

# Contact information

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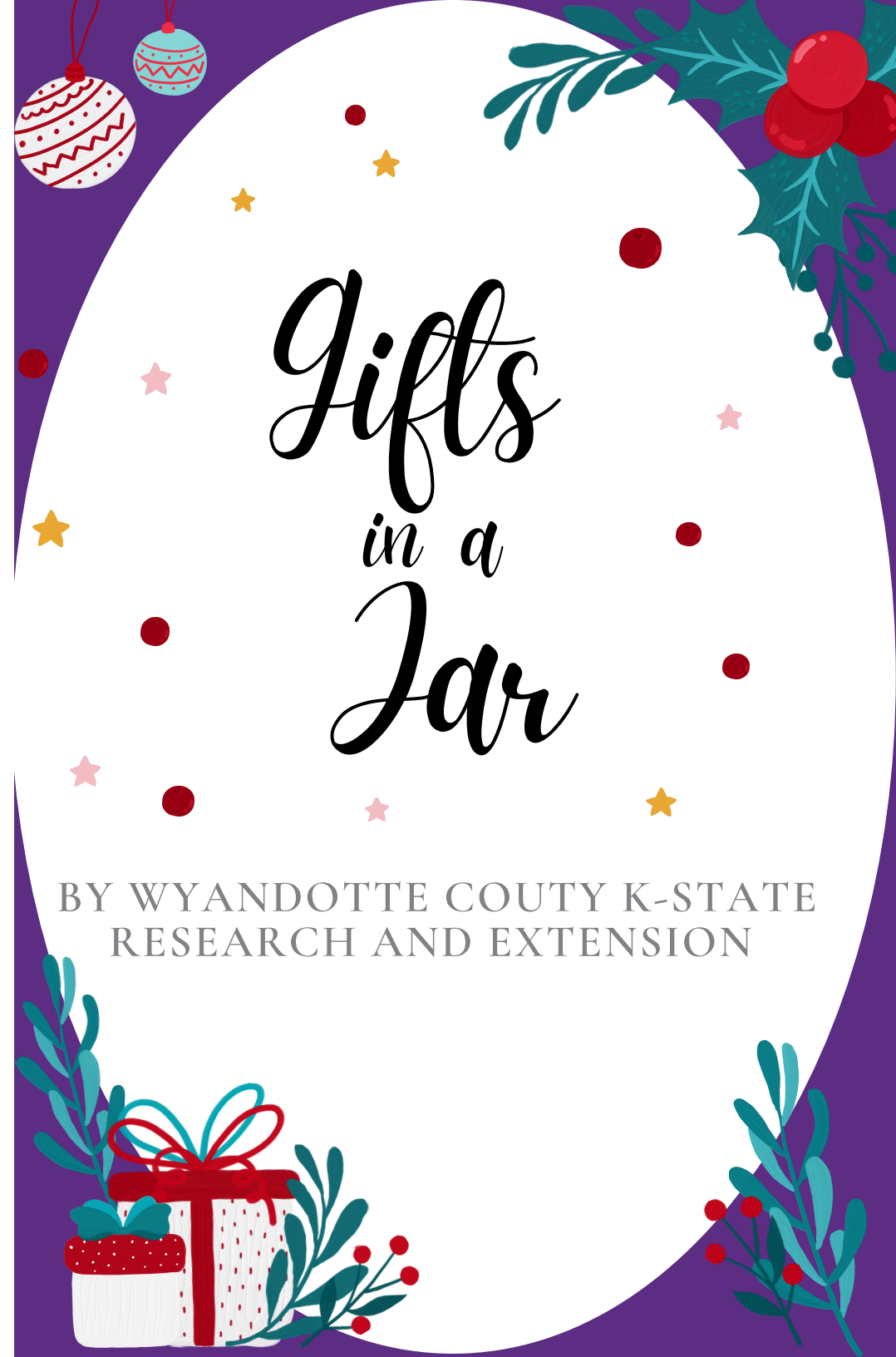
913-299-9300



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BY WYANDOTTE COUNTY K-STATE  
RESEARCH AND EXTENSION

# Turkey Noodle Soup Mix

**Yield 8 Servings**

**Nutrition Facts: Calories 32, Total Fat .2g,  
Cholesterol 3mg, Sodium 16mg, Carbohydrate 5.8g, Protein  
1.9g**

¼ cup red lentils  
2 Tablespoon dried minced onion  
1 ½ Tablespoon chicken bouillon granules  
1/8 Teaspoon celery seed  
1/8 Teaspoon garlic powder  
1 bay leaf  
1 cup uncooked medium egg noodles

