

MAKE YOUR OWN MIXES

RECIPES FOR ONE OR TWO.....

Ground beef is an easy and quick meat to prepare in small servings and can also be extended to feed a crowd. Try this easy ground beef mix if you live alone or need recipes to only serve a few.

GROUND BEEF MIX TO USE MANY WAYS

1 pound ground chuck
3/4 cup oatmeal
1/4 cup chopped onion
1/4 cup chopped celery leaves
2/3 cup evaporated milk
1/4 teaspoon oregano
1 teaspoon thyme
1/4 teaspoon pepper
1/4 teaspoon sage
1 teaspoon salt

Mix ingredients together. Divide into 4 parts. One part makes two servings in most recipes. Use 1 part and freeze the other parts for later or prepare the whole recipe and freeze in portions suitable for serving sizes.

MINI MEAT LOAVES

1/4 recipe GROUND BEEF MIX
2 teaspoons Worcestershire sauce
1/2 cup ketchup
1 tablespoon brown sugar

Preheat oven to 350F. Add Worcestershire sauce to GROUND BEEF MIX. Blend well. Fill 1/2 measuring cup with meat mixture. Unmold on baking pan. Combine ketchup and brown sugar. Pour over meat. Bake at 350F for 20 minutes.

MEATBALL STEW

1/4 recipe GROUND BEEF MIX
1/4 teaspoon dry mustard
1/4 teaspoon chili powder
2 tablespoons flour
2 tablespoons cooking fat
1 cup tomato juice
dash of basil
2 medium potatoes, quartered

4 sticks celery, cut in 1" lengths
4 carrots, cut in half lengthwise

Combine mustard and chili powder with meat loaf mixture. Mix well and form into small balls. Roll balls in flour and brown in hot fat. Remove balls from frypan. Add remaining flour to the fat in the frypan. Mix. Add tomato juice and basil, continuing to stir. Cook 2 minutes. Add meat balls. Arrange vegetables around balls. Cover. Cook on low heat about 30 minutes or until vegetables are tender but crisp. Add water or tomato juice to prevent sticking.

ENCORE MEAT BALLS

1 recipe GROUND BEEF MIX
dash of allspice (optional)
Barbecue sauce (below)
3 tablespoons cooking fat
1/4 cup flour

Mix allspice into ground beef mix. Shape mixture into balls. Roll balls in flour. Heat fat. Brown balls in fat. Count out the balls necessary for one meal. Put the rest on a cookie sheet to freeze. Later, pack them in a heavy plastic bag or freezing carton. Add balls to this barbecue sauce and simmer 10-15 minutes, stirring occasionally.

BARBECUE SAUCE

Mix 1/2 cup ketchup, 1 cup tomato juice, 1 teaspoon chili powder, 1/3 cup vinegar, 1 tablespoon Worcestershire sauce and 1 tablespoon brown sugar. Add meat balls. Simmer until heated, stirring constantly.

READY HAMBURGER MIX

4 lbs. lean ground beef
1 large onion, chopped
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon oregano
1/4 teaspoon garlic salt

Brown ground beef in a heavy skillet. Drain. Add onion and continue cooking over medium-low heat until onions are golden. Add remaining ingredients. Cool. Spoon mixture into four 1-pint freezer containers, leaving 1/2-inch space at top. Seal and label containers. Freeze. Use within 3 months. Makes about 4 pints of READY HAMBURGER MIX.

SATURDAY STROGANOFF

2 cups READY HAMBURGER MIX, thawed
1 (10 3/4 oz.) can cream of celery soup

1 (10 3/4 oz.) can cream of mushroom soup
3/4 cup milk
1 pint sour cream
cooked noodles

In a large saucepan, combine READY HAMBURGER MIX, cream of celery soup, cream of mushroom soup and milk. Stir until well-blended. Simmer about 10 minutes.

Just before serving, add sour cream. Simmer 2 minutes. Serve over cooked noodles. Makes 4 to 6 servings.

