



LONG GRAIN WHITE RICE

Pilaf Medley

- 2 cups Augason Farms™ Long Grain White Rice
- 1 green bell pepper, seeded and thinly sliced
- 2 cups water
- 3 onions, peeled and thinly sliced
- 1 (17 ounce) can corn
- 2 carrots, peeled and cut into 1" long thin strips
- 1 jalapeno pepper, seeded and thinly sliced
- 2 tablespoons light vegetable oil
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon salt
- 2 cinnamon sticks
- 1/4 teaspoon ground turmeric
- 3 cloves garlic, peeled and minced
- 2 tablespoons cashews, chopped

Begin by cooking the rice following normal method. Set aside. Boil water in a small saucepan. Add corn, carrots and cook for 8-10 minutes until tender. Drain and set aside. In a heavy non-stick pan heat the oil. Add the turmeric, jalapeno peppers, bell peppers, onions, cashew nuts, onions, garlic, cloves and cinnamon sticks. Sauté until the onions soften. Turn off heat. Add the cooked vegetables and salt, sauté for 3 minutes. Add the cooked rice and mix. Garnish with cilantro and serve hot. Serves 4.

Red Beans & Garlic Rice

- 1 pound Augason Farms™ Light Red Kidney Beans
- 3 tablespoons vegetable oil
- 4 garlic cloves
- 3/4 cup sun-dried tomato, chopped
- 1 small onion, chopped
- 1/2 teaspoon sweet paprika
- 1/8 teaspoon ground red pepper (cayenne)
- 1 1/2 cups Augason Farms™ Long Grain White Rice
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper

In large bowl, place beans and enough water to cover by 2" and soak for 8 hours. Drain beans; transfer to 7-quart saucepot. Add enough water to cover by 2", heat to a boil. Reduce heat to medium-low; simmer 1 1/2 to 2 hours or until beans are tender. Set sieve over large bowl. Into sieve, drain beans; reserve liquid. In same saucepot, heat oil on medium-high. Add 2 cloves garlic and cook 3 minutes; finely chop remaining garlic and reserve. To saucepot, add sun-dried tomatoes, onion, paprika, ground red pepper, and beans. Cook 3 minutes, stirring gently. Add 4 cups reserved liquid and chopped garlic; heat to boiling. Stir rice into bean mixture. Cover and cook on low 25 to 30 minutes or until rice is cooked thoroughly, stirring occasionally. Season with salt and pepper.



Wheat Berries

2 cups Augason Farms™ Hard White Wheat
4 cups water
1/2 teaspoon salt

Place all ingredients in large saucepan and stir. Bring to a boil over high heat. Reduce heat, cover, and simmer about 65 minutes until done. Kernels should be chewy, with some broken open. Drain any remaining water.

Whole White Wheat Bread

2 packages active dry yeast
1 cup warm water
1 cup warm milk
1/3 cup honey
6 1/2 cups whole white wheat flour – ground from Augason Farms™ Hard White Wheat
2 eggs
1/4 cup shortening
2 tablespoons salt

Dissolve yeast in warm water in large mixing bowl. Add milk and honey. Beat in 3 cups of the flour and eggs. Beat 100 strokes, or 2 to 3 minutes on medium mixer speed. Cover and allow to rest 20-30 minutes. Mix in salt and flour 1/2 cup at a time, until dough can be turned out on lightly floured surface to knead. If using a dough hook, add shortening and complete by kneading 8 minutes. If kneading by hand, knead 10-15 minutes, gradually kneading in shortening. Cover and let dough rise in greased bowl until doubled. Punch down and divide in half. Let dough rest while greasing 2 loaf pans. Shape, and place in pans. Let rise until double. Bake for 20 minutes at 375°F.

Whole Wheat Brownies

1/4 cup applesauce
3/4 cup sugar
1 egg
1/4 cup butter – melted
1/4 cup buttermilk
1 teaspoon vanilla extract
1/3 cup unsweetened cocoa powder
1/2 cup whole white wheat flour – ground from Augason Farms™ Hard White Wheat
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup nuts – chopped
1/2 cup chocolate chips – optional

Grease an 8x8" baking pan. In bowl, mix applesauce, sugar, egg, and butter until smooth. Mix in the buttermilk and vanilla. Combine cocoa, flour, baking powder, and salt. Stir into the egg mixture just until incorporated. Spread evenly into the prepared pan. Bake at 350°F for 25 minutes. Cool and cut into squares.