- In a small (1 pint) glass jar, layer from bottom to top, lentils, minced onion, bouillon, dill, celery seed, garlic powder, bay leaf, and noodles. Seal jar.
- Attach a card with the following instructions:

## Cooking Instructions

- Bring 8 cups water to boil in a large sauce pan over high heat.
- Stir in jar of soup mix. Cover, reduce heat and simmer 15 minutes.
- Remove and discard bay leaf. Stir in 1 (10 oz) pkg frozen mixed vegetables and 2 cups cooked, diced turkey meat.
- Cook 5 minutes more, or until vegetables and turkey are heated through and tender.

# Dog Treats

1 ½ cups flour  
¾ cup oatmeal  
¼ cup wheat germ  
1/3 cup peanut butter  
¼ cup vegetable oil  
2 Tablespoon honey  
½ Teaspoon baking powder  
½ cup water  
Glaze:  
1 large egg  
2 Tablespoon milk

- Preheat Oven to 275°F.
- In a large bowl: combine the flour, oatmeal, wheat germ, peanut butter, vegetable oil, honey, baking powder, and water.
- Mix the ingredients until thoroughly combined.
- Roll the dough out to a ½ - inch thick on a lightly floured surface. Cut into desired shapes and place on baking sheets.
- In a small bowl, mix together the egg and milk. Brush the glaze on the biscuits.
- Bake for 30 minutes. Rotate the pans, and bake for an additional 20-30 minutes, until biscuits are golden and firm.

## Stir-Fry Seasoning

¼ cup chicken bouillon granules  
3 Tablespoon cornstarch  
2 Tablespoon sugar  
2 Tablespoon sesame seeds  
2 Tablespoon instant minced onion  
2 Tablespoon dried parsley flakes  
2 Tablespoon instant minced garlic  
1 Teaspoon curry powder  
1 Teaspoon paprika  
1 Teaspoon crushed red pepper  
½ Teaspoon ground ginger

- Mix all ingredients together. Place in ½ pint jar.
- Cover.
- Attach a recipe card with the following instructions to the jar.

### Recipe for Asian Stir - Fry

- Stir mix and measure 2 Tablespoon into ½ cup water. Let stand while stir-frying 4-cups vegetables until crisp tender. Stir seasoning mixture and pour over vegetables. Boil and stir 1 minute or until sauce thickens and coats vegetables.
- Note: Cubed, cooked chicken may be substituted for some of the vegetables. If desired, add ½ cup toasted slivered almonds just before serving.

## Pineapple Salsa

### Yield 4 Cups

**Make it mild or hot, this is sensational with grilled chicken or broiled fish; also great with chips. Quick to make; can be made a few days ahead but suggest eating within a week or two.**

1 can (28 oz) crushed tomatoes  
1 can (8 oz) pineapple chunks, drained and chopped  
1 can (4 oz) diced green chilies, mild or hot  
¼ cup chopped green or black olives  
¼ cup thinly sliced green onions  
2 Tablespoon red wine vinegar  
1 Tablespoon olive oil  
1 Teaspoon minced garlic  
1/4 Teaspoon salt  
1 Teaspoon chopped fresh cilantro leaves  
Hot pepper sauce or crushed red peppers to taste, if desired

- Mix all ingredients
- Cover and refrigerate
- To package; spoon into jars, cover, label, and attach serving suggestions and/or recipe.

### Pinapple Salsa

This is sensational with grilled chicken or broiled fish; also great with chips.

- Refrigerate. Use within two weeks

# Country Soup In A Jar

**Nutrition Facts: Calories 456,  
Total Fat 2g, Sodium 1276, Carbohydrate 89.6g, Protein 22g**

½ cup barley  
½ cup dried split peas  
½ cup uncooked white rice  
½ cup dry lentils  
2 Tablespoon dried minced onion  
2 Tablespoon dried parsley  
1 Teaspoon salt  
½ Teaspoon lemon pepper  
2 Tablespoon beef bouillon granules  
½ cup uncooked alphabet pasta  
1 cup uncooked twist macaroni

- In a wide mouth 1 quart jar, layer the barley, peas, rice and lentils. Then layer around the edges the onion, parsley, salt, lemon pepper, bouillon and the alphabet pasta. Fill the rest of the jar with the twist macaroni.
- Attach a recipe card with the following instructions to the jar.

