

RECIPES

Biscuit Mix (15 cups)

Flour.....6 cups
Whole wheat flour.....4 cups
Instant nonfat dry milk.... 1 2/3 cups
Baking powder 1/3 cup
Salt..... 2 1/2 tsp
Butter 1 2/3 cups

- Mix dry ingredients thoroughly in a large container (6-8 quart capacity).
- Cut in butter with a pastry blender (or mixer, or use two knives) until you obtain fine crumbs, and butter is evenly dispersed.
- Store, tightly covered, in refrigerator. Mix will last up to three months.
- Use for pancakes, biscuits, dumplings, pizza dough, coffee cake and cookies (recipes included).

Pancakes (24, cook and freeze half)

Biscuit mix.....4 cups
Sugar..... 2 tbsp
Eggs, slightly beaten.....2
Water.....2 cups

- Mix biscuit mix and sugar together.
- Beat water and egg together. Add to biscuit mix.
- Stir until dry mixture is barely moistened (will be lumpy).
- Slice bananas and stir into mixture.
- Heat small amount of oil (or nonstick spray) in fry pan, using 3 tablespoons of batter per cake.
- Cook until top is bubbly and edges begin to dry.
- Turn and brown other side.

Biscuits (16)

Biscuit mix.....3 cups
Water..... 2/3 cups

- Preheat oven to 425 °F.
- Stir most of water into mix, so dough is soft, but not too sticky to knead, add more water if necessary.
- Knead on lightly floured surface 15 times.
- Roll out dough into a square, cut into 16 pieces.
- Put on ungreased baking pan.
- Bake about 12 minutes or until lightly browned.

Dumplings

Biscuit mix.....1 1/2 cups
Water..... 1/2 cup

- Add water to biscuit mix.
- Stir 18 times.
- Drop by tablespoon onto hot soup mixture to make 12 dumplings.
- Cover pan tightly and simmer 15 minutes (do not lift lid during cooking).

Tuna Pizza

Biscuit mix.....1 1/2 cups
Water..... 1/4 cup
Oregano leaves..... 1 tsp
Garlic powder 1/4 tsp
Tomato purée 3/4 cup
Chunk style tuna 6 1/2 oz can
Onion, thinly sliced.....1 small
Any other vegetables Optional
Cheese 1/2 cup

- Preheat oven to 425 °F.
- Lightly grease baking sheet or pizza pan.
- Stir water into biscuit mix until barely moistened.
- Knead on floured surface 15 times.
- Pat or roll dough into a 12-inch circle on baking sheet.
- Turn up edge of dough slightly to form a rim.
- Bake until surface begins to dry, about 6 minutes.
- Mix oregano and garlic into purée; spread over hot crust.
- Sprinkle with tuna and onion (and optional vegetables).
- Top with cheese.
- Bake until cheese is melted and crust is golden brown, about 15 minutes.

Stroganoff

(8 servings—use 1/2 for “planned overs”)
Ground beef..... 1 1/2 lbs
Onion, sliced 2/3 cup
Flour 4 tbsp
Salt..... 1/4 tsp
Pepper 1/8 tsp
Reconstituted instant nonfat dry milk2 cups
Vinegar..... 2 tbsp

- Cook onion and beef in fry pan until beef is browned. Drain.
- Mix flour, salt and pepper; stir into meat mixture.
- Slowly stir in milk.
- Add vinegar.
- Cook, stirring constantly, until mixture just begins to boil, about 2

minutes.

- Serve over noodles.

Split Pea Soup

Split peas 1 package
Ham hock or chicken (optional) 1 or 1 lb
Onion..... 1 large
Carrot sliced 3
Potato (cubed) 3
Water..... Large pot
Bay leaves 2
Salt and pepper To taste

STOVE TOP

- Soak peas for 12 hours.
 - Cook ham hock, peas, vegetables and seasonings until peas have dissolved and vegetables are tender, about 1 – 2 hours.
- IN CROCKPOT:**
Combine all ingredients in crock pot and cook 8 to 10 hours. Make sure vegetables are grated.

Baked Chicken

(4 servings of 2-3 oz, plus enough to make chicken salad sandwich next day)
Chicken pieces 2 1/2 lbs
Cream of mushroom soup (low sodium)..... 1

IN BAKING PAN

- Arrange chicken in baking pan.
 - Bake in preheated oven (350 °F) uncovered for 20 minutes.
 - Pour soup over chicken (French onion soup is also nice).
 - Continue baking until cooked, 20 – 30 minutes.
- IN CROCK POT:**
In morning, place chicken in crock pot, cover with soup and cook on low until suppertime.

Lentil Chili

(7 cups –freeze half for next week)
Water......5 cups
Lentils (washed) 1 package
Tomatoes..... 16 oz can
Onion, chopped..... 1/2 cup
Chili powder 2 tsp
Cumin..... 1/2 tsp
Parsley 2 tbsp

- Simmer lentils in water for 30 minutes. Do not drain.
- Add remaining ingredients (extra water if necessary).
- Simmer another 30 minutes.
- Serve over rice.

