8	Cup	Vegetable Base
1	Tsp	Dried Sweet Basil
1	Tsp	Dried Leaf Oregano
1/8	Cup	Grated Parmesan Cheese

In sauce pot heat oil over medium heat. Add onions and garlic, saute and stir 4 minutes. Add tomatoes, Base, basil and oregano, mixing well. Heat to boiling over medium heat. Reduce heat; simmer 10 minutes, stirring occasionally. Stir in Parmesan. Serve over pasta or chicken meatballs.* Sub: Low Sodium stewed tomatoes, pureed in blender. Yoeld 1 qt

Nutritional Analysis per 2 oz. serving - no salt added: Cal:42 Tot. Fat:1.8 gm. Chol: 0.4mg. Sod: 90mg.

Pasta E Fagioli

1	Cup	Onions -- diced small
1	Cup	Carrots -- sliced 1/8" thick
¼	Cup	Celery -- sliced 1/8" thick
4	Cups	Hot Water
2	Tbsps +2 Tsps	Vegetable Base
1	Small	Bay Leaf
1¾	Cups	(14 Oz. Can) Low Sodium Crushed Tomatoes in Puree
1	Cup	(6 Oz.) Dried Pinto Beans -- cooked & drained
1	Cup	(6 Oz.) Dried Great Northern Beans -- cooked & drained
3/8	Cup	White Wine
2	Ozs	Small Pasta Shells -- uncooked
1	Tbsps	Fresh Parsley -- chopped
1½	Tsps	Rosemary -- crushed

In stock pot, heat oil over medium heat. Add onions, carrots, celery; saute and stir 4 min. Add water, and remaining ingredients. Bring to boil. Reduce heat; simmer, stirring occasionally, apx. 12 minutes, until vegetables & pasta are tender. Discard Bay Leaf. Garnish with fresh cilantro or shredded carrots. Serves 8

Nutritional Analysis per cup. (no salt added) - Cal: 150 Tot. Fat: 1.9 g Protein: 6.5 g Sat. Fat: .2 g Carbo: 25.3 g Choles: 0 Sodium - 248 mg.

Pot Roast Gravy

3½	Cups	Hot Water
1	Tbsp	Beef Base
3/8	Tbsp	Vegetable Base
½	Cup	Lukewarm Water
½	Cup	Minor's Sauce/Soup Thickener(Dry Roux®)

In sauce pot, combine water and Bases. Heat to boiling over med-high heat, stirring occasionally. In small bowl, blend warm water and Dry Roux® until smooth, with wire whisk. While stirring vigorously, pour into hot stock. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Serve hot over beef, noodles, potatoes or rice. Yield 1 qt

Nutritional Analysis per 2 oz. serving - No added salt. Cal: 21 Protein: 0.6 g Carbo: 3.0 g Total Fat: 0.7 g Sat. Fat: 0.4g Choles: 1.4 Sodium: 62 mg To prepare recipe with higher s

Sodium Levels	Salt Added	Sodium per 2 oz. svg.
Recommended 75-150 mg	1½ tsp.	112 mg
Regular-less than 400 mg	1 Tbsp. + 1 tsp.	195 mg