



12

MIXES
YOU CAN
MAKE
FROM
SCRATCH

THE YOLO BLOG

Introduction

Hello, and thanks for signing up!

At The YOLO Blog, I share tips, recipes and ideas to help you live well and spend less, because Y.O.L.O.! These homemade mixes will give you the basis for a dozen quick, delicious meals and treats.

Easy dinners are a breeze with mixes for tacos, chili and spaghetti sauce. You can also make your own ranch dressing, rubs for grilling and roasting meats, and soup mix. Streamline your breakfast with instant oatmeal, pancake mix and muffins. With mixes for brownies and sugar cookies in your pantry, you're just one short step away from making a batch of sweet treats.

Why Homemade Mixes are Worth Making

- **Save Money.** On average, you'll save 60% over store-bought mixes.
- **Save a Trip to the Store.** Use ingredients from your pantry!
- **Customize.** Feel free to experiment to suit your favorite flavors.

- **Great as Gifts.** A pretty jar filled with a homemade mix is perfect for gift giving.

For more recipes and ideas, let's connect!

- Check out The YOLO Blog's [Pinterest](#) boards
- Follow us on [Facebook](#)
- View our [Instagram](#) feed
- Join the free [VIP Money Diet Community](#) Facebook group.
- Sign up for our annual FREE 31-day challenge, the [January Money Diet](#).

Enjoy, and I look forward to getting to know you and continuing our conversation at The YOLO Blog.

Warmly,

Eliza Cross



“You only live once, but if you do it right once is enough.” ~Mae West

12 Mixes You Can Make From Scratch

Taco Seasoning Mix



Ingredients:

- 1/4 cup dried minced onion
- 1/4 cup chili powder
- 3 tablespoons salt
- 4 teaspoons cornstarch
- 1 tablespoon dried minced garlic
- 1 tablespoon ground cumin
- 1 tablespoon crushed red pepper flakes
- 2 teaspoons beef bouillon granules
- 1 1/2 teaspoons dried oregano

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. **Yield:** 6-7 batches (about 3/4 cup total).

To prepare tacos: In a large skillet, cook 1 pound ground beef over medium heat until no longer pink; drain. Add 2 tablespoons taco seasoning mix and 1/3 to 1/2 cup water. Bring to a simmer and cook until thickened, 2 to 3 minutes. Serve in warmed taco shells with your favorite toppings. Makes about 8 tacos.

Italian Seasoning Mix

Ingredients:

- 3 tablespoons dried basil
- 3 tablespoons dried oregano
- 3 tablespoons dried parsley flakes
- 1 tablespoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months.

How to Use: Add to spaghetti sauce, meatloaf, garlic bread, soups, vegetables, sandwiches, to season meats and poultry, or to add Italian flavor to your favorite dishes.

Chili Mix



Ingredients:

- 2 tablespoons chili powder
- 1 tablespoon crushed red pepper
- 1 tablespoon dried minced onion
- 1 tablespoon dried, minced garlic
- 2 teaspoons ground cumin
- 2 teaspoons dried parsley
- 2 teaspoons salt
- 1 teaspoon dried basil
- 1/4 teaspoon ground black pepper

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. Yield: Makes enough for 4 small batches (4 servings) or 2 large batches (8 servings) chili.

To Make Chili: For a small batch of chili use 2 tablespoons of mix. Cook 1 pound of ground beef (or meat of your choice), 1 chopped onion and 1 clove garlic in a large skillet over medium heat until done. Drain grease and add 1 can chili beans and 1 28-ounce can tomato sauce. Season to taste with salt and pepper. Double quantities for a bigger batch.

Poultry Seasoning



Ingredients:

2 tablespoons dried thyme
1 tablespoon dried basil
1 tablespoon dried sage

1 teaspoon dried tarragon
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. **Yield:** 1/4 cup.

How to Use: Sprinkle mix liberally on the outside and inside of chicken before roasting. Can also be used as a rub for skinless chicken breasts or thighs.

