Swiss Village BULK FOODS

Mix Recipes

Fruit Pectin -
3 3/4 cups fruit • 5 1/4 cups sugar • 3 tbsp. fruit pectin • Measure amount of prepared fruit specified in recipe ingredient listing, pack solidly in measuring cup, if measure is slightly short, add water. Place measured fruit in 6 to 8 quart sauce pan. Measured sugar and set aside. Stir in fruit pectin mix into prepared fruit. Sauce pan must be no more than 1/2 full to allow for full rolling boil. Bring to a full boil over high heat stirring constantly. At once stir in sugar. Stir and bring to a full rolling boil. A boil that cannot be stirred down. Maintain full boil for one minute, stirring constantly. Remove from heat. Skim off Foam with large metal spoon. Immediately ladle into jars leaving 1/4 inch space at top. With a damp cloth, wipe jars and treads clean. Immediately cover jars with lids. Screw bands on firmly. This recipe does not list the basic canning instructions for prepping your jars or finishing them after you have added product. Yields approximately 6 cups. Recipe may vary due to moisture in the fruit

Starch Corn -
Used as a thickening agent, derived from corn. It needs to be cooked in order for it to thicken. It will cook up cloudy. Corn starch is great for puddings and gravy.

Cake Mix: Angel Food -
12oz mix (approx. 1 3/4 cups mix) • Add 1 cup cold water. Mix 1 minute on low speed and 6-8 minutes on medium speed. Bake at 370 for approx. 37-40 minutes. Yields 1 (8") cake. Product information/materials may change.

Cake Mix: Angel Food Chocolate or Strawberry -
Add 1-1/2 cups cold water to package contents. Mix 1 minute on low speed, and 6-8 minutes on medium speed. Bake at 370 approx. 37-40 minutes. Yields (1) 8" cake.

Cake Mix: Angel Food, SUGAR FREE -
1-1/3 cups water. Beat 8 to 10 minutes or until it forms a peak. Bake at 375 for 10 minutes, 350 for 35 minutes, or until done.

Cake Mix: German Chocolate -
3-1/2 cups mix.• 1-1/4 cups water. • Add 3/4 cups of water to mix and cream for 4 minutes. Add 1/2 cup of water; scrape bowl and mix until smooth. Bake at 375 for 18-20 minutes. Yields (2) 8" round layer cakes.

Cake Mix: Gingerbread -
3 cups mix, • 1 cup water (divided). • Combine mix and 1/2 cup water. Mix on low speed 2 minutes using paddle. Add 1/2 cup water with mixer running on low speed for 30 seconds. Scrape Bowl. Mix 2 additional minutes on Low Speed. Bake at 350 for 30-35 minutes, or 375 for 25-30 minutes.

Cake Mix: Red Velvet -
To 1 pkg of mix, add 3/4 cup water. • Mix 1 minute on low speed. Increase speed to medium for another 2 minutes. Add an additional 1/2 cup of water and 1/4 cup of vegetable oil. Slowly mix until blended. Mix 1 minute on low speed. Scrape the sides of the bowl. Mix 2 minutes on low speed.

Cake Mix: White -
1 pkg of mix, 1-1/4 cups water. Add 3/4 cups of the water to mix. Beat for 4 minutes. Add the remaining 1/2 cup of the water; scrape bowl and mix until smooth. Bake at 375 for 18-20 minutes.

A-Raised Donut Mix -
4 1/2 lbs mix • 4 cups water • 4 tbsp. yeast • Combine yeast & water, let sit 5 minutes. Add mix and knead dough for 4-6 minutes till soft and smooth. Let rise 45-60 minutes. Roll out and cut desired shapes. Let rise till double in size. Fry at 375 for approx. 1 minute per side. Yields approx. 6 dozen.

Whole Wheat Pizza Dough Mix Organic -
• 4 cups Organic Whole Wheat Pizza Mix
• 1 ½ cups of warm water
• 2 Tbsp. dry yeast
• 3 Tbsp. olive oil
- Add the yeast and 1 tablespoon of the pizza mix to the warm water. Stir briskly and set aside for 5 minutes.
- Measure the organic pizza mix into a large bowl (or use a stand mixer fitted with a dough hook).
- Add the yeast/water mix and stir to moisten the mix.
- Pour onto a floured surface and knead for 5 minutes (important step). If the dough becomes too sticky as you're kneading it, add just a little flour.
- Preheat the oven to 450 degrees.
- Return dough to the bowl, cover, and allow it to rise in a warm place (80f), until doubled in size. Punch it down and pat or roll flat to the size of your well-greased baking pan (to your desired thickness). Roll the edges up slightly. Pre-bake the crust at 450 degrees for 5- 7 minutes.
Italian Pizza- spread pizza sauce thinly; add shredded cheeses (like mozzarella & provolone), meats and your favorite roasted organic vegetables. Sprinkle with oregano, garlic or crushed red pepper. Bake until the cheese is melted and crust is crisp.

