

Master Mix Recipes



Your Tupperware Consultant:

READY GRAVY MIX

1 jar (2 1/4 oz.) instant chicken or beef bouillon powder (5 Tbsp. + 1 tsp.)
1 1/2 c. all purpose flour
3/4-1 tsp. pepper

Additional Ingredients for each batch of gravy:

3 Tbsp. butter or margarine
1 1/2 c. water

In a bowl, combine the first 3 ingredients. Store in a modular mate Super Oval 1 in a cool, dry place.

Yield 8 batches (2 cups total)

To prepare gravy:

In a saucepan, melt butter. Add 1/4 cup gravy mix. Cook & stir until lightly browned, about 1 min. Whisk in 1 1/2 cup water until smooth. Bring to boil; cook & stir for 2 min. or until thickened. Yield 1 1/2 cups.

CREAM OF "WHATEVER" SOUP MIX

2 cups powdered nonfat dry milk
3/4 c. cornstarch
1/4 c. instant chicken bouillon
2 Tbsp. dried onion flakes (I use dried minced onion)
1 tsp. dried basil
1 tsp. dried thyme
1/2 tsp. pepper

Use in place of canned cream soups in casseroles or as a base for your own soups. It's much lower in fat & salt than the canned versions.

Combine all ingredients, mixing well. Store in Modular Mate Super Oval 1.

To substitute 1 can of condensed soup; combine 1/3 cup of dry mix w/ 1 1/4 cup of cold water in a saucepan, cook & stir until thickened. Add to casseroles as you would the canned product.

HERB MIX FOR RICE

5 Tbsp. beef or chicken bouillon granules
3 Tbsp. dried parsley flakes
2 Tbsp. dried minced onion
4 tsp. dried basil
2 tsp. dried thyme
1 tsp. garlic powder

Additional Ingredients for each batch of rice:

2 c. water
1 c. uncooked long grain rice

Combine for first six ingredients. Store in a Modular Mate Round 1 or Oval 1 in a cool, dry place.

Yield 4 batches (about 3/4 cup total)

To prepare rice:

In saucepan, bring water & 3 Tbsp. herb mix to a boil. Stir in rice. Reduce heat; cover & simmer for 15 min. or until rice is tender and liquid is absorbed. Yield: 4 servings

CHOCOLATE PUDDING MIX

3 c. nonfat dry milk powder
3 1/2 c. sugar
1 2/3 c. cornstarch
2 1/2 c. unsweetened cocoa

Stir together until well mixed. Store in a Modular Mate Rectangle 2 container. (makes 10 cups) Shake contents before using.

To Prepare Pudding:

1 c. pudding mix
2 c. milk
2 Tbsp. butter
1 tsp. vanilla

Whisk together pudding mix & milk in a Vent N Serve Round Deep or 1 3/4 Qt Tupperware Casserole. Microwave at 50% power for 2-3 min., stirring halfway through. Continue until pudding thickens. Stir in butter & vanilla, and stir until butter melts. Serve warm, or pour into serving cups, cover & refrigerate.

ONION SOUP/DIP MIX:

2 c. powdered nonfat dry milk
3/4 c. cornstarch
1/4 c. beef bouillon crystals (I used granules)
2 Tbsp. dried onion flakes (I used dried minced onion)
1 tsp. dried basil leaves, crushed (I used regular dried basil)

Combine all ingredients & store in a Modular Mate Super Oval 1 in a cool, dry place.

To prepare:

1/3 c. onion mix per recipe. Blend w/ water for soup. Blend w/ sour cream for dip, etc.

“ALMOST HAMBURGER HELPER” MIX

2 c. nonfat dry milk
1 c. cornstarch
1/4 c. beef bouillon powder (I used granules)
2 Tbsp. onion flakes
1 tsp. dried basil
1 tsp. dried thyme
1 tsp. black pepper
2 Tbsp. dried parsley
1 Tbsp. garlic powder

Mix the ingredients together & store in a Modular Mate Super Oval 1 in a cool, dry place.

Use mix to Prepare the following dishes:

Chili Mac:

1 lb ground beef, browned and drained
1 c water
1/2 c macaroni noodles (uncooked)
2 cans chopped tomatoes
1 T chili powder
1/2 cup mix
Combine all and simmer 20 minutes or until macaroni is cooked.

Stroganoff:

1 lb ground beef, browned and drained
2 c water
1/2 c mix
2 c uncooked egg noodles
1/2 cup sour cream
Combine all except sour cream. Simmer 20 minutes or until noodles are tender. Stir in sour cream and serve.

Potato Beef Casserole:

1 lb ground beef, browned and drained
3/4 c water
6 potatoes, peeled and thinly sliced
1 c frozen mixed veggies
1/2 cup mix
Combine all and simmer, covered, until potatoes are tender, about 30 minutes, stirring occasionally. Remove cover and cook until excess water is evaporated.

Quick Lasagna:

1 lb ground beef, browned and drained
1/2 c mix
1 onion, chopped
2 c water
16 oz tomato sauce
3 c lasagna noodles, uncooked, broken in bits
1/4 c parmesan cheese
2 c mozzarella cheese, shredded

Combine all except mozzarella in large skillet. Bring to a boil, let simmer for 15 minutes or until noodles are cooked. Top with mozzarella. Turn off heat and let cheese melt.