

Homemade Onion Soup Mix

Freeze-Dried Pantry

This recipe makes about 1 cup of mix



Ingredients

1/2 cup freeze-dried onion flakes
3 tbsp freeze-dried beef broth powder
1/2 tsp freeze-dried onion, diced
1 tbsp freeze-dried parsley
1/2 tsp freeze-dried garlic powder
1/2 tsp paprika
1/4 tsp pepper
1/2 tsp salt

This recipe was contributed by Nessa's Nook

This recipe uses freeze-dried ingredients to make a meal in a jar or bag.

Directions:

1. Add all the ingredients to a mylar bag, jar, or bowl

Rehydration:

Add 2 oz of onion mix to 1 cup of water for soup, or add to recipes that call for onion soup mix

Notes:

I triple the recipe and store in a quart jar. I measure by volume and not weight for the onion soup mix.

Nutritional Value Per 2 oz

Calories: 19 Carbohydrates: 4 g Protein: 0 g Fat: 0 g Fiber: 0 g Sugar: 1 g