



SHELF STABLE RECIPES

A COLLABORATION OF PANTRY RECIPES

From the Readers of FoodStorageMadeEasy.NET



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INTRODUCTION

This shelf stable recipe book was compiled by Jodi and Julie at FoodStorageMadeEasy.NET. It is a collaboration of family favorite pantry recipes submitted by readers of Food Storage Made Easy.

What Does “Shelf Stable” Mean?

There are many reasons that people choose to build a food storage. There are certain scenarios where it is highly likely that there will be no electricity for cooking. While it is great to use food storage in combination with fresh ingredients for everyday cooking, there is also a need to plan for meals, snacks, etc. that use only ingredients that can be stored on a “shelf”. Thus the term shelf stable recipes.

What’s Included in This Book

This book includes recipes in the following categories: Breads & Muffins, Breakfast foods, Soups, Chilies, & Stews, Main Courses, Sides, Salads, & Snacks, Cookies, Cakes, Desserts, and Miscellaneous.

Some recipes include more advanced storage foods like canned meats or freeze-dried cheeses. Others are limited to more simple traditional food storage ingredients. There should be something for everyone in here! At the end of the book there is also information on powerless cooking, cooking fuels, and water storage, which will be helpful in preparing for cooking without electricity.

Thank you to all who submitted a recipe for this amazing collection!

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FOOD STORAGE
madeEASY

Real people, building and using their food storage

BREADS AND MUFFINS

BISCUIT MIX

BUTTERMILK BISCUIT MIX

CORNBREAD -1

CORNBREAD - 2

CRAN-PUMKIN MUFFINS

CREAM OF WHEAT MUFFINS

DOUBLE CHOCOLATE CHIP MUFFIN

FRYBREAD W/CHILI

GRANDMA'S CORNMEAL TORTILLAS

HALF AND HALF ROLLS

PEANUT BUTTER BREAD

PINTO BEAN WHEAT BREAD

PUMPKIN CORNBREAD

QUICK SOFT BREADSTICKS

SURVIVAL BREAD

TORTILLAS

WHOLE WHEAT BREAD - 1

WHOLE WHEAT BREAD - 2

WHOLE WHEAT BREAD - 3

WHOLE WHEAT CORNBREAD

BISCUIT MIX



SUBMITTED BY PILAR ROY

Ingredients:

8 c. flour
1 1/2 c. nonfat dry milk
1/4 c. baking powder
1 T. salt (I like a little more)
1 1/2 c. lard or shortening

Directions:

"Cut" ingredients together with a pastry blender (or 2 knives) until it is mixed well. Store in airtight container. I usually make a double batch of this mix so that I have plenty on hand because I use it for so many things... it's kind of like "bisquick". For biscuits: 3 cups of mix 3/4 cup water Preheat oven to 400 degrees. Mix together and turn onto floured counter. Lightly knead, just enough to bring it together or you will have tough biscuits. Roll to about 1 inch thick and cut out your biscuits. Bake them on an ungreased cookie sheet or pizza stone about 10 minutes. For rolled out dumplings: Same as biscuits, but knead longer for a tough smooth dough. Roll out to about 1/8th inch thick and cut in strips. Cook them in your chicken and broth like you would do normally. I have also made pancakes and flour tortillas with this mix!

BUTTERMILK BISCUIT MIX



SUBMITTED BY HELEN FAGERBURG

Ingredients:

3 c. flour
1 Tbsp. baking powder
1 tsp. salt
3-1/2 T. buttermilk powder
1/3 c. shortening powder
1 tsp. vegetable oil
abt. 1 c. cold water

Directions:

Stir dry ingredients together until evenly mixed. These proportions are for 1 batch. (Make multiple batches to store in the pantry) Preheat oven to 425*. Place 3-3/4 C. mix (or 1 batch) in mixing bowl. Add 1 tsp. vegetable oil and about 1 C. cold water. (Add a little at a time after the first 1/2 C. Your dough should hold together and be a little bit sticky but not wet.) Mix together with a fork or your fingers to make a soft, slightly sticky dough (not too wet or too dry -- add a little more flour if you've made it too wet). Knead about 10 times in the bowl. Turn dough out onto a lightly floured counter. Roll out or pat down to about 3/4" thick. Cut out using a floured biscuit cutter. Arrange biscuits on a greased pan (or preferably use a stoneware pan) with sides touching. Bake for 10-15 minutes, until golden brown.

CORNBREAD - 1

SUBMITTED BY RONNA S.

