

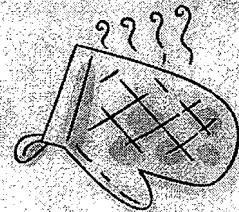
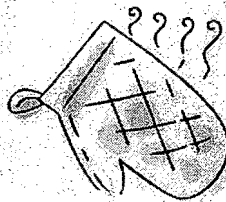
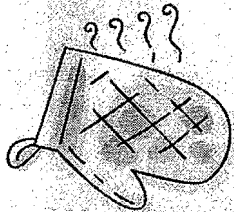
USU Extension Presents:

# Holiday Freezer Meals and Mixes!

"Taking the Guess and Stress out of Supper Time"  
Making Cooking Around the Holidays More Simple

Presented by:  
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# Turkey Rice Casserole

MAKES ABOUT 6 SERVINGS

## Ingredients

2 ½ to 3 cups cooked rice  
½ cup onion, finely chopped  
1 cup chopped celery  
1 small can mushrooms  
1 garlic clove, chopped  
2 cups turkey breast, chopped  
1 can low-sodium chicken broth  
½ cup nonfat instant milk, prepared  
½ cup all purpose flour  
2 tablespoons light buttery spread  
½ cup reduced-fat cheddar cheese, shredded  
¼ cup cornflakes, crushed for topping

## Directions

1. Combine cooked rice, chopped onion, and garlic put in a shallow greased baking dish.
2. Top rice mixture with chopped turkey.
3. Mix broth with milk, flour, and light buttery spread. Pour over turkey.
4. Sprinkle cheese and cornflake crumbs over top. Bake at 350 degrees F for 30 minutes.

# Shepherd's Turkey Pie

MAKES ABOUT 8 SERVINGS

## Ingredients

2 onions, sliced  
1 garlic clove, chopped  
2 tablespoons vegetable oil  
4 cups turkey breast, chopped (or chicken)  
¼ cup whole wheat flour  
2 cups reduced-sodium chicken broth  
2 cups carrots, canned and drained  
2 cups tomatoes, canned and diced  
½ teaspoon dried rosemary (if you like)  
6 potatoes, baked, peeled and mashed

### Directions

1. In a large saucepan, over medium heat, cook the onions and garlic in one tablespoon of oil for 5 minutes.
2. Add the turkey. Sprinkle in the flour and stir to blend.
3. Add the chicken broth, carrots, and tomatoes. If using rosemary, add that too. Cook over medium heat until thickened.
4. Oil casserole dish with remaining oil and pour in mixture.
5. Spread the potatoes over the top. Bake in oven at 375 degrees F for 20 to 30 minutes, or until browned.

## Sweet Potato Casserole

### Ingredients

- 1 can (about 12 ounces) evaporated milk
- 1 pound sweet potatoes (about 4 medium potatoes) or 1 can (about 15 ounces) sweet potatoes
- 3 egg whites
- ½ cup sugar
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg (if you like)
- ½ teaspoon ground ginger (if you like)

### Directions

1. Preheat oven to 400 degrees F.
2. Rinse sweet potatoes under cold running water and poke with a fork.
3. Cut sweet potatoes into pieces and place in boiling water. Cook 15 to 20 minutes and drain.
4. Remove skin from sweet potatoes and mash with hand beaters or a fork. Add the rest of the ingredients and mix until smooth. If using nutmeg and ginger, add that too.
5. Pour mixture into an 8x8-inch baking pan. Bake until casserole is firm in the center, about 40 minutes.
6. Remove from oven and allow to stand for 5 minutes. Cut into 10 squares. Serve hot.

### Tip

If using canned sweet potatoes there is no need to heat them first.

# Fresh Pumpkin Soup

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

## Ingredients

8 cups chopped fresh pumpkin  
4 cups low sodium chicken broth  
3 small tart apples, chopped  
1 medium onion, chopped  
2 tablespoons lemon juice  
2 teaspoons minced fresh ginger root  
2 garlic cloves, minced  
one-half teaspoon salt

## Directions

In a 5-quart slow cooker, combine all ingredients and cook for 8 hours. Can be served chunky, or cooled slightly, blended and reheated.

# Pumpkin or Acorn Squash Soup

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

## Ingredients

1/2 cup chopped onion  
1/4 cup chopped celery  
2 T. butter  
2 T. flour  
1 tsp. chicken bouillon granules  
1/4 tsp. dill weed  
1/4 tsp. curry powder  
Dash cayenne pepper  
2 cups chicken broth  
1 can (12 oz.) evaporated milk  
3 cups mashed cooked pumpkin or acorn squash  
Optional: potatoes

## Directions

In a large saucepan, sauté onion and celery in butter until tender. Stir in the flour, bouillon, dill, curry and cayenne until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in squash; heat through. Optional: in a blender, process soup in batches until smooth.

Yields: 7 servings

# No Cream Creamy Broccoli Soup

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

## Ingredients

1 cup chopped carrots (about 2 medium)  
1 cup chopped celery (about 2 stalks)  
3/4 cup chopped onions (about 1 medium)  
3 Tbsp. oil  
2 cans (14-1/2 oz. each) fat-free reduced sodium chicken broth  
1/2 tsp. pepper  
4-1/2 cups broccoli florets (about 2 small bunches)  
1/2 cup instant white rice, uncooked  
2 cups milk  
1/4 cup 100% Grated Parmesan Cheese

## Directions

COOK and stir carrots, celery and onions in hot oil in large saucepan on medium-high heat 5 min. Add broth and pepper; stir. Bring to boil.  
STIR in broccoli and rice. Reduce heat to medium-low; simmer 10 to 15 min. or until vegetables are tender, stirring frequently.  
ADD soup, in batches, to blender or food processor; cover. Blend until purged. Return soup purge to saucepan. Add milk and cheese; cook until heated through, stirring occasionally.  
If desired, substitute 4 cups frozen or drained canned peas, chopped asparagus or chopped leeks for the broccoli.

# Holiday Ham and Cheese Bake

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

## Ingredients

Cooking spray  
4 cups frozen ready-to-eat hash brown potatoes with peppers and onions, thawed  
3 cups (8 ounces) small broccoli florets  
1 cup (8 ounces) diced, cooked lean ham  
2 cups reduced fat shredded cheddar cheese  
Egg substitute equivalent to four eggs (you may use eight egg whites, but egg substitute works much better in this dish)  
2/3 cup skim milk  
1/2 tsp. salt  
1/2 tsp. pepper

### Directions

Coat an 8x8 baking dish with cooking spray. Combine potatoes, broccoli, and ham in a large bowl. Toss well. Arrange half of potato mixture in baking dish; top with half the cheese, remaining potato mixture and remaining cheese. Beat egg substitute in a medium bowl. Add milk, salt and pepper, mix well. Pour evenly over potato mixture. Bake in preheated 375-degree oven for 40 minutes. Let stand five minutes before serving. Note: use red and green peppers to make this festive.

## Mashed Potato Pie with Cheese

### Ingredients

5 cups seasoned mashed potatoes  
2 eggs, beaten  
Salt and pepper  
2 T butter or olive oil  
1/2 C grated sharp cheddar cheese

### Directions

Stir eggs into the mashed potatoes. Season with salt and pepper. Place butter or olive oil in a large ovenproof skillet over medium heat. When the butter is melted, put mashed potatoes in the pan and press down a bit to spread them around evenly. Cook, undisturbed, until they brown around the edges, 10-12 minutes. Put the pan into the oven and bake until pie is golden brown on top, about 30 minutes. Sprinkle cheese on top of the pie and place under broiler, about 4 to 6 inches from the heat source until cheese is melted.

