

Meals for Busy People

Quick Mix and Match Meals

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Participants will be able to:

1. State how to use a pressure saucepan
2. Compile mix and match complete meals using lists of main dishes, sides, bread, and desserts.
3. Describe meals prepared in less than 45 minutes
4. Become a resource to help youth, develop life skills, and become contest savvy.
5. Prepare meals using home made mixes.
6. Make bread in a bag and describe variations of using the dough.
7. Explain methods of meal preparation (mix and match) using a variety of skills, methods, equipment, and timesaving practices.

Choose one food from each of the following recipe categories based on personal likes, preparation time, nutrition needs, or other considerations to make a complete meal. For example, if I were to choose Chicken Enchilada Casserole, I might choose the chicken preparation method (pressure cooker, boiling, sautéing, canned) based on time available and other foods needing preparation.



Entrees

- Quick Minestrone Soup
- Taco Soup
- Chicken Enchilada Casserole
- Chicken Broccoli Alfredo
- Beef Stew
- Quick Chili
- Navaho Taco
- Barbequed Meatballs

Sides

- Spring Spinach Salad
- Fruity Spinach Salad
- Snappy Coleslaw
- Tropical Treat
- Waldorf Salad
- Spicy Black Bean Salad
- Spanish Rice
- Scalloped Potatoes



Breads & Desserts

- Orange Cheesecake with Orange Sauce
- Quick Pie Crust/Raisin Pie
- Brownies
- Bread Pudding
- Breadsticks
- Biscuits
- Cornbread
- Indian Fry Bread



Quick Minestrone Soup– Yield 4-6 servings



Ingredients:

- 1- 16 oz. pkg. frozen broccoli, cauliflower and carrot blend
- 2 -14 ½ oz. cans or 1 quart stewed tomatoes
- 2 -14 ½ oz. cans reduced sodium broth (beef, chicken or vegetable)
- 1- 15 ½ oz. can great northern beans, drained and rinsed to reduce sodium content
- 2 oz. uncooked pasta (try vermicelli or spaghetti, break into 2 inch pieces)
- 1 tsp. dry Italian seasoning, or Mrs. Dash garlic blend seasoning
- ¼ tsp. ground black pepper
- grated Parmesan cheese (optional)

Directions:

1. In a large sauce pan, combine vegetables, tomatoes, broth, beans, seasonings, and pasta.
2. Bring to a boil
3. Reduce heat. Cover and simmer 8 minutes, or until vegetables and pasta are tender.
4. Sprinkle with Parmesan cheese

Nutritional Facts per cup: 198 Cal.; 1g Total ; 9mg cholesterol; 384 mg sodium; 41g carbs (6g fiber); 10g protein;
Daily values: 117 Vit A.; 99% Vit C; 12% calcium; 16% iron

Spring Spinach Salad– Yield 4 servings



Ingredients:

- 10 oz. fresh spinach, washed, torn in pieces and steamed
- 2 C. strawberries, halved or sliced
- 2 kiwi fruit, peeled and sliced
- 2 Tbsp. wine vinegar
- 5 Tbsp. part skim ricotta cheese
- 1 Tbsp. plain low fat or non-fat yogurt
- ½ tsp. dried herb, tarragon or basil, or 2 tsp. fresh herb
- dash of pepper

Directions:

1. Prepare the spinach, strawberries and kiwifruit in a large salad bowl or individual salad bowls.
2. Combine the remaining ingredients in a blender or food processor. Puree until smooth without a trace of graininess.
3. Serve with the salad

Nutritional Facts per serving: 92 Cal; 2g total fat (1g saturated fat) 6 mg cholesterol; 15g carbs (6g fiber) 5g protein
Daily Values: 99% Vit A; 167% Vit C; 15% calcium; 14% iron

Orange Cheesecake with Orange Sauce– Yield one 6” spring form pan

Ingredients:

- 1- 11 oz. can mandarin oranges, drained, with juice reserved
- 1- 8 oz. pkg. cream cheese
- 1- 3 oz. pkg. cream cheese
- ½ C. sugar
- 2 eggs
- ½ C. toasted whole wheat bread crumbs
- 2 C. water

