

Knowledge @ Noon

“Mix It Up”



Wednesday, April 18, 2018

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

“MEALS FROM HOMEMADE MIXES”

Looking for a few ways to save money on your next grocery bill? Making your own pantry supplies is one way to shave those dollars!

Making your own mix from scratch rather than buying it in the store not only saves you money but also saves you from all the additives and preservatives that are put in the foods we buy.

Make your own mixes and you control the sodium and fat content in the foods you eat. On a low sodium diet? Just leave out or reduce the salt or salty products. Want to eat low fat? Substitute low fat ingredients for higher fat ones. You can customize each mix to your taste. And you'll save money too! You can add, subtract, or substitute for just about any herb or spice in these recipes. A couple more great things about making your own mixes is they are simple to make, and usually economical. Scale to make a batch as large or small as you like.

You can whip up batches of homemade cake mix, Bisquick, Hamburger Helper, dry soups plus a whole lot more...even your own spice and seasoning blends.

Not only are these ideal for stocking up the pantry, many are also suitable for packaging as gifts in a jar

Assembling Your Homemade Mixes

Purchase your ingredients ahead of time to make sure you have the amounts that you need. When planning for assembly day, try to set aside a morning. Setting out your measuring cups, spoons and ingredients the night before is very helpful. Since they are all dry ingredients, you don't have to worry about spoilage. You may want to use multiple sets of measuring cups to limit "wash time" if you are making a large variety of mixes.

Assemble one mix at a time to cut down on the confusion of what has or hasn't been added. For each recipe, I multiply the ingredients by two or four, which I find makes for the easiest calculations. Make sure to include the wet ingredients in your calculations so that later you don't find yourself adding too much or too little liquid to each batch.

Your dry mixes can be stored in large containers or in individual bags to save yourself the math of figuring out how much to use for each batch. After assembly, put away your mixes and be prepared to enjoy the fruits of your labor.

Why make your own Seasoning Mixes?

Homemade seasonings are generally less expensive than store bought mixes, you can control the ingredients (and eliminate the fillers such as MSG, Gluten, modified food starches, partially hydrogenated oils, silicon dioxide, and so called natural flavorings.)

What do you need to make your own Seasoning Mixes?

Single Ingredient Herbs & Spices

Jars or Baggies (save empty spice jars to use for storing your homemade seasoning mixes)

Measuring Spoons

If you have a recipe that you make often, save old spice jars, make your own spice mix for the recipe, mark the jar with . This will save you time next time you make the meal.

Recipes

Fruit Crisp Topping Mix

1 ½ cups old fashioned oats

¾ cup flour

1 ½ cups brown sugar

¾ teaspoon salt

¾ cup white sugar

Mix above ingredients together and store in a zipper bag or air tight container. When ready to use, add;

¾ Cup melted butter and mix.

Sprinkle over the top of fruit such as sliced apples or peaches seasoned with cinnamon and sugar or use cherry canned pie filling. Bake at 350 degrees for 40 minutes.

Mix will top a 9 X 13 crisp or two 8 X 8 crisps.

Per serving: Calories 150, Total Fat 6g, Cholesterol 0mg, Sodium 125mg, Total Carbohydrates 25g, Protein 1g

Homemade Hamburger Helper Beef Noodle

1 lb. Ground beef
2 cups Wide Egg Noodles
1 1/2 cup Water
1 1/2 cup Milk
3 Beef Bouillon Cubes
1 tablespoon Cornstarch
1 teaspoon Garlic Powder
1/2 teaspoon Onion Powder
1 teaspoon Sugar
1/2 teaspoon Black Pepper
1 teaspoon Salt

Instructions

To Store: Mix all ingredients except ground beef, water and milk and store in jar.

In a small bowl, mix together cornstarch, sugar, onion powder, garlic powder, salt and pepper. set aside.

When you are ready to make: Brown ground beef in a large skillet and drain excess fat.

Add 1 1/2 cups water, 1 1/2 cups milk, and the mix.

Bring to boil then reduce heat to low, cover and simmer for 12-15 minutes or until noodles are tender. Remove from heat and let stand for several minutes to thicken.

Per Serving: Calories 540, Total Fat 11g, Cholesterol 190mg, Sodium 1080mg, Total Carbohydrate 67g, Protein 41g

Amish Friendship Soup

1/2 cup dry split peas, sorted and rinsed
1/2 cup dried lentils, sorted and rinsed
1/3 cup beef bouillon granules
1/4 cup pearl barley
1/4 cup dried minced onion
2 teaspoons Italian seasoning
1 cup small pasta, ditalini or tubetti
1-pound ground beef
3 quarts 3 quarts water
1 (28-ounce) can diced tomatoes, undrained

Instructions In a 1 1/2 pint jar, layer the first seven ingredients in the order listed. Seal.

Remove pasta from the top of jar to be used later.

In a large pot, brown ground beef and drain.

Return cooked ground beef to the pot, add the water, tomatoes, and the remaining soup ingredients except the pasta.

Bring to a boil, reduce heat, cover and simmer for 45 minutes. Add pasta and simmer for 20-25 minutes or until pasta, peas, lentils and barley are tender. Add other vegetables such as carrots, celery, onions to the soup.

Per serving: Calories 220, Total Fat 3g, Cholesterol 30mg, Sodium 1560mg, Total Carbohydrates 29g, Protein 17g

Homemade Dessert/Bread Mix

Homemade chocolate cake mix, adapted from Food Fanatic

Prep Time 10 minutes **Total Time** 10 minute

Ingredients

2 cups granulated sugar
2 cups all-purpose flour
3/4 cup unsweetened cocoa powder
1 tablespoon instant coffee
1/2 cup nonfat dry milk
1 tablespoon baking soda
2 teaspoons baking powder
1 teaspoon salt
8 ounces unsalted butter cut into chunks
1 tablespoon pure_vanilla_extract

Instructions

In a large food processor, mix together dry ingredients until well-blended. Add butter and vanilla and pulse until mixture resembles coarse crumbs. Divide mixture in half (about 3 1/2 cups) and pour into two large Mason jars or freezer bags. Store in the freezer for up to 2 months. Thaw some before using.

Per serving:Calories 610, Total Fat 31g, Chol 80mg, Sodium 1010 mg, Total Carbs 87g, Protein 9g

Devil's Food Cake

To make the cake: 1 jar cake mix, 1 1/4 cup warm water, 2 large eggs

Preheat oven to 350°F. Grease two 8-inch cake pans and line the bottom with parchment paper. Beat mix, water, and eggs together until few lumps remain. Divide between cake pans. Bake for about 25 minutes, until a toothpick inserted in the center comes out clean.

Brownies For this make-ahead mix, mix together **3/4 cup sugar, 2/3 cup flour, 1/4 tsp baking powder, and 1/4 tsp salt.** Put **1 cup of chocolate chips** needed for this recipe in a small baggie and lay it on top of the dry ingredients in the jar. When it comes time to bake this recipe, melt the chocolate chips in a bowl with **4 tablespoons of butter.** To that add the dry ingredients in the jar, **2 eggs, and 1/2 tsp of vanilla.** This recipes bakes in an 8x8 pan at 350 degrees for 25 minutes.

