

90 DAYS AND THE OTHER RECIPES

Store in jars, Freezer Ziploc bags, seal-a-meal (Stores 1 year)

Super Quick Mix

9 c. whole wheat flour	9 c. white flour	3 c. instant dry milk
2 ½ T. salt	1 ½ T. sugar	2 t. baking soda
2 ½ c. powdered shortening	9 T. baking powder	4 t. cream of tartar

Sift shortening, baking powder and soda and cream of tartar into rest of ingredients.

Combine well. Store in covered container. Label and date; use within 10-12 weeks. Makes about 24 cups. *For regular non-instant dry milk: add additional 6 T. dry milk.*

(Mix can be made using all whole wheat flour; increase baking powder to 10 T.)

Super Quick White Sauce Mix

4 c. instant dry milk	4 c. powdered butter, sifted	2 t. salt	4 c. flour
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Mix ingredients together, store in covered container, label and date. Use within 6 months. (unbleached white flour makes a slightly thinner sauce; increase sauce mix in recipes).

Thin White Sauce

1 c. warm water
1/3 c. white sauce mix

Medium White Sauce

1 c. warm water
½ c. white sauce mix

Thick White Sauce

1 c. warm water
¾ c. white sauce mix

Whisk sauce mix into water. Continue stirring over medium-high heat until boiling. Lower heat and simmer 1 minute.

Onion Soup Mix

2/3 c. dry chopped onion	½ c. beef bouillon powder	2 T. Cornstarch
½ c. butter or marg. Powder	2 t. onion powder	2 t. parsley flakes

Mix well and store in quart jar.

Cheese Sauce Mix

1 1/3 c. cheese powder	¾ c. Powdered Milk	¾ c. flour
¾ c. butter or marg. Powder	1/2 t. onion powder	

Mix together. Store in quart jar.

To Make: Bring 1 c. hot tap water and ½ c. cheese sauce to a boil stirring with wire whisk. It only takes a minute!

Country Gravy Mix

1 c. flour	2/3 c. powdered milk	2 T. beef bouillon
¼ c. butter or marg. powder	1 T. dry, chopped onion	1 t. onion powder
¼ t. ground sage	¼ t. ground thyme	Mix. Store in pint jar.

To Make: Combine and whisk smooth in a saucepan: 3 c. hot water and 1 c. gravy mix. Bring to boil stirring constantly until thickened. Add more water if desired for thinner consistency.

Tortilla Mix

8 c. flour	2 c. shortening powder	3 T. dry Milk
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1 ½ T. salt
Combine and store in airtight container. To Make: Combine 4 c. tortilla mix and 1 1/3 c. water. Stir vigorously, turn out on floured board and knead into a ball. Divide into 12 balls and roll into 6" rounds. Heat, in an ungreased hot pan turning until light brown spots appear.

Tomato Sauce Mix

3 c. tomato powder
2 T + 2 t. beef bouillon powder
5 T. cheese powder
2 T + 2 t. cornstarch
4 T. sugar

Mix together and store in pint jar.
To make sauce: Add ¼ c. tomato sauce mix into 1 scant cup boiling water all at once. Remove from heat, stir vigorously with a wire whisk. Makes 1 c. sauce.

To make Italian Tomato sauce: Same as above but at ½ t. Italian Seasonings to water.

To make Picante' Sauce

2 c. water
½ c. Tomato Sauce mix
¼ c. dehydrated peppers
1 sm can chopped green chilies
2 T. dry onion
1 c. diced tomatoes, drain

Combine water, peppers and onion and bring to boil for 5 minutes. Stir in Tomato Sauce Mix. Remove from heat and add.

Picante Nacho Sauce: Combine 1 c. hot water. ½ c. cheese sauce mix cook until thick. Add 1 c. Picante' Sauce.

Alfredo Sauce Mix

1 c. instant dry milk
1 t. Garlic powder
2 t. Parmesan cheese
½ t. salt
1/3 c. Minced onion, dry
½ t. white pepper

Put in zip-lock and shake to combine.

To use: combine ¼ cup Noodles mix with 2 T. melted butter and ¼ cup milk. Toss with pasta.

Chicken Gravy Mix

1 1/3 c. Instant dry milk
¼ t. ground sage
½ c. butter or margarine
¾ c. flour
1/8 t. ground thyme
3 T. Chicken Bouillon
1/8 t. pepper

Combine dry ingredients, cut in butter until evenly distributed, spoon into 3 cup container with tight lid. Store in refrigerator.

To Prepare gravy: Combine ½ cup mix and 1 cup water whisking over med heat. Cook until smooth and thick 2- 3 minutes.

Beef Gravy Mix

1 1/3 c. instant dry milk
1/8 t. ground thyme
3 t. brown sauce for gravy
¾ cup flour
¼ t. onion powder
½ c. butter in margarine
3 T. Beef bouillon granules
1/8 t. ground sage

Combine all as the chicken and put in container and store in fridge.

To Prepare gravy: Combine ½ cup mix and 1 cup water whisking over med heat. Cook until smooth and thick 2- 3 minutes.

Mashed Potato Mix

6 c. Margarine Pdr.
1/3 c. Cheese Powder
3 c. Powdered Milk
1 T. Onion Powder
½ c. salt

Mix all together. Store in air tight container. Date. Stores 6 months.

To Prepare: Mix 1 ½ c. boiling water and ¼ c. mashed potato mix. Add 1 c. instant potato flakes, cover and let sit for 1 minutes. Stir and serve.

Variation: Add to whipped, cooked, mashed potatoes along with water to desired consistency.

Stuffing Mix

½ c. Onion Soup Mix
1 T. Chicken Bouillon
½ c. Parsley flakes
½ T. Thyme
¼ c. sage

Combine and shake in a pint jar.

To Make: In bowl combine, 2 c. dry bread crumbs, 2 ½ T. Stuffing Mix, 1/3-1/2 c. hot water and let sit for 5 minutes.

Chocolate Chip Cookie Mix

1 1/3 c. flour	1/3 c. ground oatmeal	1/2 c. brown sugar
1/2 c. white sugar	1/2 c. margarine powder	1 T. whole egg pdr.
1/2 t. baking powder	1/2 t. baking soda	1/2 t. salt
1/4 t. powdered vanilla	1/2 c. chocolate chips	1/4 c. nuts (opt)

Store in quart jar.

To make: combine all the above with 1/3 c. + 2 T. water Bake at 350° for 10-12 minutes on greased cookie sheet.

Chocolate Fudge Cookie: add 1/4 c. baking cocoa to above mix.

Brownie Mix

1 c. sugar	2/3 c. flour	1/3 c. oatmeal flour
1/4 c. cocoa powder	2 T. dry shortening or marg.	1 T. dried egg
1/2 t. salt	1/8 t. cream of tartar	1/8 t. vanilla powder
1/8 t. baking soda	1/2 c. chopped nuts (opt)	1/2 c. choc. Chip (opt)

Store in quart Jar.

