



Savings from the Kitchen Recipes Gifts from the Kitchen

No Salt Spice Blend

Ingredients

5 teaspoons onion powder
2-1/2 teaspoons garlic powder
2 1/2 teaspoons paprika
2-1/2 teaspoons dry mustard

1-1/4 teaspoons thyme leaves, crushed
1/2 teaspoon ground white pepper
1/4 teaspoon celery seed



Directions

Mix thoroughly and place in shaker for use at table on main dishes, vegetables, soups or salads.

Everything Bagel Crunch Mix

Ingredients

1/4 cup poppy seeds
2 Tablespoons white sesame seeds
3 Tablespoons dried onion.

2 Tablespoons black sesame seeds
3 Tablespoons dried garlic



Directions

Mix together and store in air-tight container.

Nut Brittle

Ingredients

1 cup raw nuts
1/2 cup corn syrup
1 teaspoon margarine or butter
1 teaspoon baking soda

1 cup sugar
1/8 teaspoon salt
1 teaspoon vanilla



Directions

1. Combine raw nuts, sugar, corn syrup and salt in a deep 2 quart glass bowl prepared with cooking spray. Microwave on high for 8 minutes, stirring well after 4 minutes. Stir in margarine, vanilla and baking soda until light and foamy. Pour onto sprayed aluminum foil and spread with dull knives.



Vegetarian Black Bean Chili Mix

Ingredients

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|--------------------------------------|--------------------------------|
| 3 cups dry black beans | 3 Tablespoons dehydrated onion |
| 3 Tablespoons garlic powder | 1 teaspoon crushed oregano |
| 1 teaspoons salt, optional | 1/2 teaspoon cayenne pepper |
| 1-1/2 cups white rice (separate bag) | |



Pack Jar: Place beans, then rice in a separate sealed bag in a jar. Combine spices in a zip-type bag, place the zip type bag in a jar and top with rice then seal jar.

Directions on Gift Tag:

1. Wash beans then put in pot with contents of seasoning bag.
2. Add 1 Tablespoon oil and cover beans with 2 inches of water.
3. Bring to a boil and simmer until very well done or about 2 hours.
4. Beans should be very soft. Add water as needed to keep beans from sticking some liquid will remain.
5. To cook rice, put 3 cups water and 1 teaspoon salt into a pot and when it boils, add rice. Lower heat, cover and steam for 20 minutes.

Serve about 1/2 cup rice in bowl, and ladle beans over the top. Sprinkle with finely chopped green onion and a squeeze of lime juice.

Serves 12

Per serving: 250 Calories	12.6 grams protein	45.2 grams carbohydrate
Less than 1 gram total fat	11 grams of fiber	196 mg. sodium

Vegetarian Black Bean Chili Mix

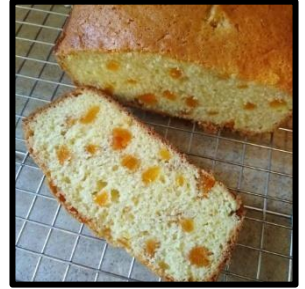
Directions

1. Wash beans then put in pot with contents of seasoning bag.
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Apricot Bread Mix in a Jar

Ingredients

- | | |
|--------------------------|--|
| 1/2 cup nuts, chopped | 1/2 cup dried apricots, finely chopped |
| 1/2 cup granulated sugar | 2 1/2 cups Biscuit & Baking Mix |
| 1 teaspoon baking powder | 1/4 teaspoon salt |



Instructions

1. Layer ingredients in a wide-mouth 1-quart canning jar in order given. Press each layer firmly in place before adding next ingredient.
2. Attach the following instructions to a gift tag.

Directions on Gift Tag: Apricot Bread

1. Heat oven to 350 degrees F.
2. Prepare a large loaf pan with spray oil and place parchment or wax paper on the bottom with side over edge of pan.
3. In a large bowl, place the Apricot Bread mix. Make a well in the center.
4. Mix 1-1/4 cups milk, 1 teaspoon vanilla extract, 2 slightly beaten eggs, 1/2 cup softened butter or margarine into dry mixture. Mix until completely blended.
5. Spoon the batter into loaf pan sprayed with vegetable oil. Bake for 1 hour or until toothpick inserted in the center comes out clean. Cool in the pan on a wire rack before removing from pan.

Serves 10

Per Serving: 342 calories	5.47 grams protein	37 grams carbohydrate
20 grams total fat	3.5 grams saturated fat	626 mg. sodium
1.5 g. fiber		

Apricot Bread Mix in a Jar

Directions

1. Heat oven to 350 degrees F.
2. Prepare a large loaf pan with spray oil and place parchment or wax paper on the bottom with side over edge of pan.
3. In a large bowl, place the Apricot Bread mix. Make a well in the center.
4. Mix 1-1/4 cups milk, 1 teaspoon vanilla extract, 2 slightly beaten eggs, 1/2 cup softened butter or margarine into dry mixture. Mix until completely blended.
5. Spoon the batter into loaf pan sprayed with vegetable oil. Bake for 1 hour or until toothpick inserted in the center comes out clean. Cool in the pan on a wire rack before removing from pan.

Holiday Breakfast Bread

Ingredients

5 large eggs
1/2 teaspoon salt
3 cups self-rising flour
2 cups milk
2/3 cup breakfast meat
(diced ham or turkey sausage)

1/4 cup milk
1/2 teaspoon pepper
2 cups sharp cheese
1 teaspoon chopped chives



Directions

1. Preheat oven to 425 degrees F.
2. In a medium bowl whisk together eggs, 1/4 cup milk, salt & pepper.
3. Scramble eggs in pan and cool.
4. In mixing bowl use fork to mix together the flour, chives 1 cup cheese and remaining breakfast meat. Make a well in the center of flour mix and add milk.
5. Use fork to gradually work the milk into dry ingredients until moistened.
6. Spray a standard Bundt pan with cooking spray then sprinkle 2 Tablespoons of breakfast meat and 2 Tablespoons of cheese into pan.
7. Spread 1/2 biscuit dough into pan and flatten with spoon.
8. Sprinkle half remaining cheese on dough then add cooked eggs, meat and top with cheese then remaining biscuit dough and flatten with spoon.
9. Bake 25 minutes or until toothpick comes out clean.
10. Rest 5 minutes then turn onto a cake plate or plate. Allow bread to cook to warm to eat.

12 Servings

Per Serving: Calories 277	Fat 10 grams Fat	115mg Cholesterol
26.6 grams Carbohydrate	0.9g Dietary Fiber	18.1 grams Protein

Recipes adapted from the following:

Simply Delicious Cookbook (1980)

University of Illinois Extension in Urban Illinois (2004). Thrifty Living. Retrieved August 24, 2004 from www.urbanext.uiuc.edu/thriftyliving-tl-kitchengifts.html

University of Kentucky Extension Oldham County Extension Blog (2019) Gifts from the Kitchen. Retrieved December 14, 2020 from <https://oldhamcountyextension.com>

Melissa's Southern Style Kitchen (2017) Bundt Pan Bacon Egg and Cheese Brunch Bread Retrieved December 11, 2020 from <https://www.melissassouthernstylekitchen.com/bundt-pan-bacon-egg-and-cheese-brunch-bread/>