



Honey Coated Banana Slices

Banana Chip Cookies

- 2 1/4 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter
- 1 cup brown sugar
- 3 tablespoons Augason Farms™ Scrambled Egg Mix + 1/3 cup water
- 2 teaspoons vanilla
- 2/3 cup Augason Farms™ Honey Coated Banana Slices – coarsely chopped
- 1 cup chocolate chips
- 2/3 cup toasted walnuts – chopped

Whisk together the flour, baking soda, baking powder, and salt. Set aside. In a large bowl, beat the butter until light and fluffy, then beat in sugar, until it is the consistency of thick frosting. Beat the egg mix in slowly, scraping the sides of the bowl occasionally. Stir in the vanilla. Add the reserved flour mix in two increments, stirring a bit between each. Do not over mix. By hand, stir in banana chips, chocolate chips, and walnuts just until everything is incorporated. Drop heaping tablespoons onto baking sheets. Bake for 7-8 minutes at 375°F, until barely golden. Do not overbake.

Trail Mix

- Mix in a container:
- 2 cups granola
 - 1 cup Augason Farms™ Honey Coated Banana Slices
 - 1 cup raisins
 - 1 cup sunflower seeds
 - 1 cup shredded coconut
 - 1 cup chocolate chips



Vegetarian Meat Substitute Bacon Bits

Bacon and Onion Ranch Dip

- 1 - 8 ounce sour cream
- 1 - 8 ounce cream cheese
- 2 tablespoons Augason Farms™ Vegetarian Meat Substitute Bacon Bits
- 1 tablespoon Augason Farms™ Dehydrated Chopped Onions
- 1/2 pkg. ranch dip mix

Stir dip mix into sour cream and cream cheese. Add onions and bacon bits. Serve with chips or crackers.

Morning Glory Scrambled Eggs

- 1 cup Augason Farms™ Scrambled Egg Mix
- 1 1/2 cups warm water
- 2 tablespoons Augason Farms™ Vegetarian Meat Substitute Bacon Bits
- 1 teaspoon garlic bread seasoning
- Salt and pepper to taste
- 1/4 – 1/2 cup shredded cheese

Briskly whisk together egg mix and water until smooth. Add bacon bits and seasoning. Place mixture on a griddle at a low heat of 250°F. Cook about 1/2 minute and then scramble. Turn eggs over and cook about 1/2 minute more. Add cheese and continue cooking until desired texture.



Buttermilk Pancake Mix

Golden Buttermilk Biscuits

- 2 1/2 cups Augason Farms™ Buttermilk Pancake Mix
- 1/2 cup water
- 1/4 cup butter - melted
- 1 1/2 tablespoons Augason Farms™ Scrambled Egg Mix

Stir all ingredients together until dough forms. On lightly floured surface, roll out dough to 1/2" thickness and cut with biscuit cutter. Place biscuits side by side onto greased baking sheet. Bake 10-12 minutes at 425°F. Makes approximately 10 biscuits.

PB&J Pancake Roll-Ups

- 2 cups Augason Farms™ Buttermilk Pancake Mix
- 1 1/2 cups prepared Morning Moo's® Milk Alternative
- 1/4 cup peanut butter
- 3 tablespoons Augason Farms™ Scrambled Egg Mix + 1/3 cup water
- 2 tablespoons vegetable oil
- 1 cup strawberry jam

Mix all ingredients, except strawberry jam, until smooth. Pour 1/4 cup batter onto lightly greased griddle (375°F). Cook pancakes until golden brown, turning only once. To serve, spread pancakes with strawberry jam and roll-up.



Creamy Wheat Cereal

Healthy Heart Cookies

- 1 cup butter
- 1 cup sugar
- 2 tablespoons Augason Farms™ Scrambled Egg Mix + 1/4 cup water
- 1/2 cup applesauce
- 2 1/4 cups whole wheat flour
- 1 teaspoon salt
- 3/4 cup Augason Farms™ Creamy Wheat Cereal
- 1 tablespoon vanilla
- 3/4 cup raisins
- 1 teaspoon cinnamon
- 1 teaspoon grated orange peel-optional

Cream butter and sugar, add eggs, applesauce and beat well. Add other ingredients and mix well. Drop, by teaspoons, on greased cookie sheet. Bake for 12 minutes at 350°F.

