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COOKING@SOUPBASE.COM

Recipes for TRIO Sauces & Gravies



DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

About the Recipes

We hope you enjoy these recipes.
Remember, they are only a guide.

MAKE THEM YOUR OWN!!

If there's an ingredient you dislike, **replace it**.

If there's one you really like, **add more**.

Substitute any ingredients with similar ingredients you have on hand.

Cutting down on fat? **Substitute** a "fat-free" cooking spray for butter or oil, "Fat-Free" Half & Half, (Land O' Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Soften Bases in **water instead of oil** before rubbing on meats, poultry or fish to season.

Replace mayonnaise or sour cream in dips, sandwiches or pastas with "Fat-Free" varieties, then **add great flavor** with Bases.

Some recipes call for Minor's Sauce/Soup Thickener or "Dry Roux®". **Substitute** any of the following:
a) Classic roux in equal amounts of butter and flour
b) Cornstarch or arrowroot and water

Create memorable meals with Minor's.

HAPPY COOKING !!
Heidi & David

Alfredo Style Sauce

2	C	Water, hot
1/2	C	Whole milk
1/2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1/8	lb	Parmesan cheese, grated
Dash		Black pepper, ground

In a sauce pot, combine hot water and milk. Heat to 190°F. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly; gently boil 2-3 minutes. Add cheese and pepper. Mix well. Serves 28

California Vegetable Noodle Casserole with Chicken

4	oz	Egg noodles, dry, medium
1	lb	Vegetables, California blend, frozen
1	lb	Chicken meat, cooked, large diced
2	Tbsp	Margarine or butter
1/4	C	Onions, fine diced
2 1/2	C	Water
1	C	Cream, half and half
1	Tbsp	<u>Minor's Chicken Base</u>
1	C	<u>Trio Cheese Sauce Mix</u>
1/4	tsp	Black pepper, coarse ground
1 1/2	C	Butter crackers, crushed

Cook noodles according to label directions. Cool, rinse and drain. Set aside. In a bowl, combine vegetables, chicken and noodles. Set aside. In a saucepan, over medium high heat, melt margarine or butter. Add onions, saute 2 minutes. Add water, cream, Chicken Base and pepper. Heat to 190°F, stirring occasionally. Slowly add Cheese Sauce Mix, stirring briskly with a wire whip. Heat to a gentle boil for 2 minutes, stirring frequently. Turn off heat. Let sit 10 minutes. Add sauce to chicken mixture, folding gently until combined. Place mixture in a 2" deep greased baking pan. Sprinkle crackers on top and bake in a 400°F oven for 25-30 minutes. Serves 11

Pea Soup

1 qt + 1/2 C		Water
1 C + 2	Tbsp	<u>Trio Low Sodium Poultry Gravy Mix</u>
2 1/4	C	Peas, frozen, thawed
2	Tbsp	Lemon juice, fresh
1/4	C	Mint, fresh, chopped

Heat water to 190°F in sauce pot. Gradually add Gravy Mix, stirring briskly with a wire whisk. Add peas. Puree until smooth. Heat to a gentle boil over medium high heat, stirring frequently. Reduce heat and gently boil 10 minutes, stirring occasionally. Add lemon and mint. Serves 7

Caesar Dressing with an Alfredo Twist

16	oz	Trio® Alfredo Sauce Mix
1	qt	Mayonnaise
2	C	Sour cream
6	oz	Lemon juice, fresh
1	Tbsp	Salt
1 1/4	tsp	Garlic powder
1 1/4	tsp	Black pepper, ground

Prepare Alfredo Sauce Mix according to label directions. Chill. Combine Alfredo Sauce with remaining ingredients. Mix thoroughly. Chill until needed. Serves 128

Linguini Alfredo with Vegetable Relish

16	oz	Trio® Alfredo Sauce Mix
1	C	Red bell peppers, chopped fine
1	C	Green Bell Peppers, chopped fine
1	C	Red onions, chopped fine
3	Tbsp	Olive oil
8	oz	Zucchini, chopped fine
1/2	tsp	Basil leaf, dried
1/4	tsp	Black pepper, ground
8	lb	Linguini noodles, cooked, hot

