

GIFTS IN A JAR



by Kathryn Martinez
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Molasses Cookie Mix

2 cups all purpose flour
1 cup sugar
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon cloves
1/8 teaspoon allspice
1 teaspoon ginger

In a large mixing bowl, combine all ingredients. Store the mix in an airtight container decorated with a pretty ribbon.

Attach this to the Jar:

Molasses Cookies
Makes 4 dozen cookies

3/4 cup butter or margarine, softened
1 egg
1/4 cup sulfured molasses
1 package Molasses Cookie Mix

Preheat oven to 375F. In large bowl, cream together the butter, egg and molasses. Add the Molasses Cookie Mix and beat until smooth. Shape the dough into 1 inch balls; roll in granulated sugar & place 2 inches apart on ungreased cookie sheets. Bake for 9 to 11 minutes. Cool on wire racks.

Spiced Apple Cake Mix

3 cups all purpose flour
1 1/2 cups sugar
1 1/2 teaspoon baking soda
1 teaspoon powdered vanilla
1 1/2 teaspoon cinnamon
1/4 teaspoon ground nutmeg
1 cup chopped nuts
1/2 cup golden raisins

Combine and blend ingredients in a medium bowl. Store in an airtight jar.

Attach this to the Jar:

Spiced Apple Cake
Serves 8 to 10

1 package Spiced Apple Cake Mix
1 1/2 cups canola oil
3 large eggs

3 cups chopped apples

Preheat the oven to 350F & grease a tube or Bundt pan. Place the Spiced Apple Cake Mix into a large mixing bowl. Make a well in the center of the mix; add the oil, eggs, and apples. Stir until mixture is smooth. Pour into the prepared pan and bake for 1 hour & 10 minutes, or until a toothpick inserted into the center comes out clean. Cool; remove from the cake pan.

Taco Seasoning Mix

2 teaspoons chili powder
1 1/2 teaspoons paprika
1 teaspoon onion powder
1/2 teaspoon salt
3/4 teaspoon garlic salt
1 dash red pepper

Mix all together. Makes 1 package of store bought mix. You may want to expound on this and put into baby food jars with pretty ribbons.

Snow Balls in a Jar

1/2 cup confectioners' sugar
2 cups all purpose flour
1 cup chopped pecans

In a medium bowl, combine the confectioners' sugar and flour. Place into a 1 quart canning jar. Put the chopped pecans on top. Close the lid and attach a tag with the following instructions:

Snow Balls
Makes 4 dozen

Preheat the oven to 325F. Grease cookie sheets. In a medium bowl, cream together 3/4 cup of shortening and 1/4 cup of margarine. Stir in 2 teaspoons of vanilla. Add the entire contents of the jar and mix well. Roll dough into 1 inch balls and place them on the prepared cookie sheet. Bake for 20 to 25 minutes, until lightly browned. Cool, and roll in confectioners' sugar. Makes 4 dozen.

Orange Blossom Rice Mix

1 cup long grained white rice
1/2 teaspoon dried orange peel
1 teaspoon salt
1/4 teaspoon dried marjoram
1/4 teaspoon dried thyme

Combine and store in an airtight jar decorated with a pretty ribbon.

Attach to the Jar:

Orange Blossom Rice

2 1/2 cups water
2 tablespoons butter
1 package rice mix

Bring water and butter to a boil. Add rice, reduce heat to low, cover and simmer 20 minutes. Makes 6 servings.

Potato Chip Cookie Mix

1 cup white sugar
1 1/2 cups crushed potato chips
2/3 cup chopped pecans
2 1/2 cups all purpose flour
1 teaspoon baking powder

In a small bowl, stir together the flour and baking powder. Layer ingredients in order given in a 1 quart wide mouth canning jar. It will be a tight fit. Press each layer firmly in place before adding next ingredient.

Decorate the jar and attach a tag with the following directions:

Potato Chip Cookie Mix

Empty jar of cookie mix into large mixing bowl. Mix thoroughly. Add: 2 sticks butter, softened and 1 teaspoon vanilla. Mix until blended completely. Shape into balls the size of walnuts. Flatten. Bake at 350F for 14 to 18 minutes until edges are very lightly browned. Cool 5 minutes on the cookie sheets. Remove cookies to wire racks to cool completely. Makes 2 1/2 dozen.

White Chocolate-Macadamia Nut Cookies in a Jar

1/2 C. chopped macadamia nut
1/2 C. white chocolate chunks or vanilla milk chips
1/2 C. packed dark brown sugar
1 C. biscuit and baking mix (first of 2 layers)
1/2 C. light brown sugar
1 C. biscuit and baking mix

In a clean 1 qt. jar layer and pack the ingredients in

the order shown above. If there is any more space at the top of the jar, add more white chocolate chunks.

