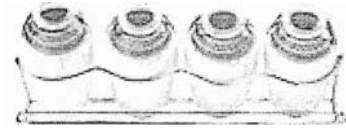


# MAKE YOUR OWN MIXES



## *Advantages of your own mixes over commercial mixes are:*

- you can control the amount of salt
- you are not adding preservatives
- you control the flavors which your family prefers
- you save time and money

### **Taco Seasoning Mix**

2	teaspoons instant minced onion	1	teaspoon minced garlic
1	teaspoon salt (optional)	½	teaspoon cornstarch
1	teaspoon chili powder	¼	teaspoon dried oregano leaves
1	teaspoon dried crushed red pepper		

Combine all seasonings. Store in small airtight jar or place on 6" square of aluminum foil, fold in edges and seal air tight. Makes enough for seasoning for ten tacos.

### **Spaghetti Seasoning Mix**

1	Tablespoon cornstarch	2	Tablespoon minced onion
1	Tablespoon parsley flakes	2	Tablespoons green pepper flakes
1½	teaspoons salt (optional)	1	teaspoon instant minced garlic
1	teaspoon sugar	½	teaspoon basil
½	teaspoon oregano		

Combine all seasonings. Store in small airtight jar in a cool, dry place. This is enough to season one recipe of spaghetti sauce.

### **Chili Seasoning Mix**

2	Tablespoons chili powder	1	Tablespoon seasoned salt
2	teaspoons cumin	1	teaspoon oregano
1	teaspoon salt (optional)	1	teaspoon onion powder
½	teaspoon garlic powder		

Mix all ingredients. Store in small airtight jar in a cool, dry place. This will season two batches of chili.

## **Cream Soup Substitute**

2	cups nonfat dry milk crystals	$\frac{3}{4}$	cup cornstarch
$\frac{1}{4}$	cup instant chicken bouillon (Low sodium recommended)	2	Tablespoons dried onion flakes
1	teaspoon dried basil, crushed	1	teaspoon dried thyme, crushed
		$\frac{1}{2}$	teaspoon pepper

Combine all ingredients and store in airtight container.

To Use: Mix  $\frac{1}{3}$  cup of dry mix with  $1\frac{1}{4}$  cups water in a saucepan. Cook and stir until thickened. Use in any casserole recipe calling for a can of cream soup.

### **Nutrition Comparison:**

- One (10% ounce) can mushroom soup = 330 calories, 23.8 grams fat, 2,370 milligrams sodium.
- Cream Soup Substitute Mix,  $\frac{1}{3}$  cup = 95 calories, 0.2 grams fat, 710 milligrams sodium.

## **Seasoning Mix**

$1\frac{1}{4}$	teaspoons black pepper	3	Tablespoons onion powder
1	Tablespoon garlic powder	2	Tablespoons dried parsley flakes
$1\frac{2}{3}$	cups non-fat dry milk	$\frac{1}{3}$	cup chopped dried onion
$3\frac{1}{3}$	Tablespoons instant bouillon granules (low sodium recommended)	1	teaspoon salt, optional

Thoroughly mix this Seasoning Mix and store in a container with a tight fitting lid or self-sealing plastic bag. Do not freeze and plan to use in three months. Depending on taste, use  $\frac{1}{3}$  to  $\frac{1}{2}$  cup of the Seasoning Mix for each pound of ground meat. Vary the mix to suit your family's taste.

## **Cheeseburger Casserole**

Makes 5 -6 servings

*Comparable to "Hamburger Helper"\**

1	pound ground meat	$1\frac{1}{2}$	cups water
1	cup macaroni	1	can condensed tomato soup
$\frac{1}{2}$	cup or less Seasoning Mix	$\frac{1}{2}$	cup grated cheese

Brown ground meat in a skillet with a lid. Drain off the excess grease. Add water, macaroni, tomato soup and Seasoning Mix to meat in skillet. Bring to a boil. Stir and then cover. Let simmer for 20 minutes or until all excess moisture has evaporated. Remove from heat and add grated cheese. Cover and allow cheese to melt before serving.

*\* Mention of brand name does not imply endorsement or criticism of product.*