SPAGHETTI

Garden Fresh Spaghetti

Augason Farms™ Spaghetti (cook enough for 6-8 people)	1/2 can tomato paste
1 cup sliced fresh mushrooms	1/4 cup beef broth
1 medium carrot coarsely chopped	1/2 teaspoon dried basil
1/4 cup chopped celery	1/2 teaspoon dried oregano
1/4 cup chopped sweet red pepper	1/4 teaspoon salt
1 garlic clove, minced	1/8 teaspoon pepper
1 tablespoon vegetable oil	1/4 cup grated Parmesan cheese
1 small can crushed tomatoes	
1 small can tomato sauce	

In a Dutch oven, sauté mushrooms, carrots, celery, onion, peppers and garlic in oil until tender. Add the next 10 ingredients. Bring to a boil. Reduce heat, cover and simmer for 1 hour. Serve over cooked Spaghetti. Sprinkle with grated Parmesan cheese. Serves 6-8.

Mexican-Style Spaghetti & Meatballs

1 pound ground turkey
1 1/2 teaspoons Mexican-style chili powder
1 teaspoon guajillo chile powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon olive oil
1/2 onion, finely chopped
1 small jalapeno pepper, seeded and minced
1/2 Anaheim (New Mexico) chili pepper, seeded and minced
2 tostada shells, crushed into fine crumbs
1/4 cup bread crumbs
1/3 can of uncooked Augason Farms™ Spaghetti
1 can diced tomatoes
1/2 onion, diced
1 chipotle chile in adobo sauce, finely chopped
1 - 24 ounce jar spaghetti sauce
1 tablespoon taco seasoning mix

Place a sheet of aluminum foil onto a baking sheet, and lightly grease with cooking spray. Place the ground turkey into a large mixing bowl and sprinkle with the Mexican chili powder, guajillo chile powder, salt, black pepper, and Parmesan cheese. Add the egg, olive oil, chopped onion, jalapeno pepper, and Anaheim pepper. Mix well with your hands then sprinkle with the tostada crumbs and bread crumbs. Mix again. Form the mixture into 1" balls and place onto the prepared baking sheet. Bake at 350°F for about 40 minutes. Turn the meatballs over after 20 minutes to ensure cooking. Cook spaghetti, drain. After you have flipped the meatballs, stir together the diced tomatoes, diced onion, chipotle chile, spaghetti sauce, and taco seasoning in a large sauce pan. Bring to a simmer over medium-high heat, then reduce the heat to medium-low, simmer 10 to 15 minutes. Serves 6.



Dehydrated Potato Dices

Beefy Potato Soup

- 1 lb. ground beef
- 1/2 cup Augason Farms™ Dehydrated Chopped Onions – rehydrated in hot water for 15 minutes
- 1/3 cup Augason Farms™ Cross Cut Celery – rehydrated in hot water for 15 minutes
- 1 can diced tomatoes
- 2 cups Augason Farms™ Dehydrated Potato Dices
- 1 can condensed beef broth
- 1 1/3 cups water
- 1 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon Worcestershire sauce
- 1 cup Augason Farms™ Freeze Dried Peas – rehydrated in warm water for 10 minutes

Brown meat in saucepan, drain off fat. Add onion and celery. Cook until vegetables are tender-crisp. Stir in tomatoes, potatoes, beef broth, water, chili powder, salt, and Worcestershire sauce. Cover and cook until potatoes are tender – about 15 minutes. Stir in peas, heat through.

Cheesy Yummy Potatoes

- 6 cups Augason Farms™ Dehydrated Potato Dices
- 1 can cream of chicken soup
- 2/3 cup prepared Morning Moo's® Low Fat Milk Alternative
- 1 cup sour cream
- 1 cup sharp cheddar cheese - grated
- 1/4 cup grated onion sautéed in butter
- Salt and pepper to taste
- 3 tablespoons butter, melted
- 3/4 cup corn flake crumbs

Boil 3 quarts of water, add potato dices and simmer for 20 minutes or until tender, drain. Place potatoes in a 2-3 quart casserole dish or a 9x13" cake pan. Combine soup, milk, sour cream, cheese, and onion. Salt and pepper to taste. Mix well. Spread sauce over potatoes. Melt butter and combine with corn flake crumbs. Sprinkle crumbs over casserole. Bake uncovered at 350°F for 30-45 minutes or until bubbly throughout.



