

# SAVING DINNER

*with*



## The Ultimate Mix Ebook

## Welcome to the Ultimate Mix Book

One of the most important things in eating healthy has to do with just saying NO to processed foods. These boxed or bagged convenience foods—flavored rice mixes, pastas and soup mixes, are traditionally filled with unpronounceable chemically enhanced ingredients as well as way too much sodium.

So while they may be easy and convenient, they do come with a price tag—both health wise and price wise. That is, unless you make them yourself! And boy, if you make up our flavorful spice blends, soup, pasta and rice mixes, you'll love how you'll cut back on the salt and banish the crazy chemical ingredients, **and** save yourself boatloads of money.

The best way to use this book is to print out the shopping lists for each “batch” of mixes that you're intent on making. Say you want to do the rice mixes featured in this book—then print out the grocery list and hit the store. When you come home, get your measuring cups and spoons, plastic bags and marker out and get ready to make your own fabulous, cheap and easy rice mixes! You can make as much as you want and stock you pantry easily! Better than double coupons and way healthier, too. And it will only take a few minutes—really!

Some hints on saving money—spices can break your bank! Unless you have a coupon, you might want to steer clear of the traditional spice aisle of your grocery store and go instead to a big box store like Wal-Mart or Target. You can get big bottles of basic spices for .99 a bottle. My local Walgreens drugstore actually had them for 2 for .99! The point is to shop for these spices—you'll be needing a lot so make sure you find a cheap source.

### Freezing Spices

Freezing spice mixes preserves potency and can be stored for about a year. Set aside a large (1- or 2-gallon) zipper-topped plastic freezer bag marked "Spice Mixes" for storage of spice packets.

Also, check the ethnic section of your grocery store for big plastic bags of spices—garlic powder, cumin, cayenne, chili powder—and more can be found there. Sometimes those same spices might appear in your produce section—they're cheap. Another inexpensive source for spices are health food stores believe it or not. You can find thyme, oregano and a few others in bulk jars. They're fresh and very economical.

The point is you don't have to pay outrageously to get the spices you need to make the seasoning blends or spice blends for some of the mixes.

Enough of that, you've got mixes to make! It's time to get busy—enjoy!

### Bag It and Tag It!

For easy reference in final preparation, cut out text of wet ingredients and instructions and place in bag with dry ingredients.

## Spice Mix Shopping List

### SPICES

Kosher salt [R6]  
Sea salt [R12]  
Black peppercorns [R1]  
Star anise [R1]  
Fennel seeds [R1,R2,R8]  
Cinnamon sticks [R1]  
Cinnamon [R4]  
Whole cloves [R1]  
Ground cloves [R3]  
Ground nutmeg [R3]  
Ground ginger [R3,R4]  
Dehydrated onion [R2,R11]  
Dehydrated garlic [R2]  
Dried parsley [R5]  
Dried mint [R11]  
Crushed red pepper [R2]  
Cayenne pepper [R3,R4,R9,R10,R12]  
Thyme [R2,R5,R6,R8,R9,R10,R11]  
Rosemary [R2,R5,R8]  
Bay leaves [R3,R5]  
Basil [R8,R11]  
Celery salt [R3]  
Dry mustard [R3,R9]

Paprika [R3,R4,R6,R9,R10,R12]  
Hungarian sweet paprika [R7]  
Ground mace (optional) [R3]  
Ground cardamom (optional) [R3]  
Ground coriander [R4,R9]  
Ground cumin [R4,R7,R9]  
Ground turmeric [R4]  
Ground sage [R6]  
Garlic powder [R6,R7,R10,R11,R12]  
Onion powder [R6,R10]  
Chili powder [R7,R9]  
Ground dried chipotle chili pepper [R7]  
White pepper [R12]  
Oregano [R7,R11,R12]  
Marjoram [R8,R11]  
Sage [R8]  
Curry powder [R9]

### DRY GOODS

Sugar [R9]

### OTHER

Snack-sized plastic baggies (7)  
Sandwich-sized plastic baggies (5)

## Five Spice Powder

Makes 1/4 cup

### INGREDIENTS:

2 tablespoons black peppercorns  
3 star anise  
2 teaspoons fennel seeds

2 (3-inch) cinnamon sticks, broken into  
small pieces  
6 whole cloves



### INSTRUCTIONS:

In a small, heavy, dry skillet, toast peppercorns over medium heat until they become fragrant, 1 to 2 minutes. Shake pan often to prevent burning. Remove to a bowl. Repeat toasting process separately with star anise, fennel seeds, cinnamon and cloves. Pour all of the toasted spices into a spice grinder or a clean coffee grinder; grind to a fine powder. Allow mixture to rest in grinder for 1 minute then transfer to a snack-size plastic baggie; seal and mark "Five Spice powder and the date prepared on the baggie.

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## Montreal Steak Seasoning

Makes about 1/2 cup

### INGREDIENTS:

4 tablespoons salt  
1 tablespoon freshly ground black pepper  
1 tablespoon dehydrated onion  
1/2 tablespoon dehydrated garlic

1/2 tablespoon crushed red pepper  
1/2 tablespoon dried thyme  
1/2 tablespoon dried rosemary, crushed  
1/2 tablespoon dried fennel



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Montreal Steak Seasoning" and the date prepared on the baggie. To use, shake or rub a tablespoon of seasoning onto 1 pound of steaks, pork chops or burgers before grilling or broiling.

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## Seafood Seasoning

Makes about 1/4 cup

### INGREDIENTS:

1 tablespoon ground bay leaves  
2 1/2 teaspoons celery salt  
1 1/2 teaspoons dry mustard  
1 1/2 teaspoons black pepper  
3/4 teaspoon ground nutmeg

1/2 teaspoon ground cloves  
1/2 teaspoon ground ginger  
1/2 teaspoon paprika  
1/2 teaspoon cayenne  
1/4 teaspoon ground mace (optional)  
1/4 teaspoon ground cardamom (optional)



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a snack-size plastic baggie; seal and mark "Seafood Blend" and the date prepared on the baggie. Mixture can be used with seafood or chicken.

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## Indian Seasoning

Makes about 1/3 cup

### INGREDIENTS:

2 1/2 tablespoons paprika	1/2 teaspoon ground cinnamon
1 tablespoon ground coriander	1/2 teaspoon ground ginger
1 tablespoon ground cumin	1/2 teaspoon ground turmeric
3/4 teaspoon freshly ground black pepper	1/4 teaspoon cayenne pepper



### INSTRUCTIONS:

Combine all ingredients and transfer to a snack-size plastic baggie; seal and mark "Indian Seasoning" and the date prepared on the baggie. To use, rub mixture on poultry, vegetables, pork or beef before cooking.

