



K-State Research and Extension Family Nutrition Program

# DINING ON A DIME

*Eating Better for Less*

December, 2003

## A Pinch of This When You're in a Pinch

Have you ever started a recipe and then realized half-way through that you don't have all the ingredients? Keep this reference handy for the next time you are in such a pinch. It just might save you money, time, and a trip to the grocery store!

If you don't have	Use
Baking Powder (1 tsp*)	½ + 1/8 tsp cream of tartar + 1/4 tsp baking soda
Biscuit mix (1 cup)	1 cup flour + 1 ½ tsp baking powder + 1/4 tsp salt + 1 Tbsp** shortening
Bread crumbs (1 cup)	1/4 cup cracker crumbs or cornmeal or 1 cup soft bread crumbs
Buttermilk (1 cup)	1 Tbsp lemon juice or vinegar + milk to make 1 cup; stir and let stand for 5 minutes. Or use 1 cup yogurt.
Cake flour (1 cup)	1 cup minus 2 Tbsp all-purpose flour
Chocolate, unsweetened (1 square)	3 Tbsp unsweetened cocoa powder + 1 Tbsp shortening
Cornstarch (1 Tbsp)	2 Tbsp flour
Cream (1 cup)	1/3 cup butter or margarine + 3/4 cup milk
Honey (1 cup)	1 1/4 cup sugar + 1/4 cup liquid. Or 1 cup corn syrup
Lemon juice (1 tsp)	½ tsp vinegar
Milk, skim (1 cup)	1/3 cup nonfat dry milk + water to make 1 cup; stir.
Milk, whole (1 cup)	½ cup evaporated milk + ½ cup water

tsp = teaspoon

Tbsp = tablespoon

## Protect Your “Planned-Overs”

The winter season is a popular time for warm comfort foods like homemade soups and casseroles. Many of these foods can be prepared in large batches and then reheated for later use, or “planned overs”. Protect your family from illness by learning how to safely cool, store, and reheat your planned-over foods.



### Cooling:

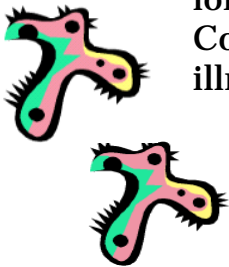
- Refrigerate hot foods in shallow containers so they cool faster. For thicker foods, such as stews, hot puddings, and layers of meat slices, limit depth of food to two inches.
- Avoid letting perishable foods such as meat, poultry, fish, eggs, and dairy products sit at room temperature longer than two hours total. Total is the total of the first and second use.
- As a general rule, use the refrigerated planned-over foods within one to two days for best safety and quality. Freeze for longer storage.

### Freezing:

- Freeze foods in portion sizes you’ll use for future meals.
- Freeze in thin, flat shapes in freezer bags or freezer foil. A thick shape takes longer to thaw through to the middle.
- Label each package with the name of the food and date you froze it. Use the date to assure products are eaten while the quality is still good.

### Thawing:

- Plan ahead for slow, safe thawing in the refrigerator. Allow about one day for each five pounds of weight.
- DO NOT thaw perishable foods at room temperature. Just ONE bacterium could grow to more than 2 million bacteria in seven hours!
  - If perishable foods, such as meat, are left at room temperature too long, bacteria may grow and produce toxins that resist heat. Cooking may not be able to destroy these toxins. Food borne illness may result.



Source: Excerpted from University of Nebraska Cooperative Extension in Lancaster County’s Cook it Quick! Food Safety Checklist for ‘Planned Over’ Foods, Apr. 2002, at <http://lancaster.unl.edu/food/ciqlannedovers.htm>

## Dining on a Dime Cook's Corner

Looking for inexpensive gift ideas this holiday season? Try jarring up this soup mix. Attach a bag of seasoning mix with a pretty bow and a note that gives directions to make the soup. Add a handmade, cross-stitched lid for festive flair.



## Dried Bean Soup Mix in a Jar

### Ingredients

#### Dried Bean Mix

1/3 cup of each of the following, or another variety of colorful beans:

- Kidney beans
- Split yellow peas
- Black beans
- Red lentils
- Small red beans
- Split green beans

#### Seasoning Mix

- 2 teaspoons dried sweet pepper flakes
- 1 1/2 teaspoons chicken bouillon granules
- 1 1/2 teaspoons dried minced onion
- 1 teaspoon salt
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon celery seed

### Directions for Making Soup

Dried Bean Mix (2 cups)

1 can (14 1/2 ounces) stewed tomatoes

Seasoning Mix

Throw away any discolored beans. Place in large Dutch oven or stock pot. Rinse beans well and drain. Pour six cups cold water over beans. Cover and let soak overnight. Drain beans. Cover with fresh water. Cover pot and bring to a boil over high heat. Reduce heat to low. Simmer 1 hour. Add tomatoes and seasoning mix. Stir. Cover pot and simmer 30 minutes. Uncover beans and continue to simmer until beans are tender and soup thickens. Serve warm. Refrigerate leftovers in a shallow pan within two hours.

Serves 7. Each 1 cup serving: 160 calories, 32 g carbohydrate, 9 g protein, 0 g fat.

Source: <http://marymae.tripod.com/jar/36.htm>

-----

K-State is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services (SRS). The Food Stamp Program can help people with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

---

## Dining on a Dime's Bean Bonus

Beans are a low-cost food that are packed full of good nutrition. Beans can really help stretch your food dollars, especially if you buy them dry rather than canned. Read on to learn how to prepare beans for part of a low-cost, nutritious meal. See page 3 for an inexpensive gift-giving treat you can eat!

1. **Soak:** Soaking beans before cooking reduces cooking time. Throw away any discolored beans. Rinse well. Drain. In a large pot, add three cups of water for every one cup of beans. (One cup dried beans makes 2-3 cups cooked.) Soak beans overnight in refrigerator.

2. **Cook:** Drain soaked beans. Cover with fresh water. Bring beans to a boil, then reduce heat to low. Simmer until beans are tender, 1 to 2 hours, depending on the type of bean.

Source: Excerpted from University of Georgia's Cooperative Extension Service's [Recipes for a Complete Meal Using Commodity Foods](http://www.fcs.uga.edu/pubs/PDF/FDNS-NE-2004a.pdf), Jun. 2002, at [www.fcs.uga.edu/pubs/PDF/FDNS-NE-2004a.pdf](http://www.fcs.uga.edu/pubs/PDF/FDNS-NE-2004a.pdf)



Cooperative Extension Service

K-State, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

All educational programs and materials available without discrimination on the basis of race, color, national origin, sex, age, or disability.