

MIX IN JARS

VOLUME 2

One-Pot Meals & More!



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Volume 2 — One-Pot Meals & More!

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Published and printed by:

Food Prep Guide
a division of Home School Adventure Co.®
P. O. Box 162
South Elgin, IL 60177

FoodPrepGuide.com

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Welcome to Food Prep Guide!

We are a team of women who want to help you save money in the kitchen by learning traditional skills like:

- *gardening*
- *food preservation*
- *cooking from scratch*
- *food storage*
- *pantry management*
- *and more!*



We seek to do it ALL as frugally as possible—to honor the Lord as we steward our families wisely.

Three words characterize how we teach, and we believe they communicate what you can expect from all of our resources:

6

FAITHFUL: God can turn a measure of oil and wheat into an endless supply of sustenance. (1 Kings 17) But an abundant storehouse means nothing if we trust in it more than we trust in Him. (Luke 12) Our trust in Jesus shapes everything we do here.

FRUGAL: Frugality isn't about cutting corners; it's about making thoughtful, intentional choices that respect our resources. We focus on money-saving strategies that maximize production and reduce waste at every stage from sowing to preserving, storing, and cooking.

EFFICIENT: Time is limited—and so is brain space. We strive to share efficient management systems alongside every skill we teach. That's why we offer printables, planners, and cheat sheets in addition to our classes and courses.

We don't just teach the skill. We help you implement it in real life. We're glad you're here—let's get started. ❤️

IMPORTANT!

Do Not Skip

The introduction contains important details you need to know before making these recipes.

Please read!



INTRODUCTION

We are incredibly excited to share this cookbook with you and our Food Prep Guide community!

For these busy mamas, having pre-mixed pantry staples on hand has made it possible to skip convenience foods at the store and bake from scratch more often.

Before we dig into the recipes, there are a few important notes to consider.

Dehydrated vs. Freeze-Dried Foods

You'll notice some recipes in this book call for dehydrated ingredients while others call for freeze-dried—or at least mention them as an option. While both techniques preserve food by removing moisture, they work very differently in recipes—and they are not interchangeable without adjustments.

- 8 Essentially, dehydrated foods are denser and smaller in volume, while freeze-dried foods are incredibly light, airy, and larger in volume.

Volume Differences

For example, a 1/4 cup of dehydrated onions weighs significantly more and contains far more actual onion than a 1/4 cup of freeze-dried onions.

As a general rule of thumb:

- 1/4 cup dehydrated ingredient = approximately 3/4 cup freeze-dried ingredient
- Or flip it: 1/4 cup freeze-dried ingredient = approximately 2-3 tablespoons dehydrated ingredient

If you need to substitute one type of ingredient for the other in a recipe, adjust the volume accordingly. When in doubt, err on the side of using less for dehydrated or more for freeze-dried.



Rehydration Differences

Dehydrated ingredients need more liquid and more time to fully rehydrate. They can absorb 2-3 times their volume in water.

Freeze-dried ingredients rehydrate almost instantly and need less liquid. They typically absorb about 1:1 with water (sometimes slightly less).

Calculating Liquid Needs

If a recipe in this book calls for dehydrated vegetables and you want to use freeze-dried instead:

- Increase the volume of vegetables (roughly 3x more)
- Reduce the added liquid slightly (start with 25% less and add more if needed)

If a recipe calls for freeze-dried vegetables and you want to use dehydrated instead:

- Decrease the volume of vegetables (roughly 1/3 the amount)
- Increase the added liquid slightly (start with 25% less and add more if needed).

When in Doubt

Your best bet is to use what the recipe calls for. But if you're experimenting, remember:

Dehydrated ingredients are concentrated and heavy; freeze-dried ingredients are light and fluffy. Adjust both volume and liquid accordingly, and don't be afraid to add extra water during cooking if things look too thick or dry.



A Quick Note About Other Ingredients

Spices

If you're working with mixes that contain pasta, beans, or other ingredients that you might want to rinse before using, you can place the spices in a small baggie and store them inside the jar on top of the mix. That way, you can rinse your grains or legumes without losing your seasonings down the drain.

Anytime a recipe references chicken or beef bouillon, you can use your homemade vegetarian versions, the recipes for which are on pages 48-51.

Flour

Unless otherwise noted, all mentions of "flour" in this book refer to all-purpose flour. That said, you're welcome to experiment with other types of flour. Just know that results—primarily regarding how moist or dense a recipe will turn out—may vary slightly.

10 *Powders*

The vast majority of ingredients in this cookbook are common, everyday kitchen staples that you likely have on hand, like spices, sugar, bouillon, etc. The following items are the only ingredients we could think of that may be less common in the average kitchen:

- Whole milk powder
- Buttermilk powder
- Cheese powder
- Arrowroot powder

Scan the QR code to view these items in our Amazon storefront:



Have fun filling your pantry!

Jordan & Stacy



SKILLET "HELPER"

Recipes





CHEESEBURGER HELPER

YIELD: 1 HALF-GALLON OR 1 HALF-PINT (SEE TIP)

PREP TIME: 5 MIN

INGREDIENTS

- 4 cups pasta (small shells or elbow macaroni)
- 1 Tbs tomato powder
- 2 Tbs beef bouillon
- ½ cup whole milk powder
- 2 tsp dried minced garlic
- 1 tsp smoked paprika
- 1 tsp Italian seasoning
- ½ tsp salt
- ¼ tsp pepper

DIRECTIONS

1. Place all ingredients into a half-gallon jar or other airtight container. Optional: Vacuum seal.



TIP!

If you want to keep the pasta with all the other ingredients, you'll need a half-gallon jar. Alternatively, you can store the powdered ingredients and spices in a half-pint jar. This works well if your pasta is packaged in its store-bought box.

How to Make



CHEESEBURGER PASTA

YIELD: 4-5 SERVINGS

COOK TIME: 25 MINUTES

INGREDIENTS

- 1 Tbs oil of choice
- ½ onion, chopped
- 1 lb ground beef
- 4 cups water
- 1 jar cheeseburger helper mix
- ¼ cup heavy whipping cream (*optional*)
- 2 cups shredded cheese

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat.
2. Add onion and cook about 2 minutes until golden.
3. Add ground beef and brown thoroughly. Do not drain the grease.
4. Add 4 cups of water, then add the entire jar of mix. Stir well.
5. Bring to a boil, then reduce to a simmer and cover with a lid. Simmer for 15 minutes.
6. A few minutes into the simmer, stir in heavy cream if using.
7. Turn off the heat, add 2 cups shredded cheese, and stir to combine.
8. Cover and let sit 5 minutes for the cheese to fully melt. Serve and enjoy!