



Make Your Own Seasoning Mixes

Seasoning packets come in commercially produced mixes for meats. All mixes contain salt unless the label reads “sodium free.” Salt is often one of the first ingredients listed on the ingredient label for these types of ready-made mixes.

Salt adds flavor to a meal, but most of us get more sodium than we need.

This “Salt Free All-Purpose Mix” is great for seasoning meats without added sodium. Make your own. Save money and be healthy!

Make “Ground Beef Helper” mix. This can be made ahead of time and stored in an airtight container. Label and date container. Use the ground beef helper to make easy, healthy, quick meals for you and your family.

Salt Free All-Purpose Mix

Blend 2 Tablespoons onion (dried), 2 Tablespoons garlic powder, 1 Tablespoon paprika, 1½ teaspoons thyme, ¼ teaspoon black pepper.

Sources: choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/salt-free-all-purpose-blend and choosemyplate.gov/eathealthy/sodium

Ground Beef Helper Mix

(Makes enough for 6 recipes)

Ingredients:

- 2 cups nonfat dry milk powder
- 1 cup corn starch
- ¼ cup beef bouillon powder
- 2 Tablespoons onion flakes
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon black pepper
- 2 Tablespoons dried parsley
- 1 Tablespoon garlic powder

Directions:

Wash hands. Mix the ingredients together and store in an air tight container. Label container with name and date prepared.

Nutrition Information per 1 Tablespoon serving: 25 calories, 240mg sodium, 5g carbohydrates, 1g protein

Recipe Source: University of Nebraska Extension; snaped.fns.usda.gov

Chili Tomato Macaroni

(Servings - 8)

Ingredients:

- 1 pound ground beef cooked and drained
- 1 cup water
- ½ cups uncooked macaroni
- 1 (15-ounce) cans tomatoes, chopped
- 1 (15-ounce) can kidney or pinto beans (optional)
- 1 Tablespoon chili powder
- ½ cup Ground Beef Helper Mix
- ½ cup cheese, grated



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Directions:

1. Wash hands. Place the above ingredients except for the cheese in a large skillet.
2. Stir to mix.
3. Cover the skillet and simmer for 20 minutes or until the macaroni is tender.
4. Top with grated cheese.

* Tip: Mash the beans for easier blending

* Substitute: any ground meat product such as turkey or chicken

Nutrition Information: 270 calories, fat 8g, cholesterol 50mg, sodium 730mg, carbohydrates 27g, fiber 4g, protein 22g

Pumpkin All Year Long

Pumpkin is much more than Halloween and pie! It is a nutritious and versatile vegetable that works well in both sweet and savory dishes. Pumpkin is a powerhouse of beta-carotene, which our bodies convert to Vitamin A. Not only is Vitamin A important for vision, it also strengthens the immune system to fight off illness. It keeps our skin and bones healthy as well.

Is it true that canned pumpkin is not always pumpkin? Yes, it is made with any variety of orange winter squash. Acorn, Butternut, Hubbard or Kabocha squash are close cousins of field pumpkins, all of which have dense orange flesh with a mildly sweet flavor. If you use a jack-o'-lantern pumpkin in a recipe, you may be disappointed by the amount of work it takes and the watery product it yields. To substitute fresh pumpkin for canned, use one of the varieties listed above. Roast or boil until tender, then puree. However, the ease and low cost of canned pumpkin makes it a great item to enjoy all year long.

Canned pumpkin is used in soups, casseroles, and desserts. Pumpkin puree thickens stews and sauces, and can be added to macaroni and cheese! It provides a boost of color, flavor and nutrition--it is low in calories and high in Vitamins A and C.



Mary Lou Kiel / Penn State

Here are some tips to use that delicious pumpkin:

- Add ¼ cup pumpkin to ½ cup plain yogurt with choice of sweetener
- Add ¼ cup to favorite meatball ball recipe
- Add ¼ cup to smoothie recipe
- Add a few Tablespoons to morning oatmeal
- Add a (15 ounce) can to a pot of chili
- Add a (15 ounce) can to macaroni and cheese

Article Source: snaped.fns.usda.gov/seasonal-produce-guide/pumpkin

Pumpkin Pudding Recipe

(Servings - 6)

Ingredients:

- 1 can pumpkin (15 ounces, or 2 cups cooked mashed squash)
- 1 to 2 teaspoons pumpkin pie spice
- 1½ cup milk (1% low-fat)
- 1 box vanilla pudding (instant, 3.5 ounces)



Pumpkin Pudding / USDA Mixing Bowl

Directions:

1. Wash your hands. In a large bowl mix pumpkin and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding and stir for 2 minutes until it thickens. Refrigerate until serving time.

Nutrition Information: Calories 110, Fat 1g, Sodium 270mg, Carbohydrate 25g, Fiber 2g, Protein 3g

Pumpkin Pudding Recipe Source: [ChooseMyplate.gov](https://www.choosemyplate.gov)

Nutrition Information: Calories 120, Fat 6g, Sodium 70mg, Carbohydrate 14g, Fiber 1g, Protein 2g

Pumpkin Squares Recipe Source: [USDA Mixing Bowl](https://www.usdamixingbowl.com)

Pumpkin Squares

(Servings - 32)

Ingredients:

- 1 can (15 ounces) pumpkin
- 1½ cups brown sugar
- 4 eggs
- ¾ cup cooking oil
- ¾ cup enriched all-purpose flour
- ¾ cup whole wheat flour (may use all-purpose flour)
- 1½ cups rolled oats
- 1 Tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda



Pumpkin Squares / USDA Mixing Bowl

Directions:

1. Wash hands. In mixing bowl stir together pumpkin, brown sugar, eggs, and oil until well mixed.
2. Combine the flour, oats, cinnamon, baking powder, and baking soda.
3. Add flour mixture to pumpkin mixture and mix well.
4. Pour into greased 13 x 9 x 2 inch baking pan.
5. Bake in 350°F oven for 30 minutes, cool and cut into bars.

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