

# Lancaster Fresh™

## French Onion

### GOURMET DIP MIX

NET WT .75 OZ (21g)

### Simple to prepare!

#### Ingredients needed:

- French Onion Dip Mix
- 1-1/2 cups sour cream
- 1/2 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

You may use lowfat or nonfat products with this mix, although results may vary.

#### Complete directions and recipes inside!

Ingredients: onions, natural flavoring (soy sauce [wheat, soybeans, salt], torula yeast, yeast extract), leeks, spices, garlic, salt and vegetarian natural flavoring (maltodextrin, salt, autolyzed yeast extract, dehydrated vegetables [onion, celery, spinach, carrot and garlic], natural flavors, caramel color and spices).

Contains: soy, wheat

For optimum shelf life, store dry mix in your refrigerator or freezer.

Distributed By:

ICC Global Trade, LLC

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### Nutrition Facts

Serving Size 2 Tablespoons (32g)

Servings Per Container about 15

Amount Per Serving	Mix	with added ingredients
Calories	6	108
Calories from Fat	0	99
	% Daily Value**	
Total Fat 0g*	0%	17%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	5%
Sodium 21mg	1%	3%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	3%	4%
Vitamin C	3%	3%
Calcium	1%	4%
Iron	0%	0%

\*Amount in French Onion Dip Mix.

Added ingredients contribute an additional 102 calories, 11g total fat, 4g saturated fat, 0g trans fat, 14mg cholesterol, 54mg sodium, 1g total carbohydrate (0g sugar), 0g protein.

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## FRENCH ONION DIP MIX™

### *Ingredients needed:*

- ☑ **French Onion Dip Mix**
- ☑ 1-1/2 cups sour cream
- ☑ 1/2 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

*You may use lowfat or nonfat products with this mix, although results may vary.*

### *Directions:*

Blend sour cream and mayonnaise. Add entire packet of mix. Mix well. Chill overnight or minimum of 4 hours. Stir before serving. Serve with potato chips, pretzels or vegetables. Keep prepared dip refrigerated.

### *Variation: (for a richer dip)*

Add entire packet to 1 cup sour cream and 1 cup mayonnaise. Mix well. Chill overnight.

### *Lo-Cal/Lowfat Version:*

Add packet of spices to 2 cups lowfat plain yogurt, OR add packet of spices to 2 cups (blended) cottage cheese, OR add packet of spices to 1 cup low calorie/lowfat mayonnaise and 1 cup lowfat sour cream.

### *Salad Dressing:*

Add entire packet of spices to 1 cup mayonnaise and 1 cup sour cream. Thin with milk to desired consistency. Mix well. Chill overnight. Shake or stir before serving.

## EASY FRENCH ONION BEEF ROAST

- ☑ 1 packet **French Onion Dip Mix**
- ☑ 3- to 5-pound beef roast
- ☑ salt & pepper, to taste
- ☑ 1 can (10-3/4 oz.) cream of mushroom soup\* (condensed)
- ☑ 2 cups water

Preheat oven to 350°. Rinse roast and place in 13x9-inch baking pan. Season with desired amount of salt & pepper. Sprinkle packet of **French Onion Dip Mix** on top of beef roast. Spoon cream soup over top of beef roast. Pour water into pan. Cover tightly with foil. Bake for 2-1/2 hours with foil on; remove foil and bake an additional 30 minutes to allow roast to brown. You may use liquid in pan for gravy or sauce.

*\*May use cream of celery, cream of onion, cream of chicken, etc.*