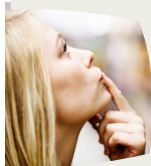




► PLANNING – BEST BANG  
FOR THE BUCK – LABELS



► FOOD SAFETY TIPS FOR  
SHOPPING AND STORING



► MASTER MIXES

## Too Much Month at the End of Your Money?

Do you find yourself with too much month at the end of your money? Whether you get paid weekly, bi-weekly or monthly, it can be difficult to stretch your food dollar to last from paycheck to paycheck. The secret to stretching your food dollar is planning and preparation.

**Why plan ahead?** Planning meals and snacks can ensure that your family gets the healthy food they need. It also helps you stretch your food dollars. By planning ahead, you can take advantage of weekly specials and coupons. Also, shopping with a list saves money because you aren't as likely to purchase unnecessary foods.

There are different ways to plan. Some like to plan menus & snacks for a week at a time and shop once weekly. Others prefer to shop for healthy foods and then "plan" meals when it's time to prepare a meal from a healthy food on hand. Others live close to markets & shop every day for fresh fruits and vegetables and other foods for family meals and snacks.

There is no right or wrong way to plan meals. The important thing is to do it. Planning saves time and money so you won't be as likely to run out of food or money for food at the end of the month.

When planning meals and snacks, include foods from each of the major food groups daily. The following list gives the recommended amount needed by age.

Food	Ages 2 – 8	Ages 9+
<b>Fruits</b>	1 – 1 ½ cups	1 ½ - 2 cups
<b>Vegetables</b>	1 – 1 ½ cups	1 ½ - 2 cups
<b>Grains</b>	3 – 5 ounces	5 – 7 ounces
<b>Dairy</b>	2 – 2 ½ cups	3 cups
<b>Protein</b>	2 – 4 ounces	5 – 6 ounces

- Include a variety of foods from different groups.
- Keep a list of "favorite meals" that your family likes. Use them often, but try not to serve the same meals every week.
- Plan snacks as well as meals, especially for young children.
- Consider family likes and dislikes, cost, and don't forget to consider family schedules and activities.

**Make a shopping list.** Keep your list where it is easy to find. Write down foods needed when thinking about them during the week and when you run out of something. Check your weekly ads for fresh fruits and vegetables at discounted prices.

List all foods needed for meals and snacks. Check the pantry, refrigerator and freezer for foods or ingredients needed. Cross off any items you have on hand.

One of the easiest ways to save time and energy in the kitchen is to cook ahead. When cooking foods like soups, chili, beans, or casseroles, prepare enough for two or three meals. This is a great way to save cooking time.

Now that you've done your shopping, be sure to keep that food safe.

- Store prepared foods in the fridge as soon as possible to prevent spoilage. Use prepared food within a couple of days, or freeze to last longer.
- Divide large amounts of food into small, shallow containers. Cool foods in the refrigerator (not at room temperature) in a single layer. Avoid stacking containers of hot food in the refrigerator because it slows down cooling time.
- Put cooled foods in air-tight containers or wrap them in freezer wrap. Label and date all foods

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

The Arkansas Cooperative Extension Service is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension office as soon as possible. Dial 711 for Arkansas Relay.

before putting them in the freezer. Remember these foods when planning meals and use the oldest items first to avoid spoilage.

- Thaw all foods in the refrigerator, not on the counter. Put the package of food on a plate so that the juices don't drip on other foods. Foods can also be thawed in the microwave. Follow directions in the microwave manual for thawing foods and use immediately after thawing.

## GETTING THE BEST BANG FOR YOUR BUCK

**Unit pricing** is the cost per unit (usually ounces) of an item. Unit price compares only the price, not the quality or ingredients. If two products are otherwise the same, unit price tells which one is cheaper. Some examples are:

*Compare the unit price of a 15-ounce can of tomatoes to a 29-ounce can of the same brand of tomatoes to see the savings in buying in large containers.*

*Compare the unit price of a 15-ounce can of store brand sliced peaches with a national brand 15-ounce can of sliced peaches to see the savings of using store brands.*

*Compare a 16-ounce block of cheese with a 16-ounce package of shredded cheese of the same brand to see the savings by shredding cheese at home.*

Unit price is often printed on a sticker on the shelf at the grocery store. If it is not displayed, you can figure it out. The price of the product divided by number of units (usually ounces) equals the unit price.

