Do it Yourself with MIXES

MAGIC MIX

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

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
½ cup onion, chopped
½ 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
½ cup onion, diced
½ cup celery, diced
2 tablespoons margarine
1 quart canned tomatoes
1 cup Magic Mix
½ 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.

CREAMED POTATOES AND PEAS
3 medium potatoes
2 ½ cups water
½ cup frozen peas
1 ⅛ cups Magic Mix
1 teaspoon chicken bouillon granules
Salt and pepper to taste

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.

WHIPPED POTATOES
Wash, peel and cube 4-6 potatoes; cook in boiling water until tender. Drain reserving ¼ cup potato water. Add ½ cup Magic Mix, and reserved water to potatoes; whip until smooth.

AU GRATIN POTATOES
4-5 medium potatoes
1 ½ cups Magic Mix
2 cups water
1 chicken bouillon cube
¼ teaspoon parsley
¼ teaspoon onion salt
¼ 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)

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**HOMEMADE "CREAM" SOUP MIX**

2 cups powdered nonfat milk  
¼ 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

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**SPICES**

1. **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

1. **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

1. **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

1. **PUMPKIN PIE SPICE** (1 teaspoon)
   - ½ teaspoon cinnamon  
   - ⅛ teaspoon allspice  
   - ¼ teaspoon ginger  
   - ⅛ teaspoon nutmeg

1. **APPLE PIE SPICE** (1 teaspoon)
   - ½ teaspoon cinnamon  
   - ⅛ teaspoon cardamom  
   - ½ teaspoon cinnamon

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1. **To Make CREAM OF CHICKEN Soup:**  
   Combine ½ 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.

1. **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).
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 ½ 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
½ 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
½ 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.