Prepare Alfredo Sauce Mix according to label directions. Keep hot. Sauté peppers and onions in hot oil 2-3 minutes. Add zucchini. Cook 2-3 minutes. Stir in basil and pepper. To serve: Serve 4 oz. Alfredo Sauce over 6 oz. linguine. Top each serving with 1 oz. vegetable relish. Serves 20

Linguini with Pumpkin Alfredo Sauce

1	bag	Trio® Alfredo Sauce Mix (16 oz.)
1 1/2	C	Onions, sweet, sliced thin
1	Tbsp	Garlic powder or minced garlic
2	Tbsp	Olive oil
2	C	Libby's® Pumpkin
1	C	Vermouth, dry
1/2	C	Whipping cream 30% or heavy whipping cream
1 3/4	C	Whole green chiles, fire roasted, diced
10 1/2	lb	Linguini noodles, cooked, warm
1	C	Pumpkin seed, roasted

Prepare Alfredo Sauce Mix according to label directions. Sauté onions and garlic in hot oil until onions are translucent. Add onions and Pumpkin to Alfredo Sauce. Blend well. Add wine, cream, and green chiles. Heat. Serve 4 oz. sauce over 6 oz. linguine. Sprinkle 1 Tbsp. pumpkin seeds over each portion. Serves 28

Chicken Curry Madras

1	Tbsp	Canola oil
1 1/4	lb	Chicken meat, diced
2	Tbsp	Curry powder, Madras
1	C	Apple juice
1	qt	Water, hot
1 1/4	C	Trio Low Sodium Poultry Gravy Mix
1	C	Carrots, raw, medium diced
1	C	Celery, small diced
1/2	C	Granny Smith apples, small diced
1/4	C	Coconut milk
1/4	C	Almonds, slivered, toasted

In a sauce pot, heat oil over medium high heat. Add chicken; saute 3-5 minutes. Sprinkle with curry powder; mix well. Deglaze with apple juice. Add water. Gradually add Gravy Mix, stirring briskly with a wire whip. Add carrots, celery, apples, coconut milk and almonds. Heat to a gentle boil, stirring occasionally. Reduce heat and gently boil 15 minutes, stirring occasionally. Serves 10

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Measurements for 2 cups of Trio Sauce or Gravy

Cheese Sauce Mix - 1 cup mix into 2 cups water	
Alfredo Sauce Mix - 1 cup mix into 2 cups water	
White Sauce & Creamy Soup Mix - 1/2 cup into 2 cups water	
Brown Gravy - 1/2 cup into 2 cups water	
Turkey Gravy - 2/3 cup into 2 cups water	
Low Sodium Poultry Gravy Mix - 2/3 cup into 2 cups water	
Low Sodium Brown Gravy Mix - 1/2 cup into 2 cups water	

Boston Bay Clam Chowder

1/4	C	Butter or margarine, unsalted
1	C	Onions, small diced
2	qt	Water, hot
2	C	Whole milk
2	Tbsp	<u>Minor's Clam Base</u>
1/2	tsp	<u>Minor's Pork Base</u>
25	oz	Clams, canned, chopped, undrained
1	lb	Potatoes
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>

In a stockpot, melt butter or margarine. Add onions; saute 2 minutes. Add hot water, milk, Clam Base, Pork Base, clams with broth and potatoes. Heat to boiling. Reduce heat. Add Sauce/ Soup Mix, stirring constantly. Gently boil until soup is thickened and potatoes are tender. Serves 17

Corn Chowder

1/4	C	Butter or margarine
3/4	C	Onions, fine chopped
1	C	Green bell peppers, fine chopped
1	C	Red bell peppers, fine chopped
2	qt	Water
1	qt	Whole milk
2	Tbsp	<u>Minor's Chicken Base</u>
1/2	Tbsp	<u>Minor's Chipotle Flavor Concentrate</u>
1	lb	Creamed corn, canned
1	lb	Corn kernels, roasted
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>