To make:Combine all above with 1/2 c. water. Spread in greased 8 x 8 pan. Bake at 350° -35 min.

Cake Mix

2 c. flour	1 1/2 c. sugar	1/2 c. shortening pdr.
2 T. dry milk	2 1/2 t. baking powder	1/2 t. vanilla powder
1/2 t. salt		

Yellow Cake: Mix above with 2 eggs (or 2T.egg pdr. + 1/3c. water), 1 1/4c. water, and 1 t. vanilla (1/4 t. vanilla powder). Mix for 2 minutes and pour into greased and floured 9 x 13 pan. Bake at 350° for 40 min.

Chocolate Gravy for Biscuits

1/4 c. flour	3/4 c. sugar	1/2 c. dry instant milk
2 T. cocoa powder	1/4 t. vanilla powder	2 c. water

Whisk all ingredients together in small saucepan. Bring to boil, simmer 2 minutes, stirring constantly. Serve over hot biscuits.

Hot Spiced Orange Drink

6 c. Tang powder	2 c. lemonade powder	2 c. sugar
2 t. cinnamon	1 t. cloves (opt)	

Mix together. Put in 5 pint jars. To Make: Mix 1 1/2 T. mix in 1 c. hot water.

Hot Chocolate with Marshmallows

2 c. regular powdered milk	3/4 c. sugar	1/2 c. cocoa powder
1 t. cinnamon	2 c. mini marshmallows	

Sift all but marshmallows together. Mix in marshmallows. Store in 1 quart jar.

To make: add 1/4 c. mix to 1 c. water.

BREAKFASTS

Eggs Mix

1 c. dried whole eggs 2 T. dry milk ½ T. salt

Mix, store in jar.

To make sift together dry ingredients, beat into 1 ½ c. water. Melt oil in pan, cook over low heat, stirring continuously until dry and crumble.

For added flavor add: bacon bits or sausage TVP; green chiles and 3 T. cheese powder; bell peppers, minced onion.

Omelet

6 T. egg mix 1/8 t. pepper ½ c + 2 T water
1 T. salt 2 T. cheese powder 1 T. margarine or oil

Beat together all ingredients. In medium saucepan, heat margarine/oil. Pour in the eggs all at once. Let cook until the omelet is set. Fold the omelet in half with a spatula. Continue to cook over medium heat until done.

Variations: spices(garlic, parsley, basil oregano, cinnamon, etc); Fill omelet with any of the following: chopped meats, TVP, vegetables (fresh or rehydrated), fruits, or nuts.

Golden Brown Hashbrowns Supreme

1 ¾ c. dried hashbrowns 2 ½ c. water ¼ c. oil
salt and pepper to taste 6 T. Egg Mix ¾ c. water
½ c. bacon bits 3 T. cheese powder

Bring the potatoes and 2 ½ c. water to a boil for 10 minutes until most of the liquid is absorbed. Heat the oil in a skillet. Spread potatoes over the pan. Add salt and pepper to taste. Fry over low heat until potatoes are tender and golden brown. Mix egg mix, cheese powder and ¾ c. water until smooth. Pour mixture over browned potatoes and sprinkle with bacon. Cook until done.

Instant Oatmeal Packets

¼ c. oats 2 T. powdered oats ¼ t. salt

Store in Ziploc Bags.

To Use: empty packet into bowl and add ½ c. boiling water and stir until thick.

Variations: To each packet add:

Apple-Cinnamon: 1 T. sugar, ¼ t. cinnamon, 2 T. chopped dried apples

Cinnamon Spice: 1 T. sugar, 1.4 t. cinnamon, 1/8 t. nutmeg

Raisin Brown Sugar: 1 T. brown sugar, 1 T. raisin

Super Quick Pancakes

3 ½ c. Super Quick Mix 2 T. dried egg, sifted 1 ½ T. sugar
2 ¾ c. water

Whisk together dry ingredients. Add water and whisk just until combined (will have small lumps). Let stand 5 minutes. Cook on hot, oiled griddle. Makes 12-6 inch pancakes.

For variety: add ½ c. blueberry nuggets, raspberry nuggets, Choc. Chips, etc.

Apple Pancakes: Add 1 c. dried/chopped apples (soak 2 c. water, drain) 1 t. cinnamon, ½ c. nuts
Cider Syrup

½ c. sugar 1/8 t. nutmeg 1 T. cornstarch
1/8 t. cinnamon 1 c. apple juice 1 T. bottled lemon juice

In small saucepan, whisk together dry ingredients. Add juice and bring to boil, stirring. Remove from heat; stir in lemon juice. Serve over pancakes.

Mickey Mouse Pancakes

2 cups flour	4 T. whole egg powder	2 T. sugar
½ c. powdered buttermilk	1 t. baking soda	3 T. powdered butter
1 tsp (heaping) salt	2 ½ c. + water	

Combine all above. Cook on greased griddle until lightly browned then flip. Eat.

German Pancakes

1 c. whole wheat flour	1 c. dry milk	3 T. egg powder
2 T. sugar	¼ t. baking powder	¼ vanilla powder
2/3 c. water	oil	

Whisk together dry ingredients; add liquid ingredients and beat 1 min. Cook large pancakes one at a time in 8-9" heavy skillet on medium heat. Swirl about 1/3 c. batter around in heated/oiled pan. Turn when lightly browned on the edges and dry on the top. Remove from pan when second side is lightly browned. Spread jam on warm pancakes or sprinkle with cinnamon/sugar or Lemon Syrup. Roll and eat.

Lemon Syrup: Stir together lemon juice and powdered sugar until desired consistency.

Magnificent Muffins

3 ½ c. Super Quick Mix	1 T. dried whole egg	½ c. sugar
1 ½ c. water		

Whisk together dry ingredients in a bowl. Add water and stir just until ingredients are moistened. Spoon batter into greased muffin pans. (they will be very full) and bake at 400° for 15 minutes until lightly golden brown. Makes 12 muffins.

Orange Muffins: Decrease sugar to 1 T. and add ½ c. tang powder and 2 t. dried orange peel. Stir gently for 45 strokes before filling muffin pans.

Oatmeal Muffins: Decrease Super Quick Mix to 2 ¾ c. Add 1 c. quick cooking oats and increase water to 1 2/3 c.

Chocolate Chip: add 1 c. Choc. Chips, 1 t. cinnamon, ½ t. cloves

Blueberry/Raspberry: Add ½ c. nuggets to batter and stir.

