



Do it Yourself with MIXES

MAGIC MIX

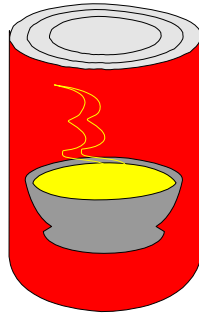
4 cups instant nonfat dry milk
1 cup flour or 1/2 cup cornstarch

1 cup butter or margarine

Combine the dry milk, flour and margarine in a large bowl; mix until it looks like cornmeal. Store in refrigerator until ready for use.

CLAM CHOWDER

1 teaspoon margarine
1/2 cup onion, chopped
1/2 cup celery, diced
3 potatoes, diced
4 cups water
2 cups *Magic Mix*
1 teaspoon chicken bouillon granules
1 can minced clams
Salt and pepper to taste



Cook potatoes in small amount of water; drain and set aside. Sauté onion and celery in margarine. Place water, *Magic Mix* and bouillon in saucepan; stir and simmer until thickened. Add the rest of the ingredients; heat and serve.

TOMATO SOUP

1/2 cup onion, diced
1/2 cup celery, diced
2 tablespoons margarine
1 quart canned tomatoes
1 cup *Magic Mix*
1/2 bay leaf
Salt and pepper to taste

Sauté onion and celery in margarine. Mash tomatoes; add to onion mixture. Add *Magic Mix* and bay leaf; mix well. Cook until slightly thick; remove bay leaf. Add seasonings and serve.

WHIPPED POTATOES

Wash, peel and cube 4-6 potatoes; cook in boiling water until tender. Drain reserving 3/4 cup potato water. Add 1/2 cup *Magic Mix*, and reserved water to potatoes; whip until smooth.

CREAMED POTATOES AND PEAS

3 medium potatoes
2 1/2 cups water
1/2 cup frozen peas
1 1/2 cups *Magic Mix*
1/8 teaspoon pepper
1/2 teaspoon seasoned salt

Peel and cube potatoes; boil in water until almost tender. Add frozen peas; cook 2 minutes longer. Add *Magic Mix*, pepper and salt; stir over medium heat until thickened.

AU GRATIN POTATOES

4-5 medium potatoes
1 1/2 cups *Magic Mix*
2 cups water
1 chicken bouillon cube
1/4 teaspoon parsley
1/4 teaspoon onion salt
1/4 teaspoon garlic powder
1 cup cheddar cheese

Boil potatoes in jacket until barely tender. Peel and slice or coarsely grate. In a saucepan, combine *Magic Mix*, water and bouillon; bring to boil. Add parsley, onion salt, garlic powder and grated cheese; stir until cheese melts. Mix with potatoes; pour in greased 9x12" baking dish. Top with buttered bread crumbs. Bake at 375 degrees for 35 minutes. Serves 4-6.



WHITE SAUCE MIX

- 2 cups instant nonfat dry milk **OR**
1 ½ cups regular nonfat dry milk
- 1 cup all-purpose flour
- 2 teaspoons salt
- 1 cup butter or margarine

In a large bowl, combine dry milk, flour and salt; mix well. Cut in butter until mixture resembles fine crumbs. Store in airtight container in refrigerator. Use within 2 months. Makes 1 quart.

*** To Make White Sauce:** Combine ½ cup *White Sauce Mix* and 1 cup water in saucepan. Cook over medium heat, stirring constantly, until sauce is thickened and simmering. Makes 1 cup.
(For richer sauce may substitute milk for water)

HOMEMADE "CREAM" SOUP MIX

- 2 cups powdered nonfat milk
- ¾ cup cornstarch
- ¼ cup instant chicken bouillon
- 2 tablespoons dried onion flakes
- 1 teaspoon basil leaves
- 1 teaspoon thyme leaves
- ½ teaspoon pepper



Combine all ingredients, mixing well. Store in airtight container until ready to use. Yield: 9 cans

~ **To Make CREAM OF CHICKEN Soup:**
Combine ⅓ cup of *Cream Soup Mix* with 1 ¼ cups of cold water in saucepan. Cook and stir until thickened. Add to casserole as you would the canned product. Substitute for 1 can.