Add a recipe card with the following instructions:
Preheat oven to 375 degrees F. Spray a baking pan with nonstick spray or line with parchment paper. Empty the contents of the jar into a bowl. Stir in 1 stick of melted butter or oleo, 1 egg and 1 t. of vanilla. Mix until the dough is well combined. Shape it into 1 inch balls. Place them on the baking sheets and bake for 10 - 12 minutes or until light golden brown. Makes about 3 dozen cookies.

Gingerbread Pancake Mix

1 C. cake flour
1 C. all purpose flour
7 T. buttermilk powder
4 T. sugar
2 t. ground ginger
1 t. baking soda
1/2 t. cinnamon
1/4 t. salt
1/8 t. ground cloves
1 C. white chocolate chips

Combine all ingredients. Transfer to a decorative jar.

Attach a recipe card with these directions:

Place mix in a large bowl. Add:
1 3/4 C. water
6 T. melted butter
1/4 C. molasses
2 eggs
Blend until just combined. Pour batter 1/4 C. at a time, in a hot skillet, to make the pancakes. Cook pancakes, turning once, about 2 minutes. Yield: 20 pancakes

Gingerbread Cookies in a Jar

8 C. flour
2 C. sugar
1/4 C. baking powder
1 T. salt
1 t. baking soda
1 t. ground cloves
1 t. ginger
1 T. cinnamon
2 C. shortening

Sift dry ingredients together. Cut shortening in with a pastry cutter. Measure 3 Cups of mix into 4 jars.

Yield: 4 Jars

Gingerbread Cookies in a Jar:

Attach a gift card with the following instructions:

Add:

1/3 C. molasses

1/4 C. flour

1 slightly beaten egg

Combine gingerbread mix, molasses, egg and flour. Blend well. Roll out to 1/4 inch thickness on a lightly floured surface. Cut into gingerbread shapes. Bake at 350 degrees F. for 10 minutes. Cool and decorate. Use mix within 3 months Note: When you tie the bow on this one, attach a gingerbread cookie cutter.

Cinnamon Pancake Mix

Combine in a bowl:

3 C. flour

4 T. sugar

2 T. baking powder

4 1/2 t. cinnamon

1 1/4 t. salt

Blend all ingredients well and put in a 1 quart jar. Attach a recipe card with these instructions:

In a medium bowl, combine 3/4 C. milk, 1 egg and 2 tablespoons oil. With a fork blend in 1 1/3 cups pancake mix until moistened. Cook on a lightly oiled skillet or griddle. Makes about 10 5 inch pancakes.

Triple Chocolate Chip Cookies

Layer in a quart jar in this order:

1/2 C. chopped pecans

1/2 C. chocolate chips

1/2 C. white chocolate chips

1/3 C. brown sugar

1/2 t. soda

1/4 t. salt

1/6 C. cocoa

1 1/4 C. flour

Attach this on a recipe card:

To make cookies add:

1/2 t. vanilla

1 T. milk

1 egg

1 stick melted butter

Blend well. Place 1 inch balls on a greased cookie

sheet. Flatten out a little with your hand. Bake at 350 degrees F. for 8 minutes.

Chocolate Cranberry Cookies

Layer the following in a quart canning jar in this order:

3/4 C. sugar

1/2 C. brown sugar

1/3 C. cocoa (add this one carefully, wipe the sides of the jar if you have to)

1 1/2 C. dried cranberries

1 C. chocolate chips

1 3/4 C. flour + 1 t. baking powder + 1/2 t. baking soda (mixed)

Remember to press firmly between each layer.

Attach a recipe card with the following instructions:

Empty jar of cookie mix into a bowl.

Add 3/4 C. butter or oleo, 1 egg and 1 t. vanilla.

Mix until completely blended. Shape into balls and place 2 inches apart on sprayed baking sheets. Bake at 375 degrees F. for 13 - 15 minutes. Yield: 2 1/2 dozen cookies

Cranberry Oatmeal Cookies

Layer in a Quart Jar. Remember to pack down between each layer.

5/8 C. flour

1/2 C. rolled oats

1/2 C. flour

1/2 t. salt

1/2 t. baking powder

1/3 C. brown sugar

1/3 C. sugar

1/2 C. dried cranberries

1/2 C. white chocolate pieces

1/2 C. pecans

Attach a recipe card with the following:

Preheat the oven to 350 degrees F. In a mixing bowl, cream together: 1/2 C. butter or oleo, 1 egg and 1 t. vanilla until fluffy. Add the contents of the jar and mix together until well blended. Drop by teaspoonfuls onto a greased baking sheet. Bake for 8 - 10 minutes. Cool on a rack. Yield: 18 cookies

Cranberry Biscotti

Layer in a quart jar in this order.

