



Gifts from the Kitchen



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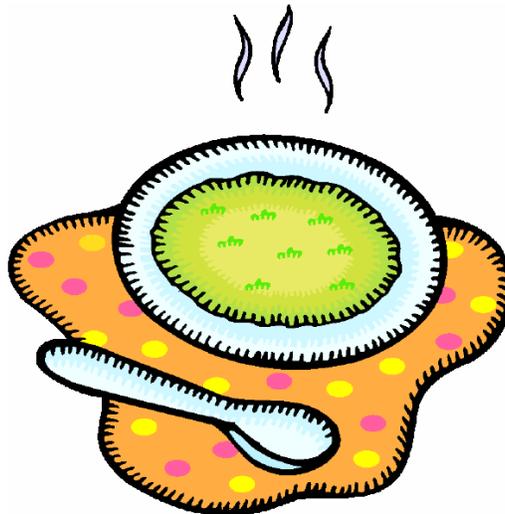
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Gift from the Kitchen Recipe

Cranberry Hootycreeks

- ☞ 1/2 cup **PLUS** 2 tablespoons self-rising flour
- ☞ 1/2 cup rolled oats
- ☞ 1/2 cup flour mixed with 1/2 teaspoon salt
- ☞ 1/3 cup **PLUS** 1 tablespoon packed brown sugar
- ☞ 1/3 cup white sugar
- ☞ 1/2 cup dried cranberries
- ☞ 1/2 cup chopped pecans
- ☞ Layer the ingredients in a quart jar in order as listed and seal.



*Cranberry
Hootycreek*

Homemade by:

For:

Directions:

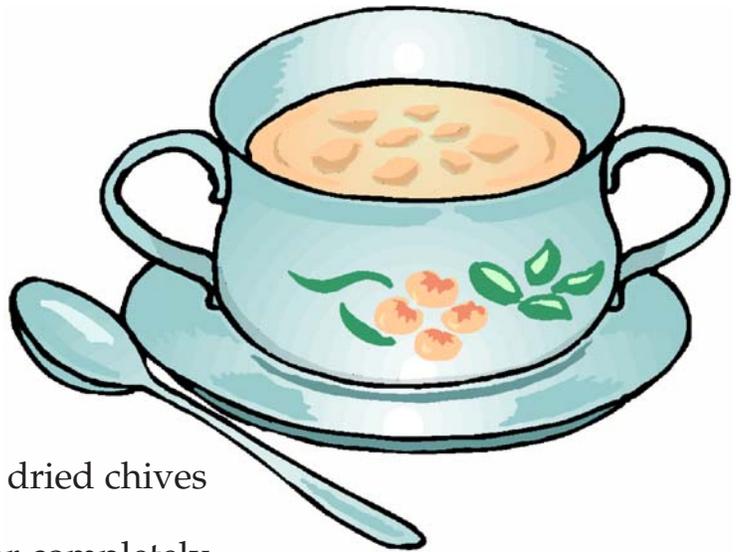
In a medium bowl, cream together:
1/2 cup butter or margarine (softened), 1 egg,
1 teaspoon vanilla. Add the entire jar of
ingredients and mix together by hand until
well blended. Drop by heaping spoonfuls onto
greased baking sheet. Bake at 350 °F for 8-10
minutes.

Nutrition Analysis:
Makes about 24 cookies.
Per serving:
65 calories;
0 cholesterol;
1 g. protein;
11.5 g. carbohydrates;
1.87 g. total fat;
.168 g. saturated fat;

Gift from the Kitchen Recipe

Beef Barley Soup In A Jar

- ☞ 2 envelopes onion soup mix –OR- 1/3 cup beef bouillon granules and 1/4 cup dried onion flakes
- ☞ 1/2 cup split peas
- ☞ 1/2 cup macaroni
- ☞ 1/3 cup barley
- ☞ 1/3 cup lentils
- ☞ 1/3 cup rice
- ☞ **OPTIONAL:** 2 tablespoons dried chives
- ☞ tri color small pasta to fill jar completely
- ☞ In a one quart wide mouth jar, layer the ingredients in the order given above lightly packing to prevent the ingredients from moving around.



*Beef Barley Soup
In A Jar*

Homemade by:

For:

Nutrition Analysis:
Serves 12.
Per Serving:
193 calories;
13.3 gm. protein;
27.6 g. carbohydrate;
3.14 g. total fat;
23.4 g. cholesterol;
185 mg. sodium

Directions:

In a large stock pot, add 1 pound of beef stew meat, cut into small pieces and 6 cups of water. Simmer for 30 minutes. Place the macaroni from the top of the jar into a separate bowl to use later. Pour the ingredients of the jar into the beef mixture and add 6 additional cups of water. Simmer for 45 minutes. Add macaroni and simmer for an extra 15 minutes. Serve.