In a stockpot, melt butter or margarine. Add onions and bell peppers; saute 3-4 minutes. Add hot water, milk, Chicken Base and Chipotle. Heat to 190°F. Reduce heat. Slowly add Sauce/Soup Mix; stirring constantly. Gently boil 2-4 minutes. Add creamed corn and roasted corn kernels. Gently boil 5 minutes. Garnish with roasted corn kernels, fried tortilla chips or fried onion rings. Serves 17

Lobster Sauce

1	qt	Water, hot
1/2	C	White wine, dry
1 1/2	Tbsp	<u>Minor's Lobster Base</u>
1	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1/2	C	Whole milk
1	Tbsp	Sherry or brandy, optional

In a sauce pot Add hot water, wine and Lobster Base. Bring to a boil. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly with a wire whip. Gently boil 2-3 minutes. Add milk and sherry or brandy (optional). Simmer 2-3 minutes. Mix well. Serves 10

Creamy Pesto Sauce

1	qt.	Water
2	C	<u>(1/2 Bag) Trio Alfredo Sauce Mix</u>
1/2	C	Pesto
1/2	C	Half & half or Creme Fraiche

In sauce pot heat water to boiling. Turn off heat. Gradually add sauce mix. mixing briskly with wire whip. Return to medium high heat and gently boil 1 minute, stirring constantly until thickened. Add pesto and half and half or creme fraiche. Mix well. Blend until smooth. Serve warm over pasta. Serves 11

Cheese Burger Chowder

1	lb	Ground beef
1/2	lb	Onions, small diced
1 3/4	qt	Water
2	lb	Potatoes
1/8	C	<u>Minor's Beef Base or Low Sodium Beef Base</u>
3	C	Tomatoes canned in juice
1/4	C	<u>Trio Brown Gravy Mix</u>
1/4	lb	Cheddar Cheese, shredded

In stock pot combine ground beef and onions until onions are tender, stirring frequently. Add water, potatoes, Beef Base, tomatoes and milk. Heat to gentle boil. Reduce heat and gently boil 7-10 minutes until potatoes are tender, stirring occasionally. Remove from heat. Add Brown Gravy Mix. Return to gentle boil, stirring frequently, until soup is smooth and thickened. Stir in cheese. Gently boil and stir until cheese is melted.

Cheddar and Ale Soup

3	Tbsp	Bacon, small diced
2	Tbsp	Margarine or butter
1	C	Carrots, small diced
1/2	C	Celery, small diced
1/3	C	Scallions/green onions, sliced thin
1	C	Beer
1	qt	Water
1/2	C	Heavy whipping cream
1	Tbsp	<u>Minor's Chicken Base</u>
1	tsp	Red pepper sauce
1/2	tsp	Worcestershire Sauce
1/4	tsp	Mustard powder
Dash		White pepper, ground
2	C	<u>Trio Cheese Sauce Mix</u>

In a stockpot, over medium high heat, saute bacon until browned. Add margarine or butter, carrots, celery and scallions. Saute until slightly tender. Add beer. Heat to a gentle boil for 2 minutes, stirring occasionally. Add water, cream, Chicken Base, pepper sauce, Worcestershire sauce, mustard and pepper. Heat mixture to 190°F. Slowly add Cheese Sauce Mix, stirring briskly with a wire whip until smooth. Heat to a gentle boil for 1 minute, stirring occasionally. Remove from heat. Let sit 10 minutes before serving. Serves 7

Hungarian Beef Stew

1 1/4	lb	Beef, lean, cut in cubes
1	Tbsp	<u>Maggi Liquid Seasoning</u>
1	Tbsp	Olive oil
1/4	C	Paprika, ground
2 1/2	C	Carrots, raw, 1" sticks
1	qt	Water, hot (190°F)
3/4	C	<u>Trio Low Sodium Brown Gravy Mix</u>
1/4	C	Sour Cream
1	C	Green bell peppers, 1" strips
1	C	Red bell peppers, 1" strips
3	C	potatoes, medium diced
1/4	C	Parsley, fresh, chopped

