



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.



Aloha Macaroni Salad

- 2 cups Augason Farms™ Elbow Macaroni
- 1/2 (32 ounce) jar Miracle Whip
- 1 (20 ounce) can pineapple tidbits
- 1/2 pound sharp cheddar cheese
- 3/4 cup raisins
- 1 medium carrot

Dice carrot and steam until crisp-tender. Boil macaroni in boiling water 7-10 minutes. Mix all ingredients in a large mixing bowl. Chill for 2 hours or overnight prior to serving.

Mac 'N' Cheese Pie

- 1 cup Augason Farms™ Elbow Macaroni
- 2 cups shredded cheddar cheese
- 1/2 cup Original Biscuit
- 1 1/2 cups milk
- 1/4 teaspoon red pepper sauce
- 2 eggs

Grease a 9" pie plate. Place uncooked macaroni in pie plate. Sprinkle with 1 3/4 cups of cheese. Stir remaining ingredients, except cheese, until blended and pour into pie plate. Bake at 400°F for 25 -30 minutes or until knife inserted in center comes out clean. Sprinkle with the remaining 1/4 cup cheese. Bake 1 to 2 minutes longer or until cheese is melted. Let stand 5 minutes before cutting and serving. Serves 6.



Six Grain Pancake Mix

Multi Grain Raisin Pancake

Makes 18 – 4 inch pancakes

3 1/3 cups Augason Farms™ Six Grain Pancake Mix

2 1/2 cups cold water

1 cup of yogurt

2 cups Raisin Bran Cereal

Extra raisins (optional)

Large container of yogurt for topping

Add pancake mix to cold water. Lightly mix. Add more water if needed to reach desired consistency. Preheat oiled skillet and cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once. Top with maple syrup and a dollop of yogurt. Yield: 18 – 4” pancakes.

Multigrain Pancake with Strawberry Topping

3 1/3 cups Augason Farms™ Six Grain Pancake Mix

2 1/2 cups cold water

16 ounces fresh or frozen strawberries.

1/2 cup granulated sugar

1/4 cup water or orange juice

Grated zest of 1/2 lemon

2 tablespoons butter

Sauce: Slice strawberries, rinse well and drain. In saucepan, combine sugar, water, and lemon juice. Bring to a light boil. Add lemon zest, and strawberries. Heat through and then stir in the butter. Remove from heat and let cool. Chill before serving. Pancakes: Add pancake mix to cold water. Lightly mix. Add more water if needed to reach desired consistency. Preheat oiled skillet and cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once. Yield: 18 – 4” pancakes.



CORNMEAL

Cornmeal Buttermilk Biscuits

Set a rack in the center of the oven

Preheat oven 450° F.

1 1/3 cups all-purpose flour, plus as needed

2/3 cup cups Augason Farms™ Cornmeal

2 1/2 teaspoons baking powder

1/4 teaspoon baking soda

1 heaping teaspoon sugar

1 teaspoon fine salt

6 tablespoons unsalted butter, diced

3/4 cup buttermilk

Line a baking sheet with two layers of parchment paper. In a large bowl, whisk together flour, cornmeal, baking powder, baking soda, sugar, and salt. Rub 2 tablespoons of the butter into the flour mixture with your fingertips, until it is completely incorporated. Work remaining butter into flour until it's in even, pea-sized pieces. Gently stir in buttermilk to make a loose dough. Turn dough out onto a lightly floured work surface. Pat dough into a 1/2" thick rectangle. Fold dough in thirds like a business letter. Pat dough into a 5x8" rectangle, about 3/4" thick. Use a 2 to 3" round cutter to make 6 biscuits, and put biscuits on the prepared baking sheet. Press together the scraps of dough, cut 2 more biscuits, place on baking sheet. Bake until tops are lightly browned, about 15 minutes. Cool before serving. Yield: 8 Biscuits.