ENCHILADA CASSEROLE

1 (6 oz.) pkg. corn chips (3/4 cup)
2 cups READY HAMBURGER MIX, thawed
1 (15 oz.) can chili with beans
1 (10 oz.) can enchilada sauce
1 (8 oz.) can tomato sauce
1 cup sour cream
1/2 cup grated Cheddar cheese

Preheat oven to 375F. Lightly butter a 2-quart casserole. Crush 1/2 cup of the corn chips and reserve for top. In a medium bowl, combine remaining corn chips, READY HAMBURGER MIX, chili, enchilada sauce and tomato sauce. Pour into prepared casserole. Bake about 20 minutes, until heated through. Remove from heat. Spread sour cream on top. Sprinkle with grated cheese and 1/2 cup crushed corn chips. Bake 5 more minutes until cheese is melted. Serves 6.

SPAGHETTI CASSEROLE

1 (12 oz.) pkg. spaghetti
water, lightly salted
2 cups grated Cheddar cheese
1 pint READY HAMBURGER MIX, thawed
1 (2 1/4 oz.) can mushrooms
1 (10 1/2 oz.) can tomato soup
1/2 cup milk
1 (15 oz.) jar spaghetti sauce

Preheat oven to 350F. Butter a 2 1/2 - 3 quart casserole. Cook spaghetti in lightly salted water according to package directions and drain. Put half of cooked spaghetti in bottom of prepared casserole. Sprinkle half the grated cheese on top, then half the READY HAMBURGER MIX, then half the mushrooms. Repeat layers. In a small bowl, combine tomato soup, milk and spaghetti sauce. Pour sauces over entire casserole. If necessary, add more milk during baking to keep casserole moist. Bake 1 hour, until bubbly. Serves 6 to 8.

MILD CHILI SEASONING MIX

1 1/2 teaspoons all-purpose flour
1 tablespoon dried minced onion
3/4 teaspoon chili powder
1/2 teaspoon seasoning salt
1/4 teaspoon crushed dried red pepper
1/4 teaspoon dried minced garlic
1/4 teaspoon granulated sugar
1/4 teaspoon ground cumin

Cut a 6-inch square of heavy duty foil. Measure ingredients into foil. Fold foil to make an air-tight seal. Label with date and contents. Store in a cool dry place. Use within 6 months. Makes 1 package MILD CHILI SEASONING MIX.

QUICK CHILI

1/2 pound lean ground beef
1 (15 oz.) can kidney bean with liquid
1 (16 oz.) can tomatoes with liquid
1 pkg. MILD CHILI SEASONING MIX

Brown ground beef in a medium skillet over medium-high heat. Discard drippings. Stir in kidney beans, tomatoes and MILD CHILI SEASONING MIX. Reduce heat; simmer 15 minutes; stirring occasionally. Makes 2 servings.

HAMBURGER MASTER MIX

5 meals:

1 tablespoon oil
5 pounds ground beef
2 1/2 cups chopped onion
1 cup chopped green peppers
5 cups chopped celery
5 cans tomato soup, undiluted
5-15 oz. cans tomato sauce
5 teaspoons salt
1/2 teaspoon black pepper

1 meal = 4 servings

1 teaspoon oil
1 pound ground beef
1/2 cup chopped onion
3 tablespoons chopped green peppers
1 cup chopped celery
1 can tomato soup, undiluted
1-15 oz. can tomato sauce

1 teaspoon salt
black pepper to taste

Add oil and ground beef to 8-quart skillet and cook until red color disappears. Add onion, green pepper and celery and cook until beef is brown and vegetables are tender. Add soup, tomato sauce, salt and pepper. Cover and simmer for 30 to 45 minutes, stirring occasionally. Cool and divide equally into five freezer containers. Freeze immediately. Label each container so you can identify ingredients quickly.

BEEF-ARONI

1 container HAMBURGER MASTER MIX
1-7 oz. package elbow macaroni

Heat meat mix. Cool macaroni. Combine meat and macaroni and serve hot.

PIZZA

1 container HAMBURGER MASTER MIX
biscuit or yeast dough
1 teaspoon Italian seasonings
Frankfurters, pepperoni or sliced Italian cheese
Olives
Parmesan Cheese

Add Italian seasoning to HAMBURGER MASTER MIX and simmer until it thickens. Line pizza pan with thinly rolled dough. Spread meat sauce over dough and garnish as desired. Sprinkle with cheese. Bake at 375F for 15 to 20 minutes.