Cajun Seasoning Mix

Ingredients:

1 tablespoon garlic powder
1 tablespoon smoked paprika
2 teaspoons dried oregano
2 teaspoons onion powder
2 teaspoons dried thyme
1 teaspoon salt
1 teaspoon freshly ground black pepper
1/4 teaspoon cayenne pepper

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. **Yield:** 1/4 cup.

How to Use: Sprinkle on meats before grilling or roasting, in gumbo, rice and beans, vegetables, and even on popcorn.

Ranch Dressing Mix



Ingredients:

1/2 cup buttermilk powder
2 tablespoons parsley
1 teaspoon dried dill
1 tablespoon onion powder
2 teaspoons onion flakes
1 1/2 teaspoons garlic powder
3/4 teaspoon salt
1/2 teaspoon pepper
2 teaspoons chives

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months.

To Make Dressing: Add 3 tablespoons ranch seasoning mix, 1/2 cup mayonnaise, 1/2 cup sour cream and 3/4 cup milk. Stir until well combined and refrigerate at least 20 minutes before serving.

To Make Dip: Combine 2 tablespoons ranch seasoning mix, with 1/2 cup mayonnaise & 1/2 cup sour cream. Add up to 1/2 cup milk to reach desired consistency. Stir well and refrigerate at least 20 minutes before serving.

Dried Onion Soup Mix

Ingredients:

1/4 cup dried onion flakes
2 tablespoons beef bouillon granules
1/4 teaspoon onion powder
1/4 teaspoon parsley flakes
1/8 teaspoon celery seed
1/8 teaspoon paprika
1/8 teaspoon ground black pepper

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. **Yield:** equals one packet commercially prepared soup mix, or 1/3 cup.

To Make Soup: In a medium saucepan, combine mix with 4 cups of water. Bring to a boil, reduce heat and simmer for 10 minutes. Makes 4 servings.

To Make Classic Onion Dip: Add mix to a 16-ounce container of sour cream. Refrigerate for 1 hour to allow flavors to meld. Serve with chips or veggies. Makes 2 cups.

Pancake Mix



Ingredients:

6 cups all-purpose flour
1/3 cup sugar
3 tablespoons baking powder
2 tablespoons baking soda
2 teaspoons salt

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. Yield: 6 1/2 cups.

To Make Pancakes: In a medium bowl, combine 1 cup mix, 3/4 cup milk, 1 large egg, 1 tablespoon melted butter and 1 teaspoon vanilla; stir just until blended. Lightly grease a griddle and heat over medium high. Pour 1/3 cup batter for each pancake, cook until bubbles form on top, flip and cook until golden brown. Makes 6 medium pancakes.

Master Muffin Mix



Ingredients:

8 cups all-purpose flour
3 cups sugar
3 tablespoons baking powder
2 teaspoons salt
2 teaspoons ground cinnamon

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. **Yield:** 4 batches (11 cups mix).

To Make Muffins: Preheat oven to 400 degrees F. Whisk together 1 egg, 1 cup milk and 1/2 cup (1 stick) melted butter. Add 2-3/4 cups muffin mix, stirring just until moistened. Fill paper-lined muffin cups three-fourths full. Bake until a toothpick inserted in center comes out clean, 18 to 21 minutes. Cool 5 minutes before removing from pan to a wire rack. Serve warm.

Variations: For blueberry muffins, add 1 cup fresh or frozen blueberries to batter. For banana muffins, add 1 cup mashed ripe banana to mix.

Instant Oatmeal Mix



Ingredients:

10 cups quick oats

1 teaspoon salt

1 1/4 cups light or dark brown sugar

1 cup powdered milk

2 teaspoons cinnamon

1 1/2 cups chopped, dehydrated apples or raisins (optional)

To Make Mix: put 4 cups of oats in a food processor or blender and pulse until powdery. Transfer to a large bowl and add the remaining 6 cups oats, salt, brown sugar, powdered milk, cinnamon and dried apples or raisins, if using. Place in an

airtight container and store for up to 6 months. **Yield:** About 13 1/2 cups (27 servings) if using dried fruit, or about 12 cups (24 servings) if not.

