



# THE ULTIMATE MIX EBOOK BUNDLE



Full Bloom 2021 Bonus eBook



# 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 tablespoon ground coriander  
1 tablespoon ground cumin  
3/4 teaspoon freshly ground black pepper

1/2 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon ground turmeric  
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 dried thyme

2 tablespoons crumbled dried bay leaves  
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 teaspoon dried thyme  
1 tablespoon kosher salt

1/2 teaspoon freshly ground black pepper  
1 teaspoon garlic powder  
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]
- Rollled 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

### TO PREPARE (4 servings):

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



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## 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

### TO PREPARE (4 servings):

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



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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## 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

### 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



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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## 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

### 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



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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## 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

### TO PREPARE (4 servings):

Mac and Cheese mix  
1 cup hot water



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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# SAVING DINNER

*with*



## The Ultimate Mix Ebook Volume 2

## Welcome to the Ultimate Mix Ebook

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

Sea salt [R3,R6,R7,R8,R9,R10,R11]  
Black peppercorns [R3,R5,R6,R7,R8,R10,R11,R12]  
Ground white pepper [R1]  
Ground cloves [R1,R3,R4,R5]  
Ground ginger [R1,R3,R4,R5,R12]  
Ground nutmeg [R1,R4,R5]  
Dried oregano [R2,R11]  
Dried basil [R2,R8,R11]  
Dried marjoram [R2]  
Onion powder [R6,R7,R8,R9,R11,R12]  
Garlic powder [R2,R6,R7,R8,R9,R10,R11,R12]  
Ground cumin [R3,R9,R10,R11]  
Cumin seeds [R5]  
Ground cinnamon [R3,R4]  
1 (1-inch) cinnamon stick [R5]  
Ground coriander [R3,R6,R12]  
Cayenne pepper [R3,R6,R9,R11]  
Ground allspice [R3]  
Whole cardamom [R5]  
Bay leaves [R5]  
Caraway seeds [R5]  
Dried red chili [R5]  
Chili powder [R9,R10,R11]  
Paprika [R8,R9,R10,R11]  
Hungarian paprika [R6]  
Turmeric [R6]  
Dried parsley flakes [R7]  
Thyme [R8,R11]  
Poultry seasoning [R9]  
Dry mustard [R10]  
Crushed red pepper flakes [R12]

### DRY GOODS

Sugar (1/4 cup plus 2 tablespoons) [R10,R11]

### OTHER

12 sandwich-size plastic baggies

## French Four Spice

Makes about 3/4 cup

### INGREDIENTS:

1/2 cup ground white pepper  
2 teaspoons ground cloves

2 1/2 tablespoons ground ginger  
2 1/2 tablespoons ground nutmeg



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "French Four Spice". Remember to mark the date prepared on the baggie. To use, sprinkle or rub 1 tablespoon of seasoning onto 1 pound of steaks, pork chops, pork roasts or beef roasts before grilling or broiling. If you're feeling adventurous, it also compliments roast rabbit very well.

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## Italian Pizza and Pasta Seasoning

Makes 1 cup

### INGREDIENTS:

1/2 cup plus 2 tablespoons dried oregano  
1/4 cup dried basil

1 tablespoon dried marjoram  
1 tablespoon garlic powder



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Italian Pizza and Pasta Seasoning". Remember to mark the date prepared on the baggie. To use, stir into your favorite pizza sauce, pasta sauce or simply use in heated tomato sauce for dipping breadsticks. Use 1 tablespoon for every 2 cups of sauce.

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## Moroccan Seasoning

Makes about 1/3 cup

### INGREDIENTS:

1 tablespoon ground cumin  
1 tablespoon ground ginger  
1 tablespoon sea salt  
2 1/2 teaspoons freshly ground black pepper

1/2 tablespoon ground cinnamon  
1/2 tablespoon ground coriander  
1/2 tablespoon cayenne pepper  
1/2 tablespoon ground allspice  
3/4 teaspoon ground cloves



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Moroccan Seasoning". Remember to mark the date prepared on the baggie. An all-purpose seasoning, 1 tablespoon can be added to 2 cups of yogurt as a dip for fresh vegetables, or 1 teaspoon combined with 1 teaspoon of olive oil as a marinade for broiled potatoes. Use 2 teaspoons per 1 pound of chicken or beef or 1 teaspoon per 1 pound of white fish before baking or grilling.

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## Pumpkin Pie Spice

Makes about 1/3 cup

### INGREDIENTS:

1/4 cup ground cinnamon

1 tablespoon plus 1 teaspoon ground ginger

2 1/2 teaspoons ground cloves

2 1/2 teaspoons ground nutmeg



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Pumpkin Pie Spice". Remember to mark the date prepared on the baggie. To use, add roughly 1 teaspoon to pumpkin pie filling and 2 teaspoons to pumpkin bread, or as indicated in recipes. One teaspoon in ground coffee just before brewing also makes a festive coffee drink for visitors.

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## Garam Masala

Makes about 1/2 cup

### INGREDIENTS:

1 teaspoon black peppercorns

2 teaspoons cumin seeds

4 green whole cardamom

2 bay leaves

1 (1-inch) cinnamon stick

1/2 teaspoon caraway seeds

1 dried red chili

1/4 teaspoon ground cloves

1/4 teaspoon ground ginger

1 teaspoon ground nutmeg



### INSTRUCTIONS:

In a skillet over medium heat, combine peppercorns, cumin seeds, cardamom, bay leaves, cinnamon stick and caraway seeds. Toast for about 1 minute, stirring constantly so as to release the aroma (but not to burn!). Remove from heat and place mixture in a coffee grinder or food processor. Add chili, cloves, ginger and nutmeg; pulse to a fine powder then run mixture through a sieve, discarding any large pieces. Transfer to a sandwich-size plastic baggie; seal and mark "Garam Masala". Remember to mark the date prepared on the baggie. Use about 2 tablespoons in yogurt for a marinade for Chicken Tikka Masala or rub 1 tablespoon directly onto 1 pound of cubed chicken for Chicken Tikka and serve with a lime wedge and grilled onion.

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## Spicy Chicken and Steak Rub

Makes about 1/2 cup

### INGREDIENTS:

1 1/2 tablespoons sea salt

2 tablespoons Hungarian paprika

1 tablespoon freshly ground black pepper

1 tablespoon onion powder

1 tablespoon garlic powder

1 teaspoon cayenne pepper

1/4 teaspoon ground coriander

1/4 teaspoon turmeric



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Spicy Chicken and Steak Rub". Remember to mark the date prepared on the baggie. To use, add 1 tablespoon per 1 pound of chicken or 1 steaks.

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## All Purpose Seasoning

Makes about 3/4 cup

### INGREDIENTS:

1/4 cup onion powder  
1/3 cup garlic powder

3 tablespoons freshly ground black pepper  
3 tablespoons dried parsley flakes  
1 tablespoon sea salt



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "All Purpose Seasoning". Remember to mark the date prepared on the baggie. To use, add 1 tablespoon per pound of chicken or steaks; rub 2 tablespoons onto a 2-pound pork or beef roast, or even add to your favorite soups, according to your taste.

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## Vegetable and Soup Seasoning

Makes almost 1/2 cup

### INGREDIENTS:

3 tablespoons paprika  
2 tablespoons sea salt  
1 teaspoon freshly ground black pepper  
1 tablespoon onion powder

1 tablespoon garlic powder  
2 teaspoons dried oregano  
2 teaspoons dried basil  
2 teaspoons dried thyme



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Vegetable and Soup Seasoning". Remember to mark the date prepared on the baggie. To use, add 1 teaspoon per 4 cups of steamed vegetables or to your favorite-tomato based soups, according to your taste.