For example: If a 10-ounce jar is 90¢ and a 15-ounce jar is \$1.20



The larger jar has a lower unit price than the smaller one.

When buying meats, think **price per person**, not price per pound. The cost per person of a boneless roast may be less than for a bone-in roast, even if the cost per pound of the boneless cut is more.

**Example:** A boneless roast serves 4 per pound. If it costs \$4.80 per lb., it is \$1.20 per person ( $\$4.80 \div 4 = \$1.20$ ).

A roast with a bone serves 3 per pound. If it costs \$4.20 per pound, it is \$1.40 per person ( $\$4.20 \div 3 = \$1.40$ ).

Although the boneless roast costs more per pound, it costs less per person.

**Coupons** can save money if they are used wisely for foods you usually purchase. However, many coupons are for more expensive foods. Even with a coupon, these are still expensive.

Compare the cents-off price with the price of a store brand for the same size package. It may be less

expensive to buy a store brand *without* a coupon than to use the coupon to buy the name brand.

**Example:** A store brand of cornflakes costs \$3.29 and a national brand, same size, costs \$3.89 and you have a 40¢ coupon. The cost of the national brand with coupon costs \$3.49. In this case, it is **not** cheaper to buy the store brand without a coupon than it is to buy a national brand with a coupon.

**Dates on packages** indicate freshness. Pay attention to dates to ensure food will be fresh for as long as possible.

There are several types of dates which appear on packages:

- **Packed on:** (also “*pack date*”) The date of manufacturing, processing, or final packing.
- **Sell by:** (also “*pull date*”) Last date the food should be sold. If properly stored, the food is good for several days at home after this date.
- **Use by:** (also “*best quality date*”) After this date, the quality of the produce starts to go down, but the product is still safe to eat. Cereals use this.
- **Exp. Date:** (sometimes spelled out as “*expiration date*”) The last date the product should be used before loss of quality, but it is still safe to eat. Refrigerated rolls have “*exp. dates.*”

## UNDERSTANDING FOOD LABELS

People read food labels, but many don't understand what they read. Understanding food labels can help us make healthy food choices. There are several places to look on the labels for information.

### THE INGREDIENT LIST

Ingredients are listed in descending order by weight. The ingredient that weighs the most is listed first, and the ingredient that weighs the least is listed last. If a can of applesauce has the following ingredient list (apples, sugar, water) there is more sugar than water by weight. If the ingredient list is (apples, water, sugar) then there is more water than sugar in that can of applesauce.

In the ingredient list, where an ingredient is listed is an indication of the amount of that ingredient in relation to others on the list.

### THE “NUTRITION FACTS” LABEL

The “Nutrition Facts” label appears on most foods. It contains valuable information to help make healthy choices.

Here are several things to look for:

- **Serving size and servings per container:** These are listed at the top of the “Nutrition Facts” panel. Serving sizes are standardized to make it easier to compare foods. For instance, the amount listed for all fluid milk is one cup. Pay

close attention to this as the standardized serving size may be different from the amount people eat. The standard serving size for soda is one cup. A 20-ounce bottle, which many people drink in one sitting, is 2½ servings. So the number of calories and other nutrients would have to be multiplied by 2½ to get the amount consumed.

- **Calories per serving:** Required on every label. The number of calories you need daily depends on your age, gender and level of physical activity.

### • Daily Values, Percent Daily values, % DV:

These percentages show whether the nutrients in a serving contribute a little or a lot of nutritional value to your total daily intake. Percent daily values are based on a 2,000 calorie diet, but may vary depending upon daily calorie needs.

Original Label	New Label
<b>Nutrition Facts</b> Serving Size 20 cup (55g) Servings Per Container About 8 <hr/> <b>Amount Per Serving</b> <b>Calories 230</b> <hr/> <b>% Daily Value*</b> <b>Total Fat</b> 8g 12% <b>Saturated Fat</b> 1g 5% <b>Trans Fat</b> 0g <b>Cholesterol</b> 0mg 0% <b>Sodium</b> 150mg 7% <b>Total Carbohydrate</b> 37g 12%	<b>Nutrition Facts</b> 8 servings per container <b>Serving size 2 1/3 cup (55g)</b> <hr/> <b>Amount per serving</b> <b>Calories 230</b> <hr/> <b>% Daily Value*</b> <b>Total Fat</b> 8g 10% <b>Saturated Fat</b> 1g 5% <b>Trans Fat</b> 0g <b>Cholesterol</b> 0mg 0%

## FOOD SAFETY TIPS FOR SHOPPING & STORING

Following a few guidelines when shopping and storing foods can ensure that food stays fresh. Food that spoils can cause sickness and wastes money because food has to be thrown out (not to mention the doctor's visit for food poisoning). Bacteria or germs in food can divide quickly and cause food to spoil.

