

# CHEX MIX

Be sure to read the **TIPS** section.

There are probably more recipes out there for all kinds of different variations of chex mix than just about any other recipe. Making it is more of an art than a science, so be as creative as you wish! Go online and look at other recipes and get ideas for variations of your own.

Some people have asked me for my recipe and I really don't have a set recipe, I just kind of throw things together (yes, I'm one of **those** cooks), so here's about how it goes:

- You will need a HUGE bowl to mix it up in, like a 12 quart bowl or larger or you can use the large turkey roaster pans you are going to bake it in.
- Depending on the size of your oven, you will need 2 to several cookie sheets or better, several aluminum foil turkey roaster-type pans to bake it in – the standard size 16 5/8" x 11 7/8" x 2 5/8" or the larger 19" x 12" x 4" pans (I like those the best, if you can find them.).

## INGREDIENTS:

- 1 regular (not family-sized) box of wheat chex cereal
- 1 regular (not family-sized) box of rice chex cereal
- 1 regular (not family-sized) box of corn chex cereal
- 1 regular (not family-sized) box of plain Cheerios
- ½ - 1 bag of mini pretzel twists or squares
- 1 pound dry roasted peanuts
- 1 pound unsalted, shelled pumpkin seeds
- 1 pound Asian rice cracker mix
- 1 Tbsp (or more) Onion powder
- 1 Tbsp (or more) Garlic powder
- ½ - 1 Tbsp (or more) Lawry's seasoning salt
- 2 - 3 Tbsp Worcestershire sauce
- 3 sticks (¾ pound) REAL butter, NOT margarine

Add after baking: 1 pound sesame sticks/chips, sweet or unsweet, your preference

## DIRECTIONS:

1. Preheat the oven to 250 degrees.
2. Melt the butter in a saucepan.
3. Add to melted butter: Onion and garlic powder, seasoning salt and Worcestershire sauce and stir well.

4. With a spoon or turkey baster, drizzle the liquid over the dry chex mix and stir repeatedly until coated well. Be sure to keep stirring up the liquid to keep all the ingredients mixed well. **IMPORTANT:** Only coat the amount of mix that you are going to put into the oven immediately. If you have more mix than will fit into the pans in the oven, wait to coat the rest of the mix until right before you put it into the oven.
5. Taste the mix to see if you have the correct amount of spices. If not, you can shake more of the powders and or dry seasonings onto the mix and keep stirring.
6. Fill your roasting pan(s) about half full of mix.
7. Place pans in the oven and bake for 5 minutes.
8. Remove pans from oven and stir well and place back in oven for another 5 minutes.
9. Repeat for about 5 – 6 cycles (25 - 30 minutes), making sure that all the items you coated are now crunchy. If you have multiple pans in the oven, be sure to rotate top to bottom and vice versa after each cycle.
10. Remove pans and allow to cool very well before bagging.
11. At this point, you can add any other ingredients you might like such as dried fruits, sesame sticks/chips, M&M's or other candies, etc., and mix in well.
12. Spoon into individual bags or airtight containers.
13. Wash and dry turkey roaster pans and place in a large plastic bag for other uses later.

#### **TIPS:**

If you're going to make chex mix, you might as well make a bunch. It's great to hand out to friends and family, put in the kiddos lunch boxes, take to work, etc. and you can freeze it, but trust me, it won't last that long!

If you need a big bowl, I've found them at the local Asian grocery stores – they have some HUGE plastic bowls that are very sturdy and cheap and perfect for this recipe.

I put it in the Great Value brand (Walmart) square snack size plastic bags and it's about the perfect amount. I think this recipe made enough to fill about 30 – 40 bags.

If you have any of empty popcorn or butter cookie tins, like you get at the big box stores, those work great to store the mix in, too.

For the chex mix part, I try to buy the generic brands, like Best Choice because they cost half as much as the name brand and it's almost impossible to tell the difference. A lot of your independent, local grocers carry the Best Choice brand line.

Feel free to put just about whatever you want into this mix – any kind of nuts, seeds, cereals, etc. I go to the bulk food sections at my local market and pick out items that look good to put into the mix. Some stores have these bulk food areas where you can get just about any kind of seed, rice, nut, dried fruit, oatmeal, grits, coffee, seasoning powders, candies, etc., for example, Sprouts, WinCo, Super Saver in my area. Other stores in other parts of the country may have the same things – you know what I'm talking about here.

Also feel free to adjust the spice mixture – you can use whatever you want. I've used teriyaki sauce instead of Worcestershire sauce before or soy sauce and Worcestershire sauce. Trader Joe's makes a sauce called "Soyaki" which is good and they have other varieties, as well. If you like spicy, consider throwing in some cayenne pepper or crushed red pepper flakes or Cajun seasoning, dry BBQ rubs, etc.- go to the spice aisle at the grocery store and see what appeals to you. If you have a pepper mill, you can use spices such as Chicago or Montreal Steak seasoning and adjust the mill to the "fine" grind setting, but be careful not make the mix too salty.

If you make these variations, you might want to write them down as you go along so you can re-create the recipe if it turns out that you really like it. Enjoy!!

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