



By Alice Henneman, MS, RD, UNL Extension Educator

Black Bean & Rice Salad

Serving size: 1 cup; Yield: 3 servings

Alice's Note:

This is a great basic recipe — adjust the ingredients according to your preferences. For example, include fewer onions if you prefer. (I enjoy using a sweet onion in this recipe.) Instead of making a dressing, you might substitute 1/3 cup of your favorite oil and vinegar dressing. I tossed in a cup of chopped tomatoes when I made this salad. If you cook your own beans, substitute 1-1/2 cups of beans for 1 can (15 ounce) of drained and rinsed black beans. This salad tastes equally good if made the day before!



- 1/2 cup chopped onion
- 1/2 cup chopped green or red bell pepper
- 1 cup cooked and cooled brown or white rice
- 1 can (15 ounce) drained and rinsed black beans

Dressing:

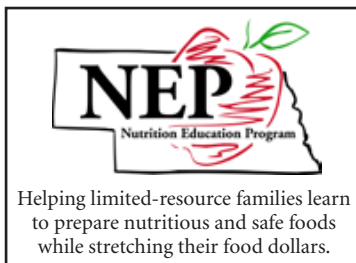
- 1/4 cup rice vinegar or white wine vinegar or lemon juice
- 1/2 teaspoon dry mustard powder or prepared mustard
- 1 chopped clove garlic or 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons vegetable oil

Instructions:

1. In a mixing bowl, stir together onion, red or green pepper, rice and beans.
2. In a jar with a tight fitting lid, add vinegar, mustard, garlic, salt, pepper and vegetable oil. Shake until dressing is evenly mixed.
3. Pour dressing over bean mixture and stir to mix evenly. Chill for at least one hour. Serve cold as a side dish or main dish.

Source: Adapted from: Montana Extension Nutrition Education Program Website Recipes, Montana State University Extension Service (<http://www.montana.edu/nep/recipes.htm>) and available at Food Stamp Nutrition Connection Recipe Finder <http://recipefinder.nal.usda.gov>

\$tretch Your Food Dollar by Making Your Own Mixes



Emily Hulse
UNL Extension Assistant

I don't know about you, but I am always looking for different ways to save money on my grocery bills. One of the ways I have tried to do this is to make various foods myself and buy less "convenience mixes." A simple way to save money is by making your own mixes and even seasonings. It's easy to do and then you have them on-hand, ready to be used at any time. In addition, preparing homemade convenience foods allows you to control the final product

and the nutritional value by limiting the fat, sodium, sugar and amount of additives. For example, one way to make those "convenience mixes" more nutritious is if a recipe for a mix calls for white flour try substituting at least half of it with whole wheat flour.

Here are some recipes for homemade convenience mixes.

The recipe for casserole sauce mix can be substituted for canned condensed soup

called for in many recipes and has less calories, fat and sodium. The casserole sauce mix can be stored in the refrigerator for six months.

Below are quick and easy recipes using the "Master Mix" recipe. Master Mix is an excellent way to save time. Master Mix can be stored in an airtight container at room temperature for two months or in the refrigerator or freezer for six months.

Casserole Sauce Mix

- 2 cups nonfat dry milk
- 3/4 cup cornstarch
- 1/4 cup instant chicken bouillon
- 2 tablespoons dried onion flakes
- 1/2 teaspoon pepper
- 1 teaspoon dried basil, crushed (optional)
- 1 teaspoon dried, crushed thyme (optional)

Combine all ingredients and store in an air-tight container. To use as substitute for one can condensed soup, mix 1/3 cup of the dry mix with 1-1/4 cups water in a saucepan. Cook and stir until thickened.

References: Hedstrom, Nellie. *Saving Money with Homemade Convenience Mixes*. 2009. <http://www.umext.maine.edu/onlinepubs/htmpubs/4029.htm> Food Preparation Manual. NEP Handout 1 BL7.

Master Mix

(13 servings)

- 4 cups all-purpose flour
- 4 cups whole wheat flour*
- 1-1/3 cups non-fat dry milk
- 1/4 cups baking powder
- 1-1/2 cups vegetable shortening

Stir dry ingredients together until well mixed. Cut in vegetable shortening until well mixed. Store in closed, covered jar or can. Stir lightly before using in recipes.

*Enriched cornmeal or rolled oats can also be substituted for all or part of the whole wheat flour.

Pancakes

- 3 cups Master Mix
- 1-1/2 cups milk
- 1 egg

Combine milk, egg and Master Mix. Stir until blended. Spoon batter onto greased hot griddle. Turn over when bubbles form on top of pancakes, cooking until second side has turned a golden brown color.

Muffins

- 2 cups Master Mix
- 2 tablespoons sugar
- 2/3 cup milk
- 1 egg, beaten

Preheat oven to 425° F. Add sugar to Master Mix and mix well. Mix milk and beaten egg. Add to mix. Stir until the flour is moistened. Batter will look lumpy. Spoon batter into greased muffin pan, fill 2/3 full. Bake in oven for 20-25 minutes.

Biscuits

- 2 cups Master Mix
- 2/3 cup milk

Preheat oven to 425° F. Stir Master Mix and milk with fork for 25 strokes. Spoon dough on ungreased baking sheet, one large tablespoon per biscuit. Bake for 10 to 12 minutes or until golden brown.

Slow Cookers and Food Safety

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small electrical appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more convenient because by planning ahead, you save time later. And it takes less electricity to use a slow cooker rather than an oven.

Is A Slow Cooker Safe?

Yes, the slow cooker, a countertop electrical appli-



Reminders:

- Fill cooker no less than half full and no more than two-thirds full.
- Add desired amount of liquid.
- Keep the lid in place.

ance, cooks foods slowly at a low temperature — generally between 170°F and 280°F. The low heat helps less expensive, leaner cuts of meat become tender and shrink less.

The direct heat from the pot, lengthy cooking and steam created within

the tightly-covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation.

Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

see SLOW COOKERS on next page

FREE Program

"Cook It Quick, Healthy, Delicious...and Cheap!"

Thursday, Nov. 5, 7-8:30 p.m.

Plaza Conference Center, BryanLGH Medical Center East, 1600 South 48th Street, Lincoln

Learn how to make better tasting, healthier meals in less time and for about half the money of eating out or buying fast food! Plus, save when shopping at the supermarket.

Alice Henneman, extension educator and registered dietitian with University of Nebraska-Lincoln Extension in Lancaster County, will give you tips how to prepare quick, healthy, delicious...and cheap foods! You'll receive an extensive booklet giving tips and recipes.



Register by calling BryanLGH at 481-8886.