These bacteria or germs grow the fastest and cause food to spoil when food is in the "Danger Zone," between 40° and 140° Fahrenheit. 40° is very cold – refrigerators and freezers are below 40°; 140° is very warm, but not hot.

Food should not be held in the danger zone more than two hours. **Room temperature** is in the "Danger Zone."

### PLANNING

- Plan to do food shopping last when out. Take the food home right away and store it properly. Don't leave food in the car while running errands. Do not leave foods like milk, meat, or frozen foods out of the fridge or freezer for longer than 2 hours. If temps are 90°F+, limit this to one hour.
- Make sure that food will be used before it spoils. Peaches at a special price aren't a bargain if they spoil and must be thrown away!

### AT THE STORE

- When at the store, separate meats from vegetables and fruits in the shopping cart. Make sure raw meat and poultry doesn't drip on vegetables or fruits or other foods. Stores have plastic bags available to put meat in.

- Check to make sure that the seals on packages are intact.
- Make sure refrigerated foods are cold to the touch and frozen foods are frozen solid.
- Make sure cans do not have leaks, bulges, rust, or dents.
- Make sure that the "safety buttons," on jars are still in the "down position. Baby food jars have safety buttons.
- Check the dates on the package to make sure the food is still fresh.

### STORING FOOD AT HOME

- Put refrigerated & frozen foods away first.
- Make sure all storage areas (refrigerators, freezers, cupboards) are clean. Remove any spoiled foods immediately so they won't spoil other foods.
- Store packages of meat, poultry, or fish on a plate in the refrigerator so the juices won't drip on other foods.
- If your packages of meat, poultry, or fish won't be used within 2 days, wrap with foil or freezer wrap, label with contents and date, and freeze.
- Reseal all open packages before storing them. Store dry ingredients like flour, sugar and rice in air-tight containers.
- Store leftover canned foods, covered, in the refrigerator.
- Rotate foods. Use the oldest item first.
- Store cleaning products in a separate cupboard away from food items.



## #EatSafe

Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart, in your grocery bags, and in the refrigerator.

[foodsafety.gov](http://foodsafety.gov)

## MASTER MIX RECIPES

Have you ever heard of Master Mixes? They are a low-cost mix that are easily prepared and utilize ingredients you probably already have in your pantry. They are then used for a variety of recipes that cost less to make (and are often more nutritious) than processed items.

### Cornmeal Master Mix

- 7 cups cornmeal
- 2 cups unsifted all-purpose flour
- 1 cup shortening
- 4 tablespoons baking powder
- 1 ½ cup non-fat dry milk
- 1 tablespoon salt
- ¼ cup sugar

Combine all dry ingredients and stir carefully to blend. Add shortening and use a fork, two knives or a pastry blender to blend the shortening into dry ingredients. The mixture should resemble cornmeal. Label with date and store in a covered container in a cool, dry place (or in the refrigerator) for up to 8 weeks. Yield: 14 cups.

*With this Master Mix, you can make the following:*

### Quick Drop Biscuits

- 2 cups *Cornmeal Master Mix*
- ½ cup water

Preheat oven to 425°F. Add water to the *Cornmeal Mix* and stir only enough to mix. Drop by tablespoonfuls onto a greased pan. Bake for 12 minutes. Makes 12 muffins.

### Oven Cornbread

- 2 cups *Cornmeal Master Mix*
- 2 eggs, beaten
- 1 cup water

Preheat oven to 400°F. Measure *Cornmeal Master Mix* into bowl. Combine eggs and water in large measuring cup. Pour ½ cup water-egg mixture over mix and stir to blend. Add remaining ½ cup water-egg mixture and beat until smooth. Pour into a well-greased 8x8-inch pan or a 10-inch iron skillet. Bake for 20 to 25 minutes. Serves 8.