Ingredients:

1/2 c. cornmeal
1 c. flour
2 tsp. baking powder
2 T. sugar
1 tsp. salt
1 c. buttermilk (1 c. water + 2 Tbsp. buttermilk powder)
1/4 tsp. baking soda
2 eggs (4 Tbsp. powdered eggs + 8 Tbsp. water)
1/4 to 1/2 c. hot water
2 T. Crisco

Directions:

Stir soda into buttermilk; add eggs and mix. Blend buttermilk mixture into dry ingredients along with the water. Set aside cornbread mixture and let stand for 1 hour. Melt Crisco in iron skillet and coat well. Pour cornbread batter into skillet. Bake at 325° for 1 hour.

CORNBREAD - 2

SUBMITTED BY DONNA BAKER

Ingredients:

1 c. wheat flour (freshly ground or bag)
1 c. cornmeal (freshly ground or bag)
1/2 c. sugar
1/2 c. instant milk
3 T. powdered creamer
4 tsp. baking powder
3/4 tsp. salt
2 T. powdered eggs
1 c. water
1/4 c. oil

Directions:

Stir together all dry ingredients. Mix in water and oil. Beat until smooth. Pour batter into greased 8x8 or 9x9 pan. Bake at 425° for 20-25 minutes. OR Spoon batter into cupcake papers inserted in a muffin tin, filling 2/3 full. Bake at 425° for 12-15 minutes.

CRAN-PUMPKIN MUFFINS



SUBMITTED BY BRANDI W.

Ingredients:

1 1/4 c. all-purpose flour	2 eggs (use powdered equivalent)
1 c. of whole wheat flour	1 1/4 c. sugar
1 tsp. baking soda	15 oz. canned pumpkin puree
2 tsp. pumpkin pie spice	1/2 c. vegetable oil or applesauce
1/2 tsp. salt	1 c. dried cranberries
1 splash of vanilla	

Directions:

Combine flour, baking soda, salt and spice. Beat the eggs and sugar together in a separate bowl. Add pumpkin, oil and vanilla to egg/sugar mixture. Stir into dry ingredients until moistened, fold in cranberries. Fill greased muffin pan 2/3 full with batter. Bake at 400 degrees for 18-22 minutes. Enjoy :)

CREAM OF WHEAT MUFFINS



SUBMITTED BY DEBBIE K.

Ingredients:

1 1/2 T. whole egg powder, sifted
4 T. oil
1/3 c. dry milk powder
1 c. water
3/4 c. Cream of Wheat
1 1/4 c. sifted flour
1/2 c. sugar
1 T. baking powder
1/2 t. salt

Directions:

Stir all ingredients until moistened. Fill greased muffin tins 3/4 full. Bake at 400° for 20 minutes.

DOUBLE CHOCOLATE CHIP MUFFINS

SUBMITTED BY JACKIE STEPHAN

Ingredients:

2 c. flour (can use hard white wheat flour)
3/4 c. cocoa
1 1/2 c. white sugar
1/2 tsp. baking soda
2 tsp. baking powder
1/2 tsp. salt
1 1/2 c. milk (use 4 tbsp powdered milk mixed with 1 1/2 cups of water)
1 egg (use 1 tbsp. dry egg powder + 2 tbsp. water = 1 large egg)
3 T. vegetable oil
1 tsp. vanilla extract
1 cup chocolate chips

Directions:

Preheat oven to 350°. Grease or line muffin tins. Sift together flour, cocoa, sugar, baking soda, baking powder and salt. Stir milk, egg, oil and vanilla together and add to dry ingredients. Add chocolate chips and mix well. Bake for 20-25 minutes or until tops spring back when touched lightly.

FRYBREAD W/ CHILI

SUBMITTED BY SADE PHILLIPS

Ingredients:

1 1/2 c. flour
1/2 tsp. salt
1 T. shortening
1/2 T. baking powder
3/4 C. water

1 15 oz can of chili

Directions:

Mix the flour, salt, 1 TB of shortening, baking powder and most of the water together and knead. (Add more water as necessary). Let this dough sit for 10 min. Pull off pieces of dough, flatten into disks and fry in melted shortening. Cover with heated chili.

GRANDMA'S CORNMEAL TORTILLAS

SUBMITTED BY BRANDI W.

Ingredients:

1 c. of flour
1/2 c. of cornmeal
1 egg (or equivalent in egg powder)
1 tsp. salt
1 1/2 c. of cold tap water

Directions:

Mix all ingredients together. Heat up a greased griddle. Put a spoonful of batter on griddle, spread thin with a spoon. Flip when the top looks golden brown. Heat until cooked all the way through.