German Onion Pie - Mix 1 large egg with 8 ounces of sour cream. Spread over the dough. Cover liberally with fresh onions that have been sautéed in butter, sprinkle with caraway seeds or dill weed. Bake until the crust is golden and crisp.
Flat Bread- Follow the same preparation as for pizza crust, but roll it about ¾-1" flat. Brush with egg and sprinkle on No-Salt Herbal Seasoning, Garlic & Herb Seasoning or your favorite blend. Thinly sliced tomato, peppers or onion can be applied. Allow to rise in a warm place for 20 minutes. Bake 12 -15 minutes at 400 degrees. Remove from the oven and brush with melted butter or olive oil.

Cookie Mix: Chocolate Chips -
Add 1/4 cup water to package. Using a paddle mix in low speed until incorporated then in med. Speed for 1 minute. Add 1/2 cup chips in low speed until mixed evenly. Bake at 350F approx 10 minutes.

Cookie Mix: Oatmeal -
Add 1/2 cup water to package contents. Mix 1 minute on low speed. (Raisins and nuts may be added) Drop on cookie sheet. Bake at 375 14-16 minutes.

Cookie Mix: Peanut Butter -
Add 1/2 (scant) cup water to package contents using a paddle, mix on low speed until incorporated, then for 1-1/2 to 3 minutes on medium speed. Bake at 350F for approx 10 minutes.

Cookie Mix: Sugar -
Add 1/3 cup water to mix. Stir with spoon. May add 1/2 cup chocolate chips, raisins, or nuts. Bake at 375 for 12-15 minutes or until done.

Muffin Mix: Blueberry -
Mix package contents with 1 cup of water. Mix for 1-1/2 minutes on low speed. Bake at 350 degrees for 20 minutes. Yield 10 regular sized muffins.

Muffin Mix: Honey Bran -
Mix package contents with 1 cup of water. Mix for 1-1/2 minutes on low speed. Bake at 350 degrees for 20 minutes. Yield 10 regular sized muffins.

Muffin Mix: Honey Bran -
Mix package contents with 1 cup of water. Mix for 1-1/2 minutes on low speed. Bake at 350 degrees for 20 minutes. Yield 10 regular sized muffins.

Pancake Mix: Buckwheat -
3/4 cup water • 1 cup mix • Mix until batter is smooth. (Do not over mix). Pour batter onto heated griddle. (375F) When top of pancake is bubbly, turn over. Heat till done.

Pancake Mix: Buttermilk -
Blend 3 cups mix and 1-1/2 cups water mix and fry. For best results, store mix in a cool, dry place.

Corn Meal Coarse -
CORNMEAL MUSH RECIPE:
- 1 C. Cornmeal
- 1 C. cold water,
- 3 C. boiling water,
- 1 tsp salt,
- 2 TBSP Butter

Grease loaf pan. Mix cornmeal and cold water in saucepan. Stir in boiling water and salt. Cook stirring constantly, until mixture thickens and boils. Cover; Cook over low heat 10 minutes. Spoon into loaf pan. Cover, refrigerate over night. Unmold mush, cut as needed into 1/2 inch slices. Refrigerate leftover mush. Melt butter in skillet. Coat slices with flour, brown on each side (or mush may be fried without flouring.)

Quinoa -
1 cup Quinoa in 2 Cups of boiling water or Chicken Broth add: 1T. of oil or butter, 1/2 t. salt, simmer covered on low for 18-20 minutes, remove from heat, let set for five minutes.

Cream of Wheat -
4 Tablespoons Cream of Wheat to 1 cup water. Heat water then add Cream of Wheat.
Oats Quick-Organic, Oats Quick, Oats Quick, Oats Rolled, Oats Rolled-Organic -
Bring 2 cups of water to a rolling boil. Add 1 cup oatmeal and salt to taste, them let simmer for 5 minutes.

Oats Regular -
Bring 2 cups of water to a rolling boil. Add 1 cup oatmeal and salt to taste, then let simmer for 10 minutes.