*Each serving has 136 calories, 19 g carbohydrates, 5.3 g fat, 1.6 g fiber and 269 mg sodium*

Cornbread goes great with chili so serve the following recipe with *Oven Cornbread* or one of the following varieties for a satisfying and inexpensive meal.

### Quick and Easy Chili

- 3 cups cooked or canned pinto or red beans
- 1 ½ lb. lean ground beef
- 3 (8 ounce) cans tomato sauce
- 1 onion chopped
- 1 clove garlic, chopped
- 3 tablespoons chili powder
- 2 teaspoons cumin
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1 teaspoon oregano

Sauté hamburger and chopped onion; drain. Add to beans with spices, garlic and tomatoes. Salt and pepper to taste. Simmer one hour or until heated and flavors blend. Makes 8 servings.

*1 serving has 213 calories, 22 g carbohydrates, 4 g fat, 7.5 g fiber and 575 mg sodium*

### Cornbread Varieties

For *Harvest-Corn Squares*, add 2 tablespoons sugar and ¼ cup diced apples to *Cornmeal Master Mix*.

For *Onion-Cheese Cornbread*, add ½ cup chopped onion and ½ cup shredded cheddar cheese to *Cornbread Master Mix*.

### Rolled Oats Master Mix

- 4 cups all-purpose flour
- 4 cups quick-cooking oats (not instant)
- 1 ½ cups nonfat dry milk
- ¼ cup double-acting baking powder
- 1 ½ teaspoon salt
- 1 ½ cup shortening

Put all ingredients except shortening in large plastic container; stir until well blended. Cut in shortening with a fork or pastry blender. Cover tightly, label with date and refrigerate. This mix will keep one month. To measure, spoon into cup, tap lightly and level off with a knife. Yield: 10 cups.

### Oat-Raisin Cookies

- 1 egg, beaten
- ¼ cup water



¾ cup sugar

1 teaspoon vanilla

2 ½ cups *Rolled Oats Master Mix*

1 teaspoon cinnamon

½ cup raisins

Beat egg, water, sugar, and vanilla. Mix in dry ingredients. Drop by rounded teaspoonfuls onto greased baking sheets. Bake in preheated 375°F oven for 12 to 15 minutes. Makes 24 cookies.

*Each cookie has 93 calories, 14 g carbohydrates, 3.6 g fat, 0.7 g fiber and 115 mg sodium*

## Buttered Oat Bread Sticks

2 cups *Rolled Oats Master Mix*

⅓ cup butter

½ cup water

Put butter in 9x13x2-inch baking dish and melt in oven while preheating oven to 450°F. Put mix in bowl and add ½ cup water or just enough to hold ingredients together, mixing lightly with fork. Roll out on lightly floured surface to form 10x6-inch rectangle. Cut in half lengthwise, then cut each half in 6 crosswise strips. Using fork, dip each strip in butter, coating both sides; leave strips in pan. Arrange evenly and bake 12 to 15 minutes or until done. Serve hot. Makes 12 servings.

*Each serving has 145 calories, 11 g carbohydrates, 10 g fat, 0.8 g fiber and 213 mg sodium*

## Oat Pancakes

1 ½ cups *Rolled Oats Master Mix*

1 egg

1 cup water

Stir all ingredients in bowl with spoon until blended. Bake on greased hot griddle or in skillet until browned on both sides and done in middle. Makes 12 servings.

Each serving has 82 calories, 8.4 g carbohydrates, 4.4 g fat, 0.6 g fiber and 139 mg sodium

## Hot Roll Master Mix

20 cups all-purpose flour

4 teaspoons salt

1 ½ cup sugar

1 cup nonfat dry milk

In a large bowl, combine all ingredients thoroughly by stirring, using a whisk or sifting. Store in an air-tight

container. Label container with the date and name of contents. Makes about 20+ cups of mix. Store 6 to 8 months in a cool, dry place.

## Dinner Rolls

1 ½ tablespoons instant yeast

1 ½ cups warm water

3 eggs, beaten

½ cup melted butter or margarine

5 to 6 cups Hot Roll Master Mix

½ teaspoon lemon juice

In large bowl, add dry yeast to 5 cups *Hot Roll Master Mix*. In separate bowl or blender, combine water, eggs, butter and lemon juice. Add to Mix. Add additional Mix to make a soft, but not too sticky, dough. Knead approximately 10 minutes until dough is smooth and satiny. Cover and let rise until double in bulk, about 1 hour. Punch down and let rise 20 minutes. Punch down, divide in two and let rest about 10 minutes to allow the gluten to relax. Form into desired shapes and place on greased baking sheets. Preheat oven to 400°F; cover rolls and let rise until double. Turn preheated oven down to 375°F and bake rolls for 15-20 minutes or until golden brown.

