



MAC AND CHEESE HAS BECOME A HIT. WHAT CAN YOU ADD TO TAKE IT UP ONE LEVEL

Take any box of macaroni and cheese from your shelf and transform it into the main entree for your meal. Below are 20 ingredients that you can add to your Mac and Cheese. And wham! our own favorite.

P E R E N A L F R E D O S A U C E E I S
I T S B C H O D L N O H C E C C E H D I
S A G E P H N I C A A A I L O C C O R B
A E D L E F H S O A N Y T H I N G R O T
O C P L L Y A R R O E O O E N E B E O E
S R T P E E D B N C R I M P H R A D A C
N T U E P K P B O E L L M C I H A O F C
D R U P N R I N N E L I H C N E E R G T
E S C P N U S H S P R H D I S I N O E N
S E T E T T M I I H R C S T P I R G E R
N O M R E M M N S A U F B A S L A S E H
O T U S I N R O R T R O L I S D E L T T
I A S S R A S N M P T N S C C L O H U A
N M H A O L U A O A R A L P O R B N N E
O O R U H E A A R H R C T T K R S S A O
P T O S P A G H E T T I S A U C E A A P
N D O A O P C M C S A A K R A R S T E T
A E M G C N U M H I S I E E S O R U E O
H C S E A T H A E S M E S F U E S P S E
N I H E P H A L E N R N N L I G O A A S
P D E E O A U O S T I G U Y L R O C R A
S M A H Y R E L E C D E P P O H C P A O

NOTHING in the Cupboard?

Susan Brandt



This just isn't a cookbook. It's a book of word searches. Makes fixing meals a little bit more fun, especially when you don't think there is anything in the cupboards to fix.



ANOTHER FUN BOOK FROM

FREEBOOKS-4U.COM

In honor of Old Mother Hubbard

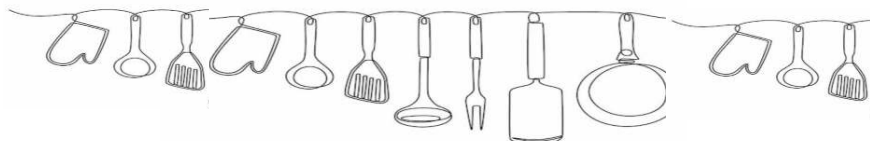
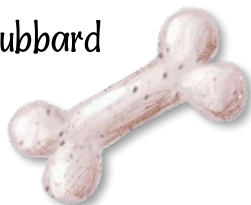
Old Mother Hubbard

Went to the cupboard,

To get her poor dog of a bone.

When she got there, the cupboard was bare,

And so the poor dog had done.



Some of the recipe books in the planning store:

Recipes from South Africa

Recipes from Tunisia

Crock Pot Recipes

Suzy's Crazy Recipes

Recipes for Kids

Recipes for things Pets can Eat

Church Get To Gathers

Road Trip Recipes

Recipes from Mexico

Do it in England

Cooking in France

and more

These people and their willingness to believe that magic still exists in the world have contributed in some way in making this books possible. This is the first in a series of cookbooks to come.

Elroy Germishuys

SOUTH AFRICA

Jessania Ponce

UNITED STATES: TEXAS

Susan Brandt

UNITED STATES: TEXAS

Christian Services Center

UNITED STATES: TEXAS

Jason Hutmacher

UNITED STATES: NEBRASKA

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One Pot Taco Chili

C C E W A T E R R G L I C R L
R A G K A T B P L I R S I T L
P H S N A E B K C A L B T N T
N T C C S N E E T I N L L I G
R T R B I S E B E E O I S C I
V E G E T A B L E O I L B C A
C C L I I R L P N T B A T E A
I E V W I N P B T N A A C V R
C A L I K P E A O O N I C L E
P O T P C O B I V T B E C N G
A E R I L I H C I T V A P G O
I I A N E C I R H S I N A P S
R H I N C H W A S E L T A I S
E B T A O L T H I A B B E G T
A I N T T E G H V A N A A T E

Find what you will need in your cupboards above and then make your One Pot Taco Chili. Hint: the items you'll find are bold below.

In a large **POT** over medium to medium-high heat, add 2 tablespoons of **VEGETABLE OIL** and a bag of **SPANISH RICE**. Stir for 2 to 3 minutes to allow chili oil to develop.

Add 1 can of undrained **CORN**, rinsed and drained can of **BLACK BEANS** and a can of **CHILI**, along with 2 cups of **WATER**.

Bring ingredients in pot to a boil, reduce the heat to low and cover the pot and simmer for 20 minutes





Some tips, and recipes to get the most out of powdered milk

Milk

DRINK MILK

To make into drink milk follow package instructions. In a quart of milk, add 2 teaspoons sugar and 1 teaspoon of vanilla to get the store bought milk flavor.

SUBSTITUTE MILK

In recipes you can substitute when it calls for a cup of milk, you may substitute 1/3 cup of dry milk mixed with 1 cup of water

Hot Chocolate Mix

Powered sugar
Powdered milk
Cocoa powder
Salt pinch

Corn Starch (improves texture)

Put all dry ingredients in a bill bowl. Stir with a wire whisk to combine. Store in an air-tight container until ready to use. To use the hot coco mix, add 2 to 3 tablespoons of the dry mix to 8 ounces of hot water or milk.