OTHER “BISCUIT MIX” RECIPES

Carrot-Raisin Cookies

(48 cookies)
Butter or oil..... 1/4 cup
Sugar..... 1/3 cup
Egg..... 1
Vanilla..... 1 tsp
Biscuit mix.....2 cups
Ground cinnamon 1/2 tsp
Raisins, chopped 1/2 cup
Carrot, finely shredded..... 1/2 cup

- Preheat oven to 350 °F.
- Lightly grease baking sheet.
- Beat together margarine and sugar until well blended (2 minutes at medium speed with an electric mixer).
- Add biscuit mix and cinnamon: mix until blended.
- Mix in carrots and raisins.
- Drop by teaspoonfuls onto baking sheet 2 inches apart, flatten with a spoon.
- Bake until set, about 10 minutes
- Remove from baking sheet while still warm. Cool on rack.

Cinnamon Coffee Cake

(8 servings)
Cake:
Biscuit mix.....2 cups
Sugar..... 1/4 cup
Egg..... 1
Water..... 1/2 cup

Topping:

Sugar..... 1/4 cup
Flour..... 2 tbsp
Ground cinnamon 1 1/2 tsp
Butter 2 tbsp

- Preheat oven to 375 °F.
- Grease 8”x8” baking pan.
- For cake: stir together biscuit mix and 1/4 cup sugar.
- Mix together egg and water.
- Stir liquid into dry ingredients until barely moistened (batter will be lumpy).
- Spread into pan.
- For topping: mix 1/4 cup sugar, flour and cinnamon.
- Add margarine, mix until crumbly
- Sprinkle topping over batter.
- Bake until a toothpick inserted into the centre comes out clean, about 20 minutes.



GOVERNMENT OF BERMUDA

Ministry of Health

Department of Health

STRETCHING YOUR FOOD DOLLAR

Shopping list for Family of four

VEGETABLES

Use fresh or frozen

Green beans (2 lb)
Broccoli (1 lb)
Carrots (3 lb)
Corn (1 lb)
Onions (2 lb)
Peas (1 lb)
Potatoes (8 lbs)
Spinach (1 lb)
Lettuce (1 large head)
Tomatoes (16 oz. can)
Tomato purée (6 oz)
Low sodium cream of mushroom soup (1 can)
Mixed vegetables (1 lb)
Garlic

SNACK IDEAS

Fresh vegetables of choice with dip

FRUIT

Bananas
Selection of dried fruit
Fruit in light syrup
Frozen
Frozen 100% juice
Fresh fruit in season
(Buy enough to balance out daily menus)

MEAT/BEANS

Eggs (1 dozen)
Lean ground beef (3 lb)
Chicken (10 lb)
Ham hock (1 optional)
Tuna (3 tins—6 1/2 oz)
Split peas (1 pkg)
Lentils (1 pkg)

DAIRY/CALCIUM SOURCES

Instant nonfat dry milk (1 box)
Cream (6 cans)
Low fat milk 2-2 qt. containers
Cheese (2 lb)
Yogurt (8)

GRAINS

Bread (2 1/2 loaves)
Ready-to-eat cereal (1 box)
Oatmeal (1 box)
Noodles (1 lb)
Rice (1 lb)
Flour (5 lb)

OTHERS

Baking powder
Chili powder
Garlic powder
Mayonnaise
Parsley
Salt
Pancake syrup
Vanilla
Bay leaves
Cumin
Butter
Oregano
Pepper
Oil
Margarine
Sugar
Vinegar
Lemon juice

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Breakfast	Pancakes* with banana (Cook a double batch and freeze)	Toast and peanut butter	Cooked cereal (Soak split peas to be cooked tonight)	Ready-to-eat cereal	“Planned over” pancakes	Ready-to-eat cereal	Omelette, toast	
Snack	Water	Water	Water	Water	Water	Water	Water	
Lunch	add: fruit, vegetable, dairy/calcium-rich food water	Cheese, lettuce and tomato sandwich	“Planned Over Chicken” and lettuce sandwich	Egg sandwich	Split pea soup* (cooked the night before) Biscuits*	“Planned over stroganoff” in thermos	Tuna sandwich	“Planned over split pea soup” with dumplings*
Snack	Water	Water	Water	Water	Water	Water	Water	
Dinner	add: fruit, dairy/calcium-rich food	Baked chicken* Roast potatoes, carrots and green beans	Shepherds pie peas and carrots	Lentil chili* Rice and mixed vegetables (Prepare soup for tomorrow)	Stroganoff with noodles* and spinach (take out chicken to defrost for tomorrow)	Baked chicken with mushroom gravy, rice, corn and green beans	Pizza* Salad	Baked potato topped with baked beans, broccoli and cheese