**Variations:** To make **CRESCENT ROLLS:** [After 10 minute resting:] On a lightly floured surface, roll one half of dough into a 12-15-inch circle. Use a rotary cutter or knife to divide into wedges of equal sizes (16 is recommended for regular sized rolls). Roll up each wedge, beginning with widest end, and place point-side down in a crescent shape on a greased baking sheet. Leave 2 to 3 inches between each roll. Brush each roll with melted butter and allow to rise. Bake as directed above.

To make **CINNAMON ROLLS:** [After 10 minute resting:] On a lightly floured surface, roll dough into a 12x15-inch rectangle. Brush with melted butter and sprinkle with CINNAMON FILLING (below). Roll, beginning with long side. Cut into 1-inch wide rolls and place on well-greased baking sheet. Leave 1 to 2 inches between each roll. Brush with melted butter and allow to rise. Bake as directed above.

**CINNAMON FILLING:** ½ cup sugar (brown or white) and ½ teaspoon cinnamon.

**DOUGH MAY ALSO BE REFRIGERATED** – As soon as the dough is kneaded, place it in a greased container, cover tightly and keep in refrigerator. When the dough has doubled, punch down and keep it punched down until ready to use. It will keep in the refrigerator 2-3 days. When ready to use, punch it down and divide into smaller portions and let stand at room temperature about 30 minutes. Shape as desired and bake.

## Cake Master Mix

3 ½ cups shortening  
8 cups granulated sugar  
6 cups sifted all-purpose flour  
5 cups sifted cake flour\*  
1 ½ cups nonfat dry milk  
5 tablespoons baking powder  
1 ½ tablespoons salt

**\*MAKE YOUR OWN CAKE FLOUR:** For each cup of flour, remove 2 tablespoons and add 2 tablespoons cornstarch. Sift together well.

Using an electric mixer or beater, cream shortening until soft (if no electric mixer on hand, use 75 strokes with a wooden spoon – great exercise!). add 4 cups sugar, 1 cup at a time, beating well after each addition. Mixture should be light and fluffy. Sift together flours, nonfat dried milk, baking powder, salt and remaining sugar. Repeat sifting 2 times and sift last time into a large, clean kettle or onto a large piece of waxed paper. Add 2 cups sifted ingredients to shortening mixture. Blend with pastry blender. Continue adding flour mixture and blend until the mixture resembles coarse cornmeal.

**TO STORE:** measure mix into 6 equal parts of about 3 ½ cups. Place each in a quart sized container. Cover, label, date and store in a cool, dry place. Yield: 21 cups mix or 6 average-sized cakes.

## Two-Egg Cake

4 cups *Cake Master Mix*  
3 eggs  
¾ cup milk  
1 teaspoon vanilla

For best results, have ingredients at room temperature.

Place *Master Mix* in a bowl. Make a well in the center of the *Mix*. Add eggs, ½ cup milk and vanilla. Beat until smooth. Add the rest of the milk and beat until smooth and lump-free, about 2-3 minutes. Grease and flour the bottom of one 9x13-inch pan or two 8-inch cake pans (divide batter evenly). Bake at 350°F for about 25-30 minutes.

**Variations:** For **RICH CHOCOLATE CAKE**, omit milk. Add ¼ cup softened butter, ½ cup sour cream, ⅔ cup water mixed with ⅔ cup cocoa. Add eggs and vanilla. Continue mixing batter and bake as directed.

For **SPICE CAKE**, add 1 teaspoon cinnamon, ½ teaspoon ground allspice, ½ teaspoon ground cloves to *Master Mix*. Add liquids, increasing milk by 2 tablespoons. Mix and bake as directed above.

## Chicken Mix and Chicken

### Broth

12 to 14 boneless, skinless chicken breasts\*  
4 quarts cold water  
3 tablespoons parsley flakes  
4 carrots, peeled and chopped  
4 teaspoons salt  
½ teaspoon pepper  
2 teaspoons dried basil leaves

\*You may also use 11 pounds bone-in chicken (approximately 4 whole fryers cut up); increase simmering time to about 1 ½ hours.