Per Serving: Calories 230, Total Fat 12g, Cholesterol 60mg, Sodium 45mg, Total Carbohydrate 30g, Protein 4g

Banana Bread

With the ingredients mixed together ahead of time for homemade banana bread, you'll be much more likely to make bread when those bananas you have around seem to suddenly be over-ripe. To make this ahead, mix 1-3/4 cups flour, 2/3 cup sugar, 2 tsp baking powder, 1/4 tsp baking soda, and a 1/2 tsp salt. Chop up about a 1/4 cup of walnuts and put them in a small baggie with about 1/2 cup of mini chocolate chips and lay them on top of the dry ingredients in the jar. {Both ingredients are yummy additions to banana bread.} When it comes time to make this recipe, add 2 or 3 mashed bananas, 2 eggs, and 1/3 cup of oil to the contents in the jar. It bakes at 350° F for 50 minutes.

Per Serving: Calories 230, Total Fat 11g, Cholesterol 30mg, Sodium 230mg, Total Carbohydrate 34g, Protein 4g

Blueberry Bread (or muffins)

The next time you have both blueberries and orange juice in the house, you'll be ready with a make-ahead blueberry bread mix! Mix together 2 cups flour, 1 cup sugar, 1 tsp baking powder, 1/2 tsp baking soda, and 1/2 tsp salt. When it's time to make the bread, add to the dry ingredients 1 egg, 1 cup of orange juice, and then stir in 1 cup of blueberries. This bread bakes at 350 for 50 to 60 minutes. If making the recipe as muffins, bake for 30 minutes.

Per Serving; Calories 140, Total Fat 0, Cholesterol 15mg, Sodium 200mg, Total Carbohydrate 32g, Protein 3g

Topsy Turvy Cupcakes

This recipe is a favorite. Because it has two steps – the cake portion and the filling portion – it can be nice to have this recipe mixed together ahead of time too. Mix together 1-1/2 cups flour, 1 cup sugar, 1 tsp baking soda, 1/2 tsp salt and 1/4 cup cocoa. Then for the filling ingredients mix 1/3 cup sugar, 1/8 tsp salt, and 1 cup of chocolate chips, put them in a baggie, and lay them on top of the dry ingredients. When it's time to make this recipe, mix the dry ingredients with 1 cup water, 1/3 cup oil, 1 T. of vinegar, and 1 tsp of vanilla. Take the items from the baggie and mix it with a softened 8 oz cream cheese and 1 egg. These cupcakes bake at 350 degrees for 25 minutes.

Per Serving: Calories 310, Total Fat 17g, Cholesterol 40mg, Sodium 300mg, Total Carbohydrate 38g, Protein 5g

Chocolate Cake Mix

1 3/4 cups all-purpose flour
1/4 cup cornstarch
1 3/4 cups sugar
3/4 cup cocoa powder
4 teaspoons baking powder
1 1/4 teaspoons salt

4 tablespoons butter or refined coconut oil
In a food processor combine the flour, cornstarch and sugar. Process until the sugar is superfine. Add baking powder, cocoa powder, and salt. Process until blended. Add butter or coconut oil and process until fine crumbs. Store in an airtight container.

Additional Ingredients (Chocolate Cake Mix)

1 1/3 cups water

1 Tbsp. vanilla extract

1/2 cup vegetable oil

3 large eggs

Preheat oven to 350 degrees F. Grease your pans and lightly flour.

Pour dry cake mix into a bowl add water, oil and eggs and beat for 1 minute. Scrape the sides and beat on medium speed for 2 minutes

Pour batter into pans. Tap gently to remove air bubbles. Bake for 30 to 33 minutes for 9-inch round pans, 35-38 minutes for 8-inch round pans; and 35 to 38 minutes for a 13x9-inch pan, or 19 to 22 minutes for 18 cupcakes.

Classic Chili Spice Mix

1 cup Chili Powder
1/2 cup Cumin
1/4 cup Garlic Powder
1/4 cup Minced Onion
2 Tablespoons Oregano
1 Tablespoon Sugar
1 Tablespoon Salt
1 teaspoon Pepper
1/4 teaspoon cayenne (optional)

Use 2 Tbsp. of mix to season 1 lb. of ground beef, 1 can of diced tomatoes with juice (or 2 cans of tomato sauce), 2 cans of pinto beans and 2 cans of kidney beans. don't drain cans. If you prefer to drain them, add more sauce or water to make up the volume in liquid.

Italian Dressing Mix

1 tablespoon garlic salt
1 tablespoon onion powder
1 tablespoon white sugar
2 tablespoons dried basil
1 teaspoon black pepper
1 teaspoon dried rosemary
1 tablespoon dried parsley
1/4 teaspoon celery seed
1/4 teaspoon red pepper flakes
1/4 teaspoon dried thyme
Yields: 6 Rounded Tbsp.

To prepare dressing, whisk together 1/4 cup white vinegar, 2/3 cup canola oil, 2 tablespoons water and 2 tablespoons of the dry mix.

Condensed Cream of Chicken Soup Mix

2/3 cup instant dry milk
2 teaspoons chicken bouillon granules
1/4 cup flour or 2 Tbsp. cornstarch
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
1/8 teaspoon white pepper
To use, whisk mix with 1 cup of cold water until all lumps disappear, then cook and stir until thickened.

Per Serving: Calories 350, Total Fat 0g, Cholesterol 20mg, Sodium 1990mg, Total Carbohydrate 32g, Protein 24g

Taco Seasoning Mix

1 cup chili powder
1 cup dried onion flakes
3/4 cup ground cumin
3/4 cup garlic salt
1/3 cup sugar
3 Tablespoons Paprika
Use 2 Tablespoons of mix for each pound of meat.

Spaghetti Sauce Mix

2 Tablespoons dried minced onion
1 teaspoon garlic powder
1 teaspoon basil
2 teaspoon dried parsley
1 teaspoon sugar
1 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1 bay leaf
dash of cayenne

Combine sauce mix with 1 6 oz can of tomato paste; 2 -28 oz cans of crushed tomatoes; 1-2 lb. browned ground beef; and 1/4 cup of white wine (opt.) Remove bay leaf before serving.

Per Serving: Calories 250, Total Fat 5g, Cholesterol 65mg, Sodium 1170mg, Total Carbohydrates 26g, Protein 26g

Homemade Cheeseburger Macaroni

Hamburger Helper Mix

What You Need:

1 teaspoon cornstarch, arrowroot powder, or flour
2 teaspoons paprika
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon sugar
1 1/2 cups elbow macaroni

Mix ingredients together in a bag or jar. When you are ready to make, brown up 1 pound of hamburger. Add in the mix and 1 cup water and 2 cups of milk. Bring to boil, then reduce heat and cover the skillet and let the pasta cook. 12-15 minutes Stir in 1 cup of shredded cheddar cheese before serving.