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.



Dehydrated Chopped Onions

Quinoa Pilaf

- 1 tablespoon olive oil
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions
- 1/4 cup Augason Farms™ Dehydrated Cross Cut Celery
- 1/4 cup Augason Farms™ Dehydrated Diced Carrots
- 1/2 cup quinoa
- 1 cup hot water
- 1 bay leaf
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- 1/2 cup Augason Farms™ Freeze Dried Peas
- Salt and pepper

Pour oil into a medium saucepan and place over medium heat. Add onions, celery and carrots. Cook and stir for 10 minutes or until tender. Rinse quinoa under cold water in a strainer. Drain well. Stir into vegetables. Cook and stir for 1 minute. Add water, bay leaf, lemon zest and lemon juice. Bring to a boil. Cover and reduce heat to medium low. Simmer for 15-20 minutes or until liquid is absorbed and quinoa is tender. Discard bay leaf. Stir in peas. Season to taste with salt and pepper.

Simmering Chili

- 2 lbs. lean ground beef
- 1 - 46 oz. can tomato juice
- 1 - 29 oz. can tomato sauce
- 1 - 15 oz. can kidney beans, drained and rinsed
- 1 - 15 oz. can pinto beans, drained and rinsed
- 2 tablespoons Augason Farms™ Dehydrated Chopped Onions
- 1/4 cup Augason Farms™ Dehydrated Diced Red & Green Bell Peppers
- 1/8 teaspoon ground cayenne pepper
- 1/2 teaspoon sugar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1 teaspoon salt
- 1 1/2 teaspoons ground cumin
- 1/4 cup chili powder

Cook ground beef over medium-high heat until brown. Drain, and crumble. In a large pot combine the ground beef, tomato juice, tomato sauce, kidney beans, pinto beans, onions, bell pepper, cayenne pepper, sugar, oregano, ground black pepper, salt, cumin and chili powder. Bring to a boil, then simmer for 1 1/2 hours.



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 Apple Dices

Chunky Apple Oatmeal Pancakes

3/4 cup whole wheat flour
2 tablespoons rolled oats
2 tablespoons oat bran
1/2 teaspoon cinnamon
2 teaspoons baking powder
1/2 cup Augason Farms™ Freeze Dried Apple Dices - rehydrated
1 cup prepared Augason Farms™ Apple Delight Drink Mix

Combine all dry ingredients. Add apple dices. Gently stir in juice until dry ingredients are completely moistened. Pour batter by 1/4 cup onto nonstick griddle. Cook until bottom is brown and spatula slips easily underneath, turn and brown other side. Makes 8 pancakes.

Spiced Apple Cake

2 tablespoons Augason Farms™ Whole Eggs mixed with 3 tablespoons water
2 cups flour
2 cups sugar
2 teaspoons vanilla
2 teaspoons salt
1 1/2 teaspoons baking soda
1/2 cup shortening
1/2 cup water
1 tablespoon cinnamon
4 cups Augason Farms™ Freeze Dried Apple Dices – rehydrated
1/2 cup chopped nuts (optional)

Cream together eggs, sugar, vanilla, salt, baking soda, and shortening. Add water, flour and cinnamon. Mix well. Stir in apples and nuts. Pour into greased, floured 9x13” pan. Bake at 350 °F for 50-60 minutes.



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.



Freeze Dried Whole Raspberries

Raspberry Apple Crisp

6 tablespoons butter – softened
2/3 cup rolled oats
1/2 cup flour
3/4 cup brown sugar
5 cups Augason Farms™ Dehydrated Apple Slices
1 1/2 cups Augason Farms™ Apple Delight Drink Mix
4 cups water
2 teaspoons cinnamon
1/4 teaspoon nutmeg
1 cup Augason Farms™ Freeze Dried Whole Raspberries

In a saucepan combine apple slices, water, and 1 teaspoon cinnamon. Cook over medium heat for 15-20 minutes. Stir in raspberries, let sit for 10 minutes. Pour fruit mixture into 9x13” baking dish with liquid up to top of fruit, but not to cover fruit. In bowl, blend butter, oats, flour, brown sugar, 1 teaspoon cinnamon and nutmeg with fingers or fork until mixture crumbles. Sprinkle oat mixture onto fruit and bake at 350°F for 30-35 minutes. Top with prepared Augason Farms™ Spiff-E-Whip.

