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## Master Mixes Save Time and Money

Making your own convenience mixes at home can save time and money. These convenience mixes are often called master mixes. Master mixes include recipes for making large amounts of dry ingredients for biscuits, pancakes, soups, sauces, meat, rice, and even a variety of seasoning mixes. Dry ingredient master mixes are stored in airtight containers in the pantry; but other master mixes are stored in sealed containers in the refrigerator or freezer.



Making master mixes allows you to have meals that need little preparation and are then cooked in the oven.

You can find many other Master Mix recipes for dry, seasoning, and other mixes at <http://whatscooking.fns.usda.gov>.

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For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <http://www.whatscooking.fns.usda.gov>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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## Meat Sauce – Master Mix

NOTE: The final product of this recipe is intended to be used as an ingredient in other recipes calling for cooked hamburger.

### Ingredients:

4 lbs. lean ground beef or turkey  
1 medium onion, minced  
1 can (6 oz.) tomato paste plus 1 can (6 oz.)  
water OR 1 can tomato soup  
2 cans (15 oz. each) tomato sauce  
1 tsp garlic powder

Instructions: Brown meat; drain fat. Add all other ingredients. Simmer 20 to 30 minutes. Add water or tomato juice to sauce to thin if necessary. Immediately place 2 cup portions in freezer-quality, plastic zip-top bags. Freeze.



### To Defrost

- Microwave until defrosted (stir frequently and break apart with a fork once or twice).
- On stovetop, heat on medium heat for 10 to 15 minutes before continuing with recipe.
- Defrost meat in refrigerator overnight.

Follow these tips to keep food safe for you and your family:

- Always wash hands with soap and water for at least 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish and their juices away from other food in your grocery cart and at home.
- Thaw meat safely. Be sure thawing meat juices do not drip on other food. Meat may be thawed in the microwave oven but it should be cooked immediately after being thawed.
- Cook to safe internal temperatures. Use a food thermometer to measure the temperature. Casseroles containing ground beef should reach an internal temperature of at least 165 degrees F.
- Hold cooked food at 140 degrees F or warmer.
- Do not leave perishable food out more than two hours at room temperature (one hour when the temperature is above 90 degrees F).
- Discard any food left out at room temperature for more than two hours (one hour if the temperature was above 90 degrees F).
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Use cooked leftovers within four days.







## Spaghetti

Makes 4 Servings

### Ingredients:

2 cups Master Meat Mix  
1 ½ tsp Italian seasoning OR 1 package spaghetti sauce seasoning  
8 oz. whole grain pasta  
Parmesan cheese (optional)  
1 (15 oz.) can tomato sauce (optional)

### Instructions:

#### Master Meat Mix:

Heat in microwave, or on stovetop until heated through to 165 degrees F.

#### Pasta:

In a large pan, boil 3 quarts water. Add 1 Tbsp. vegetable oil to reduce boiling over. Add pasta gradually. Boil uncovered, stirring occasionally (over stirring causes sticky pasta). Pasta should be tender, yet firm. Immediately drain pasta; do not rinse. Pour meat sauce over hot, cooked pasta. Sprinkle with parmesan cheese.

Nutritional Information per serving:  
Total Calories 350; Total Fat 5 g; Protein 32 g; Carbohydrates 48 g; Dietary Fiber 9 g; Sodium 430 mg



## Sloppy Joes

Makes 4 Servings

### Ingredients:

2 cups Master Meat Mix  
1 Tbsp. vinegar  
1 Tbsp. brown sugar  
¼ cup ketchup

### Instructions:

Mix Master Meat Mix, vinegar, brown sugar and ketchup. Heat mix in microwave, or on stove-top until mixture reaches 165 degrees F. Toast hamburger buns in oven.

Nutritional Information per serving:  
Total Calories 180; Total Fat 4.5 g; Protein 24 g; Carbohydrates 13 g; Sodium 600 mg



## Easy, Cheesy Pasta

Makes 6-8 servings

### Ingredients:

2 cups meat sauce master mix  
2 cans (16 oz. each) chili beans  
4 cups cooked, drained whole wheat macaroni (NOTE: prepare pasta noodles slightly undercooked)  
1 cup grated mozzarella cheese

### Instructions:

Prepare macaroni per package instructions. Mix together chili beans and Master Meat mix. Add half of the grated cheese. Place in sauce pan. Heat over medium heat until bubbling and temperature reaches 165 degrees F. Add 1 Tbsp. water if mixture is dry. Add ½ cup cheese over pasta before serving.

Nutritional Information per serving:  
Total Calories 350; Total Fat 6 g; Protein 28 g; Carbohydrates 45 g; Dietary Fiber 9 g; Sodium 840 mg



## Quick Chili

Makes 4 servings

### Ingredients:

2 cups Master Meat mix  
2 (15-oz.) can tomatoes  
1 (15-oz.) can kidney beans, drained and rinsed  
2 tsp. chili powder

### Instructions:

Mix all ingredients. Microwave 10 minutes in a microwave-safe dish or cook on stovetop in large pot for 30 minutes or until it reaches 165 degrees F.

Nutritional Information per serving:  
Total Calories 294; Carbohydrates 4.8 g; Dietary Fiber 8.3 g; Fat 8.3 g; Sodium 530 mg