Cook all ingredients together in a large pot over high heat until it comes to a boil. Reduce heat and simmer until chicken is done, about 1 hour.\* Remove chicken and allow to cool completely. Strain broth through a sieve and refrigerate overnight or until fat can be skimmed.

Once chicken is cool enough to handle, cut into small chunks or shred. Put chicken into approximately six 1-pint freezer containers, leaving a ½-inch headspace. Seal, label and date before placing in the freezer. Use within 3 months. Makes 6 pints *each Chicken Mix and Chicken Broth*. Use chicken to make casseroles, gravy, enchiladas, salads, etc.

## Chicken a La King

½ cup butter  
1 cup celery, chopped  
1 (4 ounce) can mushrooms  
½ cup all-purpose flour  
2 cups *Chicken Broth*  
2 cups *Chicken Mix*  
1 cup milk  
¼ cup pimiento, chopped (optional)  
1 tablespoon parsley flakes  
Slivered almonds, for garnish (optional)

In Dutch oven or stockpot, melt butter. Add celery and mushrooms, sauté until tender. Stir in flour and cook for 1-2 minutes. Stir in *Chicken Broth* and cook for about 5

minutes until thick. Add *Chicken Mix*, milk, pimento and parsley flakes and simmer about 10 minutes. Serve over rice, noodles, biscuits, or toast. Garnish with slivered almonds.

## Chicken Salad

2 cups *Chicken Mix*, thawed  
2 cups chopped celery  
3 green onions, chopped  
1 (2-ounce) package sliced almonds, toasted  
1 (8-ounce) can water chestnuts, drained and chopped  
1 ½ cups seedless red grapes, halved  
1 apple, chopped (optional)  
1 cup mayonnaise  
2 teaspoons sugar  
Salt and pepper to taste

In a large bowl, combine all ingredients except mayo, sugar, salt and pepper. Set aside. In another bowl, stir together mayo and sugar. Add to chicken mixture and mix well, seasoning with salt and pepper to taste. Cover and refrigerate until ready to serve. Recipe can be made a day in advance. Serve with crescent rolls.

## South of the Border Meat Mix

5 to 6 lbs. combination beef or pork roasts (reserve juices)  
3 tablespoons vegetable oil  
3 to 4 medium onions, chopped  
1 (4 ounce) can chopped green chilies  
1 (14 ounce) can/bottle green chili salsa  
¼ teaspoon garlic powder  
4 tablespoons flour  
4 teaspoons salt  
1 ½ teaspoons cumin

Preheat oven to 200°F. Put roasts in a covered roasting pan or Dutch oven. Roast about 12 hours. Drain off the juices to use later. Shred meat after it has cooled.

Heat oil in large skillet and sauté onions and green chilies for 5 minutes until tender; then add green chili salsa, flour and seasonings. Cook an additional 5 minutes until thick. Cool. Divide into 3-cup portions and put into 1-quart freezer containers to maintain sufficient headspace for expansion during freezing (at least ½ inch). Label, date and freeze. Use within 6 months. Makes about 9 cups.

Use in burritos, enchiladas, tacos, chalupas, or chimichangas.

## Sour Cream Enchiladas

1 (10-ounce) can enchilada sauce  
2 cups chopped fresh tomatoes or 1 (16 ounce) can diced tomatoes (reserve liquid)  
12 corn or flour tortillas  
3 cups *South of the Border Meat Mix*, heated  
1 to 1 ½ cups shredded cheddar cheese  
1 to 1 ½ cups sour cream or plain nonfat yogurt

Preheat oven to 375°F. Combine enchilada sauce and chopped tomatoes in a medium saucepan. Cook until mixture boils; reduce heat to simmer.

Dip one corn tortilla at a time in hot enchilada sauce mixture. If using flour tortillas, heat in pan sprayed with non-stick cooking spray until warmed, about 1 minute. Place about ¼ cup of heated *South of the Border Meat Mix* on each tortilla. Sprinkle with 2 tablespoons shredded cheese. Roll up and place close together in a shallow casserole dish, seam-side down. Pour remaining sauce over enchiladas and sprinkle with the remaining cheese. Bake for about 15 minutes, until bubbly. Remove from oven and spoon sour cream over the enchiladas. Serve hot. Makes 6 servings.