Raspberry Scones

3 1/2 cups flour
3 3/4 teaspoons baking powder
3 tablespoons sugar
1 teaspoon salt
1/3 cup + 1 tablespoon shortening
3/4 cup prepared Morning Moo’s® Low Fat Milk Alternative
3 tablespoons Augason Farms™ Scrambled Egg Mix + 1/3 cup water
1/4 cup crushed Augason Farms™ Freeze Dried Whole Raspberries – rehydrated & drained

In a bowl combine the flour, baking powder, sugar, and salt. Stir well with a fork until blended. Add the shortening and blend in using a pastry blender or fork until the mixture looks like fine bread crumbs. Be careful not to over mix. Stir in the milk and about 3/4 of the beaten egg mixture (reserve the remainder of the egg mixture for glazing). Slowly add the berries until just incorporated. Gather the dough into a ball and press so it holds together. Pat the dough into a circle 1/2 inch thick. Cut the dough into 18 pie-shaped wedges. Brush the reserved egg mixture on top of dough and sprinkle a little bit of sugar on top of the brushed egg. Place the scones 1” apart on baking sheet and bake at 450°F until golden brown, about 10-12 minutes.



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



Morning Moo's® Low Fat Milk Alternative

Morning Moo's Medley

3/4 cup prepared Morning Moo's® Low Fat Milk Alternative
1/2 cup prepared Augason Farms™ Orange Delight Drink Mix
2 tablespoons Augason Farms™ Freeze Dried Apple Dices
1/2 small banana
1/4 cup Augason Farms™ Freeze Dried Whole Raspberries
7-10 ice cubes

Add all ingredients to blender. Blend until smooth.

Strawberries & Cream Milkshake

2 cups Augason Farms™ Freeze Dried Whole Strawberries - rehydrated
4 cups prepared Morning Moo's® Low Fat Milk Alternative
1/2 cup honey
24 ice cubes

Add all ingredients in blender, blend until smooth. Adjust amount of milk and water to create desired thickness.



Country Fresh Milk

Hot Cinnamon Milk Mix

2 cups Augason Farms™ Country Fresh Instant Nonfat Dry Milk
1 cup dry powdered creamer
1 cup sugar
1 1/2 teaspoons cinnamon
Vanilla extract

Mix all dry ingredients together and store in airtight container. Add 3 heaping spoonfuls to a mug of hot water. Stir well. Add a splash of vanilla. (Makes for a great gift.)

Hot Soothing Honey Milk

3 tablespoons Augason Farms™ Country Fresh Instant Nonfat Dry Milk
1 cup water
1 tablespoon (or to taste preference) Augason Farms™ Honey Powder
Splash of vanilla extract, optional

Combine all ingredients in a mug and heat in microwave.



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.



Vegetarian Meat Substitute Beef

Super Beefy Biscuits

- 1 cup Augason Farms™ Vegetarian Meat Substitute Beef - rehydrated in 2 cups water & drained
- 1 1/2 cup spaghetti sauce
- 1 can (10 biscuits) refrigerated biscuits
- 3/4 cup grated mozzarella cheese

Stir beef and spaghetti sauce together. Place biscuits in greased muffin cups, pressing dough up sides. Spoon meat mixture into cups, sprinkle with cheese. Bake at 350°F for 12-15 minutes.

Barbeque Beef Sandwich

- 3/4 cup Augason Farms™ Vegetarian Meat Substitute Beef
- 1 cup beef broth
- 1 cup barbeque sauce

Add beef to boiling beef broth to rehydrate, simmer 20 minutes. Add barbeque sauce. Spread over sliced bread for a delicious sandwich. Serve with chips.



Chicken

Chunky Chicken Casserole Recipe

1/2 cup Augason Farms™ Vegetarian Meat Substitute Chicken
1 teaspoon chicken broth
1 cup water
8 ounce chicken – cooked and cubed
2 cups grated cheese
2 cans refrigerated biscuits
1 can cream of chicken soup
3/4 cup milk
1/4 cup Augason Farms™ Dehydrated Chopped Onions
Salt & pepper to taste

In small saucepan boil water, add broth, and chicken bits. Simmer for 10 minutes. Cool slightly, add cubed chicken and 1/2 cup cheese. Arrange biscuits close together in baking pan. Spread chicken mixture on biscuits. Mix soup, milk, onion, and salt & pepper. Pour over chicken. Bake at 375°F for 30 minutes. Sprinkle with remaining cheese and return to oven until cheese melts.

