

MARYJANESOUTPOST.ORG

Bulk Prep Instructions

1000 Wild Iris Lane, Moscow, Idaho 83843 USA

Call toll-free 9 AM - 5 PM Pacific Time: (888) 750-6004 • (208) 882-6819 • Fax: (208) 882-3655

E-mail: iris@maryjanesfarm.org or orders@maryjanesfarm.org

beans

Organic Black Bean Flakes, Organic Black Bean Flakes Hot 'n Spicy, or Organic Pinto Bean Flakes • Quick Prep

Directions: Mix this food before using. In a bowl, combine 1-1/2 cups bean mix with 1-1/4 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve. Makes 1-1/2 cups (2 servings).

bread s

Organic Garlic Pesto Fry Bread • Skillet Bake

Directions: In a bowl, combine 1 rounded cup dry mix with 2/3 cup water. Mix thoroughly. Using a spoon, spoon apricot-sized mounds into a non-stick skillet—oil is optional. Brown over LOW heat until tops lose their sheen and bottoms are golden brown. Flip. Brown. Repeat with remaining dough. Serve. Makes sixteen 2"-round breads (2 standard servings).

breakfast s

Organic Bac'Un & Egg Scrambler • Skillet Bake

Directions: In a bowl, combine 1/2 cup egg mix with 2/3 cup cold water. Blend. (Small lumps will dissolve when cooked.) Pour egg mixture into a non-stick skillet—oil is optional. Scramble until fluffy. Serve. Makes 1 cup (2 standard servings) 1 egg per serving.

Organic Breakfast Frittatas • Skillet Bake

Directions: In a bowl, combine 3/4 cup frittata mix with 1/2 cup water. Blend. Put half the batter (approximately 5" frittata) into a non-stick skillet—oil is optional. Turn heat on LOW. Cover. Bake until top loses its sheen and bottom is golden brown. Flip. Brown. Bake second frittata as above. Serve. Makes two 5" frittatas (2 standard servings).

Organic Egg & Cheese Scramble • Skillet Bake

Directions: In a bowl, combine 1/2 cup egg mix with 2/3 cup cold water. Blend. (Small lumps will dissolve when cooked.) Pour egg mixture into a non-stick skillet—oil is optional. Scramble until fluffy. Serve. Makes 1 cup (2 standard servings) 1 egg per serving.

Organic Griddle Cakes • Skillet Bake

Directions: Heat non-stick or oiled griddle. In a bowl, combine 1-1/4 scant cups mix with 3/4 cup water. Blend. Pour batter in 4" circles over medium heat. Turn when bubbles form on surface and edges lose their sheen. Serve. Makes six 4" pancakes (2 standard servings).

Organic Hot 'n Creamy Cereal • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 cups cereal mix with 1 cup boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve. Makes 1-1/2 cups (2 standard servings).

Organic Outrageous Outback Oatmeal • Instant

Directions: Mix this food before using. In a bowl, combine 1 cup oatmeal mix with 1-1/4 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve. Makes 1-1/2 cups (2 standard servings).

desserts

Organic Bavarian Chocolate Mousse • Instant

Directions: In a bowl, combine 1 scant cup mousse mix with 1 cup cold water. Stir well, until mousse has a smooth consistency. Cover. Let sit for 5 minutes. Stir again. Serve. Try freezing a serving; it's like ice cream. Makes 1-1/2 cups (1-1/2 standard servings).

Organic Brownies • Skillet Bake

Directions: In a bowl, combine 3/4 cup brownie mix with 3 T cold water. Mix thoroughly. Spoon small apricot-sized mounds into a non-stick skillet—oil is optional. Brown on LOW heat until edges lose their sheen. Flip. Flatten. Brown. Serve. Makes twelve 2" brownies (2 standard servings).

meals / couscous

Organic Couscous & Lentil Curry • Instant

Directions: Mix this food before using. In a bowl, combine 1 scant cup couscous mix and 1-3/4 cups boiling water. Stir well. Cover. Let sit at least 7 minutes. Stir again. Serve. Makes 2 cups (2 standard servings).

Organic Northwest Garden Couscous • Instant

Directions: Mix this food before using. In a bowl, combine 1 scant cup couscous mix with 1-3/4 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve. Makes 2 cups (2 standard servings).

Organic Southwestern Couscous • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 cups couscous mix and 1-3/4 cups boiling water. Stir well. Cover. Let sit at least 7 minutes. Stir again. Serve. Makes 2 cups (2 standard servings).