Season Beef with Maggi Liquid. In a sauce pot, heat oil over medium high heat. Add beef; saute 3-5 minutes. Add paprika; blend. Add carrots; mix well. Add hot water. Gradually add Brown Gravy Mix, stirring briskly with a wire whip. Add Culinary Cream; mix. Add bell peppers and potatoes. Heat to a gentle boil over medium high heat, stirring frequently. Reduce heat, cover and gently stew for 15 minutes, stirring occasionally. Garnish with parsley. Serves 10

Cheddar Scalloped Potatoes

1 1/4	Qt	Potatoes (1 lb 8 oz.), cooked, peeled, sliced thin
2	Tbsp	Butter or Margarine
1/3	C	Onions, chopped fine
2	C	Water
2	C	Half & Half
1/2	Tbsp	<u>Minor's Chicken Base</u>
1/2 + 1/4	tsp	Salt
1	C	<u>Trio Cheese Sauce Mix</u>
1 1/2	C	Saltine Crackers, crushed

Place potatoes in bowl. Set aside. In sauce pan over medium high heat, melt butter. Add onions; saute until translucent, 2 minutes. Add water, half & half, Chicken Base and salt. Heat to 190°F, stirring occasionally. Slowly add Cheese Sauce mix, stirring briskly with wire whip. Heat to a gentle boil for 1 minute, stirring frequently. Turn off heat. Let sit 10 minutes. Add mixture to potatoes. Fold with rubber spatula until well blended. Place potato mixture into a well buttered baking pan. Top with crushed crackers. Bake in 375° oven 20-25 minutes until top is golden brown. Let sit 10 minutes before serving Serves 9

Tuna and Pasta Florentine Roll-Ups

1/2	C	Margarine or butter
1	C	Onions, chopped fine
1 1/4	qt	Water
1 1/4	qt	Cream, half and half
2 1/2	Tbsp	<u>Minor's Chicken Base</u>
1/4	tsp	White pepper, ground
3	C	<u>Trio Cheese Sauce mix</u>
1/2	C	Olive oil
1 1/2	C	Onions, chopped fine
3	lb	White albacore tuna, drained
2 1/2	lb	Spinach, frozen, chopped, thawed, squeezed dry.
12	oz	Monterey Jack cheese, shredded
4	lb	Lasagna noodles, cooked, cut in half (32 half noodles)
2	C	Butter crackers, crushed

In a sauce pot, melt margarine or butter. Add onions; saute 2 minutes, until translucent. Add water, cream, Chicken Base and white pepper. Heat, stirring occasionally. Add Cheese Sauce Mix, stirring briskly with a wire whip until dissolved. Heat to a gentle boil for 2 minutes, stirring frequently, set aside. In a saute pan, heat olive oil. Add onions; saute until translucent, 2-3 minutes. Add tuna, spinach and cheese. Cook, stirring frequently 5-7 minutes until cheese is melted and filling is hot. Set aside. To assemble: Spread 2 1/2 oz of tuna mixture on each half of lasagna noodle. Roll up. Place rolls in a 2" deep pan. Pour cheese sauce over rolls. Sprinkle with crackers. Bake in a 350°F oven for 30-40 minutes, until crackers are browned. Serves 16

Cheese Sauce

1	qt	Water, hot
1/2	Tbsp	<u>Minor's Chicken Base</u>
1	C	<u>Trio White Sauce and Creamy Soup mix</u>
1/2	lb	Velveeta Pasteurized Prepared Cheese Product, shredded
1/4	C	Parmesan cheese, grated
1/4	tsp	Mustard, dry
Dash		Turmeric, ground, optional

In a sauce pot, combine water and Chicken Base; heat to a boil. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil for 2-3 minutes. Add Velveeta & Parmesan cheeses, dry mustard and turmeric. Mix well until cheese is melted and well incorporated. Serves 9