Barbeque Chicken Sandwiches

3 cups Augason Farms™ Vegetarian Meat Substitute Chicken
3 teaspoons chicken broth
5 cups water
2 green peppers - chopped
2 sweet onions - chopped
1 lb. fresh mushrooms - sliced
2 to 3 large tomatoes - chopped
2 cups barbeque sauce

Combine chicken, broth and water and vegetables in large pot. Bring to a low boil and simmer for 15 minutes. Add barbeque sauce and heat 5 more minutes. Serve on hamburger buns or small hoagie rolls.



TACO TVP

Spicy Tacos

2 cups Augason Farms™ Vegetarian Meat Substitute Taco
2 cups water
2 tablespoons soy sauce
2 tablespoons olive oil
1 red pepper, cut into strips
1/4 cup salsa
Flour tortilla or taco shell

In a large skillet, heat the water over medium heat, and add the meat substitute, stirring well. Allow it to reconstitute for 2-3 minutes. Add oil and soy sauce, then peppers. Stir well. Allow to cook for another 3-5 minutes, stirring frequently. Mix in salsa and remove from heat. Serve wrapped in a flour tortilla or hard taco shells with your choice of toppings. Serves 10.

Sloppy Joes

2-3 tablespoons olive oil
1 tablespoon Augason Farms™ Dehydrated Chopped Onions
1 green or red bell pepper, diced
1 1/2 cups vegetable broth
2 1/2 cups tomato sauce
1 tablespoon chili powder
1 tablespoon soy sauce
Dash hot sauce or Tabasco sauce (optional)
1 tablespoon sugar
1 1/2 cups Augason Farms™ Vegetarian Meat Substitute Taco
Salt and pepper to taste

*5-6 hamburger buns

In a large skillet, sauté the onion and peppers in olive oil for 3 to 5 minutes, or until onions are soft. Reduce heat to medium low and add the remaining ingredients (except buns) and stir well to combine. Allow time to simmer for at least 15 more minutes. Spoon onto hamburger buns and serve hot.



PINTO BEANS

Refried Beans

2 cups Augason Farms™ Pinto Beans
5 cups water
1 large onion
1/2 to 1 cup bacon drippings or butter
Salt to taste

Combine beans, water and onion. Bring to a boil. Cover and remove from heat for 2 hours. Drain and rinse. Cover with water and bring to a boil. Then simmer slowly until beans are tender (about 1 - 1 1/2 hours). Start mashing the beans a portion at a time in the oil. To achieve the unique flavor of refried beans, slowly fry the starches inside the beans in the oil. Mash a little at a time to achieve the desired results. Salt to taste.

Pinto Wheat Bread

1 cup bean puree made with Augason Farms™ Pinto Beans
1 cup warm water
1 tablespoon honey
1 package active dry yeast
2 tablespoons vegetable oil
1 teaspoon salt
2 cups whole wheat flour
1/2 to 3/4 cup all-purpose flour

Prepare bean puree. In a large bowl, combine water and honey stirring until completely mixed. Dissolve yeast in mixture. Let stand until bubbly. Stir in bean puree, vegetable oil and salt. Add whole wheat flour. Mix well. Stir in all-purpose flour until dough is stiff. Knead until smooth and elastic on a lightly floured surface. Place in bowl and let rise until doubled in size. Knead dough a few times. Shape into a loaf. Place in 9x5" greased glass pan. Cover and let rise until doubled in size. Bake at 350°F for about 45 minutes.



Lentils

Crock-Pot Lentil Soup

- 2 cups Augason Farms™ Lentils
- 8 cups water
- 1 1/2 tablespoons crumbled bacon or bacon bits
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped carrot
- 3 tablespoons snipped parsley
- 1 clove garlic - crushed
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried leaf oregano
- 1 – 14.5 ounce can tomatoes
- 2 tablespoons wine vinegar

Rinse lentils; place in cooker. Add 8 cups water and remaining ingredients except tomatoes and vinegar. Cook on LOW for 8 to 10 hours. Add tomatoes and vinegar. Turn to HIGH and cook 15 minutes longer, until hot.