Organic Wild Forest Mushroom Couscous • Instant

Directions: Mix this food before using. In a bowl, combine 1 scant cup couscous mix with 1-3/4 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve. Makes 2 cups (2 standard servings).

meals / grains & lentils

Organic Lebanese Peanut Bulghar • Instant

Directions: Mix this food before using. In a bowl, combine 1 scant cup mix with 3/4 cup boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve. Makes 1-1/2 cups (1-1/2 standard servings).

Organic Lentil Pilav • Instant

Directions: Mix this food before using. In a bowl, combine 1 scant cup mix with 1 cup boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir. Serve. Makes 1-1/2 cups (1-1/2 standard servings).

meals / pasta

Organic Cheesy B.N.T. (Bac'un Bits, Noodles & Tomatoes) • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 cups pasta mix with 1 cup boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Cheesy Noodle Casserole w/Sugar Snap Peas • Instant

Directions: Mix this food before using. In a bowl, combine 1 cup pasta mix with 3/4 cup boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 1-1/2 cups (1-1/2 standard servings).

Organic Chilimac • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/2 rounded cups pasta mix with 1-1/3 cups boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic "Eat Your Veggies" Pasta • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 cups pasta mix with 1 cup boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Red Pesto Pasta • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/3 cups pasta mix with 1-1/3 cups boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Santa Fe Pasta • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 cups pasta mix with 1 cup boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

meals / potatoes

Nick's Organic Couch Potatoes • Instant

Directions: In a bowl, combine 1-3/4 cups potato mix with 2 cups boiling water. Stir well. Serve.
Makes 2 cups (2 standard servings).

Organic Spuds w/Spinach & Cheese • Instant

Directions: In a bowl, combine 1-2/3 cups potato mix with 1-3/4 cups boiling water. Stir well. Serve. Makes 2 cups (2 standard servings).

meals / rice

Organic Bare Burrito • Instant

Directions: Mix this food before using. In a bowl, combine 2 cups beans & rice mix with 1-1/2 cups boiling water. Stir well. Cover. Let sit 10 minutes. Stir again. Serve.
Makes 2 cups (2 servings).

Organic Black Beans & Rice • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/2 rounded cups bean & rice mix with 1 cup boiling water. Stir well. Cover. Let sit 10 minutes. Stir again. Serve. Wrap in tortillas to make excellent burritos.
Makes 1-1/2 cups (1-1/2 servings).

Organic Curry in a Hurry • Instant

Directions: Mix this food before using. In a bowl, combine 1 rounded cup rice mix with 1 cup boiling water. Stir well. Cover. Let sit 10 minutes. Stir again. Serve.
Makes 1-1/2 cups (1-1/2 standard servings).

Organic Fiesta Rice • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/2 cups rice mix with 1 cup boiling water. Stir well. Cover. Let sit 10 minutes. Stir again. Serve.
Makes 1-1/2 cups (1-1/2 standard servings).

Organic Jambalaya • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/2 cups rice mix with 1-1/2 cups boiling water. Stir well. Cover. Let sit 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Lentils, Rice & Indian Spice • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 scant cups rice mix with 1 cup boiling water. Stir well. Cover. Let sit 10 minutes. Stir again. Serve.
Makes 1-1/2 cups (1-1/2 standard servings).

meals / soups

Organic Creamy Potato Soup • Instant

Directions: In a bowl, combine 1 scant cup soup mix with 2 cups boiling water. Stir well. Serve.
Makes 2 cups (2 standard servings).

Organic Curried Lentil Bisque • Instant

Directions: In a bowl, combine 1 cup bisque mix with 1-1/2 cups boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Kettle Chili • Instant

Directions: Mix this food before using. In a bowl, combine 1 rounded cup chili mix with 1-3/4 cups boiling water. Stir well. Cover. Let sit at least 7 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Lentil Soup • Instant

Directions: Mix this food before using. In a bowl, combine 3/4 rounded cup soup mix and 1-2/3 cups boiling water. Stir well. Cover. Let sit at least 7 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Peasant Tomato Soup • Instant

Directions: In a bowl, combine 1 scant cup soup mix with 2 cups boiling water. Stir well. Serve.
Makes 2 cups (2 standard servings).

Organic Sweet Corn & Black Bean Chowder • Instant

Directions: In a bowl, combine 1-1/4 scant cups chowder mix with 2 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Velvety Black Bean Soup • Instant

Directions: Mix this food before using. In a bowl, combine 1-1/4 cups soup mix with 2 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

salsa

Organic Corn Salsa • Instant

Directions: In a bowl, combine 1/2 cup salsa mix with 1 cup cold water. Stir well. Let sit at least 15 minutes. Stir again. Serve.
Makes 1 cup (4 standard servings).