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## Bouquet Garni

Makes about 1/2 cup

### INGREDIENTS:

1/4 cup dried parsley	2 tablespoons crumbled dried bay leaves
2 tablespoons dried thyme	2 tablespoons dried rosemary



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Bouquet Garni" and the date prepared on the baggie. Traditionally this mixture is tied in cheesecloth for easy removal after flavoring.

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## Poultry Seasoning Blend

Makes about 1/4 cup

### INGREDIENTS:

1 teaspoon ground sage	1/2 teaspoon freshly ground black pepper
1 teaspoon dried thyme	1 teaspoon garlic powder
1 tablespoon kosher salt	1 teaspoon onion powder
	1 tablespoon paprika



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a snack-size plastic baggie; seal and mark "Poultry Seasoning Blend" and the date prepared on the baggie.

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## Mexican Spice Blend

Makes about 1 cup

### INGREDIENTS:

1/2 cup chili powder

1/4 cup Hungarian sweet paprika

1 tablespoon ground cumin

1 1/2 teaspoons garlic powder

1 teaspoon ground dried chipotle chili pepper

2 teaspoons dried oregano leaves

1 teaspoon salt



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Mexican Spice Blend" and the date prepared on the baggie. This mixture is great in chili or sprinkled on beef, pork or chicken before cooking.

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## Herbes de Provence

Makes about 3/4 cup

### INGREDIENTS:

3 tablespoons dried marjoram

3 tablespoons dried thyme

3 tablespoons dried basil

1 teaspoon dried rosemary

1/2 teaspoon dried sage

1/2 teaspoon fennel seeds



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie and mark "Herbes de Provence" and the date prepared on the baggie. Use this mixture to season chicken, vegetables or meat.

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## Barbecue Spice Blend

Makes about 1/2 cup

### INGREDIENTS:

2 tablespoons paprika

1/2 teaspoon curry powder

1 tablespoon chili powder

1/2 teaspoon dry mustard

1 teaspoon ground coriander

1/2 teaspoon freshly ground black pepper

1 teaspoon sugar

1/2 teaspoon dried thyme

1 teaspoon salt

1/2 teaspoon cayenne pepper

1 teaspoon ground cumin



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Barbecue Spice Blend" and the date prepared on the baggie. Use as a rub for all meats before cooking.

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## Garlic Lime Chicken Seasoning

Makes about 1/4 cup

### INGREDIENTS:

1 tablespoon salt  
3/4 teaspoon black pepper  
3/4 teaspoon cayenne pepper

3/4 teaspoon paprika  
3 teaspoons garlic powder  
1 1/2 teaspoons onion powder  
1 1/2 teaspoons thyme



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a snack-size plastic baggie; seal and mark "Garlic lime Chicken Seasoning" and the date prepared on the baggie. Use to sprinkle on both sides of boneless skinless chicken breast meat.

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## Greek Seasoning

Makes about 1/4 cup

### INGREDIENTS:

1 tablespoon dried oregano  
2 teaspoons dried mint (optional; if you can't find, just use a couple of leaves of fresh mint when you cook OR skip)  
2 teaspoons dried thyme

1 teaspoon dried basil  
1 teaspoon dried marjoram  
1 teaspoon dried minced onion  
1/2 teaspoon garlic powder



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a snack-size plastic baggie; seal and mark "Greek Seasoning" and the date prepared on the baggie. Use to season meats and salads.

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## Cajun Seasoning

Makes about 1/3 cup

### INGREDIENTS:

2 1/2 tablespoons paprika  
4 teaspoons dried oregano  
1 teaspoon sea salt

1 teaspoon garlic powder  
1 teaspoon white pepper  
1 teaspoon black pepper  
1 teaspoon cayenne pepper



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a snack-size plastic baggie; seal and mark "Cajun Seasoning" and the date prepared on the baggie. Use as a rub for all meats before cooking.

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## Muffin Mix Shopping List

### PRODUCE

- \*\*Carrots (1 cup grated) [R6]
- \*\*Zucchini (2 cups grated) [R7]
- \*\*Apple (1) [R7]
- \*\*Bananas (4 to 5 medium) [R2]
- \*\*Blueberries (1 cup) (or buy frozen) [R8]

### CONDIMENTS

- \*\*Olive oil [R1,R4,R6,R7,R9,R11]
- \*\*Honey [R3]
- \*\*Pure maple syrup (1/2 cup plus 1 tablespoon) [R12]
- \*\*Molasses (1/4 cup plus 1/3 cup) [R4,R6]

### CANNED GOODS

- \*\*Applesauce (1 2/3 cups) [R1,R6]
- \*\*Crushed pineapple (1 cup) [R10]

### SPICES

- Cinnamon [R1,R6,R7,R9]
- Nutmeg [R1,R7,R9]
- Ground ginger [R7]
- Allspice [R7]
- \*\*Vanilla extract [R4,R7]

### DAIRY

- \*\*Eggs (15) [R1,R3,R5,R6,R7,R8,R9,R10,R11]
- \*\*Butter (2 2/3 cups plus 1 tablespoon)  
[R2,R3,R5,R8,R9,R10,R12]
- \*\*Milk (3 1/3 cups plus 1/2 cup) [R1,R4,R8,R9,R11,R12]
- \*\*Buttermilk (1 cup) [R3]
- \*\*Sour cream (1 cup) [R10]
- \*\*Cream cheese (4 ounces) [R11]

### DRY GOODS

- All-purpose flour (15 cups)  
[R1,R2,R3,R4,R5,R7,R8,R9,R10,R11,R12]
- Whole wheat flour (1 1/2 cups) [R6]
- Baking powder (20 1/2 teaspoons)  
[R1,R2,R3,R4,R6,R8,R9,R10,R11,R12]
- Baking soda (6 teaspoons) [R2,R3,R5,R6,R7,R10]
- Rolled oats (2 1/2 cups) (regular OR instant) [R1,R5,R12]
- Brown sugar (3 1/2 plus 1/3 cups) [R1,R3,R4,R5,R6,R7]
- Sugar (4 cups plus 2 tablespoons)  
[R2,R8,R9,R10,R11,R12]
- Powdered milk (1 tablespoon) [R6]
- Unsweetened cocoa powder (3 tablespoons) [R11]
- Dates (3/4 cup) [R5]
- Raisins (1/2 cup) [R6]
- Chopped walnuts (1 1/2 cups) [R6,R7]
- Granola (2 1/2 cups) [R4]
- Wheat germ (1/2 cup) [R6]
- Natural bran (3 cups) [R3,R6]
- \*\*Powdered sugar (1/2 cup) [R12]

### FROZEN

- \*\*Blueberries (1 cup) (if not using fresh) [R8]

### OTHER

- Quart-sized plastic bags (5)
- Sandwich-sized plastic bags (7)
- Snack-sized plastic bags (2)
- Paper muffin tin liners (optional)

\*\*Indicates ingredients needed when preparing muffins for baking.