Apple Muffin Mix

2 c. flour	½ c. sugar	¼ c. brown sugar
1 t. cinnamon	1 c. chopped dried apple	¼ t. nutmeg
2 t. baking powder	3 T. dry milk	1 T. egg powder
½ t. baking soda		

Store in Quart Jar. To make: Add: ¾ c. + 2 T. water, ¼ c. oil. Stir all above ingredients until the mixture is just blended. Do not overmix. Spoon the batter into greased muffin tins, filling 2/3-3/4 full. Bake at 400° for 15-18 minutes or until golden brown.

Pumpkin Muffins

3 c. Super Quick Mix	1 c. sugar	½ t. nutmeg
1 t. pumpkin pie spice	½ t. cloves	1 T. whole egg pdr.
1 c. chopped nuts	1(16oz) can pumpkin	2 T. water

Put all dry ingredients in quart jar. Add pumpkin and water and stir until the mixture is blended. Spoon the batter into muffin tins. Bake at 350° for 15 minutes.

Cornmeal Mush

1 c. cornmeal
3 c. boiling water

1 c. cold water

1 t. salt

Mix cornmeal, cold water, and salt. Stir cornmeal mixture slowly into boiling water. Stir until thickened. Cover and cook over low heat 15 minutes, stirring occasionally to keep from sticking. Serves 8- 1/2 c.

Papa's Favorite Beef Hash

1/4 c. powdered milk
1 1/2 t. salt
5 c. water

2 T. Flour
1 c. dry minced onion
1/4 c. oil

1/4 t. pepper
2 c. DH Potato Dices
1 can corned beef or beef chunks

Combine potatoes, onions, milk, flour, salt and pepper and water in large saucepan. Boil for 10 minutes or until liquid is mostly absorbed. Heat oil in skillet. Add potato mixture and beef. Cook over low heat, until potatoes are tender and brown. About 20 minutes.

Hearty Oatmeal Mix

3/4 c. old fashioned oat
1 T. brown sugar
1/8 t. vanilla powder

1 1/2 T. chopped nuts
1 1/2 T. raisins (opt)
1 1/2 c. water.

1/4 t. cinnamon

Stir in small saucepan. Bring to boil, simmer 5 minutes. Serves 1.

Oatmeal Pudding

1 c. dry milk pdr.
1 T. oil
3/4 c. reg. oats
1 t. cinnamon

1/4 c. egg powder
1 T. vanilla
3/4 c. brown sugar
1/4 t. salt

4 c. water
3/4 c. raisins(opt)

Sift together milk and egg powder. Add water a little at a time mixing well after each addition. Add oil and vanilla. Add in remaining ingredients. Pour into 8x8x2 greased baking pan. Bake at 350° for 55 minutes or until center is firm and set to touch. Cook slightly. Serves 8.

Bacon Brunch Pie

2/3 c. Nonfat Milk Powder
2 T. DH peppers, rehydrated
4 T. cheese powder

1 c. water
2 eggs (2T dry+4T water)
1/2 c. finely chopped onion

1/2 c. + 1 T Super Quick Mix
1/2 c. Bacon Bits
1/8 t. black pepper

Preheat oven to 375 degrees. Spray a 9-inch pie plate with cooking spray. In a large bowl, sift together: baking mix, dry milk powder, cheese powder and (dry eggs). Add peppers and water (fresh eggs). Mix well to combine. Stir in bacon bits, cheese, onion and black pepper. Spread batter into prepared pie plate. Bake for 30 to 40 minutes or until a knife inserted near the center comes out clean. Place pie plate on a wire rack and let set for 5 minutes. Cut into 6 servings.

Navajo Fry Bread

3 c. flour
2 T. baking powder
Oil for Frying

2 T. sugar
1/4 c. powdered milk

2 t. salt
1 1/4-1 1/2 c. water

Mix dry ingredients together. Add water and mix. Let rise for 5 minutes. (The less handled the better). Take small handful and pat into cake using some flour. Fry in oil over medium heat until golden brown. Serve with honey butter, jam or cinnamon sugar or powdered sugar.

French Toast

¼ c. milk powder	1 c. water	6 T. dry egg, sifted
¼ t. sugar	¼ t. salt	½ t. vanilla
¾ t. cinnamon	¼ t. nutmeg	6-8 slices bread

Beat all ingredients together except bread. Pour into a pie pan. Dip each slice of bread in egg mixture and fry in oiled pan. Sprinkle with powdered sugar or syrup.

Breakfast Cereal / Steamed Wheat

Stove Method-

1 c. whole wheat	4 c. water
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Soak wheat overnight in water; drain and rinse. Add 3c water. Bring to a boil, simmer 1 hr, drain.

Crock Pot Method-

1 c. whole wheat	2 1/2 c. water	½ t. salt
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Cook 6-8 hours on low.

Top w/ sugar, honey, raisins, applesauce, etc.

Blender Wheat Pancakes

2 1/2c. water*	6 T. dry milk powder*	2 c. wheat, uncooked
4 T. whole egg powder*	4 T. oil	2 t. salt
2 T. baking powder	4 T. honey or sugar	

Put water, milk powder and wheat in blender. Blend on highest speed for 4-5 minutes or until batter is smooth. Add remaining ingredients and blend. Cook on med. hot, oiled, griddle. Makes 12-18 pancakes.

For Waffles: Add additional 2 T. wheat and 4T. oil.

Apple Coffee Cake

3 c. flour	½ c. shortening	1 ½ c. sugar
1 ½ t. salt	2 T. baking powder	1 ½ c. water
1/3 c. dried egg powder	1 c. dried apple slices	

Break up apples into small pieces. Cover with 1 ½ c. boiling water, let sit, covered, 15 minutes until softened, drain. Blend in all remaining ingredients and mix well. Pour into a greased baking dish. Sprinkle the top with topping mix. Bake at 375 for 25-30 minutes.

Topping

2/3 c. brown sugar	½ c. flour	¾ c. margarine powder
1 t. cinnamon	2 T. water.	

Mix together and sprinkle over cake.

Instant Breakfast

1 c. ice cold water	¼ c. non-instant milk or ½ c. instant milk powder	
1 egg (1 T. egg powder)	½ c. fresh or canned fruit	1 T. sugar or honey

Blend all ingredients until smooth. Serves 1-2.

Good for You Granola

3 ½ c. rolled oats, uncooked	¼ c. sliced almonds	¼ c. chopped walnuts
1/3 c. honey	¼ c. vegetable oil	1 t. cinnamon
1 t. vanilla	¼ t. nutmeg	

Preheat oven 350°. In large bowl, combine oats, almonds and walnuts. In small bowl, stir together honey, oil, cinnamon, vanilla and nutmeg. Drizzle over oat mixture; mix well. Spread evenly in 13 x 9" baking pan. Bake 15-20 minutes or until golden brown stirring every 5 minutes. Remove from oven; cool completely in pan on wire rack. Store tightly covered for up to 2 weeks.