Per Serving: Calories 390, Total Fat 11g, Cholesterol 75mg, Sodium 510mg, Total Carbohydrate 42g, Protein 30g

TRY THESE EASY HOMEMADE SPICE BLENDS

ABBREVIATIONS FOR FOLLOWING RECIPES

Tablespoon (tbsp. or T), teaspoon (tsp or t.)

Cup (C)

**Recipe for homemade Chili Seasoning:
(seasons 1 pound of meat)**

1 tbsp chili powder-1 tsp garlic powder-
1 tsp cumin-1 tsp oregano-1/2 tsp paprika -
1/2 tsp onion powder-1/4 tsp thyme

**Recipe for homemade Jerk Seasoning:
(seasons 2 pounds of chicken; can also be
used as a marinade)**

2 tsp allspice-2 tsp cumin-2 tsp coconut sugar-
1 tsp sage-1 tsp thyme-1/2 tsp nutmeg-
1/2 tsp sea salt-1/4 tsp cayenne-1 lime, juice of

**Recipe for homemade Poultry Seasoning:
(enough for 2 fryer chickens; cut in half for
2-3 pounds of chicken)**

2 tbsp thyme-1 tbsp rosemary-1 tbsp sage-
1 tsp marjoram-1/2 tsp ground pepper-
1/2 tsp celery seed-1/2 tsp nutmeg

**Recipe for homemade BBQ Seasoning:
(enough for 2 fryer chickens; cut in half for
2-3 pounds of chicken; also good for beef,
pork, fish everything!)**

1 tbsp sea salt-1 tbsp ground pepper-
1 tbsp chili powder-1 tbsp garlic powder-
1 tbsp paprika-1 tbsp onion powder

**Recipe for homemade Italian Seasoning:
(use in pasta sauce or Italian dressing;
seasons 1 pound of chicken or fish)**

1-1/2 tsp oregano-1 tsp parsley-1 tsp thyme-
1/2 tsp basil-1/2 tsp sage-1/2 tsp sea salt-
1/2 tsp ground pepper

Recipe for homemade Curry Seasoning:

1 tbsp turmeric-2 tsp coriander-
1-1/2 tsp cumin-3/4 tsp ground mustard-
1/2 tsp cardamom-1/2 tsp ground cloves-
1/2 tsp nutmeg-1/8 tsp cayenne

**Recipe for homemade Southwest
Seasoning: (good for any meat and grilling;
2-3 pounds of meat; good for dips and
dressing too)**

1 tbsp garlic powder-1 tbsp chili powder-
1 tbsp onion powder-1 tbsp smoked paprika-
2 tsp cumin-1/2 tsp chipotle powder

**Recipe for homemade Ranch Seasoning:
(use in place of dry ranch seasoning; will
season 2-3 pounds of meat)**

1 tbsp parsley-1 tbsp chives-1 tbsp dill weed-
2 tsp garlic powder-2 tsp onion flakes-2 tsp onion
powder-1 tsp sea salt-1/2 tsp ground pepper

**Recipe for homemade Taco Seasoning: (will
season 1 pound of ground beef or other
meat)**

1 tsp chili powder-1 tsp garlic powder-
1/2 tsp paprika-1/2 tsp cumin-1/2 tsp onion
powder- 1/4 tsp sea salt-1/4 ground pepper-
1/4 tsp cayenne-1/4 tsp oregano

**Recipe for homemade Cajun Seasoning:
(will season 1 pound of any meat,
especially good on shrimp)**

1 tsp sea salt-1 tsp garlic powder-
1 tsp smoked paprika-1/2 tsp oregano-
1/2 tsp onion powder-1/2 tsp thyme-
1/4 tsp black pepper-1/4 tsp cayenne

Chicken Seasoning

1 T rosemary; 1 T oregano; 1 T ground sage;
1 tsp. powdered ginger 1 tsp. marjoram;
1½ tsp. thyme; 3 T packed brown sugar;
3 T dry minced parsley; 1 t. pepper; 1 T paprika;
2 T garlic salt; 2 T onion salt; 2 T chicken bouillon
powder; 1 pkg. Lipton cup tomato soup mix
(Pulse in blender; store in airtight container; to coat
chicken add 1 oz. mix to 1 C flour)

Chili Powder

3 T paprika; 1 T ground cumin; 2 T oregano;
1 t. red or cayenne pepper; ½ tsp. garlic powder

Chinese Five-Spice Powder: 1 t. ground Szechwan pepper; ½ t. ground cinnamon; ½ t. ground cloves; 1¼ t. ground fennel seeds; 1 t. ground star anise

Cinnamon Sugar: 1 c granulated sugar;
2 T ground cinnamon

Creole Meat Seasoning: ½ C salt; ¼ C finely minced garlic; ¼ C freshly ground black pepper; ¼ C cayenne pepper, 2 tsp. cumin seed

Creole Seasoning: 4 t. salt; 4 t. paprika; 1 T garlic powder; 1 T black pepper; 2½ t. onion powder; 1½ t. dried thyme leaves; 1½ t. dried oregano leaves; 1½ t. cayenne pepper

Fajita Seasoning 1: 1 t cumin; 1/2 t oregano; 1/4 t onion powder; 1/4 t garlic powder; 1/4 t salt; 1/4 t pepper. Stir and Store.

Fajita Seasoning 2: 1 T cornstarch; 2 t chili powder; 1 t salt; 1 t paprika; 1 tsp. sugar; ¾ tsp. crushed chicken bouillon;

½ tsp. onion powder; ¼ tsp. garlic powder; ¼ tsp. cayenne pepper; 1/4 tsp. cumin. Stir and Store.

Garam Masala: 1 t. cumin; 1 T. coriander seeds; 1 t. sesame seeds; 1 t. black peppercorns; 1 t. cloves; 1 t. mace; 1 t. cinnamon; 3 cardamom pods(Toast in a medium-low skillet for two minutes; then grind)

Garlic Pepper: 8 t. garlic powder; 4½ t. black pepper; 1 T parsley flakes

Greek Seasoning

¼ C dried oregano leaves 2 TBS fennel seeds
2 TBS crushed dried lemon grass¾ tsp. black pepper

Herb Mix: 1 T onion powder; 1 T garlic powder; 1 T dried parsley flakes; 1 t. dried basil leaves; 1 t. dried thyme leaves; 1 t. dried marjoram leaves; 1 t. pepper

Herbs de Provence: 1 T dried basil leaves; 1 T dried marjoram leaves; 1 T dried summer savory leaves; 1 T dried thyme leaves; 2 t. orange zest; 1 powdered bay leaf; 1 t. fennel seeds

Indian Spice Blend: 8 t. cumin; 4 t. ground ginger; 2 t. ground coriander; 2 t. cayenne; 4 t. turmeric; 2 t. black pepper