## Oatmeal Dinner Rolls

### Ingredients

2 C water  
1 C quick cooking oats  
3 T canola oil or applesauce  
2 envelopes active dry yeast  
1/2 C warm water  
1 T sugar  
2 C all purpose flour  
2 C whole wheat flour  
1 1/2 tsp. salt  
1/3 C packed brown sugar

### Directions

Bring 2 cups water to a boil in a medium saucepan; stir in oats. Boil, stirring constantly, 1 minute. Remove from heat; let cool to 110 degrees (about 15 to 20 mins is what I do). Stir together yeast, 1/2 cup warm water, and 1 T. sugar in a 2-cup measuring cup; let stand 5 minutes. Beat oat mixture, yeast mixture, oil or applesauce, flour, salt, and brown sugar at medium speed with an electric mixer until smooth. Turn dough out onto a floured surface; knead till smooth and elastic, about 5 minutes (I do this in with a kneader hook in my Kitchen Aid). Place in a well-greased bowl, turning to grease top. Cover and let rise in warm place, free from drafts, 1 hour or until double in bulk. Punch down dough and divide in half; shape each portion into 8 balls. Place evenly into 2 lightly greased round cake pans. Cover and let rise in warm place free from drafts, 30 minutes or until doubled in bulk. Bake at 350 for 20 to 25 minutes or until golden brown. Makes 16 rolls.

## Chocolate Chip Pumpkin Bread

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

Prep time: 20 minutes

Makes 3 loaf pans, about 36 servings

### Ingredients

3 cups white sugar (or SPLENDA)

15-oz can pumpkin puree

1 cup vegetable oil

2/3 cup water

4 eggs

3 1/2 cups all-purpose flour

1 Tbsp. ground cinnamon

1 Tbsp. ground nutmeg

2 tsp. baking soda

1 1/2 tsp. salt

1 cup miniature semi-sweet chocolate chips

1/2 cup chopped walnuts (optional)

### Directions

1. Preheat oven to 350 degrees. Grease and flour three 1 pound size coffee cans or three 9x5 inch bread pans.
2. In a large bowl, combine sugar, pumpkin, oil, water, and eggs. Beat until smooth. Blend in flour, cinnamon, nutmeg, baking soda, and salt. Fold in chocolate chips and nuts. Fill cans 1/2 to 3/4 full.
3. Bake for 1 hour, or until an inserted knife comes out clean. Cool on wire racks before moving from cans or pans.

# Holiday Orange Pumpkin Loaf

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

## Ingredients

2 cups cooked pumpkin  
1 cup orange juice  
1 cup butter, softened  
3 cups sugar  
4 eggs, beaten  
1 teaspoon salt  
2 teaspoons baking soda  
1 teaspoon nutmeg  
1 teaspoon cinnamon  
4 cups flour  
1 cup chopped nuts, optional  
1 cup raisins, optional

## Directions

Beat together pumpkin, orange juice, butter, sugar and eggs. Stir in dry ingredients and blend well. Pour into 3 greased loaf pans and bake 1 hour at 350F.

# Low-fat Sugar Cookies

From Melanie D. Jewkes, Healthy Holiday Eating Tips and Recipes

## Ingredients

1 cup sugar  
1/3 cup olive or vegetable oil  
1 T. vanilla  
2 egg whites or egg substitute equivalent to 1  
egg  
2 1/2 cups flour  
1/2 tsp. salt  
1/2 tsp. baking soda  
1/4 cup skim milk

## Directions

Whisk together first four ingredients. Stir in remaining ingredients until thoroughly mixed. Chill dough at least 1 hour. Roll out on floured surface to 1/8th inch thick. Cut with cookie cutters. Place on non-fat cooking sprayed cooking sheet and bake at 375 degrees 10-12

minutes or until lightly browned. Frost with powdered sugar with milk stirred in until desired consistency and colored sugars or other decorations of choice.

## Bean Purée

### Ingredients

1 cup dried large lima beans, Great Northern beans, or pinto beans  
Water for soaking  
3 cups water

### Directions

In medium saucepan, combine drained soaked beans, 3 cups water. Bring to boil; reduce heat. Cover and simmer until beans are tender 1 to 1½ hours. Drain beans, reserving cooking liquid. Put 1 to 2 cups beans in blender with ¼ cup to ½ cup reserved cooking liquid. Blend on medium speed until smooth, stopping blender occasionally to scrape sides and stir purée up from bottom. Bean mixture should circulate slowly. Makes about 2 cups of purée. (Add 1-2 Tbsp canola oil for a smoother consistency while blending.)

## Awesome Oatmeal Cookies

### Ingredients

¾ cup mashed white beans  
¼ cup canola oil  
¾ cup brown sugar  
½ cup granulated sugar  
1 egg (large)  
1 teaspoon vanilla  
2 ½ - 3 cups oats  
1 cup whole wheat flour  
1 teaspoon salt  
½ teaspoon soda

### Directions

Mash the beans and the oil together. Add the sugar, egg, and vanilla. Mix until creamy. Add the dry ingredients. Mix well. In my oven, they needed to cook for 12 minutes on 350 but cooking times may vary.

The trick is to use instant oatmeal instead of old fashioned. The old fashioned are bigger flakes. When I used them there was not enough moisture in the cookie, but when I used the instant they were plenty of moisture. I checked the nutrition labels and the only difference was the instant had 10 less calories. (Half instant and half old fashioned will

also work). I added 2 1/2 cups oatmeal and checked the consistency then added more if the dough was too wet.

# Freezer Tips

- ∴ Freezing roll dough: Place balls of dough on cookie sheet with space in between each ball so they don't stick together. Put in freezer for 30 minutes to 1 hour. Pull out of freezer and put in Ziploc freezer bags. Return to freezer.
- ∴ Cooking freezer roll dough: Place boiling water in a pan on a low rack in oven. Place a separate pan with roll balls on the rack above. Oven should be about 200 degrees. Let rolls rise for 20-30 minutes. Take pan of water out of oven when ready to bake. Bake at 425 for 10-12 minutes for a moist roll.

USU Extension Presents:

# *Freezer Meals and Mixes*



*"Taking the Guess and Stress  
Out of Supper Time"*

*Eat and Educate Series  
Thursday, May 13, 2010*

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# *Freezer Meals and Mixes*

## *Three Week Menu*

1. Hawaiian Haystacks (Chicken Mix)
2. Honey and Wheat Pancakes and Fruit (Honey/Wheat Mix)
3. Stuffed Peppers (Meatloaf Mix)
4. Chicken Broccoli Alfredo (Basic Sauce Mix and Chicken Mix)
5. Easy Lasagna Casserole (Italian Cooking Sauce Mix)
6. Mexican Chicken Bake (Chicken Mix)
7. Meatloaf (Meatloaf Mix)
8. Cinnamon Oatmeal Pancakes and Fruit  
(Cinnamon Oatmeal Pancake Mix)
9. Chicken Enchiladas (Basic Sauce Mix and Chicken Mix)
10. Stuffed Manicotti Shells (Italian Cooking Sauce Mix)
11. Enchilada Casserole (Ready Hamburger Mix)
12. Chicken Ala King (Chicken Mix)
13. Casserole Pizza (Meatloaf Mix)
14. Cheeseburger Skillet (Basic Sauce Mix)
15. Saturday Stroganoff (Ready Hamburger Mix)
16. Sweet and Sour Chicken (Chicken Mix)
17. Porcupine Meatballs (Meatloaf Mix)
18. Taco Skillet (Basic Sauce Mix and Ready Hamburger Mix)
19. Spaghetti (Ready Hamburger Mix)
20. Hamburger Gravy and Mashed Potatoes (Ready Hamburger Mix)
21. Honey Wheat Waffles and Fruit (Honey and Wheat Mix)

