

Bulk Mix Preparation

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.

Black Bean or Pinto Bean Flakes

Codes 1965, 1950

Add desired amount of hot water and let sit for 3 minutes until thick. Or heat water on stove and stir in flakes. Add spices for an instant soup. Use less water to make a sauce/dip.

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.

Textured Vegetable Protein

Code 2038

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

Stuffing Mix

Code 1957

Heat 4 tablespoons butter in 4-quart saucepan over medium-high heat. Add 1 cup diced onion and 1 cup diced celery. Cook until vegetables are tender-crisp. Add 2 cups chicken broth and heat to a boil. Remove

saucepan from heat. Add 12 ounces stuffing and mix lightly. Yields about 13 servings.

In Casserole: Heat oven to 350°F. Spoon stuffing mixture into greased 2-quart casserole dish. Cover and bake 35 minutes or until hot. To make ahead: Cover unbaked stuffing mixture in casserole dish and refrigerate up to 1 day. Bake 40 minutes or until hot. For more crisp stuffing bake uncovered

In Bird: Loosely spoon stuffing mixture into turkey cavity. Spoon any remaining stuffing mixture into greased casserole dish. Cover and bake with turkey during last 35 minutes of roasting time. Roast turkey according to package directions. Allow turkey to stand 20 minutes before removing stuffing and slicing.

Stove Top: Leave stuffing mixture in saucepan. Cover and let stand 5 minutes. Fluff with fork before serving.

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.

Buttermilk Pancake & Waffle Mix

Code 1962

Add 1 cup mix to a medium mixing bowl. Add 1 tablespoon of cooled melted butter and one beaten egg. Slowly mix in 1/2 cup milk (more for waffles). Let batter sit for at least 5 minutes. (If too thick add 1 tablespoon water.) Measure out 1/4 cup of wet mix onto a medium-heated, lightly-greased pan or griddle. Flip after edges start to become golden brown, cooking an additional 1–2 minutes.

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

goodfoodstore.com

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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

SOUP & BROTH MIXES

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 1–2 minutes.

Black Bean Chili

Code 1953

Stove Top: Add 1 part veggie black bean chili mix to 4–6 parts water. Add desired extras and seasonings. Bring to a boil. Reduce heat and simmer for 10 minutes, stirring frequently. Cover, remove from heat, let stand for 5 minutes. Stir gently and serve.

Slow Cooker: Add mix, seasonings, and water to slow cooker. Cook on low for about 4 hours.

Green Pea Flakes

Code 1966

Add hot water and let sit for 3 minutes until thick. Or heat water on the stove and stir in flakes. Add spices to taste. For a sauce or dip, use less water.

Italian Vegetable Soup

Code# 1954

Stove Top: Add 1 part mix to 4–6 parts water. Add desired extras and seasonings. Bring to a boil. Reduce heat and simmer for 10 minutes, stirring frequently.

Cover, remove from heat, let stand for 5 minutes. Stir gently and serve.

Slow Cooker: Add soup mix, seasonings, and water to slow cooker. Cook on low for about 4 hours.

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.

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

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 – Aztec Spice and Cloud 9

Code 1952, 1956

Mix 2 tablespoons cocoa with 8 ounces hot water (or milk for a richer cocoa).

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 ounces warm milk and 4 ounces hot water to 4 teaspoons of mix, then stir. **Iced**

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

