

MARYJANES FARM[®]

BULK DIRECTIONS

Incorporated as Paradise Farm Organics[®]

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beans

Organic Black Bean Flakes or Pinto Bean Flakes, Regular or Hot 'n Spicy • Instant

In a bowl, combine 1½ cups bean mix with ¼ cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve.
Makes 1½ cups (2 servings).

bread s

Organic Black Bean Corn Bread • BakeOver[®] or Skillet Bake

In a bowl, combine ¾ rounded cup biscuit mix with ⅓ cup water. Mix into a dough. With your hands and a spoon, sculpt 6 biscuits and bake in a non-stick skillet—oil is optional. Cover. Bake on LOW heat until crisp and brown on both sides. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes six 2½" biscuits (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1¼ cups of dry mix.

Add ¼ cup water. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Buttermilk Biscuits • BakeOver[®] or Skillet Bake

In a bowl, combine 1 scant cup biscuit mix with ⅓ cup water. Mix into a dough. With your hands and a spoon, sculpt 6 biscuits and bake in a non-stick skillet—oil is optional. Cover. Bake on LOW heat until crisp and brown on both sides. (Optional: For a more traditional biscuit cut 2 T. butter into mix before adding ¼ cup water.)

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes six 2½" biscuits (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1 scant cup of dry mix.

Add 3 T. water. Form a ball and roll into 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Chili Batter Bread • BakeOver[®] or Skillet Bake

In a bowl, combine ⅔ rounded cup bread mix with ¼ cup water. Mix into a dough. With your hands and a spoon, sculpt 6 breads and bake in a non-stick skillet—oil is optional. Cover. Bake on LOW heat until crisp and brown on both sides. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes six 2½" cakes (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into ⅔ rounded cup of dry mix.

Add 3 T. water. Form a ball and roll into 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Corn Bread • BakeOver[®] or Skillet Bake

In a bowl, combine ¾ rounded cup biscuit mix with ⅓ cup water. Mix into a dough. With your hands and a spoon, sculpt 6 biscuits and bake in a non-stick skillet—oil is optional. Cover. Bake on LOW heat until crisp and brown on both sides. (Optional: For a more traditional biscuit cut 2 T. butter into mix before adding ¼ cup water.)

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes six 2½" biscuits (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1½ cups of dry mix. Add ¼ cup water.

Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Focaccia Bread • BakeOver[®] or Skillet Bake

In a bowl, combine ½ rounded cup bread mix with ¼ cup water. Mix thoroughly. Dough will be stiff. Spread layer of oil (preferably olive) in a cold non-stick skillet. With wet hands, spread and pat the dough into entire bottom of skillet. Turn heat on LOW. Cover. Bake approximately 10 minutes or until top loses its sheen and bottom is golden brown. Flip. Brown. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes one 7" round flatloaf (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1¼ cups of dry mix.

Add ¼ cup water. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Garlic Pesto Fry Bread • BakeOver[®] or Pan Fry

In a bowl, combine 1 rounded cup bread mix with ⅔ cup water. Mix thoroughly. Spoon apricot-sized mounds into a non-stick skillet—oil is optional. Brown until tops lose their sheen and bottoms are golden brown. Flip. Brown. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes sixteen 2" round breads (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1½ cups of dry mix.

Add ⅓ cup water. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Shepherd's Pan Bread • BakeOver[®] or Skillet Bake

In a bowl, combine ½ rounded cup bread mix with ¼ cup water. Mix thoroughly. Dough will be stiff. With wet fingertips, spread and pat half the dough into bottom of a non-stick skillet—oil is optional. Turn heat on LOW. Cover. Bake approximately 10 minutes or until top loses its sheen and bottom is golden brown. Flip. Brown. Bake the remaining dough as above. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes two 5" flatloaves (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1½ cups of dry mix. Add ⅓ cup water.

Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

breakfasts

Organic 3-Grain Cereal • Quick Prep

In a saucepan, add ¼ cup cereal to ¾ cup water. Bring to boil. Reduce heat and cook for 10 minutes, stirring occasionally. Serve.
Makes ½ cup (1 serving).

Organic Bac'un & Egg Scrambler • Quick Prep

In a bowl, combine ½ cup egg mix with ⅔ 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

In a bowl, combine ¾ cup frittata mix with ½ cup water. Blend. Put one half 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 Griddle Cakes w/Powdered Maple Syrup Topping • Pan Fry

Heat non-stick or oiled griddle. In a bowl, combine ¼ scant cups mix with ¾ 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 or BakeOver®

In a bowl, combine 1 rounded cup cereal mix with 1 cup boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve.
Makes 1½ cups (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1 rounded cup of dry mix (for an 11" BakeOver, double the recipe). Sprinkle mix on top of 4 cups sliced fruit sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Outrageous Outback Oatmeal • Instant or BakeOver®

In a bowl, combine ¾ scant cup oatmeal mix with 1¼ cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve.
Makes 1½ cups (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into ¾ scant cup of dry mix (for an 11" BakeOver, double the recipe). Sprinkle mix on top of 4 cups sliced fruit sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

budget mix™

Organic Budget Mix™, Unbleached White • BakeOver®, FoldOver™, Oven Bake, Skillet Bake and more

In a bowl, combine 1½ scant cups budget mix with ⅔ cup water or milk. Mix into a dough. With your hands and a spoon, sculpt eight 2½" biscuits and bake in a non-stick skillet—oil is optional. Cover. Bake on LOW heat until crisp and brown on both sides. (Optional: For a more traditional biscuit cut 3 T. butter into mix before adding ½ cup water or milk.)

(**Oven:** Bake at 450° for 10–12 minutes.)

Makes eight 2½" biscuits (2⅔ standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1½ scant cups budget mix. Add ½ cup water or milk. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake for 20 minutes. Remove from oven and invert on serving dish. Serves four.

Organic Budget Mix™, Whole Wheat • BakeOver®, FoldOver™, Oven Bake, Skillet Bake and more

In a bowl, combine 1½ rounded cups budget mix with ⅔ cup water or milk. Mix into a dough. With your hands and a spoon, sculpt eight 2½" biscuits and bake in a non-stick skillet—oil is optional. Cover. Bake on LOW heat until crisp and brown on both sides. (Optional: For a more traditional biscuit cut 3 T. butter into mix before adding ½ cup water or milk.)

(**Oven:** Bake at 450° for 10–12 minutes.)

Makes eight 2½" biscuits (2⅔ standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1½ rounded cups budget mix. Add ½ cup water or milk. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fresh vegetables sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake for 20 minutes. Remove from oven and invert on serving dish. Serves four.

Organic Gluten-free Budget Mix™ • BakeOver®, FoldOver™, Oven Bake, Skillet Bake and more

No-Fuss-Budget Biscuits: Preheat oven to 375°F. Place 1¼ cups Budget Mix in medium bowl. Cut 4 T. cold unsalted butter into small pieces; then cut into Budget Mix, until mixture resembles coarse crumbs. Make a depression in the center of the mix to receive liquid. Add ¾ cup milk all at once and beat with a wooden spoon for about 15 strokes, until stiff dough forms. Do not overmix. Turn the dough out onto a surface lightly dusted with Budget Mix (or any other gluten-free flour). Keeping your hands and rolling pin dusted with flour, roll dough about ½-inch thick. Dip biscuit cutter in flour and cut out biscuits. Place on an ungreased baking sheet about 1 inch apart. Bake for 12–14 minutes. (Don't judge doneness by browning tops—your biscuits will be overdone. Due to the different reaction of the gluten-free flour, it's a better indicator to look at the bottoms of the biscuit.)

Makes ten 2" biscuits (5 standard servings).