Gift from the Kitchen Recipe

Puppy Chow for People

- ☞ 1/2 cup chocolate chips
- ☞ 3/4 cup powdered sugar in a plastic sealed bag
- ☞ 2 1/2 cups Crispix cereal
- ☞ Place chips in a wide mouth quart canning jar. Then push bag of powdered sugar into jar very firmly so it lays evenly on top of chips. Put cereal into jar 1 cup at a time, tapping jar on counter to settle cereal. Seal.



*Puppy Chow
for People*

Homemade by:

For:

Nutrition Analysis:
Makes 6 1/2 cup servings.
Per serving:
168 calories;
0 cholesterol;
1.52g. protein;
33 g. carbohydrates;
4.26 g. total fat;
2.5 g. saturated fat;

54 mg. sodium

Directions:

Empty cereal into a large bowl. Remove bag of powdered sugar and set aside. Place chips in microwavable dish. Microwave 30 seconds on HIGH. Stir well. Continue microwaving 15 seconds at a time, stirring well until completely melted. Do not over cook. Pour over cereal – mix until well coated. Slowly add powdered sugar, mixing well. Spread in a 9 X 13 inch dish. Allow to dry. Store in an airtight container or individual baggies.

Gift from the Kitchen Recipe

Strawberry – Orange Marmalade

☞ 2 packages (10 oz. each) sweetened frozen sliced strawberries, thawed

☞ 1 jar (12 oz.) orange marmalade

☞ 2 tablespoon lemon juice

☞ 1 package (1 ¾ oz.) powdered fruit pectin (e.g. Sure-Jell)

☞ 1 cup sugar

☞ In a heavy saucepan, combine strawberries with juice, marmalade, lemon juice and pectin over medium- high heat. Bring to a rolling boil again and boil for one minute. Remove the pan from heat and skim off any foam that has formed. Spoon marmalade into heat resistant jars; seal and cool to room temperature. Makes 5 jars.



**Strawberry -
Orange
Marmalade**

Nutrition Analysis:
Makes 5 jars.
Per tablespoon:
21 calories;
.041 g. protein;
5.75 g. carbohydrate;
.008 total fat;
2.6 mg. Vitamin C;
2.16 mg. sodium

Homemade by:

For:

Directions:

Refrigerate after opening.

Prepared _____
(date)

Gift from the Kitchen Recipe

Turkey Noodle Soup

- ☞ 1/2 cup lentils
- ☞ 2 tablespoons dried onion
- ☞ 1 1/2 tablespoon chicken-flavored bouillon granules
- ☞ 1 1/2 teaspoon dried dill weed
- ☞ 1/8 teaspoon ground celery
- ☞ 1/8 teaspoon garlic powder
- ☞ 1 small bay leaf
- ☞ 1 cup uncooked egg noodles
- ☞ Layer ingredients in a PINT jar. Seal.



**Turkey
Noodle
Soup**

Homemade by:

For:

Nutrition Analysis:
Serves 10.
Per Serving:
96 calories;
27.6 mg. cholesterol;
11.7 g. protein;
823 mg. sodium
9.89 g. carbohydrate;
1.16 gm total fat;
.297 saturated fat.

Directions:

8 cups water; 1 jar Turkey-Noodle soup mix; 1 package (10 oz.) frozen mixed vegetables; 1 cup cooked, diced turkey or chicken.

Bring water to boil; stir in soup mix. Reduce heat to medium low; cover and simmer for 15 minutes. Discard bay leaf. Stir in frozen vegetables and cooked turkey. Cook 5 minutes or until noodles and vegetables are tender.

Gift from the Kitchen Recipe

Vegetarian Black Bean Chili Mix

- ☞ 3 cups black beans
- ☞ 3 tablespoons dehydrated onion
- ☞ 3 tablespoons granulated garlic (or garlic powder)
- ☞ 1 teaspoon crushed oregano
- ☞ 2 teaspoons salt
- ☞ ¼ to ½ teaspoon cayenne pepper
- ☞ 1 ½ cups white rice
- ☞ Place beans, then rice in a jar and seal. Combine spices in a zip-type bag, place the zip type bag in a jar and seal.



**Vegetarian
Black Bean
Chili Mix**

Homemade by:

For:

392 mg. sodium
11 g. fiber;

Nutrition Analysis:
Serves 12.
Per serving:
250 calories;
12.6 g. protein;
486 g. carbohydrate;
.825 g. total fat;
.213 g. saturated fat;

Directions:

In a pot, place beans, seasonings, 1 T oil, and enough water to cover beans, 2 inches.

Heat 3 cups water and 1 t salt to boiling. Add rice. Lower heat and cook for 20 minutes.

