
How to feed a family of 4 or more for Less than \$200 month,
It's not as difficult as you believe.

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Chapter 1

From the Beginning...

If you're like most of us, you're doing everything you can to stay ahead of the bill paying game. Currently, the average American family of four spends more than \$600 per month on groceries. Scary thought, isn't it?

First things first, I've designed this e-book to be read straight through or printed and tossed in your kitchen drawer, to be yanked out at an instant for reference.

I started on the path of cheap living for several reasons. The first reason being, we didn't have any income. My husband had begun his lifelong dream of owning and running his own business. With 15 years experience in Automotive technology and small engine repair, he'd had enough of working for other people. I, of course, supported his decision.

Four months along with our second child, I was happy to have the opportunity to be a stay at home mom. It wasn't long before that happiness turned to nervousness. The bill collectors were calling, we couldn't afford to cover the bills. Our home needed numerous repairs.

Indeed, our house was only 1-bedroom, the living room and kitchen were all one room, and as far as a kitchen, well, I can honestly say it was scary.

The water pump, not so carefully placed against one wall rattled with its efforts each time it kicked on. Fearing our little boy would get his hands caught in it, my husband utilized his carpentry talents and boxed it in. He finished off the top by placing a three foot counter top on it. That became a storage area for boxes containing dishes and food items. We had discussed the idea of cutting a hole in the floor, dropping the water pump down and keeping it under the house, but the reality is, it would not survive a cold Maine winter. It would have frozen up solid, like a lot of other pipes under there.

So I put up with it. Each time a faucet was turned on, the loud, monotonous hum of the pump kicked in, rattling the kitchen with its effort. Next came the refrigerator, squeezed in between the wall and the pump housing. It was no prize in itself, having an odd smell to it, running with a constant buzz. Our Vegetables didn't last for more than a couple days at a time.

In the far right corner of the kitchen was yet another boxed in necessity, the electric hot water tank. What better way to be sure it is insulated and thereby reducing the electric

bill than by sticking it in the middle of the kitchen?! It took up the entire corner, boxed in and didn't leave room for much else. So I utilized the space on top to line up my favorite cookbooks.

Directly to the left was the kitchen sink, complete with leaky faucet. Oftentimes I would stuff a towel between the edge of the sink and the boxed in water tank to prevent dishwater from sloshing down in between, rotting the floor underneath.

As you can clearly see, I'm not the type to be tip toeing daintily around a perfectly designed kitchen, tossing in a pinch of this and a dash of that into beautifully crafted pots filled with delightful exotic dishes. Quite the opposite, on any given day, had you dropped by, you might see a completely disheveled housewife, hair thrown back in a pony tail, cut off jean shorts, fuzzy wool slippers, and stained t-shirt, leaning against the sink, peering into the oven, which only worked half the time.

To separate the kitchen and the living room, my husband placed a handmade cabinet, about three and a half feet long and eighteen inches wide, sporting only two shelves. This particular cabinet became my self declared pantry, completed with a floral sheet "curtain" in place of the doors we never had the time to build. I tried to make things easier, but our storage space was

virtually non-existent.

We worked diligently, trying to run a business and a household on little to no income. My husband worked long hours, 12-15 hours a day, 7 days a week. The worst part was, his business partner (who had a health condition) was unable to put in any time at the garage, and didn't think twice about hanging out with friends instead of working. It got to the point where we were behind in every bill, house payment, electric, phone, you name it.

I had applied for a number of jobs, but I was 5-6 months along and I got the same response each time, What did I plan to do once the baby was born. (Gee, my first thought was to be a mom!)

So, I applied for food stamps. Why is it when you apply for any kind of help, the people who are working there (who wouldn't have a job if it weren't for the people needing the help) think that its perfectly okay to treat the person applying like a non-human? The woman demanded to know why my husband wasn't working. I answered that he was, but like most small businesses, he wasn't turning a profit yet. We were having a hard enough time just paying for the business bills, let alone household bills.