Vegetable Chowder

1	tsp	Vegetable oil
1/4	C	Onions, medium diced
1/2	C	Celery, medium diced
1/4	C	Carrots, raw, medium diced
1	C	Corn kernels
1/4	tsp	Garlic, fresh, chopped
1	qt	Water, hot
1	C	Lowfat milk, 1%
1	C	<u>Trio Low Sodium Poultry Gravy Mix</u>
1	C	Potatoes, medium diced
1/4	C	Scallions/ green onions, sliced
1	Tbsp	Lemon juice

In a saucepan, over medium heat, sweat onions, celery, carrots, corn and garlic in oil for 5 minutes. Add hot water and milk. Increase heat to medium high. Gradually add the Low Sodium Poultry Gravy Mix, stirring well with a wire whip. Add potatoes. Heat to boiling, stirring constantly. Reduce heat Gently boil for 6-10 minutes, stirring occasionally. Finish the soup with scallions and lemon juice. Serves 6

Three Cheese Sauce with Roasted Garlic

3	C	Water, hot
1	C	Whole milk
1	C	<u>Trio White Sauce & Creamy Soup Mix</u>
2	oz	Parmesan cheese, grated
2	oz	Romano cheese, grated
2	oz	Asiago cheese, grated
1/2	Tbsp	<u>Minor's Roasted Garlic Flavor Concentrate</u>
1/4	C	White Wine, dry
1/4	C	Cream, heavy whipping, optional
1/2	tsp	Salt
1/8	tsp	White pepper, ground

In a sauce pot, add water and milk, heat to boiling. Reduce heat. Slowly add Sauce/Soup Mix, stirring constantly. Gently boil 2-3 minutes. Add cheeses, Roasted garlic, wine, cream, salt and pepper. Mix well until cheeses are melted and well incorporated. Serves 19

Turkey Alfredo Casserole

2	oz	Bacon or turkey bacon, diced
1 1/2	C	Onions, medium diced
3	C	Water, hot
1	C	Milk, 2%
1 1/2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
2	Tbsp	<u>Minor's Turkey Base</u>
1 1/4	lb	Turkey meat, cooked, diced
1	lb	Rigatoni, dry
5	qt	Water
3/4	tsp	Black pepper, ground
1 3/4	C	Parmesan cheese, grated

In a saute pan, saute bacon for 3-4 minutes. Add onions and sauté an additional 3-4 minutes. Add hot water, milk and Turkey Base. Slowly add Sauce and Soup Mix into hot liquid, using a wire whip. Bring to a short boil. Add turkey meat and slowly cook for 6-8 minutes. Cook pasta al dente according to label directions without adding salt. Drain. Combine sauce with meat and pasta. Season with pepper and mix well. Sprinkle with cheese, keep warm. Serves 12

Wisconsin Breakfast Sausage Gravy

8	oz	Pork sausage, mild, bulk
1 1/4	C	Cream, half and half
1 1/4	C	Water
2	tsp	<u>Minor's Pork Base</u>
1/4	tsp	Black pepper, coarse ground
3/4	C	<u>Trio Cheese Sauce Mix</u>

In a saucepan, over medium high heat, brown sausage. Add cream, water, Pork Base and pepper. Heat to 190°F, stirring frequently. Slowly add Cheese Sauce Mix, stirring briskly with a wire whip. Heat to a gentle boil, stirring frequently. Reduce heat and gently boil for 2 minutes, stirring occasionally. Let sit 10 minutes. Serves 15

Grilled Chicken and Almond Cream Soup

1/4	C	Butter or margarine, unsalted
1	C	Almonds, peeled, sliced
3/4	Tbsp	Madras curry powder
1/2	gal	Water, hot
1	can	Coconut milk (28 oz can)
1/4	C	<u>Minor's Chicken Base</u>
2	C	<u>Trio White Sauce and Creamy Soup Mix</u>
3/4	tsp	Lemon zest, grated
1	lb	Chicken breast. Boneless grilled, julienne cut