## Cooking Instructions

- Add contents of jar to 3 quarts water, 2 stalks of chopped celery, 2 sliced carrots, 1 cup of shredded cabbage (optional) and 2 cups diced tomatoes.
- Over medium low heat, cover and simmer about 1 hour, or until vegetables are tender.

# Potato Soup Mix

**Nutrition Facts: Calories 162,  
Total Fat .3 g, Cholesterol 6 mg, Sodium 438 mg,  
Carbohydrate 27.7 g, Protein 12.1 g.**

1 ¾ cups instant mashed potato flakes  
1 ½ cups dry milk powder  
2 Tablespoon chicken bouillon granules  
2 Teaspoon dried minced onion  
1 Teaspoon dried parsley  
¼ Teaspoon ground white pepper  
¼ Teaspoon dried thyme  
1/8 Teaspoon ground turmeric  
1 ½ Teaspoon seasoning salt

- Combine potato flakes, dry milk, bouillon granules, onion, parsley, pepper, thyme, turmeric and seasoning salt in a bowl and stir to mix. Pour into 1 quart jar.
- Attach a recipe card with the following instructions to the jar.

## Cooking Instructions

- To serve, place ½ cup soup mix in bowl. Stir in 1 cup boiling water until smooth.

# Poppy Seed Vinaigrette

**Yield about 1.5 Cups**

**Remove from refrigerator a half hour before using to allow olive oil to liquefy. Especially good on romaine leaves topped with fresh orange slices.**

1 cup extra virgin olive oil  
½ cup raspberry or balsamic vinegar  
2 cloves garlic, minced  
¼ cup dried parsley leaves  
6 Teaspoon sugar  
2 Teaspoon instant minced onions  
2 Teaspoon poppy seeds  
2 Teaspoon Dijon mustard  
¼ Teaspoon salt  
½ Teaspoon paprika

- Measure all ingredients into a 2-cup measure or jar.
- Stir or shake to blend.
- Pour into decorative gift container.
- Cover, and refrigerate.
- Attach instructions for use.

## Poppy Seed Vinaigrette

Remove from refrigerator a half hour before using to allow olive oil to liquefy. Especially good on romaine leaves topped with fresh orange slices.

# Cinnamon Oatmeal Pancake Mix

**Yields 12 5-inch Pancakes**

4 cups quick cooking oats  
2 cups all-purpose flour  
2 cups whole wheat flour  
1 cup non-fat dry milk  
2 Tablespoon cinnamon  
½ Teaspoon salt  
3 Tablespoon baking powder  
½ Teaspoon cream of tarter

- Combine all ingredients and stir to mix well. Store in the refrigerator. Makes about 8 cups.
- Attach a recipe card with the following instructions to the jar.

## Cooking Instructions

- In a medium mixing bowl, beat 2 eggs. Beat in 1/3 cup of vegetable oil gradually.
- Alternately beat in 2 cups pancake mix and 1 cup of water. Pour in large spoonfuls into lightly greased skillet over medium-high heat, and cook until the tops show broken bubbles (2 to 3 minutes). Turn and cook about 2 to 3 minutes more, until golden brown.

# Cinnamon Spiced Nuts

## Yield 5 Cups

1 egg white  
1 Tablespoon vanilla or almond extract  
 $\frac{3}{4}$  cup sugar  
2 Teaspoon ground cinnamon  
 $\frac{1}{2}$  Teaspoon ground ginger  
3 cups mixed salted nuts

- Preheat oven to 275 F. Grease a large shallow baking pan or jellyroll pan.
- With a fork, beat egg white and vanilla until foamy.
- Beat in sugar, cinnamon and ginger. Pour over nuts and mix well to coat nuts.
- Spread nuts in pan. Bake 30 minutes, mixing after 15 minutes. Remove from pan to a shallow bowl and allow to cool. Nuts will become crisp when cool.
- Break apart large clumps. Place in jars, cover.

## Orange-Spiced Coffee

1 cup dried orange rind  
2  $\frac{1}{2}$  Tablespoon ground cinnamon  
2  $\frac{1}{2}$  Tablespoon ground cloves  
1 pound freshly ground coffee

- Place all ingredients in a 1 gallon zip lock bag, seal and shake.
- Spoon into airtight containers.
- Use like regular ground coffee

# Spiced Tea Mix

2 cups orange drink mix  
1 cup lemonade mix  
 $\frac{1}{2}$  cup instant tea  
 $\frac{1}{2}$  cup sugar  
1 Teaspoon cloves  
1 Teaspoon cinnamon

- Mix and store in closed container.
- Use 2 Teaspoon per cup of boiling water.