She demanded that he close his business and "Get a real

job". I told her, not so politely, to cram it up her behind.

Thus began my crusade for eternal frugality.

Chapter 2

How to Cut your Grocery Bill

The easiest ways to reduce your high grocery bills is to stop purchasing prepackaged convenience foods. I challenge you to look at the receipt from your last grocery store purchase, add up the convenience products you purchased. Do you have more than \$10?, \$20?, \$50?

What did you spend the most on? Do you pick up brownie mixes, cake mixes, condiments, salad dressings, cookie mixes, shake & bake, French-fry coatings, etc? There are all kinds of convenience mixes, gravies, sauces, seasonings, puddings, cakes, cookies, muffins, etc. Don't be sucked into the marketing ploy of the century, you don't need these items. All of these "convenience" items can be made ahead of time for just pennies

with minimal effort.

This book, as well as our site, includes numerous recipes in many categories, Beverages, Condiments, Convenience Mixes, Kids in the Kitchen, Sauces, Seasonings, Soup Mixes, and Make Your Own (MYO). A note about the MYO items; These are items that you would purchase often that can just as easily be made at home, such as tortillas, Self Rising Flour, cool whip, etc.

Each week I spend about an hour making up as many mixes as I can. Brownies, cakes, soup blends, muffins, seasonings, etc. A vacuum sealer is priceless tool in my household. so I can always throw together a cake/ brownies/ pie, etc in a few minutes. Homemade mixes are not just for desserts either, one of my favorite mixes is for refried beans, takes 5-10 minutes & makes a great side dish.

Secondly, purchase your spices/seasonings in Bulk. They can be found in bulk at Health/Natural food stores, food Co-operative's, and online. For instance, I recently purchased 6 oz of cream of tartar for \$1.29 at our local health food store, which would be approximately \$7.99 at our local supermarket. The savings are immense.

Ask your friends and family to save their empty spice bottles for you to put your bulk blends in. (Or check dollar

stores to purchase additional bottles as needed).

Don't purchase your bread, make it! If you feel you don't have time, or if you honestly don't think you can make your own bread, then purchase it at a discount bakery. It is often possible to buy 4-6 loaves for \$2 or less.

Purchase your meat in bulk; you can get it for as low as .29 lb. Find a local butcher or Reputable farm that sells meat in bulk. Most will have selections such as half a beef or whole beef, (or pork) for a set price per pound. For example, in the Spring we order a Side of Beef, which is approximately 200 lbs. It costs in the ballpark of \$1.15 per lb. This is meat that has not been cut. We then take the side of beef to the local butcher who charges .26¢ per lb to slice, package, label and flash freeze the meat. This meat is from a farm that does not utilize chemicals in its animals, hence, very High quality, natural meat. This amount of meat lasts us all year. We do not skimp on meat in this house.

Out of your \$200 Grocery allotment per month, set aside \$30 per month to purchase your meat in bulk. Using just \$30 per month, you will have set aside \$360 dollars for meat, Leaving approximately \$170 per month for other groceries. Meat is already taken care of, so that is no longer a concern when

grocery shopping.

In the event that you have a hunter in the family, you will have the treat of very inexpensive meat, Deer, Moose, Bear, etc. Since this can not be counted on we do not include it in our budgeting outline.

As far as chicken goes, on very rare occasions our local butcher will have Boneless, skinless chicken breasts on sale for \$1.79 lb. I'll go in and ask him for a discount if I can buy 2 cases, (approx 80lbs), most will drop the price by .25- .75 . I paid around 1.35 for boneless, skinless chicken breasts.

You can purchase huge packages of legs/thighs Much cheaper, around .33 cent lb, if you don't mind dark meat in your recipes.

Most supermarkets will not give you the same discounts that a butcher will, so it may be in your best interest to check prices.

Get to know your crock-pot. This is as simple as it sounds; Preparing meals ahead of time (tossing everything into the crock-pot in the morning) can save you hundreds of dollars each year.

