



Milk Master Mix & Magic White Sauce

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.

Key to Abbreviations

tsp. = teaspoon
 Tbsp. = tablespoon
 c. = cup
 qt. = quart
 g = gram
 mg = milligram

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. Worcestershire 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

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 = 1¼ c. **Milk Master Mix**
 1¼ 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.

NDSU

EXTENSION

North Dakota State University
 Fargo, North Dakota

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 1¾ 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

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.

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, program assistant (former).

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881. web-10-22