Italian Herb Seasoning: 1/4 c oregano; 2 T marjoram; 2 T thyme; 1/4 c basil; 2 T rosemary; 2 T. garlic powder 1/4 c parsley

Kitchen Spice Mix: 2 salt; 1 ground dried lemon peel; 1 T dry English-style mustard; 2 t. ground allspice; 2 t. ground ginger; 2 t. ground nutmeg; 2 t. black pepper; 2 t. cayenne pepper; (For roasted meats and cutlets)

“Lowry’s” Seasoned Salt: 2 T pepper; 1 T chicken bouillon powder; 1 t. onion salt; 1 t. onion powder; 1 T garlic salt; 1 t. cumin powder; 1 t. dry marjoram leaves; 1 T minced parsley; 1 t. paprika; ½ t. curry powder; 1 T chili powder; 1/3 C salt

Middle Eastern Spice Mix: 1 t. cumin; 1 t. cardamom; ½ t. allspice; ½ t. coriander; ½ t. cloves; 1 t. pepper; 1 t. red pepper flakes, crushed; ½ t. ginger; 1 t. turmeric; 1 t. salt; 1 T paprika; 1 t. cinnamon

Mrs. Dash Seasoning Blend: ½ t. cayenne pepper; 1 T garlic powder; 1 t. basil; 1 t. marjoram; 1 t. thyme; 1 t. parsley; 1 t. savory; 1 t. mace; 1 t. onion powder; 1 t. sage; 1 t. black pepper; (blend well and keep dry)

Mulling Spice: 1 C brown sugar; 2 t. ground cinnamon; 1 t. ground cloves; 1 t. dried ground orange peel; 1 t. ground allspice; ½ t. ground nutmeg

No-Salt Seasoned Salt: 1 T garlic powder; 2½ t. thyme leaves; 2½ t. onion powder; 2½ t. paprika; 2¼ t. celery seed; 2½ t. ground white pepper; 1 T dry mustard; 2¼ t. dried finely chopped lemon peel; 1 T ground black pepper

Old Bay Seasoning Mix: 1 T ground bay leaves; 2½ t. celery salt; 1½ t. dry mustard; 1½ t. ground black pepper; ¾ t. ground nutmeg; ½ t. ground cloves; ½ t. ground ginger; ½ t. paprika; ½ t. red pepper; ¼ t. ground mace; ¼ t. ground cardamom

Onion-Paprika Blend: 2 t. paprika; 1 t. onion powder; ½ t. salt; ¼ t. cayenne pepper; (opt.) ¼ t. white pepper (opt.)

Onion Soup Mix (Lipton's): ¾ C instant minced onion; ½ C beef bouillon powder; 4 t. onion powder; ¼ t. crushed celery seeds, ¼ t. sugar

Oriental Spice for Stir Fry(keep refrigerated): 1 t. freshly grated lemon peel; ¼ t. fennel seed, crushed; ¼ t. ground cloves; ¼ t. anise seed, crushed; ¼ t. ground cinnamon; ¼ t. ground ginger

Parmesan Mix: 1 lb. parmesan or Romano cheese, grated; ¼ C oregano; ¼ C basil; ¼ C parsley flakes

Pasta Blend: 5 T dried basil; 3 T dried oregano; 2 T dried thyme; 1 tsp. dried garlic

Pickling Mix: ¼ C mustard seeds; ¼ C dill seed; ¼ C coriander seeds; 2 T crushed chili peppers; 2 T crushed bay leaves; 1 T celery seeds; 1 T white peppercorns

Poultry Seasoning: 2 T marjoram; 2 T savory; 2 tsp. parsley; 1 T sage; 1½ t. thyme

Pumpkin Pie Spice Mix: 2 t. ground cinnamon; 1 t. ground ginger; ½ t. ground cloves; ½ t. ground nutmeg

Seafood Herbs: 5 t. dried basil; 5 t. crushed fennel seeds; 4 t. dried parsley; 1 t. dried lemon peel

Seasoned Salt: ¾ C salt; ¼ C garlic salt; 1 t. ground pepper; ½ t. dried oregano leaves; 1 t. paprika; 1/8 t. celery seed; ¼ t. ground white pepper; ¼ t. dry mustard

Shake N' Bake Mix: 1 C all-purpose flour; 2 C fine dry breadcrumbs; 2 t. cornstarch; 2 t. paprika; 2 t. onion powder; 2 t. salt, 2 t. sugar; 3½ t. poultry seasoning; 2 T crumbled dried parsley

Stuffing Blend: 6 T dried rubbed sage, 3 T dried sweet marjoram; 2 T dried parsley; 4 t. dried celery flakes

Vegetable Blend: 1 T marjoram; 1 T basil; 1 T chervil; 1 T tarragon; 1 T celery seed (Goes well with vegetables and on salads)

Vegetable Seasoning Blend: ¼ C onion powder; ¼ C dried parsley flakes; 2 T salt-free lemon pepper; 2 T garlic powder; 2 T celery seeds; 2 t. sage; 2 t. marjoram; 2 t. thyme; 2 t. basil; 2 t. oregano; 2 t. pepper; 2 t. dill weed

(For use with vegetables; or make broth by mixing 1 rounded teaspoon with each cup of warm water)

Salt Free Seasoning Mix: 3 T garlic granules; 1 T onion powder; 1 T dried basil, crushed; 1 T ground black pepper; 1 T dried thyme, crushed; 1 T dried sage, crushed; 1 T mace.

Seafood Seasoning: 4 t. dried parsley, crushed; 1-1/2 T dried chives, dill or tarragon, crushed; 2 t. dried lemon peel; 1-1/2 t. dried mustard; 1/2 t. garlic granules. (Use about 2 t per pound of fish and poach in about 1/4 c water or salt free broth. For variety, sprinkle the fish with paprika or toasted nuts.

Oriental Seasoning: 2 T onion powder; 2 T ground ginger; 2 T garlic granules; 2 T ground black pepper.

Use ¼-1/2 t per pound of meat, fish or poultry.

Apple Pie Spice ¼ c. cinnamon, 2 t. nutmeg, 1 t. allspice, 1 t. ground ginger. Mix and store in air-tight container.

Baking Powder

½ t. cream of tartar, ¼ t. baking soda, ¼ tsp. cornstarch

Mix and store in air tight container. Recipe can be doubled or tripled.

