

Make a Mix Cooking!

Making your own mixes at home can save you time in the kitchen, and you can save those precious dollars by providing the labor and packaging yourself. Typically, homemade mixes are about half the cost of a commercial mix. Your own homemade mixes are free of any preservatives and additives, so you know exactly what is in the food you are serving.



INSTANT SUGAR FREE HOT CHOCOLATE MIX

Makes 24 servings

1 ½ cups SLENDA, No Calorie Sweetener, Granulated

1 cup powdered non-dairy creamer (can use sugar free flavored*)

1 cup dry milk powder

¾ cup unsweetened cocoa powder

Sugar free Instant chocolate pudding mix 4 serving size (1.4 oz.)

Mix ingredients together well.

Process in a blender or food processor to make a fine powder.

Store in an airtight container.

To make, put 2 to 3 Tablespoons of powdered mix in a mug, add hot water and stir. Use more or less powder depending on taste.

**Try using flavored sugar free creamers like vanilla or chocolate in place of or for part of the powdered non-dairy creamer. You can also use the dark cocoa powder however it makes a very dark cup of hot chocolate. You can add instant coffee to give it a “mocha” flavor or add a spoonful of the mix to your cup of coffee.*

It is highly recommended to process this into a fine powder; otherwise you will need to keep stirring it as particles will fall to the bottom of the cup.

Submitted by Sue Sparkman, MFP&SA



DREAMSICLE DRINK MIX IN A PINT JAR

Ingredients for Jar:

- ¼ cup sugar mixed well with a few drops red and yellow food coloring to make orange colored sugar
- **Mix the following 3 ingredients in a small bowl:**
 - 1/3 cup powdered coffee creamer
 - ½ cup dry milk
 - ¼ cup powdered sugar
- 1/3 cup orange flavored drink mix
- 1 cup mini marshmallows placed in a thin zipper sandwich bag (use the orange ones from a bag of colored mini marshmallows and white mini marshmallows)

Place ingredients in jar in this order:

Place orange colored sugar in jar first, pressing to level.

Place half the milk mixture in jar next.

Place orange drink mix in jar next, pressing firmly

Add remaining milk mixture. Press firmly.

Add bag of mini marshmallows last.

Decorate jar and attach the following directions if giving as a gift.

Remove bag of marshmallows from jar and set aside.

Empty mix into a bowl and mix well.

Place mix back into jar or a container of your choice.

DREAMSICLE WARMER

Place 3 Tbl. mix into a cup. Add 1 cup boiling water. Stir until mixture is completely dissolved. Top with marshmallows.

DREAMSICLE COOLER

Place 1/3 cup Dreamsicle Drink Mix, 8 ice cubes, and 1 cup milk in blender. Blend on high until ice is crushed.

DREAMSICLE MILKSHAKE

Place 1 scoop soft vanilla ice cream and 1 cup milk into a quart jar. Add 1/3 cup Dreamsicle Mix. Place lid on jar and shake until blended.

FIRESIDE COFFEE

2 CUPS POWDERED NON-DAIRY CREAMER
1-1/2 CUPS INSTANT HOT CHOCOLATE MIX
1-1/2 CUPS INSTANT COFFEE GRANULES
1 CUP SUGAR
1 TEASPOON GROUND CINNAMON
½ TEASPOON GROUND NUTMEG



Sift together

creamer, hot chocolate mix, instant coffee, sugar, cinnamon, and nutmeg. Pour into a jar and seal with a lid.

To prepare:

Stir 3 teaspoons of mixture into 1 cup of hot water. Adjust to taste.

CREAMY CAPPUCCINO MIX IN A PINT JAR

Mix the following 3 ingredients in a medium bowl:

1/3 cup dry milk
2/3 cup plus 1 Tbsp. sugar
2/3 cup flavored powdered coffee creamer.

(powdered coffee creamer is available in several flavors. Try amaretto, hazelnut, vanilla, mocha almond, or Irish cream.)

1/3 cup instant coffee

Place ingredients in pint jar in this order:

Place half the milk mixture in jar first.

Place coffee in jar next, spreading evenly.

Add remaining milk mixture

Decorate jar to give as a gift.

To use, empty coffee mix into a large mixing bowl. Blend very well with a whisk. Place back into the jar or into a container of your choice.

Place 1-1/2 to 2 Tbsp. mix into a cup. Add 1 cup boiling water. Stir until mixture is completely dissolved. Top with whipped cream if desired.

Erika's All Purpose Gluten Free Flour Mix Recipe

Erika's All Purpose Gluten Free Flour Mix Recipe - Whips up in less than 5 minutes!