CHILI

1 container HAMBURGER MASTER MIX
2 cups drained canned kidney beans
1 teaspoon chili powder

Heat HAMBURGER MASTER MIX. Add beans, chili powder and simmer. Cover 10 minutes.

SLOPPY JOES

1 container HAMBURGER MASTER MIX
1 package of 8 hamburger buns

Simmer meat sauce for about 1 hour or until thick. Serve meat sauce in hot toasted buns.

LAST MINUTE LASAGNE

1 container HAMBURGER MASTER MIX
8 oz. package lasagne noodles, cooked
1 lb. ricotta cheese or cottage cheese
3/4 lb. grated mozzarella cheese
1 cup grated Parmesan cheese

Preheat oven to 350F and butter 13 x 9-inch casserole dish. Spoon 1/3 of meat mixture into bottom of dish. Top with layers of noodles and 1/3 of cheese. Repeat layers, topping with remaining 1/3 of Parmesan cheese. Cover with foil and bake 30-35 minutes or until hot and bubbly. Let stand 10 minutes before serving. Makes 6 to 8 servings.

FLAVORINGS AND SAUCES

CHICKEN FLAVOR MIX FOR RICE

1 tablespoon instant chicken broth
1 tablespoon parsley flakes
1 teaspoon instant minced onion
1 teaspoon celery flakes
1 teaspoon sugar
1/2 teaspoon salt

Combine all ingredients. Place on 6" square of aluminum foil and seal air tight. Repeat recipe to make as many packages as desired. Store in jar or plastic bag on cupboard shelf.

BEEF FLAVOR MIX FOR RICE

4 teaspoons instant beef broth
1 tablespoon instant minced onion
1 tablespoon parsley flakes
1/2 teaspoon salt
1/2 teaspoon sugar

Follow same instruction as for Chicken Flavor Mix.

CHICKEN OR BEEF FLAVORED RICE

1 cup uncooked rice
2 tablespoons butter or margarine
2 cups water
1 package CHICKEN OR BEEF FLAVOR MIX for rice

Cook rice in butter over medium heat, stirring occasionally, until golden brown. Slowly add water. Stir in FLAVOR MIX FOR RICE. Reduce heat; cover and simmer 20 minutes, until rice is tender and liquid is absorbed. Serves 4.

WHITE SAUCE MIX

2 cups nonfat dry milk
1 cup sifted flour
3 teaspoons salt
1 cup butter or margarine

Combine dry milk, flour and salt in large bowl. Cut in butter with pastry blender until mixture resembles tiny peas. Store tightly covered in refrigerator. Makes 5 to 5 1/2 cups.

MEDIUM WHITE SAUCE

1/2 cup WHITE SAUCE MIX
1 cup water

Combine WHITE SAUCE MIX and water in saucepan. Cook over medium heat, stirring until thick and bubbly. Makes 1 cup.

POTATO SOUP

2 cups cubed peeled potatoes
1/4 cup chopped celery
1/4 cup chopped onion
1 tablespoon parsley flakes
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups water
3/4 cup WHITE SAUCE MIX
3 cups milk

Combine potatoes, celery, onion, parsley, salt and pepper and water in saucepan; cook until vegetables are tender. Meanwhile, combine white sauce mix and milk in large saucepan. Cook, stirring constantly, until mixture thickens and bubbles. Add undrained vegetables and heat. Makes about 5 cups.

SEASONED COATING MIX

2 cups fine bread crumbs
1/2 cup flour
4 teaspoons salt
4 teaspoons paprika
2 teaspoons poultry seasoning
1 teaspoon pepper
1/2 cup shortening

Combine bread crumbs, flour, salt, paprika, poultry seasoning and pepper in mixing bowl. Mix

thoroughly. Cut in shortening until mixture resembles coarse crumbs. Place in covered container and store in a cool place. Makes 4 to 4 1/2 cups.

Use 1 cup of coating for each chicken. Dip chicken pieces in water, then roll in coating mix. Arrange in ungreased shallow pan and bake at 400F for 40 to 45 minutes.

