

How to Prepare Bulk Mixes

Cooking instructions for preparing the mixes found
in the Good Food Store bulk department.

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**GOOD
FOOD**
STORE

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BAKING MIXES

Bob's Red Mill 1 to 1 Gluten Free Flour Mix

Code 2025

This baking mix substitutes one for one for wheat flour in most recipes.

Gluten-Free All Purpose Baking Mix

Code 2073

This baking mix substitutes one for one for wheat flour in most recipes. For recipe ideas visit www.montanaglutenfree.com

Multigrain Pancakes

Code 1962

Blend 1/2 cup mix with 1/2 cup water and 1/2 tablespoon oil. Cook on an oiled griddle until bubbles form and edges begin to dry. Makes four 5-inch pancakes.

Wheat Free Baking & Pancake Mix

Code 1963

Mix together 1 cup pancake mix, 1 large egg, 3/4 cup water and 1 tablespoon oil until there are no lumps. Batter should not be too thin or too thick; add additional water if needed. Pour 1/4 cup batter onto a preheated, lightly oiled griddle (medium-low heat). Cook until golden brown, flipping once. Serve immediately. For more recipes visit www.pamelasproducts.com.

Wheat Free & Gluten Free Bread Mix

Code 2088

Preheat oven to 350°. In a measuring cup, combine 1/4 cup oil, 2 large eggs and enough warm water for a total of 2 cups of liquid. Add liquid to 3 1/2 cups dry mix and 2 1/4 teaspoons yeast and beat with hand mixer for three minutes on med/high. Pour into lightly greased 8-inch x 4-inch bread pan and let dough rest for 1 hour. Dough will rise when baking. Bake for 70 minutes.

Let sit for 10 minutes then carefully remove from pan and cool on a rack. For more recipes visit www.pamelasproducts.com

INSTANT FOOD MIXES

Falafel Mix

Code 1955

Baked: Mix 1 cup falafel mix with 3/4 cup water. Let stand for 30 minutes to 1 hour. Heat oven to 350° F. On a baking sheet, form falafel into 2 inch round balls using a falafel scooper, or by hand. Spray the balls lightly with olive oil. Bake for 25-30 minutes rotating the pan at the halfway mark. Makes 12 falafel balls.

Fried: Mix 1 cup falafel mix with 3/4 cup water. Let stand for 30 minutes to 1 hour. Heat 4 inches of olive oil on medium high heat (about 275°–300° F). Form mixture into 2 inch round balls using a falafel scooper, or by hand. Fry in oil 1–2 minutes or until golden brown. Makes 12 falafel balls.

Hummus Dip Mix

Code 1957

Place 1 cup hummus in a bowl. Mix in 2/3 cup cold water. Let stand 2 minutes. Consistency can be varied by the amount of water added. Makes 1 1/2 cups.

Instant Refried or Black Beans

Codes 1965, 1950

Place 1 1/2 cups mix in a bowl. Add 2 cups boiling water. Mix well and cover for 5 minutes. Makes 2 cups.

Instant Mashed Potatoes

Codes 1967

Mix 2/3 cup water with 1/4 teaspoon salt and 1 tablespoon butter. Bring to boil then remove from heat. Add 1/4 cup cold milk then stir in 2/3 cup potato flakes. Fluff lightly with fork.

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Textured Vegetable Protein

Code 2038

Add 7/8 cup hot water or vegetable broth to 1 cup TVP. Stir and let stand 5 to 10 minutes, until all water is absorbed.

SOUP & BROTH MIXES

Black Bean Soup

Codes 1951

For single serving, pour 2/3 cups boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Broth Powders

(Beef, Chicken & Veggie Flavored)

Codes 2004, 2005, 2089

Mix four teaspoons (1 1/3 tablespoons) broth powder into one cup hot water. Simmer 1 to 2 minutes.

Corn Chowder

Codes 1953

In a sauce pan, bring 1 1/2 cups water to a boil, then add 1 cup soup mix. Simmer 5 minutes, stirring occasionally. Remove from heat, stir and serve.

Curry Lentil Soup

Code 1954

For single serving, pour 3/4 cup boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Onion Soup & Dip Mix

Code 1130 (on the spice wall)

For soup: Stir 2 teaspoons mix into one cup boiling water, let sit 2-3 minutes.

For dip: Combine 1 3/4 tablespoons mix with 2 cups sour cream or yogurt. Refrigerate 30 minutes before serving.

Split Pea Soup

Code 1966

For single serving, pour 2/3 cups boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Vegetable Soup

Code 1960

Bring 2 1/2 cups water to boil. Add 1 cup vegetable soup mix, simmer 2 to 3 minutes or until tender. Makes 2 cups.

SAUCES & DIP MIXES

Chicken Gravy Mix

Codes 1024 (on the spice wall)

Add 1 1/2 cups water to saucepan. Blend in 1/4 cup gravy mix. Bring to a boil, stirring constantly. Reduce heat and simmer for 1 minute. For a thinner consistency, add more water. Makes 1 1/2 cups.

Onion Dip Mix

Code 1130 (on the spice wall)

See entry under **Soup Mixes**.

Ranch Dressing & Dip Mix

Code 1111 (on the spice wall)

Dressing: Combine 3 tablespoons mix with 1/2 cup mayonnaise and 1/2 cup milk. Makes 1 cup.

Dip: Add 4 1/2 tablespoons mix to 2 cups sour cream or plain yogurt. Makes 2 cups.

Tandoori Masala Seasoning

Code 1080 (on the spice wall)

Marinate 1 lb. meat with 1/2 cup plain yogurt, 1/4 cup vinegar, 2 teaspoons lime juice and 4 teaspoons seasoning. Cook as desired.

Tomato Powder

Code 1006 (on the spice wall)

Paste: Combine 3/4 cup powder with 2 cups water.

Sauce: Combine 1/2 cup powder with 2 cups water.

Juice: Combine 1/8 cup powder with 2 cups water.

Yields 2 cups.

DRINK MIXES

Cocoa Mix – Cloud 9 and Azteca

Code 1952, 1956

Place 2 tablespoons mix in a cup. Add 8 ounces hot milk or water and stir.

Lemonade Drink Mix

Code 1958

Add 2 tablespoons mix to 1 cup cold water. Stir until dissolved. Add ice and serve. For more servings, use 1/2 cup mix and 4 cups water.

Tipu's Sweetened Masala Chai

Code 2622

Hot beverage: Add 4 oz warm milk and 4 oz hot water to 4 teaspoons of mix, then stir.

Iced beverage: Add 3 oz hot water to 4 teaspoons mix and stir. Pour over ice, add 3 oz cold milk and stir.