LUNCHES

Pleasing Pasta Soup Mix

1 ¾ c. small shell macaroni	¾ c. dried lentils	½ c. parmesan cheese
¾ c. dried chopped mushrooms	3 ½ T. dry minced onion	3 ½ T. chicken bouillon
1 ¾ t. dried parsley flakes	1 ¾ t. dried oregano	1/8 t. garlic powder
1 can chicken	10 c. water	

Layer in quart size jar. **To make:** Place water in a large soup pot and bring to a boil. Add all dry ingredients. Reduce heat, cover and simmer for 40 minutes or until lentils are tender, stirring occasionally. Serves 6-8

Creamy Chicken and Rice Soup

8 ½ c. water	¾ c. long grain rice	2 T. chicken bouillon
½ c. dried diced carrots	3 T. dried onion	3 T. dried celery
½ t. dried minced garlic	1 can evaporated milk	1 can chicken chunks
3 T. dried parsley	salt and pepper to taste	

In a pot, bring water to boil. Except chicken. Simmer 20 minutes. Stir in chicken. Serves 6-8

Turkey Noodle Soup Mix

1 ½ T. chicken bouillon	½ t. pepper	¼ t. thyme
1/8 t. celery seeds	1/8 t. garlic powder	1 bay leaf
¼ c. dried carrots	¼ c. dried celery	¼ c. dry onion
1 c. fine egg noodles	2 cans diced turkey	8 c. water

Store dry ingredients in pint jar. **To make:** Combine all above ingredients, except turkey. Bring to boil. Simmer for 20 minutes. Add turkey, simmer 5 more minutes.

Alphabet Soup in Minutes

1 ¼ c. uncooked alphabet pasta	2 T. dried vegetable flakes	1 t. chicken bouillon
1/8 t. black pepper		

Combine contents with 4 cups water and ¼ c. pasta sauce in large saucepan. Bring to a boil, reduce heat and simmer 10 minutes, uncovered until pasta is tender.

Potato Soup

3 ½ c. water	1 ½ c. dried potato dices	3 T. dried minced onion
1 T. dried celery	1 ½ t. chicken bouillon	
Bring above to boil, simmer 30 minutes. Slightly mash potatoes.		
Whisk in:	3 c. water	1 ½ c. White Sauce Mix
1 bay leaf	½ T. parsley	½ bottle Cheddar Cheese

Bring to a boil, simmer 1 minute. Serves 4-5.

Creamy Potato-Cheese Soup

2 c. instant mashed potato flakes	3 T. cheese powder	1 T. dried chives
1 t. chicken bouillon	½ t. dry mustard	¼ t. white pepper

Mix and Store in jar.

5 c. water	½ c. powdered milk	½-1 c. sour cream powder
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Bring water and milk and sour cream powder to a boil in large saucepan over high heat. Whisk in remaining ingredients of jar. Reduce heat: simmer 5 minutes, stirring constantl. Add additional water or milk, ½ c. at a time to reach desired consistency. Season with pepper sauce if desired. Variation: Add ½ c. real bacon bits or cooked broccoli if desired.

3-Minute Cream of Chicken Soup

6 c. boiling water 2 T. chicken bouillon base 1 c. fine white bean flour
1 c. diced chicken pieces (opt)

In medium sauce pan over medium heat, whisk bean flour into boiling water and add base. Stir and cook 3 minutes. Blend for 1-2 minutes. Add chicken, if used. Serves 3-4.

Instant Pea Soup

4 c. boiling water 4 t. chicken soup base 6 T. pea flour

Using dried peas, whole or split, grind to a fine flour. In medium sauce pan over medium-high heat, whisk chicken soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook 2 minutes. Serves 4. For a thicker soup, use up to 1/3 c. pea flour.

Instant Corn Chowder

6 1/2 c. hot water 2/3 c. fine corn flour/masa 2 T. chicken soup base
6 T. pea flour 20 drops Tabasco sauce

In medium saucepan, whisk flours into hot water and cook, stirring for 1 minute over medium high heat. Cover and turn heat to low; cook 2-3 minutes. Serve with broken corn chips. Serves 4.

Mediterranean Chicken and Lemon Soup

2 cans chicken broth 1/2c. long-grain white rice 4 T. DH carrot
1 can chicken chunks, drain 4 T. DH peppers 1/4 c. lemon juice
1/4 t. garlic powder 1 can evaporated milk, *divided* 1 T. cornstarch
1 t. basil

BOIL broth in medium saucepan. Add rice, carrot and peppers; cook until rice is tender, about 20 minutes. Stir in chicken, lemon juice and garlic. COMBINE 1 *tablespoon* evaporated milk and cornstarch in small bowl; stir into soup. Gradually stir in *remaining* evaporated milk. Bring to just a boil, stirring occasionally. Remove from heat. Stir in basil before serving.

Love Soup in a Jar

1/3 c. beef bouillon 1/4 c. onion flakes 1/2 c. split peas
1/2 c. ABC macaroni 1/4 c. barley 1/2 c. lentils
2 c. Curly pasta (in bag)

Layer in quart jar. NOTE: When the holiday season finds you in a rush, love soup will make an easy supper. **Directions:** Combine with 10 c. water and 1 can beef chunks. Boil, simmer 1-2 hours. Add pasta, cook 15 more minutes

Tropical Chicken Salad

1 can mandarin oranges, drained 1 can pineapple, drained 1 can chunk chicken
2 T. hydrated dried celery 1/3 c. mayonnaise 1/2 t. garlic powder
Combine mayo and garlic powder. Toss with remaining ingredients. Serve with rolls, crackers or bread. Serves 4.

Black Bean Salad

2-15oz cans black beans 1 lg. can mandarin oranges 1 bell pepper, diced
1/4 c. dry onions, soak, drain 1 t. salt 1 t. pepper
3 T. sugar or honey 3 T. Olive oil 1 T. cider vinegar
1 t. Dijon mustard (opt)

Combine all ingredients in a bowl. Marinate for 1 hour minimum in refrigerator.

Southwestern Chicken and Pasta Salad

1 ½ c. macaroni
1 can chicken

1-15oz can corn
3 T. hydrated green pepper

2 cans black beans
1 t. dried, minced onion

Dressing

1/3 c. lime juice
1 t. cumin, ground

2 T. oil
¼ t. hot pepper sauce

1 T. honey

Cook macaroni in boiling water, drain. Combine salad ingredients. Blend together dressing ingredients; pour over salad. Toss to coat. Chill 1 hour to blend flavors. Serves 5-6

Easy Macaroni and Cheese

4 c. elbow macaroni
Salt and Pepper to Taste

1 ½ c. Cheese Sauce Mix
3 c. water

Cook macaroni until tender. Drain. Combine cheese powder water in saucepan. Cook over medium heat until it boils and is smooth. Stir constantly. Boil 1 minute. Pour sauce over macaroni and serve.

