



**GOOD
FOOD**
STORE

1600 S. 3rd. St. West
Missoula, MT 59801
406-541-FOOD (3663)

How to Prepare Bulk Mixes

Cooking instructions for preparing the mixes found
in the Good Food Store bulk department.

Falafel Mix

Code 1955

Mix 1 cup of mix with 2/3 cup cold water. Let stand 15 minutes. Form into small balls. Pour 1" vegetable oil into deep fryer or skillet. Heat oil to approximately 350°. Fry balls until brown and crisp. Drain on paper towels. Makes 4 servings.

Hummus Dip Mix

Code 1957

Place 1 cup hummus in a bowl. Mix in 2/3 cup cold water. Let stand 2 minutes. Consistency can be varied by the amount of water added. Makes 1 1/2 cups.

Nature's Burger Mix

Code 1959

Add 1/2 cup mix to 1/2 cup boiling water. Mix well and let stand 10 to 15 minutes. Shape into patties. Pan fry in oil or bake on baking sheet until browned. Makes two patties.

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Code 1968

Place 1 cup mix in a bowl. Mix in 1/3 cup oil, 1 1/4 cups cold water and 2 finely chopped tomatoes. Let stand 1 hour to absorb water. If desired, add fresh parsley, green onions, cucumber or mint. Makes 8 servings.

Instant Refried or Black Beans

Codes 1965, 1950

Place 1 1/2 cups mix in a bowl. Add 2 cups boiling water. Mix well and cover for 5 minutes. Makes 2 cups.

Tac'Os Soy Taco Filling

Code 1971

In sauce pan add 1/2 cup warm water to 1/2 cup mix. Bring to boil, reduce heat and simmer uncovered for 2 minutes. Serve as is for taco filling or combine with hamburger or refried beans. Also, use as a dry topping for salads and baked potatoes. Makes 1 cup.

Multigrain Pancakes

Code 1962

Blend 1/2 cup mix with 1/2 cup water and 1/2 tablespoon oil. Cook on an oiled griddle until bubbles form and edges begin to dry. Makes four 5" pancakes.

Buttermilk Pancakes

Code 1963

Blend 1 cup mix with 1 egg and 1 tablespoon oil. Add approximately 1 cup water until desired consistency is reached. For extra fluffy pancakes, replace all or part of water with milk, buttermilk or soy milk. Cook on an oiled griddle until bubbles form and edges begin to dry. Makes approximately 8 pancakes.

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SOUP MIXES

Black Bean Soup

Codes 1951

For single serving, pour 2/3 cups boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Split Pea Soup

Code 1966

For single serving, pour 2/3 cups boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Vegetarian Chili

Code 1969

In a pot, boil 3 1/2 cups water. Add 1 cup chili mix. Add 2 1/2 cups cooked kidney, pinto or red beans (drained and rinsed). Simmer uncovered for 25 minutes.

Corn Chowder

Codes 1953

For single serving, pour 3/4 cup boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Curry Lentil Soup

Code 1954

For single serving, pour 3/4 cup boiling water over 1/2 cup soup mix. Let rest for 5 minutes.

Cream of Mushroom Soup

Code 1150

Add 2 level tablespoons of mix to 3/4 cups boiling water. Stir and let stand 2 minutes. For extra richness, prepare as above using 1/2 cup water and 1/4 cup milk. Makes 1 cup.

Onion Soup

Code 1130

For single serving, add 1 level tablespoon mix to 1 cup boiling water. Simmer 1 to 2 minutes.

Vegetable Soup

Code 1960

Bring 2 1/2 cups water to boil. Add 1 cup vegetable soup mix, simmer 2 to 3 minutes or until tender. Makes 2 cups.

SAUCES & DIP MIXES

Onion Dip Mix

Code 1130 (on the spice wall)

Add 1 teaspoon mix to 1/4 cup plain yogurt, sour cream or cream cheese. Adjust to taste. Makes 1/4 cup.

Picante Mexicana Salsa Mix

Code 1114 (on the spice wall)

Add 1 cup warm water to 2/3 cup mix. Stir and let stand for 30 minutes. For richer salsa, tomato juice or canned tomatoes can be used for all or part of liquid. Makes 2 cups.

Ranch Dressing & Dip Mix

Code 1111 (on the spice wall)

Dressing: Combine 3 tablespoons mix with 1/2 cup mayonnaise and 1/2 cup milk. Makes 1 cup.

Dip: Add 4 1/2 tablespoons mix to 2 cups sour cream or plain yogurt. Makes 2 cups.

Beef or Chicken Gravy Mixes

Codes 1103, 1024 (on the spice wall)

Add 1 1/2 cups water to saucepan. Blend in 1/4 cup gravy mix. Bring to a boil, stirring constantly. Reduce heat and simmer for 1 minute. For a thinner consistency, add more water. Makes 1 1/2 cups.