### **Other Possible Meals:**

Sloppy Joes

Mini Pizzas

Homemade Chicken Noodle Soup

## Freezer Meals

### How Does It Work?

1. Select recipes and create a shopping list. Organize your list by store sections.
2. Purchase all food items. (Try to take advantage of store sales and coupons!)
3. Organize your work space. Put recipes in plastic bags or page protectors and tape to the cupboard doors. Create combined work areas for dishes using similar ingredients. Gather cooking pans and freezer containers, storage items, marking pens, etc.
4. Combine similar tasks then divide the food. For example, chop onions for all the dishes, cook all the ground beef (except any needed for raw meat dishes like meatloaf.)
5. Remember to follow good food safety practices.
6. Create assembly lines. Prepare dishes together that use similar food items.
7. Label all food items. Use masking tap with the name of the food and preparation instructions. Tape the recipe in the plastic bag to the food, if needed. For freezer bags, use a sharpie marker and write on the bag. Write the date prepared on the bag.
8. Freeze food items. Some items need to quick-freeze in a pan before placing into bags. For other dishes, combine foods needed for the same recipe and tape together. For example, if a dish calls for  $\frac{1}{2}$  cup grated cheese to be added during the last 10 minutes of cooking time, place the cheese in a plastic bag, tape to the top of the pan and freeze together.
9. Mark your calendar so everyone knows the menu for the month. Take food items out of the freezer the night before and thaw in the refrigerator.
10. Make sure to remember side dishes like fruits, vegetables, whole-grain bread, or ice-cold milk to the meals.

## ***Chicken Mix***

10 chicken breasts, cut in half  
4 qts cold water  
3 T. parsley flakes  
4 carrots, peeled and chopped  
6 celery stocks, chopped  
4 t. salt  
 $\frac{1}{2}$  t. pepper  
2 t. basil

Combine all ingredients in a large kettle or Dutch oven. Cover and cook over high heat until water boils. Simmer until meat is tender, about 1-1 $\frac{1}{2}$  hours. Remove from heat. Strain broth and refrigerate until fat can be skimmed. Cool chicken. Cut chicken into small pieces. Put chicken into six 1-pint freezer containers, leaving  $\frac{1}{2}$  inch space at top. Pour skimmed chicken broth into six more 1-pint containers, with  $\frac{1}{2}$ -inch space at top. Seal and label containers. Freeze. Use within 3 months. Makes about 6 pints of Chicken Mix and 6 pints of chicken broth.

## ***Hawaiian Haystacks***

2 (10 $\frac{3}{4}$  oz.) can cream of chicken soup  
1 can chicken broth or  
1 container of Chicken Broth Mix  
2 cups Chicken Mix, thawed  
4 cups cooked rice  
1 (9 $\frac{1}{2}$  oz.) can chow mein noodles  
3 medium tomatoes, sliced  
1 cup chopped celery  
 $\frac{1}{2}$  cup chopped green onion  
1 (20-oz.) can pineapple chunks, drained  
1 cup grated Cheddar cheese  
 $\frac{1}{2}$  cup slivered almonds  
 $\frac{1}{2}$  cup coconut  
1 (2-oz.) jar pimienta, drained and diced, if desired.  
Combine soup and chicken broth in a medium saucepan to make gravy. Stir to blend. Add Chicken Mix. Simmer about 8 to 10 minutes, until heated through. On eight individual serving plates, layer all ingredients. First stack rice, chow mein noodles, and chicken and gravy. Add tomatoes, celery, green pepper, and green onion. Top this with pineapple chunks, grated Cheddar cheese, and more chicken and gravy, if desired. Stack almonds, coconut, and pimienta on top. Makes 8 servings.

## ***Sweet and Sour Chicken***

$\frac{1}{2}$  cup water  
5 T. cornstarch  
 $\frac{3}{4}$  cup brown sugar, firmly packed  
1 teaspoon salt  
1 (20-oz.) can pineapple chunks, drained, reserving juice  
2 cups chicken mix, thawed  
2 T. soy sauce  
 $\frac{1}{4}$  cup vinegar  
2 cups Chicken Broth, thawed or  
2 cans chicken broth  
2 cups water  
2 cups uncooked long-grain rice  
 $\frac{1}{2}$  cup thinly sliced onion  
 $\frac{3}{4}$  cup thinly sliced green peppers  
2 large tomatoes, cut in wedges  
In a small bowl, combine  $\frac{1}{2}$  cup water, cornstarch, brown sugar, and salt. Stir until mixture is smooth. Combine with reserved pineapple juice and brown sugar mixture in a large sauce pan. Cook over medium heat about 5 to 7 minutes, until mixture starts to thicken. Add Chicken Mix, soy sauce and vinegar. Cover and simmer 15 minutes, stirring occasionally. Put Chicken Broth and 2 cups water in a large saucepan. Add rice. Cover and cook about 25 minutes on medium-low heat. Add pineapple chunks, onion slices, and green peppers to Chicken Mix mixture. Cook until vegetables are slightly tender. Just before serving, stir in tomato wedges. Serve over hot, cooked rice. Makes 8 to 10 servings.

## ***Mexican Chicken Bake***

1 (10 $\frac{3}{4}$  oz.) can cream of mushroom soup  
1 (10 $\frac{3}{4}$  oz.) can cream of chicken soup  
2 $\frac{3}{4}$  cup milk  
2 cup Chicken Mix, thawed  
 $\frac{1}{2}$  t. salt  
1 large onion  
1 (7-oz.) can green chili salsa  
2 $\frac{1}{2}$  cups grated cheddar cheese  
12 corn tortillas  
Preheat oven to 350 degrees. In a medium bowl, combine cream of mushroom soup, cream of chicken soup and milk. Stir to blend well. Add Chicken Mix, salt, onion, green chili salsa and 2 cups of the grated cheese. Layer tortilla pieces and chicken mixture alternately in prepared casserole, topping with chicken mixture. Top with remaining grated cheese. Bake 35 to 45 minutes, until bubbly. Makes 8 servings.

## *Chicken A La King*

$\frac{1}{2}$  cup butter or margarine  
1 cup chopped celery  
1 (4-oz.) can mushrooms or  $\frac{1}{4}$  lb. fresh sliced mushrooms  
 $\frac{1}{2}$  cup flour  
2 cups Chicken Broth, thawed  
2 cups Chicken Mix, thawed  
1 cup milk  
 $\frac{1}{4}$  cup chopped pimiento  
1 T. parsley flakes  
Cooked rice  
Slivered almonds, for garnish

Melt butter or margarine in a large skillet. Add celery and mushrooms. Saute' until tender. Blend in flour and let simmer 1 minute. Slowly add Chicken Broth. Cook about 3 to 5 minutes, stirring constantly until thick. Add Chicken Mix, milk, pimiento, if desired, and parsley flakes. Simmer 10 minutes. Serve over hot rice or pastry puff shells. Garnish with slivered almonds. Makes 6 servings.

## *Honey Wheat Mix*

3 cups whole-wheat flour  
6 cups all-purpose flour  
1 cup instant nonfat milk powder, or whey milk substitute, or dry buttermilk powder  
 $\frac{1}{3}$  cup baking powder  
4 teaspoons salt  
 $\frac{1}{4}$  cup powdered honey\* or  $\frac{1}{2}$  cup sugar  
In a large bowl, combine wheat flour, all-purpose flour, milk powder or butter milk powder, powdered honey, baking powder, and salt. Spoon into a 12-cup container with a tight-fitting lid. Attach lid. Label container with date and contents. Use within 10 to 12 weeks if stored in refrigerator or within 6 months, if stored in freezer. Makes about 12 cups HONEY AND WHEAT MIX.

(Honey:  $\frac{1}{2}$  cup liquid honey may be used instead of powdered honey. Drizzle honey over entire mixture with mixer while mixing on low speed or while stirring with a wire whisk.)