Cornmeal Pancakes

3/4 cup Augason Farms™ Cornmeal

1 teaspoon salt

1 tablespoon white sugar

1 cup boiling water

1 beaten egg

1/2 cup milk

2 tablespoons butter, melted

3/4 cup unbleached all-purpose flour

2 teaspoons baking powder

1/2 cup pine nuts, toasted

In a medium bowl, mix together cornmeal, salt and sugar. Stir in boiling water until all ingredients are wet. Cover, and let stand a few minutes. In a measuring cup, combine milk, egg and melted butter. Stir the milk mixture into the cornmeal mixture. Combine the flour and baking powder; stir into the cornmeal mixture until just incorporated. If the batter is stiff, add a little more milk until it flows off the spoon thickly but smoothly. Heat a large cast iron skillet over medium heat, and grease with a dab of oil or butter. Use about 2 tablespoons of batter for each pancake. Quickly sprinkle a few pine nuts onto each cake. When the entire surface of the pancakes are covered with bubbles, flip them over and cook the other side until golden. Serve with syrup or fruit jam. Serves 4.



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.



Dehydrated Sliced Mushrooms

Mushrooms Au Gratin

3 1/4 cups Augason Farms™ Dehydrated Sliced Mushrooms - rehydrated & drained
2 tablespoons butter
1 egg yolk
1/3 cup sour cream
1/4 teaspoon salt
1/8 teaspoon pepper
3 tablespoons fresh chopped parsley
1/3 cup shredded Swiss or Monterey Jack Cheese

Heat butter in a skillet over medium-low heat. When butter is foamy, add mushrooms and cook until lightly browned, stirring constantly. Whisk together the sour cream, egg yolk, and salt and pepper; stir into the mushrooms. Heat through, stirring. Spoon mushroom mixture into a shallow baking dish; sprinkle with the chopped parsley and shredded cheese. Bake at 425°F for 10 minutes, until cheese is melted. Serves 4.

Pecan Rice with Mushrooms

1 cup cooked long grain rice
1/2 teaspoon ground nutmeg
1 can (10 3/4 ounces) condensed cream of mushroom soup
1 1/2 cups Augason Farms™ Dehydrated Sliced Mushrooms - rehydrated & drained
1/2 cup chopped pecans
1/2 cup melted butter

Season cooked rice with nutmeg. In a well greased casserole dish, spoon in a layer of rice, a layer of undiluted mushroom soup, mushrooms and pecans. Repeat layers ending with nuts on top. Pour melted butter over all. Bake at 350°F for 20-30 minutes. Serves 6-8.



SPINACH

Southwestern Egg Rolls

- 2 tablespoons vegetable oil
- 1/2 skinless, boneless chicken breast, diced
- 2 tablespoons minced green onion
- 2 tablespoons minced red bell pepper
- 1/3 cup frozen corn kernels
- 1/4 cup black beans, rinsed and drained
- 2 tablespoons Augason Farms™ Dehydrated Spinach Flakes - rehydrated
- 2 tablespoons diced jalapeno peppers
- 1/2 tablespoon minced fresh parsley
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/3 teaspoon salt
- 1 pinch ground cayenne pepper
- 3/4 cup shredded Monterey Jack cheese
- 5 (6 inch) flour tortillas
- 1 quart oil for deep frying

Rub 1 tablespoon vegetable oil over chicken breast. Cook chicken over medium heat in a medium saucepan approximately 5 minutes. Remove from heat and set aside. Heat remaining 1 tablespoon oil over medium heat in medium saucepan. Stir in green onion and red pepper. Cook and stir until tender about 5 minutes, then add chicken. Mix in corn, black beans, spinach, jalapeno peppers, parsley, cumin, chili powder, salt and cayenne pepper. Cook and stir 5 minutes, until well blended and tender. Remove from heat and stir in Monterey Jack cheese until it melts. Wrap tortillas with a clean, lightly moist cloth. Microwave on high approximately 1 minute, or until hot and pliable. Spoon even amounts of mixture into each tortilla. Fold ends of tortillas, then roll tightly around mixture. Secure with toothpicks. Arrange in a medium dish, cover with plastic, and place in the freezer for at least 4 hours. In a large, deep skillet, heat oil for deep frying to 375°F. Deep fry frozen, stuffed tortillas 10 minutes each, or until dark golden brown. Drain on paper towels before serving.