I can hear you asking, "How?" How many times have you come home from work after a long day (or spent the entire day cleaning your home & don't feel like lifting another finger),

and then decided to order out because it was more convenient than cooking a meal?

If you get in the habit of tossing together a few items into your crock-pot in the morning, your meal will be ready by dinnertime. The delivery man at the local slop-shop will not need to ring your doorbell, leaving you with grease laden, nasty food and taking your hard earned money with him when he leaves.

Grow your own herbs, if nothing else. Love the taste of fresh parsley or basil? Rather than spending \$3-10 a month on these items, grow them in your kitchen windowsill. Not only will they taste delicious, but the fragrant aroma of fresh herbs in the house is a free air freshener and natural pest repellent.

Pasta is dirt cheap to make. It can be made relatively quickly, with minimal effort. However, if you prefer to buy pasta, it is another very inexpensive side dish choice. I like to keep a large box of macaroni on hand, in the case that company shows up and I need to throw together a Taco Pasta Casserole (yum) or Baked Mac & Cheese with Ham, etc.

Rice makes a lovely inexpensive filling dish. Easily enhanced with herbs and spices, rice has endless possibilities as both side and main dishes. Using rice I have been able to create meals that cost less than .50 per meal for 4 people.

Learn to can your own vegetables. Store-bought canned vegetables lack taste, color, flavor and nutrients. If you have a bountiful garden I recommend canning your own vegetables or blanching them & freezing them. It is not difficult to become skilled at these techniques.

However, not everyone has the luxury of a garden. In these cases I recommend purchasing vegetables in season and preparing them for later consumption. Create and freeze vegetable casseroles and side dishes.

Learn to use substitutions. The scenario, You're right in the middle of a recipe, you can't find any cloves in the cupboard, you ran out of cinnamon, now what? Do you trash the whole thing? No, you still need to eat. So, you dress your feet and run to the store. While you're there, the pangs of hunger are gnawing at you and you end up buying those chips to munch on while your cooking dinner. It doesn't sound like a big deal, does it?

A bag of chips is only \$1.89 , but if you do that once a week, then it becomes **\$98.28 a year**. See what I am getting at here?

So what Should you do? Learn to use substitutes, when you need something, look it up and substitute it.

Take advantage of your freezer. One of the most important tools of trimming your budget is purchasing items when they are in season. Not only will your food contain more nutrients, but it will be less expensive.

Most people hate leftovers. You know what I'm talking about, the kids come in ask, "what's for dinner" and you answer leftovers. Your answer is met with groans, grunts and "yuk". Use your freezer to freeze those leftovers as individual meals. Lasagna slices, Baked Stuffed Haddock, Chop Suey, Chicken Cordon Bleu, and anything else you can think of. It doesn't matter if you only have enough leftovers for just 1 serving. Vacuum seal that one serving.

On an evening you feel like doing something a little special for your family, have a "Restaurant Night". Take a note of what meals you have in the freezer, maybe you have 5 different things. If you have a computer, Print out the suggestions on some paper let them choose what they want, "Restaurant Style".

If you have vacuum sealed those meals, all you have to do is toss the (sealed bags) into a pot of boiling water, (yes, altogether). Let them warm while you take a shower, watch the television, or dance with your spouse. No need to hover over the

stove. If you need a quick side dish, serve a salad.

Your meals will be ready in no time flat. You'll have served everyone's favorites, used only one cooking pot and will have made everyone in the house happy.

Chapter 3

Once a Month Cooking (OAMC)

On my quest to begin penny-pinching, I started reading different web sites on the internet. I learned a few minor tips and tricks. I read about something called Once a Month Cooking.

For those of you not familiar with the term, it essentially means exactly how it sounds. You spend an entire day or weekend cooking various meals to place in your freezer. All this with the hope that these meals will keep you going through the entire month, thereby saving you copious amounts of time and energy, as well as money.

