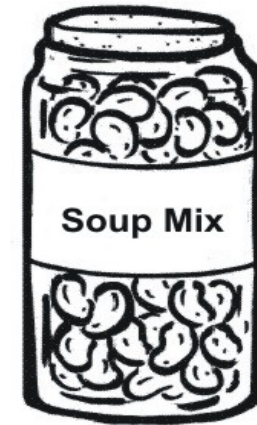


TASTY MASTER MIXES



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

**University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating**

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Hot Cocoa Mix

1 cup nondairy creamer
1 cup nonfat dry milk
1/2 cup unsweetened cocoa
1 cup sugar

1. Mix ingredients and store in airtight container.

Variations:

Raspberry – add 1 teaspoon unsweetened raspberry drink mix

Mocha – add 1/4 cup instant coffee

Mexican – add 1 teaspoon ground cinnamon

Sugar-free – substitute 15 envelopes aspartame sugar substitute for 1 cup sugar

To serve: Spoon 3 heaping tablespoons **Hot Cocoa Mix** into mug. Add 3/4 cup boiling water. Stir.

NUTRITION FACTS (per serving) - Calories 120 ~ fat 2 g ~ calories from fat 20 ~ sodium 25 mg ~ total carbohydrate 22 g ~ fiber 1 g

Italian Seasoning

1 tsp. fennel seed
1 tsp. dried rosemary
1 tsp. crushed red pepper flakes
1 Tbsp. dried parsley
1 Tbsp. dried basil
1 Tbsp. dried oregano

1. Grind fennel, rosemary, red pepper and parsley in spice grinder or blender.
2. Remove from grinder and stir in basil and oregano.
3. Package it in a spice jar.

Sauce directions: Add one tablespoon seasoning to two cups crushed tomatoes or a jar of spaghetti sauce and simmer briefly.

All-Purpose Herb Mix

1/2 tsp. ground red pepper
1 tsp. onion powder
1 Tbsp. garlic powder
1 tsp. parsley
1 tsp. basil
1 tsp. savory
1 tsp. black pepper
1 tsp. sage
1 tsp. mace
1 tsp. thyme

1. Mix ingredients together in a bowl.
2. Store in jar.

Great seasoning for pork, poultry and stuffing.

Instant Tea Mix

2 cups orange drink mix	1 tsp. cinnamon
3/4 cup lemonade mix	1 cup granulated sugar
1 cup instant tea	1/2 tsp. ground cloves (optional)

1. Mix all ingredients and store in airtight container.

To serve: Add three rounded teaspoons of mix to 1 cup heated water.

NUTRITION FACTS (per serving) - Calories 60 ~ fat 0 g ~ calories from fat 0 ~ sodium 5 mg ~ total carbohydrate 16 g ~ fiber 0 g

Spiced & Fruity Tea Mix

(This flavorful tea is good hot or cold.)

2 cups orange powdered drink mix
1 cup instant tea powder (unsweetened)
1/2 cup lemonade powder (sweetened)
1 packet unsweetened cherry drink mix
1 cup granulated sugar
2 tsp. cinnamon
1 teaspoon nutmeg

1. Mix together all ingredients well. Store tightly sealed.

Variation: Follow above recipe, except substitute different flavors for the cherry drink mix such as: strawberry or orange.

To serve: Stir 2 tablespoons **Spiced & Fruity Tea Mix** into 8 oz. hot or cold water.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 0 ~ sodium 5 mg ~ total carbohydrate 20 g ~ fiber 0 g

Spiced Oatmeal Mix

Makes 10 cups

8 cups quick-cooking rolled oats
2 1/2 tsp. ground cinnamon
1/2 cup packed brown sugar
1 1/2 tsp. ground nutmeg
2 tsp. salt
1 1/2 cups raisins

1. Combine all ingredients in a large bowl stirring until evenly distributed.
2. Pour into a 10-cup container with a tight fitting lid. Seal container. Label with date and contents. Store in a cool dry place. Use within 6 months.

Spicy Oatmeal Serves 1.

When serving two people, double the amounts.

1/2 cup water
1/2 cup **Spiced Oatmeal Mix**
1/2 cup Milk

1. In a small saucepan, bring water to a boil.
2. Stir in **Spiced Oatmeal Mix**.
3. Stirring occasionally, simmer over medium-low heat 1 to 2 minutes.
4. Serve with milk.

