



## 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.



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## Apple Delight Drink Mix

### Tangy Apple Topping

2 1/2 cups water

1/2 cup Augason Farms™ Apple Delight Drink Mix

3 tablespoons corn starch

3/4 teaspoon Augason Farms™ Ground Cinnamon

1/8 teaspoon nutmeg

Mix dry ingredients then add water. Bring to boil and simmer 5-8 minutes until thickened. Serve over ice cream, gingerbread, plum pudding or warm apple pie.

### Apple Poke Cake

Add 1/2 cup Augason Farms™ Dehydrated Apple Slices to Tangy Apple Topping recipe as it is cooking. Bake white cake in 9x13" pan, "poke" holes all over the top of cake with skewer. Pour warm sauce and apples on cake and allow the sauce to be absorbed. Serve with Augason Farms™ Spiff-E-Whip whipped topping.



## Beef Bouillon

### Beefy Mac Soup

- 2 lbs. lean ground beef
- 2 medium onions – chopped
- 1 1/2 stalks celery – chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 – 28 ounce cans diced tomatoes
- 1 – 10 ounce can tomato soup
- 1 1/2 tablespoons Augason Farms™ Beef Bouillon
- 5 cups water
- 1 1/2 cups uncooked macaroni
- 1/4 teaspoon Worcestershire sauce

In skillet, sauté ground beef, onions, and celery. Add salt, pepper, tomatoes, tomato soup, beef bouillon, water, macaroni, and Worcestershire sauce. Bring to a boil, simmer for 18 minutes.

### Crock Pot Beef Stroganoff

- 3 lbs. beef round steak
- 1/2 cup flour
- 2 teaspoons salt
- 1/8 teaspoon pepper
- 1/2 teaspoon dry mustard
- 2 medium onions – sliced and separated into rings
- 2 – 4 ounce cans sliced mushrooms – drained
- 2 cups water
- 2 teaspoons Augason Farms™ Beef Bouillon
- 1 1/2 cups sour cream
- 1/4 cup flour

Trim all excess fat from steak, cut into 3” strips about 1/2” wide. Combine 1/2 cup flour, salt, pepper, and dry mustard; toss with steak strips to coat thoroughly. Place coated steak strips in crock pot. Stir in onions and mushrooms. Mix water with bouillon. Add to crock pot and stir well. Cover and cook on low for 8-10 hours. Before serving, combine sour cream with 1/4 cup flour. Stir into crock pot. Serve over rice or noodles.



## BEEF GRAVY

### Beefy Gravy

- 1 cup Augason Farms™ Beef Gravy
- 5 cups water
- 1 chopped onion
- 1 sprig of parsley
- 1 stalk of celery
- 1/2 garlic clove

Add gravy to water and boil for 1 minute, then simmer until thickened. In a skillet, brown ingredients over medium heat, then add to gravy and serve over Augason Farms™ Potato Gems.

### Hamburger Noodle Casserole

- 1 package noodles
- 1 pound hamburger
- 1 onion
- 1/2 cup sour cream
- Salt and pepper to taste
- 1 can cream of mushroom soup
- 1 cup Augason Farms™ Beef Gravy
- 5 cups water

Cook noodles in a saucepan. While they are cooking, brown onions in skillet on medium heat. Add hamburger and cook until done. Stir in mushroom soup and sour cream. Add gravy to water and boil for 1 minute, then simmer until thickened. Drain noodles. Stir noodles in hamburger mixture. Top with gravy.



## 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.



## BLUEBERRY PANCAKE

### Blueberry Pancake with Blueberry Topping

#### Pancake

3 1/3 cups Augason Farms™ Blueberry Pancake Mix

2 1/2 cups water

#### Topping

2 1/2 cups fresh or frozen blueberries (not in juice)

1/3 cup sugar

1/2 cup orange juice

1 tablespoon cornstarch

2 teaspoons lemon juice

Topping: Combine the blueberries, sugar, and 1/4 cup of orange juice in a medium-size saucepan. Warm the mixture over moderate heat, stirring occasionally. While the berries heat, blend cornstarch into remaining orange juice, using back of a spoon to dissolve lumps. Increase the heat under the pan and bring the sauce to a boil. Stir the cornstarch mixture again and then stir it into the fruit. Cook the sauce at a low boil for 1 minute, stirring constantly. Remove the pan from the heat and stir in the lemon juice. Cool sauce for 5 to 10 minutes before serving (it will thicken as it cools). Makes about 2 cups. Pancake: Add pancake mix to cold water. Do not over mix. Add more water until desired consistency. Preheat oiled skillet. Cook pancakes 1 to 2 minutes per side or until golden brown, turning only once. Top with cooled blueberry sauce.