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## Spicy Fajita Seasoning

Makes about 1 cup

### INGREDIENTS:

3/4 cup chili powder  
1 tablespoon sea salt  
1 1/2 tablespoons poultry seasoning  
1 1/2 tablespoons paprika

2 1/2 teaspoons onion powder  
2 1/2 teaspoons garlic powder  
2 1/2 teaspoons ground cumin  
1/4 teaspoon cayenne pepper



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Spicy Fajita Seasoning". Remember to mark the date prepared on the baggie. To use, rub 2 tablespoons over 1 pound of chicken, steak or seafood and serve with grilled peppers and onions in flour tortillas. For a twist on traditional meatloaf, add 1 tablespoon to your ground beef mixture.

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## Sweet and Savory Grill Blend

Makes about 2 cups

### INGREDIENTS:

1/2 cup paprika  
1/4 cup sea salt  
1/4 cup freshly ground black pepper  
1/4 cup sugar

2 tablespoons dry mustard  
1/4 cup chili powder  
1/4 cup ground cumin  
1/4 cup garlic powder



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Sweet and Savory Grill Blend". Remember to mark the date prepared on the baggie. To use, rub 2 tablespoons over 1 pound of steaks, chicken, lamb, or anything you want to grill. This is also great for braising roasts.

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## Louisiana Spice Blend

Makes about 1/2 cup

### INGREDIENTS:

3 tablespoons paprika  
2 tablespoons sugar  
2 tablespoons onion powder  
2 tablespoons garlic powder  
2 tablespoons dried oregano  
2 tablespoons dried basil

1 tablespoon dried thyme  
2 tablespoons freshly ground black pepper  
1 tablespoon cayenne pepper  
1 tablespoon sea salt  
1/8 teaspoon chili powder  
1/8 teaspoon ground cumin



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Louisiana Spice Blend". Remember to mark the date prepared on the baggie. To use, rub 2 tablespoons over 1 pound of steaks or chicken. Great for braising roasts. Also add about 2 tablespoons if preparing Low Country Broil, a crawfish, sausage, corn and potato stew easily made in a slow cooker.

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## Asian Seasoning

Makes about 1 cup

### INGREDIENTS:

1/4 cup onion powder  
1/4 cup garlic powder  
1/4 cup freshly ground black pepper

2 tablespoons ground ginger  
2 tablespoons crushed red pepper flakes  
2 tablespoons ground coriander



### INSTRUCTIONS:

In a small bowl, combine all ingredients; transfer to a sandwich-size plastic baggie; seal and mark "Asian Seasoning". Remember to mark the date prepared on the baggie. For great rice, add 2 tablespoons while rice is cooking. Also perfect for coconut milk-based soups and curries.

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# Muffin Mix Shopping List

## DELI

\*\*Ham (1/2 cup diced) [R3]

## PRODUCE

\*\*Carrots (2 cups) [R10]

\*\*Strawberries (1 cup chopped) (or use frozen) [R1]

\*\*Blackberries (1 1/2 cups) [R6]

\*\*Apples (1) [R10]

\*\*Granny Smith apples (4) [R2]

\*\*Lemons (2 tablespoons juice plus 2 teaspoons zest) [R9]

\*\*Lemon thyme (1 teaspoon) [R9]

\*\*Oranges (2 teaspoons zest) [R5]

## CONDIMENTS

\*\*Olive oil (1 3/4 cups plus 1/3 cup plus 2 tablespoons) [R4,R5,R6,R8,R9,R10]

\*\*Molasses (1 1/4 cups) [R7,R12]

\*\*Peanut butter (1 cup) [R4]

\*\*Jam (your choice) (1/2 cup) [R4]

## CANNED GOODS

\*\*Applesauce (1/2 cup) [R11]

\*\*1 (8-oz.) can crushed pineapple [R11]

\*\*1 (8-oz.) can pumpkin (not pumpkin pie filling) [R12]

## SPICES

Sea salt [R1,R2,R3,R4,R5,R6,R7,R8,R9,R10,R11,R12]

Ground cinnamon (2 1/2 tablespoons plus 1 teaspoon plus 2 teaspoons if not using apple pie spice) [R2,R4,R5,R6,R7,R8,R10]

Ground nutmeg (1 1/4 teaspoons) [R5,R7,R8,R11]

Ground ginger (1 teaspoon) [R7]

Apple pie spice (2 teaspoons) (or use ground cinnamon) [R2]

Pumpkin pie spice (2 1/2 teaspoons) [R12]

\*\*Ground cinnamon (1 teaspoon plus optional 1 teaspoon) [R2,R4]

\*\*Vanilla extract (2 tablespoons plus 1 teaspoon) [R6,R8,R10,R11,R12]

\*\*Almond extract (2 teaspoons) [R5,R11]

\*\*Lemon extract (2 teaspoons) [R9]

## DRY GOODS

All-purpose flour (23 1/4 cups) [R1,R2,R3,R4,R5,R6,R7,R8,R9,R10,R11,R12]

Baking powder (6 1/2 tablespoons)

[R1,R2,R3,R4,R5,R6,R7,R8,R9,R12]

Baking soda (2 tablespoons plus 1/2 teaspoon) [R2,R6,R7,R8,R10,R11,R12]

Cream of tartar (1/2 teaspoon) [R3]

Sugar (4 2/3 cups plus 2 teaspoons)

[R1,R3,R4,R5,R10,R11]

Light brown sugar (1/2 cup) [R12]

Dark brown sugar (1 cup packed) [R6]

Toasted coconut (1/4 cup) [R1]

Unsweetened flaked coconut (1 cup) [R10,R11]

Rolled oats (1 cup) [R6]

Raisins (1 cup) [R8,R10]

Walnuts (1 cup chopped) [R8,R10]

Dried apricots (1/2 cup chopped) [R5]

\*\*All-purpose flour (1/3 cup) [R12]

\*\*Sugar (1 3/4 cups) [R2,R7]

\*\*Brown sugar (1/2 cup plus optional 1/4 cup) [R4,R8]

\*\*Light brown sugar (1/3 cup) [R12]

\*\*Raw sugar (3/4 cup) (optional) [R6,R7,R9]

\*\*Toasted coconut (2 tablespoons) [R1]

\*\*Quick-cooking oats (1 cup) [R8]

\*\*Pecans (1 cup chopped) [R12]

## DAIRY

\*\*Butter, unsalted (2 1/3 cups) [R1,R2,R3,R6,R7,R12]

\*\*Eggs (18) [R1,R2,R4,R5,R6,R7,R8,R9,R10,R11,R12]

\*\*Milk (5 cups) [R1,R3,R4,R5,R9]

\*\*Buttermilk (2 cups) [R7,R8]

\*\*Low fat plain yogurt (1 cup) [R6]

\*\*Cheddar cheese (1/2 cup grated) [R3]

## FROZEN

Strawberries, drained (1 cup chopped) (if not using fresh) [R1]

## OTHER

Sandwich-size plastic storage bags (12)

Muffin papers (optional)

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



## Strawberry and Toasted Coconut Muffins

Makes 12 muffins

### MIX INGREDIENTS:

1 3/4 cups all-purpose flour  
1/2 cup sugar  
1 tablespoon baking powder  
1/2 teaspoon sea salt  
1/4 cup toasted coconut

### TO PREPARE:

1 cup strawberries, chopped (fresh or frozen, drained if frozen)  
1 egg, slightly beaten  
1 cup milk  
1/2 cup melted unsalted butter  
2 tablespoons toasted coconut



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (flour through coconut). Transfer to a sandwich-size plastic storage bag; seal and mark "Strawberry Coconut" 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 strawberries. In a small bowl, combine egg, milk and melted butter; gently stir into flour/strawberry mixture just until moistened. Spoon mixture into greased or paper-lined muffin cups; top each muffin with toasted coconut. Bake for 20 minutes.