## Applesauce Oatmeal Muffins

Makes 10 large muffins

### MIX INGREDIENTS:

1 cup all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon cinnamon  
1/2 teaspoon salt  
1/4 teaspoon nutmeg  
3/4 cups rolled oats (regular or instant)  
1/4 cup brown sugar, packed

### TO PREPARE:

1 egg  
1/4 cup olive oil  
1/3 cup milk  
2/3 cup applesauce



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through brown sugar). Transfer to a 1 quart plastic storage bag; seal and write "Applesauce Oatmeal" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. Place dry ingredients from plastic bag in a medium bowl. In a small bowl, beat egg; add oil and milk and stir in applesauce. Add this mixture to the dry ingredients, mixing only until moistened. Spoon mixture into greased or paper-lined muffin cups; bake for 20 minutes.

**Nutrition per serving:** 102 Calories; 1g Fat; 3g Protein; 21g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 259mg Sodium. **Exchanges:** 1 Grain (Starch); 1/2 Other Carbohydrates. **Points:** 2

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## Best Ever Banana Muffins

Makes 9 large muffins

### MIX INGREDIENTS:

1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 1/2 cups all-purpose flour

### TO PREPARE:

4 to 5 medium bananas  
3/4 cup sugar  
1 egg, slightly beaten  
1/3 cup melted butter



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (baking soda through flour). Transfer to a sandwich-size plastic storage bag; seal and write "Best Ever Banana" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a medium bowl, mash the bananas; add sugar, egg and butter. Add dry ingredients from plastic bag; mix just until moistened. Spoon mixture into greased or paper-lined muffin cups; bake for 20 minutes.

**Nutrition per serving:** 269 Calories; 8g Fat; 4g Protein; 48g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 391mg Sodium. **Exchanges:** 1 Grain (Starch); 1 Fruit; 1 1/2 Fat; 1 Other Carbohydrates. **Points:** 6

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## Honey Bran Muffins

Makes 9 large muffins

### MIX INGREDIENTS:

1 cup all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1 teaspoon salt

### TO PREPARE:

1 cup natural bran  
1 cup buttermilk  
1/3 cup butter, softened  
1/2 cup packed brown sugar  
2 tablespoons honey  
1 egg



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through salt). Transfer to a sandwich-size plastic storage bag; seal and mark "Honey Bran" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a small bowl, soak the bran in the buttermilk. Meanwhile, in a medium bowl, cream butter and brown sugar; beat in honey and egg. Add bran and buttermilk. Add dry ingredients from the plastic bag; mix just until moistened. Spoon mixture into greased or paper-lined muffin cups; bake for 15 to 20 minutes.

**Nutrition per serving:** 205 Calories; 8g Fat; 4g Protein; 32g Carbohydrate; 3g Dietary Fiber; 43mg Cholesterol; 526mg Sodium. **Exchanges:** 1 Grain (Starch); 1 1/2 Fat; 1 Other Carbohydrates. **Points:** 4

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## Hale and Hearty Muffins

Makes 10 large muffins

### MIX INGREDIENTS:

1 1/4 cups all-purpose flour  
2 teaspoons baking powder  
2 1/2 cups granola (set aside 1/2 cup in a separate snack-size plastic baggie)  
1/4 cup packed brown sugar  
1 teaspoon salt

### TO PREPARE:

1/3 cup olive oil  
1 cup milk  
1 teaspoon vanilla extract  
1/3 cup molasses



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through salt). Transfer to a 1 quart plastic storage bag; seal and mark "Hale and Hearty" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a medium bowl, place dry ingredients from plastic storage bag. In a small bowl, blend oil, milk, vanilla and molasses; pour mixture over dry ingredients; stir just until moistened. Spoon mixture into greased or paper-lined muffin cups; sprinkle the tops with the reserved 1/2 cup of granola; bake for 15 to 20 minutes.

**Nutrition per serving:** 336 Calories; 17g Fat; 6g Protein; 43g Carbohydrate; 4g Dietary Fiber; 3mg Cholesterol; 332mg Sodium. **Exchanges:** 2 Grain (Starch); 3 Fat; 1 Other Carbohydrates. **Points:** 7

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## Oatmeal-Date Muffins

Makes 10 large muffins

### MIX INGREDIENTS:

1 cup all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
3/4 cup dates, finely chopped

### TO PREPARE:

1 cup rolled oats (regular or instant)  
1 cup boiling water  
1/2 cup butter, softened  
1 1/2 cups packed brown sugar  
2 eggs



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through dates). Transfer to a 1 quart plastic storage bag; seal and mark "Oatmeal-Date" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a small bowl, combine rolled oats and boiling water; let stand for 20 minutes. Meanwhile, in a medium bowl, cream the butter and brown sugar; add eggs and beat well. Add dry ingredients from plastic storage bag. Stir in vanilla. Gently fold in oatmeal mixture. Spoon into greased or paper-lined muffin cups; bake for 20 to 25 minutes.

**Nutrition per serving:** 333 Calories; 11g Fat; 4g Protein; 57g Carbohydrate; 2g Dietary Fiber; 67mg Cholesterol; 461mg Sodium. **Exchanges:** 1 Grain (Starch); 1/2 Fruit; 2 Fat; 2 Other Carbohydrates. **Points:** 7

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## Trailblazer Muffins

Makes 24 muffins

### MIX INGREDIENTS:

1 1/2 cups whole wheat flour  
1/2 cup wheat germ  
2 cups natural bran  
1 teaspoon baking soda  
2 teaspoons baking powder  
1 teaspoon salt  
1 tablespoon powdered milk  
2 teaspoons cinnamon  
1 cup chopped walnuts  
1/2 cup raisins

### TO PREPARE:

3 eggs  
1/3 cup packed brown sugar  
2/3 cup olive oil  
1/4 cup molasses  
1 cup grated carrots  
1 cup applesauce  
1 1/2 cups water



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through raisins). Transfer to a 1 quart plastic storage bag; seal and mark "Trailblazer" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a large bowl, beat the eggs; add brown sugar, oil, molasses, carrot, applesauce and water; blend well. Add dry ingredients from plastic storage bag all at once; mix only until moistened. Spoon mixture into greased or paper-lined muffin cups; bake for 20 to 25 minutes.

**Nutrition per serving:** 181 Calories; 10g Fat; 5g Protein; 21g Carbohydrate; 4g Dietary Fiber; 27mg Cholesterol; 198mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Fruit; 2 Fat; 1/2 Other Carbohydrates. **Points:** 4

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## Zucchini Muffins

Makes 14 large muffins

### MIX INGREDIENTS:

2 cups all-purpose flour  
1 cup packed brown sugar  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1/8 teaspoon nutmeg  
1/8 teaspoon ginger  
1/8 teaspoon allspice  
1/2 teaspoon salt  
1/2 cup chopped walnuts

### TO PREPARE:

2 cups grated zucchini  
1 apple, peeled, cored and grated  
3 eggs  
1 cup olive oil  
2 teaspoons vanilla extract



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through walnuts). Transfer to a 1 quart plastic storage bag; seal and mark "Zucchini" and the date prepared on the bag.