## *Honey and Wheat Muffins*

3 cups HONEY AND WHEAT MIX  
2 T. packed brown sugar  
1 egg, slightly beaten  
 $1\frac{1}{3}$  cups water  
 $\frac{1}{4}$  cup vegetable oil  
Preheat oven to 400 degrees. Generously grease 12 large muffin cups. In a large bowl, combine HONEY AND WHEAT MIX and brown sugar. In a small bowl, combine egg and water, beating with a wire whisk to blend. Add egg mixture all at once to brown sugar mixture, stirring until just moistened. Batter will be lumpy. Fill each prepared muffin cup  $\frac{2}{3}$  full with batter. Bake 15 to 20 minutes in preheated oven until golden brown and wooden pick inserted in center comes out dry. Makes 12 large muffins.

## *Buttermilk Biscuits*

2 cups HONEY AND WHEAT MIX  
 $\frac{1}{2}$  cup buttermilk, milk or water  
 $\frac{1}{4}$  cup shortening  
Pour HONEY AND WHEAT MIX into a medium bowl. Cut in shortening. Add buttermilk, milk or water all at once. Stir with a fork until dough follows fork around bowl. Preheat oven to 450 degree. Turn out dough on a lightly floured surface. Knead 10 to 12 times. Roll out dough to  $\frac{1}{2}$  inch thick. Use a 2 inch biscuit cutter to cut rolled-out dough. Arrange dough circles on an ungreased baking sheet. Bake 10 to 12 minutes in preheated oven until lightly browned. Makes about 9 biscuits.

## *Honey Wheat Waffles*

3 eggs, separated  
2 cups buttermilk  
 $\frac{1}{4}$  cup butter or margarine, melted  
3 cups HONEY AND WHEAT MIX  
 $\frac{3}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  cup vegetable oil

Preheat waffle iron. In a medium bowl, combine egg yolks, buttermilk, and butter or margarine, beating with a wire whisk to blend. In a large bowl, combine HONEY AND WHEAT MIX and baking soda. Stir into buttermilk mixture until just moistened. Batter will be lumpy. Beat egg whites until stiff but not dry. Fold into batter. Bake in waffle iron according to manufacturer's instructions. Serve hot with syrup. Makes 4 large waffles.

## *Honey Wheat Pancakes*

1 egg, slightly beaten  
 $1\frac{1}{3}$  cups water  
2 cups HONEY AND WHEAT MIX  
3 T. vegetable oil

In a medium bowl, combine egg and water, beating with wire whisk to blend. Stir in HONEY AND WHEAT MIX until blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Stir in more water if a thinner batter is desired. Pour about  $\frac{1}{3}$  cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about ten 4 inch pancakes.

## *Whole Wheat Berries*

These whole kernels need soaking or steam cooking to become tender. When cooked, they have a sweet, nut-like flavor and a slightly chewy texture. There are many ways to prepare dishes with wheat berries, and many ways aren't discovered yet - so experiment!

The versatility of wheat berries is demonstrated in recipes from cereals to breads, to casserole and to stuffing for fowl. These recipes call for cooked wheat berries. Wheat berries can be prepared ahead of need and the ready-to-use

cooked wheat may be stored airtight in the refrigerator for about 2 weeks.

Wheat Berries are probably the easiest whole wheat food to prepare, and certainly ranks as one of the most versatile foods in use. None of the measurements are critical, and there's no fussing with stirring, continual watching, etc.

Wheat berries can be made from whole wheat kernel or cracked wheat and can be used to replace rice in most dishes, substituted for mashed potatoes, or baked to make a delightful and nutritious crunchy TV snack.

**To make wheat berries:** In a pot with a fairly tight lid, combine 1 cup of water and 1 cup of wheat. Bring to a boil. Allow to simmer  $\frac{1}{2}$  hour. Turn off the heat and allow the wheat to stand 8-12 hours. Use or store in refrigerator, tightly covered, for no more than 2 weeks. Date package.

**Thermos cooked:** Put wheat and salt and two cups boiling water in a quart-sized thermos. Screw the top lightly and leave until morning.

**Oven Method:** Place all ingredients in a covered pan and bake about 5 hours or overnight in a warm oven (150-200 degrees).

**Double Boiler Method:** Simmer ingredients slowly over water in a double boiler overnight at the lowest temperature on your stove.

**Crock Pot Method:** Simmer ingredients on High for approximately 2 hours. Turn off the crock pot and let it sit overnight untouched.

## ***Meatloaf Mix***

2 eggs, beaten  
1 (8-oz.) can tomato sauce  
2 T. dried chopped onion  
1 t. salt  
1 T. Worcestershire sauce  
 $\frac{1}{4}$  t. ground sage  
 $\frac{1}{4}$  t. ground oregano  
 $\frac{1}{4}$  t. ground marjoram  
 $\frac{1}{4}$  t. celery salt  
2 lbs. lean ground beef\*  
 $\frac{1}{2}$  cup bread crumbs  
 $\frac{1}{2}$  cup regular oatmeal  
 $\frac{1}{2}$  cup wheat berries (optional)  
 $\frac{1}{2}$  cup cooked rice

In a large bowl, combine eggs, tomato sauce, onion, salt, and Worcestershire sauce, sage, oregano, marjoram, and celery salt. Stir in ground beef and bread crumbs. Spoon evenly into three 2-cup freezer containers with tight-fitting lids. Attach lids. Label containers with date and contents. Store in freezer. Use within 3 months. Makes 3 packages or about 6 cups Meat Loaf Mix.

\*use only fresh ground beef

## ***Porcupine Meatballs***

1 pkg. Meatloaf Mix  
Form into balls, each about 2 inches in diameter. Place in casserole dish. Cover with sauce (below). Bake at 350 degrees for about 45 minutes. Makes 6 to 8 servings, 2 large meatballs each.

### ***Sauce:***

$\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup bottled barbecue sauce  
 $\frac{1}{2}$  cup catsup  
1 can tomato soup  
 $\frac{1}{2}$  t. Worcestershire sauce  
 $\frac{1}{2}$  t. seasoning salt  
 $\frac{1}{2}$  t. chili powder  
1 t. dry onion flakes

Combine all ingredients and blend thoroughly. Heat and pour over meatballs.

## ***Mini Meat Loaves***

1 pkg. Meatloaf mix  
2 t. tomato sauce  
1 t. brown sugar

Preheat oven to 375 degrees. Shape meat mix into two mini-meat loaves. Place in shallow baking pan. Top with tomato sauce mixed with brown sugar, if desired. Bake 30 minutes or until done.

## ***Stuffed Peppers***

1 pkg. meatloaf mix  
2 green peppers, halved, seeded  
 $\frac{1}{2}$  cup tomato sauce  
 $\frac{1}{8}$  t. garlic salt  
 $\frac{1}{2}$  cup cooked rice

Cook green pepper halves in boiling water for 2 minutes. Drain well. Combine tomato sauce and rest of ingredients with the meat mixture. Fill each pepper half. Place in glass baking dish. Top each pepper with 1 T. Tomato sauce. Bake uncovered at 375 degrees for 45 minutes or until done.

## ***Casserole Pizza***

1 pkg. Meatloaf Mix  
 $\frac{1}{2}$  cup tomato sauce  
 $\frac{1}{4}$  t. oregano leaves, crushed  
 $\frac{1}{8}$  t. dried sweet basil leaves, crushed  
1 (4-oz.) can sliced mushrooms  
6 green pepper rings  
1 cup shredded mozzarella cheese  
1 T. grated Romano cheese  
Sliced black ripe olives for garnish  
2 parsley sprigs for garnish

In a medium bowl, combine tomato sauce, oregano, basil and mushrooms; set aside. Preheat oven to 375 degrees. Divide Meat Loaf Mix evenly into two 4-inch pie pans, or individual casserole dishes. Spoon tomato sauce mixture evenly over mix. Bake 15 minutes in preheated oven. Remove from oven and top each with 3 green pepper rings. Sprinkle evenly with mozzarella cheese and Romano cheese. Bake 10 minutes longer. Garnish with black olives and parsley springs.