**Nutrition per serving:** 204 Calories; 10g Fat; 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 219mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates. **Points:** 6

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## Cinnamon Apple Muffins

Makes 12 muffins

### MIX INGREDIENTS:

1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon sea salt  
2 teaspoons apple pie spice (or use cinnamon)  
1 1/2 cups all-purpose flour

### TO PREPARE:

4 Granny Smith apples, peeled, cored and diced  
2 tablespoons unsalted butter  
1 teaspoon cinnamon  
3/4 cup sugar  
1 egg, slightly beaten  
1/3 cup melted unsalted butter



### INSTRUCTIONS:

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

To prepare, preheat oven to 375 degrees. In a skillet over medium heat, melt butter and sauté apples sprinkled with cinnamon for 3 minutes, or until fork tender and cool. In a large bowl, add sugar, egg and butter, slowly adding apple (if still warm) so as not to cook the egg. 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:** 196 Calories; 8g Fat; 2g Protein; 30g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 232mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates. **Points:** 5

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## Cheese and Ham Drop Biscuits

Makes 12 Biscuits

### MIX INGREDIENTS:

2 cups all-purpose flour  
1 tablespoon baking powder  
2 teaspoons sugar  
1/2 teaspoon cream of tartar  
1/4 teaspoon sea salt

### TO PREPARE:

1/2 cup cheddar cheese, grated  
1/2 cup ham, finely diced  
1 cup milk  
1/2 cup melted unsalted butter



### INSTRUCTIONS:

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

To prepare, preheat oven to 450 degrees. In a medium bowl, mix cheese, ham, milk and butter. Add dry ingredients from plastic bag; mix just until moistened. Spoon mixture into greased or paper-lined muffin cups or simply drop in heaping tablespoons onto cookie sheet; bake for 8-12 minutes.

**Nutrition per serving:** 189 Calories; 11g Fat; 5g Protein; 18g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 276mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.  
**Points:** 5

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## PB&J Muffins

Makes 12 muffins

### MIX INGREDIENTS:

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

### TO PREPARE:

2 eggs  
1 cup peanut butter  
1 cup milk  
1/3 cup olive oil  
1/2 cup jam, your choice  
1/4 cup brown sugar (optional)  
1 teaspoon cinnamon (optional)



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through sugar). Transfer to a sandwich-size plastic storage bag; seal and write "PB&J" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a medium bowl, mix eggs and peanut butter. Slowly add milk and oil. Add dry ingredients from plastic bag; mix just until moistened. Spoon mixture into greased or paper-lined muffin cups until half full, then top each with half a teaspoon of jam. Then cover the muffins until muffin cups are 2/3 of the way full. If desired, mix brown sugar and cinnamon in a small bowl and top each muffin with cinnamon and sugar. Bake for 20 minutes.

**Nutrition per serving:** 357 Calories; 19g Fat; 9g Protein; 41g Carbohydrate; 2g Dietary Fiber; 38mg Cholesterol; 485mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.  
**Points:** 10

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## Almond Scented Orange Apricot Muffins

Makes 12 muffins

### MIX INGREDIENTS:

2 cups all-purpose flour  
1/2 cup sugar  
2 teaspoons baking powder  
1/2 teaspoon sea salt  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/2 cup dried apricots, finely chopped

### TO PREPARE:

2 eggs, beaten  
1 cup milk  
1 teaspoon almond extract  
1/4 cup olive oil  
2 teaspoons orange zest



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through apricots). Transfer to a sandwich-size plastic storage bag; seal and write "Orange Apricot" and the date prepared on the bag.

To prepare, preheat oven to 400 degrees. In a medium bowl, slowly mix eggs, milk, almond extract, oil and orange zest. Shake plastic bag well. Add dry ingredients from plastic bag; mix just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Bake for 15-20 minutes.

**Nutrition per serving:** 188 Calories; 6g Fat; 4g Protein; 29g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 182mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates. **Points:** 5

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## Blackberry Muffins

Makes 12 muffins

### MIX INGREDIENTS:

2 cups all-purpose flour  
1 cup rolled oats  
1 1/2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon sea salt  
1 teaspoon cinnamon  
1 cup packed dark brown sugar

### TO PREPARE:

1 cup low fat plain yogurt  
1 egg, beaten  
3 tablespoons unsalted butter, melted  
2 tablespoons olive oil  
1 teaspoon vanilla extract  
1 1/2 cups fresh blackberries  
1/4 cup raw sugar (optional)



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through brown sugar). Transfer to a sandwich-size plastic storage bag; seal and write "Blackberry" and the date prepared on the bag.

To prepare, preheat oven to 400 degrees. In a medium bowl, slowly mix yogurt, egg, butter, oil and vanilla. Fold in blackberries. Add dry ingredients from plastic bag; folding gently, just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Top each muffin with raw sugar prior to baking, if desired. Bake for 20 minutes.

**Nutrition per serving:** 245 Calories; 7g Fat; 5g Protein; 42g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 219mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 1 Other Carbohydrates. **Points:** 7

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## Gingersnap Muffins

Makes 12 muffins

### MIX INGREDIENTS:

3 cups all-purpose flour  
2 teaspoons ground cinnamon  
1 teaspoon ground ginger  
1/2 teaspoon nutmeg  
1 teaspoon baking powder  
1 teaspoon baking soda  
1 teaspoon sea salt

### TO PREPARE:

1/2 cup unsalted butter, softened  
1 cup sugar  
2 eggs, beaten  
3/4 cup molasses  
1 cup buttermilk  
1/4 cup raw sugar (optional)



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through salt). Transfer to a sandwich-size plastic storage bag; seal and write "Gingersnap Muffins", so as not to confuse them with cookies, and the date prepared on the bag.

To prepare, preheat oven to 350 degrees. In a medium bowl, beat butter and sugar together. Add eggs, molasses, then slowly add buttermilk. Add dry ingredients from plastic bag, mixing just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Top each muffin with raw sugar prior to baking, if desired. Bake for 15-20 minutes.

**Nutrition per serving:** 323 Calories; 9g Fat; 5g Protein; 56g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 345mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates. **Points:** 9

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## Oatmeal Raisin Nut Muffins

Makes 12 muffins

### MIX INGREDIENTS:

1 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon sea salt  
2 teaspoons cinnamon  
1/4 teaspoon nutmeg  
1/2 cup raisins  
1/2 cup walnuts, chopped

### TO PREPARE:

1 cup quick-cooking oats  
1 cup buttermilk  
1 egg, beaten  
1 teaspoon vanilla extract  
1/2 cup packed brown sugar  
1/4 cup olive oil



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through walnuts). Transfer to a sandwich-size plastic storage bag; seal and write "Oatmeal Raisin" and the date prepared on the bag.