SALAD DRESSING MIXES

BASIC FRENCH DRESSING

2 teaspoons salt

2 teaspoons sugar

1/2 teaspoon dry mustard

1/4 teaspoon pepper

1/2 cup wine or cider vinegar

1 1/2 cups salad oil

Dash of ground red pepper

Combine all ingredients in a glass jar or bottle. Cover, shake well and store in refrigerator. Shake again before using or making additions. Makes 2 cups.

DISTINCTIVE SALAD DRESSINGS

Add the following ingredients to 1 cup BASIC FRENCH DRESSING at least 1 hour before serving. Shake before using.

For tossed or vegetable salads:

PARMESAN: Add 1/4 cup grated Parmesan cheese

VINAIGRETTE: Add 2 teaspoons chopped chives and 2 finely chopped hardcooked eggs.

CHIFFONADE: Add 2 teaspoons minced pimento, 4 teaspoon fresh parsley and 1 finely chopped hardcooked egg.

HERB: Add 2 teaspoons snipped fresh parsley and 1 teaspoon fresh basil or tarragon

For Fruit Salads:

HONEY/CELERY SEED: Add 1/2 cup honey and 1 teaspoon celery seed.

HONEY/LEMON: Add 2 tablespoons honey, 4 teaspoons lemon juice and 1/4 - 1 teaspoon grated lemon peel.

MINT: Add 1/4 cup chopped fresh mint leaves and 4 teaspoons sugar.

SWEET FRENCH: Add 1/4 cup confectioners sugar.

OTHER SALAD IDEAS

THOUSAND ISLAND

1/4 cup chili sauce
1 tablespoon chopped green peppers
1/2 teaspoon tarragon
1 tablespoon chopped chives
1 Tablespoon chopped red pepper

Add ingredients to 1 cup mayonnaise.

MAYONNAISE

1/2 teaspoon salt
1/4 teaspoon paprika
1 whole egg or 2 yolks
2 cups salad oil
1/3 cup vinegar

Combine salt and paprika with egg and beat well. Add the oil slowly until the mixture thickens. Alternate the oil and vinegar until all are added. Refrigerate until needed.

HOME-STYLE DRESSING MIX

2 teaspoons instant minced onion
1/2 teaspoon salt
1/8 teaspoon garlic powder
1/2 teaspoon monosodium glutamate, (if desired)
1 tablespoon parsley flakes

Combine all ingredients in a small bowl until evenly distributed. Put mixture in a foil packet or 1-pint glass jar. Label. Store in a cool, dry place. Use within 6 months. Makes about 2 tablespoons of HOME STYLE DRESSING MIX, enough for 2 cups Home Style Dressing.

HOME-STYLE DRESSING

1 recipe HOME-STYLE DRESSING MIX
1 cup mayonnaise
1 cup buttermilk

Combine ingredients in a glass jar. Shake until well-blended. Chill before serving. Makes about 2 cups HOME STYLE DRESSING.

*Substitute 1 cup sour cream for buttermilk and use as a dip for fresh vegetables.

MASTER MIX

8 cups sifted all-purpose flour
1 1/2 cups nonfat dry milk

1/4 cup baking powder
1 tablespoon salt
1 1/2 cups shortening

Stir dry ingredients until well mixed. Cut in shortening until well mixed. Store in tightly covered container in a cool place. Use within a month. Makes 10 cups.

BISCUITS

2 cups MASTER MIX
1/3 to 1/2 cup water

Add liquid to MASTER MIX using enough to make dough that is soft but not sticky. Turn dough onto a lightly floured board and knead a few strokes. Roll or pat to 3/4 inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Bake at 450F (very hot oven) 12-15 minutes. Makes 12 two-inch biscuits.

CHEESE BISCUITS

Same ingredients and directions for biscuits. After rolling out dough sprinkle with 1/2 cup grated American cheese. Roll like jelly roll and cut 1/2-inch slices. Bake on greased baking sheet at 425F for 15 minutes.

PANCAKES

1 cup MASTER MIX
1 egg, beaten
1/2 cup water

Combine all ingredients; stir just enough to moisten dry ingredients. Drop by spoonfuls onto a hot greased griddle. Cook slowly until the surface is covered with bubbles, turn and cook until second side is well browned. Makes about 6 medium-sized pancakes.