Serves: 18 Cups

Ingredients

1 Bag (24 oz or 4.25 Cups) Brown Rice Flour
1 Bag (24 oz or 4.25 Cups) White Rice Flour
1 Bag (24 oz or 4.25 Cups) Sweet Rice Flour
1 Bag (20 oz or 4.5 Cups) Tapioca Flour (aka Tapioca Starch)
2½ TBSP (0.8 oz) Xanthan Gum (this is the gluten replacer - you can often get it cheaper at Vitacost - one bag will make 10 batches, so be sure to store remainder in an airtight container)

Instructions

1. Pour all of the ingredients into an extra-large bowl and mix until well incorporated - this will take about 3-5 minutes with a whisk. Do not skimp on the mixing... otherwise, the ingredients will not be blended appropriately and will not achieve the same results.

STORAGE

Store flour in an airtight container. My favorite storage jars are these 5L Glass Jars with Snap Lids - they fit a batch of this flour perfectly!

Notes

I use this combination of flours because it seems to be the least irritating to even the most sensitive stomachs & allergies. I also have several grain free recipes using coconut & almond flours if you are following a Paleo diet or avoiding grains all together. I use Bob's Red Mill for all the ingredients. Of course, you can always grind your own flours in the VitaMix, but it can be very difficult to duplicate the smooth texture of stone ground.

SUBSTITUTIONS

If you are sensitive to the Tapioca Flour/Starch, you can replace it with Potato Starch (NOT Potato flour).

Recipe by A Little Insanity at <http://alittleinsanity.com/all-purpose-gluten-free-flour-mix-recipe///extension.umaine.edu/publications/4029e/recipes-10/>

Gluten Free Toll House Cookie Recipe

A Gluten Free & Dairy Free version of the classic Toll House Chocolate Chip

Serves: 48-60 Cookies

Ingredients

2¼ cups Erika's All Purpose Gluten Free Flour Mix *
1 teaspoon Baking Soda
½ teaspoon Baking Powder *
1 teaspoon Salt
2 Sticks of Butter (or ¾ Butter Alternative* - I use Melt or Earth Balance)
¾ cup Granulated Sugar (I use evaporated cane juice)
¾ cup Packed Brown Sugar
1 teaspoon Pure Vanilla Extract
2 Large Eggs (or ½ Cup Applesauce*)
2 cups Chocolate Chips (I only used 1 Cup of Enjoy Life Chocolate Chips)
1 cup Chopped Nuts (Optional)

* = my modifications to the original recipe



Instructions

1. Preheat Oven to 375 degrees.
2. Whisk together Erika's Gluten Free Flour Mix, Baking Soda, Baking Powder and Salt in small bowl.
3. Beat Butter, Sugar, Brown Sugar and Vanilla in a stand mixer or in large bowl until creamy.
4. Add Eggs, beating well.
5. Gradually beat in Flour Mixture.
6. Stir in Chocolate Chips and Nuts.
7. If you are making the Vegan version of these, I highly suggest you chill the cookie dough at this point for at least 30 minutes - the results are much better!
8. Drop by rounded tablespoon onto ungreased baking sheets (I use parchment paper).
9. Bake 8-10 minutes or until golden brown.
10. Cool on baking sheets for 2 minutes, then remove to wire racks to cool completely.
11. Can be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.

TIPS: For a Grain Free Option, try substituting Almond Flour for the Flour in this Recipe.

Recipe by A Little Insanity at <http://alittleinsanity.com/gluten-free-toll-house-cookie-recipe/>

Gluten Free Pie Crust Recipe

Gluten & Dairy Free Pie Crust - Sweet or Savory

This recipe makes 2 Bottom Pie Crusts or 1 Set (top & bottom) Pie Crusts.

Ingredients

- 2 cups of Erika's All Purpose Gluten Free Flour (or you can use King Arthur's Brand)
- ½ cup Palm Shortening, Coconut Oil, or Real Butter
- 1 egg
- ¾ cup water (approx. depending on consistency - add a little at a time - not too wet, not too dry.)
- ½ tsp salt (or season to taste)
- 2 tsp sugar or alt. sweetener for desserts if desired (or sweeten to taste)

