

FFF GF CREAM SOUP RECIPES

CREAM OF BROCCOLI, ASPARAGUS OR SPINACH SOUP (ETC.)

Prepare 1 package FFF Cream Soup/Sauce Mix as directed. Gently Boil 1C.(8 oz.) chopped, Broccoli, Asparagus or Spinach in 4 oz. water until tender. Add vegetables and remaining vegetable water to prepared cream soup. Season with a dash of nutmeg. Stir and simmer 1-2 minutes. Makes about 3/8 oz. servings.

CHEESE SOUP / CHEESE SOUP W/ BEER

Prepare 1 package of FFF Cream Soup/Sauce Mix as directed. Stir in 1 C. of shredded Extra Sharp Cheddar Cheese and 4 oz. GF Beer (regular or non-alcoholic) and a dash of Tabasco Sauce. Stir over low heat until smooth. *Beer is optional but will add a wonderful flavor. Garnish with crushed Corn Chips. Makes about 3/8 oz. servings.

LOBSTER (OR SEAFOOD) BISQUE

Combine 2 packages FFF Cream Soup /Sauce Mix w/ 3C water. Heat until thickened. Stir in 4 oz. frozen, chopped Lobster or Langostino Lobster meat. Add 1/4 C Pale Dry Sherry, 1/8 tsp. Nutmeg, 1/8 tsp. Cayenne Pepper (or Smoked Paprika) and 1 Tbsp. Tomato Paste. Blend together, simmer 5 min., reduce heat and let rest 1/2 hour stirring occasionally. *Variations:* Use canned or frozen chopped Crab or Shrimp (or any combination) and leave out tomato paste. Makes about 4/8 oz. servings.

CREAM OF TOMATO SOUP

In a soup pot, combine 1 pkg. of FFF Cream Soup/Sauce Mix with 2 cups (16 oz.) cool water and 2 oz. tomato paste. Stir briskly with a wire whisk over medium heat until soup comes to a boil and thickens. Remove from heat and serve with gf crackers. Makes approximately 3 servings. (20 oz.) *For added texture and flavor, add some diced tomatoes.*

NEW ENGLAND STYLE CLAM CHOWDER

Prepare 1 package FFF Cream Soup/Sauce Mix as directed. In a separate pan, sauté ½ C. small-diced onions in 1 T. butter or margarine. Add onions to soup along with one 6½ oz. can Chopped Clams (with juice) and ¾ C. med. diced potatoes (cooked), Stir and simmer 3-5 minutes. Makes approx. 4/6 oz. servings.

BREAKFAST SAUSAGE GRAVY-SOUTHERN STYLE

Prepare 1 package FFF Cream Soup/Sauce Mix as directed. Add 4-6 oz. Cooked Pork Breakfast Sausage, drained of fat and crumbled. Season with 1/8 tsp. Black Pepper. Stir over low heat for 3-5 minutes. Serve over GF Biscuits. Makes approximately 4/4 oz. servings.

HAM AND SCALLOPED POTATOES

Preheat oven to 350 degrees. Prepare 1 package of Cream Soup/Sauce Mix with water as directed on label; set aside. Spoon 1/3 cup of the sauce into a 2 qt. baking dish; add 3 C. thinly sliced potatoes and 1 C. diced ham. Pour the remaining sauce over the mixture. Cover and bake for 45 minutes. Uncover and bake 10 minutes or until potatoes are tender and sauce is bubbly. Makes about 4/8 oz. servings. *Optional: Stir in 1/2 C. sharp cheddar cheese before baking. Sprinkle another 1/2 C sharp cheddar cheese on top of casserole before baking final 10 minutes.

VEGETARIAN TORTILLA TEX-MEX SOUP

Mix one package FFF Cream Soup/Sauce Mix with 2 C. water and bring to a boil while stirring. Add 8 oz. shredded cheddar cheese, 2 C. frozen corn, 1 C. chopped tomatoes, ½ C. chopped bell pepper and ½ C. chopped onion. Add up to 1 T. GF chili powder. Add GF hot sauce to taste for more spice and heat. Mix and heat. Garnish with Corn Chips. Makes approx. 4/6 oz. servings.

*For TORTILLA TEX-MEX SOUP follow recipe for Vegetarian Tortilla Tex-Mex Soup. Add 1 C. cooked and chopped chicken or browned and drained ground beef or chorizo sausage. Makes approx. 4/6 oz. servings.

CHEESE BURGER SOUP

Mix one package of FFF Cream Soup/Sauce Mix with 12 oz. water. Add 6 oz. shredded cheddar cheese, 1 C. cooked ground beef, 1 C. chopped, sautéed onion. Simmer 3-5 minutes. Garnish with 1 C. chopped tomato and 4 oz. shredded cheddar cheese. Makes 4/6 oz. servings.