Oats Steel Cut -
Bring 4 cups water to a brisk boil. Add 1 cup oatmeal & stir well. When oatmeal begins to thicken, reduce heat & simmer uncovered for 30 min. stirring occasionally. Do not over cook! Quick soak method: Boil 4 cups water. Turn off heat & add 1 cup oatmeal. Cover & leave overnight. Next morning cook on low 9-12 min. Stir occasionally. Makes 4 servings.

Seven Grain mix Rolled Flake -
2 to 1 ratio - one cup water to 1/2 cup cereal per serving.
Microwave (one serving) For Chewier Cereal: Microwave water and salt (to taste) on high in bowl about 2-1/2 min. Stir in 7-Grain Cereal and microwave on high 2-3 min. Stir.

For Creamier Cereal: Combine water, 7-Grain Cereal, and salt (to taste) in bowl. Microwave on high approx. 2-3 min. Stir.

Stove Top For Chewier Cereal: Boil water and salt (to taste). Stir in 7-Grain Cereal. Cook about 5 min. over medium heat, stirring occasionally.

For Creamier Cereal: Combine water, 7-Grain Cereal, and salt (to taste). Bring to boil. Cook about 5 min. over medium heat, stirring occasionally.

White Hominy -
1 cup dry hominy • 4 cups cold water • Soak hominy in water overnight. Add 1/2 or 1 tsp. salt and cook. Makes 6 servings. Serve hot with browned butter in place of potatoes.

White Hominy Grits -
3 cups water • 1/2 tsp. salt • 1 cup grits • Bring water and salt to a boil. Add grits and reduce heat. Cook slowly for about 5 minutes, stirring occasionally. Remove from heat, cover and let stand for a couple minutes. Makes 4 generous servings.

Gelatin: Flavored -
Use a heaping 1/3 cups of gelatin for 1 cup boiling water and 1 cup cold water.

Gelatin: Flavored, SUGAR FREE -
1/3 cup Sugar Free Gelatin Mix • 1 cup boiling water • 1 cup cold water • Mix Sugar Free Gelatin into boiling water until well dissolved. Add the cold water and chill 2-3 hours. Serve.
*To add canned fruit, use the juice instead of the cold water. (Do not use fresh pineapple.)

Gelatin: Unflavored, Pork Based -
Directions: Use 1 tablespoon of gelatin to 2 cups of liquid. When a recipe calls for 1 envelope of plain gelatin, use 1 tablespoon.

Gelatin: Unflavored, Beef Based -
1 Tablespoon of Natural Unflavored Gelatin = 1 packet of commercial unflavored gelatin. This should set 2 cups of water or juice. For Finger Gelatin use: 3 T. Nat. Unflavored Gelatin to a total of 1-1/2 cup fruit juice.

Gelatin: All Natural -
- 1/2 cup (level) Natural Gelatin Mix
- 1 cup boiling water
- 1 cup cold water (or juice)

Add the gelatin mix to the boiling water and stir until completely dissolved. -Add the cold water and stir. Fruit and other ingredients may be added as long as you add the juice as part of the cold water. (Do not add raw pineapples, heat them first).

Instant Pudding Mix -
Combine 1/2 cup of mix with 2 cups of cold milk. Mix or blend well. Chill and serve.

Instant Pudding Mix, SUGAR FREE -
2 cups cold non-fat milk • 1/3 cup mix • Combine milk and mix in a bowl. Mix with a wire whisk, rotary beater or electric mixer on lowest speed until well blended, 1 or 2 minutes. Makes 4 servings.

Cooked Pudding -
Stir 1/2 cup mix into 2 cups milk in a small saucepan. Stirring constantly, cook until mixture comes to full boil. (Pudding thickens as it cools). Remove from heat. Cool 15 min., stirring twice. Stir before serving.

MICROWAVE DIRECTIONS: Stir 1/2 cup mix into 2 cups milk in large microwaveable bowl. Microwave on high 7 min. or till mixture comes to full boil, stir every 3 min. Cool 15 min. Stir twice.

Pumpkin Spice Pie & Pudding -
2 cups cold whole milk • 2/3 cup Pumpkin Spice Pudding Mix • Whisk the milk and pudding mix together for 2 minutes; pour into serving dishes and refrigerate for 1 hour. Serve. No-Bake Pumpkin Pie 1 - 9" Graham or baked pastry shell (cooked) 1-1/2 cups cold whole milk 1-15oz. can solid pack pumpkin (or 2 cups roasted, mashed pumpkin) 1 - 1/2 cup Pumpkin Spice Pudding & Pie Mix Whisk the pumpkin and milk together until smooth; then add the pumpkin mix. Mix for 2 minutes until very smooth; pour into pie shell, refrigerate for 1 hour.