Beau Monde Seasoning

1 Tbsp ground cloves, 1¼ tsp. ground cinnamon, 1 Tbsp salt, 1 Tbsp ground bay leaf, 1 Tbsp ground allspice, 2 Tbsp ground black pepper, 1 tsp. ground nutmeg, 1 tsp. ground mace, 1 tsp. celery seed, 2 Tbsp ground white pepper

Blackening Spice Mix

1 tsp. ground basil, 1 tsp. ground thyme, 1 tsp. garlic, 1 tsp. white pepper, 1 tsp. black pepper, 1 tsp. salt or sea salt, 1 tsp. onion powder, 2 tsp. cayenne pepper, 1 tsp. paprika (Recipe can also be doubled or quadrupled; refrigeration recommended but not required)

Chai Masala (dried) 1 black cardamom pod, Seeds from 25 green cardamom pods, 4 cloves, ½ tsp. fennel seeds) ¼ tsp. black peppercorns, ¼ tsp. carom seeds, 1 tsp. dried ginger (optional), 1 tsp. ground cinnamon (Grind until fine; store in glass container in cool, dark place for 6 months; makes 3 Tbsps)

Confetti Bean Soup Mix

1 16 oz Pkg. Dry Black Beans
1 16 oz Pkg. Dry Great Northern Beans
1 16 oz Pkg. Dry Red Kidney Beans
1 16 oz Pkg. Dry Pinto Beans
1 16 oz Pkg. Dry Green Split Peas

UP TO A MONTH BEFORE USING

In large bowl, mix beans; spoon into four 4-cup containers, placing about 3 rounded cups in each

Prepare Seasoning Bags. Place 1 Seasoning Bag in each container. If Giving mix as gifts, include Confetti Bean Soup recipe with each gift.

SEASONING BAGS: Cut four 6 inch squares plastic wrap. On each square place 3 beef-flavored bouillon cubes, 3 Tbsp. dried chopped chives, 1 tsp salt, 1 tsp dried savory, ½ tsp ground cumin, ½ tsp ground black pepper, 1 bay leaf. Gather plastic & tie with string.

Confetti Bean Soup

Rinse beans from 1 container soup Mix & place in a 5 quart pan & add 9 cups water. Bring to a boil for 3 minutes. Remove from heat, cover, let stand 1 hour, drain & rinse beans.

Return beans to pan, add contents Of seasoning bag & 5 cups water. Heat to boiling, reduce heat to simmer for 1 ½ hour or until beans are tender. Stir occasionally.

May add one 14 ½ to 16 oz can stewed tomatoes with its liquid. Bring to boil, reduce heat to low and cook, uncovered for 15 minutes longer. Stir to break up tomatoes. Discard bay leaf.

Yield: 12 first course servings.

Each serving: About 160 Calorie, 1 g fat, 0 mg cholesterol, 530 mg sodium
Recipe from Jerri Hefling, MFV.

Homemade Hamburger Helper Basic Mix

2 cups nonfat dry milk
1/4 cup beef bouillon powder
1 teaspoon dried basil
1 teaspoon black pepper
1 Tablespoon garlic powder

1 cup corn starch
2 Tablespoons onion flakes
1 teaspoon dried thyme
2 Tablespoons dried parsley

Measure all ingredients into a Ziploc Bag. Shake well, transfer to vacuum seal bag, seal and store up to a year. To use, see recipes below *, each recipe calls for 1/2 c. of mix - this refers to the Hamburger Help Mix listed above.

Per Serving: Calories 170, Total Fat 0g, Cholesterol 5mg, Sodium 1550mg, Total Carbohydrate 31g, Protein 7g

***Chili Mac:**

1 lb. ground beef or turkey, browned and drained
1/2 Cup macaroni noodles (uncooked)
1 Tablespoon chili powder

1 Cup water
2 cans chopped tomatoes
1/2 Cup mix

Combine all and simmer 20 minutes or until macaroni is cooked.

Per Serving: Calories 240, Total Fat 4.5g, Cholesterol 45mg, Sodium 650mg, Total Carbohydrate 27g, Protein 21g

***Stroganoff:**

1 lb. ground beef or turkey, browned and drained
1/2 Cup mix
1/2 Cup sour cream

2 Cups water
2 Cups uncooked egg noodles

Combine all except sour cream. Simmer 20 minutes or until noodles are tender. Stir in sour cream and serve. (Alternatively, heat a large skillet over medium heat, place ground meat in pan to brown, when halfway cooked add 1/2 a small onion diced, 1/2 c diced bell pepper (red or green or both) until meat is no longer pink. Add Water & Mix, whisk to combine and break up any chunks. Add noodles. Cover & cook 15-20 minutes or until noodles are tender, stir in Sour cream & Serve)

Per Serving: Calories 230, Total Fat 7g, Cholesterol 75mg, Sodium 290mg, Total Carbohydrate 22g, Protein 19g

***Quick Lasagna:**

1 lb. ground beef or turkey, browned and drained
1 onion, chopped
16 oz. tomato sauce
1/4 cup parmesan cheese

1/2 Cup mix
2 Cups water
3 Cups lasagna noodles, uncooked, broken in bits
2 Cups mozzarella cheese, shredded

Combine all except mozzarella in large skillet. Bring to a boil, let simmer for 15 minutes or until noodles are cooked. Top with mozzarella. Turn off heat and let cheese melt.

Per Serving: Calories 230, Total Fat 6g, Cholesterol 35mg, Sodium 340mg, Total Carbohydrate 26g, Protein 18g

***Potato Beef Casserole:**

1 lb. ground beef or turkey, browned and drained
6 potatoes, peeled and thinly sliced
1/2 Cup mix

3/4 Cup water
1 Cup frozen mixed veggies

Combine all and simmer, covered, until potatoes are tender, about 30 minutes, stirring occasionally. Remove cover and cook until excess water is evaporated.

Per Serving: Calories 160, Total Fat 2.5g, Cholesterol 30mg, Sodium 190mg, Total Carbohydrate 21g, Protein 13g

***Cheeseburger Hamburger Helper**

Brown 1 lb of ground beef or turkey, drain.

Add 1/2 cup mix along with 1 1/2 cups elbow macaroni (uncooked), 1 teaspoon sugar, 1 teaspoon salt, and 2 teaspoons paprika. Cook until noodles are tender then add 1 cup shredded cheese to top and serve.

Per Serving: Calories 290, Total Fat 10g, Cholesterol 60mg, Sodium 760mg, Total Carbohydrate 26g, Protein 23g

“GIFTS IN A JAR”

Food Safety Tips

1. CONTAINERS

- Use only food-grade containers—containers that are designed to store food safely so that contamination will not occur.
- Avoid containers that contain toxic metals such as lead, copper, brass, zinc, antimony and cadmium.
- Avoid enamelware which is chipped and exposing the underlying metal.
- Use only food-grade plastics. Trash bags are not food grade.
- Use only containers that seal tightly to keep out moisture, pests, etc.

2. INGREDIENTS

- Choose recipes that are shelf-stable meaning that they won't have to be refrigerated or frozen. These foods are easier to transport and easier for the recipient to handle.
- Choose ingredients that are fresh. Old spices, herbs, and other ingredients may have lost their flavor, may contain pests or may have become rancid.

3. CLEANLINESS

- Wash hands before starting any food preparation.
- Wash and sanitize food preparation areas. (Wash with hot soapy water, rinse, and then wipe or spray area with sanitizing water-1 tablespoon of plain chlorine bleach to one gallon of water. Let air dry.)
- Wash mixing bowls, and utensils using the above procedure.
- Wash glass jars, other containers and lids using the same procedure.
- Make sure that containers are completely dry before adding any ingredients.