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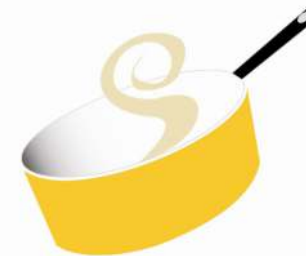
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- *Cream Soup/Sauce



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FFF GF GRAVY RECIPES

HUNGRY MAN'S BEEF STEW

In a medium pot, Prepare 1 package of **FFF Beef Gravy Mix** according to directions. Add 2 tsp. Red Wine Vinegar, 1/2 tsp. dried thyme, 1/4 tsp. garlic powder and 1 bay leaf. Simmer. Add 12 oz. cooked and crumbled Ground Beef (or Beef Tips, browned in oil). In a separate pan, sauté 1/2 C. diced Onion, 1/2 C. diced Celery and 1/2 C. (1/4 inch cut) small diced Carrots until tender. (Frozen mixed vegetables may also be used and/or cooked in microwave as directed.) Add vegetables to beef gravy. Simmer 15-20 min. Serve over rice, GF pasta, bread, biscuits or potatoes. Additional vegetables like corn, cooked potatoes, peas, green onions, diced tomatoes, mushrooms and lima beans may be added as desired. Favorite seasonings can also be added to enhance flavor. Makes approx. 4/8 oz. servings.

BEEF BORDELAISE

Mix 2 package **FFF Beef Gravy Mix** according to directions. Add 2 T. Red Wine or Pale Dry Cocktail Sherry, 1/8 tsp. thyme and 1 bay leaf. Bring to boil over medium heat, stirring constantly. Add 8 oz. cooked Ground Beef (drained of fat) or Beef Tips browned in oil, 1 C. sautéed Yellow Onions (or 1 C. chopped Green Onions) and 2 C. sliced, sautéed Mushrooms. Simmer 5 min. Serve over GF pasta, rice, potatoes or GF bread. Makes approx. 4/8 oz. servings.

BEEF STROGANOFF

Use the above recipe for Beef Bordelaise. Add 6 oz. Sour Cream, Yogurt, or heavy non-dairy Sour Cream/Yogurt substitute and 1/4 tsp. Paprika. Mix well and serve over GF pasta, rice, bread or potatoes.

PORK WINE SAUCE

Prepare 1 package of **FFF Pork Gravy Mix** according to directions. Add 2 Tbsp. White Wine, and 1 Tbsp. Green Onions (chopped), stirring constantly as sauce thickens. Makes 12 oz. sauce. Serve over roasted, sliced pork loin.

* For **CHERRY PORK WINE SAUCE** add approximately 1/8 C. Dried Cherries and simmer an additional 3-5 minutes while stirring. Serve over sliced pork loin, roasts or chops.

SAUSAGE GRAVY

Add 1 packet **FFF Pork Gravy Mix** to 3/4 C. water and 1 tsp. Black Pepper. Bring to gentle boil, stirring constantly until gravy thickens. Stir in 4-6 oz. cooked and crumbled Breakfast Sausage (drained of fat) plus 1 C. Half & Half, Milk, Soy Milk, Rice Milk or Coconut Milk. Serve over GF biscuits, GF toast or potatoes. Makes approx. 4/6 oz. servings of gravy.

CREAM OF CHICKEN SOUP

In a soup pot, combine 1 pkg. **FFF Chicken Gravy Mix** with about 10 oz.. Half/Half, Whole Milk, Soy Milk, Almond Milk or Rice Milk. Stir together briskly with a wire whisk over medium heat until soup comes to a boil and thickens. Remove from heat and serve or use in other recipes which require approx. equivalent of 1 can Cream of Chicken Soup. (12 oz.) *Optional: Add 1/3 C. Sour Cream for richer texture and flavor. Serve Hot.

CHICKEN STEW (or CHICKEN POT PIE FILLING)

In medium size pot prepare 1 package of **FFF Chicken Gravy Mix** as directed. Bring to boil, stirring constantly. Reduce heat and stir in 1 C. cooked Chicken Meat & 1 C. Mixed Vegetables (fresh or frozen). Return Stew to a boil. Reduce heat. Simmer 3-5 minutes. Remove from heat. Serve over GF toast, rice or noodles. *Baking Option: Pre-heat oven to 350°. Place stew in casserole dish, cover with mashed potatoes, bake 20 minutes. Makes approx. 3/8oz. servings. For richer, creamier version, use milk or cream instead of water. Double recipe for full size pot pie.

CHICKEN FLORENTINE SAUCE

In a medium size pot, prepare 1 package **FFF Chicken Gravy Mix** according to directions. Bring to a slow boil and while stirring constantly, add 2 T dry sherry, about 6 oz. frozen chopped spinach, 1/8 tsp. nutmeg and 1/8 tsp. ground pepper. Reduce heat and simmer 2-3 min. Serve over Grilled or Baked Chicken Breast on a bed of GF pasta or rice. Makes approx. 4/4 oz. servings of sauce.