Tapioca Cooked Type -
Stir 1/2 cup mix into 2 cups milk in a small saucepan. Stirring constantly, cook until mixture comes to full boil. (Pudding thickens as it cools). Remove from heat. Cool 15 min., stirring twice. Stir before serving.

MICROWAVE DIRECTIONS: Stir 1/2 cup mix into 2 cups milk in large microwaveable bowl. Microwave on high 7 min. or till mixture comes to full boil,stir every 3 min. Cool 15 min. Stir twice.

Cappuccino & Hot Chocolate Mix (All Flavors & SUGAR FREE) -
Use 1/3 cup mix per 8 oz. of hot water. Mix well and enjoy.

Instant Cold Chocolate Milk
1/4 cup (heaping) Cold Chocolate Mix • 16 oz. (1 pint) cold whole • 2% or skim milk • Pour milk into a pitcher. Add the Cold Chocolate Mix, whip well with a wire whisk, and serve. More or less mix may be added according to taste. Enjoy.

Tapioca Pudding -
- 1 qt. whole or 2% milk
- 1/2 cup sugar
- 1/4 tsp. salt
- 3 large eggs
- 1/4 c. tapioca granules
- 1/2-1 tsp. vanilla

In a heavy 2 quart saucepan beat sugar, salt & eggs together well. Add milk & tapioca, mix well with the other ingredients. Over med. high heat bring almost to a boil. Stir constantly to avoid scorching. When it starts to thicken,remove from heat; add vanilla; chill.

Smoothie Mix -
- 1 cup Iced Java Smoothie
- Mix 2 cups Cold Water
- 3 cups Ice (cubes or crushed)

Pour cold water into the blender, add the Smoothie Mix and blend for 10 seconds or until it is dissolved. Add the ice, jog the blender until all whole cubes have been broken, run the blender on high for 30 seconds or until smooth and creamy. Serve immediately.

Iced Tea Fresh'N Tasty, Green Tea with Honey, All Natural Peach Tea -
Ratio of mix to water:
- 2 tablespoons to 8 fl. oz. (1 serving)
- 1/2 cup to 1 quart
- 2 cups to 4 quarts
- 4 cups to 8 quarts

For the best results using this mix, use about 1/4 of the required water warm, to dissolve the dry mix, add the rest of the water cold to chill the drink. Part of the water can be replaced with ice to chill the drink for immediate use.

Dip Mix: Alpine Spinach -
8 oz. Sour Cream • 8 oz. Cream Cheese (softened) • 1/2 cup Alpine Spinach Dip Mix • Mix together cream cheese and sour cream until smooth. Add Alpine Spinach Dip Mix and stir again. Refrigerate for 30 minutes or more. Serve.

Dip Mix: Black Raspberry -
8 oz. Cream Cheese (softened) • 8 oz. Sour Cream • 1 cup Natural Black Raspberry Dip Mix • Blend softened cream cheese and sour cream until smooth. Add the Natural Raspberry Dip Mix and mix thoroughly. Refrigerate for 30 minutes. Stir and serve.

Dip Mix: Blueberry -
8 oz. Sour Cream 8 oz. Cream Cheese (softened) 1 cup Natural Wild Blueberry Dip Mix Whisk the cream cheese and sour cream together until smooth. Add the dip mix and whisk into the cream cheese. Refrigerate for 20 minutes and whisk again until smooth. Serve.

Dip Mix: Vegetable Flavored Mixes -
8 oz. Sour Cream • 1/4 cup Dip Mix • Mix together well. Refrigerate for 30 or more minutes. Serve.

Dip Mix: Cheese Flavored Mixes -
4-6 T. Dip Mix • 8 oz. Sour Cream • Whip together well until smooth. Chill for at least 30 minutes. Serve.

Dip Mix: Natural Maple -
8 oz. Sour Cream • 8 oz. Cream Cheese (softened) • 6 Tbsp. Natural Maple Dip Mix • Blend all the ingredients together well until smooth. Refrigerate for 20 or more minutes. Stir and serve.

Dip Mix: Natural Strawberry -
8 oz. Cream Cheese (softened) • 8 oz. Sour Cream • 1 cup Natural Strawberry Dip Mix • Blend softened cream cheese and sour cream until smooth. Add the Strawberry Dip Mix and mix thoroughly. Refrigerate for 30 minutes. Stir and serve.

Dip Mix: Hot Pepper -
8 oz. Sour Cream or Cream Cheese • 4-6 Tbsp. Perfect Pepper Dip • Mix Stir the ingredients together until nice and smooth. Refrigerate for 30 or more minutes and serve. Add more or less according to achieve the desired heat level.