In a stockpot, melt butter or margarine. Add almonds; saute 2-3 minutes, until butter and almonds are golden brown. Add curry; mix well. Add hot water, coconut milk and Chicken Base. Heat to boiling. Reduce heat. Add Sauce & Soup Mix, stirring constantly. Gently boil 2-4 minutes, stirring frequently. Add chicken and simmer 2 minutes. Serves 17

New England Lobster Bisque

2 1/2	qt	Water, hot
2	C	Whole Milk
6	Tbsp	<u>Minor's Lobster Base</u>
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1/4	C	Sherry, pale, dry
Dash		Red pepper, ground

In a stockpot, combine water, milk and Lobster Base. Heat to boiling. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 3-4 minutes. Season with sherry and red pepper. Cooked seafood pieces (Lobster meat, shrimp, mussels, etc) may be added as garnish. Serves 13

Holiday Cheese Casserole

2	Tbsp	Margarine or butter
2	C	Mushrooms, sliced thin
1/4	C	Onions, chopped fine
1 3/4	C	Cream, half and half
1 3/4	C	Water
1	Tbsp	<u>Minor's Chicken Base</u>
Dash		White pepper, ground
1	C	<u>Trio's Cheese Sauce Mix</u>
1	lb	Broccoli, frozen, cut, thawed
1	lb	Cauliflower, frozen, cut, thawed
1	C	Cheddar cheese, shredded

In a saucepan, over medium high heat, melt margarine or butter. Add mushrooms and onions; saute until tender, 2-3 minutes. Add cream, water, Chicken Base and pepper. Heat to 190°F. Add Cheese Sauce Mix, stirring briskly with a wire whip. Bring to a gentle boil for 2 minutes, stirring frequently. Turn off heat. Let sit 10 minutes. Fold in broccoli and cauliflower until well blended. Place mixture in a 2" deep baking pan. Top with cheese. Bake in a 400°F oven for 20-25 minutes. Remove and let sit 10 minutes before serving. Serves 22

Old Bay Pumpkin Soup

2	Tbsp	Butter or margarine, unsalted
3/4	C	Onions, fine chopped
1	Tbsp	Old Bay Seasoning
1/8	can	Libby's 100% Pure Pumpkin (1 lb 10 oz can)
2	qt	Water, hot
3	C	Whole milk
2	Tbsp	<u>Minor's Crab Base</u>
1	C	<u>Trio White Sauce & Creamy Soup Mix</u>

In a stockpot, melt butter or margarine. Add onions; saute 2-3 minutes. Add Old Bay Seasoning. Saute an additional 2-3 minutes. Add pumpkin, hot water, milk and Crab Base; heat to boiling. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 2-4 minutes. Crab meat, shrimp or other seafood may be added as garnish. Serves 17

Dill Sauce for Salmon

1	Tbsp	Butter or Margarine
1/2	C	Shallots or onions, small diced
3/4	C	Fennel, small diced
1	qt	Water, hot
1	C	Whole milk
1 1/3	Tbsp	<u>Minor's Fish Base</u>
1	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1	Tbsp	Pernod or Richard's Brandy
1 1/3	Tbsp	Dill weed, fresh or sprigs from fennel, chopped
1/4	tsp	Salt

In a sauce pot, over medium high heat, melt butter or margarine. Add shallots or onions and fennel. Sweat 3-4 minutes. Add hot water, milk and Fish Base. Heat to 190°F. Reduce heat. Slowly add Sauce & Soup Mix stirring constantly. Gently boil 2-3 minutes. Add brandy, dill and salt. Mix well. Simmer 2-3 minutes. Serves 23

Rotini with Peas & Ham

1/2	bag	<u>Trio Alfredo Mix (16 oz. Bag)</u>
1/2	lb	Frozen Peas, Thawed
1	lb	Ham, cooked julienne cut
2 1/2	lb	Rotini, cooked, warm
5	oz	Mozzarella cheese, grated

Prepare Alfredo Sauce mix per label directions. Combine Alfredo Sauce with peas & ham. Heat to 160°F. Serve over rotini. Garnish with Mozzarella cheese. Serves 10