3/4 C. dries cranberries or cherries

3/4 C. chopped pecans
2 C. flour
1/2 t. cinnamon
2 t. baking powder
2/3 C. sugar

Attach a recipe card with these instructions:
Add 1/3 C. butter to a mixing bowl. Add 2 eggs and beat until well combined. Stir in ingredients from the jar. Mix well. Divide into 2 loaves. Each loaf should be 9 inches long and 2 inches wide. Bake at 375 degrees F. for 25 - 30 minutes. Cool for 1 hour. Cut each loaf into 1/2 inch thick slices using a bread knife. Place slices on an ungreased baking sheet. Bake at 325 degrees F. for 8 minutes, turn them over and bake for 8 - 10 minutes until crisp and dry. Cool on a wire rack.
Yield: 32 cookies

S'more Squares

Layer in a 1 quart jar:
1 sleeve of graham crackers reduced to crumbs
1/3 C. brown sugar
1 1/2 C. mini marshmallows
1 C. milk chocolate chips

Attach a recipe card that says:
Empty contents of mix into a bowl. Melt 1/2 C. butter, add 1 t. vanilla. Pour over dry ingredients, mixing well. Pour into a greased 9 inch square pan. Bake at 350 degrees F. for 15 minutes. Makes 9 - 12 bars.

Christmas Pinecones

Soak pinecones in any of the following solutions. When the pinecones are thrown in the fireplace fire, they will burn different colors:

1/2 lb. soda to 1/2 gallon water
1/2 lb. borax to 1/2 gallon water
1/2 lb. salt to 1/2 gallon water

After soaking pinecones in any of the above solutions overnight, remove from solution and place in mesh bags to dry thoroughly.

I make bath salts by the ton it seems. Here is what I do:

1 part epsom salt
1 part kosher salt
1 part sea salt

Put them all in a zip lock bag and mix well. Then add scent of your choice and coloring if you want.

APPLE CRISP IN A JAR

8 graham cracker squares, crushed (regular or cinnamon or even chocolate graham crackers might add a different taste to it)
3/4 C brown sugar
1/2 C rolled oats
1/2 C flour
1 tsp cinnamon
1/2 tsp nutmeg

Sift together the flour, cinnamon, and nutmeg. Place in the bottom of a large canning jar. Place the rolled oats and brown sugar on top. The graham crackers should go in last. Add these instructions to the jar:

Additional Ingredients Needed:

1/2 c butter or margarine, melted
4-6 large Granny Smith apples

1. Preheat oven to 350.
2. Slice apples and arrange in bottom of dish (I usually use a 8x8 or 9x9 square dish).
3. Pour the contents of the jar over the apples.
4. Add melted butter to the top of the mix, covering it thoroughly. I sometimes add just a touch of vanilla or maple flavoring at this point, too, about 1/4 to 1 tsp. The maple just adds a different flavor that I like.
5. Bake for 30-35 minutes.
6. Let it cool for about 20-30 minutes before serving.

Cooling Cinnamon Body Powder

1/2 cup cornstarch (you can also use arrowroot powder)
1 tablespoon ground cinnamon

Mix together the cornstarch and cinnamon until well blended. To use, sprinkle on skin or use a powder puff. Old spice containers make nice powder shakers. Makes 4&1/4 oz.

Instant Cup of Soups

I found these recipes in a cookbook, for making individual instant soup mix packages. It calls for a

mug type coffee cup that holds 1 1/2 cups liquid---with no metallic decorations, as they go in the microwave. A gift suggestion is to place the mug in the center of a basket or flat rattan paper plate holder, surround with packets of soup, wrap the whole thing with cellophane and tie with a ribbon. Sounds like a nice gift for office workers, teachers, college kids, or shut-ins. Have fun!

Instructions for all soup mixes:

Mix all ingredients in a small bowl; Pour into a baby food jar, or a sandwich bag tied with ribbon, or a ziploc baggie. Label container with name of soup and directions.

**Several of the recipes call for using Lipton soup mixes; It is advised that you empty the soup packet into a bowl, stir well to evenly distribute the seasonings, and then take the measured amount from this mixture.

Tortilla Soup in a Cup

3 Tb. crushed tortilla chips (crush with your hands)
2 Tb. Uncle Ben's instant rice
1 Tb. Lipton Recipe Secrets Vegetable Flavor**
1 tsp. chicken bouillon granules
1/4 tsp onion powder
1/8 tsp garlic powder
1/8 tsp cumin

Directions: Empty soup mix into a plain coffee cup(no metallic decorations) Use a standard cup that holds 1 1/2 cup liquid.

Add 1 cup water. Stir well

Microwave on High 1 1/2 min.

Stir. Cover and let stand 3 minutes. Enjoy!

Vegetable Rice Soup in a Cup

1 1/2 T. Lipton Recipe Secrets Vegetable flavor**
3 T. Uncle Ben's instant rice
1 tsp. chicken bouillon granules
1/4 tsp. onion powder

Directions:

Empty soup mix into a plain coffee cup (no metallic decorations) Use a standard cup that holds 1 1/2 cup liquid. Add 1 cup water. Stir well. Microwave on High 1 1/2 min. Stir. Microwave additional 30 sec.

