

# ***Freezer Meals and Mixes***

***“Taking the Guess  
and Stress  
Out of Meal Time”***



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# Why Use Mixes?

## **Mixes Save Time**

Prepare for several meals at one time. Meals are better planned, more delicious, and more nutritious even when time is at a minimum.

## **Mixes are Economical**

You provide the labor and packaging for mixes yourself. Compare the cost per cup of commercial mixes with homemade mixes. Mixes costs less than half the price of store mixes.

## **Mixes are Nutritious**

You can choose you own ingredients to cook with. Commercial mixes are prepared for a long shelf life. Food value decreased with time.

## **Mixes are Versatile**

The variety and extent to which mixes can be used is almost limitless. For example, QUICK MIX, makes dozens of different recipes. The taste of each will far surpass results from commercial mixes. Main dishes can be made from mixes too. These can be made ahead and stored in the freezer. Use them in a different dish every time.

## **Storing Mixes**

The best way to store your mixes is in an airtight container placed in a cool, dry, dark place. Mixes to be stored in the freezer must be put in containers allowing for at least 1/2 inch expansion. Light weight plastic bags and cottage cheese cartons are not suitable for freezer use. Your frozen mixes should be thawed in the refrigerator or microwave oven, and used immediately after thawing.

## **Labeling Mixes**

Before you place mix on the shelf or in the freezer, make sure it is properly labeled! Resist the urge to store a mix when you plan to label it later, because later the mixes may all look alike. On each container, write the name of the mix and the date by which it should be used. In most instances, the mixes can be stored longer than the specified time, but at the risk of losing in flavor, texture and nutrients.

## **Get Started!**

Take time to make up a collection of mixes and discover your favorites. You may find yourself creating new recipes with them!

## Freezer Meals and Mixes

### 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.

## ***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

## **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  
½ 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- 1½ 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 ½ inch space at top. Pour skimmed chicken broth into six more 1-pint containers, with ½- 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 (10¾ 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 (9½ oz.) can chow mien noodles  
3 medium tomatoes, sliced  
1 cup chopped celery  
½ cup chopped green onion  
1 (20-oz.) can pineapple chunks, drained  
1 cup grated Cheddar cheese  
½ cup slivered almonds  
½ cup coconut  
1 (2-oz.) jar pimiento, 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 mien 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 pimiento on top. Makes 8 servings.

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

½ cup water  
5 T. cornstarch  
¾ 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  
¼ cup vinegar  
2 cups Chicken Broth, thawed or  
1 can chicken broth  
2 cups water  
2 cups uncooked long-grain rice  
½ cup thinly sliced onion  
¾ cup thinly sliced green peppers  
2 large tomatoes, cut in wedges

In a small bowl, combine ½ 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 (10¾ oz.) can cream of mushroom soup  
1 (10¾ oz.) can cream of chicken soup  
2¾ cup milk  
2 cup CHICKEN MIX, thawed  
½ t. salt  
1 large onion  
1 (7-oz.) can green chili salsa  
2½ 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***

½ cup butter or margarine  
1 cup chopped celery  
1 (4-oz.) can mushrooms or ¼ lb. fresh sliced mushrooms  
½ cup flour  
2 cups Chicken Broth, thawed  
2 cups CHICKEN MIX, thawed  
1 cup milk  
¼ 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. Sauté' 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  
⅓ cup baking powder  
4 teaspoons salt  
¼ cup powdered honey\* or ½ cup sugar

In a large bowl, combine wheat flour, all-purpose flour, milk powder or buttermilk powder, powdered honey, baking powder, and salt. Texture will resemble cornmeal. 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: ½ 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 ⅓ cups water  
¼ 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 ¾ 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  
½ cup buttermilk, milk or water  
¼ 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 ½ 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  
¼ cup butter or margarine, melted  
3 cups HONEY AND WHEAT MIX  
¾ teaspoon baking soda

½ cup canola 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 ½ 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 ¼ 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 2 ½ cups of water and 1 cup of wheat. Bring to a boil. Allow to simmer ½ 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  
¼ t. ground sage  
¼ t. ground oregano  
¼ t. ground marjoram  
¼ t. celery salt  
2 lbs. lean ground beef\*  
½ cup bread crumbs  
½ cup regular oatmeal  
½ cup wheat berries (optional)  
½ 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.

\*If going to freeze, make with *fresh* ground beef to reduce risk of food borne illness

## **Porcupine Meatballs**

1 pkg. MEATLOAFMIX

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.

### **Meatball Sauce:**

½ cup brown sugar  
½ cup bottled barbecue sauce  
½ cup catsup  
1 can tomato soup  
½ t. Worcestershire sauce  
½ t. seasoning salt  
½ t. chili powder  
1 t. dry onion flakes

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

## **Mini Meat Loaves**

1 pkg. MEATLOAFMIX  
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. MEATLOAFMIX  
2 green peppers, halved, seeded  
½ cup tomato sauce  
⅓ t. garlic salt

½ 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. MEATLOAFMIX  
½ cup tomato sauce  
¼ t. oregano leaves, crushed  
⅓ 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. Remove from oven, top each with 3 green pepper rings. Sprinkle with mozzarella cheese and Romano cheese. Bake 10 minutes longer. Garnish with black olives.

## **CINNAMON OATMEAL PANCAKE MIX**

4 cups quick cooking or regular oats  
4 cups flour (2 cups whole wheat or all whole wheat)  
1 cup instant non-fat dry milk  
1 T. cinnamon  
¼ cup sugar or brown sugar  
1½ T. salt  
3 T. baking powder  
½ t. cream of tartar

Combine ingredients and stir to mix well. Store in air-tight container.

