

# Mix-It-Up — Flavor Mixes

## Time-Saving Kitchen Tips for People on the Go

Time is valuable and in short supply, no matter where you are in your busy life cycle. You arrive home tired from work, volunteering in the community, or your child’s late practice.

Preparing dinner does not have to be a dreaded chore. What are you to do? By using a Mix-It-Up approach you can prepare meals in a matter of minutes with pantry items, flavor mixes, or commercial mixes that can be assembled into an assortment of delicious meals.

### Make-Ahead Flavor Mixes

#### Fresh Vegetable Flavor Mix

Fresh vegetables, such as onion, sweet pepper, and celery, are great flavor mixes and can be used when preparing food in a hurry. When cooking with these fresh vegetables, we often toss the unused portion, so why not freeze the extras for your next recipe preparation?

**Fresh Veggie Flavor Mix**

- 1 cup diced onion
- 1 cup diced sweet pepper
- 1 cup diced celery

1. Combine all ingredients.
2. Measure ½ cup or 1 cup of the mix into re-sealable freezer storage bags. Label and date bags.

Best if used within six months.

*Nutrition Facts are based on ½ cup.*



<b>Nutrition Facts</b>			
Serving Size (72g)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 20	Calories from Fat 0		
% Daily Value*			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 20mg	<b>1%</b>		
<b>Total Carbohydrate</b> 4g	<b>1%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 2g			
<b>Protein</b> 1g			
Vitamin A 4%	• Vitamin C 40%		
Calcium 2%	• Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Chipotle Sloppy Joes

Using browned beef crumbles and the prepared **Fresh Veggie Flavor Mix** will save you time and can give this sloppy joe added flavor. This mix, combined with the smoky flavor of chipotle peppers, creates a taste sensation you'll never forget. Beans add fiber and antioxidants.

### Chipotle Sloppy Joes

- 1 package beef crumbles, thawed, or 1 pound ground beef (95% lean)
- ½ cup *Fresh Veggie Flavor Mix* (recipe on page 1)
- ¾ cup ketchup
- ½ cup frozen corn
- ½ cup canned black beans, rinsed and drained
- ½ cup tomato sauce
- 1 to 2 teaspoons minced chipotle peppers in adobo sauce
- ½ teaspoon ground cumin
- ¼ cup chopped fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 whole-wheat hamburger buns, split

1. Place thawed beef crumbles and Fresh Veggie Flavor Mix in a large non-stick skillet. (Or brown ground beef with ¼ cup chopped onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef into ¾ inch crumbles.) Pour off drippings.

2. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers, and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring often. Stir in cilantro, salt, and black pepper.

3. Place beef mixture on buns and serve.

Servings: 4

Serving Size: 3 ounces on 1 whole-wheat bun

*Adapted from Cattlemen's Beef Board and Federation of State Beef Councils, division of National Cattlemen Beef Association*

### Nutrition Facts

Serving Size (320g)  
Servings Per Container

Amount Per Serving

**Calories** 350    **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g    **11%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol** 60mg    **20%**

**Sodium** 1200mg    **50%**

**Total Carbohydrate** 46g    **15%**

Dietary Fiber 7g    **28%**

Sugars 17g

**Protein** 30g

Vitamin A 15%    •    Vitamin C 35%

Calcium 8%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Beef “Crumbles” Flavor Mix

Ground meats are often less expensive when purchased in larger quantities. However, it is often difficult to use the entire portion while it’s at peak freshness. Think how often you could use already-browned and ready-to-go ground beef “crumbles” in recipes. Here are tips to make your own browned beef crumbles, freezing the crumbles to maintain quality, and having them ready for a meal in minutes!

**Brown 1 pound of lean ground beef at a time.** Use a large skillet. As the ground beef browns, some meat juices are released. If the skillet is too small, moisture is trapped and the meat is steamed rather than browned. *Note: 16 ounces of uncooked ground beef yields approximately 12 ounces of fully cooked ground beef crumbles.*

**Brown lean ground beef in a large non-stick skillet over medium heat 8 to 10 minutes or until beef is no longer pink. Break beef into 3/4-inch crumbles. Add Fresh Veggie Flavor Mix.** Remove beef mixture with slotted spoon. *Note: Add salt when preparing your recipe. Salt added before the meat is stored may hasten undesirable flavor changes in beef crumbles.*

**Chill and store beef crumbles promptly in shallow containers or re-sealable freezer storage bags.** Freeze at 0° F or lower. Speed-freeze by placing crumbles in a thin, flattened shape in freezer bags. Speed-freezing allows for faster thawing of the crumbles and improves the quality of the meat. Don’t stack the bags of meat until they are completely frozen.

