

A Recipe from Bechard Family Farm
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HOMEMADE ONION SOUP MIX (No MSG!!, No SOY!!)



Chuck Roast cooking in crock-pot with Homemade Onion Soup Mix sprinkled on top

Growing up, my mother *always* sprinkled a packet of store-bought Onion Soup Mix on the roast before she put it in the oven. That's just what we did. That's what we've done for the last 30 years to our roasts, too. Now, as we've tried to be more conscientious about our food and about reading labels, we've found there are a few ingredients in the store-bought kind that we would rather avoid.

"Store-bought Ingredients: Onions (dehydrated), salt, cornstarch, onion powder, sugar, corn syrup, hydrolyzed soy protein, caramel color, partially hydrogenated soybean oil, monosodium glutamate, yeast extract, natural flavors, disodium inosinate, disodium guanylate. (Made in a facility that processes milk, eggs, soy, wheat, sesame and sulfites.)"

I still like to put onion soup mix on my roasts, so here is our version. It is DELICIOUS! Initially purchasing the ingredients may seem a tad expensive, but in the long-run, you will save money. Hope you like it!



HOMEMADE ONION SOUP MIX

2/3 c. dried, minced onion

3 tsp. parsley flakes

2 tsp onion powder

2 tsp turmeric

1 tsp celery salt

1 tsp salt (we use Real Salt)

1 tsp sugar

1/2 tsp ground pepper

Mix all ingredients in a jar, then give the jar a good shake. I'd recommend shaking the jar to mix the ingredients well before each use.

Use 4 Tablespoons **Onion Soup Mix** in a recipe in place of 1 packet of onion soup mix. Store in a cool, dry place.