To prepare, preheat oven to 350 degrees. Place dry ingredients from plastic storage bag in a large bowl; add zucchini and apple. In a medium bowl, beat eggs; add oil and vanilla; stir mixture into dry ingredients; stir just until moistened. Spoon mixture into greased or paper-lined muffin cups, filling to the top; bake for 20 minutes.

**Nutrition per serving:** 316 Calories; 19g Fat; 5g Protein; 32g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 278mg Sodium. **Exchanges:** 1 Grain (Starch); 1/2 Lean Meat; 3 1/2 Fat; 1 Other Carbohydrates. **Points:** 8

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## Blueberry Muffins

Makes 10 large muffins

### MIX INGREDIENTS:

1 3/4 cups all-purpose flour  
1/2 cup sugar  
3 teaspoons baking powder  
1/2 teaspoon salt

### TO PREPARE:

1 cup blueberries (fresh or frozen)  
1 egg, slightly beaten  
1 cup milk  
1/2 cup melted butter



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through salt). Transfer to a sandwich-size plastic storage bag; seal and mark "Blueberry" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. Place dry ingredients from plastic storage bag in a large bowl; fold in blueberries. In a small bowl, combine egg, milk and melted butter; gently stir into flour/blueberry mixture just until moistened; bake for 20 minutes.

**Nutrition per serving:** 231 Calories; 11g Fat; 4g Protein; 30g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 367mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Fat; 1/2 Other Carbohydrates. **Points:** 5

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## Donut-Like Muffins

Makes 8 to 9 large muffins

### MIX INGREDIENTS:

1 3/4 cups all-purpose flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon nutmeg  
1/4 teaspoon cinnamon

### TO PREPARE:

1 egg, slightly beaten  
1/3 cup olive oil  
3/4 cup sugar  
1/4 cup milk



### TOPPING:

1/2 cup melted butter  
3/4 cup sugar  
1 teaspoon cinnamon

### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through cinnamon). Transfer to a sandwich-size plastic storage bag; seal and mark "Donut-Like" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a medium bowl, place dry ingredients from the plastic storage bag. In a small bowl, combine egg, oil, sugar and milk; add to dry ingredients and blend just until moistened. Spoon mixture into greased or paper-lined muffin cups; bake for 20 to 25 minutes. Remove muffins immediately from muffin pan when done and, while hot, dip in melted butter, then sugar and cinnamon.

**Nutrition per serving:** 443 Calories; 22g Fat; 4g Protein; 59g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 355mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 4 Fat; 2 1/2 Other Carbohydrates. **Points:** 10

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## Pineapple-Sour Cream Muffins

Makes 8 to 9 large muffins

### MIX INGREDIENTS:

1 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt

### TO PREPARE:

1 egg  
1/4 cup sugar  
1/4 cup butter, softened  
1 cup sour cream  
1 cup crushed pineapple, well drained



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through salt). Transfer to a sandwich-size plastic storage bag; seal and mark "Pineapple-Sour Cream" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a medium bowl, place dry ingredients from plastic storage bag. In a small bowl, beat together egg, sugar, butter and sour cream; add to dry ingredients and stir until just moistened; stir in pineapple. Spoon mixture into greased or paper-lined muffin cups; bake for 15 to 20 minutes.

**Nutrition per serving:** 250 Calories; 13g Fat; 4g Protein; 30g Carbohydrate; 1g Dietary Fiber; 55mg Cholesterol; 356mg Sodium. **Exchanges:** 1 Grain (Starch); 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates. **Points:** 6

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## Chocolate Cheesecake Muffins

Makes 8 large muffins

### MIX INGREDIENTS:

1 cup all-purpose flour  
1/2 cup sugar  
3 tablespoons unsweetened cocoa powder  
2 teaspoons baking powder  
1/2 teaspoon salt

### TO PREPARE:

4 ounces cream cheese, softened  
2 tablespoons sugar  
1 egg, beaten  
3/4 cup milk  
1/3 cup olive oil



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through salt). Transfer to a sandwich-size plastic storage bag; seal and mark "Chocolate Cheesecake" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a large bowl, place dry ingredients from plastic storage bag; make a well in the center. In a small bowl, beat cream cheese and sugar; set aside. In another small bowl, combine egg, milk and oil; add all at once to dry ingredients; stir just until moistened (batter should be lumpy). Spoon about 2 tablespoons of chocolate batter into each greased or paper-lined muffin cup then drop 1 teaspoon of cream cheese mixture on top; add more chocolate batter; bake for 20 minutes.

**Nutrition per serving:** 276 Calories; 16g Fat; 5g Protein; 30g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 318mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 3 Fat; 1 Other Carbohydrates. **Points:** 7

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## Angelic Muffins

Makes 8 large muffins

### MIX INGREDIENTS:

1 1/4 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon salt  
3/4 cup rolled oats (regular or instant)

### TO PREPARE:

1/4 cup butter, softened  
1/2 cup sugar  
1/2 cup milk  
1/2 cup pure maple syrup



### GLAZE:

1 tablespoon butter, softened  
1/2 cup powdered sugar  
1 tablespoon pure maple syrup

### INSTRUCTIONS:

In a sandwich-size plastic storage bag, combine flour, baking powder and salt. In a snack-sized plastic bag, place rolled oats. Add to the sandwich-size plastic storage bag; seal and mark "Angelic" and the date prepared on the bag.

Preheat oven to 350 degrees. In a medium bowl, blend together softened butter and sugar; add flour, baking powder and salt from plastic storage bag; blend with a pastry cutter until crumbly. Mix in oats. In a small bowl, whisk together milk and maple syrup; pour over dry ingredients; stir until just moistened. Spoon mixture into greased or paper-lined muffin cups; bake for 20 minutes. In a small bowl, combine glaze ingredients. Spread over slightly cooled muffins.