Stir. Cover and let stand 5 minutes. Enjoy!

Potato Soup in a Cup

1 1/2 cup Hungry Jack instant potato flakes
1 cup powdered coffee creamer

1/2 of a 1 oz. pkt. chicken gravy mix
1 Tb. dried parsley flakes
2 Tb. grated Parmesan (Kraft, in the green can)
1 tsp. salt free seasoning blend (like Mrs. Dash, or Spike)
1/2 tsp. dried minced onion
1/2 tsp. salt
1/4 tsp. pepper

Mix all ingredients well with a whisk. Place 1/2 cup + 1 Tb. mix into small jars or baggies. Makes enough for 5 individual soup mixes.

Directions: Empty soup into a plain coffee cup (no metallic decoration) Use a standard cup that holds 1 1/2 cup liquid. Add 1 scant cup water; Stir very well Microwave on High 1 1/2 minutes. Stir. Cover and let stand 3 minutes. Enjoy!

Creamy Cheese Soup in a Cup

1/2 of a 1.5 oz pkt. Knorr Four Cheese Sauce Mix
1 1/2 tsp chicken bouillon granules
1/4 tsp. pepper
1/2 of a pkt Lipton Recipe Secrets Vegetable flavor **
2 Tb. dried parsley flakes
1 1/2 cup powdered coffee creamer
2 Tb. cornstarch

Mix all ingredients. Place a scant 1/2 cup mix into small jars or baggies. This will make 5 individual soup mix pkts.

Directions: Empty soup mix into a plain coffee cup (no metallic decoration). Use a standard cup that will hold 1 1/2 cups liquid. Add 1 cup water, stir very well. Microwave on High 1 1/2 min. Stir; cover and let stand 3 minutes. Enjoy!

VEGETABLE BROTH MIX

4 T. Celery salt
4 T. Dried parsley flakes
6 t. Garlic powder
6 t. Salt
6 t. Ground savory
2 t. Dried marjoram
2 t. Dried thyme
1 t. Pepper
1 t. Turmeric
1 t. Ground sage

Combine all ingredients and mix well. Mix again before using. Store in a jar.

MUSHROOM-BARLEY SOUP MIX

1/2 C dried barley
1/4 C dried mushroom slices
2 T dried onions, minced
1/4 C dried carrot slices
2 T dried parsley flakes
2 T dried dill
2 bay leaves
2 beef bouillon cubes, or 2 tsp. bouillon granules

Combine ingredients in a plastic bag, glass jar, or any tightly sealed container. Store in a dark, cool place.

TO USE: add to 1 quart boiling water and simmer until barley is tender. Remove bay leaves before serving. Serves 4

CREAM OF TOMATO SOUP MIX

3 C dried tomato slices
1/2 C dried milk powder
1 T sugar
1/2 tsp. salt
1/4 tsp. ground cinnamon

Powder tomato slices in a blender or with a pestle. Add remaining ingredients. Store in a plastic bag, glass jar, or any tightly sealed container.

TO USE: add to 1 1/2 quarts boiling water and simmer 10 minutes. Add 1 teaspoon butter or margarine after cooking. Serves 4 to 6.

MINESTRONE

4 beef bouillon cubes, or 4 tsp. bouillon granules
1/2 C dried onion, chopped
1/2 tsp. dried garlic, minced
1/2 C dried navy beans
1/2 tsp. dried oregano
2 bay leaves
6 peppercorns
1 C dried tomatoes, sliced or chopped
1 C dried celery slices
1 C dried carrot slices
2 C dried green beans
2 T dried green pepper
1 tsp. salt

Combine ingredients and store in tightly covered container.

TO USE: add to 4 quarts boiling water and simmer

over low heat 2 to 3 hours, until beans are tender. Remove bay leaves and peppercorns before serving. Serves 8 to 10.

CREAM OF MUSHROOM SOUP MIX

1 C dried mushrooms
1/2 tsp. dried onion
1/2 tsp. dried lemon rind, grated
3 T all-purpose flour
1 tsp. salt
1/8 tsp. pepper
1 C dried milk powder

Combine all ingredients and store in a tightly covered container.

TO USE: stir into 1 1/2 quarts boiling water. Cook, stirring constantly until smooth and thickened. Cover and cook over very low heat 20 to 30 minutes. Serves 4.

FRIENDSHIP TEA

2 c. orange drink mix
2 c. sugar
3/4 c. instant tea
1/4-oz pkg lemonade
1-1/2 t. cinnamon
3/4 t. ground cloves

Combine all ingredients together and store in an airtight tin or jar.

Gift Tag reads: 3 to 4 t. Friendship Tea Mix, 1 c. boiling water Combine tea mix with boiling water; stir until tea mix has dissolved completely.

Hot Chocolate Mix

3 cups powdered milk
1/2 cup cocoa
3/4 cup sugar
Dash of salt

Sift the ingredients into a large bowl. Pack the mix into an airtight container. Attach this to the Jar.