Macaroni and Cheese

2 c. macaroni
2 T. cornstarch
½ t. salt

¾ c. cheese powder
1 t. dry minced onion
¼ t. pepper

1/3 c. powdered milk
½ c. water

Cook macaroni until done. Drain. Combine remaining in saucepan. Cook over med heat until it boils and is smooth, stirring constantly. Boil 1 minute. Pour sauce of macaroni and serve.

DINNER

Chili Tomato Mac Mix

½ c. + 2 T instant dry milk	1/3 c. cornstarch	4 t. beef bouillon
2 t. dried minced onion	½ t. dried basil	½ t. pepper
2 t. dried parsley	1 t. garlic powder	2 T. chili powder
3 c. macaroni	2 can beef chunks	3 cans chopped tomatoes
6 c. water	2 cans pinto beans (opt)	

Layer dry ingredients in quart jar. To make: Mix all ingredients in pot, bring to boil. Simmer covered 20 minutes or until macaroni is tender, stirring often. Makes 8-10 servings.

Pasta Perfect

Combine 1 T. butter or olive oil with 2 t. Onion Soup Mix. Sauté 1 minute and add 2 c. cooked pasta. Warm thoroughly and serve.

Alfredo Delight

2 ¼ c. water	1 c. White Sauce Mix	¼ c. DH Mushrooms(opt)
1 T. Onion Soup Mix	1 t. parsley	

Bring to a boil stirring constantly with a wire whisk. Don't leave it cooks up fast. Pour over hot, cooked noodles or rice. Sprinkle liberally with Parmesan cheese and serve.

Spaghetti Supper

2 c. Italian Tomato Sauce	1 cans Tomato, whole/diced	2 t. Onion Soup Mix
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Heat and serve over cooked Pasta.

Variation: Add Beef or Sausage TVP, veggies or parmesean cheese for variety.

Fried Rice

4 c. cooked rice	½ c. dried, vegetable mix	1 can chicken chunks
¼-1/2 c. Yoshida Gourmet Sauce	2 T. oil	

Reconstitute veggie mix in 1 c. warm water 20 minutes then drain. Heat oil in large fry pan or wok. Add rice and veggies, heat through, add sauce to taste. Add chicken chunks and heat.

Serves 4.

Scalloped Potatoes and Ham

In 4 quart casserole dish, combine with a wire whisk:

4 c. water	1 c. Cheese Sauce Mix	1 t. parsley
¼ t. dry mustard	2 c. Potato Slices	1 c. cubed ham/spam

Bake uncovered at 350° for 45-60 minutes.

Variation: Bring to a boil in pan, Simmer for 3 minutes with lid on. Put in icebox cooker 4 hours.

Creamy Casserole

In saucepan, mix 3 c. hot water and 1 1/2 c. white sauce mix, bring to boil, simmer, stirring constantly, until thick. Mix in 1 c. cooked vegetables (canned or rehydrated DH) and 1 c. cooked meat (chicken, turkey, ham) and 4 c. cooked rice or noodles. Warm through on stove or baking.

Cheesy Beans and Rice

1 c. long grain white rice 1 can corn, reserve liquid 1 can kidney beans, drain
1 can sliced mushrooms ½-1 can diced green chilies 1 T. dry onion
2 c. water (include liquid from corn/mushrooms) 2-8oz cans tomato sauce
1 t. garlic powder 1-5 oz bottle processed cheese spread or ½c. cheese sauce
Combine all ingredients except cheese in saucepan and bring to boil. Simmer 20 minutes. Add cheese and stir until melted. Great in tortillas. Serves 6.

Easy Chicken and Rice Casserole

1 cup uncooked rice, 2 T. Onion Soup Mix 1 can Cr. Mushroom
Soup 1 cup water 1 can Cream of Celery Soup 2 cans chicken
Mix first 5 ingredients (all undiluted) in a 9 x 13 baking dish. Place chicken on top of mixture.
Bake at 350° for 1 hour or until rice is done.

Beef & Noodle Quick Dinner

2/3 c. instant dry milk 2 t. onion powder 2 t. garlic powder
¾ t. pepper ¾ t. salt 1/8 t. dried basil
1/8 t. dried oregano ¾ t. paprika Pinch cayenne pepper
3 T. brown gravy mix 1/8 t. celery seed 4 t. cornstarch
¼ c. dried, chopped mushrooms 3 c. egg noodles 2 cans beef chunks
7 c. water

Layer in quart jar. **To Make:** Combine all ingredients in pot and bring to a boil. Reduce heat to simmer, cover and cook 15 minutes. Remove lid and let gently simmer until sauce has thickened to desired thickness (it will thicken as it sits). Serves 6.

Santa Fe Skillet Casserole Mix

4 c. Frito Corn Chips 3 T. Taco Seasonings 2 t. chicken bouillon
¾ c. Parmesan cheese ¼ c. instant dry milk ¼ c. flour
1 can beef/chicken chunks 2 c. water 1 can chopped green chilies(opt)
1 can corn

Layer in quart jar. **To Make:** Combine all ingredients in saucepan. Cook over medium-high heat until sauce thickens. Serves 4.

Cheddar Beef Supper

Cook 1 ½ c. macaroni in 6 c. boiling water 8-10 minutes, drain.

In saucepan combine:

1 can Beef Chunks ½ t. Chili Powder 1 t. Onion Soup Mix
Add: 3 ½ c. warm water 1 ½ c. Cheese Sauce Mix

Mix thoroughly. Stir and cook until creamy and smooth. Stir in cooked macaroni and serve.

White Bean and Chicken Chili

3 ½ c. cooked white beans or 2 (15oz) cans white beans, drained
½ can(4 oz) diced green chilies, undrained 1(12oz) can chicken chunks, undrained
1/4c. dried minced onion 3 c. water 2 t. chicken bouillon
1 t. cumin ¼ t. minced garlic 1 can (6oz) tomato paste
Combine all ingredients in saucepan and bring to a boil. Simmer 20-30 minutes, stirring occasionally. Serves 4-5.

Hearty Lentil and Barley Soup

¾ c. brown or red lentils	¼ c. sun-dried tomatoes	2 T. dried vegetable flakes
1 T. dried minced onion	2 t. chicken bouillon granules	1 t. dried oregano leaves
½ t. minced garlic, dried	1/2 t. black pepper	1/8 t. red pepper flakes (opt)
½ c. pearl barley	5-6 c. water	8 oz. smoked sausage, ½”
1-14 oz. can diced tomatoes w. green pepper, celery, & onion		

Place all ingredients in crock pot. Stir; cover and cook on Low 6-8 hours. Add additional water ½ c. at time if needed to reach desired consistency. Season to taste with lemon pepper. Serves 10-12.

Variation: Simmer ingredients in Dutch oven or Soup pot, partially covered 1-1/2 hours or until lentils and barley are tender.