I thought, *“this is wonderful. I will make a list of all the foods that we really like as a family, and then I won't have to cook again for a month, except for reheating.”*

Ingratiating myself into my work, I spent 2 full days planning the menus. I had several chicken dishes, beef dishes, Burritos, complete with homemade refried beans, which in itself created a huge mess in my kitchen. I made giant batches of meatballs, thinking of several different types of meals that I could toss together without another thought.

I reserved plenty of time to cook, 2 full days, and I began my cooking bonanza. That's when it happened.

Reality.

My 2 year old, running around the house, wreaking havoc as pots boiled over on the stove. Crock-pot chicken, cooked overnight, the stench of chicken fat grease enough to bring a gurgle deep within my throat. I cut and chopped what seemed like

hundreds of onions and green peppers to fill beef and bean burritos. I had trays of food laying around the house in various nooks and corners, even on top of the television stand in the living room.

I made lasagna by the pans-full. All in all, I spent 2 long days and night cooking from dawn till dusk, while my husband was working. All I had to show for my efforts was a very small freezer, above my fridge, three-quarters full of meals that I no longer desired to eat.

I'm talking about sensory overload, I couldn't stand the smell of food, let alone wanting to eat it. I had tasted various recipes a hundred times throughout the day. Bits of half cooked beans, the rich ricotta cheese blend used in the layers of lasagna.

My poor husband, on the other hand, was ravenous when he returned home from work, anxious to sample anything I had left out. His stomach was greeted with cold sandwiches and salad, my senses fully revolted by food.

The irony is, I didn't even have enough meals for a full month, more like two and half weeks worth, and really, after cooking all those items, I didn't have the desire to eat any of them for the first month!

So, by now your asking yourself, is Cooking to fill your freezer really worth it? The answer, of course, is yes. Should you try to do it all in one day, or a weekend? Probably not.

I've found that with children in the house, unless they are older and willing to help, it's nearly impossible to get things accomplished in the kitchen.

Chapter 4

Frequently Asked Questions

1. Do you include anything but food in that budget? (ie cleaning supplies, eating out?)

Let's break this question down into 2 parts. Regarding cleaning supplies, we mostly utilize vinegar, borax, & baking soda. I've found that these 3 items can clean most anything with minimal effort. I do sometimes purchase Windex, although it can be made quite inexpensively.

Part 2, eating out. My husband works odd hours and we don't often find the time to eat out. It requires that we find a babysitter (last minute is nearly impossible) & feed the boys prior to leaving, (as I have not yet found a sitter capable of reheating a meal in the microwave!). We don't eat out very often.

I make Pet food for our animals which usually consists of rice, vitamins, and organ meats (liver, heart, whichever is cheapest).

Why exactly are you eating out?

- Convenience, you worked all day and don't feel like cooking when you get home.
- You have no idea what's in your fridge and are afraid to

look.

- You're tired of making all the meals and you just want someone to wait on You for a change.
- You're in the mood for your favorite dish at your favorite restaurant.
- You make tons of money and could care less where it goes.
(I'm teasing)

If these are your reasons for eating out take heart. Many of your favorite restaurant recipes can be easily cloned to taste exactly like your favorite dish. You can print these recipes effortlessly from Budget101.com . Make a few of your favorite restaurant dishes up ahead of time and vacuum seal them into individual servings. When you're in the mood for an effortless meal, remove a meal from the freezer and toss it into the oven.

2. Do you use meat?

Yes. We are not vegetarians, nor am I a fan of grocery plans that remove meat from the diet simply due to cost factors. If you are removing it for health reasons, dietary decisions, etc, I salute you.

3. Do you have a garden?

Yes. We do have a small garden. However, the growing season here is very short.. this past spring, we had snow on the ground until nearly the 3rd week of May. Our entire garden was dead by the 2nd week of September. If you think about it, that's a pretty short growing season.

Do you have to have a garden to keep your grocery bill low?

No.

4. Do I have to have a food processor or any special items?

No. In fact, I don't advocate buying the newest gadget out on the shelf, (or the television). The items that I use the most are hand mixer, crock-pot, vacuum sealer, Pressure cooker & Freezer.