Hot Chocolate

Serves 1

4 tablespoons Hot Chocolate Mix

8 ounces boiling water

Marshmallows or whipped cream Place the Hot

Chocolate Mix into a mug. Pour in the boiling water. Stir until the Chocolate mix is dissolved. Garnish with marshmallows or whipped cream.

Mexican Hot Chocolate Mix

1/2 cup light brown sugar
3/4 tsp. ground cinnamon
1 1/2 tsp. powdered vanilla
1/4 cup cocoa
2 1/2 cups powdered milk

Combine and blend ingredients in a small bowl. Store in an airtight container. Attach this to the Jar.

Mexican Hot Chocolate

Serves 6

3 cups water

Mexican Hot Chocolate Mix (to taste)

Cinnamon sticks for garnish

Heat the water to boiling and add the Mexican Hot Chocolate Mix. Stir with a whisk until the mixture is smooth. Garnish with cinnamon sticks. For a frothier hot chocolate, mix in a blender.

Curried Rice Mix

This curried rice mix is an interesting complement for plain chicken or pork.

1 cup long-grain rice
1 chicken bouillon cube, crumbled
2 Tbsp. dried minced onion
1/4 cup raisins
1/2 tsp. curry powder

Layer the ingredients in the order given in a 1 & 1/2-cup jar. Attach this to the Jar:

Curried Rice

Serves 6

2 1/2 cups water

1 package Curried Rice Mix

In a medium saucepan bring the water to a boil. Add the rice mix. Cover and reduce the heat to a simmer for 20 minutes.

Biscuit Mix

4 cups unbleached white flour
2/3 cup instant non fat dry milk
1 tsp salt

3 tbsp double acting baking powder
1/2 cup good vegetable oil

Mix flour, milk, salt and baking powder together in blender or food processor. Mix well, then blend in the oil. Empty into covered container, and store in fridge until needed. This yields about 5 cups of mix. Each cup of mix makes about six biscuits.

To make biscuits:

add 1/2 cup water to each 1 cup of mix.

Roll out dough 1/2 inch thick on lightly floured board, cut into biscuits & bake on a greased cookie sheet in a pre heated 425 deg. oven for approx. 10 minutes.

Instant Cheesy Soup

The Mix:

6 tablespoons dried onion flakes

2 tablespoons grated parmesan cheese - optional

2 tablespoons corn starch - optional

1 tablespoon soybean flour

2 - 3 tablespoons vegetable protein (I assumed TVP)

2 tablespoons instant mashed potato

Mix all ingredients together until well blended - keeps for 2 months.

To Use

2 tablespoons mix to 1 mug boiling water - or to taste. Stir well.

Instant Porridge (oatmeal)

The Mix:

quick cooking oats

salt

Put half a cup of oats into a blender and blend on high until powdery and set aside. Repeat, if needed (i.e. if you run out of powdered oats and want to make more bags of mix - this amount at a time worked best in my blender - you may be able to do more or less at a time in yours).

Put the following ingredients into each 1 person serve bag:

2 tablespoons ground oats

1/4 (one quarter) cup quick cook oats

1/8 (one eighth) teaspoon salt

I also added:

2 tablespoons of brown sugar

1 tablespoon dried milk powder
2 tablespoons flavorings

A few other variations which were suggested with this recipe are:

1 tablespoon brown sugar
1 tablespoon raisins

6 miniature marshmallows
1 tablespoons milk chocolate chips

1 tablespoon brown sugar
1/4 (one quarter) teaspoon cinnamon

1 tablespoon non-dairy coffee creamer
2 tablespoons mixed dried fruit.

To Make One Serving:

Empty packet into bowl. Add 3/4 (three quarter) cup boiling water. Stir and let stand for 2 minutes For thicker porridge use less water; for thinner, use more.

Dill-Lemon Rice

The Mix:

4 cups raw long-grain white rice
1/4 (one quarter) cup dried grated lemon peel
1/4 (one quarter) cup powdered chicken stock
2 tablespoons dried dill
1 tablespoon dried chives
1/2 teaspoon salt

Combine all ingredients and store in a large, labelled glass jar or plastic bag. Store in a cool dry place. Use within 4 months.

To make 4 - 6 side servings (2 main course servings):

2 cups water
1 cup rice mix
1 tablespoon butter or margarine

Bring water and butter to a simmer in a medium saucepan. Stir in rice mix and reduce the heat. Cover and cook until liquid is absorbed - about 15 - 20 minutes.

PALOUSE SOUP MIX

2-1/2 c. green split peas (16 oz. pkg.)
2-1/2 c. lentils (16 oz. pkg.)
2-1/2 c. pearl barley (16 oz. pkg.)
2 c. alphabet macaroni (8 oz. pkg.)
1 c. dried onion flakes (2 3/8-oz. pkgs.)