**Nutrition per serving:** 309 Calories; 8g Fat; 4g Protein; 56g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 472mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 0 Non-Fat Milk; 1 1/2 Fat; 2 1/2 Other Carbohydrates. **Points:** 7

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## Dry Soup and Sauce Mix Shopping List

### CONDIMENTS

\*\*Mayonnaise (2 cups) [R12]

### CANNED GOODS

\*\*1 (14.5-oz.) can diced tomatoes [R1]

\*\*1 (6-oz.) can tomato paste [R8]

### SPICES

Garlic powder [R1,R2,R7,R8,R10,R11,R12]

Onion powder [R5,R10,R12]

Onion flakes [R1,R2,R5,R6,R8,R11,R12]

Parsley flakes [R2,R4,R6,R8,R11,R12]

Celery flakes [R8]

Mixed vegetable flakes [R1,R10]

Garlic salt [R12]

Onion salt [R12]

Paprika [R1,R7]

Chili powder [R7]

Curry powder [R2]

Thyme [R2,R6,R11]

Basil [R11]

Dry mustard [R1]

Nutmeg [R2]

Marjoram [R3,R10]

Bay leaves [R3]

Tarragon [R4]

White pepper [R4,R5,R6,R10]

Celery salt [R5]

Turmeric [R6]

Cumin [R7]

Oregano [R7]

Italian seasoning [R8]

Dill [R12]

### DAIRY

Butter [R9]

\*\*Milk (1 cup) [R9]

\*\*Buttermilk (2 cups) [R12]

### DRY GOODS

Pinto beans (1 1/2 cups) [R1]

White beans (1 1/2 cups) [R1]

Kidney beans (1 cup) [R1]

Lima beans (1 cup) [R1]

Garbanzo beans (1 cup) [R1]

Red lentils (1 pound) [R2]

Green lentils (1 pound) [R2]

Split green peas (2 cups) [R3]

Long-grain brown rice (2 cups) [R4]

Dried vegetable mix (celery, carrots, etc.) (1 cup) [R3]

Bacon bits (1/2 cup) [R1,R3]

Saltine cracker (1/2 cup crushed) [R12]

Chicken bouillon granules (1 1/3 cups) [R1,R2,R4,R6,R10]

Beef bouillon granules (1/3 cup plus 1/2 cup) [R5,R11]

Mashed potato flakes (1 3/4 cup) [R6,R10]

Dry milk powder (7 1/2 cups) [R6,R9,R10,R11]

Flour [R9]

Sugar [R5,R8]

Cornstarch [R7,R8,R10,R11]

### OTHER

Airtight containers (6)

Sandwich-sized plastic bags (1)

Quart-size plastic bags (6)

Large zipper-topped plastic bags (3)

\*\*Indicates ingredients needed when preparing soup/sauce mixes.

## Five Bean Soup

Makes about 7 cups mix

### MIX INGREDIENTS:

In a large zipper-topped plastic bag OR airtight container, combine the following ingredients:

- 1 1/2 cups dried pinto beans
- 1 1/2 cups dried white beans
- 1 cup dried kidney beans
- 1 cup dried lima beans
- 1 cup dried garbanzo beans

In a quart-size plastic bag, combine the following ingredients:

- 1/2 cup dried onion flakes
- 1/4 cup mixed vegetable flakes
- 4 tablespoons chicken bouillon granules
- 1 tablespoon dried parsley
- 1/4 cup bacon bits
- 1 tablespoon paprika
- 2 teaspoons salt
- 1 teaspoon dry mustard
- 1/2 teaspoon garlic powder

Seal bag and shake to blend ingredients; place in bean container; seal and store at room temperature for up to 3 months.

### INSTRUCTIONS:

Start soup preparation about 2 1/2 hours before serving time. Rinse bean mixture in a sieve under running water and place in a large saucepan with a tight-fitting lid. Add seasoning mix and water; bring to a boil then reduce heat, cover and simmer for 2 to 2 1/2 hours or until beans are tender; add tomatoes and heat through.

**Nutrition per serving:** 192 Calories; 1g Fat; 12g Protein; 35g Carbohydrate; 11g Dietary Fiber; trace Cholesterol; 513mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat. Points: 2

### TO PREPARE (6 servings):

- 1 1/2 cups Five Bean Soup mix
- 1/4 cup Five Bean Seasoning mix
- 6 cups water
- 1 (14.5-oz.) can diced tomatoes



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## Curried Lentil Soup

Makes about 8 cups mix

### MIX INGREDIENTS:

In a large zipper-topped plastic bag OR airtight container, combine the following ingredients:

- 1 pound red lentils
- 1 pound green lentils

In a quart-size plastic bag, combine the following ingredients:

- 6 tablespoons dried onion flakes
- 2 tablespoons dried parsley flakes
- 4 tablespoons chicken bouillon granules
- 1 teaspoon dried thyme
- 2 tablespoons curry powder
- 1 teaspoon garlic powder
- 1/8 teaspoon nutmeg
- 1 teaspoon salt

Seal bag and shake to blend ingredients; place in lentil container; seal and store at room temperature for up to 3 months.

### INSTRUCTIONS:

Start soup preparation about 1 1/2 hours before serving time. Rinse lentils under running water and place in a large saucepan with a tight-fitting lid. Add seasoning mix and water; bring to a boil then reduce heat, cover and simmer for 45 minutes to 1 hour or until lentils are tender. Remove 2 cups of cooked lentils from saucepan and cool to room temperature; transfer to a blender and puree until smooth; return to soup mixture in saucepan and heat through.

**Nutrition per serving:** 172 Calories; 1g Fat; 14g Protein; 29g Carbohydrate; 15g Dietary Fiber; trace Cholesterol; 281mg Sodium. **Exchanges:** 2 Grain (Starch); 1 Lean Meat. **Points:** 3

### TO PREPARE (6 servings):

- 1 1/2 cups cup Curried Lentil Soup mix
- 1/4 cup Curried Lentil Seasoning mix
- 8 cups water



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## Split Pea Soup

Makes about 8 cups mix

### MIX INGREDIENTS:

In a large zipper-topped plastic bag OR airtight container, place:

6 cups green split peas

In a quart-size plastic bag, place the following ingredients:

2 cups dried onion flakes

1 cup dried vegetable mix (celery, carrots, etc.)

1/4 cup bacon bits

1 tablespoon dried marjoram

2 bay leaves, crumbled

Seal bag and shake to blend ingredients; place in split pea container; seal and store at room temperature for up to 3 months.

### INSTRUCTIONS:

Start soup preparation about 1 1/2 hours before serving time. Rinse split peas in a sieve under running water and place in a large saucepan with a tight-fitting lid. Add seasoning mix and water; bring to a boil then reduce heat, cover and simmer for 1 hour or until split peas are tender. Remove 2 cups of cooked peas from saucepan and cool to room temperature; transfer to a blender and puree until smooth; return to soup mixture in saucepan and heat through.

**Nutrition per serving:** 176 Calories; 1g Fat; 12g Protein; 32g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. **Exchanges:** 2 Grain(Starch); 1 Lean Meat. **Points:** 3

### TO PREPARE (6 servings):

1 1/2 cups green split peas

1/4 cup Split Pea Soup Seasoning mix

8 cups water



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## Chicken Rice Soup

Makes about 3 cups mix

### MIX INGREDIENTS:

In a 1-quart zipper-topped plastic bag OR airtight container, place:

2 cups uncooked long-grain brown rice.