To prepare, preheat oven to 350 degrees. In a bowl, soak oats in buttermilk for 15 minutes. Stir in egg, vanilla, brown sugar, and oil. Shake dry ingredients in plastic bag very well, then add to buttermilk mixture, mixing just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Bake for 15-20 minutes.

**Nutrition per serving:** 205 Calories; 9g Fat; 5g Protein; 28g Carbohydrate; 2g Dietary Fiber; 18mg Cholesterol; 204mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

**Points:** 6

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## Lemon Thyme Muffins

Makes 12 muffins

### MIX INGREDIENTS:

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

### TO PREPARE:

2 eggs, beaten  
1 cup milk  
1/4 cup olive oil  
2 tablespoons lemon juice  
2 teaspoons lemon extract  
2 teaspoons lemon zest  
1 teaspoon fresh lemon thyme  
1/4 cup raw sugar (optional)



### INSTRUCTIONS:

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

To prepare, preheat oven to 350 degrees. In a bowl, mix egg, milk, oil, lemon juice, lemon extract, lemon zest, and lemon thyme. Add dry ingredients to wet ingredients, mixing just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Top each muffin with raw sugar, if desired. Bake for 15-20 minutes.

**Nutrition per serving:** 143 Calories; 6g Fat; 4g Protein; 17g Carbohydrate; 1g Dietary Fiber; 38mg Cholesterol; 182mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates. **Points:** 4

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## Tropical Fruit Muffins

Makes 12 muffins

### MIX INGREDIENTS:

2 cups all-purpose flour  
2 teaspoons baking soda  
1/4 teaspoon sea salt  
1 1/4 cups sugar  
2 teaspoons ground cinnamon  
1/2 cup unsweetened flaked coconut  
1/2 cup raisins  
1/2 cup chopped walnuts

### TO PREPARE:

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



### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through walnuts). Transfer to a sandwich-size plastic storage bag; seal and write "Tropical Fruit" and the date prepared on the bag.

To prepare, preheat oven to 350 degrees. In a bowl, mix egg, oil, and vanilla. Mix in apple and carrots. Add dry ingredients to wet ingredients, mixing just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Bake for 15-20 minutes.

**Nutrition per serving:** 422 Calories; 24g Fat; 6g Protein; 48g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 286mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 1 1/2 Other Carbohydrates. **Points:** 12

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## Hawaiian Muffins

Makes 12 muffins

### MIX INGREDIENTS:

2 cups all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon sea salt  
1/4 teaspoon nutmeg  
1/2 cup unsweetened flaked coconut  
1 3/4 cups sugar

### TO PREPARE:

2 eggs, beaten  
1/2 cup applesauce  
2 teaspoons vanilla extract  
1 teaspoon almond extract  
1 (8-oz.) can crushed pineapple



### INSTRUCTIONS:

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

To prepare, preheat oven to 325 degrees. In a bowl, mix egg, applesauce, vanilla extract, almond extract, and pineapple (including juice). Add dry ingredients to wet ingredients, mixing just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. Bake for 15-20 minutes.

**Nutrition per serving:** 245 Calories; 3g Fat; 4g Protein; 51g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 145mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1/2 Fat; 2 Other Carbohydrates. **Points:** 7

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## Pumpkin Streusel Muffins

Makes 12 muffins

### MIX INGREDIENTS:

2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 1/2 teaspoons pumpkin pie spice  
1/2 teaspoon sea salt  
1/2 cup light brown sugar

### TO PREPARE:

1 (8-oz.) can pumpkin  
1/2 cup molasses  
1 egg  
1 teaspoon vanilla extract



### STREUSEL:

3 tablespoons unsalted butter, softened  
1/3 cup all-purpose flour  
1/3 cup light brown sugar  
1 cup coarsely chopped pecans

### INSTRUCTIONS:

In a small bowl, combine mix ingredients (flour through brown sugar). Transfer to a sandwich-size plastic storage bag; seal and write "Pumpkin" and the date prepared on the bag.

To prepare, preheat oven to 375 degrees. In a bowl, mix pumpkin, molasses, egg, and vanilla extract, whisking until smooth. Add dry ingredients to wet ingredients, mixing just until moistened. Spoon mixture into greased or paper-lined muffin cups until 2/3 of the way full. In another bowl, combine butter, flour and brown sugar until you have a coarse mixture resembling bread crumbs, then stir in pecans. Top each muffin with about a tablespoon of streusel topping. Bake for 18-22 minutes.

**Nutrition per serving:** 268 Calories; 10g Fat; 4g Protein; 41g Carbohydrate; 2g Dietary Fiber; 25mg Cholesterol; 281mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 2 Fat; 1 1/2 Other Carbohydrates. **Points:** 7

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## Dry Soup Mix Shopping List

### MEAT/POULTRY/SEAFOOD

- \*\*2 pounds chicken [R5,R6]
- \*\*2 pounds chicken (optional) [R1,R4]
- \*\*Italian sausage (optional) [R2]
- \*\*Ham (optional) [R3]

### CONDIMENTS

- \*\*Olive oil (2 teaspoons) [R4,R5]

### PRODUCE

- \*\*White button mushrooms (1 cup sliced) [R6]

### CANNED GOODS

- \*\*1 (14.5-oz.) can diced tomatoes [R2]

### SPICES

- Black peppercorns [R4]
- Poultry seasoning [R1]
- Basil [R1]
- Garlic powder [R1,R2,R3,R4,R5]
- Bay leaves [R1]
- Oregano [R2]
- Marjoram [R2]
- Dried parsley flakes [R2,R3,R4,R6]
- Sage [R4]
- Celery seed [R4,R5]
- Herbs de Provence [R5]
- Ground red pepper [R5]
- Tarragon [R6]
- \*\*Sea salt [R4,R5]

### DAIRY/DAIRY CASE

- \*\*Butter, unsalted (1 tablespoon) [R6]

### DRY GOODS

- Black beans (1 cup) [R1]
- White beans (1 cup) [R2]
- Red kidney beans (1 cup) [R2]
- Small red beans (1 cup) [R2]
- Great Northern beans (1 cup) [R2]
- Pinto beans (7 cups) [R2,R3]
- Baby lima beans (1 cup) [R1]
- Chickpeas (1 cup) [R1]
- Yellow split peas (2 cups) [R1,R2]
- Red lentils (1 cup) [R1]
- Brown lentils (1 cup) [R1]
- Rotini pasta (12 cups) [R4]
- Tri-colored spiral pasta (4 cups)
- Tortellini (12 cups) [R5]
- Wild rice (9 cups) [R6]
- Bacon bits (1 cup) [R3]
- Dry milk powder (3 cups) [R6]
- Chicken bouillon granules (3 1/4 cups plus 2/3 cup) [R1,R4,R5,R6]
- Beef bouillon granules (1/2 cup) [R2]
- Dried onion flakes (7 1/2 cups) [R1,R2,R3,R5,R6]
- Dried vegetable mix (celery, carrots, etc.) (2 cups) [R1,R2]

### OTHER

- Large zipper-topped plastic bags (6) (if not using airtight containers)
- Quart-size plastic bags (6)

\*\*Indicates ingredients needed when preparing soups.

## Colorful Six Bean Soup

Makes about 10 cups mix

### MIX INGREDIENTS:

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

- 1 cup dried black beans
- 1 cup dried baby lima beans
- 1 cup yellow split peas
- 1 cup dried chickpeas
- 1 cup dried red lentils
- 1 cup dried brown lentils

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 chicken bouillon granules
- 1 tablespoon poultry seasoning
- 1 tablespoon dried basil
- 2 tablespoons garlic powder
- 2 bay leaves, crumbled

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 1 1/2 hours before serving time. Rinse beans 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 beans are tender. Add chicken if desired.