Gift from the Kitchen Recipe

Hot Chocolate

- ☞ 3 cups powdered milk
- ☞ ¾ cup sugar
- ☞ ½ cup cocoa
- ☞ dash of salt
- ☞ Sift the ingredients into a large bowl. Pack the mix into airtight containers.
- ☞ 1 to 2 tablespoons Hot Chocolate Mix
- ☞ 8 oz. boiling water
- ☞ marshmallows or whipped cream



Thanks to Shirley Abner- Clinton County Extension Assistant.



*Hot
Chocolate*

Homemade by:

For:

Directions:

Place the hot chocolate mix into a mug. Pour in the boiling water. Stir until the chocolate mix is dissolved. Garnish with marshmallows or whipped cream.

Nutrition Analysis:
Per cup
66 calories;
3 g. protein;
13.6 g. carbohydrates;
0.328 g. total fat;
0.210 g. saturated fat;
102 mg calcium
88.9 mg sodium

Gift from the Kitchen Recipe

Apricot Bread Mix in a Jar

- ☞ ½ cup nuts, chopped
- ☞ ½ cup dried apricots, finely chopped
- ☞ ½ cup granulated sugar
- ☞ 2 ½ cups Bisquick **OR** master mix
- ☞ 1 teaspoon baking powder
- ☞ ¼ teaspoon salt
- ☞ Layer ingredients in a wide-mouth 1-quart canning jar in order given. Press each layer firmly in place before adding next ingredient.



**Apricot
Bread Mix
in a Jar**

626 mg. sodium;
1.5 g. fiber

Nutrition Analysis:
Serves 10
Per Serving:
342 calories;
5.47 g. protein;
37 g. carbohydrate;
20 g. total fat;
3.5 g. saturated fat;

Homemade by:

For:

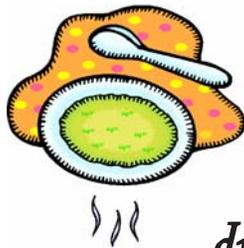
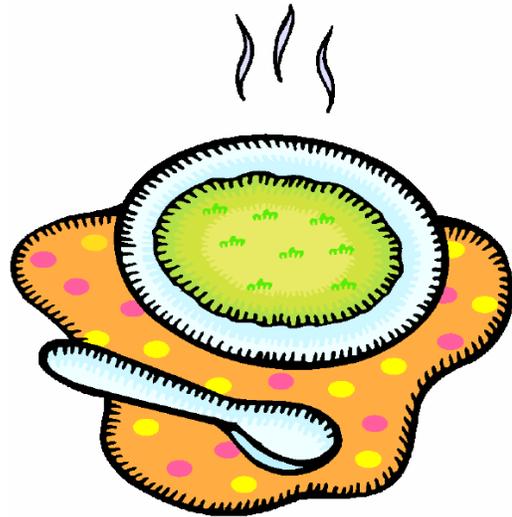
Directions:

Preheat oven to 350 °F. Grease well a large loaf pan and place wax paper on the bottom. In a large bowl, place the Apricot Bread mix. Make a well in the center. Mix 1 ¼ cups milk, 1 teaspoon vanilla extract, 2 slightly beaten eggs and ½ cup softened butter or margarine into dry mixture. Mix until completely blended. Spoon the batter into prepared loaf pan. Bake for 1 hour or until knife inserted in the center comes out clean. Cool in the pan on a wire rack before removing.

Gift from the Kitchen Recipe

Friendship Soup

- ☞ 1/2 cup split peas
- ☞ 1/3 cup beef bouillon granules
- ☞ 1/4 cup barley
- ☞ 1/2 cup dry lentils
- ☞ 1/4 cup minced onion
- ☞ 2 teaspoons Italian seasoning
- ☞ 1/2 cup uncooked long grain rice
- ☞ 1/2 cup macaroni or small pasta (in zip-type bag)
- ☞ In wide mouth quart jar, layer the ingredients in the order listed.
You may use more pasta if needed to fill the jar.



*Friendship
Soup*

Homemade by:

For:

Nutrition Analysis:
Serves: 16
Per Serving:
183 calories;
11.3 g. protein;
21.4 g. carbohydrate;
5.95 g. total fat;
20.5 mg. cholesterol;
1534 mg. sodium

Directions:

1 package Friendship Soup mix; 1 pound ground beef; 3 quarts water; 1 can (28 ozs.) diced tomatoes, un-drained. Remove pasta. In a large pan, brown beef and drain. Add the water, tomatoes and soup mix. Bring to a boil. Reduce heat; cover and simmer for 45 minutes. Add pasta; cover and simmer for 15-20 minutes or until pasta, peas, lentil and barley are tender.