In a sandwich-size plastic bag, place:

1/2 cup chicken bouillon granules  
4 teaspoons dried tarragon  
4 teaspoons dried parsley flakes  
1 teaspoon white pepper

Seal bag and shake to blend ingredients; place in rice container; seal and refrigerate OR store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Start soup preparation about 35 minutes before serving time. Rinse rice in a sieve under running water and place in a large saucepan with a tight-fitting lid. Add seasoning mix and water; bring to a boil then reduce heat, cover and simmer for 30 to 35 minutes or until rice is tender. If desired, add cooked chopped chicken.

**Nutrition per serving:** 184 Calories; 2g Fat; 5g Protein; 37g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 748mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 0 Lean Meat; 1/2 Fat. **Points:** 3

### TO PREPARE (6 servings):

1/2 cup uncooked long-grain brown rice  
1/4 cup Chicken Rice Seasoning mix  
6 cups water



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## Onion Soup

Makes about 1 1/2 cups mix

### MIX INGREDIENTS:

In a 1-quart zipper-topped plastic bag OR airtight container, place:

3/4 cup dried onion flakes  
1/3 cup beef bouillon granules  
4 teaspoons onion powder

1/4 teaspoon celery salt  
1/4 teaspoon sugar  
1/8 teaspoon white pepper



Seal bag and shake to blend ingredients and store in a cool, dry place for up to 6 months. Shake bag before each use to re-blend ingredients.

### INSTRUCTIONS:

5 tablespoons of mix equals a (1.25-oz.) package of purchased dry onion soup mix. This mix can be used as an instant soup or as an ingredient in many recipes (dips, seasoned meats, etc.).

**Nutrition per serving:** 64 Calories; 1g Fat; 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 1170mg Sodium. **Exchanges:** 1 Grain (Starch). **Points:** 1

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## Cream of Potato Soup

Makes about 3 1/2 cups mix

### MIX INGREDIENTS:

In a medium bowl, combine the following ingredients:

1 3/4 cups mashed potato flakes  
1 1/2 cups dry milk powder  
2 tablespoons chicken bouillon granules  
2 teaspoons dried onion flakes  
1 teaspoon dried parsley flakes

1/4 teaspoon white pepper  
1/4 teaspoon dried thyme  
1/8 teaspoon ground turmeric  
1 teaspoon salt



Place in a 1-quart zipper-topped plastic bag and store at room temperature for up to 3 months. Shake bag after each use to re-blend ingredients.

### INSTRUCTIONS:

For each serving, place 1/2 cup Cream of Potato Soup mix in a bowl; stir in 1 cup boiling water until smooth.

**Nutrition per serving:** 185 Calories; 8g Fat; 9g Protein; 21g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 738mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 1 Non-Fat Milk; 1 1/2 Fat. **Points:** 4

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## Cream Style Soup

Makes about 3 1/2 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1/2 cup plus 2 tablespoons cornstarch  
1/2 cup mashed potato flakes  
1/4 cup chicken bouillon granules

2 tablespoons dried vegetable flakes  
1 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/2 teaspoon dried marjoram  
1/8 teaspoon white pepper



### INSTRUCTIONS:

In a food processor or blender, combine all ingredients; process until vegetable flakes are finely chopped. Place in an airtight container and store in a cool, dry place for up to 6 months. This mix can be used as a basis for creamed soups or as a substitute for canned cream soup in a recipe. Shake container before each use to re-blend ingredients.

**Nutrition per 1/2 cup serving:** 248 Calories; 10g Fat; 11g Protein; 28g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 778mg Sodium. **Exchanges:** 1 Grain (Starch); 1 Non-Fat Milk; 2 Fat. **Points:** 6

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## Burger "Helper"

Makes about 4 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1 cup cornstarch  
1/2 cup beef bouillon granules  
1/4 cup dried onion flakes

1 teaspoon dried basil  
1 teaspoon dried thyme  
1 teaspoon black pepper  
2 tablespoons dried parsley flakes  
1 tablespoon garlic powder



### INSTRUCTIONS:

In a medium bowl, combine all ingredients; place in an airtight container and store in a cool, dry place for up to 3 months. This mix can be used as a flavoring and thickener in ground beef recipes. Shake container before each use to re-blend ingredients.

**Nutrition per 1/2 cup serving:** 249 Calories; 9g Fat; 10g Protein; 32g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 1142mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Non-Fat Milk; 2 Fat. **Points:** 6

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## Enchilada Sauce

Makes about 3/4 cup mix

### MIX INGREDIENTS:

In a small bowl, combine the following ingredients:

1/2 cup cornstarch  
2 tablespoons chili powder  
1 teaspoon garlic powder  
1 tablespoon salt  
1/2 teaspoon ground cumin  
1/2 teaspoon dried oregano  
1 tablespoon paprika

### TO PREPARE (3 cups):

3/4 cup Enchilada Sauce mix  
1 quart cold water



For multiple uses, double or triple the dry ingredients; place in an airtight container and store in a cool, dry place for up to 3 months. Shake container before each use to re-blend ingredients.

### INSTRUCTIONS:

Combine sauce mix and water in a medium saucepan; cook over medium heat, stirring constantly, until thickened and bubbly. Use over enchiladas or to season rice dishes.

**Nutrition per 1/4 cup serving:** 54 Calories; 1g Fat; 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1093mg Sodium. **Exchanges:** 1 Grain (Starch). **Points:** < 1

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## Spaghetti Sauce

Makes about 1 cup mix

### MIX INGREDIENTS:

In a medium bowl, combine the following ingredients:

1/4 cup cornstarch  
1/4 cup dried onion flakes  
3 tablespoons dried celery flakes  
1/4 cup dried parsley flakes  
2 tablespoons Italian seasoning  
4 teaspoons salt  
4 teaspoons sugar  
2 teaspoons garlic powder

### TO PREPARE (3 cups):

1/4 cup Spaghetti Sauce mix  
2 cups water  
1 (6-oz.) can tomato paste



For multiple uses, double or triple dry ingredients; place in an airtight container and store in a cool, dry place for up to 3 months. Shake container before each use to re-blend ingredients.

### INSTRUCTIONS:

Combine in a medium saucepan; bring to a boil and stir for 2 minutes. Reduce heat, cover and simmer for 20 minutes.

**Nutrition per 1/2 cup serving:** 157 Calories; 2g Fat; 5g Protein; 35g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 2328mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 4 1/2 Vegetable. **Points:** 3

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## White Sauce

Makes about 3 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1 cup all-purpose flour  
2 teaspoons salt  
1 cup cold butter

### TO PREPARE (1 cup):

1/4 cup White Sauce mix  
1 cup milk



In a medium bowl, combine dry milk, flour and salt; blend well. Cut in butter until mixture resembles fine crumbs. Place in an airtight container and store in the refrigerator for up to 3 months.

### INSTRUCTIONS:

Combine White Sauce mix and milk in a small saucepan; cook over medium heat, stirring constantly until thickened and bubbly.