~ **To Make CREAM OF MUSHROOM Soup:**
Add a 4 oz. can of mushrooms, undrained, as part of liquid in *Cream of Chicken Soup* above for cream of mushroom (10% fat).

SPICES

~ THAI BLEND

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon ground red pepper
- ½ teaspoon ground ginger
- ⅛ teaspoon ground cinnamon

~ MEXICAN BLEND

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon ground red pepper
- ½ teaspoon chili powder
- ½ teaspoon cilantro

~ MEDITERRANEAN BLEND

- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- ⅛ teaspoon red pepper
- 1 teaspoon oregano leaves
- ½ teaspoon thyme leaves

~ PUMPKIN PIE SPICE (1 teaspoon)

- ½ teaspoon cinnamon
- ⅛ teaspoon allspice
- ¼ teaspoon ginger
- ⅛ teaspoon nutmeg

~ APPLE PIE SPICE (1 teaspoon)

- ½ teaspoon cinnamon
- ⅛ teaspoon cardamon
- ½ teaspoon cinnamon



SEASON MIXES

CHILI SEASONING MIX*

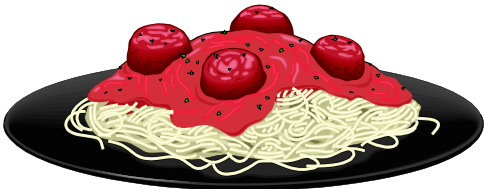
3 tablespoons flour
2 tablespoons instant minced onion
1 ½ teaspoons chili powder
1 teaspoon salt
½ teaspoon crushed dried red pepper
½ teaspoon instant minced garlic
½ teaspoon sugar
½ teaspoon cumin

To Make Chili: Brown 1 pound ground beef; drain. Combine above ingredients; add 2 cups tomato juice and 1 can (15 oz) undrained kidney beans. Bring to a boil, cover and reduce heat. Simmer 10 minutes; stirring occasionally. Serves 4.

SPAGHETTI SAUCE MIX*

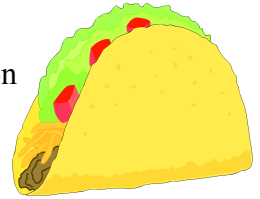
1 tablespoon minced onion
1 tablespoon parsley flakes
1 tablespoon cornstarch
2 teaspoons green pepper flakes
1 ½ teaspoons salt
½ teaspoon instant minced garlic
1 teaspoon sugar
¾ teaspoon Italian seasoning

To Make Sauce: Combine all ingredients in medium saucepan. Add 1 cup tomato sauce and 1 ½ cups water; mix well. Bring to a boil, cover and reduce heat. Simmer 15 minutes; stirring occasionally. Serves 4.



TACO MIX*

2 teaspoons instant minced onion
1 teaspoon salt
1 teaspoon chili powder
½ teaspoon cornstarch
½ teaspoon crushed dried red pepper
½ teaspoon instant minced garlic
¼ teaspoon dried oregano leaves
½ teaspoon ground cumin



To Make Taco Filling: Brown 1 pound ground beef; drain. Combine above ingredients; add ¾ cup water. Bring to a boil; reduce heat. Simmer for 15 minutes; stirring occasionally.

SLOPPY JOE SEASONING MIX*

1 T instant minced onion	½ tsp. garlic powder
1 tsp. green pepper flakes	¼ tsp. dry mustard
1 teaspoon salt	¼ tsp. celery seeds
1 teaspoon cornstarch	¼ tsp. chili powder

To Make Sloppy Joes: Brown 1 pound ground beef; drain. Combine above ingredients; add 1 cup tomato sauce and ¾ cup water. Bring to a boil; reduce heat. Simmer 10 minutes; stirring occasionally. Serves 6.