Baked Creamy Wheat

- 1 quart prepared Morning Moo's® Milk Alternative
- 1 cup sugar
- 1/2 cup butter
- 1/2 cup Augason Farms™ Scrambled Egg Mix in 3/4 cup water
- 1 teaspoon vanilla
- 3/4 cup Augason Farms™ Creamy Wheat Cereal
- 1 teaspoon cinnamon

Put scrambled egg mix and water in bowl and set aside. Place milk, butter and sugar in large saucepan. Bring to boil over high heat. Stirring constantly, gradually add creamy wheat cereal. Remove from heat when it starts to bubble. Cool 15 minutes. Beat eggs and add to mixture. Add vanilla and cinnamon. Pour in greased 12x9" pan and bake for 35 min at 375°F.



Freeze Dried Beef Chunks

Beef with Black Beans & Rice

- 1 cup Augason Farms™ Black Turtle Beans
- 2 tablespoons oil
- 1 cup Augason Farms™ Freeze Dried Beef Chunks, rehydrated
- 1 cup chopped onions
- 1 cup chopped bell peppers
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- 1 tablespoon mustard, prepared
- 1 teaspoon chili powder
- 2 tablespoons soy sauce
- Dash cayenne pepper
- 1 cup tomato sauce
- 3 cups hot cooked rice

Soak and cook beans according to directions on package. Heat oil in large skillet over medium heat. Add beef, onions, green pepper, and garlic; sauté until tender. In a small bowl combine lemon juice, mustard, chili powder, soy sauce, and cayenne with a small amount of tomato sauce and whisk until thoroughly blended. Stir in remaining tomato sauce, add to meat mixture. Add beans and cook for 20 minutes, or until flavors are well blended. Serve with hot cooked rice.

Black Bean Beef Burgers

- 3/4 cup Augason Farms™ Black Turtle Beans
- 2 cups Augason Farms™ Freeze Dried Beef Chunks, rehydrated
- 1 large egg – beaten
- 1 cup cheddar cheese – shredded
- 1/3 cup seasoned bread crumbs
- 1/2 teaspoon garlic powder
- 8 wheat hamburger buns

Soak and cook beans according to directions on package. Mash beans and meat slightly with a fork. Add egg, cheese, bread crumbs, and garlic powder. Mix well. Shape into 8 patties. Grill over medium-high heat 4 to 8 minutes per side. Serve on buns with favorite burger toppings.



Freeze Dried Broccoli Florets & Stems

Broccoli Rice Bake

- 1 cup Augason Farms™ Freeze Dried Broccoli Florets & Stems – rehydrated & drained
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions – rehydrated & drained
- 1/3 cup butter
- 2 cups cooked rice
- 1/2 cup cheddar cheese, grated
- 1 cup mushroom soup

Sauté onions in butter and add the remaining ingredients. Pour into a 2-quart greased casserole dish. Bake uncovered for 40-45 minutes at 350°F.

Chicken Divan

- 1 - 3 lb. chicken seasoned to taste with salt and pepper
- 2 cups water
- 2 cups Augason Farms™ Freeze Dried Broccoli Florets & Stems – rehydrated and drained
- 2 tablespoons butter
- 3 tablespoons flour
- 1/2 cup prepared chicken bouillon
- 1/2 cup light cream
- Parmesan cheese, grated

Salt and pepper the chicken. Add the water, cover and simmer for 1 hour. Remove the chicken from the broth, bone the meat and cut it into large pieces. Arrange broccoli on the bottom of a baking pan. Arrange the chicken pieces on top. Make a white sauce with the butter, flour, chicken broth and cream. Pour the sauce over the chicken. Sprinkle the top with grated Parmesan cheese. Bake for approximately 15 minutes at 400°F.



