

FFF GF CREAM SOUP RECIPES

Lobster (or Seafood) Bisque: Combine 2 packages FFF Cream Soup /Sauce Mix w/ 3C water. Heat until thickened. 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. Stir in 4 oz. frozen, chopped Lobster or Langostino Lobster meat. 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.) Optional: *For added texture and flavor, add some diced tomatoes.*

New England Style Clam Chowder: In a separate pan, sauté ½ C. small-diced onions in 1 T. butter or margarine. Add onions to prepared 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.

Tortilla Tex-Mex Soup: Mix one package FFF Cream Soup/Sauce Mix with 2 C. water and bring to a boil while stirring. Add 1 C. cooked and chopped chicken or browned and drained ground beef or chorizo sausage. Add 8 oz. shredded cheddar cheese, 2 C. frozen corn, 1 C. chopped tomato, ½ C. chopped bell pepper and ½ C. chopped onion. Add up to 1 Tsp. GF chili powder. Add GF hot sauce to taste for more spice and heat. Mix and heat to gentle boil. Garnish with crushed Tortilla Corn Chips. Makes approx. 4/6 oz. servings.

*For **Vegetarian Tortilla Tex-Mex Soup**: follow recipe above but omit meat.

Cheeseburger 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.

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 at: www.forfullflavor.com*

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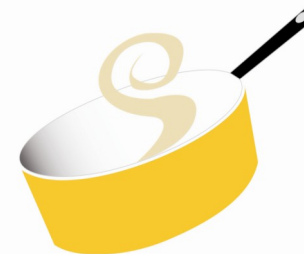
Full Flavor Foods, LLC.

No Wheat, Barley, Rye or Oats, No Trans Fat, No MSG, Nut-Free, Egg-Free



GLUTEN-FREE RECIPE BOOK for Cream Sauces & Soups!

(Lactose-Free)



Endorsed by
The National Celiac Association

Independently Tested & Certified
Gluten-Free!



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FFF GF Cream Sauce Recipes

BASIC WHITE (CREAM) SAUCE: Prepare one package of **Full Flavor Foods Gluten-Free Cream Soup/Sauce (White Sauce) Base Mix** with 12 – 14 oz. water as directed. Keep hot. Set aside. Choose one of the following recipes and follow additional instructions:

Lemon-Tarragon Cream 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.

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.

Creamy Garlic Lemon Dill Sauce : Prepare White Sauce above and remove from heat. Sauté 2 minced cloves of garlic in 2 Tbsp. Olive Oil or butter. Add to Cream sauce. Stir in 1tsp. black pepper, 2 Tbsp. lemon juice, 1 Tbsp. fresh dill. Serve over salmon or other fish.

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. red curry powder or use curry paste. 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.

FFF GF Cream Sauce & Soup Recipes

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.

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.

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.

Breakfast Sausage Gravy - Southern Style: 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. Spoon 1/3 cup of the prepared 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 to sauce before baking. Sprinkle another 1/2 C sharp cheddar cheese on top of casserole before baking final 10 minutes.*

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Cream of Broccoli, Asparagus, or Spinach Soup (etc.): 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: 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 it will add a wonderful flavor.* Garnish with crushed Corn Chips. Makes about 3/8 oz. servings.

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