1/2 c. celery flakes (1 3/8-oz. pkg.)
1/2 c. parsley flakes (1 1/4-oz. pkg.)
(Optional: 1-1/2 t. thyme; 1-1/2 t. white pepper)

Mix all ingredients together. Store in a jar with a tight-fitting lid. Stir before using. Makes 10 c. of mix.

TO COOK: Combine 1 c. of soup mix with 4 c. of water or seasoned stock in large pan. Add 1 c. of cooked chopped meat, if desired. Bring to a boil. Reduce heat to low and cover pan. Simmer gently for 45 to 60 minutes, or until peas are tender. Add 1/2 t. salt if desired.

TURKEY-NOODLE SOUP MIX

1 cup Uncooked fine egg noodles
1 tablespoon instant minced onion
2 and 1/2 tablespoons chicken-flavored bouillon granules
1 and 1/2 teaspoons pepper
1/4 teaspoon dried whole thyme
1/8 teaspoon celery seeds
1/8 teaspoon garlic powder
1 bay leaf

Combine all ingredients in a small plastic bag; store in a cool, dry place. Yield: about 1 cup

To make the soup:

Combine soup mix, 8 cups water, and 1 carrot, diced, in a Dutch oven. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Discard bay leaf. Stir in 3 cups cooked, diced turkey; simmer an additional 5 minutes. Yield: 2 quarts

INDIVIDUAL OATMEAL PACKETS

3 cups Quick-Cooking Oats
Salt
Small sized Zip Baggies

Put 1/2 cup oats in a blender and blend on high until powdery. Set aside in a small bowl, and repeat procedure with an additional 1/2 cup oats. If you're using a food processor, you can do the 1 cup of oats in one batch. Put the following ingredients into each zip baggie: 1/4 cup un-powdered oats, 2 Tbsp. powdered oats, and 1/8 tsp. salt. Store in an airtight container.

To serve: Empty packet into a bowl. Add 3/4 cup boiling water. Stir and let stand for 2 minutes. For thicker oatmeal, use less water - for thinner

oatmeal, use more water.

Variations:

Apple-Cinnamon Oatmeal- To each packet add 1 Tbsp. sugar, 1/4 tsp. cinnamon, and 2 Tbsp. chopped dried apples.

Sweetened Oatmeal- To each packet add 1 Tbsp. sugar or 1 packet (e.g., 'Equal') artificial sweetener.

Brown Sugar/Cinnamon Oatmeal - To each packet add 1 Tbsp. brown sugar & 1/4 tsp. cinnamon

Oatmeal w/Raisins & Brown Sugar - To each packet add 1 Tbsp. packed brown sugar and 1 Tbsp. raisins.

Health Nut Oatmeal - To each packet add 2 Tbsp. any kind of wheat germ

Fruit & Cream Oatmeal - To each packet add 1 Tbsp. non-dairy coffee creamer and 2 Tbsp. dried fruit

Fun Fruit Oatmeal - To each packet, add 6 or 7 pieces of 'fruit snack' type dehydrated fruit.

Confetti Oatmeal - To each packet, add 1 tsp. decorative cake/cookie sprinkles.

S'More Oatmeal - add 6 miniature marshmallows and 1 Tbsp. Milk Chocolate Chips to each packet.

Cookies n Cream Oatmeal - add 1 crushed Oreo cookie and 1 Tbsp. non-dairy coffee creamer to each packet.

Exploding Oatmeal - add 1 tsp. sugar, and 1/2 tsp. 'Pop Rocks' candy to each packet. This one is fun for celebration days, such as birthdays.

Bart-man Oatmeal - add 2 Tbsp. 'Butterfinger B.B.'s' candies to each packet.

3 C (750ml) Quick Cook Oats
8 Plastic Sandwich Bags
scant Salt (just a small dash)

Blend one cup of the oats in a food processor or blender until very coarse grind.

Into each sandwich bag place 1/4 cup (60ml) quick cook oats, 2 tablespoons ground oats, and a scant of salt.

Add optional flavorings to each bag. See Optional Flavoring Section Above.

Label each bag and place the bags in a large jar or box for storage.

To make a serving, empty packet into a bowl or large cup.

Add 3/4 cup (175ml) boiling water, stir and let stand for 2 minutes.

For thicker oatmeal, use less water.

Campbell's Soup Casserole Sauce Mix

2 cups Non-fat dry milk
3/4 cup Cornstarch
1/4 cup Instant chicken bouillon
2 tablespoons Dried onion flakes
1 teaspoon Crushed dried thyme
1 teaspoon Crushed dried basil
1/2 teaspoon Pepper

Combine all ingredients and store in airtight container. To substitute for one can condensed soup: Mix 1/3 cup of dry mix with 1 1/4 cup water in saucepan. Cook and stir until thickened. Add cheese, mushroom bits or celery to duplicate the canned soup in the recipe.