Sauce:

- ¼ C. sugar
- 2 tsp. cornstarch
- ½ tsp. orange extract
- ½ C. reserved mandarin orange juice

Nutritional Facts per slice: 378 Cal; 20g total fat (12g saturated fat); 131 mg cholesterol; 257mg sodium; 42g carbs; (0g fiber) 7g protein
Daily Values: 20% Vit A; 16% Vit C; 7% calcium; 9% iron

Directions:

1. Line soufflé dish or 6 inch spring form pan with aluminum foil.
2. Decoratively arrange orange sections in bottom of dish.
3. Beat cream cheese until smooth. Beat in ½ C. sugar. Beat in eggs, one at a time. Pour mixture over orange sections. Sprinkle with crumbs.
4. Cover dish securely with aluminum foil. Place cooking rack or steamer basket and 2 C. water in 6 quart Presto pressure cooker. Place dish on rack or in basket.
5. Close cover securely. Place pressure regulator on vent pipe.
6. Cook 20 minutes, at 15 pounds pressure. Cool cooker at once.
7. Remove cheesecake and cool in soufflé dish on wire rack. Loosen edges and unmold. Refrigerate until chilled.
8. Meanwhile, mix ¼ C. sugar and cornstarch in small saucepan. Stir in ½ C. of reserved mandarin orange juice. Cook and stir until sauce boils and thickens. Stir in extract.
9. Let cool and spoon sauce over cheesecake

Taco Soup—Yield 4-6 servings



Ingredients:

1 lb. ground turkey or lean ground beef

1 medium onion, chopped

1- 15¼ oz. can whole kernel corn, undrained

1- 10 oz. can diced tomatoes with chilies, undrained

1- 15 oz. can pinto beans , undrained

1 envelope taco seasoning

1/3 C. SOS*

2¼ C. water

1- 8 oz. can tomato sauce
baked tortilla chips

Cheddar cheese, grated

*SOS see Basic Mixes

Directions:

1. Brown turkey or beef and onion until liquid is gone and meat is brown and onion is soft.
2. Combine all ingredients, except tortilla chips and cheese in a large pot. Heat through.
3. To serve, crumble tortilla chips in a serving bowl and cover with a portion of stew.
4. Sprinkle with cheese.

Nutritional Facts per 1 C. serving: 476 Cal; Total Fat; 18g (5g saturated fat); Sodium 725 mg; 45g carbs (4g fiber) 33g Protein
Daily Values: 10% Vit A; 60% Vit C; 8% calcium; 26% iron

Fruity Spinach Salad—Yield 8 servings, 2 cups each



Dressing Ingredients:

1/3 C. sugar

¼ C. cider vinegar

¼ C. olive or canola oil

1 Tbs. sesame seeds

1 tsp. dried minced onion

1 tsp. poppy seeds

¼ tsp. paprika

¼ tsp. Worcestershire sauce

Salad Ingredients:

12 C. torn fresh spinach

2 C. sliced fresh strawberries

2 kiwifruit, peeled and sliced

1 C. fresh blueberries

2 Tbs. chopped pecans, toasted*

Directions:

1. In a blender, combine first eight ingredients. Cover and process until blended.
2. In a salad bowl, combine the spinach, fruit and pecans. Drizzle with dressing and toss to coat. Serve immediately.

*To toast pecans—place nuts in single layer on cookie sheet. Place in 325° oven for about 10 minutes until nuts are toasted. Stir to prevent burning and for even Browning.

Nutritional Facts per serving: 160 Cal; 8g Total fat (1g saturated fat); 0 cholesterol; 41mg sodium; 19g carbs; 3 gr fiber 3g protein
Daily Values:

Quick Pie Crust—Yield: 1 pie crust



Ingredients:

1½ C. flour

½ tsp. salt

1½ tsp. sugar

2 Tbsp. milk

½ C. cooking oil

Raisin Pie: Yield 1 pie

Ingredients:

1-1/3 C. maple syrup

1-1/3 C. raisins

3 eggs

½ C. chopped nuts

1 unbaked pie crust-above

Directions:

1. Stir together flour, salt, sugar in pie plate with fork to blend ingredients.
2. In a liquid measuring cup, combine 2 Tbsp. milk with ½ cup oil. Stir milk and oil until dispersed.
3. Add milk mixture to flour mixture in pie plate. Stir with fork until mixture clings together and forms a dough.
4. Press dough into pie plate until it is the thickness desired.
5. Flute edge, press with fork or leave plain.