## Cinnamon Oatmeal

### Pancake Mix

4 cups quick cooking oats  
2 cups flour  
2 cups whole wheat flour  
1 cup non-fat dry milk  
2 T. cinnamon  
3/4 cup sugar  
1 1/2 T. salt  
5 T. baking powder  
1 t. baking soda  
1/2 t. cream of tartar  
Combine ingredients and stir to mix well.

#### **Mixing Directions:**

In a medium bowl, beat 2 eggs. Beat in 3 T. oil gradually. Alternately stir in 2 cups pancake mix and 1 cup of water. Drop by spoonfuls onto a lightly greased skillet over medium-high heat. When the batter shows broken bubbles, turn the pancakes over. Cook about 2 to 3 minutes.

### Pancake Mix

10 cups flour  
2 1/2 cups instant nonfat dry milk  
1/2 cup sugar  
1/4 cup baking powder  
2 T. Salt  
Combine all ingredients in a large bowl. Stir together to blend well. Put in a large airtight container. Label. Store in a cool dry place. Use within 6 months. Make about 13 cups of Pancake Mix.

### Perfect Pancakes

1 1/2 cups Pancake Mix  
1 egg, slightly beaten  
1 cup water  
3 Tablespoons vegetable oil  
Put pancake mix in a medium bowl. Combine egg, water, and oil in a small bowl. Add egg mixture to Pancake Mix. Add more water for thinner pancakes. Blend well. Let stand 5 minutes. Cook on a hot oil griddle about 3 to 4 minutes, until browned on both sides. Makes ten to twelve 4-inch pancakes.

## Basic Sauce Mix

2 cups powdered non-fat dry milk  
3/4 cup cornstarch  
1/4 cup instant chicken bouillon  
1-2 T. dried onion flakes  
1-2 tsp. Italian Seasoning  
Combine all ingredients in a plastic bag, mixing well.  
Yield: Equal to 9 cans of cream soup.

### To substitute for 1 can of cream

#### soup:

Combine 1/3 cup of dry mix with 1 1/4 cup cold water. Cook and stir on stove top or in microwave until thickened.

Add thickened mixture to casseroles as you would a can of soup.

#### Storage

Store in a closed plastic bag or airtight container until ready to use. It does not have to be refrigerated.

## Basic Sauces and Soups

1/3 cup basic sauce mix  
1 1/4 cup cold water

Add in one of the following soup items:

1 cup grated cheese  
1 cup cooked potato cubes  
1 can of mushrooms (4-oz)  
1/3 cup broccoli and 1 cup grated cheese  
2 cups tomato juice

Combine the mix with the water. Cook and stir on stove top until thickened. Add the soup item and stir until mixed well.

### Chicken Enchiladas

1 pkg. flour tortillas  
1 lb. cooked, diced or shredded chicken  
(or use chicken mix)  
1 T. vegetable oil  
1 onion, chopped  
1 can green chilies, chopped  
1 cup dry sauce mix  
4 cups water  
3/4 cup cheddar cheese, grated  
1. Make sauce by combining dry sauce mix and water. Cook and stir on stove top or in microwave until thickened.  
2. Saute onion and green chilies in oil; add sauce and

simmer for 10 minutes.

3. Cut tortillas in quarters. Line bottom of casserole dish with tortillas. (Spray dish with non-stick spray prior to putting in ingredients.) Add a layer of chicken and a layer of sauce. Top with cheese. Repeat.

4. Bake and 350 degrees for 20 minutes.

5. Additional tortillas may be heated and served with casserole. If crisp tortillas are preferred, allow sauce to chill before using.

## ***Chicken Pot Pie***

1/3 cup basic sauce mix

1 1/4 cup cold water

1 cup cooked chicken, cubed

1 cup baking mix (Bisquick or Quick Mix)

1 egg

1/2 cup milk

1 package (10-oz.) frozen mixed veggies

Combine sauce mix with water. Cook and stir on stove top or in microwave until thickened. In a 9-inch pie plate, combine sauce, vegetables, and chicken.

Combine egg, milk, and baking mix. Pour over chicken mixture. Bake at 400 degrees for 30 minutes or until golden brown. Yield: 6 servings.

Variation: Use pre-made pie crusts. Put thickened sauce, chicken, and veggies in bottom crust. Use another crust for the top. Make slits in the top crust with a knife so steam can escape during baking.

## ***Hamburger Stroganoff***

1 lb. ground beef or turkey

3 cups water

1/3 cup basic sauce mix

2 cups uncooked egg noodles

1/2 cup sour cream or plain yogurt

Brown meat and drain off the fat. Add water, sauce mix, and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered 5-20 minutes or until noodles are tender. Top with sour cream or yogurt. Serve immediately.

## ***Cheeseburger Skillet***

1 lb. ground beef or turkey

2 cups water

1 1/2 cup uncooked macaroni

1 (16 oz.) can chopped tomatoes

1/3 cup basic sauce mix

1/2 cup grated cheese

Brown meat and drain off the fat. Add water,

uncooked macaroni, tomatoes, and sauce mix. Cover and simmer for 20 minutes or until macaroni is tender. Remove from heat and add cheese.

Yield: 4-6 servings.

## ***Chicken Broccoli Alfredo***

1 Package Fettuccine noodles (8-oz.)

1 cup broccoli (fresh or frozen)

1 lb. boneless chicken breast

2 T. butter or margarine

1/3 cup basic sauce mix

1 1/4 cup water

1/2 cup milk

1/2 cup Parmesan cheese

1/4 t. Pepper

Cook Fettuccine noodles according to package directions. Add broccoli for last 4 minutes of cooking time. Drain. Heat butter in a skillet and add chicken breast. Cook until browned. Cube the chicken or use as a whole breast (it's your choice). Combine sauce mix and water in saucepan. Bring to a boil and cook until thick. Add milk, cheese, pepper, Fettuccine, broccoli, and chicken. Heat through. Serve with additional Parmesan cheese. Yield: 4-6 servings.

## ***Taco Skillet***

1 lb. ground beef or turkey

1 cup salsa

1/3 cup basic sauce mix

6 flour tortillas or 8 corn tortillas

1 1/4 cup water

2 cups tomato sauce

1 cup grated cheese

Cut the tortillas into 1 inch pieces. Brown meat and drain off the fat. Add water, sauce mix, salsa, tomato sauce, tortillas and stir. Bring to a boil, reduce heat and simmer uncovered for 15 - 20 minutes or until tortillas are tender. Top with cheese and allow it to melt. Yield: 6 servings.

## ***Tuna Noodle Skillet***

1 (6-oz.) can tuna (drained)

1 cup grated cheese

3 cups water

1 cup peas

1/3 cup basic sauce mix

Potato chips, crushed

2 cups uncooked noodles

In a skillet, combine water, sauce mix, cheese, tuna, and uncooked noodles. Stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Top with crushed potato chips if

desired. Serve immediately. Yield: 4-6 servings.

## ***Alfredo Sauce***

1/3 cup basic sauce mix  
2 T. cup grated Parmesan cheese  
1 1/4 cup water  
1/4 t. pepper  
1/2 cup sour cream

Combine all ingredients in a small saucepan. Mix well and cook until thick. Serve sauce over cooked noodles or on a pizza. Yield: 1 1/2 cup sauce.

## ***Quick Mix***

5 cups white flour  
3 1/2 cups whole wheat flour  
1 teaspoon baking soda  
1 tablespoon baking powder  
1 1/2 cups instant nonfat dry milk  
1 tablespoon salt  
2 teaspoons cream of tartar

In a large bowl, sift together all dry ingredients.