9" BakeOver: Preheat oven to 375°F. Prepare filling by sauteing 4 cups chopped vegetables and/or precooked meat in butter in a 9-inch oven-proof pan for about 5 minutes. Remove from heat. If using cheese, add it at the end. Place ⅔ cup Budget Mix in a medium bowl. Cut 2 T. of cold butter into ½-inch pieces; then cut into Budget Mix. Add ⅓ cup milk and stir to form a dough. Knead a few times and roll out on a floured surface (using Budget Mix or any other gluten-free flour) to a 9-inch circle. Carefully place dough on top of ingredients in pan. Bake for 20 minutes. Remove from oven and invert on serving dish. Serves four.

chillover®

ChillOver® Powder

1 Packet = 1 tsp.; 1 Packet = 4 servings

There are two ways to prepare a ChillOver—**Soft-set** and **Firm-set**.

The **Soft-set** is too soft to unmold, however, it is the easiest presentation to make. It's foolproof and quick. **Directions:** You'll need 2 cups of your chosen liquid (sweetened to taste), and 1 tsp. of ChillOver Powder. Step 1: Bring 1 cup of liquid to a boil. Step 2: Reduce heat to medium, sprinkle and stir 1 tsp. of ChillOver Powder into the liquid, and cook for 3 minutes, stirring frequently. Step 3: Remove from heat, add the remaining 1 cup of liquid and pour into a serving dish. Step 4: Chill until set, about 2 hours, and serve.

The **Firm-set** can be unmolded—tipped upside down for presentation. See MaryJane's book, "MaryJane's Ideabook, Cookbook, Lifebook For The Farmgirl In All Of Us" and the "No Place Like Home" and "Farm Kitchen" issues of "MaryJanesFarm" magazine for an abundance of Firm-Set ChillOver ideas and recipes OR, for a basic Firm-set ChillOver, simply use this recipe. **Directions:** You'll need 2 cups of your chosen liquid (sweetened to taste), and 1¼ tsp of ChillOver Powder. Step 1: Bring 1 cup of liquid to a boil. Step 2: Reduce heat to medium, sprinkle and stir 1¼ tsp. of ChillOver Powder into the liquid, and cook for 3 minutes, stirring frequently. Step 3: Remove from heat, add the remaining 1 cup of liquid and pour into a mold. Step 4: Chill until set, about 2 hours, unmold (see below for unmolding instructions), and serve.

Firm-set ChillOvers are designed for either silicon flex molds or old-fashioned metal gelatin molds.

Unmolding your ChillOver: Get your tap water running as hot as your hands can stand. Moisten the plate you're going to display it on (moistening the plate allows you to move the dessert afterwards to center it). Tip the mold upside-down onto the plate and then hold it in place with both hands and let the hot tap water run onto the mold (and onto the plate as well). I do that for about three minutes, until I hear or sense the ChillOver dropping out onto the plate. Then set the plate on the table, but before I lift the mold off, I take a dry dishtowel and dab the water pooled on the plate around the mold. Voilà! Lift the mold off and none of the ChillOver is ever stuck to the mold!

Follow our instructions exactly to master our Firm-set. When we say sprinkle the powder into the liquid while whisking, we don't mean dump it in and then whisk—you'll get a lump. When we say three minutes, we mean three minutes, not five or even three and a half.

desserts

Organic Bavarian Chocolate Mousse • Instant

In a bowl, combine 1 scant cup mousse mix with 1/4 cups cold water. Stir well, until mousse has a smooth consistency. Cover. Let sit for 5 minutes. Serve. Try freezing a serving. It's like ice cream. Makes 1 1/2 cups (2 standard servings).