Nutritional Facts per slice: 491 Cal; 21g Total Fat (3g saturated fat) 83mg cholesterol; 181mg sodium; 73g carbs (2g fiber); 8g protein
Daily Values: 3% Vit A; 1% Vit C; 7% calcium; 15% iron

1. Mix syrup, raisins and eggs together and pour into pie shell. Sprinkle with nuts.
2. Bake at 425° for 15 minutes. Reduce to 350° until toothpick inserted in center comes out clean, about 20 minutes.

Chicken Enchilada Casserole - Yield: 8 servings

Ingredients:

2/3 C. SOS*	1 Tbsp. vegetable oil
1 1/2 C. water	1 pkg. flour tortillas
1 onion, chopped	1 lb. cooked, diced or shredded chicken
1 can (4 oz.) green chilies, chopped	3/4 C. cheddar cheese, grated

*SOS –see Basic Mixes

Directions:

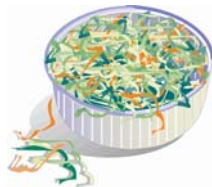
1. Make sauce by combining dry sauce mix and water. Cook and stir on stove top or in microwave until thickened.
2. Sauté onion and green chilies in oil; add sauce and simmer.
3. Cut tortillas in quarters. Line bottom of casserole with tortillas. Add a layer of chicken and a layer of sauce. Top with cheese. Repeat.
4. Bake at 350 degrees for 20 minutes.
5. Additional tortillas may be heated and served with casserole. If crisp tortillas are preferred, allow sauce to chill before using.

Nutritional Facts per serving: 416 Cal; 20g Total Fat (11g saturated fat)
532mg sodium; 30g carbs; 1g fiber; 27g pro
Daily Values: 7% Vit A; 8% Vit C; 26% calcium; 13% iron

Snappy Coleslaw: Yield 4 servings

Ingredients:

2 C. shredded cabbage	2 Tbsp. sugar
1/4 C. vinegar (or lemon juice)	1/2 tsp. mustard
1/4 C. water	1/4 tsp. black pepper



Directions:

1. Place cabbage in mixing bowl.
2. In a saucepan mix vinegar and water. Bring to a boil. Reduce heat and add other ingredients, except cabbage, to the saucepan.
3. Continue to cook until the sugar is dissolved.
4. Pour the sauce over the shredded cabbage. Toss.
5. Refrigerate until chilled to blend flavors.

Variation: Add shredded carrots to the coleslaw for additional color and nutrition.

Nutritional Facts per 1/4 C serving: 39 Cal; 0g Total Fat; 15mg sodium;
10g carbs; 1g fiber; 1g protein
Daily Values: 18% Vit A.; 34% Vit C.; 6% calcium; 2% iron

Brownies— Yield 8x8x2” pan

Ingredients:

1 1/3 C. Ready-Quick Mix	1/3 C. cocoa
1 C. sugar	2 eggs
2 Tbsp. water	1 tsp. vanilla
1/2 C. chopped nuts (optional)	



Directions:

1. Heat oven to 350°F.
2. Beat eggs and water together until well mixed. Stir in vanilla, sugar, and cocoa. Add Ready-Quick Mix and blend well. Stir in nuts.
3. Spread in a greased 8”x8”x2” pan. Bake for about 30 minutes.

