



Festive Food Mixes in a Jar

Try these tasty, inexpensive recipes during the holiday season!

These recipes are nutritious, cold-weather dishes that work not only as gifts but can be made for your own family all winter long as part of a balanced meal plan. You can decorate the jars with fabric and ribbon. Print and cut out the provided recipes or hand write & attach it to the jar for a personal touch.

Key to Abbreviations

tsp. = teaspoon	g = grams
Tbsp. = tablespoon	qt. = quart
c. = cup	mg = milligrams
oz. = ounce	lb. = pounds

Country Chili Mix

- 1 lb. kidney beans
- 3 Tbsp. chili powder
- 2 Tbsp. dehydrated onions
- 1 Tbsp. garlic salt (*to reduce sodium, sub. garlic powder for some of the salt*)
- 1 tsp. oregano
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. cayenne pepper (optional)

Pour beans into a clean, quart-sized jar. In a small bowl, mix remaining ingredients. Pour mixture into a sandwich bag and place on top of the beans. Cover jar tightly with a lid, decorate, & attach copy of the recipe card.

Friendship Soup Mix

- $\frac{1}{2}$ c. dry split peas
- 2 Tbsp. beef bouillon granules
- $\frac{1}{4}$ c. pearl barley
- $\frac{1}{2}$ c. dry lentils
- $\frac{1}{4}$ c. dry, minced onions
- 2 tsp. Italian seasoning
- $\frac{1}{2}$ c. rice
- $\frac{1}{2}$ c. macaroni noodles

In a clean, quart-sized jar, layer all the ingredients except macaroni. Place macaroni in a sandwich bag and place it on top of the other ingredients. Cover jar tightly with a lid, decorate, & attach copy of the recipe card.

Homemade Cornbread Mix

- 1 c. flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ c. sugar
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ c. dry milk powder
- 1 c. plus 2 Tbsp. cornmeal

In a large bowl, mix all the ingredients. Place the mixture in a clean quart-sized jar. Cover the jar tightly with a lid, decorate it & attach a copy of the recipe card.

Banana Oat Pancakes

- 1 $\frac{1}{2}$ c. all purpose flour
- 1 $\frac{1}{2}$ c. oats
- 2 tsp. baking powder
- 2 Tbsp. sugar
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. salt
- Dried fruit (optional)

In a clean, quart-sized jar, layer all the ingredients. Cover the jar tightly with a lid, decorate it & attach a copy of the recipe card.

Use these recipe cards to cut out and attach to your jars or give with your homemade jar mixes!

Country Chili Mix

Makes eight servings. Each serving has 240 calories, 6 g fat, 21 g carbohydrate and 290 mg sodium.

1 container Country Chili Mix

Additional ingredients:

- 10 c. water (for soaking beans)
- 1 (8-oz.) can reduced-sodium tomato sauce
- 1 (24-oz.) can diced tomatoes
- 1 lb. ground beef or turkey
- 6 c. water (for cooking beans)

Remove bag of seasoning from jar and rinse beans. In a pot, bring 10 cups of water to a boil. Add beans and return to a boil; let boil two to three minutes. Cover and set aside at room temperature for one hour. Drain and rinse the beans. Fill a pot with 6 cups of water and add the beans. Cook beans until soft, about one hour; simmer gently with lid tilted. Brown meat; drain and add to the beans with tomatoes and sauce. Add in seasonings, stir and simmer, covered, for one hour. Add a little more water if needed to thin the broth. For best flavor, use mix within one year.

Friendship Soup Mix

Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

1 container Friendship Soup Mix

Additional ingredients:

- 1 lb. lean ground beef or turkey
- 3 qt. water
- 1 (28-oz.) can diced tomatoes

Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done). For best flavor, use this mix within one year.

Note: To avoid overcooked pasta in leftovers, add the appropriate amount of macaroni to the portion being served.

Homemade Cornbread

Makes 10 servings. Each serving has 150 calories, 4 g fat, 25 g carbohydrate and 330 mg sodium.

1 container Homemade Cornbread Mix

Additional ingredients:

- 1 egg
- 1 c. water
- 2 Tbsp. oil

Preheat oven to 425 degrees. Pour the dry mix into a large bowl. In a second bowl, combine egg, water and oil. Add liquid ingredients to dry ingredients. Stir well. Pour into a greased baking pan and bake for 20 to 25 minutes until the top is golden brown.

For best flavor, use this mix within nine months.

Banana Oat Pancakes

Makes 8 servings. Each serving has 272 calories, 6.3 g fat, 47.3 g carbohydrate, and 179 mg sodium.

1 container Banana Oat Pancake Mix

Additional ingredients:

- 4 bananas, mashed
- 2 Tbsp. canola oil (or your choice of oil)
- 2 tsp. vanilla
- 2 eggs
- 1 c. low-fat milk

Pour dry mix into large bowl. In another bowl, combine mashed bananas, oil, vanilla, egg, and milk. Next, use a spoon and mix the dry ingredients into the wet ingredients. Stir until well mixed. Let pancake mixture sit in the fridge for 15 minutes. Remove mixture and heat a pan on medium heat. Once the pan is hot, scoop batter into circles in the center of the pan. When the edges of the pancake begin to bubble, use a spatula to carefully flip the pancake over. Cook pancake until lightly golden brown on both sides.