Dip Mix: Pumpkin Pie -
8 oz. Sour Cream • 8 oz. Cream Cheese (softened) • 1 cup Natural Pumpkin Pie Dip Mix • Whip the cream cheese and sour cream until smooth. Add the dip mix and whip until smooth. Let set in the refrigerator 20 minutes and whip again. Serve.

Dip Mix: Ranch -
8 oz. Sour Cream • 1/4 cup Ranch Dip Mix • Blend the sour cream and Ranch Dip Mix together well. Refrigerate for 30 minutes. Serve.

Dip Mix: Sun-dried Tomato Basil -
5 Tbsp. Sun-Dried Tomato & Basil Dip Mix • 3 Tbsp. Warm Water • 8 oz. Sour Cream • Mix the water and powder together and let set for 5 minutes. Add the sour cream and refrigerate for 30 or more minutes. Serve.

Dressing Mix: Bacon Ranch -

BACON RANCH DRESSING:
• 2 1/4 cup Mayonnaise
• 3/4 cup Water
• 1/2 cup Bacon Ranch Dressing Mix
1. Whisk water and mayonnaise together. 2. Add the Bacon Ranch Dressing Mix and whisk until it is smooth.

BACON RANCH DIP:
• 16 oz. Sour Cream
• 1/2 cup Bacon Ranch Dressing Mix
Stir together well. Serve with: Chips, Pretzels, Crackers, Vegetables, Hot Wings, or Baked Potatoes.

Dressing Mix: Country Catalina -
• 1/2 cup water
• 1/2 cup Vegetable Oil
• 1/2 cup Natural Country Catalina Dressing Mix
Blend the water and the Dressing Mix together. Mix well and add the oil, mix well and refrigerate for 30 minutes. It's great to marinade chicken or fish. Super on Pasta Salad, Green Salad and/or Seafood Salad.

Dressing Mix: Creamy Italian -

ITALIAN DRESSING MIX, No MSG
- 3/4 cup Water
- 1/2 cup Vinegar (red wine, apple cider or Wht)
- 3/4 cup Italian Dressing Mix
- 3/4 cup Vegetable Oil-soybean,canola or olive

Blend water, vinegar and dressing mix together well with a wire whisk. Add the oil & blend well again until the oil is completely absorbed. Refrigerate 1 hour.

CREAMY ITALIAN DRESSING:
- 1/2 cup water
- 1/2 cup Vinegar (your favorite)
- 3/4 cup Italian Dressing Mix
- 1 cup Mayonnaise

Blend water, vinegar and dressing mix together well with a wire whisk. Add the mayonnaise and blend well again until it is completely absorbed. Refrigerate 1 hour.

Dressing Mix: Peppercorn Caesar -

PEPPERCORN CAESAR DRESSING: NO MSG ADDED
- 1/2 cup Mayonnaise
- 1/2 cup Sour Cream
- 1/4 cup Water
- 1/4 cup Peppercorn Caesar Dressing Mix

Whisk all ingredients together well, refrigerate for 15 or more minutes.

PEPPERCORN CAESAR DIP:
- 8 oz Sour Cream
- 1/4 cup Peppercorn Caesar Dressing Mix

Mix together well, refrigerate 15 or more minutes.
Beef Base & Chicken Base, No MSG -
Add one tablespoon to two cups boiling water. Stir briskly until smooth.

Soup Mix: Beef Barley -
1/2 cup Beef Barley Soup mix • 2 1/2 cups water • Mix water and soup mix together in a saucepan and bring to a boil. Reduce heat to a good simmer and let cook for 15 minutes, stirring frequently. Cover, remove from heat and let steam for 5-10 minutes, serve. For a hearty stew, cubed roast beef or cooked ground beef may be added; also frozen green peas. Can be used as a sauce over rice.

Soup Mix: Creamy Potato & Leek, No MSG -
3/4 cup Potato Leek Soup mix • 2 1/2 cups water or milk • Measure the soup mix carefully and mix into the liquid with a wire whisk. Bring the mixture to a boil while stirring constantly to avoid scorching. When it begins to boil, reduce heat and simmer for 3-6 minutes. Remove from heat, cover and let steam for 5 minutes. Serve.

Soup Mix: New England Clam Chowder -
3/4 cup New England Clam Chowder mix • 2 1/2 cups water or milk • Combine the New England Clam Chowder mix and liquid together with a wire whisk. Bring to a boil while stirring. Reduce heat to a low simmer for 15 minutes. Turn off heat, cover and let steam for 5 minutes.

