

School of Cooking

Martin's

Cooking on a Budget

Presented by Edie Sutton

March 4, 2009

**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Homemade "Helper"

Ingredients

2 cups nonfat dry instant milk
1 c cornstarch
¼ c unsalted chicken or beef bouillon powder
2 T onion flakes
1 t. dried basil
1 t. dried thyme
1 t black pepper
2 T dried parsley
1 T garlic powder

Instructions

Mix the ingredients together and store in an airtight container. Use the "Helper" mix as a base for the following dinners.

Skillet Lasagna

In a large skillet, brown one pound of lean ground beef; crumble.
Drain off the fat.

Add:

½ cup Homemade "Helper" mix
1 chopped onion
2 c water
16 ounces tomato sauce
3 c dry noodles
¼ c Parmesan cheese

Bring to a boil. Reduce heat and simmer for 15 minutes, stirring until thickened

Top with 2 c mozzarella cheese five minutes before serving. Turn off heat, stop stirring and allow cheese to melt.

Makes: 4 – 6 servings

Chili Tomato Mac

Brown one pound ground beef or turkey and drain off the fat.

Add:

1 c water
1 ½ c uncooked macaroni
2 (15 oz.) cans chopped tomatoes
1 T chili powder
½ c of the "Helper" mix

Simmer, covered, 20-30 minutes or until macaroni is tender

Makes: 4 – 6 servings