4. STORAGE

- Once assembled, store all containers in a cool, dry place.
- Distribute food gifts within one month and instruct recipients to use food gifts within four to six months to ensure food safety and quality.
- Include instructions with the gift so that the recipient knows how to handle it properly.

For more information, contact:

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Mix It Up

to Expand Your Gift-giving Dollar With Food Mixes in a Jar

When the holiday season rolls around, many family budgets become strained. With a long list of family and friends, finding enough money to go around may be challenging. To help reduce the stress of your next holiday season, try making gifts instead of purchasing them. Consider these fun and economical gift ideas:

- ✓ Create gift baskets. For the family member who loves movies, make a "night-in" basket. Get a large bowl for popcorn to use as the container. Add packaged popcorn and a coupon for a free movie rental. Gardening, sports or any other themed baskets also work.
- ✓ For parents with young children, provide a homemade coupon good for free baby-sitting. Other ideas include coupons for helping walk the dog, painting or cleaning.
- ✓ Create a recipe booklet with favorite holiday recipes. Copy the recipes onto festive recipe cards, punch a hole in the corner of the cards and tie them together with a red ribbon. Holiday photo albums also can be used to hold recipes.
- ✓ Fill a holiday mug with packets of flavored tea, hot cocoa or coffee for those who enjoy warm beverages. Or tie a packet of soup mix to a large wooden spoon. Include a bowl and package of biscuit mix for a complete gift.
- ✓ If you are computer savvy, create homemade calendars for family members. These could include highlighted birthday and anniversary dates. Try adding family photos for a personal touch.
- ✓ Repurpose old tins, filling them with cookies, muffins or other holiday goodies. A gift like this will be a delight to anybody who has little time for baking.
- ✓ Make homemade mixes in a jar. Mixes for soups and cookies are popular gift items that are fairly inexpensive to make. The gift recipient will appreciate the attractive and thoughtful gift and also will value the convenience.

Key to Abbreviations

tsp. = teaspoon	g = grams
Tbsp. = tablespoon	qt. = quart
c. = cup	mg = milligrams
oz. = ounce	lb. = pound

Try any of these four tasty and inexpensive recipes during this holiday season. You can decorate the jar with fabric and a ribbon. Either photocopy and cut out the provided recipes or hand-print each recipe on a card and attach it to the jar.

Country Chili Mix

- 1 lb. kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt
- 1 tsp. oregano
- ¾ tsp. salt
- ¼ tsp. cayenne pepper (optional)

* To reduce sodium, substitute garlic powder for some of the garlic salt.

Pour the kidney beans into a clean quart-sized jar. In a small bowl, mix the remaining ingredients. Pour mixture into a clear sandwich bag and place it on top of the beans. Cover the jar tightly with a lid, decorate and attach a copy of the recipe card.

Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist
Kendra Otto, Program Assistant

This material is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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NDSU EXTENSION SERVICE

Homemade Cornbread Mix

- 1 c. flour
- ¾ tsp. salt
- ¼ c. sugar
- 2 tsp. baking powder
- ½ tsp. baking soda
- ½ c. dry milk powder
- 1 c. plus 2 Tbsp. cornmeal

In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Cranberry-Oatmeal Cookie Mix

- 1 c. plus 2 Tbsp. flour
- 1 c. rolled oats
- ½ tsp. baking soda
- ½ tsp. salt
- ¼ c. brown sugar
- ¼ c. white sugar
- ½ c. dried cranberries
- ½ c. white chocolate chips

Layer the ingredients in a clean, quart-sized jar. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

Friendship Soup Mix

- ½ c. dry split peas
- 2 Tbsp. beef bouillon granules
- ¼ c. pearl barley
- ½ c. dry lentils
- ¼ c. dry, minced onions
- 2 tsp. Italian seasoning
- ½ c. rice
- ½ c. macaroni noodles

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.

▼ Recipe Cards – you may photocopy the recipes and cut them apart. To attach a card, punch a hole in the flower in the upper right.

Country Chili

- 1 container Country Chili Mix
- Additional ingredients: 10 c. water (for soaking beans)
1 (8-oz.) can reduced-sodium tomato sauce
1 (24-oz.) can diced tomatoes
1 lb. ground beef or turkey
6 c. water (for cooking beans)

Remove bag of seasoning from jar and rinse beans. In a stockpot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans.

Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year.

Makes eight servings. Each serving has 240 calories, 6 g fat, 21 g carbohydrate and 290 mg sodium.

Homemade Cornbread

- 1 container Homemade Cornbread Mix
- Additional ingredients: 1 egg
1 c. water
2 Tbsp. oil

Preheat oven to 425 degrees. Pour dry mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients. Stir well. Pour into a greased baking pan and bake for 20 to 25 minutes until the top is golden brown. For best flavor, use this mix within nine months.

Makes 10 servings. Each serving has 150 calories, 4 g fat, 25 g carbohydrate and 330 mg sodium.

Cranberry Oatmeal Cookies

- 1 container Cranberry Oatmeal Cookie Mix
- Additional ingredients: ½ c. butter
1 tsp. vanilla
1 egg

Preheat oven to 350 degrees. In a large bowl, mix butter, vanilla and egg together until smooth. Add cookie mix and mix well. Place by spoonfuls onto a greased cookie sheet and bake for eight to 10 minutes until golden brown. For best flavor, use this mix within nine months.

Makes 28 cookies. Each serving has 100 calories, 4.5 g fat, 13 g carbohydrate and 70 mg sodium.

Friendship Soup

- 1 container Friendship Soup Mix
- Additional ingredients: 1 lb. lean ground beef or turkey
3 qt. water
1 (28-oz.) can diced tomatoes

Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done). For best flavor, use this mix within one year.

Note: To avoid overcooked pasta in leftovers, add the appropriate amount of macaroni to the portion being served.

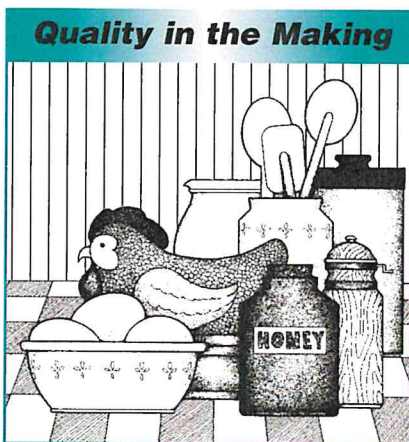
Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

The New Missouri Mix

Barbara J. Willenberg and Karla Vollmar Hughes
 Department of Food Science and Nutrition

Why a new Missouri Mix? For a healthier you! This all-purpose baking mix is lower in salt than the previous version. Also, whole wheat flour can be used in place of all-purpose flour to increase the fiber and nutrient content of the mix. The new Missouri Mix offers more versatility in the tested recipes provided.