Blend well. ~~With a pastry blender, cut in shortening until evenly distributed. Mixture will resemble~~

~~crumbs.~~ Put in a large airtight container. Label. Store in a cool, dry place. Use within 10 to 12 weeks. Makes about 13 cups of QUICK MIX.

## ***Hot Fudge Pudding Cake***

1 1/2 cups QUICK MIX  
1 teaspoon vanilla  
1/2 cup granulated sugar  
3/4 cup brown sugar, firmly packed  
2 tablespoons cocoa  
1/4 cup cocoa  
3/4 cup chopped nuts  
1 1/2 cups boiling water  
1/2 cup milk

Preheat oven to 350 degrees. In an unbuttered, 8-inch square pan, combine QUICK MIX, granulated sugar, 2 tablespoons cocoa, nuts, milk, and vanilla. Blend well. Combine brown sugar and 1/4 cup cocoa in a small bowl. Add to water. Bring to a boil. Gently pour over top of cake mixture. Do not stir. Bake 35 to 40 minutes, until edges separate from pan. Cool in pan 15 minutes before serving. Makes one 8-inch cake.

## ***Caramel-Nut Pudding Cake***

2 cups QUICK MIX  
1/2 cup chopped nuts  
1/2 cup brown sugar, firmly packed  
1 cup milk  
1/3 cup canola oil  
1/2 cup raisins, if desired

Brown Sugar topping, see below

Preheat oven to 375 degree. Lightly grease an 8-inch square pan. In a medium bowl, combine QUICK MIX, brown sugar, raisins, if desired, and nuts. Mix well. Add milk and blend well. Pour into prepared pan. Prepare Brown Sugar Topping. Gently pour over top of cake mixture without stirring. Bake 30 to 40 minutes, until cake springs back when lightly touched in center. Cool in pan 15 minutes before serving. Makes an 8-inch cake.

### **Brown Sugar Topping:**

1 cup brown sugar, firmly packed  
1 tablespoon butter or margarine  
2 cups boiling water

In a small bowl, combine brown sugar, butter or margarine, and boiling water. Blend.

## ***Italian Cooking Sauce Mix***

2 lbs. ground beef, fried and drained (optional)  
1 cup wheat berries (optional)  
2 cans (14 oz.) Italian stewed tomatoes, pureed  
2 cans prepared spaghetti sauce  
2 cans (8 oz.) tomato sauce  
2 cans tomato paste  
2 T. instant minced onion  
2 T. parsley flakes  
1 T. salt  
1 t. instant minced garlic or 1 T. fresh garlic  
1/4 cup brown sugar  
2 t. Italian seasoning

Combine all ingredients in a large kettle or Dutch oven. Simmer 15 minutes over medium-low heat. Cool. Put into 1-pint freezer containers, leaving 1/2-inch space at top. Seal and label containers. Freeze. Use within 3-4 months. Makes about 8 pints of mix.

## *Suggestions for dishes using Italian*

### *Cooking Sauce Mix:*

Spaghetti

Veal Parmigiana

Chicken Cacciatore (Sauce without meat)

Last-Minute Lasagne

## *Easy Lasagna Casserole*

$\frac{1}{2}$  pound regular noodles (about  $\frac{1}{2}$  inch wide)

One or two containers of Italian Cooking Sauce Mix with Meat.

1-2 cups shredded sharp Cheddar cheese

Cook noodles in boiling salted water until just tender, about 10 minutes. While noodles cook, saute' meat, onion, and garlic in hot salad oil until meat loses its color. Add drained noodles and all remaining ingredients except Cheddar cheese.

Pour into a 9 x 13-inch casserole. Cover with foil and bake 45 minutes at 325 degrees. Remove foil. Spread top with shredded cheese and bake another 5 minutes, uncovered. Makes 8 to 10 servings.

## *Stuffed Manicotti Shells*

12 manicotti shells, cooked

Water and salt

1 pint ricotta cheese

1 egg, beaten

$\frac{1}{4}$  cup Parmesan cheese

1 T. parsley flakes

4 cups Italian Cooking Sauce Mix, thawed

Romano and Parmesan cheese, for garnish

Cook manicotti shells in boiling water according to package directions. In a medium bowl, combine ricotta cheese, eggs, Parmesan cheese, and parsley flakes. Blend well. Stuff into

cooked manicotti shells. Preheat oven to 350 degrees. Place 1 cup of the Italian Cooking Sauce Mix in the bottom of a 13 x 9 baking dish. Place stuffed manicotti shells on top of sauce.

Pour remaining sauce over top of shells. Sprinkle with Romano and Parmesan cheese, for garnish.

Cover with foil and bake 30 minutes, until heated through. Makes 6 servings.

## *Ready Hamburger Mix*

4 lbs. lean ground beef

1 large onion

2 t. salt

$\frac{1}{2}$  t. pepper

$\frac{1}{2}$  t. oregano

$\frac{1}{4}$  t. garlic salt

Brown ground beef in a heavy skillet. Drain. Add onion and continue cooking over medium-low heat until onions are golden. Add remaining ingredients. Cool. Spoon mixture into four 1-pint freezer containers, leaving  $\frac{1}{2}$ -inch space at top. Seal and label containers. Freeze. Use within 3 months. Makes 4 pints.

**Ready Hamburger Mix can be used to make:**

Tacos, Enchiladas, Burritos, Taco Salad, Stroganoff, and other casseroles.

## *Enchilada Casserole*

1 small pkg. Frito-type corn chips

2 cups Ready Hamburger Mix

1 (15-oz.) can of chili with beans

1 (10-oz.) can enchilada sauce

1 (8-oz.) can tomato sauce

1 cup sour cream

$\frac{1}{2}$  cup grated cheese

Preheat oven to 375 degree. Spray 2-quart casserole with non-stick spray. Crush 1 cup of the corn chips and reserve for the top. In a medium bowl, combine remaining corn chips, Ready Hamburger Mix, chili, enchilada sauce, and tomato sauce. Pour into prepared casserole. Bake about 30 minutes until heated through. Remove from heat. Spread sour cream on top. Sprinkle with grated cheese and reserved crushed corn chips. Bake 5 minutes more until cheese is melted.

Makes 6 servings.

## *Saturday Stroganoff*

2 cups Ready Hamburger Mix  
1 (10-oz.) can cream of celery soup  
1 (10-oz.) can cream of mushroom soup  
 $\frac{3}{4}$  cup milk  
1 pint sour cream  
Cooked noodles

In a large saucepan, combine Ready Hamburger Mix, cream of celery soup, cream of mushroom soup, and milk. Stir until well-blended. Simmer about 10 minutes. Just before serving, add sour cream. Simmer 2 minutes. Serve over cooked noodles. Makes 4 to 6 servings.

## *Slice and Bake Cookies*

1 cup softened margarine  
1 cup shortening  
 $1\frac{1}{3}$  cup white sugar  
 $1\frac{2}{3}$  cup brown sugar  
5 eggs  
2 Tablespoons vanilla  
4-5 cups white flour  
2 cups whole wheat flour  
2 cups oatmeal  
1 Tablespoon soda  
 $1\frac{1}{2}$  t. salt  
Optional: Raisins, Nuts, Chocolate Chips, spiced jelly drops, M&M's etc.  
(If using raisins, simmer 1 cup raisins in  $\frac{1}{2}$  cup water, 1 T. cinnamon,  $\frac{1}{2}$  t. nutmeg, and  $\frac{1}{2}$  t. cloves. Cool completely. Then add to dough. You may need to add more flour).

Cream margarine and shortening together. Add brown and white sugar. Cream together. Add eggs one at a time. Add vanilla. Beat well. In a separate bowl, sift together dry ingredients. Add to creamed mixture. Drop dough on cookie sheet sprayed with non-stick cooking spray. Bake at 350 degrees for 15 minutes.

