

Quick & Easy Mixes

Any of these recipes can be made healthier by using whole wheat flour in place of the white flour. Personally, if I do use white flour it is unbleached. I always try to mix my flours a minimum of half and half. The only exception is if the recipe will be a fine product such as a sauce and I don't want to take the time to sift the bran out of the whole wheat flour.

If you don't want to use whole wheat flour that will turn out a heavier product, an acceptable alternative is pastry wheat. As its name implies, pastry wheat is used in pastries, quick breads, and cookies. Hard wheat is used predominately yeast breads. All-purpose white flour is made from half hard wheat and half pastry or soft wheat.

Super Quick & Easy Mix

9 C. finely ground whole wheat flour	2 T. salt
9 C. white flour	2 T. sugar
3 C. instant dry milk	4 t cream of tartar
2 ½ C powdered shortening, sifted	2 t. baking soda
9 T. baking powder	

In a large bowl, combine ingredients well. Store in covered container, label and date; use within 10-12 weeks. Makes about 24 cups.

For regular non-instant dry milk: Add an additional 6 T. dry milk to mix above.

Variation: This mix can be made with all whole wheat flour.

Super Quick & Easy White Sauce Mix

4 C. instant dry milk	7 t. chicken bouillon
4 C. powdered butter, sifted	1 ½ t. salt
4 C. flour	

Mix above ingredients together. Store in a covered container, label and date. Use within 4-6 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 white sauce mix into water. Continue stirring over medium-high heat until boiling. Lower heat and simmer 1 minute. If needed, hold sauce for a short time on *low heat*.

Parsley sauce: Add 1 t. to 1T. dried parsley before simmering.

Cream soup base: This mix can be used as a cream soup base in any cream soup recipe.

Onion Soup Mix

2/3 C. dehydrated chopped onions
1/2 C. dehydrated butter or margarine
2 1/2 t. onion powder

1/2 C. beef bouillon
2 T. corn starch
2 1/2 t. parsley flakes

Mix well and store in a quart jar. Use in any dry onion soup recipe.

Cheese Sauce Mix

4 1/2 C. dehydrated cheese
2 2/3 C. dehydrated butter or margarine
2 1/2 t. onion powder

2 2/3 C. powdered milk
2 2/3 C. flour
1/8 t. garlic powder (optional)

Mix above ingredients together. Store in a covered container, label and date. Use within 4-6 months. (Unbleached white flour makes a slightly thinner sauce; increase sauce mix in recipes.)

To Use as a sauce: Combine 1 cup hot tap water and 1/2 cup Cheese Sauce Mix. Bring to a boil, stirring with a wire whisk (it only takes a minute!) For a touch of color, add a few parsley flakes (optional). Use this sauce for: Nacho chips, macaroni and cheese, cheese and broccoli, toppings for a potato bar, or any favorite cheese sauce recipe.

Tortilla Mix

8 C. flour (white, whole wheat, or combination)
3 T. powdered milk

2 C. dehydrated shortening
1 3/4 T salt

To use: Mix 1 cup Tortilla Mix with 1/3 cup water. Stir vigorously. Turn onto floured board and knead into a ball. Divide into thirds and roll into 6" rounds. Heat in un-greased hot pan, turning until light brown spots appear. Use for soft-shelled tacos.

Tomato Sauce Mix

6 $\frac{3}{4}$ C. tomato powder
1 $\frac{1}{4}$ C. sugar
 $\frac{3}{4}$ C. cornstarch

1 $\frac{3}{4}$ C. dehydrated cheese
 $\frac{3}{4}$ C. beef bouillon

To use: 1 scant C. BOILING water and $\frac{1}{4}$ C. tomato sauce mix. Add Tomato Sauce Mix all at once to the boiling water. The water must be boiling or the sauce will not thicken. Remove from heat and stir vigorously with a wire whisk. Make approx. 1 cup.

Fruit Muffins

2 $\frac{3}{4}$ C. Super Quick & Easy Mix
 $\frac{1}{2}$ C. sugar, scant
1 T. dried whole egg, sifted
 $\frac{3}{4}$ t. cinnamon (for applesauce muffins)

1 C. water (for pineapple, include juice in this water)
1 C. crushed pineapple, drained OR 1 C. applesauce OR 1 (15 oz.) can blueberries, drained

Whisk dry ingredients together. Add water and fruit; stir with spoon until ingredients are moistened. Spoon batter into greased muffin pans. They will be very full. Bake at 400° for 15-18 minutes. Makes 12 muffins.

Dried apple muffins: Soak $\frac{3}{4}$ cup dried apples in 1 $\frac{1}{2}$ cups water or apple juice for 30 minutes. Drain, saving liquid, and chop apples. Combine dry ingredients above using entire $\frac{1}{2}$ cup sugar. Add chopped apples and increase liquid (water or apple juice) to 1 $\frac{1}{2}$ cup (include soaking liquid).