TURKEY TETRAZZINI

In a medium size pot, prepare 1 package **FFF Turkey Gravy Mix** as directed. Add 1/8 tsp. black pepper, 1/8 tsp. cayenne pepper and 1 1/2 C. cooked, diced Turkey Meat. Remove from heat and stir in 1/2 C. heavy cream, 2 Tbs. chopped parsley, dash of hot sauce, 1/2 cup sliced mushrooms, 2 oz. diced pimentos (optional). Toss in 8-12 oz. of cooked GF Pasta and pour mixture into a greased 9 x 9 casserole dish. Sprinkle with 1/3 C. parmesan cheese and bake, covered at 350 degrees for about 30 min. Uncover and bake 15 min. more. Makes about 4/8 oz. servings.

FFF GF SAUCE RECIPES

MACARONI & CHEESE SAUCE

Follow directions on one package **FFF Cream Soup/White Sauce Mix**. Gently stir in 6-8 oz. of shredded sharp cheddar cheese. Pour sauce over 8-12 oz. of your favorite GF Pasta that has been cooked and drained. Makes 3-4 servings.

MEXICAN CHEESE DIP OR SAUCE

Follow directions on one package **FFF Cream Soup/White Sauce Mix**. Add 8 oz. of shredded cheddar cheese, & 1/2 C. GF Salsa and season to taste with a GF Hot Sauce. Serve with Tortilla Chips or as a sauce over cooked Chicken Breasts. For more variety, add 2/3 C. cooked, browned and drained Chorizo Sausage or ground beef, black beans and corn. Makes about 16 oz. of delicious dip.

GARLIC-LEMON-DILL SAUCE FOR FISH, CHICKEN OR VEGETABLES

Prepare one package **FFF Cream Soup/White Sauce Mix** with 16 oz. water. Saute' 1 minced garlic clove in olive oil or butter and add to sauce. Stir in 1 1/2 Tbsp. dried dill (or 1 Tbsp. fresh), a dash of black pepper and 1 1/2-2 Tbsp. lemon juice. Makes approx. 4/4 oz. servings of sauce.

GREEN BEAN & MUSHROOM CASSEROLE

Preheat oven to 350°. Prepare **FFF Creamy Mushroom Sauce Mix** as directed. Stir in 8-10 oz. frozen, French Cut Green Beans. Spread evenly in medium casserole dish. Cover and bake for 40 minutes. Remove from oven and top with 2C. crushed "Funyuns" or crushed potato chips seasoned with onion powder. Makes approx. 4/6 oz. servings.

CREAM OF MUSHROOM SOUP/SAUCE

In a soup pot, combine 1 pkg. of **FFF Creamy Mushroom Sauce/Soup Mix** with 16 oz. water. Stir together briskly with a wire whisk over medium heat until mixture comes to a boil and thickens. Remove from heat and serve over meat or veg. or add to other recipes. Makes approximately 3 servings. (18 oz.) *For recipes using concentrated cream of mushroom soup, reduce water to about 12 oz. For a creamier soup or sauce use milk instead of water.*

CRAB DIP ALFREDO

Prepare 1 package **FFF Alfredo Sauce Mix**. Let sauce cool. Preheat oven to 375F. In a food processor, add (in order) the following ingredients: 8 oz. canned Crab Meat, 8 oz. Cream Cheese, 1/2 C. (4 oz.) Alfredo Sauce, 1 C. Mayonnaise, one 14 oz. can Artichoke Hearts (drained) and 1/2 tsp. black pepper. "Coarse" chop ingredients together. Transfer ingredients to a mixing bowl and stir in (by hand) 4 oz. the minced sweet onion and 4 oz. of shredded Parmesan cheese. Spread ingredients evenly in an ovenproof casserole dish and sprinkle another 4 oz. of Parmesan cheese on top. Garnish with 1 oz. (2 T) slivered Almonds (optional). Bake until bubbly and lightly browned (about 15-20 minutes). Serve hot or at room temperature on GF crackers or toast triangles. Makes approx. 32 oz. of dip. *Note: If crabmeat is available only in 16 oz. can, just double all other ingredients and freeze the remainder.

CREAMY CURRY SAUCE

Prepare Cream Soup/White Sauce. Add 1 1/2 tsp. red curry powder or use curry paste. Stir in 1 1/2 Tbsp. chopped chutney (optional). Serve with fish or poultry.

DID YOU KNOW?

FFF Mixes can be substituted into hundreds of your favorite recipes to make a delicious gluten-free version! Please visit our website for recipes and tips!