



Extension Nutrition Programs

FSNE/EFNEP

“Stick to Your Ribs” Winter Meals

Impossible pies are an inexpensive way to stretch food dollars and are tasty as well as nutritious. Each pie includes Master Mix as a key ingredient (or you can use biscuit mix from a grocery store shelf as a substitute), and each pie shows you how creative a simple meal can be!

Master Mix

Yield: Approximately 10 cups • Serving: 1 cup

- 8 cups all-purpose flour
- ¼ cup baking powder
- ¼ cup sugar (optional)
- 1 Tablespoon salt
- 1½ cups nonfat dry milk powder
- 1 cup vegetable oil

1. In a large bowl, combine the flour, baking powder, sugar, salt, and dry milk powder.
2. Drizzle oil over dry mixture and cut in with 2 knives, pastry blender, or fingers until it looks like coarse cornmeal.
3. Store in covered container.
4. When measuring mix for a recipe, spoon into cup and level off.

Note: Keeps about two months. For longer storage, refrigerate or freeze.

PER SERVING (INCLUDES SUGAR): CALORIES 644 • FAT 23 G • PROTEIN 17 G • CARBOHYDRATE 92 G • FIBER 3 G • LOW IN CHOLESTEROL

Variation

Whole Wheat Master Mix: Use 4 cups of all-purpose flour and 4 cups of whole wheat flour. Prepare as directed.

PER SERVING: CALORIES 625 • FAT 23 G • PROTEIN 18 G • CARBOHYDRATE 89 G • FIBER 7 G • LOW IN CHOLESTEROL

Impossible Taco Pie

Yield: 6 servings

- 1 pound ground meat
- ½ cup chopped onion
- ½ to 1 packet taco seasoning
- 1- 4 ounce can green chilies
- ½ to 1 cup shredded cheese
- 1½ cups milk
- 3 eggs
- ¾ cup MASTER MIX

1. Preheat oven to 400 degrees F. Lightly grease pie pan or baking pan.
2. In a large frying pan over medium heat, brown the ground meat and onions. Add taco seasoning. Stir to mix evenly. Remove from heat.
3. Spread the meat mixture in the bottom of the baking pan. Top the meat mixture with chilies and cheese.
4. In a large mixing bowl stir together the milk, eggs, and MASTER MIX until smooth. Pour the MASTER MIX mixture over the meat mixture.
5. Bake for 30 to 40 minutes or until the top is lightly browned and a knife inserted in the middle of the pie comes out clean.
6. Serve hot. Refrigerate leftovers.

PER SERVING (WITH ½ CUP CHEESE): CALORIES 324 • FAT 18 G • PROTEIN 23 G • CARBOHYDRATE 17 G • FIBER 1 G • GOOD SOURCE OF VITAMIN B12

Impossible Vegetable Pie

Yield: 6 servings

- 2 cups chopped vegetables (zucchini, broccoli **or** cauliflower)
- 1 cup diced tomatoes (optional)
- ½ cup chopped onion
- ½ cup grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon pepper
- 1½ cups milk
- 3 eggs
- ¾ cup MASTER MIX



1. Preheat oven to 400 degrees F. Lightly grease 7 inch to 11 inch baking dish.
2. Layer vegetables in dish. (If using fresh vegetables, simmer broccoli or cauliflower about 5 minutes.)
3. Sprinkle Parmesan cheese, salt and pepper evenly over vegetables.
4. In a large mixing bowl stir together the milk, eggs, and MASTER MIX until smooth. Pour the MASTER MIX mixture over vegetables.
5. Bake for 30 minutes or until the top is lightly browned and a knife inserted in the middle of the pie comes out clean.
6. Let sit 5 minutes before cutting.
7. Serve hot. Refrigerate leftovers.

PER SERVING (WITH BROCCOLI & TOMATOES): CALORIES 216 • FAT 8 G • PROTEIN 13 G • CARBOHYDRATE 24 G • FIBER 3 G • GOOD SOURCE OF RIBOFLAVIN, CALCIUM, PHOSPHORUS AND VITAMIN C

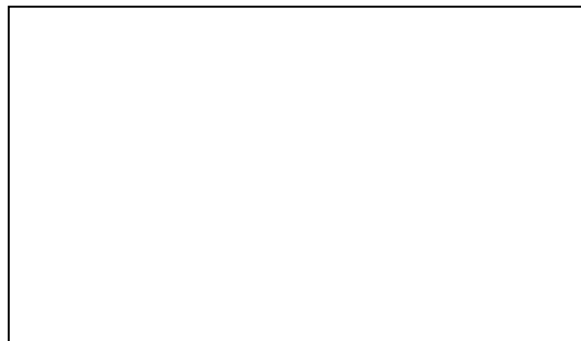
Impossible Bean Burrito Bake

Yield: 6 servings

- 1- 16 ounce can refried beans
- 1 cup MASTER MIX
- ¼ cup water
- ¾ pound ground meat
- 1 cup thick salsa
- 1½ cups shredded cheddar cheese
- Black olives (optional)
- Sour cream (optional)

1. Preheat oven to 375 degrees F. Lightly grease 10 inch pie pan.
2. In a large frying pan over medium heat, brown the ground meat. Drain fat. Remove from heat.
3. Mix refried beans, MASTER MIX and water in a mixing bowl. Spread mixture in the bottom and halfway up the sides of the pie pan.
4. Layer on top of bean mixture the hamburger, black olives (if using), salsa and cheese in that order.
5. Bake for 30 minutes.
6. Serve hot. Each piece may be served with a dollop of sour cream.

PER SERVING (WITHOUT OLIVES & SOUR CREAM): CALORIES 411 • FAT 21 G • PROTEIN 25 G • CARBOHYDRATE 31 G • FIBER 5 G • GOOD SOURCE OF PROTEIN



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