### Blueberry Pancake with Berry Compote & Yogurt

#### Pancake

3 1/3 cups Augason Farms™ Blueberry Pancake Mix

2 1/2 cups water

#### Topping

2 teaspoons cornstarch

1 1/2 + 2 teaspoons cups fresh orange juice

3 tablespoons honey

1 teaspoon vanilla extract

1 cup fresh blueberries

1 cup fresh blackberries

2 cups fresh raspberries

Vanilla yogurt

Topping: Dissolve cornstarch in the 2 teaspoons orange juice. Set aside. Combine the 1 1/2 cups orange juice and honey and vanilla in a medium saucepan and bring to a boil over high heat. Cook for 2 minutes, or until the honey has completely dissolved. Add blueberries and blackberries and cook for 2 minutes. Add cornstarch and cook until the mixture thickens slightly, about 2 minutes. Remove from heat and fold in raspberries. Serve warm. Pancake Mix: Add pancake mix to cold water. Do not over mix. Add more water until desired consistency. Preheat oiled skillet. Cook pancakes 1 to 2 minutes per side or until golden brown, turning only once. Top with warm blueberry compote sauce and a dollop of yogurt.



## Butter Powder

### Pie Crust

- 2 cups all-purpose flour
- 1 cup cake flour
- 2 tablespoons Augason Farms™ Butter Powder
- 1 cup shortening
- 1 whole egg
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon salt
- 1/3 cup ice water

In large mixing bowl, combine the flours and butter powder. Cut in the shortening using a pastry blender or fork until it resembles coarse crumbs. Set aside. In small bowl, beat egg, vinegar, salt, and water. Add egg mixture to the flour mixture and combine with fork until the dough comes together. Do not overmix. Form dough into a disk, wrap in plastic, and chill for several hours. Using a little more than 1/3 of the dough, roll it out between 2 pieces of plastic wrap to a size that will overlap the edge of a 9" pie plate. Fit dough in pie plate, trim off excess. Add your favorite filling. Roll out remaining dough to fit the top. Place dough over filling. Cut off excess and crimp edges to seal the dough. Brush the top with milk and sprinkle with sugar. Cut 3 or 4 slits for steam vents. Place on bottom shelf of oven, bake at 400°F for 10 minutes. Move to middle shelf, reduce heat to 300°F, and bake until crust is golden brown, about 30-35 minutes. Cool completely before cutting.

### Apple Crumb Cake

#### Cake

- 3 cups flour
- 2 tablespoons baking powder
- 1/3 cup Augason Farms™ Whole Eggs
- 1 3/4 cups water
- 1 1/2 cups sugar
- 1/2 cup shortening
- 1 1/2 teaspoons salt
- 1 cup Augason Farms™ Apple Slices – chopped & rehydrated

In large bowl, blend all ingredients and mix well. Pour into a greased 9x13" baking dish.

#### Topping

- 2/3 cup brown sugar
- 3/4 cup Augason Farms™ Butter Powder
- 2 tablespoons water
- 1/2 cup flour
- 1 teaspoon cinnamon

In small bowl, mix all topping ingredients with fork until crumbly. Sprinkle crumb topping on top of cake. Bake at 375°F for 25-30 minutes.



## Buttermilk Powder

### Buttermilk Pancakes

- 1 cup flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons sugar
- 2 1/2 tablespoons Augason Farms™ Buttermilk Powder
- 1 cup water
- 1 large egg – lightly beaten
- 3 tablespoons butter – melted

In large bowl, whisk flour, baking powder, baking soda, salt, and sugar. In separate bowl, whisk buttermilk powder and water until powder is dissolved. Add egg and melted butter. Add egg mixture to flour mixture, all at once, whisk until just combined (do not over mix). Heat frying pan to medium-high heat, grease with a little butter, spoon batter onto pan. Cook until golden brown, turning once.