NUTRITION FACTS (per serving) - Calories 230 ~
fat 3 g ~ calories from fat 25 ~ sodium 300 mg ~
total carbohydrate 44 g ~ fiber 4 g

Glazed Pecans

Serves 12

1/2 cup sugar
2 tsp. unsweetened cocoa
Pinch salt
1/4 cup water
1/2 tsp. cinnamon
3 cups pecan halves

1. Boil all ingredients 3 to 5 minutes, tossing and stirring.
2. Spread on wax paper to cool.
3. Store in airtight container.

NUTRITION FACTS (per serving) - Calories 220 ~
fat 19 g ~ calories from fat 180 ~ sodium 25 mg
~ total carbohydrate 12 g ~ fiber 3 g

Granola

Makes 12 - 1/4 cup servings

4 cups rolled oats
1/4 cup honey
1/4 cup apple juice concentrate
1/2 teaspoon cinnamon
1/4 teaspoon almond extract
1/2 cup chopped nuts
1/2 cup toasted wheat germ
1 cup raisins or dried cranberries

1. In a large baking pan toast the oats in a 350°F oven, stirring every 3 minutes, until golden (about 9 -10 minutes).
2. In the microwave or a small saucepan, heat the honey and juice concentrate just until the honey liquefies.
3. Pour honey mixture into a large mixing bowl and stir in the cinnamon and almond extract.
4. As soon as the oats are toasted, add them to the honey mixture.
5. Stir quickly to coat everything well.
6. Spread the mixture into the baking pan again and return to the oven for 5 to 6 more minutes, stirring once or twice, until just starting to brown.
7. Allow the oat mixture to cool in the baking pan then stir in the nuts, wheat germ and raisins or dried cranberries. Package in air-tight containers.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 5 g ~ calories from fat 45 ~ sodium 0 mg ~ total carbohydrate 40 g ~ fiber 4 g

Spicy Oatmeal Pancakes

Makes eighteen 3-inch pancakes

2 cups **Spiced Oatmeal Mix**
2 cups hot milk
1/2 cup butter or margarine, melted
2 eggs, slightly beaten
1/2 cup unbleached or all-purpose flour
2 tsp. baking powder

1. In a medium bowl, combine **Spiced Oatmeal Mix**, hot milk and butter or margarine, stirring with a wire whisk to blend. Set aside to cool.
2. Beat in eggs 1 at a time until blended.
3. Stir in flour and baking powder until just blended. Let stand 2 minutes.
4. Preheat skillet.
5. Lightly oil skillet. Pour about 1/3 cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides.
6. Repeat with remaining batter.

NUTRITION FACTS (per pancake) - Calories 110
~ fat 6 g ~ calories from fat 50 ~ sodium 160 mg
~ total carbohydrate 12 g ~ fiber 1 g

Seasoned Instant Rice Mix

- 2 cups uncooked instant brown rice
- 1 Tbsp. chicken-flavored low-sodium bouillon
- 3 tsp. dried parsley flakes
- 3 tsp. dried onion flakes
- 1 tsp. dried rosemary leaves, crushed
- 1/2 tsp. dried marjoram leaves, optional
- 1/2 tsp. garlic powder
- 1/8 tsp. pepper

1. In a medium bowl, combine all ingredients; mix well. Store in airtight container.

Seasoned Instant Rice Serves 2

- 3/4 cup water
- 1/2 cup **Seasoned Instant Rice Mix**

1. Bring water to a boil in a small saucepan
2. Stir **Seasoned Instant Rice Mix** before measuring. Add rice mix to boiling water, stir. Remove from heat.
3. Cover; let stand 5 minutes. Fluff with fork before serving.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 2 g ~ calories from fat 115 ~ sodium 15mg ~ total carbohydrate 38 g ~ fiber 2 g

Country Market Soup Mix

- 2 cups rice or pearl barley
- 2 cups dried pinto beans
- 2 cups dried red kidney beans
- 2 cups dried navy beans
- 2 cups dried Great Northern beans
- 2 cups dried black beans
- 2 cups dried green split peas
- 2 cups black-eyed peas
- 2 cups dried lentils
- 2 cups large limas

1. Sort beans. Mix together and place in a large airtight container.

Country Market Soup

Makes 10 cups

- 2 cups **Soup Mix**
- 4 cups water
- 1/2 tsp. garlic powder
- 1/4 tsp. pepper
- 2 cans (21 oz.) low-sodium chicken broth
- 1 can (16-oz.) tomatoes
- 1 can (4-oz.) green chilies
- 3 cups diced ham
- 1 large onion, diced