Freeze Dried Chicken Chunks

Easy Burritos

2 cups Augason Farms™ Freeze Dried Chicken Chunks
1/2 tablespoon chicken broth mixed in 2 cups water
1 small onion, chopped
2 tablespoons taco seasoning
1 can kidney beans
Soft tortillas

Rehydrate chicken chunks in chicken broth. Sauté onion. Stir in chicken chunks and broth with onion. Add taco seasoning and beans, cook for 15 minutes or less on medium heat. Serve in tortillas.

Greek Chicken Pita Pockets

1 cup Augason Farms™ Freeze Dried Chicken Chunks, rehydrated
1 tablespoon onion, minced
1 stalk celery, finely chopped
1/4 teaspoon garlic powder
1/8 teaspoon pepper
1/4 teaspoon salt
1/2 cup cheese, cubed
1 tablespoon lemon juice
1/4 cup mayonnaise
1/2 teaspoon cumin
1/2 teaspoon oregano
1/2 teaspoon coriander
Pitas

Combine all ingredients in a mixing bowl, stir well. Cut two pita rounds in half and fill with equal portions of filling.



Freeze Dried Corn

Boston Baked Corn

- 1 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon ground mustard
- 1/2 teaspoon salt
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions – rehydrated
- 3 cups Augason Farms™ Freeze Dried Corn – rehydrated
- 2 tablespoons Augason Farms™ Vegetarian Meat Substitute Bacon Bits

Combine all ingredients in order listed. Bake uncovered at 350°F for 35 minutes.

Springtime Corn

- 1 1/2 cups Augason Farms™ Freeze Dried Corn - rehydrated
- 2 teaspoons Augason Farms™ Dehydrated Chopped Onions
- 1 tablespoon butter
- 1 teaspoon sugar
- 1/8 teaspoon ground mustard
- 2 teaspoons parsley

Sauté onion in butter. Mix in sugar, mustard and parsley. Add corn. Cook for 5-10 minutes.



FD Peas

Tuna & Noodle Dish

- 1 pound package egg noodles
- 1 celery stalk – chopped
- 2 carrots – peeled & chopped
- 1/2 medium onion – chopped
- 3/4 cup Augason Farms™ Freeze Dried Peas
- 2 - 6 ounce cans tuna – drained
- 2 - 10.5 ounce cans cream of mushroom soup
- 2 cups shredded cheddar cheese

In large pot boil 2-3 quarts water. Add noodles, celery, carrots, and onion. Boil for 10 minutes, adding peas for the last 2 minutes. Drain and place in bowl. Add tuna and soup, stirring well until blended. Spread in a 9x13” baking dish. Sprinkle cheese on top. Bake at 350°F degrees until cheese is melted and bubbly.

Hamburger Potato Casserole

- 3 cups diced raw potatoes
- 2 cups sliced carrots
- 1 1/2 cups Augason Farms™ Freeze Dried Peas - rehydrated
- 1 tablespoon Augason Farms™ Dehydrated Chopped Onions
- 3/4 cup Augason Farms™ Dehydrated Cross Cut Celery
- 16 ounces ground beef
- 1 can condensed Tomato Soup
- 3/4 cup hot water
- 2 teaspoons dried parsley flakes

Spray a slow cooker with cooking spray. Layer potatoes, carrots, peas, onion, and celery in prepared container. In a large skillet, brown meat. Layer browned meat evenly over celery. In the same skillet, combine tomato soup, water, and parsley flakes. Evenly spoon soup mixture over meat. Cover and cook on low for 6 to 8 hours. Mix well before serving. Serves 6.



Freeze Dried Strawberries

All Season Strawberry Cake

Cake:

- 1 package white cake mix
- 1 small box strawberry gelatin
- 1 small box instant vanilla pudding
- 4 tablespoons Augason Farms™ Scrambled Egg Mix
- 1 cup crushed Augason Farms™ Freeze Dried Strawberries - rehydrated
- 1 cup vegetable oil
- 1/2 cup prepared Morning Moo's® Milk Alternative
- 1/2 cup water

Mix all dry ingredients together until well blended. Add strawberries, oil, Morning Moo's and water. Stir well. Bake in greased 9x13" cake pan for 28-30 minutes at 350°F. Cool before frosting.