**Nutrition per serving** (not including chicken): 117 Calories; 1g Fat; 7g Protein; 21g Carbohydrate; 7g Dietary Fiber; trace Cholesterol; 126mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fat. **Points:** 3

### TO PREPARE (6 servings):

- 1 1/2 cups bean mixture
- 1/4 cup Colorful Six Bean Seasoning mix
- 8 cups water
- 1 pound cooked chicken, cubed (optional)



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## Italian Tomato Bean Soup

Makes about 10 cups mix

### MIX INGREDIENTS:

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

- 1 cup dried white beans
- 1 cup dried red kidney beans
- 1 cup dried pinto beans
- 1 cup yellow split peas
- 1 cup dried Great Northern beans
- 1 cup dried small red beans

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

- 1/2 cup beef bouillon granules
- 2 tablespoons dried oregano
- 1 tablespoon dried basil
- 2 teaspoons dried marjoram
- 2 tablespoons garlic powder
- 1 1/2 cups dried onion flakes
- 1 cup dried vegetable mix (carrots, celery, etc.)

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

### INSTRUCTIONS:

Rinse beans in a sieve under running water and place in a large saucepan with a tight-fitting lid. Add 6 to 8 cups of hot water and bring to a rapid boil; boil for 2 minutes then remove from heat, cover and let stand for 1 hour. Drain water and rinse beans. Add the seasoning mix, 6 cups of water and diced tomatoes. Return to heat and cook for 2 hours or until beans are tender. Add Italian sausage if desired.

**Nutrition per serving** (not including sausage): 112 Calories; trace Fat; 7g Protein; 21g Carbohydrate; 7g Dietary Fiber; trace Cholesterol; 349mg Sodium. **Exchanges:** 1 Grain(Starch); 1/2 Lean Meat; 0 Fat. **Points:** 2

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### TO PREPARE (6 servings):

- 2 cups beans
- 1/4 cup Festive Tomato Bean Soup Seasoning
- 6 cups water
- 1 (14.5-oz.) can diced tomatoes, un-drain
- Cooked Italian sausage (optional)



## Pinto Bean Soup

Makes about 9 cups mix

### MIX INGREDIENTS:

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

6 cups dried pinto beans

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

1 cup chicken bouillon granules

1 cup bacon bits

1 cup onion flakes

3 teaspoons garlic powder

1/4 cup dried parsley flakes

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

### INSTRUCTIONS:

Rinse beans in a sieve under running water and place in a large saucepan with a tight-fitting lid. Add 6 to 8 cups of hot water and bring to a rapid boil; boil for 2 minutes then remove from heat, cover and let stand for 1 hour. Drain water and rinse beans. Add seasoning mix and 6 cups of water; return to heat, cover and cook for 2 hours or until beans are tender. Add ham if desired.

**Nutrition per serving** (not including ham): 230 Calories; 1g Fat; 14g Protein; 42g Carbohydrate; 16g Dietary Fiber; trace Cholesterol; 228mg Sodium. **Exchanges:** 3 Grain(Starch); 1 Lean Meat; 0 Fat. **Points:** 5

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### TO PREPARE (6 servings):

2 cups beans

1/4 cup Pinto Bean Seasoning mix

6 cups water

Cooked cubed ham (optional)



## Rotini Herb Soup

Makes about 14 cups mix

### MIX INGREDIENTS:

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

12 cups vegetable Rotini pasta

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

2/3 cup chicken bouillon granules

1 cup dried onion flakes

2 tablespoons dried parsley flakes

2 teaspoons dried sage

1 teaspoon celery seed

1 teaspoon garlic powder

1/2 teaspoon black pepper

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

### INSTRUCTIONS:

Bring the water to a boil in a large saucepan. Add salt, olive oil, Rotini Herb Soup Mix and pasta; cook over medium heat for 10 to 12 minutes. Add chicken if desired and heat through.

**Nutrition per serving** (not including chicken): 219 Calories; 1g Fat; 8g Protein; 44g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 220mg Sodium. **Exchanges:** 3 Grain(Starch); 0 Lean Meat; 0 Fat. **Points:** 6

### TO PREPARE (6 servings):

6 cups water

1 teaspoon salt

1 teaspoon olive oil

1/4 cup Rotini Herb Soup Mix

4 cups vegetable Rotini pasta

1 pound cooked chicken, cubed (optional)



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## Chicken and Tortellini Herb Soup

Makes about 14 cups mix

### MIX INGREDIENTS:

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

12 cups Tortellini

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

5 tablespoons herbs de Provence

1 teaspoon celery seed

1 teaspoon garlic powder

1 teaspoon ground red pepper

1 cup dried onion flakes

1 cup chicken bouillon granules

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

### INSTRUCTIONS:

Bring the water to a boil in a large saucepan. Add salt, olive oil, Chicken and Herb Tortellini Soup mix and Tortellini; cook over medium heat for 10 to 12 minutes. Add chicken and heat through; serve immediately.

**Nutrition per serving:** 297 Calories; 9g Fat; 27g Protein; 25g Carbohydrate; 1g Dietary Fiber; 92mg Cholesterol; 930mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Fat. **Points:** 7

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### TO PREPARE (6 servings):

6 cups water

1 teaspoon salt

1 teaspoon olive oil

1/4 cup Chicken and Tortellini Herb Soup Mix

4 cups Tortellini

1 pound cooked chicken, cubed



## Creamy Mushroom and Wild Rice Soup with Chicken

Makes about 14 cups mix

### MIX INGREDIENTS:

9 cups wild rice

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

3 cups dry milk powder

1 cup chicken bouillon granules

1 cup dried onion flakes

2 teaspoon dried parsley flakes

1 1/2 tablespoons dried tarragon

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

### INSTRUCTIONS:

Bring 4 cups of water to a boil in a large saucepan with a tight-fitting lid. Add butter and wild rice. Reduce heat, cover and simmer (DO NOT STIR!) for 45 minutes. When rice is done, add remaining 4 cups of water then stir in sliced mushrooms, Creamy Mushroom and Wild Rice Soup Mix and chicken; cook until heated through and serve immediately.

**Nutrition per serving:** 372 Calories; 9g Fat; 28g Protein; 44g Carbohydrate; 4g Dietary Fiber; 63mg Cholesterol; 398mg Sodium. **Exchanges:** 3 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 9

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### TO PREPARE (6 servings):

8 cups water, divided

1 tablespoon butter

2 cups wild rice

1 cup white button mushrooms, sliced

1/2 cup Creamy Mushroom and Wild Rice Soup Mix

1 pound cooked chicken, cubed



## Sauce Mix Shopping List

### SHOPPING LIST:

#### CONDIMENTS

Olive oil (1 cup) \*\*Additional (1/4 cup) [R2,R6]  
\*\*Red wine vinegar (a splash) (if not using red wine) [D5]  
\*\*Dijon mustard (1 teaspoon) [R3]  
Low sodium soy sauce (2 cups) [R6]  
\*\*Dry red wine (3 tablespoons) (or use red grape juice/red wine vinegar) [R5]

#### PRODUCE

Garlic (6 cloves) [R6]  
\*\*White button mushrooms (1/4 cup) [R5]  
\*\*Lemons (1 teaspoon juice) [R3]  
Limes (1/4 cup juice) [R6]