*Ready Quick Mix –see Basic Mixes

Nutrition Facts per 2x2 inch square: 134 Cal 5g Total fat (1g sat fat) 107mg
sodium 19g carbs (0g fiber); 3g pro
Daily Values: 1% Vit A; 0% Vit C; 6% calcium; 3% iron

Chicken Broccoli Alfredo— Yield 4-6 servings

Ingredients:

2 T. vegetable oil	3 C. water
1 lb. boneless chicken breast, cut into pieces(2 breast halves)	½ C. grated Parmesan cheese
1/3 C. SOS*	1½ C. Fettuccine noodles
	1 C. fresh or frozen broccoli

*SOS –see Basic Mixes

Directions:

1. In a skillet, heat vegetable oil, add chicken, cook and stir until chicken is browned and cooked thoroughly. Remove from pan
2. In same skillet, combine SOS* mix, water, cheese and Fettuccine noodles
3. Bring to a boil, cook until thick and noodles are almost tender.
4. Add broccoli and cooked chicken for last 4 minutes of cooking time.

Nutritional Facts per serving: 164 Cal; 3g Total Fat (2g saturated fat)
264mg sodium; 16g carbs.(1g fiber); 16g protein
Daily Values: 6% Vit A; 24% Vit C; 19% calcium; 6% iron

Tropical Treat— Yield 5– 1/2 cup servings

Ingredients:

1/4 C. orange juice	1 orange
1 apple	1 banana



Directions:

1. Place orange juice in a bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces
4. Peel and slice banana into ¼ inch circles.
5. Toss all fruit and orange juice lightly. Chill or serve immediately.

Nutritional Facts per serving: 56 Cal; 0 Total fat; 0mg of sodium; 14 g carbs (2g fiber); 1 g protein
Daily Values: 2% Vit A; 37%Vit C ; 1% calcium; 1%iron

Bread Pudding

Ingredients:

4 slices day old bread	3 eggs
4 Tbsp. butter	1 tsp. vanilla
¾ C. brown sugar	pinch of salt
1½ C. milk	2 C. water

Nutrition Facts per 1/2 cup serving: 123 Cal; 6g total fat (3g saturated fat); 59mg cholesterol; 140mg sodium; 15g carbs (0g fiber) 3g protein
Daily Values: 6% Vit A; 0% Vit C; 6% calcium; 3% iron

Directions:

1. Press brown sugar evenly onto the bottom and sides of a six-cup baking dish that fits comfortably inside the pressure sauce pan. Cut 2 Tbsp. of the butter into small pieces then dot the surface of the sugar in the baking dish. Do not stir or mix.
2. Butter bread with remaining butter, cut into cubes and add to the sugar-lined baking dish. Again, do not stir or mix.
3. In a separate bowl, mix together milk, eggs, vanilla, and salt and pour over top of cubed bread in baking dish—do not stir.
4. Pour 2 cups water into the pressure pan. Cover baking dish securely with aluminum foil and place on rack in pressure pan. Close pressure pan and bring to pressure over high heat. Once pressure has been reached, reduce heat and set timer for 25 minutes.
5. Release pressure, remove water from top of aluminum foil, and allow to set for about 15 minutes. Run knife around edge to loosen pudding and invert on serving plate.

Quick Chili—Yield: 4-5 servings



Ingredients:

½ lb. ground beef
½ C. onion, finely chopped
½ tsp. catsup
4 C. cooked beans or 2 (16 oz.) cans
Kidney/Pinto Beans

1/3 C. Worcestershire sauce
1 Tbsp. chili powder
1 (8 oz.) can tomatoes

Directions:

1. Brown meat with the onions in large skillet or saucepan.
2. Drain off excess fat. Add remaining ingredients. Simmer 20 minutes.

Nutritional Facts per cup: 268 Cal; 11g total fat (4g saturated fat) 32mg cholesterol; 761 mg sodium; 29g carbs (10g fiber); 15g protein
Daily values: 14% Vita A; 55% Vit C; 7% calcium; 16% iron

Spicy Black Bean Salad- Yield: eight to ten ½ cup servings

Ingredients:

1¾ C. black beans, cooked, rinsed and drained
¾ C. whole kernel corn, rinsed and drained (frozen or canned)
1 tomato, chopped
¼ C. celery chopped
¼ C. green pepper, chopped
2 Tbsp. green onions and tops, chopped
1 tsp. cilantro, minced
1½ C. white rice, cooked and cooled
2 Tbsp. red wine vinegar
2 Tbsp. olive oil
3-4 drops hot pepper sauce (Tabasco)
1/8 tsp. ground cumin



Directions:

1. Combine beans, corn, tomatoes, celery, green peppers, green onions, cilantro, and rice in a large bowl.
2. Whisk together vinegar, oil, hot pepper sauce and cumin. Pour over mixture and toss. Season to taste with salt and pepper.
3. Chill well.