Frosting:

- 1 - 8 oz pkg. cream cheese
- 1/2 cup butter
- 3 1/2 cups powdered sugar
- 1 cup crushed Augason Farms™ Freeze Dried Strawberries – rehydrated

For frosting- Combine cream cheese and butter. Add powdered sugar. Gently fold in crushed strawberries.

Sweet Glory Strawberry Muffins

- 2 1/2 cups Augason Farms™ Buttermilk Pancake Mix
- 3/4 cup water
- 1/2 cup sugar
- 1/4 cup vegetable oil
- 1 tablespoon Augason Farms™ Scrambled Egg Mix
- 1/2 teaspoon nutmeg
- 1/2 cup Augason Farms™ Freeze Dried Strawberries - rehydrated in 1 cup water and drained

Muffin topping:

- 4 tablespoons melted butter
- 1/2 cup sugar
- 2 teaspoons cinnamon

Stir all ingredients together until well blended. Fill muffin liners 2/3 full. Bake for 12-14 minutes at 400°F. While warm, roll muffins first in melted butter, then in cinnamon and sugar mixture.



Potato Shreds

Grill House Potato Skillet

- 4 cups Augason Farms™ Potato Shreds
- 1/4 cup Augason Farms™ Vegetarian Meat Substitute Bacon Bits
- 1 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups shredded mozzarella cheese

Bring 2 quarts of water to a boil, add potato shreds, simmer for 15 minutes, drain. Combine all ingredients together. Bake for 25 minutes at 350°F, or until bubbly.

Lone Star Potato Pie

- 5 tablespoons Augason Farms™ Scrambled Egg Mix +2/3 cup water
- 2 1/2 cups Augason Farms™ Potato Shreds
- 2 cups Colby Jack Cheese
- 2/3 cup picante sauce
- 1/8 cup Augason Farms™ Dehydrated Chopped Onions
- 1/4 teaspoon salt

Bring 2 quarts of water to a boil, add potato shreds, simmer 15 minutes, drain. Beat egg mixture, stir in potato shreds, cheese, sauce, onions and salt. Pour into 9" greased pie pan. Bake at 350°F for 35-40 minutes. Serve with additional picante sauce.



Scrambled Egg Mix

Breakfast Tacos

- 6 tortillas (flour or corn)
- 2 tablespoons butter or oil
- 3 tablespoons Augason Farms™ Dehydrated Chopped Onions
- 1 clove garlic, minced
- 1/4 teaspoon ground cumin
- 3/4 cup Augason Farms™ Scrambled Egg Mix + 1 cup and 2 tablespoons water
- 1/2 cup salsa, divided
- 1 1/2 cups shredded cheddar cheese, divided

Rehydrate onions in 1/2 cup warm water for 15 minutes, drain. Heat tortillas in aluminum foil in oven 15 minutes at 350°F, or in microwave on high for 6 or 7 seconds per tortilla. In a large frying pan melt butter or oil over medium heat. Add onion, garlic, and cumin; sauté until onion is translucent. Pour in eggs and 1/4 cup salsa; scramble until eggs are thickened; remove from heat. Fill center of tortillas, one at a time (keep tortillas covered as you work with them), with scrambled egg mixture. Sprinkle with approximately 3 tablespoons of cheddar cheese. Fold tortillas and serve with remaining salsa and cheddar cheese. Makes 6 servings.

South of the Border Scrambled Eggs

- 1 tablespoon olive oil
- 1 tablespoon + 1 teaspoon Augason Farms™ Dehydrated Chopped Onions – rehydrated and drained
- 1/4 pound lean Mexican chorizo sausage (removed from sausage casing)
- 3 tablespoons raisins – soaked in hot water for 15 minutes and drained
- 1 cup Augason Farms™ Scrambled Egg Mix - rehydrated in 1 1/2 cups warm water- mix well
- Salt to taste

On medium high heat, heat olive oil in skillet. Add chopped onions and cook until softened. Set onion aside in a bowl. Break up sausage in pan. Add drained raisins. Stir until sausage is cooked through. Add onions and rehydrated eggs. Stir together until eggs are cooked, yet moist, salt to taste. Serve. Garnish with cilantro and serve with corn chips or corn bread if desired.