#### SPICES

Sea salt [R3]  
Onion powder [R3,R4]  
Garlic powder [R1,R2,R3,R4,R5]  
Ground nutmeg (optional) [R1]  
Dried parsley flakes [R1,R2]  
Dried basil [R2]  
Turmeric [R3]  
Paprika [R3]  
Ground ginger [R6]

#### DAIRY

\*\*Low fat milk (3 1/4 cups) [R1,R3,R4,R5]  
\*\*Plain yogurt (2 tablespoons) [R3]  
\*\*Parmesan cheese (1 1/2 cups freshly grated) [R1,R2]

#### CANNED GOODS

\*\*Low fat evaporated milk (1/2 cup) [R1]  
\*\*Red grape juice (3 tablespoons) (if not using red wine) [R5]

#### DRY GOODS

All-purpose flour (2 cups) [R1,R2]  
Cornstarch (3/4 cup) [R3,R4,R5]  
Sugar (2 teaspoons) [R2,R4,R5]  
Light brown sugar (1/3 cup) [R6]  
Dry milk powder (10 cups) [R1,R2,R3,R4,R5]  
Dried onion flakes (2 tablespoons) [R5]  
Beef bouillon granules (2 cups) [R4,R5]

#### OTHER

5 sandwich-size plastic storage bags

\*\*indicates ingredients needed when preparing sauces.

## Alfredo Sauce Mix

Makes about 3 3/8 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1 cup all-purpose flour  
2 tablespoons garlic powder  
1/4 teaspoon ground nutmeg (optional)  
1/4 cup dried parsley flakes

### TO PREPARE: serves 6

1/4 cup Alfredo Sauce Mix  
1/2 cup low fat milk  
1/2 cup canned low fat evaporated milk  
3/4 cup freshly grated Parmesan cheese



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (dry milk powder through dried parsley flakes). Transfer to a sandwich-size plastic storage bag; seal and mark "Alfredo Sauce" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a medium saucepan over medium heat, combine Alfredo Sauce Mix, low fat milk and evaporated milk; cook, stirring constantly, until thickened and bubbly. Toss with your favorite pasta or serve as a dipping sauce for garlic bread.

**Nutrition per serving:** 128 Calories; 6g Fat; 11g Protein; 7g Carbohydrate; trace Dietary Fiber; 19mg Cholesterol; 378mg Sodium. **Exchanges:** 0 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat. **Points:** 3

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## Creamy Pesto Sauce Mix

Makes about 3 1/2 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1 cup all-purpose flour  
2 tablespoons garlic powder  
1 teaspoon sugar  
1/4 cup dried basil  
3 tablespoons dried parsley flakes

### TO PREPARE: serves 6

1/4 cup Pesto Sauce Mix  
3/4 cup water  
1/4 cup olive oil  
3/4 cup freshly grated Parmesan cheese



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (dry milk powder through dried parsley flakes). Transfer to a sandwich-size plastic storage bag; seal and mark "Creamy Pesto" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a small saucepan, whisk together Pesto Sauce Mix, water and olive oil. Bring mixture to a boil, whisking constantly. Reduce heat, stir in Parmesan cheese and simmer for 5 minutes. Toss with pasta and serve.

**Nutrition per serving:** 147 Calories; 13g Fat; 5g Protein; 3g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 199mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates. **Points:** 4

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## Mock Hollandaise Sauce Mix

Makes about 2 1/2 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1/4 cup cornstarch  
1 teaspoon sea salt  
1 tablespoon onion powder  
1 1/2 teaspoons turmeric  
1 tablespoon paprika  
1 tablespoon garlic powder

### TO PREPARE: serves 6

1/4 cup Mock Hollandaise Sauce Mix  
1 cup low fat milk  
2 tablespoons yogurt  
1 teaspoon lemon juice  
1 teaspoon Dijon mustard



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (dry milk powder through garlic powder). Transfer to a sandwich-size plastic storage bag; seal and mark "Mock Hollandaise" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a medium saucepan, whisk together Mock Hollandaise Sauce Mix, milk, yogurt, lemon juice, and Dijon mustard; cook over medium heat until hot (but not boiling!). Serve over poached eggs, steamed asparagus or broccoli.

**Nutrition per serving:** 46 Calories; 2g Fat; 3g Protein; 5g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 81mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates. **Points:** 1

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## Brown Gravy Mix

Makes about 3 3/8 cups mix

### MIX INGREDIENTS:

2 cups dry milk powder  
1/4 cup cornstarch  
1 cup beef bouillon granules  
1/2 teaspoon sugar  
1 tablespoon onion powder  
1 1/2 teaspoon garlic powder

### TO PREPARE: serves 6

1/4 cup Brown Gravy Mix  
1 cup low fat milk



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (dry milk powder through garlic powder). Transfer to a sandwich-size plastic storage bag; seal and mark "Brown Gravy" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a small saucepan, whisk together Brown Gravy Mix and milk; bring mixture to a soft boil then reduce heat and simmer for 5 minutes or until mixture reaches desired thickness. Serve over roast, meatloaf or mashed potatoes.

**Nutrition per serving:** 38 Calories; 1g Fat; 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 5mg Cholesterol; 234mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates. **Points:** 1

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## German Hunter's Sauce (Mushroom Gravy)

Makes about 3 3/8 cups mix

### MIX INGREDIENTS:

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

### TO PREPARE: serves 6

1/4 cup Hunter's Sauce Mix  
3/4 cup low fat milk  
3 tablespoons dry red wine, or use red  
grape juice with a splash of red wine  
vinegar  
1/4 cup white button mushrooms, sliced



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients (dry milk powder through garlic powder). Transfer to a sandwich-size plastic storage bag; seal and mark "Hunter's Sauce" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a small saucepan over medium-high heat, whisk together Hunter's Sauce Mix, milk, and red wine (or juice/vinegar). Bring to a soft boil then reduce heat to a simmer. Stir in mushrooms and cook for 5 to 7 minutes or until gravy reaches desired thickness and mushrooms are cooked through. Serve over pork chops, roast beef or mashed potatoes.

**Nutrition per serving:** 39 Calories; 1g Fat; 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 233mg Sodium. **Exchanges:** 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates. **Points:** 1

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## Teriyaki Sauce

Makes about 3 3/4 cups mix

### MIX INGREDIENTS:

1 cup olive oil  
2 cups low sodium soy sauce  
1/3 cup light brown sugar  
6 cloves garlic, pressed  
1/4 cup lime juice  
1 tablespoon ground ginger

### TO PREPARE: serves 6

1/2 cup Teriyaki Sauce



### INSTRUCTIONS:

In a medium freezer-proof bowl, combine mix ingredients (olive oil through ground ginger). Seal tightly and mark "Teriyaki Sauce" and the date prepared on the bag. Shake well to combine ingredients before each use. Refrigerate for up to one week or freeze in half cup portions for up to a month.

Pour sauce over your favorite meats and marinate for 30 minutes or overnight. Discard marinade and bake or grill as usual.