Nutritional Facts per serving: 105 Cal.; 3gr total fat (0g saturated fat); 69mg sodium; 16g carbs (2g fiber); 4g protein
Daily Values: 3% Vit A; 14% Vit C; 1% calcium; 6% iron

Basic Biscuits— Yield eighteen 2½ inch biscuits

Ingredients:

3 C. Ready-Quick Mix*
2/3 C. water

Drop Biscuits:

Increase liquid in basic recipe to ¾ C.

Variations: Add 1/4 cup grated cheese, 2 Tbsp. snipped, fresh parsley, other chopped herbs or raisins to mix before water is added and mix as above.

* Ready Quick Mix see Basic Mixes

Directions:

1. Heat oven to 450°F.
2. Mix Ready-Quick Mix and water together until a soft dough is formed.
3. Knead dough 10-12 strokes on lightly floured board. Over kneading makes biscuits tough.
4. Roll ½ inch thick. Cut biscuits with a biscuit cutter or glass turned upside down, dipped in flour or pat into a rectangle and cut into squares.
5. Bake on ungreased shiny baking sheet 10-15 minutes.

DROP BISCUITS: No kneading or rolling is required. Drop by spoonfuls onto greased baking sheet, or into well-greased muffin pans.

Nutrition Facts per biscuit: 101 Cal; 5g total fat (1g saturated fat) 205mg sodium; 12g carbs (0g fiber); 2g protein
Daily Values: 10% calcium; 4% iron

Barbequed Meatballs—Yield 12 meatballs



Ingredients:

1½ lbs. ground beef	1 egg
1 tsp. salt	½ C. milk
½ tsp. pepper	1 C. of your favorite bottled barbecue Sauce
1 Tbsp. minced onion	1/2 C. water
½ C. breadcrumbs	

Nutritional Facts for 2 meatballs: 443 Cal; 33g total fat (13g saturated fat); 135mg cholesterol; 13g carbs (1g fiber); 23g protein
Daily Values: 9% Vit A; 5% Vit C; 7% calcium; 17% iron

Directions:

1. Mix together ground beef, salt, pepper, minced onion, breadcrumbs, egg, and milk.
2. Shape into meatballs about the size of a ping-pong ball and place in a pressure saucepan. A second layer of meatballs can be made by placing a rack on top of the first layer, if necessary.
3. Mix water and barbeque sauce. Pour over meat balls in pressure saucepan
4. Close lid securely and bring to pressure over high heat. When required pressure is reached, reduce temperature enough to maintain pressure and set timer for 10 minutes
5. Release pressure and serve.

Scalloped Potatoes— Yield 8 servings

Ingredients:

*4 medium potatoes	¼ C. chopped green onion (optional)
½ C. **SOS	½ C. grated cheese (optional)
1¾ C. water	

*3-4 C. frozen hashbrowns can be used.

** SOS recipe-See Basic Mixes

Directions:

1. Combine SOS mix and water in a small sauce pan and stir while cooking until thickened. (Optional- 1 cup sour cream can be stirred into the sauce before it is added to the potatoes).
2. Thinly slice potatoes and layer one half in a 2 quart over safe dish. Pour ½ of the sauce over the potatoes, ½ of the green onion, and ½ of the cheese. Layer the rest of the potatoes on top. Add the rest of the sauce, onion and cheese. Cover and bake at 350 degrees for 20 minutes. Uncover and continue baking for and additional 5 minutes.