**Nutrition per 1/4 cup serving:** 90 Calories; 6g Fat; 3g Protein; 6g Carbohydrate; trace Dietary Fiber; 20mg Cholesterol; 141mg Sodium. **Exchanges:** 0 Grain (Starch); 1/2 Non-Fat Milk; 1 Fat. **Points:** 2

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## Ranch Dressing

Makes about 3 cups mix

### MIX INGREDIENTS:

1 cup dried parsley flakes  
1/2 cup finely crushed saltine crackers  
1/2 cup dried onion flakes  
1/2 cup garlic salt  
1/2 cup onion salt  
1/4 cup garlic powder  
1/4 cup onion powder  
2 tablespoons dried dill

### TO PREPARE (4 cups):

2 tablespoons Ranch Dressing mix  
2 cups mayonnaise  
2 cups buttermilk



In a large bowl, combine all ingredients; place in an airtight container and store in a cool, dry place for up to 3 months.

### INSTRUCTIONS:

In a medium bowl, whisk together all ingredients; refrigerate until ready to serve. Shake container to re-blend dry ingredients before each use.

**Nutrition per 1 tablespoon serving:** 54 Calories; 6g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 149mg Sodium. **Exchanges:** 1/2 Fat. **Points:** 1

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## Rice Mix Shopping List

### CONDIMENTS

\*\*Olive oil [R4]

### CANNED GOODS

\*\*Tomato sauce (1/2 cup) [R4]

### SPICES

Parsley flakes [R1,R2]  
 Onion flakes [R3,R4,R5]  
 Celery flakes [R5]  
 Green pepper flakes [R5]  
 Red pepper flakes [R5]  
 Garlic powder [R4]  
 Onion powder [R1]  
 Cumin [R4]  
 Curry powder [R3]  
 Herbs de Provence [R2]  
 Tarragon [R2]  
 Thyme [R1,R3]  
 White pepper [R2]

### DAIRY

\*\*Butter [R1,R3,R5]

### DRY GOODS

Long-grain brown rice (9 cups) [R1,R2,R4,R5]  
 Wild rice (1/2 cup) [R2]  
 Basmati rice (1 cup) [R3]  
 Chicken bouillon granules (2 tablespoons) [R3,R4]  
 Chicken OR beef bouillon granules (2 tablespoons) [R1]  
 Vegetable bouillon granules (2 tablespoons) [R5]  
 Golden raisins [R3]

\*\*Indicates ingredients needed when preparing rice mixes.



## Seasoned Rice

Makes about 3 1/2 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

3 cups uncooked long-grain brown rice  
1/4 cup dried parsley flakes  
2 tablespoons chicken OR beef bouillon granules  
1 tablespoon onion powder  
1/2 teaspoon dried thyme

### TO PREPARE (4 servings):

1 cup Seasoned Rice mix  
2 cups water  
1 tablespoon butter



Store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Bring to a boil in a medium saucepan with a tight-fitting lid; stir in rice mix. Reduce heat, cover and simmer for 30 to 40 minutes or until rice is tender and liquid is absorbed; fluff with a fork.

**Nutrition per serving:** 316 Calories; 8g Fat; 6g Protein; 55g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 346mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 0 Lean Meat; 1 1/2 Fat. **Points:** 6

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## Long-Grain Wild Rice

Makes about 1 3/4 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients

1 cup long-grain brown rice  
1/2 cup wild rice  
1 tablespoon dried parsley flakes  
1 teaspoon Herbs de Provence  
1 teaspoon dried tarragon  
1/8 teaspoon white pepper  
1/2 teaspoon salt

### TO PREPARE (4 servings):

Long-Grain Wild Rice mix  
3 1/2 cups water



Store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

In a medium saucepan with a tight-fitting lid, bring water to a boil; add rice mix. Reduce heat, cover and simmer for about 40 minutes or until rice is tender and liquid is absorbed; remove from heat and let sit for 10 minutes before fluffing with a fork.

**Nutrition per serving:** 245 Calories; 2g Fat; 7g Protein; 51g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 273mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 1/2 Fat. **Points:** 4

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## Curried Rice

Makes about 1 1/2 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

1 tablespoon dried onion flakes  
1 cup uncooked basmati rice  
1/4 cup golden raisins  
1/2 teaspoon dried thyme  
1 teaspoon curry powder  
1 tablespoon chicken bouillon granules

### TO PREPARE (4 servings):

Curried Rice mix  
2 1/2 cups water  
1/4 cup butter



Store in a cool, dry place for up to 3 months.

### INSTRUCTIONS:

In a medium saucepan with a tight-fitting lid, bring water and butter to a boil; add Curried Rice mix. Return to a full boil then lower heat, cover and cook for 20 to 25 minutes or until rice is tender.

**Nutrition per serving:** 298 Calories; 13g Fat; 5g Protein; 42g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 428mg Sodium. **Exchanges:** 2 Grain (Starch); 0 Lean Meat; 1/2 Fruit; 2 1/2 Fat. **Points:** 7

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## Mexican Rice

Makes about 1 1/4 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

1 tablespoon dried onion flakes  
1 cup uncooked long-grain brown rice  
1/2 teaspoon garlic powder  
1/2 teaspoon ground cumin  
1 tablespoon chicken bouillon granules

### TO PREPARE (4 servings):

Mexican Rice mix  
3 tablespoons olive oil  
1/2 cup tomato sauce  
2 cups water



Store in a cool, dry place for up to 3 months.

### INSTRUCTIONS:

Heat the oil in a medium saucepan with a tight-fitting lid; add Mexican Rice mix; cook, stirring constantly, until puffed and golden. Stir in tomato sauce and water; bring to a boil then reduce heat, cover and simmer for 20 to 25 minutes.

**Nutrition per serving:** 281 Calories; 12g Fat; 5g Protein; 40g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 468mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat. **Points:** 6

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## Veggie Rice

Makes about 4 1/2 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

4 cups uncooked long-grain brown rice  
2 tablespoons vegetable bouillon granules  
2 teaspoons salt  
4 teaspoons dried celery flakes  
4 teaspoon dried onion flakes  
4 teaspoons dried green pepper flakes  
4 teaspoons dried red pepper flakes

Store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Combine above ingredients in a medium saucepan; bring to a boil then reduce heat, cover and cook for 15 minutes or until liquid is absorbed.