Or

Divide dough into 4 equal pieces. Shape each piece into an 8 to 10 inch roll. Wrap each roll in 1 piece of plastic wrap. Place wrapped rolls in a plastic freezer container with a tight-fitting lid,

or wrap airtight in a 14 x 12 piece of heavy-duty foil. Label with date and contents. Store in freezer. Use within 6 months. Makes 4 rolls of dough or about 12 dozen cookies.

To bake 1 roll of dough: Preheat oven to 350 degrees. Cut frozen dough into 1 inch thick slices. Cut each slice into 4 equal pieces. Arrange cut pieces on an ungreased baking sheet about  $1\frac{1}{2}$  inches apart. Bake 10 minutes until lightly browned around edges. Remove cookies from baking sheets. Cool on wire racks. Makes about 36 cookies.

## *Slice and Bake Sugar*

### *Cookies*

1 cup butter or margarine, softened  
1 cup shortening  
2 cups granulated sugar  
3 eggs  
2 teaspoons vanilla extract  
1 teaspoon lemon extract  
6 cups flour  
1 teaspoon baking soda  
In a large bowl, cream butter or margarine and sugar. Beat in eggs, vanilla, and lemon extract until light and fluffy. In a large bowl, combine flour and baking soda. Beat in eggs, vanilla and lemon extract until light and fluffy. In a large bowl, combine flour and baking soda. Gradually stir flour mixture into egg mixture until blended. Divide dough into 4 equal pieces. Shape each piece into an 8 to 10-inch roll. Wrap each roll in 1 piece of waxed paper or plastic wrap. Place wrapped rolls in a plastic freezer container with a tight fitting lid, or wrap air-tight in a 14 x 12-inch piece of heavy-duty foil; label. Store in freezer. Use within 6 months. Makes 4 rolls of dough or about 12 dozen cookies.  
To bake 1 roll of dough: Preheat oven to 350 degrees. Lightly grease 2 large baking sheets. Cut frozen dough into  $\frac{1}{4}$ -inch slices. Place slices on prepared baking sheets, about  $\frac{1}{2}$ -inch apart. Sprinkle slices lightly with granulated sugar, if desired. Bake 8 to 10 minutes until edges start to brown. Remove cookies from baking sheets. Cool on wire racks. Make about 36 cookies.

# Freezer Meals and Mixes

"Taking the Guess and Stress out of Supper Time"

# Supplemental Forms

# Household Master Shopping List

## VEGETABLES

- \_\_Asparagus
- \_\_Avocados
- \_\_Beans
- \_\_Beets
- \_\_Broccoli
- \_\_Cabbage
- \_\_Carrots
- \_\_Cauliflower
- \_\_Celery
- \_\_Corn
- \_\_Cucumber
- \_\_Garlic
- \_\_Ginger
- \_\_Lettuce
- \_\_Mushrooms
- \_\_Onions
- \_\_Peas
- \_\_Peppers
- \_\_Potatoes
- \_\_Radishes
- \_\_Spinach
- \_\_Squash
- \_\_Tomatoes

## MEAT & FISH

- \_\_Bacon
- \_\_Beef
- \_\_Chicken
- \_\_Cold Cuts
- \_\_Fish
- \_\_Frankfurters
- \_\_Ham
- \_\_Hamburger
- \_\_Lamb
- \_\_Liver

- \_\_Oysters
- \_\_Pork
- \_\_Roast
- \_\_Salmon
- \_\_Saradines
- \_\_Sausage
- \_\_Shrimp
- \_\_Spare Ribs
- \_\_Steak
- \_\_Turkey
- \_\_Tuna
- \_\_Veal

## FRUITS

- \_\_Apples
- \_\_Apricots
- \_\_Bananas
- \_\_Berries
- \_\_Cantaloupe
- \_\_Cherries
- \_\_Grapefruit
- \_\_Grapes
- \_\_Honeydew
- \_\_Lemons
- \_\_Limes
- \_\_Oranges
- \_\_Peaches
- \_\_Pears
- \_\_Pineapple
- \_\_Prunes
- \_\_Raisins
- \_\_Strawberries
- \_\_Tangerines
- \_\_Watermelon

## STAPLES & PANTRY

- \_\_Gelatin
- \_\_Honey
- \_\_Jam - Jelly
- \_\_Ketchup
- \_\_Macaroni
- \_\_Mayonnaise
- \_\_Mustard
- \_\_Milk - Canned
- \_\_Noodles
- \_\_Olives
- \_\_Oil - Cooking
- \_\_Pancake Mix
- \_\_Peanut Butter
- \_\_Pepper
- \_\_Pickles
- \_\_Potato Chips
- \_\_Pretzels
- \_\_Pudding
- \_\_Rice
- \_\_Salad Oil
- \_\_Salt
- \_\_Shortening
- \_\_Soups
- \_\_Spaghetti
- \_\_Spices
- \_\_Sugar
- \_\_Syrup
- \_\_Tortilla Chips
- \_\_Vinegar
- \_\_Baby Food
- \_\_Baking Powder
- \_\_Bar B-Q Sauce
- \_\_Cake Mix
- \_\_Candy
- \_\_Cereal
- \_\_Chili
- \_\_Chocolate
- \_\_Extract
- \_\_Flour

## BREADS

- \_\_Biscuits
- \_\_Bread
- \_\_Cakes
- \_\_Cookies
- \_\_Crackers
- \_\_Donuts
- \_\_Pies
- \_\_Rolls

## BEVERAGES

- \_\_Cocoa Mix
- \_\_Coffee
- \_\_Fruit Juices
- \_\_Juice Boxes
- \_\_Kool-Aid
- \_\_Soft Drinks
- \_\_Tea

## DAIRY

- \_\_Butter
- \_\_Cheese
- \_\_Cottage Cheese
- \_\_Cream
- \_\_Cream Cheese
- \_\_Eggs
- \_\_Ice Cream
- \_\_Margarine
- \_\_Milk
- \_\_Whipped Cream
- \_\_Yogurt

## MISC.

- \_\_Aluminum Foil
- \_\_Cleanser
- \_\_Dish Soap
- \_\_Film
- \_\_Foil Pans
- \_\_Freezer Bags
- \_\_Hand Soap
- \_\_Lunch Bags
- \_\_Matches
- \_\_Napkins
- \_\_Paper Plates
- \_\_Paper Towels
- \_\_Pet Food
- \_\_Permanent Marker
- \_\_Polish
- \_\_Plastic Cups
- \_\_Plastic Wrap
- \_\_Scouring Pads
- \_\_Sponges
- \_\_Tissue - Bathroom
- \_\_Tissue - Facial
- \_\_Tooth Paste
- \_\_Waxed Paper
- \_\_Air Freshener
- \_\_Batteries
- \_\_Broom
- \_\_Carpet Freshener
- \_\_Light Bulbs

## LAUNDRY & HEALTH

- \_\_Band-Aids
- \_\_Bleach
- \_\_Coat Hangers
- \_\_Clothespins
- \_\_Detergent
- \_\_Dryer Sheets
- \_\_Fabric Softener
- \_\_Spot Remover
- \_\_Starch
- \_\_Aspirin
- \_\_Ibuprofen
- \_\_Cold Medicines
- \_\_Diapers
- \_\_Toothbrush
- \_\_Toothpaste
- \_\_Wet-Wipes
- \_\_Body Lotion
- \_\_Conditioner
- \_\_Cologne
- \_\_Cosmetics
- \_\_Deodorant
- \_\_Hair Spray
- \_\_Hairbrush
- \_\_Nail Care
- \_\_Raszer
- \_\_Shampoo
- \_\_Shaving Cream
- \_\_Soap

# Shopping List

<b>Fresh fruits and vegetables</b>	<b>Milk, cheese and yogurt</b>
<b>Canned fruits, vegetables and other canned foods</b>	<b>Meat, poultry, fish, dried beans, and eggs</b>
<b>Bread, cereal, rice, pasta, and tortillas</b>	<b>Frozen foods</b>
<b>Staples (flour, sugar, etc.)</b>	<b>Miscellaneous</b>

