

Thrifty Recipes: Salads and Soups, and Breads and Desserts



Bulletin #4334

Some small families tested and liked the recipes in the sample menus. Try them. You may like them too. Some of these recipes are new. Some are old favorites. In either case, they are:

- **Low in cost.** They are made with economical foods and seasonings.
- **Nutritious.** They contain nutrient-rich foods and limited amounts of fat, sugar and salt.

Other fact sheets in this series include:

- Planning Thrifty Meals for Small Families, Bulletin #4330
- Ideas for Planning Thrifty Menus, Bulletin #4331
- Buying Food for Thrifty Small Families, Bulletin #4332
- Thrifty Recipes: Main Dishes, Bulletin #4333

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Salads and Soups

Broccoli Soup

1 1/2 cups	Broccoli, chopped (see Note*)
1/4 cup	Celery, diced
1/4 cup	Onion, chopped
1 cup	Chicken broth, unsalted
2 cups	Skim milk
2 tablespoons	Cornstarch
1/4 teaspoon	Salt
Dash	Pepper
Dash	Ground thyme
1/4 cup	Swiss cheese, shredded

*Note: A 10-ounce package of frozen, chopped broccoli can be used in place of fresh broccoli.

1. Place vegetables and broth in saucepan. Bring to boiling, reduce heat, cover and cook until vegetables are tender, about 8 minutes.
2. Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is slightly thickened and mixture just begins to boil.
3. Remove from heat. Add cheese, and stir until melted.

Four servings, about 1 cup each, 110 calories per serving.

Salads and Soups, cont.

Celery-Carrot Salad

1 cup	Celery, thinly sliced
1/3 cup	Carrot, shredded
1 tablespoon	Onion, chopped
1 tablespoon	Salad dressing, low-fat mayonnaise-type
1/2 teaspoon	Prepared mustard
1 teaspoon	Vinegar
Dash	Pepper

1. Mix celery, carrot and onion.
2. Mix remaining ingredients. Stir into celery mixture.
3. Chill.

Two servings of about 2/3 cup each, 50 calories per serving.

Hot Potato Salad

1/4 cup	Onion, chopped
2 teaspoons	Flour
2 teaspoons	Sugar
1/8 teaspoon	Salt
Dash	Pepper
1/2 cup	Water
3 tablespoons	Vinegar
1 2/3 cups	Potatoes, cooked, peeled, sliced (2/3 pound or about 2 medium)
2 tablespoons	Bacon-flavored bits or crumbled cooked bacon

1. Cook onion in oil in frypan until tender.
2. Mix flour, sugar, salt and pepper. Stir into onion.
3. Gradually stir in water and vinegar. Cook, stirring constantly, until thickened, about 3 minutes.
4. Add potatoes. Mix gently. Heat to serving temperature over low heat, about 5 minutes.
5. Sprinkle with bacon or bacon bits before serving.

Two servings of about 1 cup each, 150 calories per serving.

Potato Salad

1 2/3 cups	Potatoes, cooked, peeled, diced (2/3 pound, about 2 medium)
3 tablespoons	Celery, chopped
1 tablespoon	Onion, chopped
2 tablespoons	Salad dressing, low-fat mayonnaise-type
1/2 teaspoon	Prepared mustard
1/8 teaspoon	Salt
Dash	Pepper

1. Mix potatoes, celery and onion.
2. Mix salad dressing, mustard, salt and pepper. Stir lightly into potato mixture.
3. Chill.

Two servings of about 3/4 cup each, 160 calories per serving.

Split Pea Soup

1 3/4 cup	Dried split peas
2/3 cup	Onion, chopped
2/3 cup	Carrot, shredded
1/2 teaspoon	Salt
1/8 teaspoon	Pepper
1/8 teaspoon	Oregano leaves
1	Bay leaf
4 1/2 cups	Boiling water

1. Add all ingredients to boiling water.
2. Return to a boil. Reduce heat, cover and boil gently until peas are tender, about 40 minutes.
3. If necessary, uncover and cook, stirring occasionally, until desired thickness is obtained, about 5 minutes.
4. Remove bay leaf.
5. Serve half of the soup. Refrigerate remaining 2 2/3 cups for use at another meal.* The soup will keep 3 to 4 days in the refrigerator.

Four servings of about 1 1/3 cups each, 330 calories per serving.

**Note: To reheat soup, stir in 1/4 cup water. Heat until soup starts to boil, stirring as needed to prevent sticking.*

Breads and Desserts

Prune Puree/Prune Butter/Other Fat Substitutions

Prune puree: Combine 1 1/3 cups (8 ounces) pitted prunes and 6 tablespoons water in container of food processor. Pulse on and off until prunes are finely chopped. Makes 1 cup. Another option is to make prune butter by blending 1 pound of prunes with 1 cup of hot water.