Soup Mix: Chili, No MSG -
• 2 cups Chili Soup mix
• 5 cups water
- Option:1/2 lb. ground sausage, beef or turkey.
If using meat, brown and season as desired. Add water and bring to a boil. Add Chili Soup mix & cook for 15 min. stirring occasionally. Remove from heat and cover for 5 min. Serve.
OPTIONS:Add fresh tomatoes, sweet or hot peppers, or hot sauce to taste.

Soup Mix: Creamy Broccoli -
1/2 heaping cup Creamy Broccoli Soup • 2 1/2 cups water or milk • Mix liquid with soup mix in saucepan. Using a wire whisk stir well while bringing the mixture to a boil (to prevent scorching). When it starts to boil, reduce heat & simmer 3-5 min. Remove from heat and cover for 5 min to allow vegetables to completely hydrate. Serve. Options: Fresh broccoli florets can be placed in the liquid in the beginning of the process. Diced chicken or turkey may be added if desired.

Soup Mix: Creamy Mushroom -
1/2 heaping cup Creamy Mushroom Soup mix • 2 1/2 cups water or milk • Blend mix and liquid together while cold. While stirring, bring to a boil. Reduce heat and simmer for 5 minutes. Remove from heat, cover and let steam for 10 minutes. *For a sauce with Salisbury steak or meatloaf use 3/4 cup of mix and follow same recipe.

Soup Mix: Garden Vegetable, No MSG -
2 1/2 cups of water • 1/2 cup Garden Vegetable Soup Mix • Pour the soup mix into the water; stir it and let it set for 5 minutes. Bring the whole mix to a boil; stirring frequently. Simmer for 10 minutes; remove from heat; cover and let steam for 5 minutes. Add sodium-free seasoning or salt & pepper to taste.

GARDEN VEGETABLE STEW: (Thicker, more flavor)
• 2 1/2 cups water
• 3/4 cup Garden Vegetable Soup Mix
Follow soup instructions. Options: You may add any variety of fresh vegetables to customize your stew. Ground beef, sausage or chicken could also be added to make a hearty meat stew.

Soup Mix: Golden Harvest -
• 1 cup Golden Harvest Soup Mix (soak overnight in 2 cups water)
• 4 cups water
• 1 cup onion - diced
• 1 cup celery - diced
• 1 cup carrot - diced
• 1-1 1/2 T. Chicken base
• 1 t. Turmeric
• 1/2 t. Black Pepper
• 1/2 t. Parsley Flakes
1) Drain the Soup Mix, place in a kettle with the 4 cups of water, simmer until tender.
2) Add the carrots, celery & onions.
3) Add the chicken base, turmeric, pepper & parsley, simmer 10 minutes. Option: add chicken broth, cooked Chicken Meat or cooked Sausage.

Soup Mix: Harvest -
8 cups water • 1 lb. soup mix • Simmer 1 hour. Add 2 cups each of carrots, celery and shredded cabbage; 1 16oz. can of tomatoes; 1 lb. cooked turkey, chicken or ground beef. Simmer additional 1 hour, season to taste.

Soup Mix: Harmony, Organic -
- 2 cups Harmony Soup Blend
- 1-3 lb. Whole Chicken
- 3 quarts water
- 1 Tbsp. Dry Savory Leaves
- 1/2 tsp. Black Pepper
- 1 1/2 tsp. Garlic Salt
- 1 quart Water
- 1 cup Fresh Diced Carrots
- 1 cup Fresh Chopped Onion
- 1 cup Fresh Diced Celery with leaves
- 2 tsp. Salt (or to taste)
- 1/2 tsp. Turmeric

~Soak the harmony soup blend overnight in (1) quart water in the refrigerator, then drain and throw the water away. ~In a 6 quart pot, place the chicken, 3 qts. of water, and the pre-soaked soup blend. ~Add the garlic, salt, turmeric, black pepper and savory; cook for 1 hour or until the chicken is tender; remove the chicken so it can cool. ~Add the carrots, celery and onions; cook for 20 minutes; while you de-bone the chicken. ~Add the cooked chicken meat; bring back to a boil; remove from the stove and serve.

Soup Mix: Hearty -
8 cups water • 1 1/2 cups soup mix • 1 1/2 tsp. salt • Simmer 1 hour.
ADD: 2 carrots, 2 stalks celery, 2 cups shredded cabbage, 1 qt. tomatoes, 1 lb. cooked ground beef. Simmer for 20 additional minutes.