1. Wash 2 cups bean mix; place in large kettle or Dutch oven. Cover with water 2 inches above beans; let soak overnight or bring to a boil and let set 1 hour.
2. Drain off water, leaving beans in kettle. Add 4 cups water, garlic powder, pepper, and chicken broth. Cover and bring to a boil; reduce heat and simmer 1-1/2 hours or until beans are tender.
3. Chop tomatoes and chilies; add to soup. Add ham and onion and simmer uncovered, 30 minutes, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 8 g ~ calories from fat 70 ~ sodium 150 mg ~ total carbohydrate 28 g ~ fiber 6 g

Turkey-Noodle Soup Mix

1/4 cup red lentils
1 1/2 T. low-sodium chicken bouillon granules
1/8 tsp. garlic powder
1 small bay leaf
2 Tbsp. dried onion
1/2 tsp. dried dill weed
1/8 tsp. ground celery
1 cup uncooked medium egg noodles

1. Layer ingredients in the order given in a 2-cup glass jar with lid.

Turkey-Noodle Soup

Makes 10 cups

8 cups water
1 jar **Turkey-Noodle Soup Mix**
1 pkg. (10 oz.) frozen mixed vegetables
2 cups cooked, diced turkey or chicken

1. Bring water to boil in large saucepan over high heat; stir in soup mix.
2. Reduce heat to medium-low; cover and simmer 15 minutes. Discard bay leaf.
3. Stir in frozen mixed vegetables and cooked turkey. Cook 5 minutes longer or until noodles and vegetables are tender.

NUTRITION FACTS (per serving) - Calories 110 ~ fat 3 g ~ calories from fat 25 ~ sodium 90 mg ~ total carbohydrate 28 g ~ fiber 4 g

Lentil Soup Mix

2 cups dried lentils
1 Tbsp. chicken bouillon granules
1 Tbsp. onion powder
1 tsp. celery salt
1/2 tsp. garlic powder
1/2 tsp. dried thyme leaves
1/2 tsp. ground black pepper
1 bay leaf

1. Place lentils in a re-sealable plastic bag.
2. In a small bowl, combine chicken bouillon, onion powder, celery salt, garlic powder, thyme, pepper, and bay leaf.
3. Transfer seasoning mixture to a small plastic bag.

Lentil Soup Makes 7 - 1 cup servings

1. Rinse lentils.
2. In a Dutch oven, cover lentils with 2 quarts water. Bring to a boil over medium-high heat. Reduce heat to medium-low. Stirring occasionally, cover and simmer 15 minutes or until lentils are barely tender.
3. Stir in seasoning mix. Cover and simmer 30 minutes longer or until lentils are tender.
4. Serve warm.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 0 g ~ calories from fat 0 ~ sodium 160 mg ~ total carbohydrate 38 g ~ fiber 7 g

Pasta Soup Mix

2 Tbsp. chicken-flavored instant bouillon
3 tsp. dried mixed vegetable flakes
1/2 tsp. garlic powder
3 tsp. dried parsley flakes
3 tsp. dried onion flakes
1/2 tsp. poultry seasoning
1/8 to 1/4 tsp. pepper
4 oz. (1 cup) pasta or small elbow macaroni

1. In small bowl, combine all seasoning ingredients; mix well. Spoon into small plastic bag or container; add pasta.
2. Shake and seal.

Pasta Soup Makes 5-1 cup servings

1. In 4-quart saucepan combine **Pasta Soup Mix** and 6 cups water.
2. Bring to a boil over medium heat, stirring occasionally.
3. Cook over medium heat 5-7 minutes or until pasta is of desired doneness, stirring occasionally.

TIP: One cup cooked cubed chicken, turkey or vegetables may be added to the soup.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 1 g ~ calories from fat 10 ~ sodium 35 mg ~ total carbohydrate 19 g ~ fiber 1 g

Cranberry Bread

Makes 1 loaf -16 slices.

Freeze fresh cranberries when they are in season so you can make this bread all year.