Alfredo Style Sauce with Onions & Mushrooms

8	oz	<u>Trio® Alfredo Sauce Mix</u>
1/2	C	Onions, quartered, sliced
1	C	Button mushrooms, sliced
4	Tbsp	Butter, salted, or margarine

Prepare Alfredo Sauce Mix according to label directions. Set aside. Sauté onions and mushrooms in butter 4-5 minutes or until tender. Add to Alfredo Sauce. Heat to a simmer. If desired add chicken strips and serve over fettuccine or serve over grilled chicken breasts or pork chops. Serves 22

Cauliflower Soup

1/4	C	Margarine or butter
1	C	Onions, small diced
2 1/2	qt	Water, hot
3	C	Whole milk
2	lb	Cauliflower, cut in small pieces
2	Tbsp	<u>Minor's Chicken Base</u>
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1/2	C	Scallions/green onions, sliced fine

In a stockpot, melt margarine or butter. Add onions; saute 2 minutes. Add water, milk, cauliflower and Chicken Base. Bring to a boil. Reduce heat and simmer 8 minutes or until cauliflower is tender. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Add scallions. Gently simmer 2-4 minutes. Serves 17

Spinach and Roasted Garlic Soup (Vegetarian)

1/4	C	Margarine or butter
1 1/2	C	Onions, small diced
3/4	Tbsp	Garlic, fresh chopped
2	Tbsp	<u>Minor's Roasted Garlic Flavored Concentrate</u>
1	gal	Water, hot
1	gal	Whole milk
2 2/3	Tbsp	<u>Minor's Sauteed Vegetable Base</u>
3	C	<u>Trio White Sauce & Creamy Soup Mix</u>
2 1/2	lb	Spinach, frozen, thawed, pureed
		Salt, optional, to taste
		White pepper, ground, optional, to taste

In a stockpot, melt margarine or butter. Add onions and garlic; saute 2 minutes. Add Roasted Garlic; mix well. Add hot water, milk and Sauteed Vegetable Base. Heat to boiling. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 2-4 minutes. Add spinach. Season with salt and pepper. Simmer 3-4 minutes. Serves 25

Broccoli Cream Soup

4	oz	Bacon, cut into strips
1	C	Onions, small diced
3/4	C	Celery, medium diced
2	lb	Broccoli, cut into small pieces
2 1/2	qt	Water, hot
1	C	Whole milk
2	Tbsp	<u>Minor's Chicken Base</u>
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>

In a stockpot, combine bacon, onions and celery; saute 2 minutes. Add broccoli and sweat an additional 3-4 minutes. Add water, milk and Chicken Base. Bring to a boil. Reduce heat and cook until broccoli is tender, 8 minutes, stirring frequently. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently simmer 2-4 minutes.

Mushroom Soup

2	Tbsp	Margarine or butter
1 1/2	Tbsp	Garlic, fresh, crushed, chopped
1 1/2	C	Onions, small diced
3	C	Mushrooms, medium diced
2 1/2	qt.	Water, hot
1	C	Whole milk
2	Tbsp	<u>Minor's Mushroom Base</u>
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1/4	C	Parsley, fresh or frozen, chopped

In a stockpot, melt margarine or butter. Add garlic, onions, and mushrooms; saute 4-6 minutes. Add hot water, milk and Mushroom Base. Bring to a gentle boil. Reduce heat. Add Sauce & Soup Mix, stirring constantly. Gently boil 4-6 minutes. Add parsley and simmer 1-2 minutes. Serves 12

Tomato Cream Soup (Vegetarian)

1	qt	Water, hot
1	Tbsp	<u>Minor's Sautéed Vegetable Base</u>
1	C	<u>Trio White Sauce & Creamy Soup Mix</u>
2	C	<u>Minor's Italian Sauce</u>
3 1/4	C	Tomatoes, in juice
1/4	tsp	Black pepper, ground
1/8	C	Basil, fresh, chopped, optional