Cooking Tips

For a thicker and more nutritious **MILKSHAKE**, add 1 or 2 tablespoons of nonfat dry milk powder per serving.

Add 1/4 cup nonfat dry milk powder to each cup of fluid milk when **BAKING** biscuits, muffins, pancakes, yeast breads, cookies and cakes. This will cause your

M K O H B U G M L M E M
D M M O S P L E S A S I
I A E T U U E A C H N L
D S A C B D P T A O D K
D H T H S D T L S P R S
G E B O T I A O S O I H
R D A C I N G A E W N A
A P L O T G K F R E K A
V O L L U B C D O R I K
I T S A T A O U L E N E
E A G T E K O T E D G R
S T A E M E K M S M M U
E O P M I D I O T I I E
N E N I L E N I S L L S
L S F X K T G U E K K D

recipe to be firmer and to brown faster.

Lowering the baking temperature or reducing the amount of sugar will reduce this browning effect.

Add 1/2 cup nonfat **DRY MILK** powder when reconstituting canned soup. Add 1/2 cup nonfat dry milk powder per can of condensed soup when making **CASSEROLES**, such as tuna and noodles with cream of mushroom soup.

Add nonfat dry milk powder when making **MASHED POTATOES**, using 1/3 cup per 4 servings.

Add 1/4 cup nonfat dry milk powder for every pound of ground meat before browning. Add 2/3 cup nonfat dry milk powder for every pound of ground meat when making **MEATLOAF** or meatballs. Add 1/4 cup nonfat dry milk powder to each cup of fluid milk, or add 1/2 cup nonfat dry milk powder to each cup of water or broth when making **PUDDINGS**, custards, **GRAVIES** and sauces. This may make the recipe slightly thicker.



Rice Pudding



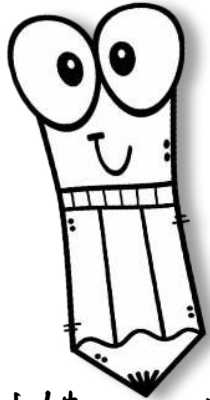
T C A R T X E A L L I N A V N
L B O I N N S I T N L C T U E
T S A N T U W E G G Y O L K S
L S K A Y T I U T X B R L B T
I V L A N S U G A R N N R B L
S S S N O M A N N I C S L L E
A B U T T E R L R K C T S U L
N A R S T E X C R E W A T E R
E S G M N R B B N T N R R B N
C N E O R S N R R N L C I E R
T I R L B U X U S L I H A R A
A T A U N T L A S T E O N R U
I T I I A C U G E M I L K I Y
C R S S G U C V I T N O S E S
A B I N S H N I U G L S R S W
T T N C S O U S R R E R Y A S
X A S W R C I A N N R A O N O

Combine 1/3 cup **RICE** and 1-1/2 cups **WATER** in medium saucepan. Bring to a boil. Reduce heat, cover and simmer 25 minutes, or until rice is very tender and most of water is absorbed. In separate bowl, combine 1/3 cup **SUGAR**, 1 teaspoon **CORN STARCH** and 1/4 teaspoon **SALT**. Add 1-1/3 cup **MILK** and sugar mixture to rice. Heat to boiling; boil 1 minute, stirring constantly. Remove from heat. Stir in 1 tablespoon **BUTTER** or margarine and 1/2 teaspoon **VANILLA** extract. Slowly stir about 1 cup of the hot rice mixture into 2 beaten **EGG YOLKS** in a bowl. Blend into remaining mixture in saucepan. Cook over medium heat, stirring frequently, just until mixture starts to bubble. Remove from heat. Serve warm or chilled, with the options: **CINNAMON**, **BLUEBERRIES**, **RAISINS** or **NUTS**.

LET'S MAKE VEGETABLE SOUP

Soup base

B C V I W A T E R A O C
E H E O A A T T B T B E
E I E S V S O O E R T F
O C M B 8 H M C E T O K
K K O E J S A U F B M P
N E C P U J T K B E A O
H N R E I H O E R T T H
K B U V C E J T O U O E
H R W B E E U C T W S T
A O R C P W I H H M O C
C T F A C B C U N C U E
P H C V O H E P U C P K



Write your own recipe

A large, stylized illustration of a soup bowl with a handle, filled with soup and vegetables. To the left of the bowl is a notepad with several blank lines for writing a recipe.

explanation

Vegetable soup has endless options on how it can be made. These two puzzles are to give you ideas on how you can create your own unique vegetable soup. Add a portion of meat for another twist.

Ingredients

E C U A S O C S S A B A T L M I A E
L M O O O N C C N O S B A P B A S O
N R N D P S E O T A T O P S E H G M
S B I R O E G R G S O R O C L S L U
R I O S P R R N E E M R C P L S X C
O S N L C S E R E S A L T E P O O M
E C S E M L E A E O T E S P E E N A
D U M P L I N G S V O P E P P N S O
P I E A E M B T T R E E U E P E L O
L T B E T I E L N P S N N R E N E A
E S R N P E A S T R S I G A R L I C
F P T S M L N E N I P R R I S T I B
T L P X A O S A O N R T O P B G E C
O R O N I O N P O W D E R T C C C A
V E I N O S E O D G O E A O P R N N
E E C E A X S E L I H C N E E R G T
R W S E L B A T E G E V D E X I M V
S T L I E P E I S E Y R E L E C C I



notes