Soup Mix: Holiday -
Wash 1 lb. beans,place in lg. kettle,cover with water 2" above bean line. Add 2 tbsp. salt, soak overnight. Drain in the morning.
ADD: 2 qts. water • 2 ham hocks or piece of ham. Bring to a boil.
ADD: 1 lg onion • 1-16 oz can tomatoes • 1 tsp. chili powder • juice of a lemon • pepper to taste. Simmer 3 hr or in Crock Pot: 3 hr- high or 5 hr low. Remove ham from hock before serving. Makes 4 quarts.

Soup Mix: White Cheddar & Asparagus, No MSG -
1 1/2 cup Milk • 1 cup Water • 3/4 cup White Cheddar Asparagus Soup Mix • Whisk all ingredients together in a heavy saucepan; bring just about to a boil on medium heat. Stir constantly to prevent scorching. Remove from heat, cover and let steam for 5-10 minutes. Serve.

Soup Mix: Whole Wheat Pasta & Bean Tuscany -
1 cup W.W. Pasta & Bean Tuscany Soup Mix • 4 cups water • Boil water and add soup mix; return to boil. Reduce heat to simmer for 15-20 min. or until vegetables are tender. Remove from heat,cover & let steam about 5 min. Serve. OPTIONS: Excellent served with fresh salad and crusty Italian bread. Or add leftover roast beef or sliced Italian Sausage & vegetables.

Couscous w/ Chives & Saffron -
1-1/2 cups CousCous mix (dry), • 2 cups water • Stove top: Bring water to a boil in a heavy saucepan. Add CousCous mix, stir, cover and remove from heat. Let set for 8-10 minutes, covered. Fluff with a fork and serve. Microwave: In a large microwaveable bowl, bring water to a boil (2-3 minutes). Add CousCous mix and cover, let stand for 8-10 minutes. Fluff with a fork and serve. Serving suggestions: Any cooked diced meats or fish can be added, as well as raw or stir fried vegetables. A CousCous salad can be made with the leftover cooked CousCous, lemon juice, olive oil and your favorite vegetables (cucumbers, tomatoes, onions, sliced black olives).

Pilaf Brown & Wild Rice -
2 3/4 cups water • 1 cup rice pilaf blend • Bring water to a boil, add rice and bring back to a boil. Reduce temperature to low and simmer for 45 minutes. Stir once, after that do not stir. Remove from heat. Cover and let steam for 20 minutes. Fluff with a fork and serve.

Pilaf Lentil -
2 1/4 cups water • 1 cup pilaf • Bring water to a boil. Add rice and bring back to a boil. Reduce heat to low and simmer for 15-20 minutes. Stir once, after that do not stir. Remove from heat. Cover and let steam for 20 minutes. Fluff with a fork and serve.

Pilaf Spicy Quinoa -
2 cups water • 1 cup Spicy Quinoa Pilaf • 2 tablespoons butter (optional) • Bring the water to a boil in a heavy bottomed sauce pan (add the butter if desired). Add the Spicy Quinoa Pilaf mix to the water; stir once; reduce heat to low and simmer covered for 15 minutes. Remove from the heat and allow it to steam, covered for 5 minutes. Fluff with a fork and serve.

Pilaf White & Wild Rice -
2 cups water • 1 cup Rice Pilaf Blend • Bring water to a boil, add rice and bring back to a boil. Reduce temperature to low and simmer for 15-20 minutes. Stir once, after that do not stir. Remove from heat. Cover and let steam for 10 minutes. Fluff with a fork and serve.

Brown Rice, Brown Rice & Wild Blend -
3 tbsp. veg. oil • 2 cups water or broth • 1 cup rice (salt & pepper to taste) • Place rice and oil in large saucepan. Fry on med. high heat stirring constantly until lightly browned. Carefully add the liquid. Bring to a boil and reduce heat to low. Cover and let simmer 35-40 minutes. Do not stir. Turn heat off and let steam for 15 minutes. Fluff with a fork and serve.

Haitian Rice & Black Beans -
2 cups water • 1 cup mix • Bring water to a boil in a heavy saucepan. Add mix and stir once. Return to a boil, then lower heat to simmer. Cover and let simmer for 15 min. DO NOT STIR. Remove from heat and steam for 5 min. with the lid on. Fluff with a fork and serve.

Natural Cajun Rice & Red Beans -
1-3/4 cup Water • 1 cup Cajun Rice & Red Beans• 2 Tablespoons Oil or Bacon Fat (optional) • In a heavy bottomed kettle, bring the water to a boil, add the Cajun Rice & Bean mix. Return to a boil, stir once, cover and reduce heat to low. Simmer, undisturbed for 15 minutes, remove from heat, keep it covered and allow it to steam for 10 minutes, fluff with a fork. Serve. Great with added Seafood (fish, shrimp, scallops) and/or Smoked Sausage slices.