The new Missouri Mix is as easy to use as a commercial all-purpose baking mix. In addition, it generally costs less to prepare mixes at home than to buy the commercial product. The main reason for the cost saving is that you supply the labor. Keep in mind that



sales on commercial mixes or the regular price of store brands or no-frills mixes may be less than the cost of

ingredients to make the mix at home. Use the chart in Table 1 to compare the cost of your homemade mix to a commercial all-purpose baking mix.

Large batch of Missouri Mix

(Requires a very large mixing bowl or tub for mixing)

- 5-pound bag of flour or 20 cups¹
- $\frac{3}{4}$ cup baking powder
- 2 tablespoons salt
- 2½ cups nonfat dry milk powder
- 3¾ cups shortening

Makes 27 cups mix.

¹All-purpose, whole wheat or any combination of both.

Smaller batch of Missouri Mix:

- 8 cups flour (all-purpose, whole wheat or any combination)
 - $\frac{1}{4}$ cup plus 1 tablespoon baking powder
 - 2 teaspoons salt
 - 1 cup nonfat dry milk powder
 - 1½ cups shortening
- Makes 11 cups mix.*

Combine dry ingredients in large bowl. Sift to assure even distribution of ingredients. Using a pastry blender, cut in shortening until mix is the consistency of cornmeal.

Table 1. Calculating the cost of Missouri Mix.

Large batch:

- a) Cost of one 5-pound bag of flour = \$ _____
- b) Cost of 24-ounce can baking powder x 0.174 = \$ _____
- c) Cost of 26-ounce box salt x 0.051 = \$ _____
- d) Cost of 64-ounce box dry milk powder x 0.094 = \$ _____
- e) Cost of 3-pound can shortening x 0.543 = \$ _____

Total cost = \$ _____

Cost of one cup mix (total cost ÷ 27 cups) = \$ _____

Compare to the cost of 1 cup of commercial all-purpose baking mix.

Example:

One 20-ounce box of commercial all-purpose baking mix costs \$1.50. Since 2 ounces of commercial baking mix is equivalent to $\frac{1}{2}$ cup, 20 ounces equals 5 cups. Therefore: $\$1.50 \div 5 = \0.30 per cup. (Compare to the cost of 1 cup of Missouri Mix.)

Preparing and storing Missouri Mix

- Accurate measuring can mean the difference between a prize-winning product and a failure.
- Measure dry ingredients in standard dry measuring cups or standard measuring spoons. Spoon ingredients lightly into the cup and level with a spatula. Be careful not to hit the side of the measuring cup with the spoon causing dry ingredients to settle and measurements to be inaccurate.
- All ingredients to be measured should be lump-free. Sifting will remove lumps from baking powder.
- Solid ingredients, such as shortening, should be packed firmly into a flush-rim measuring cup so that no air pockets remain. A rubber spatula is useful to get all the shortening out of the cup.
- When the baking powder is added, stir mix at least one minute to thoroughly distribute.
- Always stir Missouri Mix before measuring to redistribute the ingredients. Spoon lightly into a cup and level with a spatula. Do not sift Missouri Mix before using.
- If stored in an airtight container in a cool, dry location, Missouri Mix will stay fresh for several months.
- Suitable storage containers for Missouri Mix include: glass jars, plastic containers and bags made for freezer use.
- The shelf-life of Missouri Mix can be extended by packaging in moisture- and vapor-proof containers and refrigerating or freezing.
- If whole wheat flour is used, Missouri Mix must be refrigerated to prevent flavor changes due to the higher level of fat in whole wheat flour.
- Before storing, label Missouri Mix with name of product, date pre-

pared, use-by date and other information you will need to use the Mix.

In addition to the recipes that follow, Missouri Mix can be used to make your own favorite recipes. Use 1½ cups of Missouri Mix for each cup of flour in your recipe. Leave out leavening, salt, milk and fat in the recipe because they are already included in the Mix.

Recipes using Missouri Mix

Basic Biscuits

<u>For 6 biscuits:</u>	<u>For 12 biscuits:</u>
1 cup Missouri Mix	2 cups Missouri Mix
¼ to ½ cup water	½ to ¾ cup water

Gradually add water to mix, stirring with a fork. Use just enough water to make a soft, nonsticky dough. Turn onto floured board and knead about 10 times. Roll or pat out to ¼-inch thickness. Cut out with floured biscuit cutter. Bake on baking sheet in a 450 degrees F oven 8 to 10 minutes, until lightly browned.

For drop biscuits: Increase water slightly to ½ cup for 6 biscuits, and to ¾ cup for 12 biscuits. It is not necessary to knead or roll. Drop by spoonfuls onto a greased baking sheet.

Flavor variations for biscuits: Blend grated cheese, chopped parsley, chives or other herbs with the dough to add color and flavor.

Peanut butter refrigerator cookies

2 cups Missouri Mix
¾ cup sugar
1 cup chunky peanut butter
1 egg, beaten
1 tablespoon water
Stir sugar and peanut butter into Mix. Combine water and egg and add to mix. Stir thoroughly. Shape into a roll. To bake now, slice the roll into

¼-inch thick sections. Shape into balls, place on ungreased baking sheets and flatten with a floured fork. Bake at 375 degrees F for 10 to 12 minutes. The rolled cookie dough can be wrapped airtight and refrigerated several days before baking. Makes 3½ dozen cookies.

Oatmeal drop cookies

1 cup Missouri Mix
½ cup sugar
¾ cup oatmeal
½ teaspoon cinnamon
½ teaspoon cloves
1 egg, beaten
3 tablespoons water
¼ cup chopped nuts
¼ cup raisins

Stir together mix, sugar, oatmeal and spices. Add water to egg and add to dry ingredients. Add nuts and raisins and stir. Drop by teaspoonfuls onto a greased baking sheet. Bake at 400 degrees F for 10 to 12 minutes, or until browned. Makes 24 medium-sized cookies.

Variations: omit spices and raisins and add 1 cup chocolate chips.

Basic cake

1½ cups Missouri Mix
½ cup sugar
½ cup water
1 egg
½ teaspoon vanilla flavoring

Grease and flour bottom of a 9-inch cake pan. Stir sugar into mix. Combine water, egg and vanilla. Add half the liquid ingredients to mix and beat 2 minutes at medium speed with an electric mixer or 200 strokes by hand. Add the other liquid and beat one minute. Pour batter into pan. Bake at 375 degrees F for about 25 minutes.

Basic cake variations

Applesauce Spice Cake: Leave water and vanilla out and add: ½ cup applesauce, ½ teaspoon cinnamon, ¼ teaspoon nutmeg and ½ teaspoon

cloves. Increase sugar to $\frac{3}{4}$ cup. Stir in $\frac{1}{2}$ cup raisins and $\frac{1}{4}$ cup nuts (optional).

Banana Cake: Reduce water to $\frac{1}{3}$ cup. Add $\frac{1}{2}$ to $\frac{3}{4}$ cup mashed banana (about 1 banana).