Lentil Butter

- 1 cup Augason Farms™ Lentils
- 1/2 teaspoon salt
- 2 1/4 cups water
- 1 tablespoon olive oil
- 6 green onions - sliced
- 2 garlic cloves - minced
- 1/2 tablespoons parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon turmeric
- 1/4 cup water, as needed

Combine water, lentils, and salt in a pot. Cook until lentils are soft. Drain, reserve stock. Heat oil in a skillet and sauté onions and garlic until onions are translucent. Add parsley and spices and cook another minute. Set aside. Combine lentils, cooking water & onion mixture in a food processor, adding more water a tablespoon at a time as needed until the mixture reaches a spreadable consistency. Refrigerate several hours before serving. Serve spread on whole grain crackers or as a vegetable dip.



Whole Eggs

Potato Shreds Casserole

5 cups water
2 cups Augason Farms™ Dehydrated Potato Shreds
1 teaspoon salt
2 tablespoons Augason Farms™ Dehydrated Chopped Onions
1/4 cup Augason Farms™ Dehydrated Diced Red & Green Bell Peppers
2 tablespoons butter or margarine
1/2 cup Augason Farms™ Whole Eggs
1 tablespoon Augason Farms™ Vegetarian Meat Substitute Ham or Bacon Bits, rehydrated
1 cup grated cheese
Ketchup

In a 2-quart saucepan, add 4 cups water, potato shreds, salt, onions, and peppers. Let simmer 10-15 minutes (until onions are rehydrated). Drain well. In frying pan, melt butter or margarine, then add drained potato shreds mixture. Cook until browned and crisp (about 15 minutes). While potato shreds are cooking, mix egg powder with 1 cup water. Blend until smooth, add ham or bacon bits. Pour over browned potatoes and cook until egg mixture is set. Melt cheese over mixture and serve with ketchup. Serves 6.

Morning Moo's Chocolate Snicker Doodles

2 2/3 cups sugar
1/2 cup butter (very soft, nearly melted)
1/2 cup shortening
1 cup dry Morning Moo's® Milk Chocolate Drink
1/4 cup Augason Farms™ Whole Eggs
1/2 cup water
6 cups flour
2 tablespoons cornstarch
2 tablespoons baking soda
1/2 teaspoon salt
2 cups chocolate chips (optional)
Cinnamon sugar mixture: 1/2 cup sugar + 3 tablespoons cinnamon

Cream sugar, butter, shortening and chocolate drink together. Mix completely. Add other ingredients one at a time, mix well. Form dough into 1" balls and roll in cinnamon sugar mixture. Bake at 350°F for 7-9 minutes on a greased cookie sheet.



BLUEBERRY MUFFIN MIX

Blueberry Lemon Coffee Cake

2 1/4 cups Augason Farms™ Blueberry Muffin Mix
1/3 cup water
1 egg
1/2 cup lemon yogurt
3 tablespoons packed brown sugar
2 tablespoons all-purpose flour
3 tablespoons butter or margarine, cold

Cake: In medium bowl, blend together muffin mix, water, yogurt. Spoon batter into lightly greased 8x8x2" pan.

Topping: In a small bowl, mix together brown sugar and all-purpose flour. Cut in butter with fork or pastry blender until mixture resembles size of small peas. Sprinkle topping over batter. Bake at 350°F for 30-35 minutes. Yield: 16 – 2" squares.

Creamy Blueberry Lemon Bars

Crust:

3 1/4 cups Augason Farms™ Blueberry Muffin Mix
1/2 cup butter or margarine, softened

Filling:

3/4 cup vanilla pie filling
1 cup (8 ounce package) cream cheese, softened
1 cup sugar
1 cup Augason Farms™ Spiff-E-Whip – prepared & whipped to stiff peaks

Crust: In medium bowl, mix together muffin mix, and butter or margarine until crumbly. Press into lightly greased 9x13" pan. Bake at 350°F for 15 to 20 minutes or until light golden brown. Cool.

Filling: Spread pie filling over crust. Using an electric mixer, blend cream cheese and sugar on medium speed for 1 minute. Scrape bowl. Continue mixing on medium speed for 1 minute. Add whipped topping. Change to low speed and mix 1 minute. Spread evenly over pie filling. Refrigerate 2 hours or until set before serving. Yield: 24 – 2" squares.



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.