To make 1 serving oatmeal: Pour 1/2 cup mix into a bowl, and add 1/2 cup boiling water. Let stand for 90 seconds. Stir and serve. **Microwave method:** Add 1/2 cup mix to microwave-safe bowl (large enough to allow mixture to double as it cooks). Add 2/3 cup water or milk. Microwave on High for 1-2 minutes, until mixture boils. Cool for 2 minutes, stir and serve.

Sugar Cookie Mix

Ingredients:

5 cups all-purpose flour
3 cups confectioners' sugar
2 teaspoons baking soda
2 teaspoons cream of tartar

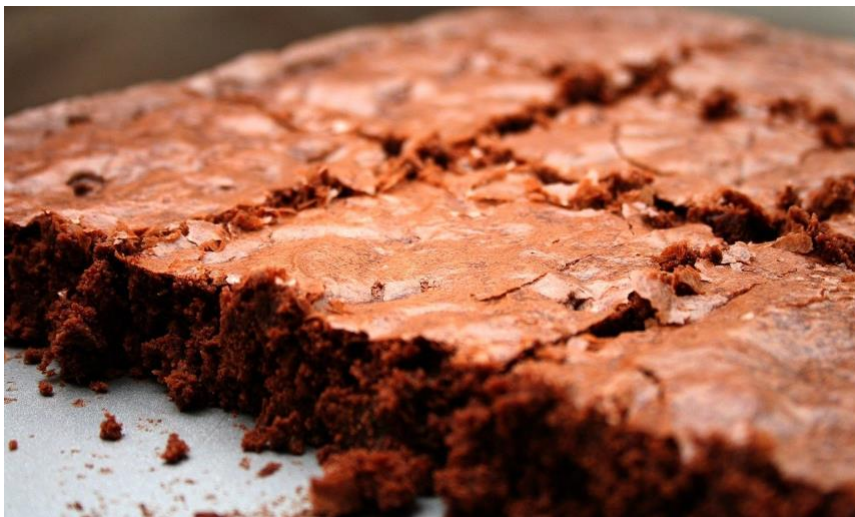
To Make Mix: In a large bowl, combine the first 4 ingredients; mix well. Store in an airtight container in a cool, dry place up to 6 months. **Yield:** 2 batches (8 cups total).

To Make Cookies: In a medium bowl, combine 4 cups mix with 2 sticks softened butter, 1 beaten egg and 1 teaspoon vanilla. Stir until mixture forms a dough, roll in a log about 1 1/2 inches in diameter, wrap in plastic wrap and refrigerate for 1 hour. Preheat oven to 375 degrees F, cut dough in 1/4

inch slices and arrange on greased baking sheet. Bake until lightly browned, about 8-10 minutes.

Variations: You can add 1/4 teaspoon almond extract to the dough for a sweet almond flavor. The dough can also be rolled and cut with cookie cutters.

Brownie Mix



Ingredients:

1 cup sugar
1/2 cup all-purpose flour
1/3 cup cocoa powder
1/4 teaspoon salt
1/4 teaspoon baking powder

To Make Mix: Combine all ingredients and mix well. Place in an airtight container and store up to 6 months. Yield: 1 batch. Recipe may be doubled or multiplied.

To Make Brownies: Preheat oven to 350 degrees F and grease an 8-inch or 9-inch square pan. In a large bowl, combine brownie mix with 1/2 cup (1 stick) melted butter, 2 eggs, and 1 teaspoon vanilla extract; stir just until combined. Pour into baking pan and smooth the top. Bake until a toothpick inserted into the center comes out clean, 20 to 22 minutes. Allow to cool before cutting into squares.

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