**Nutrition per serving:** 55 Calories; 5g Fat; 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 427mg Sodium. **Exchanges:** 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates. **Points:** 2

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## Rice Mix Shopping List

### SHOPPING LIST:

#### SPICES

Sea salt [R4]  
 Black peppercorns [R4]  
 Garlic powder [R1,R2,R3]  
 Dried oregano [R1,R3]  
 Dried basil [R1,R2]  
 Dried thyme [R1,R3]  
 Poultry seasoning [R2]  
 Paprika [R3]  
 Celery seed [R3]  
 Cayenne pepper [R3,R4]  
 Ground cumin [R4]  
 Ground ginger [R4]  
 Ground cinnamon [R4,R5]  
 Ground coriander [R4]  
 Ground allspice [R4]  
 Ground cloves [R4]  
 Ground cardamom [R5]  
 Turmeric [R5]

#### DAIRY

\*\*Butter, unsalted (1/2 cup) [R1,R2,R3,R4,R5]

#### DRY GOODS

Long-grain brown rice (12 cups) [R1,R2,R3,R4]  
 Basmati rice (3 cups) [R5]  
 Chicken bouillon granules (5 tablespoons) [R1,R2]  
 Beef bouillon granules (2 tablespoons) [R3]  
 Dried onion flakes (2 tablespoons plus 2 teaspoons) [R3,R5]  
 Golden raisins (3/4 cup) [R5]  
 Slivered almonds (1/4 cup) [R5]

\*\*indicates ingredients needed when preparing rice recipes.

## Italian Rice

Makes about 3 5/8 cups mix

### MIX INGREDIENTS:

3 cups uncooked long-grain brown rice  
2 tablespoons chicken bouillon granules  
1 tablespoon garlic powder  
1/4 cup dried oregano  
2 tablespoons dried basil  
1 tablespoon dried thyme

### TO PREPARE: serves 6

2 cups water  
1 cup Italian Rice mix  
1 tablespoon unsalted butter



### INSTRUCTIONS:

Combine mix ingredients in an airtight container. Seal and mark "Italian Rice" with date prepared; store in a cool, dry place for up to 6 months.

Bring the water to a boil in a medium saucepan with a tight-fitting lid; stir in Italian Rice Mix. Reduce heat to low, add butter, cover and simmer for 30 to 40 minutes or until rice is tender and liquid is absorbed; fluff with a fork and serve.

**Nutrition per serving:** 117 Calories; 3g Fat; 2g Protein; 21g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 104mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat. **Points:** 3

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## Chicken Rice for Chicken and Rice

Makes about 3 3/8 cups mix

### MIX INGREDIENTS:

3 cups uncooked long-grain brown rice  
3 tablespoons chicken bouillon granules  
1 tablespoon garlic powder  
1/4 cup poultry seasoning  
2 tablespoons dried basil

### TO PREPARE: serves 6

2 cups water  
1 cup Chicken Rice Mix  
1 tablespoon unsalted butter



### INSTRUCTIONS:

Combine mix ingredients in an airtight container. Seal and mark "Chicken Rice" with date prepared; store in a cool, dry place for up to 6 months.

Bring the water to a boil in a medium saucepan with a tight-fitting lid; stir in Chicken Rice Mix. Reduce heat to low, add butter, cover and simmer for 30 to 40 minutes or until rice is tender and liquid is absorbed; fluff with a fork and serve with roast chicken.

**Nutrition per serving:** 127 Calories; 3g Fat; 3g Protein; 23g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 170mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat. **Points:** 3

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## Louisiana Style Creole Rice

Makes about 4 cups mix

### MIX INGREDIENTS:

3 cups uncooked long-grain brown rice  
1/4 cup paprika  
3 tablespoons dried oregano  
2 tablespoons beef bouillon granules  
2 tablespoons garlic powder  
2 tablespoons dried onion flakes  
1 tablespoon dried thyme  
1 tablespoon celery seed  
1 teaspoon cayenne pepper

### TO PREPARE: serves 6

2 cups water  
1 cup Louisiana Style Creole Rice mix  
1 tablespoon unsalted butter



### INSTRUCTIONS:

Combine mix ingredients in an airtight container. Seal and mark "Creole Rice" with date prepared; store in a cool, dry place for up to 6 months.

Bring the water to a boil in a medium saucepan with a tight-fitting lid; stir in Louisiana Style Creole Rice Mix. Reduce heat to low, add butter, cover and simmer for 30 to 40 minutes or until rice is tender and liquid is absorbed; fluff with a fork and serve.

**Nutrition per serving:** 114 Calories; 3g Fat; 2g Protein; 20g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 88mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat. **Points:** 3

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## Moroccan Style Rice

Makes about 3 1/8 cups mix

### MIX INGREDIENTS:

3 cups uncooked long-grain brown rice  
2 teaspoons ground cumin  
1 teaspoon ground ginger  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper  
1/2 teaspoon ground cinnamon  
1/2 teaspoon ground coriander  
1/2 teaspoon cayenne pepper  
1/2 teaspoon ground allspice  
1/4 teaspoon ground cloves

### TO PREPARE: serves 6

2 cups water  
1 cup Moroccan Style Rice mix  
1 tablespoon unsalted butter



### INSTRUCTIONS:

Combine mix ingredients in an airtight container. Seal and mark "Moroccan Rice" with date prepared; store in a cool, dry place for up to 6 months.

Bring the water to a boil in a medium saucepan with a tight-fitting lid; stir in Moroccan Style Rice Mix. Reduce heat to low, add butter, cover and simmer for 30 to 40 minutes or until rice is tender and liquid is absorbed; fluff with a fork and serve.

**Nutrition per serving:** 127 Calories; 3g Fat; 2g Protein; 23g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 102mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat. **Points:** 3

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## Aromatic Basmati Rice

Makes about 4 1/4 cups mix

### MIX INGREDIENTS:

3 cups uncooked basmati rice  
3/4 cup golden raisins  
1/4 cup slivered almonds  
1 1/2 tablespoons ground cinnamon  
1 tablespoon ground cardamom  
2 teaspoons turmeric  
2 teaspoons dried onion flakes

### TO PREPARE: serves 6

2 1/2 cups water  
1/4 cup unsalted butter  
1 cup Aromatic Basmati Rice Mix



### INSTRUCTIONS:

Combine mix ingredients in an airtight container. Seal and mark "Aromatic Basmati Rice" with date prepared; store in a cool, dry place for up to 6 months.

Bring the water and butter to a boil in a medium saucepan with a tight-fitting lid; add Aromatic Basmati 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:** 163 Calories; 9g Fat; 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 16mg Sodium. **Exchanges:** 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 1 1/2 Fat. **Points:** 4

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# Noodle Mix Shopping List

## SHOPPING LIST:

### MEAT/POULTRY/SEAFOOD

- \*\*1/2 pound lean pork [R3]
- \*\*8 ounces chicken (optional) [R1]
- \*\*8 ounces ham [R4]
- \*\*1 pound shrimp, peeled and deveined (or buy frozen) [R2]

### CONDIMENTS

- \*\*Olive oil (1 teaspoon plus extra to coat baking dish) [R1,R5]
- \*\*Sesame oil (in Asian section of grocery store) [R2]
- \*\*Oyster sauce (in Asian section of grocery store) [R2]
- \*\*Low sodium soy sauce [R2]
- \*\*Hot chili sauce (optional) [R2]

### SPICES

- Sea salt [R1,R2,R4]
- Black peppercorns [R1,R2,R5]
- Dried parsley flakes [R1,R5]
- Onion powder [R4]
- Garlic powder [R1,R3,R4,R5]
- Dried sage [R1]
- Dried chives [R2,R5]
- Ground ginger [R2]
- Dried basil [R3]
- Dried lemon thyme [R3]
- Dried lemon peel [R3]

### CANNED GOODS

- \*\*Tomato paste (1 tablespoon) [R4]

### DRY GOODS

- All-purpose flour (1/2 cup) [R4]
- Non-fat dry milk powder (2 cups) [R1,R4]
- Dehydrated cheese powder (1 cup) [R4]
- Chicken bouillon granules (1 3/4 cups) [R1,R2,R3,R5]
- Dried onion flakes (1 1/4 cups plus 2 tablespoons) [R1,R3,R5]
- Dried vegetable flakes (carrot, celery, etc.) (1/2 cup) [R1]
- \*\*Medium egg noodles (8 cups) [R1,R2,R3,R5]
- \*\*Penne pasta (8 ounces uncooked) [R4]

### DAIRY

- \*\*Butter, unsalted (1 teaspoon) [R5]

### FREEZER

- \*\*1 pound shrimp, peeled and deveined (if not using fresh) [R2]

### OTHER

- 5 sandwich-size plastic storage bags
- Aluminum foil wrap [R5]

\*\*indicates ingredients needed when preparing noodle recipes.