Planning Meals

Stretch your dollars and save time by:

1. Planning meals and making a grocery list (including several meatless dishes using eggs, beans or peanut butter);
2. Checking the cabinets, refrigerator and newspaper specials for staples or in season foods. Add missing and affordable items to the list for balance and a variety of meals;
3. Shopping when you are not in a hurry or hungry;
4. Taking only the amount of money you budgeted for food.;
5. Checking the **shop by** or the **expiry date** on discounted or reduced items;
6. Checking the **unit price** of the same foods and different size containers to get the best value;
7. Buying fresh fruits and vegetables on special but inspect for top quality; if not, buy canned or frozen items for good quality and longer shelf life;
8. Using planned over meals with leftovers;
9. Creatively preparing foods from scratch and reducing the use of convenience prepared foods; and
10. Using this leaflet for starter ideas on how to creatively stretch you food dollars.

Reducing Your Food Costs

Buying Meats

For your health and financial savings, you should eat less meat, fish or poultry each day and incorporate more beans, peas and lentils in your diet.

The meat, fish or poultry portion of your meal usually costs the most; however, you can make worthwhile savings if you know how to shop for the best value when buying meats.

There are a number of factors you need to consider when buying meats. You must be aware of the many different cuts of meat available and you need to learn how to:

- Use smaller portions of meat - 3 ounces per serving (the size of deck of cards);
- Estimate the amount of different cuts of meat needed to feed the family;
- Calculate and compare the cost of meat – per serving/per meal;
- Prepare less expensive cuts of meats appropriately (using moist cooking methods);
- Utilize leftovers; and
- Eat more meatless meals.

The price of a meat cut depends on the amount of cooked lean meat it provides as well as the price per pound.

How Much to Buy

The amount of fat, gristle and bone a piece of meat contains will vary; consequently, you will probably have to decide exactly how much you need, at the meat counter.

If 3 ounces of cooked lean meat is a serving and the average amounts of waste are assumed you will get:

- **3 to 4 servings per pound from items with little or no fat or bone such as:**

Lean ground meat	Round steak
Skinless chicken breast	Lean stew meat
Flank steaks	Fish steaks & fillets
Centre cut ham	Veal cutlets
Tenderloin & sirloin steak	Boneless roast

- **2 to 3 servings per pound from items with a medium amount of bone or gristle or fat, such as:**

Most roast chicken	Some chops
Turkey	Dressed fish
Ham	

- **1 to 2 servings per pound form items with much bone, gristle or fat, such as:**

Rib chops	Breast of lamb or veal
– lamb, pork or veal, spareribs	Short ribs
T-bone and porterhouse steak	Chicken wings and backs

How to Compare Costs

1. Calculate the cost per serving or the cost per meal.
2. **Cost per Serving**
Compare the cost per serving of different types and cuts of meat.

Example – divide the price per pound by the number of servings per pound

Round Steak at $\frac{\$8.50 \text{ per pound}}{3-4 \text{ servings per pound}} = \2.13 per serving

Roast Lamb at $\frac{\$7.00 \text{ per pound}}{2-3 \text{ servings per pound}} = \2.33 per serving

3. **Cost per Meal**
Determine the package size of meat that will provide the amount of serving of meat required for the family meal - or more if you plan to use the meat for another meal too.

4. **Cost per Family**
Example: For a family of four a **3 pound frozen chicken** costs \$8.37 and can be used **for two meals.**

Chicken $\frac{\$8.37}{2 \text{ meals}} = \4.20 per meal

Compare this to a **1 pound boneless roast** costing \$6.00 providing enough meat **for one meal.**

Either set a top limit on the price of your supper meat or set and average the amount that would allow for both high and low cost items.

Cost Per serving of various cuts of meat

Protein servings that cost less than \$1.00 per serving are lentils, kidney beans, black-eye peas, peanut butter, canned tuna, ground beef and eggs.

The cost of meat alternates and low cost meat items are compared below. Ready-to-eat amounts of each food will give similar amounts of protein.

Food	Amount	Amount to Purchase	Cost (\$)
Dry lentils	1 cup	3 oz dry	0.37
Dry kidney beans	1 cup	3 oz dry	0.45
Light canned tuna	2 oz	1/3 of 6 ½ oz can	0.98
Eggs (imported)	2	2	0.57
Chicken (frozen legs)	3 oz	5 ½ oz	1.10
Peanut butter	4 tbsp	2 oz	0.45
Turkey (breast or ground)	3 oz	4 oz	1.22
Baked beans (canned)	1 cup	½ of 1 lb can	1.52
Ground beef	3 oz	4 oz	0.69
Top ground beef	3 oz	4 oz	1.15
Stew beef	3 oz	4 oz	2.00
Frozen meat balls	3 oz	4 oz	1.42