5. Should I Shop First & then Plan the Menu or Plan the Menu & then Shop?

If your shopping first and Menu planning second, you more than likely will Never feed your family (of 4-6) for less than \$200 a month.

First, I make a 30 day menu. The main meals are completely taken care of, for a set amount of money. That leaves us with

\$10 per week for additional items. By additional items I do not mean milk & eggs (which are taken care of), I mean loss leader items.

This is when we check the fliers for certain items that are an excellent deal. I purchase only the items that are exceptional deals and the NEXT month, when I do my 30 day Menu, those items are incorporated into that Menu.

If I choose to spend more than \$200 per month, then this is where I might do it. Occasionally I spend an additional 5 dollars, but it never costs me over \$250 a month for a family of 4 (3 males, 1 gal).

Do you see how that works? Rather than waiting week to week to have my menu planned, it's done. I don't have to wait for a sales flier, yet I am able to utilize the loss leaders that are in my area.

6. How exactly does the \$200 a Month Break Down?

Assuming you have \$200 for the month. Remove \$30 of it and set it aside for your Bulk Meat Purchase.

You now have \$170. Take out \$50, for your Loss Leader Purchases. (That's 12.50 per week, or \$50 all at once depending on what you find for bargains in fliers.) Take advantage of loss

leaders using this method and utilize them in Next Months Menu.

That leaves you with \$120 to purchase basic grocery items, veggies, fruits, baking items: flour, sugar, etc.

At first glance you may be thinking, how can I buy everything I need for that price, but in reality the most expensive part is paid for, the meat. If you have the resources to grow your own food you can reduce this to even less than \$200 a month.

Chapter 5

Weekly Menus

30 Day Dinner Menu

Feeding a Family of Four for less than \$200 month: I always use one of the following items for a side dish:

1. Salad
2. Rice (sometimes with seasonings, sometimes without)
3. Refried beans
4. Pasta
5. Baked or Mashed Potatoes

*FL = Freeze Leftovers for Lunches or another evening Meal

Dinner/ Supper Menu:

- Day #1** : Chicken Fajita Tortillas / refried beans/ salad
- Day #2**: Sweet-n-Sour Kielbasa/ mashed potatoes/ salad ([*FL](#))
- Day #3** : Baked Stuffed Haddock with Newburg sauce /baked potato /salad ([*FL](#))
- Day # 4**: Hearty Taco Pasta Dish (Rotini noodles with tomatoes/hamburger/ taco seasoning & black olives) ([*FL](#))
- Day # 5** Lasagna (make an extra one & freeze for end of the month) ([*FL](#))
- Day # 6** Tuna Casserole
- Day # 7** Broiled or Grilled steak/ Salad
- Day #08** Chicken Parmesan with seasoned rice / Broccoli ([*FL](#))
- Day # 09** Spaghetti & Meatballs with Garlic bread & salad
- Day # 10** Beef-n-Bean Burrito's topped with salsa & cheese / seasoned Rice on side
- Day # 11** Pot Roast with Potatoes/ Carrots/ Onions & biscuits, Gravy ([*FL](#)) (Always have enough leftovers for a complete family meal)

Day # 12 Restaurant Night: (Copycat recipe from KFC, Olive Garden, etc)

Day # 13 Corned Beef/ Cabbage/ Carrots / Potatoes

Day # 14 Chicken Marsala with baked potato & fresh spinach

Day # 15 Sweet-n-Sour Kielbasa (leftovers from Day 2)/ mashed potatoes/ salad

Day # 16 Corned beef hash/ biscuits

Day # 17 Lasagna & salad, garlic bread

Day # 18 Chicken Vegetable soup & cornbread

Day # 19 Meatball subs or sweet-n-sour meatballs over egg noodles

Day # 20 Leftover beef pot roast simmered in gravy & served over Hot Biscuits w/ salad & or peas

Day # 21 Breakfast for dinner: blueberry pancakes, bacon & hash browns

Day # 22 Oriental Stir Fry with rice ([*FL](#))