## Cream of Chicken Soup Mix

1 ½ cups powdered nonfat dry milk  
¾ cup cornstarch or flour  
3 tablespoons instant chicken bouillon granules  
½ tablespoon dried onion flakes  
¼ teaspoon ground sage  
⅛ teaspoon ground thyme  
⅛ teaspoon ground pepper

Combine all ingredients in a recloseable plastic bag; mix well. Label, date and store in a cool dry place for up to 6 months. Makes approximately 5 cans of cream of chicken soup.

## Cream of Chicken Soup

½ cup *Cream of Chicken Soup Mix*  
1 cup cold water  
1 to 2 tablespoons butter or margarine, melted

Combine cold water and butter in a saucepan. Use a whisk to mix in *Chicken Soup Mix*. Stir constantly over

medium heat until it is smooth and slightly thickened, about 2 to 3 minutes. Makes about 1 cup.

## Using Non-Fat Powdered Milk

Instant non-fat dry milk powder has no cholesterol, is fat free, comes in large boxes and costs about half the price of fresh skim milk. It is high in calcium, vitamin D and protein and is excellent in baking. Try adding a tablespoon or 2 to smoothies for a creamier result or use it as a healthier substitute for creamer in coffee or tea. It can even be mixed half-and-half with whole milk for a fresher glass of milk.

Unopened dry milk will keep for a year in the pantry. After opening, it is freshest if used within 6 months.

### HOW TO RECONSTITUTE DRY MILK

Reconstituted milk tastes best if you chill it overnight before serving. This gives it a flavor which is closer to fresh skim milk.

To prepare instant nonfat dry milk, combine  $\frac{1}{3}$  cup milk powder with 1 cup cold water; mix well. Refrigerate for best taste.

### MAKE EASY WHIPPED MILK TOPPING

To make easy whipped milk topping, place  $\frac{1}{2}$  cup of water into a large bowl to chill in the freezer. When it has ice

crystals around the edges, it is ready. Add  $\frac{1}{2}$  cup powdered milk to the bowl of ice water. Use electric beaters to whip the milk until stiff peaks form. It will take about 5 full minutes. Gradually add about 2 or 3 tablespoons sugar and, if desired, 1 teaspoon lemon juice, and  $\frac{1}{2}$  teaspoon vanilla. It is now done. Serve right away for best results. This is good on pies, crisps and cobblers.

## Biscuit Master Mix

This baking mix contains less sodium than the commercial kind. Yield: 15 cups

10 cups all-purpose flour

1  $\frac{2}{3}$  cups nonfat dry milk powder

$\frac{1}{2}$  cup baking powder

2  $\frac{1}{2}$  teaspoons salt, optional

1  $\frac{2}{3}$  cups vegetable shortening

In a 6 to 8 quart container, thoroughly mix the flour, dry milk, baking powder and salt. Using a pastry blender or knife, cut in shortening until well mixed. Store tightly covered in a cool dry place and use within 3 months. Stir lightly before measuring. Use as you would the commercial biscuit mix.

To the right are 4 examples of unit pricing labels. They are all for the same type of cereal, but are different brands and sizes. See if you can tell the one that will give you the best buy (lowest price per ounce.)

If you know the correct answer, email [chadley@uaex.edu](mailto:chadley@uaex.edu) or call us at 870-779-3609. The first correct answer we receive will be awarded a prize.

If you have any questions, please feel free to call me at 870. 779.3609, email [Chadley@uaex.edu](mailto:Chadley@uaex.edu), or visit Room 215 in the Miller County Courthouse, 400 Laurel, Texarkana, AR.

  
Carla Hadley  
County Extension Agent  
Staff Chair/Family & Consumer Sciences

Follow me on Facebook and Twitter @MillerCountyFCS  
CMH:jds

**A**

Name Brand corn flakes cereal 15 oz package	Price: \$3.35
Price per Ounce:	\$0.22

**B**

Store Brand corn flakes cereal 12 oz package	Price: \$2.55
Price per Ounce:	\$0.21

**C**

Store Brand corn flakes cereal 30 oz. package	Price: \$4.50
Price per Ounce:	\$0.15

**D**

Name Brand corn flakes cereal 24 oz package	Price: \$4.99
Price per Ounce:	\$0.20

Did you know?  
The most expensive items are placed at eye level in grocery stores. Look to the shelves above and below for options that are cheaper.