



## Ranch Dip and Dressing Mix

Atop salads and as a veggie or chip dip, this Mix spells instant success. Also try it as a pizza sauce and in mashed potatoes. Use it in place of sour cream on baked potatoes and instead of mayo on sandwiches (including grilled cheese), burgers, and deviled eggs, and in side salads (such as pasta salad).



## Ranch Croutons

- 1 tablespoon olive oil
- 3 cups cubed bread (any variety)
- 3 tablespoons Frontier Ranch Dip and Dressing Mix

Pour olive oil over breadcrumbs and toss until coated. Sprinkle with Mix and toss again. Spread on a cookie sheet and bake until lightly browned, about 30 minutes. (Stir once about halfway through.)

Makes 3 cups of croutons.

## Other Mixes you'll want to check out:

• Soup Vegetables provide the perfect base for any type of soup or stew. Also add them to dishes that might benefit from some vegetable color and heft, such as casseroles, mashed potatoes, and dips. Frontier sells Organic, Deluxe, and Hearty Stew Blend Soup Vegetables.

• Broth Powders are indispensable, easy to stock, and instant to use. Choose from Chicken Flavored (including organic), Vegetable Flavored (including organic and a low-sodium version), and Beef Flavored. (All are vegetarian.)



## Why Buy Bulk Spices?

Want the freshest spices along with the most flexibility and fun while shopping? Then buying in bulk is for you. Comparison shop for a few spices, and you'll see why bulk is your best choice:

### » Price

You'll pay from three to 10 times more for the same amount of spice if you buy it in bottles instead of in bulk! (You—and the environment—have to pay for all those jars and labels, after all.)

### » Freshness

As you measure your spices from the bulk jars, relish the aroma, color and texture of each. You know that these spices are fresh because the stock is updated often. They're bright, not faded, richly aromatic, not faint.

### » Versatility

Whether you're stocking up on your favorite cooking staples or just buying a pinch of this or that for a particular recipe, when you buy in bulk, you'll always have the right amount. You don't have to buy an entire package of that exotic spice you'll use only once a year, and you don't have to purchase multiple packages of a basic pickling spice to last through canning season.

### » Fun

Shopping for bulk spices can be quite fun! Grab a container of an unfamiliar seasoning blend such as "Chinese Five Spice". Take home a few ounces and then find a recipe on [www.frontiercoop.com](http://www.frontiercoop.com). Buying in bulk allows you to expand your cooking to interesting and different cuisines, without expanding your budget. Have some fun - shop in bulk!



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EXPERT TIPS & INFORMATION ON USING BULK SPICES

40 FOOD MIXES



## Food Mixes

### Recipes using...

- » Bean Mixes
  - » Falafel Mixes
  - » Chili Seasoning Mix
- and more!



[www.frontiercoop.com](http://www.frontiercoop.com)

# Q&A

## What's the best way to store dried food mixes?

For best results, once you open the package, store your mixes in glass jars with tight-fitting lids. Keep them out of the light and at cool temperatures (about 70 degrees or less, if possible).



## How long will dried food mixes last?

Dehydrated foods can last for years if unopened (not exposed to oxygen) and kept at cool temperatures. Once stored in a jar or other container, your dried mixes should be perfectly good for at least a year.

By the way, because they take little storage space, are light, and keep for long periods, dried foods are perfect for camping as well as emergency food supplies.



For more recipes and cooking tips, visit [www.frontiercoop.com](http://www.frontiercoop.com)



## Fast, Fun and Flavorful Food Mixes

Sometimes shortcuts seem too good to be true. Quality food mixes, for example. Oh, there are times when cooking your beans from scratch or blending your own signature spice blend is fun and rewarding. But there are also times when you want to get a meal or snack put together pronto — and without sacrificing nutrition or taste. Here are some terrific—tried and true—options using Frontier Co-op food mixes.

### Falafel Mix

These tasty chickpea balls or patties are most often served in pita bread or flatbread for sandwiches, with their versatility relying on imaginative toppings and dressings. You might also scramble falafel (like eggs), though, and sprinkle it as a topping on salads. Or serve the balls in spaghetti sauce over pasta, or use the dry mix as a breading for chicken or tofu.

### Falafel with Rosemary Aioli

Make falafel according to Frontier package directions. (Simply combine with water, form into patties or balls, and bake!) To make the aioli (for dipping the balls or spreading on sandwiches):

Blend together:

- 3 tablespoons lemon juice
- 1/4 teaspoon Frontier sea salt
- 1/4 teaspoon Frontier garlic powder

- 1 teaspoon Frontier dried rosemary
- 1 egg plus 1 egg yolk

With blender running, slowly add 1 cup of olive oil until just mixed (don't overblend).

Makes about one cup of aioli.



### Bean Mixes

Rely on bean mixes for authentic burritos, enchiladas, tortillas and quesadillas. Also use them in dips (such as seven-layer dip) and casseroles. Combine them with cheese and breadcrumbs to make a stuffing for chicken breasts, add them to salsa, and use them to thicken and fortify a soup base. These mixes are as versatile as beans themselves!

### Black Bean Croquettes

- 1/2 cup boiling water
- 2/3 cup Frontier Fiesta Black Bean Mix
- 1/2 cup cooked corn (fresh, canned, or frozen)
- 2/3 cup panko breadcrumbs
- 1 tablespoon vegetable oil

Pour boiling water over Mix and stir. Let sit for five minutes. Add corn and breadcrumbs and mix well. Form into patties and cook in a hot, oiled skillet, until browned and cooked through, about 5 minutes on each side. Serve with sour cream, if you like.

Makes about 6 small patties.

### Pinto Salsa Sandwich

- 1/2 cup boiling water
- 2/3 cup Frontier Refried Pinto Beans Mix
- 1 small loaf (8-inch) French bread, cut in half lengthwise
- 1/2 cup salsa
- 1 avocado, sliced (optional)
- 1/2 cup shredded cheese of your choice

Preheat oven to 350 degrees.

Pour boiling water over the Mix and stir. Let sit for five minutes.

Spread bean mixture on bread. Top with salsa, avocado, and shredded cheese. Bake until cheese is melted and nicely browned, about 10 minutes. Makes 2 servings.

### Chili Seasoning Mix

Add this Mix to beans and tomatoes to make top-notch chili, of course. But also add it to any soup, meat or veggie loaf, burgers, baked or fried tofu or tempeh, breaded zucchini, Mexican casseroles and side dishes, even popcorn!



### Chili Roasted Potatoes

- 3 tablespoons Frontier Chili Seasoning Mix
- 6 potatoes
- 2 tablespoons olive oil
- Frontier gourmet sea salt to taste

Place Mix in a shallow bowl.

Cut potatoes in half lengthwise (don't peel). Rub entire surface of potatoes with olive oil. Dip cut side of potato in Mix and place (seasoned side down) on oiled roasting pan or cookie sheet. Sprinkle skin-side of potatoes with your choice of gourmet sea salt.

Bake until tender, about 40 minutes. Serves 6.