DUMPLINGS

2 cups MASTER MIX
2/3 cup milk

Mix ingredients with fork. Spoon dough onto boiling stew. Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer. Makes 10-12 dumplings.

CINNAMON ROLLS

2 cups MASTER MIX
3 tablespoons sugar
2 teaspoons cinnamon

1/3 to 1/2 cup water
1 egg
4 tablespoons melted margarine
raisins (optional)

Heat oven to 425F. Combine MASTER MIX, egg and water. Mix lightly with fork. Turn dough onto a floured board. Pat or roll to 1/4 inch thick rectangle 8 x 14 inches. Spread with margarine and sprinkle top with sugar mixed with cinnamon. Roll as for jelly roll. Cut into 1 inch slices. Place close together on a greased pan. Bake in preheated oven for 15 to 20 minutes.

GLAZE FOR CINNAMON ROLLS

1/2 cup powdered sugar
1/4 cup warm water

While warm, glaze top with 1/4 cup powdered sugar and 2 tablespoons warm water.

SHORTCAKE

3 cups MASTER MIX
1/2 cup water
1/4 cup melted butter or margarine
2 tablespoons sugar, if desired

Stir together mix and sugar. Combine milk and well-beaten egg. Add to dry ingredients. Stir with fork until mix is just moistened. Knead 8 to 10 times on floured board. Roll dough 1/2" thick. Cut with 3" cutter. Bake on ungreased baking sheet at 400F about 10 minutes. Top with fruit. Yields 6.

DOUGHNUTS

2 cups MASTER MIX
1/4 cup sugar
1/3 cup milk
1 egg
1 teaspoon vanilla
1/4 teaspoon cinnamon and nutmeg

Heat fat to 375F. Mix ingredients until well blended. Turn onto lightly floured surface. Knead about 10 times. Roll out 3/8" thick. Cut with doughnut cutter. Fry in hot fat until golden brown, about one minute to each side. Drain. Makes 12.

DESSERT IDEAS

VANILLA PUDDING MIX

- 1 1/2 cups sugar
- 2 1/2 cups nonfat dry milk
- 1 1/4 cups flour
- 1 teaspoon flour

To prepare mix, stir the ingredients together until well mixed. Store in tightly covered container in a cool place. One recipe makes enough mix for 24 one-half cup servings.

VARIATIONS OF VANILLA PUDDING MIX:

1. Chocolate Pudding Mix: Add 3/4 cup cocoa to other ingredients in vanilla pudding mix before stirring.
2. Caramel Pudding Mix: Substitute 1 1/2 cups brown sugar, packed for granulated sugar.

To Make Pudding From Mix:

- 1 1/4 cups VANILLA, CHOCOLATE OR CARAMEL PUDDING MIX
- 1 egg, beaten
- 2 1/2 cups warm water
- 1 tablespoon butter or margarine
- 3/4 teaspoon vanilla

Combine the mix, beaten egg and cook until thickened, stirring constantly. Remove from heat and stir in the vanilla and butter. Makes 6 servings.

NOTE: For a different dessert try Surprise Pudding. Put canned fruit in the bottom of your dish then pour pudding over fruit and chill.

Pudding may also be prepared in your microwave at medium high for 9-10 minutes or until thick. Stir every 3 minutes.

PAN COATING

- 1/2 cup shortening
- 1/2 cup flour
- 1/2 cup oil

Blend together first two ingredients. Then add oil. Blend. Store in covered container. Will keep 4-6 months in your cabinet. Use this mixture to prepare pans for cakes and other baked goods. This is the greatest help in the kitchen.

MAKE AHEAD BATTER FOR BRAN MUFFINS

- 5 cups sifted flour
- 5 teaspoons baking soda
- 2 teaspoons salt
- 2 cups boiling water

2 cups whole bran cereal
2 cups sugar
1 cup shortening
4 eggs, well beaten
1 quart buttermilk
4 cups whole bran cereal buds

Sift together flour, baking soda and salt; pour boiling water over whole bran cereal; set aside. Cream together sugar and shortening in 6-quart bowl until light. Add eggs and beat well. Blend in buttermilk, bran buds and the soaked whole bran cereal. Add sifted dry ingredients; mix well. Store in tightly covered container in refrigerator. Batter will keep 4-6 weeks. Makes enough for 5 dozen muffins. To make muffins, fill greased muffin-pan cups 2/3 full of batter. Bake in 400F oven for 20 minutes.