Fabulous Cornbread

2 C. Super Quick & Easy Mix
6 T. cornmeal
 $\frac{1}{2}$ C. sugar

$\frac{1}{4}$ C. powdered butter, sifted
2 T. dried whole egg, sifted
1 $\frac{1}{2}$ C. reconstituted milk or water

Preheat oven to 350°F. Whisk dry ingredients together in a bowl. Add liquid and stir until combined. Pour in a greased 8-inch square pan. Bake for 30 minutes. Cut into squares.

Biscuits

3 C. Super Quick & Easy Mix

1 ¼ C. water

In a bowl, stir Super Quick Mix and water until blended.

Drop Biscuits: Drop dough by tablespoons on greased cookie sheet. Bake at 425° for 13-15 minutes. Makes 12-14 1 ½ -inch biscuits.

Cheddar Biscuits: Make biscuits as above, adding ¾ cup grated cheddar cheese. Melt ¼ cup butter with 1 t. parsley, ½ t. garlic powder, ½ t. Italian seasoning. Drop biscuits onto greased cookie sheet and brush with melted butter mixture. Bake as above.

Super Quick & Easy Pancakes

3 ½ C. Super Quick Mix

2 T. dried whole egg, sifted

1 T. sugar

2 ¾ C. water

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

New England Clam Chowder

2 (6 ½ oz.) cans minced clams

2/3 C. instant dry milk

1 ½ C. dried potato dices

1 ½ C. S.Q.E. White Sauce Mix

¼ C. dried minced onion

¼ t. sugar

1 ½ T. dried celery

salt & pepper to taste

8 C. water, divided

Drain clams into measuring cup and add enough water to make 4 cups. Pour into pot; add vegetables. Bring to a boil, reduce heat and simmer, covered, 10 minutes. The last few minutes veggies are cooking, heat another 4 cups of water in another saucepan until warm. Whisk in dry milk white sauce mix and sugar. Heat, stirring constantly, until boiling. Simmer 1 minutes.

When vegetables have cooked 10 minutes, they should have about 1 ½ cups water left in pan. If not, add water. Add White sauce, clams, sugar, salt and pepper. Heat through and serve. Serves 6.

Scalloped Potatoes

In a 4-quart baking dish, combine the following with a wire whisk:

4 C. hot water	1 C. White Sauce Mix
1 T. Onion Soup Mix	

Add 2 cups sliced dehydrated potatoes. Cover and bake at 375°F for 15 minutes, then uncovered for 15 minutes. Sprinkle generously with grated cheese just before serving (optional).

Au Gratin Potatoes

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

4 C. water	1 C. Cheese Sauce Mix
1 t. dried parsley	¼ t. dry mustard (optional)

Add 2 cups of dehydrated potato slices and bake uncovered at 350°F for 45-60 minutes.

Cheddar Hamburger Supper

Cook 1 ½ C. macaroni in 6 C. boiling water for 8-10 minutes. Drain.

In a large saucepan brown 1 lb ground beef. Drain and rinse well.

Add:

½ t. chili powder
1 t. Onion Soup Mix
3 ½ C. water

Sprinkle in 1 ½ C. Cheese Sauce Mix. Cook, stirring vigorously, until creamy and smooth. Stir in cooked macaroni and serve.

Cream of Potato Soup

3 ½ C. water	1 bay leaf
1 ½ C. dried potato dices	3 C. Water
3 T. dried onion	1 ½ C SQ white Sauce Mix
1 T. dried celery	½ T. dried parsley
1 ½ t. chicken bouillon	

Combine ingredients in first column and bay leaf in saucepan and bring to boil. Simmer 30 minutes. Remove from heat; remove bay leaf and mash potatoes slightly with a potato masher.

Heat the 3 cups of water in another saucepan. Whisk in sauce mix and bring to a boil over medium-high heat, stirring constantly. Simmer 1 minute. Combine with potato mixture and add parsley. Stir well, reheat if necessary and serve. Serves 4-6.

Dip for Chips or Veggies

2 tsp. Onion Soup Mix
1 C. sour cream

Mix well. Chill for at least 4 hours to allow flavors to blend.

Onion Steamed Rice

1 C. rice
3 C. water
2 t. Onion Soup Mix

Cover and steam 20 minutes until rice is tender and dry.

Roast Beef Supreme

Sprinkle 1-2 tsp. Onion Soup Mix into crock pot. Place 3-4 pound beef roast on top of the mix. Sprinkle another 1-2 tsp. Onion soup Mix over the top of the roast. Add 2 cups of water and cover. Cook for 8-12 hours on medium. The drippings make a wonderful gravy.

Sweetened Condensed Milk Mix

6 C. sugar
6 C. powdered milk
1 ½ C. dehydrated butter

Combine well.

To use: Start with ¼ cup very hot water in a blender. While blender is running, gradually add 1 1/8 cups Sweetened Condensed Milk Mix. Process until smooth. Makes 14 oz.