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EC70-949 Short Cuts with Mixes

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short cuts *with mixes*



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College of Agriculture and Home Economics,
and U.S. Department of Agriculture Cooperating
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SHORT CUTS *with mixes*

By Ethel Diedrichsen
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You can find a variety of convenience foods in today's food market. Some are partly prepared, others are ready to heat and serve for time-saving meals. Working women, busy homemakers or persons living alone find convenience foods most helpful.

Convenience foods come in a variety of forms: canned or bottled, frozen or refrigerated, dehydrated or freeze-dried, commercial or homemade mixes. A part of the work of washing, peeling, coring, squeezing, grating, chopping, sifting, mixing, browning, broiling, baking and simmering has been done for you.

Convenience foods are easier to carry home because they have less bulk. They are easier to store because they keep longer than fresh foods. Some even cost less. The amount of time saved will depend upon your skill in cooking. In general, you will save about one-third of your time by using cake mix, one-half of your time by using cookie mix and one-fourth of your time by using biscuit or pie mix.

Some people use many mixes, others use certain ones, still others seldom use a mix. To help you decide whether to use a convenience food or to prepare food from a standard recipe, consider these questions.

1. How important is your time?
2. How much maid service can you afford?
3. Which product does your family prefer?
4. What ingredients such as milk, eggs, fruit or vegetables does your family produce?

A variety of mixes in your cupboard will make it possible for you to prepare different main dishes, breads and desserts quickly.

RECIPES

Chinese Chicken

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| 1 can cream of mushroom soup | 1 tablespoon soy sauce |
| 1/2 cup milk or chicken broth | 1/2 cup cashew nuts |
| 1 1/2 cups chopped cooked chicken | 3 cups cooked rice |

Combine all ingredients except rice in sauce pan and heat. Add more liquid if necessary. Serve over hot rice or Chinese noodles. Makes 4 servings.

No-Watch Pot Roast

- 3 to 4 pound beef pot roast
- 1 package dry onion-soup mix
- 1 can cream of tomato or mushroom soup

Place meat in Dutch oven with tight-fitting lid. Cover with soup mixes. Bake at 325 degrees for 3 hours. Makes 6 to 8 servings. Meat and mixes may be wrapped in foil and baked in a shallow pan.

Cheese Souffle

- 1 can condensed cream soup
- 1 cup shredded sharp cheese
- 6 eggs, separated

Combine soup and cheese and heat slowly until cheese melts. Beat egg yolks until thick and lemon-colored. Stir into soup mixture. Beat egg whites until stiff and fold in soup mixture. Pour into ungreased two-quart baking dish. Bake at 350 degrees for 50 to 60 minutes. Serve immediately. Makes 4 to 6 servings.

Yam and Sausage Skillet

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| 1 package brown and serve sausages | 2 teaspoons dry mustard |
| 1 package orange-flavored gelatin | 3 tablespoons lemon juice |
| 1/2 cup water | 1/4 teaspoon salt |
| 1/4 cup brown sugar | 1 can yams, drained |
| 2 tablespoons margarine | 1 can pineapple chunks, drained |
| 1 teaspoon dry minced onion | 1 tablespoon chopped parsley |

Brown sausages in skillet and drain on absorbent paper. In same skillet, combine gelatin with water, sugar, margarine and seasonings. Heat to boiling. Add yams and pineapple and simmer for 15 minutes, basting often. Add sausage and cook five minutes more. Sprinkle with chopped parsley. Makes 4 or 5 servings.

Green Beans and Hamburger

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| 4 slices bacon | 1 cup dairy sour cream |
| 1 pound ground beef | 2 packages frozen green beans |
| 1 cup fine bread crumbs | 1 package onion-soup mix |
| 1 teaspoon salt | 1 can condensed cream of mushroom soup |
| 1 egg | |

Fry bacon in skillet. Remove, drain and break bacon into pieces. Combine ground beef, bread crumbs, salt, egg and one-half cup sour cream. Shape into 12 meat balls and brown in bacon drippings.