PIE CRUST MIX

16 cups flour
3 pounds shortening
1 1/2 tablespoon salt

Cut shortening into flour and salt mixture and mix well. Store in tight container. Makes about 24 single crusts.

To make a two crust pie; blend 1/3 cup of cold water with 2 cups of PIE MIX. Add more water, if needed. Bake according to recipe instructions.

If filling recipe calls for a baked pie crust, preheat oven to 425F. Bake 10 minutes, until very lightly browned. Cool. Fill and bake according to directions for filling.

BASIC RECIPE FOR SLICE & BAKE COOKIES

3 3/4 cups flour
1 teaspoon baking powder
1 teaspoon salt
1/4 teaspoon baking soda
1 1/2 sticks (12 tbsp.) butter
2/3 cup shortening
1 cup packed brown sugar
2/3 cup granulated sugar
2 eggs, well beaten
1 tablespoon vanilla

Sift flour, baking powder, salt and baking soda together and measure 4 cups, adding more flour if necessary. Set these dry ingredients aside. Cream butter and shortening and gradually add sugars, continuing to beat until fluffy and light. Beat in eggs and vanilla. Blend in the dry ingredients, mixing thoroughly.

Shape dough into a roll 12 inches long and 3 inches in diameter. (If dough gets too gooey to

handle, wrap in wax paper and place in freezer for 10 minutes.) Divide the roll into thirds; wrap each third in wax paper. Place 1 roll in the refrigerator and chill at least overnight (or speed things up by chilling in freezer). To freeze the 2 other rolls, wrap them individually in aluminum foil, label and freeze. Use within 6 months.

TO BAKE: Cut the roll into thin slices 1/4 inch thick and place them 1 1/2 inches apart on lightly greased cookie sheet. If there are chips or nuts in your cookie roll, cut the roll into slices 3/4-1 inch thick, then cut each slice into quarters; pat each quarter into a round and place on the cookie sheet. Bake in a preheated 400F oven for 5-8 minutes. Increase baking time a few more minutes if using frozen slices containing chips or nuts. Cool slightly before transferring to racks.

TRY THESE VARIATIONS.....

PEANUT BUTTER COOKIES: Omit vanilla. Sift 1 teaspoon cinnamon and 1/2 teaspoon nutmeg into dry ingredients. Decrease shortening to 1/3 cup; blend in 1/2 cup peanut butter before adding the sugars.

SUGAR COOKIES: Sprinkle cookies generously with sugar before baking.

CHOCOLATE CHIP COOKIES: Add a 12 oz. bag of semi-sweet chocolate morsels to the dough mixture before adding the flour.

ALMOND COOKIES: Replace vanilla with almond extract. Add 1 1/2 cups finely ground almonds after the eggs.

MAKE YOUR OWN BAKING SHORTCUTS

QUICK BROWN SUGAR

1/2 cup white granulated sugar
2 tablespoons unsulphured molasses

Blend sugar and molasses. Yield is the same as 1/2 cup brown sugar.

CONFECTIONER'S SUGAR

Use a blender to prepare 1/2 cup granulated sugar at a time at highest speed for a full 1 1/2 to 2 minutes. Stop your blender periodically to push the powdered sugar off the container walls. If you are using a food processor grind 1/2 to 1 cup of sugar at a time until powdered. One cup granulated sugar will yield about 1 1/2 cups blender-made confectioners' sugar and slightly more processor-made sugar.

SWEETENED CONDENSED MILK WITH MARGARINE

1 cup instant nonfat milk

1/3 cup boiling water
3 tablespoons melted butter or margarine
2/3 cup sugar
Pinch of salt

Put in blender and process until smooth.

SWEETENED CONDENSED MILK WITHOUT MARGARINE

1 cup + 2 tablespoons nonfat dry milk
1/2 cup warm water
3/4 cup sugar

Combine water and milk. Add sugar and mix until smooth.

*USE IN RECIPE CALLING FOR 13 1/2 OZ. CAN CONDENSED MILK.

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