Chocolate Fudge Brownie Mix

Decadent Turtle Brownies

5 cups Augason Farms™ Chocolate Fudge Brownie Mix

3/4 cup water

1 – 14 ounce bag caramels – unwrapped

1/4 cup whipping cream

1 – 11.5 ounce bag semi sweet chocolate chunks

1 cup pecans – coarsely chopped

Spray 9x13” baking pan. In bowl combine brownie mix and water until just mixed. Spread 1/2 the batter in the baking pan, bake 12 minutes. In microwavable bowl, combine caramels and whipping cream. Microwave uncovered on high 2 to 3 minutes, stirring occasionally until smooth. Pour caramel over partially baked brownie, carefully spread to edges. Sprinkle with 1 cup chocolate chunks and 1/2 cup pecans. Drop remaining brownie batter by small spoonfuls onto caramel layer. Sprinkle with remaining chocolate chunks and pecans. Bake at 350°F for 20 to 25 minutes longer until center is almost set. Cool 1 hour at room temperature, cover and refrigerate 1 hour before serving.

Cheesy Marbled Brownies

3 1/2 cups Augason Farms™ Chocolate Fudge Brownie Mix

1/2 cup water

3 ounces cream cheese - softened

3 tablespoons butter or margarine, softened

3 tablespoons granulated sugar

1 large egg

1 tablespoon flour

1/2 teaspoon vanilla

Grease bottom of 8x8” pan. Beat cream cheese and butter until smooth in medium mixing bowl. Stir in sugar, egg, flour and vanilla. Beat until smooth; set aside. Prepare brownie mix according to package directions. Spread half of brownie batter in prepared pan. Spoon cream cheese mixture over batter. Drop remaining brownie batter by small spoonfuls onto cream cheese layer. Swirl brownie and cream cheese batter together with a knife or spatula. Bake at 350°F for 20 to 25 minutes or until set. Cool completely. Cover and refrigerate 2 hours.



Cross Cut Celery

Cashew Chicken with Oranges

2 boneless – skinless chicken breasts cut into 1” chunks
3 tablespoons soy sauce
2 tablespoons honey
3/4 cup chicken broth
1 tablespoon corn starch
2 tablespoons frozen orange juice concentrate
3/4 cup Augason Farms™ Cross Cut Celery – rehydrated in hot water for 15 minutes, drained
1 can mandarin oranges
3/4 cup cashews
Steamed rice

This can be cooked in a dutch oven or a wok. Stir fry chicken cubes in cooking oil over medium heat until browned. Add celery and cook for 3 minutes. Mix together broth, soy sauce, orange juice, and honey. Add to chicken and cook until thickened. Stir in oranges and cashews. Cook for an additional 5 minutes. Serve over steamed rice.

Chicken Salad Supreme

1 cup cooked chicken - diced
1 teaspoon mustard
1 cup mayonnaise
1/2 cup toasted slivered almonds
1/3 cup red onions
1/4 cup Augason Farms™ Cross Cut Celery
1/4 cup Augason Farms™ Freeze Dried Apple Dices
1/3 cup sliced red grapes

Place the celery, apples, and 1 cup water in a saucepan and simmer for 20 minutes, drain and cool. Mix all ingredients together. Let chill in refrigerator for one hour. Serve on lettuce as a salad or on a croissant for a gourmet sandwich.



Dehydrated Diced Red & Green Bell Peppers

Country Morning Casserole

6 cups water
1 teaspoon salt
3 cups Augason Farms™ Dehydrated Potato Dices
2 tablespoons Augason Farms™ Dehydrated Chopped Onions
1/4 cup Augason Farms™ Dehydrated Diced Red & Green Bell Peppers
2 tablespoons butter
2/3 cup Augason Farms™ Scrambled Egg Mix + 1 cup water
1 tablespoon Augason Farms™ Vegetarian Meat Substitute Bacon Bits
1/2 cup grated cheese
Ketchup

In large saucepan boil water, add salt, potato dices, onion, and peppers. Let simmer for 15-20 minutes until onions are hydrated. Drain well. In frying pan, melt butter or margarine. Add drained veggies. Cook until browned and crisp to taste. While veggies are cooking, mix egg powder with 1 cup water. Blend until smooth. Add bacon bits. Pour over browned potatoes and cook on medium-low until egg mixture is set. Sprinkle with grated cheese of your choice and serve with ketchup.