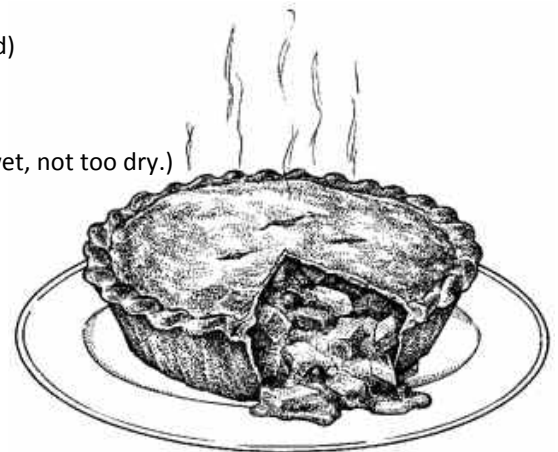
Instructions

1. Mix together Gluten Free Flour along with optional Salt & Sugar.
2. Add in Shortening (or butter), and mix until crumbly.
3. Add in Egg and mix until well incorporated - mixture will still be crumbly.
4. Add Water by stirring in 1 TBSP at a time until dough holds together for rolling - better a little moist, then too dry.
5. Cut Mixture in Half and roll into 2 balls (one for each crust or topping).
6. Shape dough balls into disc with floured hands and place onto a sheet of floured parchment or wax paper.
7. Cover with an additional sheet of parchment or wax paper. Roll crust out to slightly larger than your pie tin.
8. Remove top parchment/wax paper and Slip hand gently under the bottom paper to flip into pie tin... carefully peeling back the paper as you press it into the pan. Don't worry if it breaks apart a little, you can always press it together and it will look great!
9. Crimp edges of crust to make a decorative edge... or top with an additional crust layer after adding your pie filling.
10. Pierce bottom slightly with fork (and slit top layer with knife to vent).
11. Fill with My Chicken Pot Pie Mixture or Dairy Free Pumpkin Pie Filling Recipe or your favorite recipe and bake.
12. Follow the pie recipe you are using for bake time and temperature.

TIPS FOR PRE-BAKING or PAR-BAKING:

1. Pre-Bake for approx. 15 minutes at 425 degrees if you need a pre-baked pie crust for your recipe.
2. Or, you may par-bake the crust for 5-7 minutes to firm up the crust prior to adding your filling
3. To prevent the crust from shrinking, add dry beans or pie weights during baking time.

Recipe by A Little Insanity at <http://alittleinsanity.com/gluten-free-pie-crust-recipe/>



Gluten Free Chocolate Cake Recipe - Vegan

This delicious Gluten Free & Vegan Chocolate Cake Recipe is both moist & perfect for birthday cakes, cupcakes, mini cakes & donuts! Made with Whole Food ingredients

2 8" Round Cakes

Ingredients

WET INGREDIENTS:

1½ Cups (or approx. one 13 ounce can) Unsweetened Coconut Milk - not the low fat kind

1 Tablespoon Apple Cider Vinegar

1¼ Cups Unsweetened Applesauce

½ Cup Coconut Oil

1 Tablespoon Vanilla Extract

DRY MIX INGREDIENTS:

2¼ Cup Erika's All Purpose Gluten Free Flour Mix

1½ Cups Sugar (you can add extra sugar if you find this isn't sweet enough for you)

1 Cup Unsweetened Cocoa Powder

1 Tablespoon Baking Powder

1 Teaspoon Baking Soda

1 Teaspoon Salt

Instructions

1. Preheat oven to 350 degrees.
2. Lightly spray (2) 8" Round Cake Pans or (1) 9 x 13 Rectangular Pan with nonstick spray & Dust with cocoa powder. Use cupcake liners if making cupcakes. Set Aside
3. Whisk the Coconut Milk & Apple Cider Vinegar together in your mixing bowl or stand mixer with whisk attachment and set aside while you gather your other ingredients.
4. Add in the Applesauce, Coconut Oil & Vanilla Extract & beat until mixture is a bit foamy.
5. Whisk together all of your Dry Mix Ingredients & gradually add to the the wet ingredients while mixing.
6. Beat on Medium-High Speed until no lumps remain - It should be smooth and pourable.
7. Divide batter evenly between your cake pans.
8. Bake 25-35 minutes, or until a toothpick inserted into the center comes out clean. I generally cook my Gluten Free Baked Goods until they register 210-220 on my digital thermometer. Trust the temperature & toothpick over the actual time cooked since every oven & pan cooks differently.
9. Let cool completely before frosting.

Notes

I've used this recipe to successfully make Cupcakes, Donuts, Mini Cakes, Sheet Cakes & a 4 Layer Birthday Cake!

Recipe by A Little Insanity at <http://alittleinsanity.com/gluten-free-chocolate-cake-recipe-vegan/>



GLUTEN FREE PANCAKE MIX

Serves: 8-10

Ingredients

PANCAKE MIX

- 1 cup brown rice flour
- 3/4 cup white rice flour
- 1 cup GF oat flour
- 1 cup raw buckwheat flour (ground from raw buckwheat groats, NOT toasted buckwheat)
- 1/4 cup yellow cornmeal
- 3/4 tsp xanthan gum
- 1 tsp salt
- 1 Tbsp baking powder
- 1/2 Tbsp baking soda
- 1/4 cup granulated sugar*