Organic Brownies • BakeOver® or Skillet Bake

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.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes twelve 2" brownies (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1 1/2 cups of dry mix. Add 3 T. water. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fruit sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Chocolate Chip Cookies • BakeOver® or Skillet Bake

In a bowl, combine 2/3 cup cookie mix with 1/4 cup 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. Brown. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes twelve 2" cookies (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 2/3 cup of dry mix. Add 3 T. water. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fruit sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

Organic Scones w/Walnuts & Orange Peel • BakeOver® or Skillet Bake

In a bowl, combine 1 cup scones mix with 1/3 cup water. Mix thoroughly. Dough will be stiff. Drop spoonfuls of dough into a non-stick skillet—oil is optional. Cover. Bake on LOW heat for about 5 minutes. Flip. Repeat. Serve.

(Oven: Bake at 375° for 10 - 15 minutes.)

Makes twelve 2" scones (2 standard servings).

9" BakeOver: Preheat oven to 425°. Cut 3 T. butter into 1 3/4 cups of dry mix. Add 1/4 cup water. Form a ball and roll out a 9" crust (for an 11" BakeOver, double the recipe). Place on top of 4 cups sliced fruit sautéed briefly (3 min.) in 1 T. butter/oil in 9" non-stick oven-proof skillet. Bake 20 minutes. Turn contents of skillet upside down on plate. Serves four.

meals: couscous

Organic Couscous & Lentil Curry • Instant

In a bowl, combine 1 scant cup couscous mix and 2 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

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

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 Thai Fusion • Instant

In a bowl, combine 1 cup couscous mix with 1 cup boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve. Makes 1 1/2 cups (1 1/2 standard servings).

2. Organic Wild Forest Mushroom Couscous • Instant

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: ethnic

Organic Black Bean Hummus • Instant

In a bowl, combine 3/4 cup hummus mix with 3/4 cup boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve on crackers or bread. (Optional: For an even creamier texture, add 2 T. olive oil). Makes 1 cup (8 standard servings).

Organic Falafel • Pan Fry

In a bowl, combine a 2/3 scant cup falafel mix with 1/3 cup cold water. Stir well. Let stand 15 minutes. Pan fry thin bun-sized patties or quarter-sized balls in 1/8" oil until crisp and brown on both sides. For oil-free preparation, simply cook in non-stick covered pan or bake in 325° oven until done. Delicious served in pocket bread with Organic Creamy Dill Sauce and topped with fresh organic tomatoes and organic lettuce or sprouts.

Makes 2 patties (2 standard servings).

Organic Lebanese Peanut Bulghar • Quick Prep

In a bowl, combine 3/4 cup bulghar mix with 3/4 cup boiling water. Stir. Cover. Let sit at least 15 minutes. Stir again. Serve warm or serve chilled.

Makes 1 1/2 cups (2 standard servings).

Organic Lentil Pilav • Quick Prep

In a saucepan or skillet combine 1/4 scant cups pilaf mix with 2 cups cold water. Bring to a vigorous boil. Reduce heat. Cover. Simmer 10 minutes or until water is absorbed. Serve.

Makes 2 cups (2 servings).

Organic Sicilian Polenta • Quick Prep

In a saucepan, combine 1 cup of polenta mix with 2 cups water. Bring to a boil. Lower heat and cook for 5 minutes, stirring constantly. If desired, let stand for approximately 20 minutes for polenta to become firm.

Makes 2 cups (2 standard servings).

meals: pasta

Organic Alfredo Pasta • Instant

In a bowl, combine 1 1/3 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 Buttery Herb Pasta • Instant

In a bowl, combine 1 1/2 rounded 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 B.N.T. (Bac'un Bits, Noodles & Tomatoes) • Instant

In a bowl, combine 3/4 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 Cheesy Noodle Casserole w/Sugar Snap Peas • Instant

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

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).

(continued)

meals: pasta

Organic “Eat Your Veggies” Pasta • Instant

In a bowl, combine 1½ 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 Ginger Sesame Pasta • Instant

In a bowl, combine 1⅓ rounded cups pasta mix with 1⅓ cups boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Mac 'n Cheese • Instant

In a bowl, combine 1⅓ rounded cups pasta mix with ¾ 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

In a bowl, combine 1⅓ cups pasta mix with 1⅓ 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

In a bowl, combine 1⅔ 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 Sweet Red Bell Pepper Pasta • Instant

In a bowl, combine 1½ 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

In a bowl, combine 1¾ cups potato mix with 2 cups boiling water. Stir well. Serve.
Makes 2 cups (2 standard servings).