Day # 23 Chicken Wraps with lettuce/tomato/ Parmesan dressing & potato salad

Day # 24 Homemade Deep Dish Pizza

Day # 25 Bacon/Potato Casserole with sour cream

Day # 26 Sloppy Joes / salad

Day # 27 Grilled Swordfish with marinated veggies

Day # 28 American Chop Suey ([*FL](#))

Day # 29 Chicken Pot Pie & cranberry sauce (I usually make 2 and freeze one)

Day # 30 Choose your own menu night : from evenings of 1 serving leftovers that have been vacuum sealed.

Sometimes I print up lovely menu's for each person to choose as though they are at a restaurant. I also create alternate meal ideas (2-3) in case something comes up and I am unable/ (or do not want to) make dinner. For instance, if one of the boys gets sick, or if my husband is going to be very late from work.

Chapter 6

Tried & True Tips-n-Tricks

#1. In the summertime check out farm stands in your area, if they are available. I know a local farmer who literally threw

out more than 200 lbs of zucchini this past year because of an overabundance. Oftentimes you can purchase bushels of vegetables for a couple dollars, can them at home or freeze them for winter.

I feed our family of four for less than \$200 per month, you can too.

#2. Set A Specific Meal time: If you make a habit of setting a specific mealtime as opposed to eating dinner at a different hour each evening you will drastically cut down on the amount of snacking your family does in the afternoon and evening.

#3. Use Only What you Need. Sometimes when you are just starting out purchasing your groceries and you have numerous items on hand, such as 10 cans of vegetables for example, you may be tempted to open 2 cans for dinner. Make a point to ask yourself whether you really need an additional can. If you know that only 1 can will be eaten use only what you need. Save that other can for another night.

#4. Create your own Cookbook, using an inexpensive 3 ring Binder, I invite you to create a cookbook of homemade mix & copycat recipes from our site, Budget101.com . You can purchase inexpensive plastic sleeve sheets to slide your recipe pages

into, and tuck your book away in your kitchen. Add Substitute charts in it, so when you run out of an item, you have the ability to substitute it rather than running to the store to replace it. We have included a few pages of never before seen recipes to get you started!

More Delicious Mix Recipes

Berbere Spice Mix

2 tsp cumin powder

1 tsp cardamom powder

½ tsp ground allspice

1 tsp fenugreek powder

1 tsp coriander seed (or powder)

8 whole cloves, or ground

1 tsp freshly ground black peppercorns

5 tsp red pepper flakes or crumbled dried red peppers

1 T grated fresh gingerroot (or 1/2 teaspoon dried)
1 tsp turmeric
1 tsp salt
3 T sweet paprika
1/2 tsp cinnamon

Measure all ingredients into a spice grinder and blend well.
Tastes excellent on Rice, Pasta, legumes & Vegetables.



Celery Salt
1 tablespoon dried celery seed
2 tablespoons coarse salt
Blend well.



Chocolate Peanut Butter Cookie Mix

1 cup Firmly packed brown sugar
1 1/2 cup Firmly packed powdered sugar*
1 1/2 cup Flour mixed
1/2 c. Baking Cocoa
1 tsp Baking powder
1/4 tsp Salt
Measure all ingredients into a ziploc bag, seal and shake to combine.

To Use:
Combine Mix with:
1 stick soft butter
1/2 cup creamy peanut butter

1 egg slightly beaten

1 tsp vanilla

Until completely blended-you. Shape into balls and Place 2" apart on greased pans. Bake 350 for 9-11 min.



Cinnamon-Almond Mocha Mix

1 C. coffee creamer

1 cup + 2 Tbs Sifted powdered sugar

1/2 cup Instant coffee granules

1/2 cup Cocoa

2 tsp Cinnamon

1 tsp Almond extract

1/8 tsp Salt

Measure all ingredients into a ziploc bag, seal and shake to combine.

To Use:

Mix 2 Tablespoons into a mug of hot water.