# Freezer Meals Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Freezer Labels

**Make photocopies of these labels and store them in a container with tape and permanent marker. This will give you quick access to a reminder label for your meals.**

Recipe Name:	Recipe Name:	Recipe Name:
Number of Servings:	Number of Servings:	Number of Servings:
Reheating Instructions:	Reheating Instructions:	Reheating Instructions:
Other items needed for serving day:	Other items needed for serving day:	Other items needed for serving day:
Recipe Name:	Recipe Name:	Recipe Name:
Number of Servings:	Number of Servings:	Number of Servings:
Reheating Instructions:	Reheating Instructions:	Reheating Instructions:
Other items needed for serving day:	Other items needed for serving day:	Other items needed for serving day:
Recipe Name:	Recipe Name:	Recipe Name:
Number of Servings:	Number of Servings:	Number of Servings:
Reheating Instructions:	Reheating Instructions:	Reheating Instructions:
Other items needed for serving day:	Other items needed for serving day:	Other items needed for serving day:





## National Center for Home Food Preservation

### General Freezing Information

### Foods That Do Not Freeze Well

Foods	Usual Use	Condition After Thawing
Cabbage*, celery, cress, cucumbers*, endive, lettuce, parsley, radishes	As raw salad	Limp, water-logged, quickly develops oxidized color, aroma and flavor
Irish potatoes, baked or boiled	In soups, salads, sauces or with butter	Soft, crumbly, water-logged, mealy
Cooked macaroni, spaghetti or rice	When frozen alone for later use	Mushy, tastes warmed over
Egg whites, cooked	In salads, creamed foods, sandwiches, sauces, gravy or desserts	Soft, tough, rubbery, spongy
Meringue	In desserts	Soft, tough, rubbery, spongy
Icings made from egg whites	Cakes, cookies	Frothy, weeps
Cream or custard fillings	Pies, baked goods	Separates, watery, lumpy
Milk sauces	For casseroles or gravies	May curdle or separate
Sour cream	As topping, in salads	Separates, watery
Cheese or crumb toppings	On casseroles	Soggy
Mayonnaise or salad dressing	On sandwiches (not in salads)	Separates
Gelatin	In salads or desserts	Weeps
Fruit jelly	Sandwiches	May soak bread
Fried foods	All except French fried potatoes and onion rings	Lose crispness, become soggy

\* Cucumbers and cabbage can be frozen as marinated products such as "freezer slaw" or "freezer pickles". These do not have the same texture as regular slaw or pickles.

## Effect of Freezing on Spices and Seasonings

- Pepper , cloves, garlic, green pepper, imitation vanilla and some herbs tend to get strong and bitter.
- Onion and paprika change flavor during freezing.
- Celery seasonings become stronger.
- Curry develop a musty off-flavor.
- Salt loses flavor and has the tendency to increase rancidity of any item containing fat.
- When using seasonings and spices, season lightly before freezing, and add additional seasonings when reheating or serving.

This document was extracted from "So Easy to Preserve", 5th ed. 2006. Bulletin 989, Cooperative Extension Service, The University of Georgia, Athens. Revised by Elizabeth L. Andress, Ph.D. and Judy A. Harrison, Ph.D., Extension Foods Specialists.

## Foods That Can Freeze

**Meat, poultry and fish** all can be frozen with success. Raw meat is preferable for long storage because it doesn't dry out or get freezer burn as fast as cooked meat.

**Breads and baked goods** can freeze and do well in the freezer. This includes cakes, pies, muffins, bagels, quick and yeast breads both as dough/batter or baked cookies raw or baked and pizza crusts raw or baked.

**Butter and margarine** freeze great.

**Beans** freeze well and can save you a ton of money if you buy dry beans then soak and cook them yourself instead of buying the canned variety.

**Rice** can also freeze and cooking it ahead can save a ton of time.

# Foods That Can Freeze But Will Change In Texture

Most foods fall into this category.

Fruits and vegetables all soften and those with high water content do not freeze well. Fruit that still has ice crystals can be eaten as is after thawing but most fruits and veggies should be used for cooking after being frozen. Fruits and veggies do need some prep work as well.

**Potatoes** freeze great and make quick side dishes, however they must be cooked before freezing to insure they don't turn black.

**Pastas** will become much softer after they are frozen and should only be cooked about three quarters of the recommended time. Also pastas frozen in liquid or sauce will absorb much of the sauce.

**Milk and dairy products** can be frozen but may separate after being frozen. Cheese will become crumbly and hard to slice but is fine for cooking or melting.

**Herbs** lose their texture but retain their flavor. Frozen herbs can be used for cooked dishes but not for garnishes.

**Raw eggs** removed from their shells can be frozen but are mixed with a bit of salt or sugar to keep them from turning rubbery.

**Cooked eggs** that are scrambled or used in a recipe freeze well. Boiled eggs don't do as well because the whites get rubbery.

**Fried foods** lose their crispness but do OK when reheated in the oven.

Salty fatty items, such as bacon, sausage, ham, hot dogs, some lunch meats and some fish do not last long in the freezer. The USDA only recommends freezing these items for 1-2 months. The salt causes fat to go rancid in the freezer. Many people freeze these items longer so use your best judgment. If it looks or smells 'off' toss it.



# Food Safety



FOOD SENSE



Foodborne illness, or illness caused by bacteria or toxins from improper handling of food, is a serious problem. There are four simple steps to follow called **FightBAC!**

## CLEAN

*Wash hands and surfaces often*

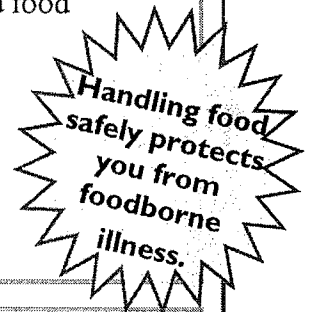
- Wash hands with hot, soapy water before handling food and after using the bathroom, changing diapers and handling pets.
- Wash cutting boards, dishes, utensils and counter tops with hot, soapy water after preparing each food item.
- Use plastic or other non-porous cutting boards. Wash them in hot, soapy water after use.
- Consider using paper towels for kitchen clean up. If cloth towels are used, launder them often in hot water.

## SEPARATE

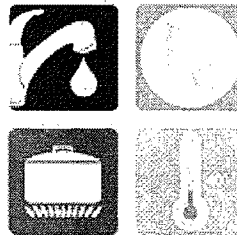
*Don't cross contaminate*

- Separate raw meat, poultry and seafood from other foods in your grocery cart and in refrigerator.
- If possible, use a separate cutting board for raw meat products.
- Always wash hands, cutting boards, dishes and utensils with hot, soapy water. Consider using a sanitizing rinse (1 tablespoon bleach to 1 gallon water)
- Never place cooked food on a plate which previously held

raw meat, poultry or seafood.



be food safe.



clean.  
cook. chill.

## COOK

*Cook to proper temperatures*

- Use a thermometer to make sure meat, poultry, casseroles and other foods are cooked thoroughly.
- Do not eat ground beef that is still pink inside.
- Fish should be opaque and flake easily with a fork.
- Eggs should be firmly cooked, do not use recipes in which eggs remain raw or only partially cooked.
- Heat leftovers to at least 165°F. Bring sauces, soups and gravy to a boil when reheating.

## CHILL

*Refrigerate promptly*

- Keep your refrigerator at 38° to 40°F and your freezer at 0°F.
- Refrigerate or freeze perishables and leftovers within two hours.
- Marinate food in the refrigerator.
- Always defrost food in the refrigerator, under cold running water or in the microwave.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator. Do not overload the refrigerator.