NOTE: cheese powder, dried mushrooms and dried celery can be substituted to make this "Just add water".

Instant Refried Beans Mix / Bean Dip Mix

This is great for camping or just a quick side dish

3 cups of dried beans, any variety
1 tablespoon ground cumin
1 tablespoon chili powder
1 tablespoon salt
1 tablespoon dried minced onion
cayenne pepper, to taste

In a coffee grinder, food mill or blender, grind beans until a flour consistency. Mix all ingredients together until they are well blended. Store in a large airtight container or jar.

TO USE:

3/4 cup Instant Refried Bean Mix
2 1/2 cups boiling water

Combine bean mix and water in a medium-sized saucepan. Mix with a wire whisk until combined. Don't

worry about the lumps, they are tasty and add texture to your beans. Bring to boil, cover, reduce heat to low and simmer for 4-5 minutes or until thickened. Mixture will thicken more as it cools. Refried beans will remain thickened even when reheating.

Pilaf Rice Mix

1 cup long-grain, converted rice Flavor Packet
2 tablespoons butter
2 1/2 cups hot water

Melt the butter in a heavy saucepan over medium heat. Saute the rice, stirring constantly, until it takes on a translucent quality; do not let the kernels pop. Slowly stir in the water, then the Flavor Packet; bring to a full boil; cover and lower heat. Simmer 20 to 25 minutes, or until nearly all of liquid is absorbed and the rice looks just a bit too moist to serve. Turn off heat and let stand for 10 minutes before uncovering and serving.

Flavor Packets:

Each recipe makes one flavor packet. Also, these recipes are meant for bouillon cubes that mix with 8 oz. of water. If you prefer to substitute bouillon cubes that mix with 6 oz. of water, or powder, you will need to figure the differences accordingly. Three 8 oz. cubes equal four 6 oz. cubes.

Chicken:

3 chicken bouillon cubes, crushed
1/4 teaspoon parsley flakes
3 dashes pepper

Beef:

3 beef bouillon cubes, crushed
3 dashes pepper

Onion:

3 onion or beef bouillon cubes, crushed
2 teaspoons dried minced or chopped onion
3 dashes pepper

Mushroom:

3 chicken or beef bouillon cubes, crushed
2 tablespoons dried mushroom slices, in bits
3 dashes pepper

Celery:

3 chicken bouillon cubes, crushed
3 tablespoons dried celery flakes
3 dashes pepper

Curry:

3 chicken bouillon cubes, crushed
1 teaspoon curry powder

Saffron:

3 chicken bouillon cubes, crushed
1 pinch saffron
1 pinch turmeric

Oriental:

3 chicken bouillon cubes, crushed
1 onion bouillon cube, crushed
2 teaspoons dried celery flakes
2 teaspoons dried mushroom slices, in bits
1 teaspoon dried minced onion
dash of powdered ginger
* add several dashes soy sauce to cooking water

Spanish:

3 chicken bouillon cubes, crushed
2 tablespoons dried green pepper flakes
2 tablespoons dried minced onion
dash of chili powder
* add 2 tablespoons tomato paste to cooking water

Herbed Rice Mix

1 package (3 ponds) long grain rice
2 cups dried celery flakes
2/3 cup dried minced onion
1/2 cup dried parsley flakes
2 tablespoons dried chives
1 tablespoon dried tarragon
3 to 4 teaspoons salt
2 teaspoons pepper

ADDITIONAL INGREDIENTS: 2/3 cup water 1
tablespoon butter or margarine. Combine the first
eight ingredients; mix well. If giving for gifts place two
cups each in a jar: makes 40 batches (10 cups total).

Rice-a-roni Substitute Mix

Beef or Chicken Flavor:

2 cups uncooked rice (not instant)
1 cup of broken vermicelli pasta pieces (broken into
one-inch size pieces)
Try to be of one uniform size with the broken pieces
so that they will all cook at the same rate.
1/4 cup dried parsley flakes
6 Tablespoons instant chicken OR beef bouillon
powder/granules
2 teaspoons onion powder (NOT onion salt)
1/2 teaspoon garlic powder (NOT garlic salt)
1/4 teaspoon dried thyme

Mix all ingredients and store in airtight container.

TO USE: Shake or stir dry mixture well. Place 1 cup mix and 2 tablespoons margarine in a heavy saucepan with 2 1/4 cups water. Bring to a boil; cover and reduce heat. Simmer for 15 minutes or until rice is tender.

Teacher Rice Mix

1 cup uncooked white rice
2 T beef bouillon granules
1 t dried onion flakes
1/2 t. rosemary
1/2 t. marjoram
1/2 t. thyme

Mix everything together, and store in an airtight jar. This recipe doubled fits nicely into a pint jelly canning jar. To prepare, Using 2 cups water cook according to the directions on the rice package.