### Buttermilk Lemon Pound Cake

- 1 cup butter
- 2 cups sugar
- 4 large eggs
- 3 cups cake flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 2 1/2 tablespoons Augason Farms™ Buttermilk Powder
- 1 cup water
- 1 tablespoon lemon extract
- 2 tablespoons lemon zest

Spray loaf pan with non-stick spray and line with sprayed parchment paper. Sift flour, baking powder, baking soda, salt, and buttermilk powder, set aside. Mix water, and lemon extract. Cream butter and sugar together until light and fluffy, add eggs one at a time until well mixed. Add lemon zest. Alternate adding flour mixture and liquid, mixing well each time. Pour batter into pan. Bake at 350°F for 50-60 minutes.



## **CHEESY BROCCOLI SOUP**

### **Double Cheesy Broccoli Soup**

1 1/3 cups Augason Farms™ Cheesy Broccoli Soup Mix  
4 1/4 cups water  
1 package Onion Soup Mix  
1 heaping tablespoon mayonnaise  
1 carrot grated  
1/3 cup diced celery  
1 heaping tablespoon Parmesan cheese  
Pepper

Whisk soup mix into boiling water, add grated carrot, celery, onion soup mix, mayonnaise. Simmer 12-15 minutes. Pepper to taste. Top with Parmesan Cheese. Serves 4.

### **Cheesy Chicken Broccoli Soup in Bread Bowls**

1 1/3 cups Augason Farms™ Cheesy Broccoli Soup Mix  
4 1/4 cups water  
1/2 cup minced onions  
1 lb cooked diced chicken  
1 tablespoon vegetable oil  
4 bread bowls  
Pepper

Whisk soup mix into boiling water, add peas and carrots. Simmer for 10-12 minutes. Pepper to taste. Heat oil in a 10" skillet over medium-high heat. Add the diced chicken and cook for 10 minutes or until well browned on both sides. Add chicken and minced onion to the soup. Heat for 5 minutes. Fill bread bowls, top with parsley sprigs. Serves 4.

### **Condensed Cheesy Broccoli Soup**

1/2 cup Augason Farms™ Cheesy Broccoli Soup Mix  
1 3/4 cups water

Bring water to a boil, add soup. Simmer 12-15 minutes, stirring frequently (equals 1 can of condensed soup).



## Chicken Bouillon

### Chicken Paprika

- 1 chicken, cut up in parts
- 1 medium onions – chopped
- 2 cloves garlic
- 1 cup sour cream
- 1 cup water
- 1 teaspoon Augason Farms™ Chicken Bouillon
- 2 tablespoons paprika
- Salt & pepper to taste
- 2 tablespoons butter
- 1 teaspoon dried parsley

Wash chicken. In a large skillet, melt butter, sauté onions and garlic for 5 minutes. Add chicken and brown for 10 minutes. Add water, bouillon, and paprika. Stir well. Cover and simmer 25 minutes. Add sour cream, parsley, and salt & pepper. Mix well. Heat, but do not boil. Serve over rice or buttered noodles.

### Simply Delicious Chicken Pilaf

- 1 3/4 cups water
- 2 teaspoons Augason Farms™ Chicken Bouillon
- 1/4 to 1/3 cup Augason Farms™ Dehydrated Chopped Onions
- 3/4 cup diced celery
- 1 cup regular white long grain rice
- 1 tablespoon butter or margarine
- (If omitting celery, increase water to 2 cups.)

Combine all ingredients in heavy-bottom saucepan and bring to boil. Simmer 5-10 minutes, until bouillon completely dissolves. Cover and reduce to low heat, steam 15-20 minutes. Remove lid and stir, making sure rice is soft and all liquid has been absorbed. Pour into serving dish and let sit 5-10 minutes. Stir and serve.



## CHICKEN GRAVY

### Mediterranean Chicken Gravy

Olive oil

1 onion

1 stalk celery

1/4 cup chopped black olives

1/2 cup pulled chicken

1/2 cup Augason Farms™ Chicken Gravy

2 1/2 cups cold water

Brown onion and celery in olive oil in skillet over medium heat. Whisk gravy into water. Bring to a boil and simmer for 1 minute or until it starts to thicken. Stir in onion, olives, celery, and chicken into gravy. Season to taste. Serve over biscuits or toasted English muffins.