## Creamy Chicken Noodle Soup

Makes about 3 1/2 cups mix

### MIX INGREDIENTS:

1/2 cup chicken bouillon granules  
1 1/2 cups non-fat dry milk powder  
1/2 cup dried parsley flakes  
1/2 cup dried vegetable flakes (carrot, celery, etc.)  
1/4 cup dried onion flakes  
2 tablespoons garlic powder  
2 tablespoons dried sage  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### TO PREPARE: serves 6

1/4 cup Creamy Chicken Noodle Soup Mix  
1 1/4 cups boiling water  
1 teaspoon olive oil  
2 cups uncooked medium egg noodles  
8 ounces chicken, cubed and cooked (optional)



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients. Transfer to a sandwich-size plastic storage bag; seal and mark "Creamy Chicken Noodle" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a medium saucepan, combine Creamy Chicken Noodle Soup Mix, boiling water and olive oil; blend well. When water returns to a boil, add noodles and cook for 6 to 8 minutes or until al dente. Add cooked chicken if desired; heat through and serve.

**Nutrition per serving:** 71 Calories; 1g Fat; 3g Protein; 12g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 148mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 0 Fat. **Points:** 2

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## Almost Wonton Noodle Soup

Makes about 7/8 cup mix

### MIX INGREDIENTS:

1/2 cup chicken bouillon granules  
1/4 cup dried chives  
1 tablespoon ground ginger  
1 teaspoon sea salt  
1/2 teaspoon freshly ground black pepper

### TO PREPARE: serves 6

1/4 cup Almost Wonton Soup Mix  
1 1/4 cups water  
1 tablespoon oyster sauce  
1 tablespoon low sodium soy sauce  
2 teaspoons sesame oil  
2 cups medium egg noodles  
1 pound shrimp, peeled and deveined  
Hot chili sauce (optional)



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients. Transfer to a sandwich-size plastic storage bag; seal and mark "Almost Wonton" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a medium saucepan over medium-high heat, whisk together Almost Wonton Soup Mix, water, oyster sauce, soy sauce and sesame oil. Bring to a boil then add noodles and cook for 5 minutes. Add shrimp and cook for 3 minutes or until shrimp turn pink – do not overcook! Serve immediately with a dash of hot chili sauce if desired.

**Nutrition per serving:** 151 Calories; 4g Fat; 18g Protein; 11g Carbohydrate; trace Dietary Fiber; 127mg Cholesterol; 747mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Fat. **Points:** 4

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## Citrus Pulled Pork 'n Noodle Soup

Makes about 2 cups mix

### MIX INGREDIENTS:

1 cup dried onion flakes  
1/2 cup chicken bouillon granules  
2 tablespoons dried basil  
2 tablespoons dried lemon thyme  
2 tablespoons dried lemon peel  
1 tablespoon garlic powder

### TO PREPARE: serves 6

1/4 cup Citrus Pulled Pork Soup Mix  
1 1/4 cups water  
2 cups medium egg noodles  
1/2 pound lean pork, cooked and pulled (shredded), lightly seasoned with sea salt and freshly ground black pepper



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients. Transfer to a sandwich-size plastic storage bag; seal and mark "Citrus Pulled Pork Soup" and the date prepared on the bag. Shake well to combine ingredients before each use.

In a large saucepan over medium-high heat, combine Citrus Pulled Pork Soup Mix and water. Bring to a boil then add noodles and cook for 6 minutes or until al dente. Add pork and stir until completely heated through; serve.

**Nutrition per serving:** 218 Calories; 5g Fat; 30g Protein; 11g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 263mg Sodium. **Exchanges:** 1/2 Grain(Starch); 4 Lean Meat; 0 Fruit; 0 Fat. **Points:** 5

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## Ham and Tomato Cheese Penne

Makes about 2 1/8 cups mix

### MIX INGREDIENTS:

1 cup dehydrated cheese powder  
1/2 cup non-fat dry milk powder  
1/2 cup all-purpose flour  
1 tablespoon garlic powder  
1/2 tablespoon onion powder  
3/4 teaspoon sea salt

### TO PREPARE: serves 6

8 ounces Penne pasta  
1/3 cup Ham and Tomato Cheese Penne Mix  
1 cup hot water  
1 tablespoon tomato paste  
8 ounces ham, cooked and cubed



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients. Transfer to a sandwich-size plastic storage bag; seal and mark "Ham and Tomato Cheese Penne" and the date prepared on the bag. Shake well to combine ingredients before each use.

Prepare pasta according to package directions. Meanwhile, in a small saucepan over medium heat, whisk together Ham and Tomato Cheese Penne Mix and hot water; bring to a boil then remove from heat, add tomato paste and continue to whisk until well blended. Add ham and stir until heated through. Add to hot cooked pasta and toss well to combine.

**Nutrition per serving:** 253 Calories; 6g Fat; 14g Protein; 35g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 828mg Sodium. **Exchanges:** 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat. **Points:** 7

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## Chicken and Chive Noodle Mix

Makes about 7/8 cup mix

### MIX INGREDIENTS:

1/4 cup chicken bouillon granules  
1/4 cup dried parsley flakes  
2 tablespoons dried onion flakes  
2 tablespoons dried chives  
2 tablespoons garlic powder  
2 teaspoons freshly ground black pepper

### TO PREPARE: serves 6

Olive oil  
2 cups medium egg noodles  
1 teaspoon butter  
1 1/4 cups boiling water  
2 tablespoons Chicken and Chive Noodle Mix  
Aluminum foil wrap



### INSTRUCTIONS:

In a medium bowl, combine mix ingredients. Transfer to a sandwich-size plastic storage bag; seal and mark "Chicken and Chive Noodle Mix" and the date prepared on the bag. Shake well to combine ingredients before each use.

Preheat oven to 350 degrees. Place noodles in a lightly oiled baking dish and dot with butter. In a small bowl, combine Chicken and Chive Noodle Mix and boiling water; pour mixture over noodles. Cover dish with foil wrap and bake for 15 minutes; uncover and stir. Cover again and bake for 5 minutes or until noodles are tender. Let stand for 5 minutes before serving.

**Nutrition per serving:** 58 Calories; 1g Fat; 2g Protein; 10g Carbohydrate; trace Dietary Fiber; 14mg Cholesterol; 110mg Sodium. **Exchanges:** 1/2 Grain(Starch); 0 Lean Meat; 0 Fat. **Points:** 2

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