



BULK MIXES

Cooking Instructions, Ingredients and Yield

32-Bean & 8-Vegetable Soup/Chili

INGREDIENTS: BEANS: Great Northern, Pinto, Small Reds, Black Turtle, Red Kidney, Limas, Black Eye, Small Whites, Pinks, Garbanzo, Navy, Green and Yellow Peas, Lentils, Adzuki, Anasazi, Appaloosa, Calypso, Scarlet Runner, Cannellini, Christmas, European Soldier, Yellow Eye, Fageolet, Cranberry, French Navy, Jackson Wonder, Jacob's Cattle, Rattlesnake, Lentils, Petite Crimson, Snow Cap, Tongues of Fire. VEGETABLES: Carrots, Onions, Celery, Sweet Corn, Leeks, Green Beans, Red & Green Peppers, Barley. YIELD: One Cup of soup mix weighs almost 1/2 lb. and yields approximately 8-10 Cups of soup.

Use one part soup mix and 8 parts water. Bring to a boil for 5 minutes. Then Simmer 2-3 hours. Add a ham hock (optional). When the beans are tender, add whole or crushed tomatoes. You may also add diced ham. Try seasonings such as chili powder, lemon juice, salt and pepper. Flavor improves if refrigerated and served reheated the next day.

Spicy Southwestern Soup

INGREDIENTS: BEANS - Tongues of Fire, Small Reds, Black Turtle, Red Kidney, Limas, Black Eye, Small Whites, Pinks, Garbanzo, Navy, Green and Yellow Splits, Great Northern, Pinto, Lentils. VEGETABLES: Sweet Corn, Red & Green Bell Peppers, Red Jalapenos, Green Chile Peppers. Yield: One Cup of soup mix yields about 7 Cups of soup.

Use one part soup mix and 5 parts water or chicken stock. Boil for 5 minutes. Reduce to a strong simmer for 60 to 90 minutes. Add diced chicken if you wish. Flavor is enhanced if refrigerated and served the next day. Season with lime juice and chopped fresh cilantro.

Olde World Pilaf

INGREDIENTS: Eco-Farmed Gourmet Brown Rice, Black-Eyed Peas, Lentils and Split Peas

1 Cup Olde World Pilaf to 2-1/2 Cups water. Add 1 tbsp oil (optional), herbs and spices as desired. Bring to boil, reduce heat, cover and simmer 50 minutes.

Refried Beans

INGREDIENTS: Pinto Beans, Dehydrated Vegetables (Onions, Jalapeno Peppers), Expeller Pressed Canola Oil, Spices, Sea Salt, Yeast Extract, Natural Flavor, Citric Acid.

In a medium-size bowl, add 1-3/4 Cup boiling water to 1-1/3 Cups of refried beans mix. Stir well, cover for 5 minutes, then serve.

Vegetarian Chili Mix

INGREDIENTS: Textured Soy Flour, Dehydrated Vegetables (Tomatoes, Onions, Garlic, Potatoes, Celery, Red Bell Peppers), Corn Meal, Barley, Spices, Sea Salt, Paprika, Soy Sauce Powder, Brown Rice Syrup Powder, Yeast Extract, Vinegar Powder.

Bring 3-1/2 Cup water to a boil. Add 1-1/4 Cup chili mix and stir well. Add 2 - 15oz. cans (2-1/2 Cups) of kidney, pinto, or red beans, (drained & rinsed) or 2-1/2 Cup of cooked beans. (Optional: Add a 16 oz. can of diced or stewed tomatoes) Reduce heat & simmer uncovered, for 25 minutes. Make approx. 10 servings.



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7-Bean & Barley Soup Mix

INGREDIENTS: Organic Green Split peas, Barley, Pinto beans, Green Lentils, Kidney Beans, Cranberry Beans, Black Turtle Beans, White Beans.

Rinse and drain 1 lb. of soup mix. Soak overnight (min. 2 hrs.), drain. In large pot, saute onions (in optional 3 tablespoons of vegetable oil) till tender. Add drained beans, 8 Cups of water or stock and optional 2 tsp. salt. Bring to boil, lower heat & simmer 2 to 2-1/2 hours till tender.

Nature's Burger Mix

INGREDIENTS: Brown Rice, Dehydrated Vegetables (Yellow & Green Peas, Onions, Potatoes, Garlic, Tomatoes, Celery, Carrots, Red Bell Peppers), Barley, Wheat, Gluten Flour, Oats, Sesame Seeds, Soy Protein Conc., Soy Sauce Powder, Dried Yeast, Salt, Soybean Oil, Yeast Extract, Spices, Paprika.

Mix 1-1/2 Cup mix with 1-1/2 Cup boiling water. Stir well. Let the mixture stand for 10-15 minutes, until it has cooled and become stiff. Shape into thin patties (1/2" thick, 3" diameter). Pan fry on medium heat in non-stick pan (optional vegetable oil), turning frequently until done and brown on both sides. Makes approx. 6 patties.

Tabouli Recipe

INGREDIENTS: Bulgar Wheat, Parsley, Onion, Salt, Citric Acid, Garlic, Spices, Natural Lemon Powder, Herbs.

Mix 1 Cup Tabouli Mix, 1 Cup Cold Water, 1 tomato and 1/4 Cup Olive Oil. Refrigerate for 30 minutes.

Multi-Grain Pancake Mix

INGREDIENTS: Organic Whole Yellow Corn Flour, Organic Whole Wheat Flour, Organic Unbleached White Flour, Butter-milk Solids, Organic Brown Rice Flour, Non-Alum Baking Powder, Organic Whole Rye Flour, Sea Salt, Potassium Bicarbonate

Mix 1/2 Cup water and 1/2 Cup Pancake mix together, stirring only until lumps disappear. Bake on preheated oiled griddle (350°-375° F) until bubbles form and edges begin to dry. Turn only once. Note: If sticking occurs, use 1/2 Tablespoon oil per 1/2 Cup of mix. For thicker pancakes, use less water. Make 4-5" cakes.

7-Grain Cereal

INGREDIENTS: Organic Cracked Wheat, Organic Steel Cut Oats, Organic Barley Grits, Organic Soybean Grits, Organic Buckwheat Grits, Organic Wheat Bran, Organic Yellow Corn Grits

Stir 1/4 Cup cereal into 1 Cup water in a saucepan. Add 1/4 tsp. salt (optional), bring to a boil, stirring constantly. Reduce heat to low and cover. Simmer, stirring occasionally, for 10-15 minutes or until desired tenderness. Makes 2 servings.



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