### Potatoes & Gravy

4 large potatoes

1/2 cup Augason Farms™ Chicken Gravy

2 1/2 cups cold water

8 tablespoons sour cream

4 tablespoons chives

4 tablespoons bacon bits

Salt and pepper to taste

Scrub skins of 4 large baking potatoes. Pierce skins and rub with coating of butter. Bake at 400°F for 1 hour. While potatoes are baking, whisk gravy into water. Bring to a boil and simmer for 1 minute or until it starts to thicken. Cut large slit in top of each potato, salt and pepper to taste, spoon in 2 tablespoons sour cream, 1 tablespoon chives, and 1 tablespoon bacon bits. Pour gravy over all.



## Chili

### Chili Queso Dip

- 1 cups Augason Farms™ Vegetarian Chili
- 2 cups water
- 1 – 15 ounce jar Cheez Whiz

Mix chili mix and water in saucepan. Bring to a low boil, simmer 12 to 15 minutes. Stir in Cheez Whiz and heat through. Serve with tortilla chips.

### Easy Chili Cornbread Casserole

- 2 cups Augason Farms™ Vegetarian Chili
- 5 cups water
- 1 can corn, drained
- 1 can diced tomatoes
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions
- 3 cups Augason Farms™ Honey Cornbread Mix
- 1 1/2 cups water
- 1/2 cup grated sharp cheddar cheese

Mix chili and water in large pot. Bring to a low boil, add corn, tomatoes, and onions, simmer 12 to 15 minutes. Place in a 9x13” baking dish. Combine cornbread mix with water and cheese. Gently spread cornbread mix on top of chili. Bake at 400°F about 15 minutes, or until cornbread is done.



## Cornbread Stuffing

3 cups Augason Farms™ Honey Cornbread Muffin Mix  
1 1/2 cups cold water  
1/3 cup walnuts  
1 1/2 teaspoons canola oil  
2 stalks celery, chopped  
1 cup dried currants or cranberries  
1/3 cup port, or medium-dry sherry  
2 tablespoons chopped fresh parsley or sage  
2 teaspoons chopped fresh thyme, or 1 teaspoon dried  
1 1/2 – 2 cups reduced-sodium chicken broth  
Salt & freshly ground black pepper, to taste

Mix muffin mix and water until well mixed. Lightly coat an 8" square cake pan with oil. Pour batter into pan spreading to edges. Bake at 400°F about 25-30 minutes. Let cool completely in pan on a rack. Reduce oven to 350° F. Stuffing: Using your fingers, break muffin mix into coarse crumbs, spread on baking sheet. Bake until about 35 minutes. Spread walnuts on pie plate and bake until fragrant, 2 minutes. Let walnuts cool and chop coarsely. Set aside. Heat oil in large nonstick skillet over medium heat. Add celery and onion; sauté until softened, about 5 minutes. Transfer to large bowl, add toasted corn muffin crumbs, walnuts, currants, pot or sherry, parsley and thyme. Toss well. Drizzle 1 1/2 cups broth over crumbs and toss until evenly moistened. If baking in a casserole dish, add remaining 1/2 cup broth. Season with salt and pepper.

## Corn Muffins & Black Bean Soup

Muffins:

3 cups Augason Farms™ Honey Cornbread Muffin Mix  
1 1/2 cups cold water

Soup:

1 tablespoon canola oil  
1 small onion, chopped  
1 tablespoon ground cumin  
2 - 15 ounce cans black beans, rinsed  
3 cups water  
1/2 cup prepared salsa  
1/4 teaspoon salt  
1 tablespoon lime juice  
4 tablespoons reduced-fat sour cream  
2 tablespoons chopped fresh cilantro

Muffins: Mix muffin mix and water with electric mixer 30 seconds on low speed then 1 1/2 minutes on medium speed. Grease bottom of muffin tins, fill 2/3 full. Bake at 375°F for 22-25 minutes. Soup: Heat oil in large saucepan over medium heat. While stirring, add onion, cook 2 to 3 minutes. Add chili powder and cumin and cook, stirring, 1 minute more. Add beans, water, salsa and salt. Bring to boil; reduce heat and simmer 10 minutes. Remove from heat and stir in lime juice. Transfer soup to a blender and puree. Stir puree back into saucepan. Serve garnished with sour cream and cilantro, with muffins on the side.