My Oh My, Shepherd's Pie

3 cups Augason Farms™ Potato Gems (prepared)
2 cups Augason Farms™ Vegetarian Meat Substitute Taco
4 cups water
1/2 cup Augason Farms™ Dehydrated Chopped Onions
1/2 cup Augason Farms™ Dehydrated Diced Red & Green Bell Peppers
1 1/2 tablespoons Augason Farms™ Tomato Powder
1/2 teaspoon beef bouillon
1/2 cup Augason Farms™ Dehydrated Carrots
1/2 cup Augason Farms™ Freeze Dried Peas
2 cups shredded cheddar cheese

To 4 cups boiling water add 2 cups taco, onions, peppers, tomato powder, beef bouillon, carrots and peas. Cook until all vegetables are soft. Pour into 9x13" pan.

Drop potatoes by spoonfuls on top of vegetable dish. Sprinkle with shredded cheese. Place in 325°F oven for about 20 minutes until hot and bubbly and cheese is melted.



Quick Rolled Oats

Oatmeal Caramel White Chip Bars

Crust:

- 2 cups all-purpose flour
- 1 1/2 cups packed brown sugar
- 1 1/4 cups butter or margarine, softened
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups Augason Farms™ Quick Rolled Oats

Filling:

- 1 (12-ounce) package or 2 cups white chocolate chips
- 1/2 cup chopped nuts
- 1 cup caramel or butterscotch caramel fudge topping
- 3 tablespoons all-purpose flour

For Crust: Mix flour, sugar, butter, baking soda and salt in a large mixing bowl until crumbly. Beat in oats on low speed just until combined. Press half of mixture (about 2 1/2 cups) into bottom of a 9x13" greased baking pan. Bake 350°F for 10 minutes. Cool in pan for 2 minutes.

For Filling: Sprinkle crust with morsels and nuts. Blend caramel topping with flour. Drizzle over morsels and nuts. Crumble remaining oat mixture over nuts. Bake for 18 to 22 minutes or until golden brown. Cool completely in pan on wire rack. Cut into bars.

Oatmeal Chocolate Chip Bars

- 1 cup butter
- 1 cup sugar
- 1 cup brown sugar
- 2 eggs
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 cups Augason Farms™ Quick Rolled Oats
- 2 cups all-purpose flour
- 2 teaspoons vanilla
- 1 cup chopped pecans
- 12 ounce chocolate chips

Cream soft butter and sugars, add eggs and beat until creamy. Add dry ingredients and vanilla and mix well. Add nuts and chocolate chips. Spread into a 9x13" baking pan. Bake at 350°F for 30 minutes. When cool, cut into bars.



Dehydrated Diced Carrots

Golden Carrots

- 4 cups Augason Farms™ Dehydrated Diced Carrots
- 1 1/4 cups water, divided
- 1 teaspoon chicken bouillon granules
- 3 medium onions, sliced, separated into rings
- 2 tablespoons butter or margarine
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- 1 teaspoon honey
- 1/4 teaspoon sugar
- Dash of pepper

In a saucepan, combine carrots, 1/2 cup water and bouillon. Bring to a boil. Reduce heat; cover and cook for 5 minutes or until carrots are crisp-tender. Drain carrots, reserving liquid. Set carrots aside and keep warm. In large skillet melt butter and sauté onions for 10 minutes. Sprinkle with flour; stir until blended. Stir in salt, honey, sugar, pepper and reserved cooking liquid until blended. Add remaining water; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in carrots; heat through. Makes 8 servings.

Carrots Au Gratin

- 4 tablespoons melted butter, divided
- 1/4 cup saltine cracker crumbs
- 2 tablespoons grated parmesan cheese
- 2 1/2 to 3 cups Augason Farms™ Diced Carrots
- 2 tablespoons Augason Farms™ Dehydrated Diced Red & Green Bell Peppers
- 1 tablespoon Augason Farms™ Dehydrated Chopped Onions
- Salt and pepper to taste

In a small bowl, toss 2 tablespoons of melted butter with cracker crumbs, parmesan cheese, and the salt & pepper; set aside. Cook carrots, pepper mix, and onion in salted boiling water just until tender. Drain. Stir in remaining 2 tablespoons butter. Top carrots au gratin with buttered crumbs and bake 20 minutes at 350°F. Serves 4 to 6.