Use in baking: Use prune puree in baked products to replace up to 1/2 the fat without flavor or texture being compromised according to researchers at Pennsylvania State University. Other fat substitutes that you may want to try are apple butter, applesauce, bananas and yogurt.

Baking Mix

3 cups	Whole-wheat flour
3 cups	All-purpose flour
3 tablespoons	Baking powder
1 1/2 teaspoons	Salt
3/4 cup	Nonfat dry milk
3/4 cup	Vegetable shortening

1. Mix dry ingredients thoroughly.
2. Cut in shortening with pastry blender or mixer until fine crumbs are obtained, and shortening is evenly dispersed.
3. Store, tightly covered, in refrigerator. Use within 3 months.
4. Use for biscuits or muffins.

About 8 cups mix.



Apple Cobbler (using Baking Mix)

1 tablespoon	Cornstarch
1 tablespoon	Sugar
1/8 teaspoon	Ground cinnamon
3/4 cup	Water
2 medium	Apples, tart, pared, sliced
3/4 cup	Baking Mix
2 tablespoons	Process American cheese, shredded
3 tablespoons	Water

1. Preheat oven to 400 degrees F.
2. Mix cornstarch, sugar and cinnamon in saucepan. Add 3/4 cup water, and mix well. Add apples.
3. Cook over low heat, stirring occasionally, until liquid thickens and apples just begin to soften, about 6 minutes.
4. Pour into 1-quart casserole.
5. Stir biscuit mix and cheese together. Add 3 tablespoons water, and mix well. Spread on top of apple mixture.
6. Bake until top is lightly browned, about 30 minutes.

Four servings of about 1/2 cup each, 155 calories per serving.

Applesauce Muffins (using Baking Mix)

1 1/2 cups	Baking Mix
1 tablespoon	Sugar
1/2 teaspoon	Cinnamon
1	Egg white, slightly beaten
1/2 cup	Applesauce, unsweetened
1/4 cup	Water

1. Preheat oven to 400 degrees F.
2. Grease muffin tins.
3. Stir mix, sugar and cinnamon together.
4. Mix egg white, applesauce and water thoroughly. Add to dry ingredients. Stir until dry ingredients are barely moistened (batter will be lumpy).
5. Fill muffin tins two-thirds full.
6. Bake until lightly browned, about 20 minutes.

Eight muffins, 105 calories per muffin.

Breads and Desserts, cont.

Biscuits (Using Baking Mix)

1/3 cup Water
1 1/2 cups Baking Mix (pg. 3)

1. Preheat oven to 425 degrees F.
2. Stir most of the water into mix. Add rest of water as needed to make a dough that is soft but not sticky. Shape dough into a ball.
3. Pat or roll dough into a rectangle about 8 by 4 inches; cut into eight pieces.
4. Place on ungreased baking sheet.
5. Bake until lightly browned, about 15 minutes.

Eight biscuits, 90 calories per biscuit.

Carrot-Raisin Bars

1/3 cup Sugar
2 tablespoons Margarine, softened
2 tablespoons Prune puree
1 large Egg
1 teaspoon Vanilla
1/4 cup Water
3/4 cup Flour
1 teaspoon Baking powder
3/4 teaspoon Ground cinnamon
1/4 teaspoon Salt
1/2 cup Quick-cooking rolled oats
1/4 cup Raisins, chopped
1/2 cup Carrot, shredded

1. Preheat oven to 350 degrees F.
2. Spray an 8-inch by 8-inch pan with cooking spray.
3. Beat sugar, margarine and prune puree with an electric mixer at medium speed until well blended, about 2 minutes. Add egg and vanilla. Beat well. Mix in water.
4. Mix flour, baking powder, cinnamon and salt. Add to egg mixture. Mix until blended.
5. Mix in oats, raisins and carrot.
6. Spread dough in pan.
7. Bake until toothpick inserted into center comes out clean, about 25 minutes.

Twenty-four bars, 60 calories per bar.

Stewed Prunes

1 cup Dried prunes
1 1/2 cups Water
2 teaspoons Sugar, if desired

1. Put prunes, water and sugar (if used) in a pan. Cover and boil gently about 20 minutes until prunes are tender. * Add a little water during cooking, if needed.
2. Cool prunes in the liquid. Store in refrigerator.

Four servings, about 1/3 cup each.

**Note: Cook prunes only 10 minutes for use in other recipes. Do not add sugar. Makes 3/4 cup cut-up cooked prunes.*

*Compiled by Nellie Hedstrom, Extension Nutrition Specialist
Source: "Thrifty Meals for Two: Making Food Dollars Count," USDA Home and Garden Bulletin #244.*

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