## Cream of Chicken Soup Mix

### Creamy Garlic Chicken

- 1 1/3 cup dry Augason Farms™ Cream of Chicken Soup Mix
- 4 cups water
- 1 tablespoon vegetable oil
- 1/2 teaspoon parsley
- 1/2 clove garlic – minced
- 4 skinless boneless chicken breast halves (about 1 pound)

Whisk soup mix into boiling water, add garlic and parsley, simmer 12-15 minutes. Heat the oil in skillet over medium-high heat. Add the chicken and cook for 10 minutes or until browned on both sides. Pour soup mixture over chicken and serve.

### Broccoli Rice and Cheese Casserole

- 2 cups dry Augason Farms™ Cream of Chicken Soup Mix
- 6 cups water
- 3 cups wild rice
- 1 – 10 ounce package frozen broccoli
- 1 medium onion - chopped
- 1 clove garlic – minced
- 2 tablespoons butter
- 1 1/2 cups shredded cheese

Whisk soup mix into boiling water, simmer 12-15 minutes. Cook rice according to directions on package. Steam frozen broccoli until thawed and drain well. In small skillet, sauté onion and garlic in butter until onions are transparent. When warm ingredients are sufficiently cook, mix all ingredients, reserving 1/2 cup shredded cheese. Place in a 9x13” baking dish. Sprinkle with remaining cheese, cover with foil. Bake at 350°F for 20 minutes, remove foil; bake an additional 5 to 15 minutes, or until cheese on top is hot and bubbly.

### Condensed Cream of Chicken Soup

- 1/2 cup Augason Farms™ Deluxe Cream of Chicken Soup Mix
- 1 3/4 cups water

Bring water to a boil, add soup. Simmer 12-15 minutes, stirring frequently (equals 1 can of condensed soup).



## Creamy Potato Soup Mix

### Crock-pot Cheese & Chive Potato Shreds

- 4 cups Augason Farms™ Potato Shreds
- 4 cups prepared Augason Farms™ Creamy Potato Soup
- 2 cups Colby Jack Cheese
- 1 cup sour cream
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1 - 8 oz. pkg. chive and onion cream cheese

Bring 2 quarts of water to a boil, add potato shreds, simmer 15 minutes, drain. Combine potato shreds, soup, Colby Jack Cheese, sour cream, salt and pepper. Place in a greased 3 quart crock-pot. Cook on low for 3 1/2 hours. Stir in chive and onion cream cheese before serving.

### Creamy Potato Quiche

- 1 cup Augason Farms™ Creamy Potato Soup Mix - dry
- 1 2/3 cup water
- 3 tablespoons Augason Farms™ Whole Egg Powder
- 2 tablespoons Augason Farms™ Vegetarian Meat Substitute Bacon Bits
- 1/4 cup Augason Farms™ Freeze Dried Broccoli
- 1/4 cup Augason Farms™ Dehydrated Mushrooms
- 1 tablespoon Augason Farms™ Freeze Dried Red & Green Bell Peppers
- 1 to 2 cups grated or cubed Swiss cheese
- 1 unbaked pie crust

Whisk together Creamy Potato Soup Mix, egg powder and water. Add the remaining ingredients to egg mixture and let stand for 15 minutes. Pour into unbaked pie crust and bake for 35 to 45 minutes at 350°F.

### Creamy Potato Variations:

- Add 1 cup Augason Farms™ Freeze Dried Sweet Corn for a delicious corn chowder.
- Add 1 cup Augason Farms™ Vegetable Stew Blend for creamy vegetable stew.
- Cube Cheddar cheese and place in the bottom of soup bowl before serving.
- Add 2 cans minced clams with juice for a delicious clam chowder.

### Condensed Creamy Potato Soup Mix

- 1/2 cup Augason Farms™ Deluxe Creamy Potato Soup Mix
- 1 3/4 cups water

Bring water to a boil, add soup. Simmer 10-12 minutes, stirring frequently (equals 1 can of condensed soup).