Mexican Rice -
2 cups water • 1 cup rice • Bring water to a boil. Add rice and bring back to a boil. Reduce temperature to low and simmer for 15-20 minutes. Stir once, after that do not stir. Remove from heat. Cover and let steam for 20 minutes. Fluff with fork and serve. Add black beans, yellow corn or chicken for added flavor and presentation.

Minute Rice -
2/3 cup water • 2/3 cup rice • 1 tsp. margarine or butter • salt (optional) • Heat water & salt to a boil. Add rice and cook approximately 5 minutes. Stir in margarine or butter. Makes 2 servings.

Red Himalayan Rice -
3 tbsp. veg. oil • 2 cups water or broth • 1 cup rice • salt & pepper to taste • Place rice and oil in large saucepan. Fry on med. high heat stirring constantly until lightly browned. Carefully add the liquid. Bring to a boil and reduce heat to low. Cover and let simmer 35-40 minutes. Do not stir. Turn heat off and let steam for 15 minutes. Fluff with a fork and serve.

Saffron Jasmine Rice -
1 cup Saffron Jasmine Rice • 2 cups water • (salt & pepper to taste) • In a covered saucepan, bring water to a boil. Add rice, stir once only. Return to a boil. Reduce heat to low, cover and let simmer 15 minutes. Keep covered, remove from heat and let steam 5 minutes. Fluff with a fork and serve.

Sweet Black Thai Rice -
3 tbsp. veg. oil • 2 cups water or broth • 1 cup rice • salt & pepper to taste • Place rice and oil in large saucepan. Fry on med. high heat stirring constantly until lightly browned. Carefully add the liquid. Bring to a boil and reduce heat to low. Cover and let simmer 35-40 minutes. Do not stir. Turn heat off and let steam for 15 minutes. Fluff with a fork and serve.

Thai Jasmine Rice -
1 cup Jasmine Rice • 2 cups water • 2 tbsp oil or butter • salt & pepper to taste • In a covered saucepan, bring water to a boil. Add oil & seasoning to rice. Add rice to saucepan, stir only once, return to a boil. Reduce heat to low, cover and let simmer 15 min. Keep covered, remove from heat & steam 5 min. Fluff with fork and serve.

White Rice -
Place 1 cup long grain white rice in a 2 qt. saucepan. Add 2 cups cold water, heat to boiling. Cover tightly, reduce heat and simmer till water is absorbed, 20 minutes. Makes 6 cups.

Wild Rice -
- 1 cup Northern Wild Rice
- 2 Tablespoons Butter or Oil
- 2 1/2 cups Water, Chicken, or Beef Stock
- Salt and or pepper to taste

1) Place Butter and Wild Rice into a heavy pan. **2**) Dry Fry the rice until some of it begins to brown. **3**) Carefully add your water or stock, stir once. **4**) Bring to a boil; reduce heat to low; cover and let simmer for 45-50 minutes; remove from heat; let covered to steam for 5 minutes.

OPTIONS: Northern Wild Rice can be added to other Rices, Grains, Vegetable and/or Fruit (cranberry and apple are good); seasoned with herbs & spices. It can be used in Pilafs, Stuffings, Soups, Cold Salads or as a bed for meats and sauces.

Instant Potatoes -
1 1/2 cups water • 2 tbsp. butter • 1 1/2 cups milk • 2 cups potato flakes • 1/2 tsp. salt • Combine water, milk, salt and butter. Bring to a boil. Remove from heat, add potato flakes, stir and let stand 30 sec. to 1 min. until moisture is absorbed. Fluff with fork.DO NOT OVER WHIP POTATOES ON HIGH SPEED MIXER!

Potatoes, 3/8in Diced Dehydrated -
Cook in enough water to cover. Boil about 20-30 minutes until they reach the desired tenderness.

Potatoes, Scalloped Dehydrated -
Stove top recipe: Ready in 20 minutes.
Combine in a 2 qt saucepan: 2 tbsp margarine • 2 cups water • 3/4 cups milk. Stir in 1/4 cup Boyds Cheese Sauce Mix, 1/2 tsp salt, & 3 cups potato slices. Heat to boiling, stirring frequently. Reduce heat, cover, & simmer. Stirring occasionally for 15-20 minutes or until potatoes are tender & sauce is desired consistency. Sauce will thicken upon standing.