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Dry Soup Mixes For Long Term Storage

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Category: Recipes

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Typically dry soup mixes cost around \$2 or more to purchase at the stores. These mixes can be made in the home for a fraction of the cost. Mixes that are made at home will not have the added colors and preservative that commercial soup mixes have such as MSG (monosodium glutamate), disodium inosinate, and disodium guanylate. The recipes are endless with soup mixes, and can be stored for up to 6 months to 1 year. Since [dehydrated food](#)^[1] still has a majority of vitamins and nutrition, there is added health benefits in the soup. Having pre-packaged dry soup mixes in [bug out bags](#)^[2] can provide a nutritious meal or snack or when someone is in a pinch for time.

Vegetable Soup

- 1/3 c. dried vegetable flakes (any combination such as tomatoes, onion, peas, zucchini, celery, carrots)
- 1 tbs. bulgur wheat
- 1 tbs. small pasta
- 1/4 tsp. dried sweet basil
- 1/4 tsp. dried parsley
- pinch of garlic powder and onion powder
- salt and pepper to taste
- 2 c. boiling water

Place the dried vegetables in a dry blender and blend it until the size of flakes. Measure 1/3 cup. Save remaining vegetables for another day. Place 1/3 cup flaked vegetables in a pint thermos. Add parsley, basil, garlic powder, onion powder, salt and pepper. Add Bulgur wheat and pasta to thermos. Bring broth to a boil and pour over dry ingredients. Quickly cover thermos and close securely. Yield: 2 cups.

Creamy Country Soup

- 2 c. instant nonfat dry milk powder
- 10 tbs. cornstarch
- 1/4 c. chicken bouillon granules
- 2 tbs. dried vegetable flakes
- 1 tsp. onion powder
- 1/2 tsp. dried marjoram
- 1/4 tsp. garlic powder
- 1/8 tsp. white pepper
- 2 c. boiling water

In a food processor or blender, combine all the ingredients; cover and process until vegetable flakes are finely chopped. Store in an airtight container for 1 year. When ready to cook, add ingredients to boiling water and allow to simmer 20-30 minutes.

Yields: 16 servings

Cream of Potato Soup

- 1 3/4 c. instant mashed potato flakes
- 1 1/2 c. dry milk powder

- 2 tbs. chicken bouillon granules
- 2 tsp. dried minced onion
- 1 tsp. dried parsley
- 1/4 tsp. ground white pepper
- 1/4 tsp. dried thyme
- 1 1/2 tsp. seasoning salt
- 2 c. boiling water

To make soup, combine ingredients into boiling water until smooth and vegetable flakes are soft.

Yields: 6 servings

Chicken and Rice Soup

- 2 c. uncooked long grain brown rice
- 1/2 c. chicken bouillon granules
- 4 tsp. dried tarragon
- 1 tsp. white pepper
- 3 c. water
- 1 tbs. butter or margarine

To prepare soup: In a saucepan, bring water, butter, and 2/3 c. of the soup mix to a boil. Reduce heat; cover and simmer for 30-35 minutes or until the rice is tender.

Yield: 6 servings

Hearty Bean Soup

- 2 c. dried yellow split peas
- 2 c. green dried split peas
- 2 c. dried lima beans
- 2 c. dried pinto beans
- 2 c. dried great northern bean
- 1 c. minced dried minced onions
- 1 c. dried carrots
- 1 c. dried celery
- 12 sun dried tomatoes, chopped
- 1 1/2 tsp. dried cumin
- 1 tsp. dried marjoram leaves
- 1 1/2 tsp. garlic powder
- 1 tsp. onion salt
- 1/4 tsp. pepper
- 8 c. water
- 1 ham bone (for flavoring) – * This ingredient should not be stored with the ingredients, but used in the cooking process.

Combine water and soup mix in large stockpot. Bring to a boil over high heat and boil for 2 minutes. Reduce heat to low and simmer for 2 hours or until beans are tender. Remove meat from bone and return to soup.

Creamy Cheese Soup

- 1 c. of powdered cheese
- 3 tsp. chicken bouillon granules
- 1/2 tsp. pepper
- 1 c. vegetable soup mix
- 3 tbs. dried parsley flakes
- 3 c. dry nonfat milk, or powdered coffee creamer
- 5 tbs. cornstarch
- 8 c. boiling water

Mix all ingredients together with boiling water. Allow soup to combine 3-5 minutes.

Yields: 8 servings

Dehydrated soup mixes are a great way to make use of the high vegetable yields of the summer. Additionally, these soups mixes can be stored between 6 – 12 months and would make a great addition to food stuffs for the long winter months (especially if a person is snowed in and needs something to warm them up).

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[1] dehydrated food : http://readynutrition.com/resources/dehydrate-foods-for-long-term-storage_31032010/

[2] bug out bags: http://readynutrition.com/resources/are-you-ready-series-72-hour-kits_04122009/

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