## 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.



## 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.



### 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.



## Honey Wheat Bread Mix

### Honey Wheat Pizza Crust

3 cups Augason Farms™ Honey Wheat Bread Mix  
1 cup water  
1/3 cup oil  
1 tablespoon yeast

Prepare bread according to directions on package. Let rise for 30 minutes. Roll dough to desired shape for a pizza crust. Spread pizza sauce on crust, layer choice of toppings and shredded mozzarella cheese. Bake at 425°F for 20-25 minutes.

### Cinnamon Twists

3 cups Augason Farms™ Honey Wheat Bread Mix  
1 cup + 2 tablespoons water  
1/3 cup oil  
1 tablespoon yeast

Prepare bread according to directions on package. Let rise for 30 minutes. Roll out dough to fit on rectangular cookie sheet. Brush surface up to 1/2" from edges with softened butter. Sprinkle with white or brown sugar, cinnamon, and chopped nuts if desired. Fold in half lengthwise and pinch to seal edges. Cut in 1" wide strips. Stretch each one while you twist it about 4 times. Cover with a cloth and let raise 30 minutes. Bake at 350° F for 15-18 minutes. Serve warm with drizzled frosting.



## Honey White Bread & Roll Mix

### Cheddar & Bacon Fondue

- 1 loaf bread baked & cubed from Augason Farm Honey Bread & Roll Mix
- 1/4 cup Augason Farms™ Vegetarian Meat Substitute Bacon Bits
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions
- 1 clove garlic, minced
- 1/4 cup butter
- 1 1/2 cups Augason Farms™ Creamy Potato Soup Mix
- 2 1/2 cups prepared Morning Moo's® Milk Alternative
- 4 cups shredded cheddar cheese
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dry mustard

Cook bacon bits, onion and garlic in butter, sauté until tender. Add dry soup mix and milk. Cook until tender. Remove from heat. Add cheese, Worcestershire sauce and mustard. Dip bread cubes in fondue pot.

### Old Fashioned Breadsticks

- 3 cups Augason Farms™ Honey White Bread & Roll Mix
- 2 tablespoons instant dry yeast
- 1 cup + 1 tablespoon warm water
- 1/2 cup vegetable oil
- 1/2 cup melted butter
- Garlic salt

Dissolve yeast in warm water. Add oil and bread mix and stir well. On lightly floured surface knead 10-15 minutes. Dough should be soft. If dough is too stiff add water in 1 tablespoon increments. Roll out bread in rectangle shape. Cut with pizza cutter at desired lengths. Bake for 10-15 at 350°F minutes until golden brown. Brush with melted butter, sprinkle with garlic salt.



## 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.



## Orange Delight Drink Mix

### Orange Teriyaki Pork

Pork:

3 pork chops cut in strips

3 tablespoons Augason Farms™ Dehydrated Chopped Onions - rehydrated

1/4 cup Augason Farms™ Dehydrated Diced Red & Green Bell Peppers - rehydrated

1/8 teaspoon garlic powder

1 tablespoon teriyaki sauce

Sauté pork until done. Remove and set aside. Sauté onion and pepper until tender then add garlic powder and teriyaki sauce. Add salt and pepper to taste. Add meat and Orange Sauce and simmer for 8-10 minutes. Serve over rice.

Orange Sauce:

2 cups water

1/2 cup Augason Farms™ Orange Delight Drink Mix

2 1/2 tablespoons corn starch

Bring all ingredients to light boil and cook until thickened.

### Orange Slushie

2 cups water

1/2 cup Augason Farms™ Orange Delight Drink Mix

3 cups ice

Add all ingredients to blender, blend until smooth. For a special treat add 2 scoops vanilla ice cream at end of blend.



## Potato Gems

### Gold Mine Potatoes

- 1 cup Augason Farms™ Potato Gems
- 2 cups chicken broth
- 1 teaspoon garlic salt
- 1/2 cup prepared Morning Moo's® Milk Alternative
- 2 tablespoons buttermilk powder
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions
- 1 teaspoon salt
- 1/8 teaspoon pepper

In a large saucepan, combine broth and garlic salt, bring to a boil. Whisk in Potato Gems, set aside for 10 minutes. In a small saucepan, add Morning Moo's and buttermilk powder. Heat until warm, then add to potato mixture and whip. Stir in onions, salt and pepper. May add butter powder, cheese powder, sour cream powder, bacon bits, etc. for "Loaded Gold Mine Potato Gems."