Organic Spuds w/Spinach & Cheese • Instant

In a bowl, combine 1½ cups potato mix with 2 cups boiling water. Stir well. Serve.
Makes 2 cups (2 standard servings).

meals: rice

Organic Bare Burrito • Instant

In a bowl, combine 1⅔ cups bean & rice mix with 1 cup boiling water. Stir well. Cover. Let sit 5–7 minutes. Stir again. Serve.
Makes 1½ cups (1½ servings).

Organic Black Beans & Rice w/Sharp Cheddar Cheese & Red Bell Peppers • Instant

In a bowl, combine 1½ rounded cups bean & rice mix with 1 cup boiling water. Stir well. Cover. Let sit 5–7 minutes. Stir again. Serve. Stuff in tortillas to make some excellent burritos.
Makes 1½ cups (1½ servings).

Organic Curry in a Hurry • Instant

In a bowl, combine 1½ scant cups rice mix with 1 cup boiling water. Stir well. Cover. Let sit 7 minutes. Stir again. Serve.
Makes 1½ cups (1½ standard servings).

Organic Fiesta Rice • Instant

In a bowl, combine 1⅓ cups rice mix with 1 cup boiling water. Stir well. Cover. Let sit 7 minutes. Stir again. Serve.
Makes 1½ cups (1½ standard servings).

Organic Jambalaya • Instant

In a bowl, combine 1½ cups rice mix with 1 cup boiling water. Stir well. Cover. Let sit 7 minutes. Stir again. Serve.
Makes 1½ cups (1½ standard servings).

Organic Lentils, Rice & Indian Spice • Instant

In a bowl, combine 1⅓ scant cups rice mix with 1 cup boiling water. Stir well. Cover. Let sit 7 minutes. Stir again. Serve.
Makes 1½ cups (1½ standard servings).

Organic Rice & Tofu w/Ginger Miso Broth • Instant

In a bowl, combine 1⅓ cups rice & tofu mix with 1¼ cups boiling water. Stir well. Cover. Let sit 5–7 minutes. Stir again. Serve.
Makes 1½ cups (1½ standard servings).

meals: soups

Organic Creamy Potato Soup • Instant

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

In a bowl, combine 1 scant cup bisque mix with 1¼ cups boiling water. Stir well. Cover. Let sit at least 7 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

Organic Kettle Chili • Instant

In a bowl, combine 1 rounded cup chili mix with 1¼ 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

In a bowl, combine ¾ rounded cup soup mix and 1⅔ 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

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

Organic Pueblo Stew • Instant

In a bowl, combine ⅔ cup soup mix with 1⅓ cups boiling water. Stir well. Cover. Let sit at least 10 minutes. Stir again. Serve.
Makes 1½ cups (1½ standard servings).

(continued)

meals: soups

Organic Sweet Corn & Black Bean Chowder • Instant

In a bowl, combine $\frac{1}{4}$ 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

In a bowl, combine $\frac{1}{4}$ cups soup mix with 2 cups boiling water. Stir well. Cover. Let sit 5 minutes. Stir again. Serve.
Makes 2 cups (2 standard servings).

sauc es & salsa

Organic Corn Salsa • Instant

In a bowl, combine $\frac{2}{3}$ scant cup salsa mix with $\frac{3}{4}$ cup cold water. Stir well. Let sit at least 15 minutes. Stir again. Serve.
Makes 1 cup (4 standard servings).

Organic Creamy Dill Sauce • Instant

In a bowl, combine $\frac{2}{3}$ scant cup mix with $\frac{1}{3}$ cup water. Stir thoroughly. Serve.
Makes $\frac{1}{2}$ cup (4 standard servings).