FOR PANCAKES

- 1 cup Gluten Free Pancake Mix
- 1 egg
- 1 Tbsp butter, melted

1 - 1 1/2 cups low-fat buttermilk (or non-dairy milk)*

Instructions

1. Add all dry ingredients to a bowl and whisk until well combined. You could also sift the mixture if you have one on hand, but do so several times to ensure it's thoroughly mixed.
2. To make pancakes, whisk 1 large egg, 1 cup of buttermilk or milk, and 1 Tbsp melted butter or coconut oil. Then add in 1 cup of mix. If your batter appears too thick (it should stream out of a measuring cup, not glop), add more buttermilk.
3. Let batter rest for 5-10 minutes and preheat griddle to medium heat. Lightly grease surface and add 1/4 cup measurements of the batter. Cook for 3-4 minutes or until bubbles form on top and the edges appear dry, checking around the 2 minute mark to ensure they aren't too brown. Adjust heat as needed.
4. Cook for 1-3 minutes more or until the other side is brown and the pancake feels firm when lightly pressed with a spatula. One batch should yield about 10 pancakes.

Serve with butter and honey or syrup. Store leftovers in the freezer. To reheat, simply thaw for 30 seconds in the microwave and then toast in a toaster until warmed through.

Notes

* If you'd rather not use granulated sugar, you can alternatively grind raw sugar to a fine consistency.

* Sub non-dairy milk for buttermilk if preferred. Start with 1 cup in the batter and if it appears too thick, add up to another 1/2 cup.

* If you can't get your hands on any of the flours I list, play around with the other GF flours to compensate. However, I would recommend staying away from bean flours as they can give off an offensive flavor.

*I tried making these vegan, subbing a flax egg for the chicken egg, and almond milk + lemon for the buttermilk. The pancakes did cook up but they were a tad more grainy than the egg version. I much preferred the version with an egg, but it *is* possible to make them vegan



Homemade Granola

4 cups rolled oats

½ cup ground flax seeds

1 cup finely chopped nuts (almonds, walnuts, or hazel nuts)

¼ cup brown sugar

1 tablespoon cinnamon

¼ teaspoon salt

Optional add-ins: sesame seeds; wheat germ; hemp seeds etc...

1/3 cup honey

1/3 cup vegetable oil or coconut oil

1/3 cup water

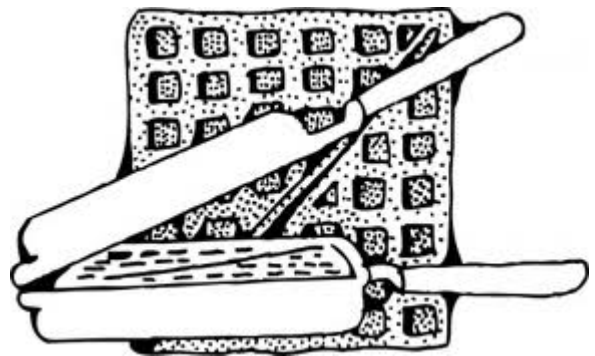
1 to 2 cups dried fruit (raisins, cranberries, etc...)

Mix the dry ingredients EXCEPT the dried fruit, in a large bowl. Mix together the honey, oil and water, heating just enough to melt the honey and coconut oil. Pour over dry ingredients and mix well. Spread out on a large rimmed baking sheet and bake at 300°F for about 40 minutes, stirring once. Let cool, then add in the dried fruit and mix together. Place in an airtight container and label. Use as cereal or as a topping for yogurt, pudding or crumbles.



X-cellent Buttermilk Waffles

- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1 envelope SACA powdered Buttermilk Blend
- 1/4 tsp salt
- 1 tsp sugar (optional)
- 1 egg
- 1 cup water
- 3 tbsp butter or margarine, melted



In a large bowl, sift together first six ingredients and set aside. In a small bowl, beat egg until thick, then beat in water and melted butter. Add egg mixture to dry ingredients and beat until smooth. Do not overbeat. Meanwhile, heat waffle maker. Pour batter into waffle iron and bake according to directions of waffle iron manufacturer. Serve for breakfast with butter and syrup or for dessert with whipped cream and fruit.

submitted by Shirley Grover

Amish Feather-Light Pancake Mix

8 cups all-purpose flour
1 cup sugar
2 tablespoons baking soda
1 teaspoons salt

Mix and store in an airtight container with label and instructions.

To make pancakes:

2 cups milk
2 eggs
¼ cup vegetable oil
¼ cup apple cider vinegar
2 ½ -3 cups mix

Combine the above liquid ingredients well. Heat griddle. When ready to cook pancakes then add about 2 ½ to 3 cups (it should be a thick but pourable batter consistency) of the dry mix in and stir just until mixed. Do not over mix. Pour onto griddle and cook until bubbles form on top side, flip over and cook until nicely browned. Eat right away.

NOTE: This batter will go flat, if not used right away, but it makes light, tasty pancakes.