Cookie Crumb Crust Mix

6 c Unbleached Flour

1 1/2 c Brown Sugar, Firmly Packed

1 1/2 c Chopped Nuts

1 lb Margarine, Softened

Blend all ingredients until mix resembles the texture of cornmeal.

Preheat oven to 375 degrees F.

Using the bottom of a measuring cup, press mixture firmly into clean (un-greased) shallow baking pans. Bake 12-15 minutes. Cool.

Crumble Into a large Ziploc bag, seal and label as "Cookie Crumb Crust Mix".

To Prepare Cookie Crumb Crust:

Press 2 cups crumb mix into the bottom an 8x8 baking pan ~or~ 9-inch pie plate.
Bake pie as directed in filling recipe.



Corn fritters

1 egg
¼ c milk
1 c Quick Mix
1 can whole kernel corn, drained
Cooking oil

Blend first 3 ingredients until smooth. Fold in corn. Drop by teaspoon in hot oil, 350 degrees, until golden brown. Turn and brown both sides.
Serve with warmed maple syrup.



Egg Nog Mix

1 (3 qt). box powdered milk
2 (3 oz.) pkgs. instant pudding mix
1 (6 oz.) jar Coffee creamer
2 tbsp. Nutmeg

Measure all ingredients into a large bowl, mix with a wire whisk. Vacuum seal in packages.

To Use:

Combine 1 c. Mix & 1 c. Cold Water in a blender until smooth. Add 1 c. ice cubes and continue blending until smooth.



Enchilada Sauce Seasoning Mix

- 1 tsp salt
- 1 tsp chili powder
- ½ tsp sugar
- ½ tsp ground cumin
- ¼ tsp oregano
- 2 tsp minced onion
- 1 tsp dried chili pepper
- 1 tsp corn meal
- ½ tsp minced garlic
- 1 tsp paprika

Measure all ingredients into a Ziploc bag, seal & shake well to combine.

To Use: add amount desired to enchilada



Herbs de Provençal

- 1 T. dried marjoram
- 1 T. basil
- 1 T. thyme
- 1 T. summer savory
- 1 T. lavender or rosemary
- 1 T. sage
- 1 T. fennel

Measure all ingredients into a Ziploc bag, seal & shake well to combine.



Hot Wing Mix

1 $\frac{1}{4}$ cup flour
4 T Liss Spice mix
1 tsp paprika
2T hot, spicy Creole seasoning

Measure all ingredients into a Ziploc bag, seal, shake to blend. Dip chicken wings in egg or water and then coat with Hot Wing Mix. Bake or Deep Fry wings.



Lemon Pie-Filling Mix

2 $\frac{1}{2}$ c Presweetened Lemonade Mix
1 $\frac{1}{4}$ c Sugar Or To Taste
1 c Plus 2 T Cornstarch
1 tsp Salt

Measure all ingredients into a Ziploc bag, seal & shake well to combine.



Nightcap Coffee Mix

$\frac{2}{3}$ c Non dairy coffee creamer
 $\frac{1}{3}$ c Instant coffee granules
 $\frac{1}{3}$ c Granulated sugar
1 tsp Ground cardamom
 $\frac{1}{2}$ tsp Ground cinnamon

Measure all ingredients into a Ziploc bag, seal & shake well to combine.
To Use: add 1 T. coffee mix to a mug of hot water.



Orange Float Mix

4 c Instant Nonfat Dry Milk
1 c Sugar
2 c Powdered Orange Drink Mix

Measure all ingredients into a vacuum seal bag or bowl. Seal & Store (airtight container).

To Make an Orange Float:
Combine the following in a blender:

1 egg
½ cup mix
8 oz cold water
3 ice cubes

Blend well, Serve immediately.



Orange Turnovers

2. Quick Mix
½ c. Milk
¼ c. Brown sugar
2 T. Flour
2 tsp grated orange peel
2 T. Melted Butter

Mix the first 2 ingredients until it becomes a soft dough. In a small bowl combine Brown sugar, orange rind, and melted butter, mixing well.

