

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**

S T O R E

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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.

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.

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.montana glutenfree.com

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.

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.

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.

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.

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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

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.

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.