Nutritional Facts per serving: 106 Cal; 2g total fat (2g saturated fat); 146mg sodium; 17g carbs (1gr fiber) 4 g protein
Daily Values: 2% Vit A; 10% Vit C; 10% Calcium; 2% iron

Cornbread

Ingredients:

1½ C. Ready-Quick Mix*	2 Tbsp. sugar
¾ C. cornmeal	1 C. water
½ tsp. salt	1 egg

Variations:

Dry Corn Bread: Use ¾ cup water for the pan size and 1/3 cup water for the muffin size.

*Ready Quick Mix –see Basic Mixes

Directions:

1. Heat oven to 400°F.
2. Stir corn meal, salt, and sugar into Ready-Quick Mix.
3. Combine water and beaten egg in separate bowl.
4. Add to dry ingredients. Mix, stirring until blended.
5. Bake in a greased 8x8x2 inch pan for 20 minutes, or bake as corn meal muffins.

Topping: Cornbread can also be used as a topping for a well-seasoned vegetable or meat pie.

Nutrition Facts per 2x2 inch square or 1 muffin: 185 Cal; 7g total fat (2g saturated fat); 349mg sodium; 25g carbs (0g fiber); 5 gr protein
Daily Values: 3% Vit A; 12% calcium; 8% iron

BASIC MIXES

SOS-Soups or Sauces—Yield—equal to 9 cans of soup

Ingredients:

2 C. powdered non-fat dry milk 2 Tbsp. dried onion flakes
 ¾ C. cornstarch 2 tsp. Italian Seasoning or 1 tsp. each of
 ¼ C. instant chicken bouillon basil and thyme



Utah Ready-Quick Mix

Ingredients	Makes 29 cups	Makes 13 cups
Flour	5 pounds (about 20 C)	9 C.
Double-acting Baking Powder	¾ C	1/3 C.
Non-fat dry milk		
Salt	2 Tbsp. + 1 tsp.	4 tsp.
Shortening—which does not require refrigeration	4 C	1¾ C.

Bread in a Bag -yield 2 loafs

Ingredients:

4 C. flour, divided* 1½ cups very warm water
 1 pkg. (1Tbsp.) rapid rise yeast 2 Tbsp. margarine, softened
 2 Tbsp. sugar cooking spray

Nutritional Facts per slice: 76 Cal; 7g total fat (1g saturated fat); 94mg sodium; 15g carbs (1g fiber); 2g protein
Daily Values: 1% Vita A; 0% Vit C; 0% calcium; 5% iron

Directions:

To substitute for 1 can of cream soup:

1. Combine 1/3 cup of dry mix with 1¼ cups of cold water.
2. Cook and stir on stove top or in microwave until thickened.
3. Add thickened mixture to casseroles as you would a can of soup.

Storage

Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.

Directions:

1. Stir baking powder, non-fat dry milk, and salt into the flour.
2. Cut fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal. This can be done with a pastry blender, fork, or electric mixer.

Measuring Mix for recipes: Do not sift mix. Stir lightly before measuring. Lift lightly into cup and level with straight edge.

Storage:

When deciding how much Ready-Quick Mix to make, consider how quickly it will be used and if you have a large enough container to make and store 29 cups. Store in a tightly covered container, at room temperature for up to six weeks.

Directions:

1. In a zippered plastic bag, mix 1½ cups flour, yeast, sugar and salt.
2. Add water and margarine. Seal bag and knead the bag with fingers to blend ingredients.
3. Add 1½ cups flour and work until well blended. Add another cup of flour and knead until dough forms and doesn't stick to the bag.
4. Turn dough out onto lightly floured surface. Knead 15-20 times until smooth and elastic.
5. Spray dough with cooking spray; cover with bag; let rest 10 minutes. Punch dough down.
6. Shape dough into loaves or rolls. To shape loaves: divide dough into two equal pieces. Roll each into rectangle. Roll up tightly from short end. Pinch seam and ends to seal. Place seam side down in bread loaf pans coated with cooking spray. Cover; let rise in warm, draft free place until doubled in size, about 20-30 minutes. Bake 350° for 25-30 minutes or until done. Remove