### Cheesy Potato Gem Bites

- 1 cup Augason Farms™ Potato Gems
- 2 cups water
- 1 cup cubed processed cheese
- 2 cups crushed potato chips

Boil water and whisk in potato gems. Remove from heat and set aside for 10 minutes. Shape potato gems around 3/4" cubed cheese. Roll in crushed potato chips and bake for 10-15 minutes at 350°F until lightly browned.



## 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.



## POTATO SLICES

### Spicy Potato Slices

(Recipe for outdoor grill)

1 teaspoon dried thyme, crushed

1/2 teaspoon paprika

1/2 teaspoon garlic salt

1/8 teaspoon freshly ground pepper

2 tablespoons olive oil

2 cups Augason Farms™ Potato Slices

1 sweet onion sliced

1/4 cup light sour cream

1 tablespoon snipped fresh chives.

Cover potato slices with water. Soak for 15-30 minutes until tender. Drain and dry with paper towel. Stir thyme, paprika, garlic salt and pepper into oil; set aside. Fold a 36x18" piece of heavy foil in half to make an 18" square. Place onion in center of foil. Drizzle vegetables with oil mixture. Bring up 2 opposite edges of foil and seal with a double fold. Fold remaining edges to enclose vegetables, leaving a space for steam to escape from packet. Place packet on the rack on an uncovered grill directly over medium heat for 20-30 minutes or until potatoes are tender. Serve with chives.

### Breakfast Bake

2 cups Augason Farms™ Potato Slices

1 large bag of broccoli

1 cup cheddar cheese

3 cups eggbeaters

1 cup low fat, cooked ham cubes

1 cup turkey sausage, cooked and crumbled

Cover potato slices with water. Soak for 15-30 minutes until tender. Drain and dry with paper towel. Lightly grease a 9x13" baking dish. Brown potato slices in a nonstick skillet. Pour into bottom of baking dish. Warm broccoli in skillet, then layer over potatoes. Warm ham and sausage and layer over broccoli. Mix together cheese and eggs, then pour over mixture. Bake at 350°F until eggs are set, 30-40 minutes. Serves 12.



## RASPBERRY MUFFIN MIX

### Raspberry Lemon Coffee Cake

2 1/4 cups Augason Farms™ Raspberry 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 Raspberry Lemon Bars

Crust:

3 1/4 cups Augason Farms™ Raspberry 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 into 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.



## 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.



## SHORTENING POWDER

### Home Style White Bread

- 8 1/2 cups flour
- 2 1/2 cups lukewarm water
- 4 (1/4 ounce) packages dry or compressed yeast
- 1 teaspoon salt
- 1/4 cup + 2 tablespoons Augason Farms™ Shortening Powder
- 4 teaspoons sugar

Dissolve yeast in 1/4 cup warm water with a pinch of sugar, sit until yeast foams. Stir in remaining warm water and shortening powder. Whisk dry ingredients together. Add half the flour to yeast mixture, mix. Turn dough out onto lightly floured surface. Knead dough until smooth and elastic. Place dough in a greased bowl, turning to grease the surface. Cover with a clean, damp cloth and let rise until doubled. Punch dough down and cut into 4 equal pieces. Form each piece into a smooth loaf shape, tucking under ends and positioning seams at the bottom. Place into oiled loaf pans, lightly dusted with flour. Allow dough to rise until doubled, about 1 hour. Bake at 375°F for about 35 minutes. After 5 minutes, remove loaves from pans, cool on wire rack. Yield: 4 loaves.

### Four Egg Yellow Cake

- 1 cup s Augason Farms™ Shortening Powder
- 2 cups white sugar
- 4 eggs
- 2 teaspoons vanilla extract
- 2 3/4 cups all purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 3/4 cups milk

Grease and flour 9x13" pan. Combine shortening powder, eggs and vanilla. Beat until well blended. In a separate bowl, combine flour, baking powder, and salt. Add to egg mixture alternately with milk. Mix well. Pour batter into prepared pan. Bake at 350°F for 45 minutes, or until a toothpick inserted in center comes out clean. Cool. Frost and serve.