Submitted by Karen Edwards MFP & SA



Homemade Brownie Mix Ingredients

<http://savingslifestyle.com/2014/03/homemade-brownie-mix-recipe/print/>

- 2 cups unsweetened cocoa powder
- 6 cups all-purpose flour
- 8 cups sugar
- 1 Tbsp. salt
- 1 ½ Tbsp. baking powder

1. Mix all ingredients very well in a large bowl, to where there is no white showing. I like to use a whisk so the ingredients are almost being sifted.

2. Transfer to a large container with a lid to store.

Doing the homemade versus buy comparison, this recipe is less than \$1 per pan. Compare that to a box of brownie mix that usually runs around \$2 (sometimes less with coupons). But, you know all of the ingredients in your homemade version and that matters a lot too!

Homemade Brownies Directions

To make the brownie mix, you will need the following ingredients:

- 2 ¼ cups, Brownie Mix
- 2 Eggs
- 3 Tbsp, Water
- 2 tsp, Vanilla Extract

1. Preheat oven to 325.

2. Grease an 8×8 square pan. *I sometimes use a cupcake pan since the individual brownies have more chewy edges :)*

3. Combine all ingredients above and add to pan.

4. Bake for 20-30 minutes.

The above recipe makes a cake like brownie. For a more fudge style brownie use 3 eggs, and ½ cup oil.

To take this simple brownie mix up a notch-after pouring brownie mix in the pan add; chocolate or white chocolate chips, a few swirls of peanut butter, cream cheese, caramel ice cream topping.



All-Purpose Cake Mix

- 10 cups all-purpose flour
- 6 ¼ cups sugar
- 1 cup cornstarch
- 5 Tbsp. baking powder
- 1 Tbsp. salt
- 2 ½ cups shortening



In a large bowl combine flour, sugar, cornstarch, baking powder and salt. Sift in batches. Using a pastry blender or a heavy-duty mixer to blend in shortening until mixture resembles cornmeal in texture. Store in a tight-fitting lid and label. Makes 17 cups.

Yellow Cake

- 5 cups all-purpose cake mix
- 1 ¼ cups milk
- 1 tsp. vanilla extract
- 3 eggs

Preheat oven to 350. Grease and flour two round cake pans or one 13x9 baking pan. In a large bowl, combine all-purpose cake mix, milk, and vanilla. Beat with electric mixer on high speed 2 minutes. Add eggs and beat until creamy. Pour into prepared pans. Bake 30-35 minutes for round pans and 35-40 minutes for 13x9 pan. Cool 10 minutes

***For white cake- use only egg whites

Lemon Pound Cake

- 5 cups all-purpose cake mix
- ¼ cup shortening
- 1 cup sugar
- 1 cup milk
- 5 eggs
- ¼ cup lemon juice
- 1 ½ tsp. lemon extract
- 1 tsp. vanilla extract

Preheat oven 350. Grease and flour one 12 cup Bundt pan. In a large bowl combine all-purpose cake mix, shortening, and sugar. Beat with electric mixer. Gradually add milk and continue beating. Add eggs and beat until creamy. Beat in lemon juice, lemon extract, and vanilla extract until well blended. Pour into prepared pan. Bake 1 hour and 20-25 minutes. Cool on a rack 15 minutes.

***Variation: Almond-Poppy Seed Pound Cake- Substitute ¼ cup milk for lemon juice. Substitute almond extract for the lemon extract. Add ¼ cup poppy seeds.

Mom's Spumoni Cake

3 1/3 cups all-purpose cake mix
¼ cup brown sugar
¾ cup cocoa powder
¼ tsp. baking soda
1 ½ buttermilk
3 eggs
1 tsp. vanilla extract
¼ cup butter or margarine, melted

Prepare rainbow frosting and set aside. Preheat oven 350. Grease and flour two round cake pans or one 9x13 pan. Combine all-purpose cake mix, brown sugar, cocoa powder, and baking soda. Mix well. Add buttermilk, eggs, vanilla extract and butter. Beat on high speed for 3-4 minutes. Pour into prepared pans. Bake 25-35 minutes. Cool 10 minutes. When cool, cut each layer horizontally in 2. Frost each layer with a different color. Stack layers. Do not frost sides. Makes one 4 layer cake.

Rainbow Frosting

1 cup milk
2 Tbsp. all-purpose flour
Pinch of salt
½ cup butter or margarine, softened
½ cup shortening
1 cup sugar
2 to 3 drops each green, yellow, and red food coloring
¼ tsp. each almond, lemon and peppermint flavorings
3 Tbsp. cocoa powder
¼ tsp. vanilla extract



In a saucepan, combine milk, flour and salt stirring constantly cook 5-7 minutes, until thickened. Cool. Combine butter, shortening and sugar in a bowl. Beat well. Add to cooled milk mixture, beating constantly. Beat about 7 minutes, until smooth.