### **Mixing Directions:**

In a medium bowl, beat 2 eggs. Beat in 3 T.

oil gradually. Alternately, stir in 2 cups CINNAMON OATMEAL 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.

## **PANCAKE MIX**

10 cups flour  
2½ cups instant nonfat dry milk  
½ cup sugar  
¼ 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***

1½ 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**

[aka Sauce Or Soup (SOS) Mix]

2 cups instant non-fat dry milk  
¾ cup cornstarch  
¼ 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 ⅓ cup of BASIC SAUCE MIX with 1¼ 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.

For recipes using BASIC SAUCE MIX (in addition to those listed below), visit this website:

<http://extension.usu.edu/fsne/htm/fsne>  
and click on “SOS (sauces or soups)”

## ***Basic Sauces and Soups***

⅓ cup BASIC SAUCE MIX

1¼ 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)

⅓ 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.

## ***Alfredo Sauce***

⅓ cup BASIC SAUCE MIX

½ cup grated Parmesan cheese

1¼ cups water

¼ t. pepper

½ cup low-fat 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: 1½ cup sauce.

## ***Chicken Enchiladas***

1 pkg. corn tortillas

1 lb. cooked, diced or shredded chicken  
(or use CHICKEN MIX)

1 T. canola oil

1 onion, chopped

1 can green chilies, chopped

1 cup BASIC SAUCE MIX (dry)

3 ¼ cups water  
¾ cup cheddar cheese, grated

1. Make sauce by combining BASIC SAUCE MIX and water. Cook and stir on stove top or in microwave until thickened.
2. Sauté 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***

⅓ cup BASIC SAUCE MIX  
1¼ cup cold water  
1 cup cooked chicken, cubed (or use CHICKEN MIX)  
1 cup baking mix (Bisquick or QUICK MIX)  
1 egg  
½ 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 (or READY HAMBURGER MIX)  
3 cups water  
⅓ cup BASIC SAUCE MIX  
2 cups uncooked egg noodles  
½ 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 (or READY HAMBURGER MIX)  
2 cups water  
1½ cup uncooked macaroni  
1 (16 oz.) can diced tomatoes  
⅓ cup BASIC SAUCE MIX  
½ 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 (or CHICKEN MIX)  
2 T. butter or margarine  
⅓ cup BASIC SAUCE MIX  
1¼ cup water  
½ cup milk  
½ cup Parmesan cheese  
¼ 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 (or microwave safe bowl). 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 (or READY HAMBURGER MIX)  
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.

## **QUICK MIX** (equivalent to Bisquick)

5 cups white flour  
3 1/2 cups whole wheat flour  
1 t. baking soda  
1 T. baking powder  
1 1/2 cups instant nonfat dry milk  
1 T. salt  
2 t. cream of tartar

In a large bowl, sift together all dry ingredients. Blend well. 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  
1/4 cup canola oil  
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, oil, 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  
¼ 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 ½-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 Lasagna  
Any recipe that uses a marinara/spaghetti-type sauce

### ***Easy Lasagna Casserole***

½ pound regular noodles (about ½ 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, warm ITALIAN COOKING SAUCE MIX in a skillet or microwave. 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  
¼ 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  
½ t. pepper  
½ t. oregano  
¼ 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 ½-inch space at top. Seal and label containers. Freeze. Use within 3 months. Makes 4 pints.

### ***Suggestions for dishes using READY HAMBURGER MIX:***

Tacos, Enchiladas, Burritos, Taco Salad, Taco skillet, 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  
½ 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  
¾ 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 ⅓ cup white sugar  
1 ⅔ cup brown sugar  
5 eggs  
2 T. vanilla  
4-5 cups white flour  
2 cups whole wheat flour  
2 cups oatmeal  
1 T. soda  
1½ t. salt

Optional: Raisins, Nuts, Chocolate Chips, spiced jelly drops, M&M's etc.  
(If using raisins, simmer 1 cup raisins in ½ cup water, 1 T. cinnamon, ½ t. nutmeg, and ½ 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 1½ 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 ¼-inch slices. Place slices on prepared baking sheets, about ½-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.

## **INSTANT OATMEAL MIX**

4 cups old-fashioned rolled oats (NOT quick-cooking oats)  
½ t. salt

Grind oats and salt in a blender (in 2 or more batches if necessary) to the consistency of wheat germ. Scoop half-cup portions into separate re-sealable plastic bags. Flavor each one (using mix-ins below).

### **MIX-INS**

**Apple Cranberry:** 1 teaspoon of packed brown sugar and 1 tablespoon each of chopped dried apples and cranberries (option—leave out cranberries and add another tablespoon of apples).

**Brown Sugar and Spices:** 1 teaspoon of packed brown sugar and a dash of each ground cinnamon, nutmeg, and clove.

**Cinnamon Raisin:** 1 teaspoon of sugar, 1 tablespoon of raisins, and a dash of cinnamon.

**Pecan Delight:** 1 teaspoon of packed brown sugar and 1 tablespoon chopped pecans.

**Blueberry:** 1 teaspoon of sugar and 1 tablespoon of blueberries, and a dash of cinnamon.

**Cooking instructions:** add 1 cup water\* to

packet (½ cup oatmeal + mix-ins) in a microwavable bowl. Microwave for 2 – 2 ½ minutes.

\*If desire a creamier oatmeal, use 1 cup milk. Or add ⅓ cup instant non-fat dry milk (or 3 T. non-instant dry milk) to oatmeal mix and use 1 cup water.