Spinach Dip with Water Chestnuts

- 2 1/3 cups Augason Farms™ Dehydrated Spinach Flakes - rehydrated
- 1 - 16 ounce container sour cream
- 1 cup mayonnaise
- 1 envelope dry vegetable soup mix
- 1 - 8 ounce can water chestnuts, drained and chopped
- 3 green onions, chopped

In a medium bowl, mix together spinach, sour cream, mayonnaise, dry vegetable soup mix, water chestnuts and green onions. Cover and chill in the refrigerator approximately 2 hours before serving. Serves 48.



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 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.



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



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.



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.



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.



Chocolate Morning Moo's® Low Fat Milk Alternative

Chocolate "Moo's" Pie

- 1 cup Chocolate Morning Moo's® Low Fat Milk Alternative
- 1/2 cup hot water
- 1 1/4 cups Augason Farms™ Spiff-E-Whip
- 1/2 cup cold water
- 3/4 cup crushed chocolate sandwich cookies
- 1 chocolate cookie pie crust

Dissolve Chocolate Morning Moo's in hot water. Refrigerate 1 hour. In large bowl, place Spiff-E-Whip, cold water, and chocolate mixture. Whip until stiff. Gently stir in crushed cookies. Refrigerate 3-4 hours or until set.

Chocolate Almond Supreme

- 1 teaspoon almond extract
- 1 cup prepared Chocolate Morning Moo's® Low Fat Milk Alternative

Mix ingredients in blender for 30 seconds.



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.



BEANS – BLACK TURTLE

Black Bean Salad

Salad

- 2 cups Augason Farms™ Black Turtle Beans, cooked and drained
- 1 cup diced cucumber
- 1 cup sliced grape tomatoes
- 1/4 cup Augason Farms™ Dehydrated Diced Red & Green Peppers
- 1/4 cup diced red onion
- 1/2 cup minced, fresh cilantro

Place all the ingredients for the black bean recipe (except bell peppers) in a large bowl and gently toss. Serves 4-6.

Dressing

- 1/4 cup olive oil
- 1/4 cup apple cider vinegar
- 2 cloves garlic minced
- 1/2 teaspoon salt
- 1/4 cup Augason Farms™ Dehydrated Diced Red & Green Peppers

Whisk together all the ingredients for the black bean recipe dressing until well mixed. Serve Black Bean Salad on a bed of mixed greens. Pour dressing over black bean recipe and gently toss.

Cuban Black Beans & Rice

- 1 cup Augason Farms™ Long Grain White Rice, cooked
- 1 1/2 teaspoons olive oil
- 1 1/4 cups chopped onions
- 2 diced peppers
- 4 ounces ham, diced
- 1 tablespoon minced garlic
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 1/4 cups Augason Farms™ Black Turtle Beans, cooked
- 1/2 cup water
- 2 teaspoons rice vinegar
- 1/2 cup chopped cilantro

Heat oil in skillet. Add onions and peppers; cook, stirring until tender, about 7 minutes. Add ham. Cook 2 minutes or until browned. Add garlic, cumin and oregano. Cook, stirring until fragrant, about 30 seconds. Stir in beans and their liquid and water. Simmer for flavors to blend, about 5 minutes. Remove from heat. Stir in vinegar and cilantro. Serve over rice.



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.



