Evaporated milk is fluid milk with some of the water removed. It can be mixed with an equal amount of water, then used in place of fresh milk in recipes. Many recipes use evaporated milk directly from the can in its condensed form. Read your recipe carefully.

To Substitute Evaporated Milk For Regular Milk In A Recipe:

1-12 ounce can evaporated milk + 1 ½ cups water = 3 cups milk

Tips For Use

✓ Unopened cans of evaporated milk may be stored up to 6 months on the shelf.
✓ Shake can well before opening.
✓ Punch two holes on opposite sides of the lid to allow milk to flow easily from the can. You could also remove the entire lid with a can opener.
✓ After opening, refrigerate evaporated milk in a covered container. A clean glass jar works well.
✓ Add a few drops of vanilla to each quart of milk. It will help your family adjust to the slight difference in flavor. You can also mix reconstituted evaporated milk with reconstituted nonfat dry milk.
Recipes

Creamy Potato Soup

3 cups water
2 beef bouillon cubes
1 16-ounce can mixed vegetables
1 teaspoon parsley flakes

2 (12oz) cans evaporated milk
2 cups instant mashed potato flakes
1 teaspoon minced onion flakes
1/4 teaspoon garlic salt


Meatballs

1 1/2 pounds hamburger
1 cup oatmeal, dry
1/3 cup diced onion
2 teaspoons chili powder

3/4 cup evaporated milk
1 egg
1/4 teaspoon black pepper

Mix all together in large bowl and shape in walnut-size balls. Place in a 9 x 13 inch baking pan and bake in 350 degree oven for 30 minutes or until done. Suggested Uses: Use for spaghetti and meatballs. Add barbecue sauce for BBQ meatballs. Add sweet and sour sauce and serve with stir-fried vegetables and rice.

Cheese Sauce

2 tablespoons margarine
1/2 cup water
1 cup cut-up cheese

2 tablespoons flour
1 can (12 ounce) evaporated milk
Dash of onion salt, garlic powder, and dry parsley

Melt margarine in saucepan over low heat. Mix in flour until smooth. Stir in water, and evaporated milk. Add seasonings to taste. Cook, stirring all the time over medium heat until thickened. Turn heat to low. Add cheese and stir until melted. Makes about 2 cups cheese sauce. Suggested Uses: Serve over hot cooked vegetables, rice, meatloaf, or scrambled eggs. Add salsa to make a dip for chips or vegetables. Use a sauce for macaroni and cheese.