Southwestern Bean Chili and Rice

½ c. dried kidney beans	½ c. navy beans	½ c. dried beans
1 bay leaf	2 T. dried minced onion	2 t. chili powder
1 T. chicken bouillon granules	2 t. minced garlic	1 t. cocoa powder
1 t. cumin	1 t. dried oregano	¼ t. red pepper
3-4 c. water	16 oz. tomato sauce	4 c. cooked rice
Shredded cheese		

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water, and seasonings in heavy pot w/lid. Bring to a boil over high heat. Cover; reduce heat and simmer 1-1 ½ hours. Add tomatoes and tomato sauce, cook 30 minutes longer or until beans are tender. Serve over rice and top with cheese.

Spicy Chili Mac

¼ C. dried pinto beans	¾ dried kidney beans	1 pkg. Chili seasoning mix
2 T. dried minced onion	2 t. beef bouillon granules	¼ t. red pepper flakes
1 ½ c. uncooked rotini pasta	4-5 c. water	1 can Tom. w/ gr. chilies
Shredded cheese, opt.	1 can beef chunks	

Soak beans overnight, drain and rinse or quick soak. Combine soaked beans, water ground beef and seasonings. Bring to a boil over high heat. Cover; reduce heat and simmer 1 hour. Add pasta, and tomatoes. Simmer 30-45 minutes. Serve with Cheddar cheese. Makes 8-10 servings.

Tuna & Noodle Casserole Mix

¾ c. Parmesan cheese	1 pkg. Knorr Vegetable Soup Mix	
½ c. instant dry milk	2 ½ c. egg noodles	2 ½ c. water
1-6 oz can tuna		

Layer all dry ingredients. **To make:** Mix all above ingredients in saucepan. Heat to a boil, stirring often. Reduce heat to medium and cook until noodles are tender. Serves 4/

Chicken and Rice Casserole Mix

¾ c. coffee creamer powder	2 T. Ranch Dressing Mix	½ c. Parmesan Cheese
¾ c. sliced almonds, toasted	¼ c. bacon bits	1 ¾ c. white rice
1 can chicken chunks	4 c. boiling water	salt and pepper to taste

Layer dry ingredients in quart jar. **To make:** Mix all ingredients in saucepan. Bring to a boil, simmer 20 minutes. Serves 4-5.

Beef Stroganoff with Noodle Mix

3 T. White Sauce Mix 3 T. Brown Gravy Mix ½ c. instant milk powder
1 T. dried dill 1 T. dried parsley 3 2/3 c. medium egg noodles
4 c. boiling water 1-2 cans beef chunks
Layer all dry ingredients in quart jar. **To make:** Mix all ingredients together in saucepan. Bring to boil, simmer 15 minutes. Pour over cooked noodles or rice.

Brown Rice and Chicken

4 T. Chicken Gravy Mix ¼ t. pepper 1 t. salt
¼ t. garlic powder 1 t. dry onion 4 t. celery flakes
2 t. dried parsley 4 t. dried mixed peppers 2 c. brown rice
1 can chicken chunks 4 c. water
Bring to a boil. Simmer 1 hour. Serves 4.

Creamy Broccoli and Tuna

3 c. uncooked rotini pasta 4 c. water 1 c. dried broccoli
1 ½ c. water ½ c. white sauce mix ¼ c. Parmesan cheese
¼ t. garlic powder ½ t. salt 1 sm can tuna
Cook pasta and broccoli in 4 c. water. Drain. Heat remaining ingredients. Bring to boil, simmer 1 minute. Add pasta and broccoli. Serves 4-5.

Italian Tomato and Pasta Soup Mix

2 ½ c. Bow Tie or Rotini Pasta 2 T. dried vegetable flakes 1 T. dried minced onion
1 t. sugar 1 t. chicken Bouillon 1 t. Italian Seasonings
½ t. dried minced garlic ¼ t. black pepper ½ c. Parmesan Cheese
½ c. spinach flakes
Put Parmesan in baggie. Layer remaining in quart jar.
To make: Combine 5 c. water, 1 can diced tomatoes and above (not cheese). Bring to boil, Simmer 10-12 minutes. Stir in spinach flakes. Simmer additional 10-12 minutes. Serve with cheese. Serves 4-5.

Pot Pie

2 cans cubed meat 3 cans Mixed vegetables, drained 2 c. White Sauce
2 t. chicken bouillon 1 t. Onion Soup Mix
Combine and heat. Put in large casserole. Top with biscuits. Bake at 400 about 10-12 min. until crust is brown.

Salmon Cakes w/ Potato

3-4 c. mashed potatoes 1 can salmon Bread crumbs
1 egg (or 2T. oil) 1 onion chopped (1/4-1/2 dried, soaked) salt & pepper to taste
Oil for frying
Drain salmon, remove any skin or bone. Add salmon to mashed potatoes and mix well. Add onion, salt and pepper and then the bread crumbs to thicken the dough. Dough should be slightly dry but not crumbly. Add egg or oil to help mixture bind together. Make into ½ inch patties. Fry in thin layer of oil over medium heat. Cook until lightly browned on both sides.

Nacho Potato Bake

5 c. water 1 c. Cheese Sauce Mix ½ c. Picante Sauce
Add: 2 c. DH diced potatoes and Stir. Bake at 350 for 45-60 minutes.
Variation: Substitute 2 c. rice for dried potatoes.

Tuna Noodle Casserole

1 ½ c. macaroni	2 sm. Cans tuna, drained	1 can cr. Chicken soup
2 T. dried, celery, sliced	2 T. dried, minced onion	2 T. dried, minced carrots
¼ c. canned bacon bits	2-3 T. cheese powder	

Cook macaroni in water and drain. Soak the veggies in hot water for about 10-20 minutes. Drain. Mix everything and bake for 30-45 minutes at 350 degrees. Sometimes I add bread crumbs if it looks a little watery. Recipe can be doubled.

Clam Chowder

2 c. DH diced potatoes	¼-1/3c. DH celery	¼-1/3 c. dry, minced onion
2 T-1/2 c. bacon bits	2 T-1/4 c. dried carrots	2 T. dried spinach or parsley
1 can minced clams	water to cover + 1 inch	
1-2 T. Garlic salt/powder	1-2 T. chicken bouillon	1 t. black pepper
4-5 T. Butter or oil	½ c. flour	

Combine all ingredients (except flour and butter) and allow to simmer until the dried ingredients are softened and have absorbed the broth's flavor. When chowder is ready add rue made by melting butter and whisking in flour, slowly cooking about 2 min. Add this rue to simmering chowder, stirring until rue dissolves and chowder thickens.