Upside-Down Cake

Mix up Basic Cake batter. If fruit juices are light-colored, they may be used for all or part of the liquid. Melt $\frac{1}{4}$ cup butter or margarine in a 9-inch skillet (use only oven-proof skillet). Sprinkle $\frac{1}{2}$ cup packed brown sugar over melted butter or margarine. Arrange $1\frac{1}{2}$ cups fruit over the sugar. (Drained sweet cherries, peaches, pineapple, apricots or other fruit may be used.) Spread cake batter over the fruit. Bake at 350 degrees F for 30 minutes until center springs back when lightly touched. Cool in pan for 10 minutes, then invert on a serving plate.

Apple cobbler

6 tablespoons sugar
2 tablespoons Missouri Mix
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ cup water
3 cups peeled, thinly-sliced apples
2 teaspoons butter or margarine
Topping (see recipe below)

Combine sugar, mix, cinnamon and water. Add apples and stir. Pour into a greased 9-inch square baking pan. Dot with margarine or butter.

Topping:

1 cup Missouri Mix
2 tablespoons sugar
1 egg, well beaten
2 tablespoons water

Add 1 tablespoon sugar to Mix.

Combine egg and water and stir into Mix. Stir well. Spread topping over fruit. Sprinkle other tablespoon of sugar over topping. Bake at 350 degrees F for 30 minutes. Serve while warm. Makes 6 to 8 servings.

Variations: Prepare peaches, berries, cherries or other fruits as for a pie and

substitute for apples.

Gingerbread

$1\frac{1}{2}$ cups Missouri Mix
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon ginger
 $\frac{1}{8}$ teaspoon cloves
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{3}$ cup molasses
 $\frac{1}{3}$ cup water
1 egg, beaten

Add spices to mix. Stir together brown sugar, molasses, water and egg. Add half of liquid to dry ingredients and beat on medium speed with an electric mixer for 2 minutes or 200 strokes by hand. Add remaining liquid and beat one minute at low speed. Pour batter into a greased 8-inch square baking pan lined with waxed paper. Bake 30 minutes at 350 degrees F. Makes 9 servings.

Corn bread

1 cup Missouri Mix
1 cup cornmeal
2 teaspoons sugar
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 egg, beaten
1 cup buttermilk

Mix dry ingredients. Add egg to buttermilk and blend with dry ingredients. Pour into a well-greased, 8-inch square pan. Bake at 425 degrees F for 25 to 30 minutes. Makes 9 servings.

Banana-nut bread

3 cups Missouri Mix
2 eggs, beaten
 $\frac{3}{4}$ cup sugar
1 cup mashed bananas (about 2 medium)
 $\frac{1}{2}$ cup nuts
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ teaspoon vanilla flavoring

Preheat oven to 325 degrees F. Grease one 9-by-5-inch loaf pan or two 7-by-3-inch loaf pans. In a medium

bowl, combine all ingredients, stirring to blend. Turn into prepared pan(s). Bake 50 to 60 minutes until a wooden toothpick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up on rack. Makes 1 or 2 loaves.

Variations

Pumpkin Bread: Preheat oven to 350 degrees F. Substitute 1 cup mashed, cooked pumpkin for bananas and add $\frac{1}{2}$ teaspoon each cinnamon, ground nutmeg and ground cloves. Stir to blend. Then stir in the $\frac{1}{2}$ cup chopped nuts and $\frac{1}{2}$ cup raisins. Bake 50 to 60 minutes.

Zucchini Bread: Preheat oven to 325 degrees F. Substitute 2 cups well-drained, grated, unpeeled zucchini for bananas, and add 3 tablespoons orange juice and 1 teaspoon grated orange peel. Bake 60 to 70 minutes.

Date-nut Bread: Preheat oven to 350 degrees F. Substitute 1 cup chopped dates for bananas and increase milk to $\frac{3}{4}$ cup. Raisins, chopped prunes or figs can be substituted for dates. Bake 50 to 60 minutes.

Basic muffins

2 cups Missouri Mix
2 tablespoons sugar
1 egg, beaten
1 cup water

Stir sugar into mix. Beat egg and add to the water. Add liquid to dry ingredients and stir 15 strokes or just enough to blend, leaving a few lumps. Bake in well-greased muffin tin at 400 degrees F for 20 minutes. Makes 10 to 12 medium muffins.

Variations

Apple muffins: Add $\frac{3}{4}$ cup peeled, finely-diced apples, $\frac{1}{4}$ teaspoon cinnamon and a dash of nutmeg to muffin batter.

Blueberry muffins: Add $\frac{1}{2}$ cup canned, fresh or frozen blueberries without juice to muffin batter.

Dried fruit muffins: Add $\frac{3}{4}$ cup raisins, finely chopped dates or apricots to the dry ingredients. Sprinkle with cinnamon and sugar before baking.

Banana muffins: Reduce water to $\frac{1}{2}$ cup and add $\frac{1}{2}$ cup mashed banana and $\frac{1}{4}$ teaspoon nutmeg to muffin batter.

Bran muffins: Reduce Mix to $1\frac{1}{2}$ cups and add $\frac{1}{2}$ cup all-bran type cereal to dry ingredients.

Cheese muffins: Add $\frac{1}{2}$ cup grated Cheddar cheese to dry ingredients.

Basic pancakes and waffles

2 cups Missouri Mix
1 teaspoon sugar
1 egg
1 cup water (more water may be added to thin batter)

Add sugar to mix. Beat egg slightly, then add to water and stir thoroughly. Add liquid to mix and stir about 25 strokes. Batter will not be smooth. Bake on a preheated griddle or skillet. Or follow directions for individual waffle makers. Makes about sixteen 4-inch cakes or 4 small waffles.

Variations

Bacon: Add three strips cooked, drained and crumbled bacon to batter.

Blueberry: Add $\frac{1}{2}$ cup canned, fresh or frozen blueberries without juice to batter. Blueberry juice can be used to make syrup.

Cornmeal: Substitute $\frac{1}{2}$ cup cornmeal for $\frac{1}{2}$ cup Mix in basic pancake/waffle recipe.

Pecan: Add $\frac{1}{4}$ cup chopped pecans to batter.

Cheesy-tomato pie

1 pound ground beef
 $1\frac{1}{2}$ cups chopped onion
 $1\frac{1}{2}$ cups milk
3 eggs
 $\frac{3}{4}$ cup Missouri Mix
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
2 tomatoes, sliced
 $1\frac{1}{2}$ cups shredded Cheddar cheese

Brown beef and onion; drain well. Spread in a greased 10-inch pie plate. Combine milk, eggs, mix, salt and pepper, beat for 1 minute with a hand beater. Pour over ground beef. Bake for 25 minutes at 400 degrees F. Top with tomato slices and cheese. Bake 5 to 8 minutes or until a knife inserted in the center comes out clean. Makes 6 to 8 servings.