PIZZA SAUCE MIX*

1 tablespoon minced onion	¼ teaspoon salt
¼ teaspoon garlic powder	½ teaspoon sugar
½ teaspoon Italian seasoning	

To Make Pizzas: Combine all ingredients; add 1 cup tomato sauce. Mix well; spread over pizza dough. Top with cheese, meats and vegetables. Bake at 375 degrees F. for 15-20 minutes.
(Enough for 2 medium pizzas)

****Combine all ingredients; place on foil; seal well. Makes 1 package. Repeat recipe to make as many packages as are desired. DIPS can be made by adding 1 package season mix to 1 cup mayonnaise and 1 cup sour cream.***

MISCELLANEOUS MIXES

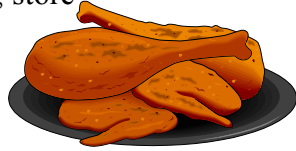
CRISP COATING MIX

4-5 cups cornflake crumbs ½ tsp. onion powder
1 tablespoon parsley flakes 1 tsp dry mustard
1 teaspoon celery salt ½ teaspoon salt
1 tablespoon paprika ¼ teaspoon pepper

Mix all ingredients together; store in airtight container.

Makes 4-5 cups.

To Use: Dip meat into milk, then into coating mix. Bake or fry. May use on chicken, fish, beef or pork.



SEASONED COATING MIX

2 cups fine bread crumbs 2 tsp. poultry seasoning
½ cup flour 1 tsp. pepper
4 teaspoons salt ½ cup shortening
4 teaspoons paprika

Combine bread crumbs, flour, salt, paprika, poultry seasoning and pepper in bowl; mix thoroughly. Cut in shortening until mixture resembles coarse crumbs. Place in covered container; store in cool place. Makes 4 cups. ***To Use:** Place chicken pieces and *coating mix* in plastic bag; shake until covered. Bake at 350 degrees until tender.

CHICKEN FLAVORED RICE MIX

4 cups uncooked long grain rice
4 tablespoons instant chicken bouillon
1 teaspoon salt
2 teaspoons dried tarragon
2 teaspoons dried parsley flakes
¼ teaspoon white pepper

Combine all ingredients; store in airtight containers in cool, dry place. (Stores 6-8 months). Makes about 4 cups dry mix.

***To Make:** Combine 1 ⅓ cups *rice mix* above, 2 cups cold water and 1 T. butter in medium saucepan. Bring to boil over high heat; cover and simmer for 15-25 minutes. Serves 4-6.

SAUCEPAN STUFFING

1 tablespoon dried celery flakes
2 teaspoons dried minced onion
2 teaspoons dried parsley leaves
1 teaspoon chicken bouillon
1 teaspoon poultry seasoning
⅛ teaspoon pepper
1 ¼ cups water
3 tablespoons butter or margarine
4 cups dried bread cubes

Combine celery, onion, parsley, bouillon, poultry seasoning and pepper in small mixing bowl. Add water and butter; place in saucepan and bring to a boil. Simmer for 5 minutes; stir in bread cubes. Cook over low heat 1-2 minutes until liquid is absorbed; cover and remove from heat.

BUTTERMILK HOME-STYLE DRESSING

2 teaspoons instant minced onion
½ teaspoon salt
⅛ teaspoon garlic powder
½ teaspoon monosodium glutamate
1 tablespoon parsley flakes

Combine all ingredients; mix well. Put in moisture proof package; label and store in a cool, dry place. (*Stores for 6 months*)



***To Make Dressing:** Add 1 cup mayonnaise and 1 cup buttermilk; combine and chill before serving. Makes 2 cups. **To Make Dip** substitute sour cream for buttermilk; chill.