Divide among 4 bowls. In first bowl, add green food coloring and almond flavoring. In second, add yellow food coloring and lemon flavoring. In third add red food coloring and peppermint flavoring. In fourth add cocoa powder and vanilla.

Submitted by Chrystal Western MFP & SA

HOT ROLL MIX

<http://extension.usu.edu/utah/files/uploads/Food%20for%20Thought/Master%20Mixes%20Booklet.pdf>

You may use all-purpose flour, whole wheat flour, or a combination of both. When using whole wheat flour use about 9 cups whole wheat and 8 cups all-purpose flour.

20 cups flour
4 teaspoons salt
1 ½ cups sugar
1 cup dried milk

In a large bowl, combine all ingredients thoroughly either by stirring, using a whisk or sifting. Store in an air-tight container. Label container with the date and name of contents.

Makes about 20+ cups of mix. Store 6 to 8 months in a cool, dry place. Adapted from Make-a-Mix (1995).

Dinner Rolls

1 1/2 tablespoons instant yeast
½ cup melted butter
1 ½ cups warm water
5 to 6 cups HOT ROLL MIX
3 eggs, beaten
½ teaspoon lemon juice

In large bowl, add dry yeast to 5 cups HOT ROLL MIX. In separate bowl or blender, combine water, eggs, butter and lemon juice. Add to MIX. Add additional MIX to make a soft, but not too sticky dough. Knead approximately 10 minutes until dough is smooth and satiny. Cover and let rise until double in bulk, about 1 hour. Punch down and let rise 20 minutes. Punch down, divide in two and let rest about 10 minutes to allow the gluten to relax. Form into desired shapes and place on greased baking sheets. Preheat oven to 400° F; cover rolls and let rise until double. Turn preheated oven down to 375° F and bake rolls for 15 to 20 minutes or until golden brown. Adapted from Make-a-Mix (1995).

Dinner Roll Variations:

To make Crescent Rolls: [After 10 minute resting:] On a lightly floured surface, roll one half of dough into a 12 to 15-inch circle. Use a rotary cutter or knife to divide into wedges of equal sizes (16 is recommended for regular sized rolls). Roll up each wedge, beginning with widest end, and place point-side down in a crescent shape on a greased baking sheet. Leave 2 to 3 inches between each roll. Brush each roll with melted butter and allow to rise.

Bake as directed.

To make Cinnamon Rolls: [After 10 minute resting:]

On a lightly floured surface, roll dough into a 12- inch by 15-inch rectangle. Brush with melted butter and sprinkle with Cinnamon Filling (see below). Roll, beginning with long-side. Cut into 1-inch wide rolls and place on a well-greased baking sheet. Leave 1 to 2 inches between each roll. Brush with melted butter and allow to rise. Bake as directed.

Cinnamon filling:

½ cup sugar (brown or white) and ½ teaspoon cinnamon

To make Orange Rolls: [After 10 minute resting:]

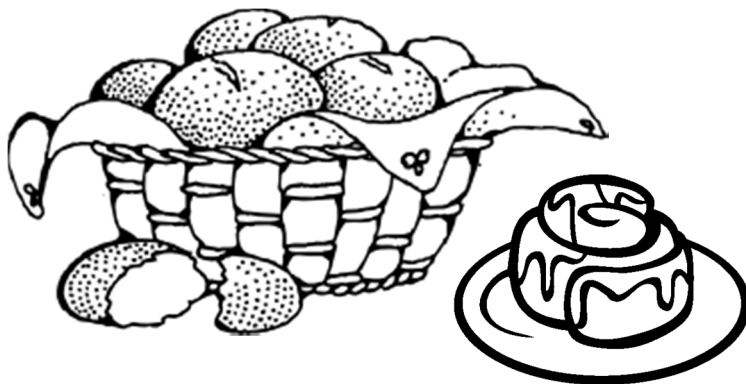
On a lightly floured surface, roll dough into a 12- inch by 15-inch rectangle. Brush with melted butter and sprinkle with Orange Filling (see below). Roll, beginning with long-side. Cut into 1-inch wide rolls and place on a well-greased baking sheet. Leave 1 to 2 inches between each roll. Brush with melted butter and allow to rise. Bake as directed.

Orange Filling:

½ cup granulated sugar, 2 tablespoons softened butter, 2 tablespoons grated orange peel

DOUGH MAY ALSO BE REFRIGERATED!!

Refrigerator dough: As soon as the dough is kneaded, place it in a greased container, cover tightly, and keep in refrigerator. When the dough has doubled, punch down and keep it punched down until ready to use. It will keep in the refrigerator 2-3 days. When ready to use, punch it down and divide into smaller portions and let stand at room temperature about 30 minutes. Shape as desired and bake.



Condensed Cream of "Something" Soup.

