

Dairy Free Condensed Cream Soup Substitute

Base Ingredients

2 T oil

3 T Cornstarch

1 C Rice Milk

1 cup chicken broth

Salt and pepper to taste

¼ t onion powder

garlic powder

Optional

for cream of mushroom : ½ cup diced mushrooms

for Cream of Chicken ¼ parsley and ½ C diced chicken

for cream of onion : ½ cup diced onion

Dissolve cornstarch in small amount of cold milk

Heat milk oil, spices and chicken broth. Bring to a boil and add cornstarch mixture.

Stir until thickened

<http://www.lincolntent.com/GFCF-Sauces.html>