Cook green beans as directed on package but do not season. Combine onion-soup mix, mushroom soup and remaining one-half cup sour cream in greased two-quart casserole. Stir in bacon and drained beans. Top with meat balls. Cover and bake at 350 degrees for 20 minutes. Makes 6 servings.

Hot Potato Salad

1/3 cup garlic-flavored salad dressing	1/2 cup slivered salami
1/3 cup frozen, chopped onions	2 cans white potatoes

Heat salad dressing, onion and salami. Drain and chop potatoes and add to dressing. Stir frequently until potatoes are hot. Makes 6 servings.

Strawberry Yogurt Salad

1 package frozen strawberries	1 cup strawberry-flavored yogurt
1 small can crushed pineapple	Dash salt
1 envelope unflavored gelatin	

Thaw frozen strawberries and drain pineapple. Soften gelatin in pineapple syrup and heat until gelatin is dissolved. Cool and stir in yogurt, salt and fruit. Pour into a quart mold and chill until firm. Serve on lettuce leaf and garnish with strawberries. Makes 4 to 6 servings.

Marshmallow Dressing

1/2 jar marshmallow creme	1 tablespoon lemon juice
1 tablespoon orange juice	1/4 cup mayonnaise

Whip marshmallow creme, orange and lemon juice with electric mixer until fluffy. Fold in mayonnaise and serve with fruit salads.

Marmalade Slices

1 loaf French Bread	1/2 cup orange marmalade
1/2 cup soft butter	Cinnamon

Cut bread in one-inch diagonal slices. Spread slices with butter, then with marmalade. Sprinkle cinnamon over the top. Place slices, marmalade side up on broiler rack and broil 5 to 6 inches from heat for about 6 minutes. Marmalade topping will be very hot, so let cool a few minutes before serving.

Cinnamon Rolls

Place refrigerator biscuits closely together so they form a solid mass when patted to 1/4 inch thickness. Spread with jam or a mixture of nuts, cinnamon and brown sugar. Roll and cut into slices. Place in greased pan with cut side down. Bake at 425 degrees for 12 to 15 minutes.

Frozen bread dough may be thawed and also made into cinnamon rolls.

Fruit Bars

1 package gingerbread mix
3/4 cup lukewarm water

1 cup nuts
1 cup chopped dates

Prepare gingerbread according to directions on package. Combine gingerbread batter with water, and stir until smooth. Add nuts and dates. Pour into two greased 7 x 11 inch pans. Bake at 350 degrees for 20 minutes. Frost with thin icing made with 3/4 cup powdered sugar and 1 1/2 tablespoons of orange juice.

Spicy Peach Crumble

2 cans peach pie filling
1/4 cup red cinnamon candies

1 package pie crust mix
1/2 cup brown sugar

Combine peach filling with cinnamon candies in sauce pan. Simmer over medium heat until candies are dissolved. Combine 1/3 cup pie crust mix with peach filling. Pour into 9-inch square pan. Blend remaining mix with brown sugar until crumbs form. Sprinkle crumbs over filling. Bake at 400 degrees for 30 to 35 minutes or until filling is bubbly and crumbs are brown. Makes 6 servings.

Southern Pecan Pie

1 box butterscotch pudding
1 cup corn syrup
2 eggs, lightly beaten

2 tablespoons water
1/2 teaspoon vanilla
1 cup chopped pecans
Pastry shell

Combine ingredients and pour into prepared pastry shell. Bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees and bake 25 minutes longer. Serve warm or cold, plain or with whipped cream.

Fudge Cake

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| 1 package chocolate pudding mix | 1/2 cup chocolate bits |
| 1 package devils-food cake mix | 1/2 cup nuts |

Cook chocolate pudding as directed on the package. Using the mixer, blend dry cake mix thoroughly into hot pudding for 1 or 2 minutes. Pour into two 7 x 11 inch greased and floured oblong pans. Sprinkle top with chocolate bits and nuts. Bake at 375 degrees for 30 minutes. Serve warm or cold.