<http://1orangegiraffe.blogspot.com/2011/07/anything-you-wanna-call-it-casserole.html?showComment=1310864846151#c3489139395376988271>

It is a dry mix that, when you need some cream soup for a recipe you just add water. It is much less expensive then buying a can of soup at the market.

Since I had everything needed to make up a batch I went a step further and made up a gallon containers worth.

Cream of "something" soup recipe

1 cup non-fat dried milk

3/4 cup cornstarch

1/4 cup bouillon (if you have cubes you have to smash them up)

You can use whatever kind you like (ie, beef, veggie)

4 Tablespoons freeze dried minced onions (I used the minced onions from Sam's Club)

1 teaspoon dried basil

1 teaspoon dried thyme (I couldn't find the thyme so I used dried parsley instead)

1 teaspoon pepper

(For the equivalent of one can of condensed cream soup, mix 1/3 cup dry mix with 1 1/4 cup water. Cook until thick)



Palouse Soup Mix*

Makes 9 - 10 cups of mix ~ 1 cup mix makes 4 servings

2 ½ cups green split peas (one 16 ounce package)

2 ½ cups lentils (one 16 ounce package)

2 ½ cups pearl barley (one 16 ounce package)

2 cups macaroni (one-half 16 ounce package) OR 2 cups rice

Mix all ingredients together. Store in a jar with a tight-fitting lid. Stir before using.

To Make Soup From Mix:

In a large pan, combine 1 cup of mix, 1 chopped onion, and 2 chopped carrots with 4 cups of water. Add 1 cup of cooked chopped meat, if desired. For flavoring add one or more of the following: ½ teaspoon salt, ½ teaspoon garlic powder, 1 teaspoon oregano or basil,

2 tablespoons lemon juice or vinegar or 1 tablespoon chili powder.

Bring mixture to a boil. Reduce heat to low, cover pan. Simmer gently for 45 minutes or until peas and lentils are tender.

Minestrone Soup From Mix:

Mix 1 cup of mix with one 16-ounce can stewed tomatoes, 2-3 cups water, 1 chopped onion, 1 chopped carrot, 1-2 chopped potatoes, and 1 teaspoon oregano. For more flavor, add one or more of the following: ½ teaspoon salt, 1 bouillon cube, 1 teaspoon basil, or ½ teaspoon garlic powder. Bring to a boil. Reduce heat to low, cover pan. Simmer 45 minutes or until peas and lentils are tender.

Other hints:

For added flavor, use turkey/chicken stock or other meat broth instead of water when making the soup.

To cook in the crock pot, it takes about 4 hours to cook.

The mix looks very colorful and nice in a glass jar or clear plastic bag.

*Why is it called Palouse soup? The lentils, green split peas and barley for this recipe are grown in the southeast corner of Washington State, otherwise known as the "Palouse".

Recipe from Washington State University Extension

Submitted by Donna Sorenson and Sue Sparkman MFP & SA



Potato Soup Mix

Submitted by Janet Kirwan MFP & SA

- 1¾ cups instant mashed potatoes
- 1½ cups dry milk
- 2 Tablespoons instant chicken bouillon
- 2 teaspoons dried minced onion
- 1 teaspoon dried parsley
- ¼ teaspoon ground white pepper
- ¼ teaspoon dried thyme
- ⅛ teaspoon turmeric
- 1½ teaspoons seasoning salt



Measure all ingredients into a Ziploc bag, seal, and shake well to combine. Store in a cool, dry place. Use within 6 months.

To Cook:

Place ½ cup mix in a soup bowl and add 1 cup boiling water. Stir until smooth.

If you prefer a thicker soup, add a little more mix. Some great additions:

Add ¼ cup chopped ham and cheese pieces

-or-

¼ cup chopped broccoli

-or-

2 Tablespoon minced clams for clam chowder

-or-

2 Tablespoon chopped green chilies

-or-

2 Tablespoons bacon bits and a small dollop of sour cream

Meatball Mania

Submitted by Janet Kirwan MFP & SA

by Deborah Taylor-Hough, Author of "Frozen Assets: How to Cook For a Day and Eat for a Month"

The following recipes prepare a large batch of freezer meatballs and also include examples of ways to use frozen meatballs. The sauces require some preparation, but the meals go together quickly with your stockpile of precooked meatballs in the freezer.

