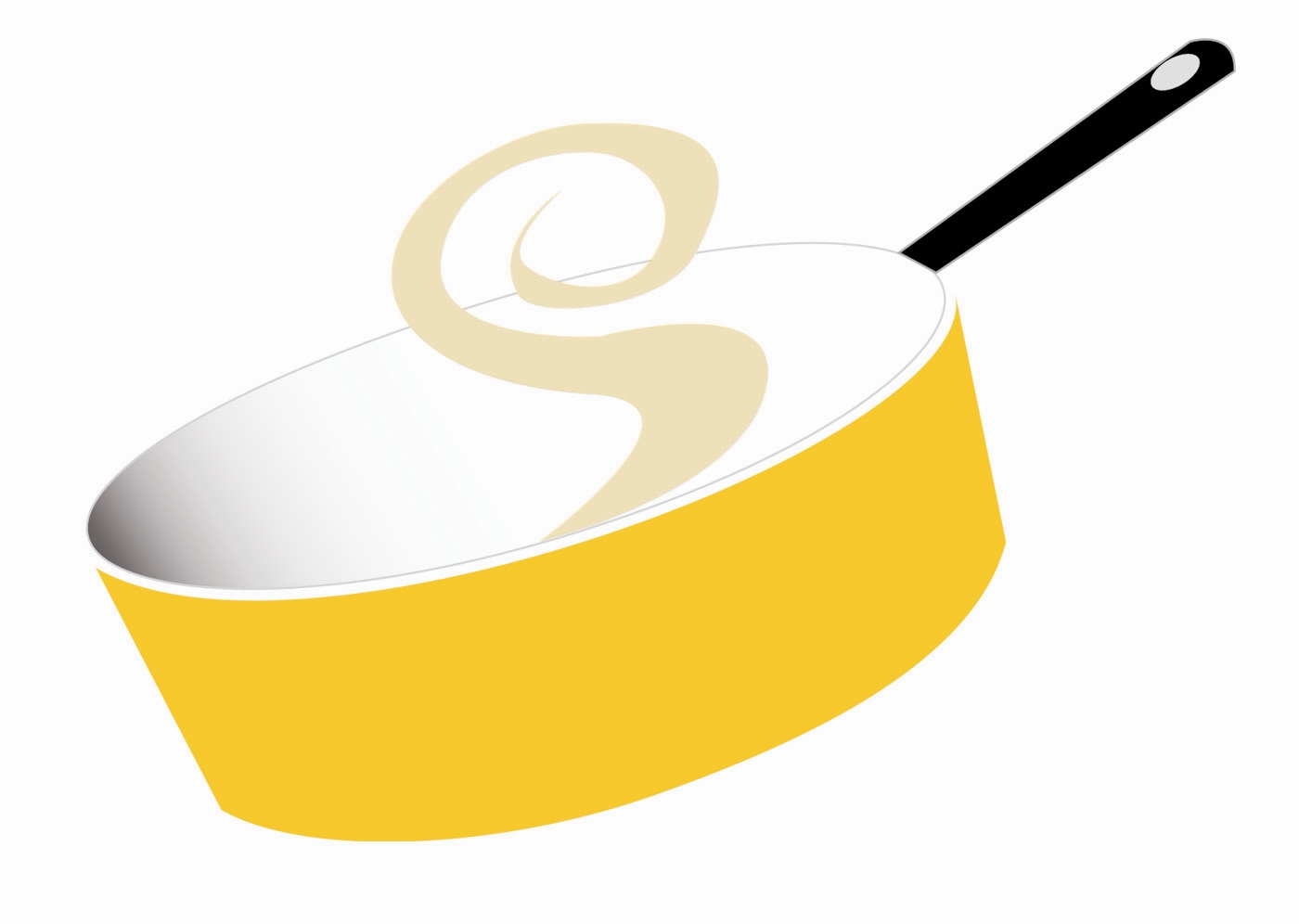


**Gluten-Free Soups, Sauces, Gravies**



0 Trans Fats \* No MSG \* Nut Free \* Egg Free \* No Artificial Colors, Flavors or Preservatives

**Gluten-Free Cream Sauce/White Sauce**

**Recipe Variations - Lactose Free!**

**Basic White Sauce:** Prepare one package of **Full Flavor Foods Gluten-Free Cream Soup/Sauce (White Sauce) Base Mix** with 12 oz. water as directed. Keep hot. Set aside. Choose one of the following recipes and follow additional instructions:

**Blue Cheese Sauce:** Prepare White Sauce and remove from heat. Stir in 1/3 C. Sour Cream and 1/3 cup crumbled blue cheese. Serve with vegetables.

**Cheese Sauce**: Prepare White Sauce above using additional 3-4 oz. water. Over low heat, stir in 1 ¼ cup Cheese (Cheddar, Swiss, Gruyere) until melted. Serve with vegetables or over pasta.

**Almond Sauce**: Toast 1/3 cup slivered almonds in 1 Tbsp. melted butter or cooking oil. Add to prepared, hot white sauce. Serve over vegetables or fish.

**Cucumber or Zucchini Sauce:** Prepare White Sauce. Stir in 2/3 cup shredded or finely chopped, unpeeled zucchini or cucumber. Simmer 2 min. Serve with fish or other seafood.

**Curry Sauce:** Prepare White Sauce. Add 1 ½ tsp. curry powder. Stir in 1 ½ Tbsp. chopped chutney (optional). Serve with fish or poultry.

**Herb-Garlic Sauce:** Prepare White Sauce. In separate pan, sauté 1 clove minced garlic in 1 tbsp. butter or olive oil. Stir in 2/3 tsp. dried basil, crushed; 2/3 tsp. dried tarragon, crushed. Add to white sauce. Serve with vegetables or poultry.

**Herb Sauce:** Prepare White Sauce. Stir in 2/3 tsp. of one or more of the following herbs or spices into the cooked, hot white

sauce: dried basil, crushed; caraway seed; celery seed; dried marjoram, crushed; dried oregano, crushed; dried thyme, crushed; dried sage, crushed. Simmer gently while stirring 2-3 min. Serve with vegetables.

**Confetti Sauce:** Prepare White Sauce. Stir in 3 Tbsp. finely chopped green peppers (or parsley), 1 Tbsp. finely chopped pitted ripe or green olives, 1 Tbsp. red pimento. Serve with vegetables, beef or fish.

**Lemon-Chive Sauce:** Prepare White Sauce. While hot, stir in 1 ½ Tbsp. snipped chives and 3 tsp. lemon juice. Serve with vegetables, fish or chicken.

**Mexicali Sauce:** Prepare White Sauce. Stir in 3 Tbsp. seeded chopped green chili peppers and 2/3 tsp. chili powder. Serve with beef or pork.

**Lemon-Tarragon Sauce:** Prepare White Sauce. While hot, stir in 1 ½ Tbsp. dried tarragon and 3 tsp. lemon juice. Serve with vegetables, fish or chicken.

**Parmesan or Romano (Alfredo) Sauce:** Prepare White Sauce. Over low heat, stir in ½ cup grated Parmesan or Romano cheese. Serve with Vegetables, beef, sausage, poultry, on burgers or pasta.

7-25-19-FDS

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