Autumn Soup (demo)

1/4 c. dry onion	1/4 c. dried carrots	1 c. dried cabbage
1/4 c. dried celery	1 1/2 c. dried, diced potatoes	¼ c. barley
¼ c. rice	3 t. beef bouillon	½ t. pepper
½ t. basil	½ t. oregano	1 t. salt
¼ t. garlic powder	1 T. sugar	2 cans tomatoes
10 c. water (more if needed)	1 cans beef chunks (opt)	

Combine all in large pot, bring to a boil. Simmer 2 hours.

Burritos

2 cans Chunk Chicken/Beef	2 cans. refried beans	1 c. rice
1 c. shredded cheese	3 T. Taco seasoning	1/4 c. water
6-10 flour tortillas (mix)	Picante Sauce (mix)	

Put chicken w/ juice, water and seasoning, beans, cheese and rice into saucepan. Bring to boil, simmer 5-10 minutes. Warm tortillas, put mixture on tortillas, add hot sauce if desired. Fold, eat. Variation: For cheese; canned, freeze-dried, nacho sauce, cheese sauce, jarred, or fresh)

Turkey Casserole

6 c. mashed potatoes	2 c. turkey chunks	2 c. chicken or turkey gravy
4 c. stuffing	1 can Green Beans	1 can Cranberry (opt)

Layer in casserole dish: potatoes, chicken, gravy, cranberry, green beans, stuffing.

Bake at 350° for 30 minutes. Serves 6-8.

Mandarin Orange Turkey and Rice

1/3 c. honey
3 T. Soy Sauce
1/8 t. pepper

1/4 c. Orange Juice Powder
1/4 t. ground ginger
1/3 c. water

1 t. lemon juice powder
1/4 t. thyme
2 c. turkey chunks

Mix together thoroughly all but turkey chunks, when mixed, add in turkey. Cover tightly and refrigerate for several hours.

2 c. uncooked rice
1 can sliced mushrooms, drain

2 1/2 c. water
1 t. parsley flakes

1 can Mandarin oranges, drain

In casserole dish, mix rice, liquids and parsley, top with oranges and mushrooms and turkey chunks. Pour marinade over top. Cover and bake for 50 minutes at 350°, until rice is done.

Variation: Combine second set of ingredients together in pot, bring to boil simmer 2 minutes, add turkey and marinade, simmer additional 2 minutes. Remove from stove. Cook in icebox cooker for 2 hours.

SIDE DISHES

Crunchy Potatoes

2 1/2 c. potato slices
1/3 c. butter flavored Crisco
1/3 c. powdered butter

5 c. hot water
3/4 c. bread crumbs
2 t. salt

1 c. cheese powder
1 1/2 t. paprika

Melt shortening in a jelly-roll pan. Spread the cooked potatoes over the melted shortening on the pan, turning once to butter both sides. Mix remaining ingredients. Sprinkle over and mix through potatoes. Bake at 375° for 1/2 hours or until done.

Glazed Sweet Potatoes

1 c. DH Sweet Potatoes
1/2 c. brown sugar

2 c. warm water
6 T. butter powder

2 T. Tang
2/3 c. water

Soak sweet potatoes in water 30 minutes, then bring to a boil and simmer 10 minutes. Mix together tang, brown sugar and butter powder in saucepan. Add the water, a little at a time stirring to mix. Cook and stir until bubbly. Add the drained potatoes. Cook uncovered for about 10 minutes. Stir occasionally to coat all sides of the potatoes. Serves about 8.

Aunt Susan's Simple Candied Carrots

1/2 c. dried carrots
1/2 c. margarine

2 c. water

6 T. brown sugar

Cook carrots in water until tender. Drain, add margarine and brown sugar. Heat until carrots are nicely coated.

Instant Refried Beans

2 1/2 c. water
1/4 t. cumin

3/4 c. pinto or black bean flour
Tiny pinch garlic powder

1/2 to 3/4 t. salt
1/2 t. chili powder

Bring water to a boil in small saucepan. Whisk in dry ingredients. Cook, while stirring, over medium heat for 1 minute, until mixture thickens. Reduce heat to low, cover pan and cook 4 minutes. Add 1/2 c. Picante sauce, if desired. Mixture thickens as it cools and will stay thick even after heating.

BREADS/DESSERTS

Biscuits

3 c. Super Quick Mix 1 ¼ c. water
In a bowl, stir quick mix and water until just blended.

Drop biscuits: Drop dough by T. on greased cookie sheet. Bake at 425° for 13-15 minutes.
Makes 12 1 ½ inch biscuits.

Rolled biscuits: Put above dough on floured board. Lightly knead dough; about 12 strokes. Pat out to 1-inch thickness. Cut with floured cutter. Place 1/2" apart on greased cookie sheet. Bake 12-13 minutes. Makes 14 – 1 ½" biscuits.

Cheese and Pepper Muffins

2 ½ c. flour	¼ c. cornmeal	¼ c sugar
1 T. baking powder	1 t. baking soda	½ t. salt
¼ t. pepper	½ c. parmesan cheese	1/3 c. buttermilk powder
½ t. dried red pepper flakes		

Layer in quart jar. **To Make:** Combine 2 eggs, 1 ½ c. water and ¼ c. oil, add dry ingredients. Stir just until moistened. Spoon into greased muffin tins. Fill ¾ full. Bake at 400° for 20 minutes. Makes 2 dozen.

Cornbread Mix

1 c. yellow cornmeal	2 ½ c. Super Mix	½ c. sugar
1 ¼ T/ baking powder		

Layer above in quart canning jar. **To make:** Combine above with 3 eggs, 1 ¼ c. milk, ¾ c. butter, mix just until blended. Do not overmix. Pour into greased 8 x 8 pan. Bake at 350° 30 minutes.

Fast and Easy Batter Bread

2 ½ c. steaming hot tap water (120-130 deg.)	2 T. sugar	
¼ c. oil	2 t. salt	5 1/3 c. whole wheat flour
4 t. instant yeast		

Put hot water and oil in mixing bowl. Add 4 c. flour, sugar and salt and beat until combined. Add yeast and beat 3 minutes (450 strokes by hand). Stir in remaining flour, beating 25 strokes; cover and allow to rise in a warm place until double, about 20 minutes.

Stir batter down, beating 25 strokes; spread evenly in two greased 8 x 4 " loaf pans. Smooth tops with floured hand, if desired. Cover; let rise until double, 25-20 minutes. Bake at 375° for 35 minutes; remove from pan; cool on rack. Makes 2 loaves

Oatmeal Batter Bread: Add 1 ½ c. quick oats and 2 ½ c. flour in place of 4 c. of the flour in the first addition. Molasses can be substituted for sugar.

Garlic Batter Bread: Add 1 t. garlic powder with sugar and salt

Banana Chocolate Chip Bread

½ c. chocolate chips	½ c. dried banana chips, finely chopped	
½ c. sugar	2 ½ c. Super Quick Mix	1 t. baking powder
¼ t. salt		

Layer above in quart canning Jar. **To Make:** Combine above with ½ c. butter or marg, 2 eggs, 1 ¼ c. milk and 1 t vanilla until blended. Spoon batter into well greased loaf pan. Bake 1 hour at 350°.