Chicken Soup

1/3 cup chicken bouillon granules
1/4 cup dehydrated onion flakes
1/2 cup uncooked shell macaroni or other small pasta
1/2 cup uncooked spinach pasta, broken into small pieces
1TBS garlic powder, 2 tsp. salt, 1 tsp. black pepper, 1 tsp. dried oregano
(mix these together and place them in a small zip lock plastic snack bag to add to top of layers)
2/3 cup uncooked barley
1/3 cup uncooked long grain white rice (not the quick cook kind!)

12 cups water
simmer 45 minutes.
add: 1 can or 1 cup cooked chicken.
cook 15 min more.

PASTA SOUP MIX

1/2 cup small shell macaroni or other small pasta
1/4 cup dry lentils
1/4 cup dried chopped mushrooms (optional)
2 Tablespoons grated Parmesan cheese
1 Tablespoon minced dried onion
1 Tablespoon instant chicken bouillon granules
1 tsp. dried parsley flakes
1/2 tsp. dried oregano, crushed
Dash garlic powder

Mix all ingredients in a plastic bag or an airtight container; store, tightly sealed, until needed.

Pasta Soup: Combine contents of package with 3 cups water in a 2-quart saucepan. Bring to boiling; reduce heat. Cover and simmer 40 minutes, or until lentils are tender, stirring occasionally. Makes 3 side dish servings.

Variations: (Note: these are not "just add water")

Pea Soup Combine pasta soup mix with 3-1/2 cups water. Bring to boiling; reduce heat. cover and simmer 35 minutes or until lentils are tender, stirring occasionally. Stir in 3 oz. frozen pea pods, halved crosswise and 2 tsps. soy sauce. Cover and cook 2-3 minutes more. Garnish each serving with enoki mushrooms or regular mushrooms, sliced thin, and cilantro. Makes 3-4 appetizer servings.

Curry Chicken Soup Combine pasta soup mix with 2 cups water. Bring to a boil. Reduce heat, cover and simmer 35 minutes or until lentils are tender, stirring occasionally. Add 13-oz. can evaporated milk (1-2/3 cups), 3/4 cup diced cooked chicken, and 1-1/2 to 2 tsps. curry powder. Garnish with apple slices and fresh mint leaves. Makes 3-4 main-dish servings.

Pepperoni-Veg Soup Combine pasta soup mix, 3 cups water, 1 12-oz. can V-8 juice, and 1 cup frozen mixed vegetables. Bring to boiling; reduce heat. Cover and simmer 35 minutes or until lentils are tender, stirring occasionally. Stir in 4-6 oz. sliced pepperoni. Cover and simmer 5 minutes more. Garnish with Parmesan cheese.

BEAN SOUP MIX

1/4 cup dried garbanzo beans
1/4 cup dried navy beans or lima beans
1/4 cup dried red kidney beans or pinto beans
1/4 cup dried whole or split peas
3 Tablespoons minced dried onion
2 Tablespoons whole wheat berries
2 Tablespoons pearl barley
2 Tablespoons dried celery flakes
2 tsps. instant beef bouillon granules
1/2 tsp. dried basil, crushed
1 bay leaf
Salt

Combine all ingredients in a plastic bag or an airtight container; store, tightly sealed, until needed. Bean Soup Combine contents of package with 7 cups water in a 3-quart saucepan. Bring to boiling; reduce heat.

Cover and simmer 2 minutes. Remove from heat, cover, and let stand 1 hour. (Or soak bean mixture in the water overnight in a covered pan.) Do not drain. Bring beans and liquid to boiling, reduce heat. Cover and simmer 1-1/2 to 2 hours or until beans are tender. Remove bay leaf. Season to taste. Makes 6-8 side dish servings.

Variations: (Note: these are not "just add water")

Bean Soup with Meat Follow basic recipe through the soaking step. Add 1 3/4-1 pound smoked pork hock or beef shank crosscuts. Bring to boiling; reduce heat. Cover and simmer 1 hour for pork hocks or 1-1/2 hour for beef shanks. Remove meat, chop coarsely and return to soup. Remove bay leaf. Add 1 16-oz. can tomatoes, cut up and undrained. Add one medium carrot, chopped. Cover and simmer for 30 more minutes. Season to taste. Makes 4-6 servings.

Chili Bean Soup Follow basic recipe but reduce water to 5-1/2 cups. Remove bay leaf. Brown 1/2 pound ground beef and drain off fat. Add 1 tsp. chili powder and cook 1 minute. Add to bean soup along with 1 10-oz. can Rotel. Heat through, stirring occasionally. Season to taste. Serve in tortilla bowls or with corn chips. Garnish with jalapenos, if desired. Makes 6-8 main-dish servings.

Bean Cheese SOUP Follow basic recipe through the soaking step, except reduce water to 4 cups. Remove bay leaf. Mash beans slightly. Add 2 cups milk and 1 6-oz. link cheese food or smoked cheese food. Cook and stir until beans are soft. Makes 4-6 main dish servings.