In a stockpot, bring water to a gentle boil. Add Vegetable Base, mixing well. Slowly add Sauce & Soup Mix, stirring constantly. Simmer 2-3 minutes. Add Italian Sauce and tomatoes in juice. Slowly cook 2-3 minutes. Season with pepper and basil. Serves 12

Mushroom Sauce

1/2	Tbsp	Margarine
3/4	tsp	Garlic, crushed, chopped
1/4	C	Onions, small diced
8	oz	Mushrooms, sliced
1 1/2	C	Water, hot
1/2	C	Milk, 2%
1/2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
1/4	oz	Parsley, fresh or frozen, chopped
		Salt, to taste
		White pepper, ground, to taste

In a saucepan, melt margarine. Add mushrooms and saute 4-6 minutes. Add onions and garlic; saute an additional 3-4 minutes. Add water and milk; heat to boiling. Reduce heat. Slowly add Sauce & Soup Mix. Gently boil 2-3 minutes. Add parsley and season with salt and pepper. Serves 12

Bechamel Sauce

1	qt	Water
2	C	Milk, 2%
1 1/2	C	<u>Trio White Sauce & Creamy Soup Mix</u>
3/4	tsp	Salt
1/8	tsp	White pepper, ground, optional

In a sauce pot, bring water and milk to 190°F. Reduce heat slowly add Sauce & Soup Mix, stirring constantly with a wire whip. Gently boil 1-2 minutes, stirring occasionally. Add salt and pepper. Mix well. Serves 12

Trio Mushroom Sauce (Low Sodium)

1/2	tsp	Olive oil
1/2	C	Mushrooms, sliced
1/8	C	Onions, fine diced
1/8	tsp	Garlic, fine diced
2 1/4	C	Water, hot
3/8 C + 1	Tbsp	<u>Trio Low Sodium Brown Gravy Mix</u>
dash		Black pepper, ground
1/4	C	Green onions/scallions, sliced
1/8	C	Parsley, fresh, chopped

In a saucepan, over medium heat, sweat mushrooms, onions and garlic in olive oil for 5 minutes. Add hot water, increase heat to medium high. Gradually add Gravy Mix, mixing constantly with a wire whip. Heat to boiling, stirring constantly. Reduce heat and gently boil for 2 minutes, stirring occasionally. Finish the sauce with pepper, scallions and parsley. Serve with beef, pork, pasta or potatoes. Serves 4

Pumpkin Soup (Vegetarian)

1/4	C	Vegetable oil
1 1/2	C	Onions, chopped fine
2	Tbsp	Garlic, fresh, crushed
1 1/2	tsp	Curry powder
1	gal	Water, hot
3	C	Milk, 2%
1/2	can	Libby's 100% Pure Pumpkin (6 lb, 10 oz can)
1/3	C	<u>Minor's Sautéed Vegetable Base</u>
2	C	<u>Trio White Sauce & Creamy Soup Mix</u>

In a stockpot, heat oil. Add onions, garlic and curry powder. Saute 3-4 minutes. Add water, milk, pumpkin and Vegetable Base; bring to a boil. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 2-3 minutes. Serves 25

Macaroni Con Queso

2	C	Water
2	C	Cream, half and half
4	tsp	<u>Minor's Chicken Base</u>
1/2	Tbsp	<u>Minor's Sautéed Vegetable Base</u>
1	C	<u>Trio Cheese Sauce Mix</u>
1 1/2	lb	Elbow macaroni. Cooked
1 1/2	C	Salsa, chunky
6	slices	White bread
1/4	lb	Cheddar cheese, sharp, grated

In a sauce pot, heat water, cream, Chicken Base and Vegetable Base to 190°F. Slowly add Cheese Sauce Mix, stirring briskly with a wire whip. Cover and let sit 10 minutes. In a stainless steel mixing bowl, combine sauce, macaroni and salsa. Gently mix until blended. Pour mixture into a 2" deep pan sprayed with nonstick cooking spray. Trim crusts from bread. Place bread and cheese in a food processor. Process until fine. Spread bread crumbs evenly over macaroni mixture. Bake in a 350°F oven 65-75 minutes until crust is golden brown. Serves 9