On a floured surface, roll dough to ¼ inch thick & cut into (2"x2") squares. Spread 1 tsp mix onto each square. Roll or fold squares over, brush with milk and bake at 425 for 10-12 minutes.



Scrambler Mix for Tofu

- 1 tsp turmeric
- 1 tsp cumin
- 1 tsp curry powder
- 4 tsp onion powder
- 4 Tbsp nutritional yeast
- 4 tsp chives
- 4 tsp dried parsley
- 1 tsp sea salt

Measure all ingredients into a Ziploc bag, seal, shake to blend. Use 1/3 c. of mix per package of tofu.



Stir-Fry Seasoning Mix

- 2 tsp. Dried Minced Onion
- 2 tsp. Dried Mushrooms, crumbled
- 3 tsp. Dried Celery Flakes
- 1 tsp onion powder
- 2 tsp chicken bouillon
- ¼ tsp ground ginger

Measure all ingredients into a small Ziploc bag, seal and shake to combine.

To use:

Blend 2-3 T. seasoning ,1 T. Soy Sauce, 1 tsp Molasses, 1 tsp Honey, ½ c. hot water. Whisk until smooth, pour over stir fry. Continue frying for 3-5 minutes.



Sun Dried Tomato Pesto in a Jar

In pint jar layer the following:

- 1 cup parmesan cheese (KRAFT requires no refrigeration)

¼ tsp salt
¼ ground pepper
1 tsp dried basil
1 tsp Dried parsley
¼ cup Pine nuts
3.5 to 4 oz. Sun dried tomatoes (wrapped in plastic wrap and placed on top of pine nuts)

Instructions:

Place Sun dried tomatoes in bowl and cover with warm water for 5 minutes. In Blender or food processor combine tomatoes and contents of jar. Process until well blended. Add 1 large clove garlic and slowly add 1/2 cup extra virgin olive oil and continue blending until it becomes a paste.

Toss with fettuccini or spaghetti. Or serve as a dip for crusty homemade Italian Bread.



Twabil** North African Spice Blend

2 Tablespoons ground coriander seeds
2 teaspoons ground caraway seeds
¼ teaspoon garlic powder
½ teaspoon cayenne
¼ teaspoon crushed fennel seeds
¼ teaspoon crushed aniseed
¼ teaspoon ground cumin
¼ teaspoon ground turmeric
½ teaspoon ground black pepper

Measure all ingredients into a Ziploc bag, seal and shake to combine.

**Twabil is to Tunisia what curry is to India, sometimes called Tabil or Tabil Karwya Use in couscous stews, salad dressings, & dips.



Vegetable Broth Mix:

1 T. onion powder

1 T. celery salt
1 T. dried parsley flakes
1 ½ tsp. garlic powder
1 ½ tsp. salt
½ tsp. ground savory
½ tsp. dried marjoram
½ tsp. dried thyme
¼ tsp. pepper
¼ tsp. turmeric
¼ tsp. ground sage

Measure all ingredients into a Ziploc bag, seal, shake to blend.



Western Dip Mix

2 tbsp. salt
2 tsp. Accent
2 tsp. dehydrated parsley flakes
1 tsp. garlic powder
1 tsp. black pepper
1/2 tsp. onion powder

Measure all ingredients into a Ziploc bag, seal, shake to blend.

Western Dip

3 1/8 tsp. mix
1 c. mayonnaise
1 c. Sour Cream

Blend well, allow to set in fridge 3-24 hours prior to serving. Add 1/4 to 1/2 cup crumbled blue cheese if desired. Excellent with Baked potato wedges.



- Zesty Rib Rub
- 1T kosher salt
- 1T granulated sugar
- 1T dark brown sugar
- 1T chili powder
- 1 T ground cumin
- 1 T pepper
- 2 T Sweet paprika

Measure all ingredients into a Ziploc bag, seal, shake to blend Rub into spareribs 3-24 hours prior to grilling. Excellent Flavor!

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