**Label and date the freezer bags with contents and date.** For best flavor and quality use frozen beef crumbles within 2 to 3 months.

## Nutrition Facts

Serving Size (149g)  
Servings Per Container

Amount Per Serving

**Calories 140**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 60mg**    **20%**

**Sodium 75mg**    **3%**

**Total Carbohydrate 2g**    **1%**

Dietary Fiber 1g    **4%**

Sugars 1g

**Protein 22g**

Vitamin A 2%    • Vitamin C 20%

Calcium 0%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Servings: 4

Servings size: 3 ounces

## Dry Spice Flavor Mix

Dry spices also make excellent flavor mixes for preparing healthy foods in a hurry. Start with dry spices you find in your cabinet and combine them into an instant mix that can be used as a base for your meat dishes.

The Dry Spice Flavor Mix below is the suggested proportion for 1 pound of ground beef.

Dry Spice Flavor Mix		Nutrition Facts	
1 tablespoon dried, minced onion		Serving Size (1.7g)	
¼ teaspoon powdered garlic		Servings Per Container	
½ teaspoon dry mustard		Amount Per Serving	
¼ teaspoon chili powder		<b>Calories 5</b>	Calories from Fat 0
¼ teaspoon black pepper		% Daily Value*	
1. Combine all ingredients until well blended.		<b>Total Fat 0g</b>	<b>0%</b>
When preparing casserole or skillet entrée, mix with 1 pound of meat.		Saturated Fat 0g	0%
If not used immediately, store the flavor mix by wrapping in a 6-inch square of heavy-duty aluminum foil. Fold tightly, place in a re-sealable freezer storage bag, date, and store in a cool, dark, dry place.		Trans Fat 0g	
As a general rule, ground spices should be used within one year of purchase for best quality.		<b>Cholesterol 0mg</b>	<b>0%</b>
		<b>Sodium 0mg</b>	<b>0%</b>
		<b>Total Carbohydrate 1g</b>	<b>0%</b>
		Dietary Fiber 0g	0%
		Sugars 0g	
		<b>Protein 0g</b>	
		Vitamin A 0%	• Vitamin C 2%
		Calcium 0%	• Iron 2%
		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
		Calories per gram:	
		Fat 9 • Carbohydrate 4 • Protein 4	

### Time-saving Tip:

*Try the Dry Spice Flavor Mix and adjust seasoning to personal taste. Once satisfied with the taste, double or triple the recipe to save time the next time you are preparing a meal. For easy preparation of flavor mix, set out two or three small bowls and measure spices per recipe in each bowl. Mix and then pour each spice mix on a 6-inch square of heavy-duty aluminum foil. Fold tightly and store together in a re-sealable plastic freezer bag. Label each bag with name of mix and date. Store spices in a cool, dark place. Use spice packet within one year of spice purchase date.*

# No-Salt Sloppy Joes

What could be easier than some hot sloppy joe mixture served on buns or over pasta or a baked potato? Using the *Dry Spice Flavor Mix*, you can create this easy *No-Salt Sloppy Joe*. The "secret" ingredient for this recipe is no-salt-added ketchup.

## No-Salt Sloppy Joes

1 package Beef "Crumbles" Flavor Mix, thawed,  
(or 1 pound lean ground beef, browned and 1  
Dry Spice Flavor Mix packet)

½ cup water

1 cup no-salt-added ketchup or 1 (8-oz) can no or  
low sodium tomato sauce plus 1 to 2 teaspoons  
vinegar and 1 teaspoon sugar

4 whole-wheat hamburger buns

1. Use the Beef Crumble Flavor Mix (or brown 1 pound lean ground beef in a large non-stick skillet over medium heat 8 to 10 minutes, until beef is no longer pink, breaking up beef into small crumbles.) Remove drippings.
2. Add flavor mix, water, and ketchup
3. Simmer 10 minutes, reducing heat as needed to maintain a gentle simmer. Stir occasionally. Add more water if the mixture becomes too thick.
4. Spoon onto buns.

Servings: 4

Servings size: 3 ounces of mixture and 1 whole-wheat bun

## Nutrition Facts

Serving Size (285g)

Servings Per Container

Amount Per Serving

**Calories 320**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol 60mg**    **20%**

**Sodium 290mg**    **12%**

**Total Carbohydrate 41g**    **14%**

Dietary Fiber 4g    **16%**

Sugars 19g

**Protein 27g**

Vitamin A 15%    •    Vitamin C 30%

Calcium 8%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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