Variations: Substitute 1 c. blueberry or raspberry nuggets for chips and bananas.

Magic Milk Shakes

1-1/2 to 2 cups ice water 1-1/2 c. dry milk powder 2/3 cup sugar/splenda
1/4 cup unsweetened cocoa 1 teaspoon vanilla 1-2 trays of ice cubes
2 tablespoons corn oil 5-second squirt of non-stick spray

Place all of the ingredients into the blender, including the oil and the non-stick spray. Use less water for thicker milk shakes and more water for shakes that are easy on your blender motor. The blender should be about 3/4's full. Place the lid on. Process for a full 2 minutes. Pour into cups and serve. Makes 4 - 12oz servings

Variations: 1 very ripe banana for a chocolate banana shake, a big spoonful of peanut butter for a decadent Chocolate Peanut Butter Shake, a few broken red and white candy mints for a refreshing Chocolate Mint shake. Vanilla Milk Shakes: omit the cocoa powder, reduce the sugar to 1/2-cup and add 1 tablespoon (yes a full tablespoon) of vanilla flavoring.

Ice Cream in a Bag

1/2 c. milk 1 T. sugar 1/2 t. vanilla
pinch salt 3 c. crushed ice 6 T. rock salt

Put ice and rock salt in gal. freezer bag. Combine rest of ingredients. in quart size bag. Put qt. bag in big bag and squish 5 min.

Vanilla Pudding Mix

1 c. dry powdered milk 1/3 cup cornstarch 1/3 cup sugar
 Good dash of salt 1 egg (opt) 3 T. margarine
1 t. vanilla

Chocolate Pudding Mix

1 cup dry powdered milk 1/3 cup cornstarch 2/3 cup sugar
1/3 cup unsweetened cocoa Good dash of salt 3 T. margarine
1 t. vanilla

Choose either the vanilla recipe or the chocolate recipe. Combine all of the dry ingredients in a small container. In a sauce pan, slowly whisk together 3 cups of tap water and the contents of one bag of Pudding Mix. Stir and stir until the mixture is smooth. Cook and stir the pudding over medium (**not high**) heat until it begins to boil. This will take a few minutes. After the pudding boils, count to 60. Remove the pudding from the heat. It will thicken as it cools. For vanilla, quickly whisk in an egg now. Next mix in margarine and vanilla. Allow the mixture to cool a little before serving.

Old Fashioned Apple Crisp (demo)

4 c. dried apple slices 8 c. water 1/2 c. sugar
2 t. cinnamon 1/2 c. butter Crisco 1 1/2 c. brown sugar
1 c. oatmeal 1 c. flour

Bring water, apples, sugar and 1 t. cinnamon to boil. Reduce heat and cover, simmer about 25 minutes. Drain off liquid except for 1 c. Pour into a baking dish. Mix, oatmeal, margarine, brown sugar, flour, 1 t. cinnamon and water. Mix until crumbly. Sprinkle mixture over the top of apples and bake at 350° for 1 hour. (to shorten baking time increase to 375 for 40 min.)

Honey Peanut Butter Nuggets

1 c. peanut butter or reconstituted 1 c. powdered sugar
1 c. honey 1 c. powdered milk

Mix all ingredients until well blended. Roll into 1" balls. Refrigerate until firm.

Caramel Popcorn

2 1/4 c. brown sugar 1 c. light corn syrup 1/2 c. Butter Flav Shortening
1 can sweetened condensed milk 1 1/2 c. popcorn kernels, popped (6qts)
Combine all ingredients, except popcorn, in saucepan; heat on medium heat stirring constantly until it boils for 1-2 minutes and sugar has dissolved. Pour over popcorn and stir gently. Makes 15 balls.

Cranberry Hootycreeks

1/2 c + 2 T. flour 1/2 c. rolled oats 1/2 c. flour
1/2 t. baking soda 1/2 t. salt 1/3 c. brown sugar
1/3 c. white sugar 1/2 c. dried cranberries 1/2 c. white choc. Chips
1/2 c. chopped nuts 2 T. dry egg

Layer in quart jar. **To Make:** Beat 1/2 c. soft butter, 3 T., 1 t. vanilla until fluffy. Add remaining ingredients and mix until blended. Drop by heaping spoonfuls onto greased cookie sheet. Bake at 350° for 8-10 minutes. Makes 18 cookies.

Sand Art Brownies

1 t. baking soda 1/2 t. salt 1/4 t. vanilla powder
3 T. egg powder 1/2 c. flour 1/3 c. cocoa powder
1/2 c. flour 2/3 c. brown sugar 2/3 c. white sugar
1/2 c. chocolate chips 1/2 c. vanilla chips 1/2 c. walnuts

Layer in quart jar. **To Make:** Combine contents of jar with 1/3 c. water and 2/3 c. oil. Pour into greased 9 x 9 pan. Bake at 350° for 27-32 minutes.

White Christmas Bar Mix

1/2 c. White Chocolate Chips 1/2 c. slice almonds, toasted 1/2 c. brown sugar
1 c. Super Mix 1/2 c. brown sugar 1 c. Super Mix
2 T. whole egg

Layer the ingredients in quart Jar. Pack each layer in place before adding the next ingredient.

To Make: Combine above with 1/2 c. butter Crisco, 1/4 c. water and 1 t. vanilla and mix until well blended. Spread batter into a lightly greased 8 x 8 pan. Bake at 350° for 35-40 min.

Pecan Bar Mix

3/4 c. rolled oats 1/4 c. brown sugar 1/2 c. chopped pecans
1/4 c. brown sugar 1/4 c. brown sugar 1 c. crispy rice cereal
3/4 c. flour 1/2 t. baking soda 1/2 t. baking powder
1/2 c. sugar 3 T. egg powder

Layer in quart canning jar. **To Make:** Combine above with 1/2 c. butter Crisco, 1/4 c. water and 1 t. vanilla. Mix until well blended. Spread batter into lightly greased 9 x 12 inch pan. Bake at 350° 20-25 minutes. Cool in pan. Cut into 2 inch squares.

Oatmeal Scotchie Bar Mix

3/4 c. brown sugar 1/2 c. sugar 1/2 c. butterscotch chips
2 c. rolled oats 1 c. flour 1 t. cinnamon
1 t. baking soda 1/2 t. salt 3 T. egg powder

Mix. Store. **To Make:** Combine with 4 T. water and 3/4 c. butter flavored Crisco and 1 t. vanilla. until well blended. Spread batter into a lightly greased 9 x 12 inch pan. Bake at 350° for 20-25 minutes. Cool in pan. Cut into squares.