Dark Red Kidney Beans

Bean and Bacon Salad

- 1/2 cup Augason Farms™ Dark Red Kidney Beans
- 1/2 cup Augason Farms™ Light Red Kidney Beans
- 1 cup chopped green bell pepper
- 1 cup chopped celery
- 1/2 cup chopped green onions
- 12 ounces bacon, diced and cooked until crisp
- 1 head iceberg lettuce
- Tomato Dressing:
 - 1 –15 ounce can tomatoes, drained
 - 1/4 cup mayonnaise
 - 1 clove garlic, crushed
 - 1 teaspoon sugar
 - 1 teaspoon salt
 - 1/4 teaspoon ground marjoram
 - 1/8 teaspoon pepper
 - 1 tablespoon lemon juice

Combine beans with green pepper, celery, and chopped onions; chill thoroughly. Break lettuce into bite-size pieces; divide among 6 plates or salad bowls. Spoon bean mixture over each portion and top with cooked bacon. Drizzle Tomato Dressing over each salad; toss lightly. Bean and bacon salad recipe serves 6. Tomato Dressing: Press tomatoes through a sieve; beat in mayonnaise and remaining dressing ingredients. Makes about 1 1/3 cups tomato dressing.

Crock-Pot Chili with Beans

- 1 pound ground beef, browned and drained of fat
- 1 pound beef stew chunks, cut small (bite-size)
- 1 cup Augason Farms™ Dark Red Kidney Beans
- 1 large can stewed or cooked tomatoes
- 1 can condensed tomato soup
- 3 cups water
- 1 small onion, diced
- 1 large green pepper, diced
- 1 teaspoon garlic powder
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes (hot)
- 1/4 teaspoon black pepper

Combine all ingredients in crock-pot; mix well. Cover and cook chili on low about 8 hours. Add more water for a thinner chili.



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.



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.



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.



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.



Augason Farms™ Gluten Free Recipes – for more information go to
www.AugasonFarms.com

Gluten Free Chocolate Chip Brownie Mix

Nutty Caramel Brownies

Brownies:

2 1/4 cups Augason Farms™ GF Chocolate Chip Brownie Mix

1 large egg, beaten

1/2 cup water

1/3 cup + 1 tablespoon vegetable oil

Topping:

Ice Cream or Whipped topping

Nuts

Chocolate or caramel syrup

Place mix in a large mixing bowl. Add egg, water and vegetable oil. Beat on low speed for 2 minutes. Pour batter into 8x8" greased or floured pan. Bake at 325°F for 20–30 minutes. Let cool. Cut with plastic knife. Top with ice cream of your choice or whipped topping. Sprinkle with nuts of your choice and/or drizzle chocolate or caramel syrup on top of ice cream.

Chocolate Frosted Brownies

Brownies:

2 1/4 cups Augason Farms™ GF Chocolate Chip Brownie Mix

1 large egg, beaten

1/2 cup water

1/3 cup + 1 tablespoon vegetable oil

Topping:

1 cup Reese's Pieces®

Chocolate Frosting

Mini Marshmallows

Nuts (optional)

Place mix in a large mixing bowl. Add egg, water and vegetable oil. Beat on low speed for 2 minutes. Mix in Reese's Pieces®. Pour batter into 8x8" greased or floured pan. Bake at 325°F for 20–30 minutes. Let cool. Topping: Add nuts mini marshmallows to chocolate fudge frosting and frost. Cut with plastic knife after frosting has set.



Baby Lima Beans

Baby Lima Beans in Cream Sauce

3/4 cup Augason Farms™ Baby Lima Beans
1 teaspoon sugar
2/3 cup heavy whipping cream
2 tablespoons butter
Salt and pepper to taste

Soak and cook beans according to directions on package. Drain well. Add the cream and butter. Taste and add salt and pepper as desired. Heat thoroughly. Serve hot.

Crock Pot Lima Beans with Ham

2 cups Augason Farms™ Baby Lima Beans
2 quarts water for soaking
2 medium onions, coarsely chopped
1 meaty ham bone plus leftover diced ham, as desired
3 to 4 cups water, to cover
1 teaspoon Cajun or Creole seasoning blend
1/4 teaspoon freshly ground black pepper
Dash cayenne pepper
Salt, to taste

Soak beans overnight. Drain and put beans in the slow cooker insert. Add 3 to 4 cups of fresh water just to cover the beans and stir in the chopped onions and add the ham bone and ham. Cover and cook on high for 3 hours. Add the seasoning blend, black and cayenne peppers. Cover and cook on low for 4 hours, or until very tender. Serves 8.