Millions of Meatballs

(This makes at least four dozen meatballs – depending on size)

12-oz tomato sauce

1 ½ cups dry bread crumbs

4 eggs lightly beaten

½ cup onion, finely chopped

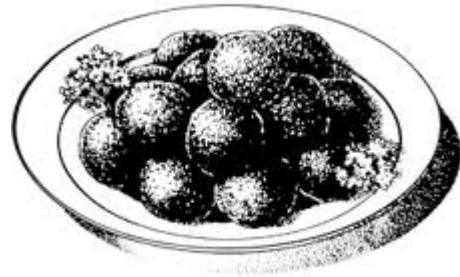
¼ cup green pepper, finely chopped

1 teaspoon salt (optional)

⅛ teaspoon dried thyme, crushed

⅛ teaspoon dried marjoram, crushed

4 pounds ground beef



In a large mixing bowl, combine the first eight ingredients. Add the ground beef and mix well. Shape into meatballs (use a small cookie scoop if available) and place on a broiler pan so the grease can drain while cooking. Bake uncovered in a 350 degree oven for 30 minutes. Divide into meal-sized portions. To prevent from freezing into a solid meatball-mass, freeze individually on cookie sheets and then place them into freezer bags or containers. Label and freeze. Use within 6 months.

To serve meatballs, thaw completely and reheat with your choice of sauces. (Your own or one of the following.) 1 serving = 4-5 meatballs about 1-inch in size

Sweet-N-Sour Meatballs (5 servings)

1 (14 oz.) can pineapple tidbits or chunks, undrained

¼ cup brown sugar

2 tablespoons cornstarch

½ cup water

¼ cup cider vinegar

1 teaspoon soy sauce (or more to taste)

1 family meal-sized portion of freezer meatballs

1 (5-oz) can water chestnuts, drained and thinly sliced

1 green pepper, cut in strips

Drain pineapple tidbits, reserving syrup. In medium saucepan, combine brown sugar and cornstarch. Blend in reserved syrup, water, cider vinegar and soy sauce. Cook and stir over low heat until thick and bubbly. Carefully stir in meatballs, water chestnuts, green pepper strips and pineapple. Heat to a boil. Serve over hot cooked rice.



Chili-Day Meatballs (5 servings)

This recipe sounds a little strange (chili sauce and grape jelly?), but it tastes like burgundy sauce (only without the wine)

1 (12-oz) jar chili sauce

1 1-oz jar grape jelly

2 tablespoons lemon juice

1 cube beef bouillon dissolved in ½ cup water

1 family meal-sized portion of freezer meatballs

Whisk together chili sauce, grape jelly, lemon juice and bouillon, breaking up all clumps. Simmer on low heat until sauce starts to thicken. Add freezer meatballs, cook in sauce until meatballs are fully thawed and heated through. Serve over hot cooked noodles or rice.

Meatball Sandwiches

(6 servings)

1 family meal-sized portion of freezer meatballs (approximately 4-5 meatballs per person)

6 hot dog buns or hoagie rolls

6 thin slices of mozzarella cheese

2 cups prepared spaghetti sauce

Thaw meatballs and spaghetti sauce (if using frozen). Place both in medium saucepan. Heat until hot. Place meatballs into warmed buns. Ladle small amount of spaghetti sauce into each sandwich; place mozzarella slice onto each sandwich.



Tomato-Sauced Meatballs

(5 servings)

1 (10 3/4 oz.) can condensed tomato soup

½ cup water

1 teaspoon Worcestershire sauce

1 family meal-sized portion of freezer meatballs

Mix together soup, water and Worcestershire sauce. Place meatballs in a medium sized saucepan; pour soup mixture over meatballs. Simmer until meatballs are heated through. Serve over hot cooked rice.



Meatball Stroganoff

(5 servings)

1 (10 $\frac{3}{4}$ -oz) can condensed cream of mushroom soup

$\frac{1}{2}$ cup sour cream or plain yogurt

1 cup mushrooms sliced and cooked in butter until soft

1 family meal-sized portion of freezer meatballs

In a medium saucepan, mix together mushroom soup and sour cream. Gently stir in mushrooms and meatballs. Simmer until meatballs are heated through. Serve over hot cooked rice or over egg noodles tossed with melted butter and chopped parsley.



Catalina Meatballs

(5 servings)

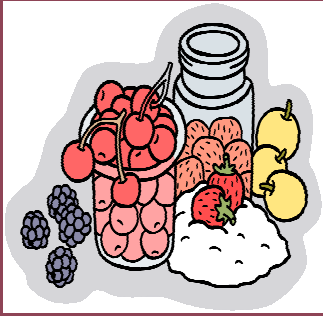
1 medium onion thinly sliced

2 tsp. olive oil

1 bottle Catalina salad dressing

1 family meal-sized portion of freezer meatballs

Sauté onion slices in olive oil until softened. Place meatballs in medium skillet. Pour dressing over meatballs. Cover skillet and cook over low heat until dressing caramelizes on meatballs and onion, and the meatballs are fully heated through. Serve over rice.



WSU 4-H Food Resource Leaders

A reliable source of information for:

- **Food preservation**
 - **Food storage**
 - **Food nutrition**
 - **Food safety**
 - **Food handling**
 - **Dial gauge testing**
- Various classes and demonstrations are held each year through the WSU Lewis County Extension office.**



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