3/4 cup orange juice
1 cup fresh or frozen cranberries
2 eggs, beaten
3 3/4 cups **Quick Sweet Bread Mix**
1 tsp. grated orange peel

1. Preheat oven to 325° F. Grease one 9x5 loaf pan or two 7x3 loaf pans; set aside.
2. Combine orange juice and cranberries in blender. Process on chop 4 or 5 seconds.
3. In a medium bowl, combine eggs, **Quick Sweet Bread Mix**, orange peel and orange juice mixture, stirring to blend. Turn into prepared pan or pans.
4. Bake 65 to 75 minutes in preheated oven until a wooden pick inserted in center comes out clean.
5. Cool on a rack 5 minutes. Turn out of pan or pans. Cool right-side up on a rack.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 10 g ~ calories from fat 90 ~ sodium 190 mg ~ total carbohydrate 31 g ~ fiber 1 g

Carrot-Orange Loaf

Makes 1 loaf - 16 slices.

3 3/4 cups **Quick Sweet Bread Mix**
2 eggs, beaten
1 cup grated carrots
1/2 cup chopped nuts
1/2 cup orange juice
1 tsp. ground cinnamon
1 tsp. ground nutmeg
1/2 cup raisins
1 tsp. grated orange peel

1. Preheat oven to 325° F. Grease one 9x5 loaf pan or two 7x3 loaf pans; set aside.
2. In a medium bowl, combine all ingredients, stirring to blend. Turn into prepared pan or pans.
3. Bake 60 to 70 minutes in preheated oven until a wooden pick inserted in center comes out clean.
4. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up on a rack.

Variation:

Substitute 1 (7 -1/2 ounce) jar junior baby food carrots for grated carrots and orange juice.

NUTRITION FACTS (per slice) - Calories 260 ~ fat 12 g ~ calories from fat 110 ~ sodium 190 mg ~ total carbohydrate 37 g ~ fiber 1 g

Oatmeal Raisin Spice Cookie Mix

(1 quart of cookie mix)

1/2 cup firmly packed brown sugar
1/2 cup sugar
3/4 cup raisins
1-1/2 cups uncooked oatmeal
1 cup flour combined with 1 teaspoon cinnamon +
1 tsp. baking soda + 1/2 teaspoon salt

In a one-quart wide-mouth canning jar, layer ingredients in order listed above.

Oatmeal Raisin Spice Cookie

Makes 36 cookies

1 qt. jar of **Oatmeal Raisin Spice Cookie Mix**
1 1/2 sticks softened margarine
1 slightly beaten egg
1 tsp. vanilla

1. Preheat oven to 350°F.
2. Empty **Oatmeal Raisin Spice Cookie Mix** into a large bowl. Blend ingredients.
3. Add 1 1/2 sticks softened margarine, 1 egg, and 1 teaspoon vanilla.
4. Mix until completely blended.
5. Shape into small balls. Place 2" apart on greased baking sheet. Bake for 10-12 minutes until cookies are lightly browned. Remove from baking sheet to cool.

NUTRITION FACTS (per cookie) - Calories 90 ~ fat 4 g ~ calories from fat 35 ~ sodium 105 mg ~ total carbohydrate 13 g ~ fiber 1 g

Quick Sweet Bread Mix

Makes about 11 1/4 cups

6 cups all-purpose flour
1 1/2 cups granulated sugar
1 Tbsp. baking powder
1 1/2 cups packed brown sugar
1 Tbsp. baking soda
1 1/2 tsp. salt
1 1/2 cups shortening

1. In a large bowl, blend flour, granulated sugar, baking powder, brown sugar, baking soda and salt.
2. Use a pastry blender, fork or your fingers to blend in shortening until evenly distributed. Spoon into a 12-cup container with a tight-fitting lid. Seal container. Label with date and contents.
3. Store in a cool dry place. Use within 10 to 12 weeks.

Banana Nut Bread

Makes 1 loaf – 16 slices

3 3/4 cups **Quick Sweet Bread Mix**
1 Tbsp. lemon juice
2 eggs, beaten
1/2 cup chopped nuts
2 medium bananas, mashed (about 1 cup)

1. Preheat oven to 325° F. Grease one 9x5 loaf pan or two 7x3 loaf pans; set aside.
2. In a medium bowl, combine all ingredients, stirring to blend. Turn into prepared pan or pans.
3. Bake 50 to 60 minutes in preheated oven until a wooden pick inserted in center comes out clean.
4. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up.

NUTRITION FACTS (per slice) - Calories 250 ~ fat 12 g ~ calories from fat 100 ~ sodium 190 mg ~ total carbohydrate 35 g ~ fiber 1 g