## 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.



## GRANOLA

### Granola Muffins

- 1 1/2 cups Augason Farms™ Granola
- 3/4 cup all purpose flour
- 1/4 cup oats flour
- 2/3 cup whole wheat flour
- 2 tablespoons flax seeds or powder
- 3/4 cup chopped walnuts (optional)
- 1/4 cup mini semi sweet chocolate chips (optional)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 1/2 cups applesauce
- 1/2 cup milk
- 1/4 cup brown sugar
- 2 tablespoons oil
- 1/2 cup yogurt/buttermilk (instead of 2 eggs)

Grease muffin tin or line with paper liner. Combine dry ingredients (from granola to baking soda) together in mixing bowl. In a separate bowl, whisk together applesauce, milk, brown sugar, oil and yogurt. Add wet ingredients to flour mixture and mix until just combined. Divide evenly into muffin tin, 3/4 full. Bake at 400°F for 18-20 minutes. Let cool slightly, then remove to a cooling rack. Yield: 12-16 muffins.

### Bite Size Granola Cookies

- 3/4 cup butter, softened to room temperature
- 3/4 cup granulated sugar
- 1/2 cup brown sugar (packed)
- 1 large egg
- 1 teaspoon vanilla extract
- 1 tablespoon water or apple juice
- 2 cups all purpose flour
- 2 cups Augason Farms™ Granola
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 1/2 cup raisins

Preheat oven to 375° F. In a large bowl, beat together butter and sugar. Add egg, vanilla, and water. Beat until well combined. Add flour, soda, salt, cinnamon, and raisins. Stir by hand until well combined. Drop rounded teaspoon sized lumps of cookie dough onto ungreased cookie sheet. Bake at 375°F for 8-10 minutes. Allow cookies to cool on cookie sheet before removing.



## Vegetable Stew Blend

### Farmer's Market Soup

- 2 1/2 cups Augason Farms™ Creamy Potato Soup Mix
- 6 cups water
- 1/2 cup Augason Farms™ Freeze Dried Corn
- 1/2 cup Augason Farms™ Vegetable Stew Mix

Whisk soup mix and water together. Add corn and stew mix. Cook on medium for 25-30 minutes.

### Mountain Man Stew

- 2 cups Augason Farms™ Vegetable Stew Blend
- 1/4 cup Augason Farms™ Dehydrated Chopped Onions
- 1/4 cup Augason Farms™ Vegetarian Meat Substitute Beef Bits
- 1/4 cup Augason Farms™ Freeze Dried Corn
- 1 - 32 oz. stewed tomatoes
- 2 cups beef bouillon
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 clove garlic
- 1 bay leaf
- 1 teaspoon paprika

Combine all ingredients together. Cook on medium heat for 30-40 minutes.



## Scone Mix

### Navajo Tacos

6 cups Augason Farms™ Scone Mix  
2 1/4 cups warm water  
2 tablespoons yeast

Prepare scones according to directions on package. Divide into 8 portions. Shape and roll into large circular scones. Fry in oil until golden brown on both sides. Place on paper towels to remove excess oil.

1 can refried beans  
1 pound ground beef – cooked & drained  
1 onion – diced  
1 head iceberg lettuce – finely chopped  
3 tomatoes – finely chopped  
2 cups cheddar cheese – shredded  
1 pint sour cream  
1 jar salsa

Place fry bread on plate and layer with above ingredients according to taste. Garnish with sour cream and salsa.

### Scone Variations:

- **Spiced Scones**  
Add enough cinnamon, nutmeg, cloves, and allspice to the dry ingredients to total 1 teaspoon.
- **Buttermilk Scones**  
Substitute buttermilk for water and add 2 tablespoons sugar to the basic recipe.
- **Cheddar Cheese Scones**  
Add 2 cups grated cheddar cheese and 1/4 teaspoon dry mustard.
- **Chocolate Chip Scones**  
Add 1 cup chocolate chips and 2 teaspoons vanilla to the basic recipe.