**Nutrition per serving:** 268 Calories; 3g Fat; 6g Protein; 55g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 743mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 0 Lean Meat; 1/2 Fat. **Points:** 5

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### TO PREPARE (4 servings):

1 1/2 cups Veggie Rice mix  
2 cups cold water  
1 tablespoon butter



# Noodle Mix Shopping List

## PRODUCE

- \*\*Onion (1/4 cup minced) [R5]
- \*\*Carrots (2) [R5]
- \*\*Celery (2 stalks) [R5]

## MEATS

- \*\*Chicken OR turkey (3 cups cooked) [R5]
- \*\*Sliced pepperoni (4 ounces) [R3]

## CONDIMENTS

- \*\*Olive oil [R2]
- \*\*White vinegar [R2]
- \*\*Black olives (optional) [R2]

## CANNED GOODS

- \*\*Low sodium chicken broth (3 1/4 cups) [R1,R5]
- \*\*Low sodium beef broth (1 cup) [R3]
- \*\*Low sodium vegetable juice (12 ounces) [R3]

## SPICES

- Parsley flakes [R1,R2,R3]
- Minced onion [R1,R3]
- Onion powder [R2,R4]
- Garlic powder [R2,R3,R5]
- Thyme [R2,R5]
- Oregano [R2,R3]
- Basil [R2]
- Celery salt [R2]
- Celery seeds [R5]
- White pepper [R4]
- Bay leaves [R5]

## DAIRY

- \*\*Butter [R1]
- \*\*Diced cheese (optional) [R2]

## DRY GOODS

- Medium egg noodles (2 cups) [R1]
- Fine egg noodles (1 cup) [R5]
- Rotini pasta (8 ounces) [R2]
- Small shell pasta (1/2 cup) [R3]
- Elbow macaroni [R4]
- Lentils (1/4 cup) [R3]
- Grated Parmesan cheese [R3]
- Dehydrated American cheese powder (1/3 cup) [R4]
- Dehydrated butter powder or flakes (3 tablespoons) [R4]
- Nonfat dry milk powder (3 tablespoons) [R4]
- Sugar [R2]
- Flour [R4]

## FROZEN

- \*\*Frozen mixed vegetables (optional) [R2]

\*\* Indicates ingredients needed when preparing noodle mixes.

## Parslied Egg Noodles

Makes about 2 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

2 cups medium egg noodles  
2 teaspoons dried parsley  
1 teaspoon dried minced onion  
1/8 teaspoon pepper

Store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Preheat oven to 350 degrees. Place noodle mix in a greased 1-quart. baking dish; dot with butter. Add chicken broth and stir to combine. Cover and bake 15 minutes; stir. Cover and bake 5 minutes longer or until noodles are tender. Let stand 5 minutes before serving.

**Nutrition per serving:** 98 Calories; 2g Fat; 6g Protein; 14g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 177mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable. **Points:** 2

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### TO PREPARE (4 servings):

Parslied Egg Noodle mix  
1 teaspoon butter  
1 1/4 cups boiling low sodium chicken broth



## Italian Pasta Salad

Makes about 2 cups mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

1 teaspoon sugar  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 pinch dried thyme  
1 teaspoon dried parsley  
1/4 teaspoon black pepper  
1 teaspoon dried oregano  
1 teaspoon salt  
1 pinch celery salt  
1/4 teaspoon dried basil

In a separate airtight container, place:

8 ounces Rotini pasta

Store both containers in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Combined seasonings, olive oil, water and vinegar until well blended. Cook pasta according to package directions; drain and rinse with cold water. Once the pasta has cooled, toss with dressing and optional add-ins.

**Nutrition per serving:** 343 Calories; 15g Fat; 8g Protein; 46g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 563mg Sodium. **Exchanges:** 3 Grain (Starch); 0 Lean Meat; 0 Vegetable; 2 1/2 Fat. **Points:** 8

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### TO PREPARE (4 servings):

Italian Pasta Salad mix  
1/4 cup olive oil  
2 tablespoons water  
1/4 cup white vinegar  
Optional add-ins: Frozen mixed veggies, diced cheese, black olives



## Pizza Soup

Makes about 1 cup mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

1/2 cup small shell pasta  
1/4 cup dry lentils  
2 tablespoons grated Parmesan cheese  
1 tablespoon minced dried onion  
1 teaspoon dried parsley flakes  
1/2 teaspoon dried oregano, crushed  
Dash garlic powder

Store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Combine pasta soup mix, water, broth, vegetable juice, and frozen vegetables; bring to a boil. Reduce heat, cover and simmer 35 minutes or until lentils are tender, stirring occasionally. Stir in pepperoni; cover and simmer 5 minutes longer.

**Nutrition per serving:** 306 Calories; 14g Fat; 17g Protein; 25g Carbohydrate; 7g Dietary Fiber; 24mg Cholesterol; 682mg Sodium. **Exchanges:** 1 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 2 Fat. **Points:** 6

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### TO PREPARE (4 servings):

Pizza Soup mix  
2 cups water  
1 cup low sodium beef broth  
12 ounces low sodium vegetable juice  
1 cup frozen mixed vegetables  
4 ounces sliced pepperoni

## Mac and Cheese

Makes about 1 cup mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

1/3 cup dehydrated cheese powder (American cheese)  
3 tablespoons nonfat dry milk powder  
3 tablespoons dehydrated butter powder or flakes  
3 tablespoons flour  
1/4 teaspoon salt  
1/8 teaspoon white pepper  
1/8 teaspoon onion powder

In a separate airtight container, place:

8 ounces elbow macaroni

Store both containers in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Cook pasta according to package directions; drain. While pasta is cooking, combine 1 cup hot water with 1/2 cup cheese sauce mix in a small saucepan over medium heat. Bring to boil, stirring constantly with a whisk. Add to hot cooked pasta and stir well to combine.

**Nutrition per serving:** 339 Calories; 6g Fat; 13g Protein; 57g Carbohydrate; 2g Dietary Fiber; 11mg Cholesterol; 1073mg Sodium. **Exchanges:** 3 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1/2 Fat. **Points:** 7

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## Chicken Noodle Soup

Makes about 1 cup mix

### MIX INGREDIENTS:

In an airtight container, combine the following ingredients:

1 cup uncooked fine egg noodles  
1/2 teaspoon ground black pepper  
1/4 teaspoon dried thyme  
1/8 teaspoon celery seeds  
1/8 teaspoon garlic powder  
1 bay leaf

### TO PREPARE (4 servings):

Chicken Noodle Soup mix  
6 cups water  
2 cups low sodium chicken broth  
2 carrots, diced  
2 stalks celery, diced  
1/4 cup minced onion  
3 cups cooked diced chicken OR turkey



Store in a cool, dry place for up to 6 months.

### INSTRUCTIONS:

Empty the soup mix and the water into a large stockpot. Add the carrots, celery, and onion and bring to a boil. Cover and reduce to a simmer. Simmer for 15 minutes. Remove the bay leaf. Stir in the chicken (or turkey) and simmer an additional 5 minutes.

**Nutrition per serving:** 387 Calories; 12g Fat; 51g Protein; 18g Carbohydrate; 4g Dietary Fiber; 130mg Cholesterol; 438mg Sodium. **Exchanges:** 1/2 Grain(Starch); 7 Lean Meat; 2 Vegetable. **Points:** 8

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