HALF AND HALF ROLLS



SUBMITTED BY MEGAN S.

Ingredients:

1 12 oz. can evaporated milk
2 of the milk cans filled with hot water
1/2 c. vegetable oil
1/2 c. honey
2 T. dry yeast
1 T. salt
5 c. whole wheat flour
5 c. white flour

Directions:

Pour milk into the mixing bowl. Fill the can twice with hot water and add to milk. Add oil, honey, yeast and salt. Mix in the whole wheat flour and then slowly add white flour, mixing well after each cup to make a stiff but not dry dough. Knead until elastic. Let rise and double in bulk. Shape into dough balls or put into greased pans and allow to rise again until doubled. Bake at 350° for 20 minutes for rolls or 30 minutes for loaves.

PEANUT BUTTER BREAD



SUBMITTED BY NICOLE SPAINHOWER

Ingredients:

2 1/2 c. flour	2 T. whole egg powder
3 tsp. baking powder	1 tsp. orange flavoring
1/2 tsp. salt	1 c. water
2/3 c. sugar	1/2 c. peanut butter
1/3 c. instant nonfat dry milk	

Directions:

Mix flour, baking powder, salt, sugar, and dry milk into a bowl. In a separate bowl combine the orange flavoring and water then add to the flour mixture. Add peanut butter. Stir until just mixed. Pour into a greased 9x5x3 loaf pan bake in a moderate oven at 350° for 50 to 60 minutes remove from pan and cool on a wire rack. I have also made this in a bread maker and just "dumped everything in" and it still comes out great! But it does seem to take a bit longer.

PINTO BEAN WHEAT BREAD

SUBMITTED BY AMBER COLA

Ingredients:

1 c. Bean puree (made with pinto beans)
1 T. Honey
2 T. Vegetable Oil
2 c. Whole Wheat Flour
1 c. Lukewarm Water
1 pkg. Active Dry Yeast
1 tsp. Salt
3/4 - 1 1/2 c. All Purpose Flour

Directions:

Bean Puree: Put beans and liquid in blender. Blend on medium speed until smooth; stop occasionally to scrape down sides and stir beans up from the bottom. Bean purée should be smooth in consistency. It will thicken as it cools.

Bread: In a large bowl, combine water and honey, stirring to mix completely. Dissolve yeast in honey/water mixture. Let stand until foamy. Stir in bean purée, vegetable oil, and salt. Add whole wheat flour; mix. Stir in all-purpose flour. Mix until dough is stiff. Turn out on lightly floured surface and knead until smooth and elastic. Return dough to bowl. Lightly butter top of dough and let rise until doubled in bulk, about 45 minutes. Preheat oven to 350° F. Form loaf and let rise until nearly double in bulk and either bake in loaf pan or on a baking sheet. Bake bread until golden brown, about 50 minutes. Remove from pan or baking sheet. Cool on rack.

PUMPKIN CORNBREAD



SUBMITTED BY MEGAN WHITMER

Ingredients:

1 1/4 c. whole wheat flour	2 T. Honey
3/4 c. Cornmeal (or ground popcorn)	1/4 c. Oil or Melted Butter
1 T. Baking powder	1/4 c. water
1/2 tsp. Salt	3/4 c. of pureed canned pumpkin
1/2 tsp. Nutmeg	2/3 c. Buttermilk (2/3 c. water mixed with 2 T. powdered milk let sit for 5 min then add 1 T. vinegar)
1/4 tsp. Mace	
2 T. Powdered eggs	
2/3 c. brown sugar	

Directions:

Heat oven to 350°. Grease an 8 in square baking dish. Sift together the dry ingredients. In a separate bowl mix the wet ingredients together until well blended. Pour the wet ingredients into the dry ingredients and stir until they are just blended. Do not over mix. Pour into the greased 8x8 dish and bake for 40-45 minutes. (If using real eggs add the eggs to the wet ingredients and omit the 1/4 cup of water.)

QUICK SOFT BREADSTICKS



SUBMITTED BY CORRIE BUSCH

Ingredients:

1 c. warm water
2 1/2 tsp. yeast
3 T. brown sugar
1 tsp. Salt
1/4 c. oil
3 c. bread flour
Garlic powder to taste (optional)
butter, if available (can use reconstituted butter powder)
garlic salt
Parmesan cheese (optional)

Directions:

Dissolve yeast and brown sugar in warm water. Add salt, oil flour and garlic powder (optional). Mix together and knead a few minutes. Place dough on greased cookie sheet and roll into a 10 x 12 inch rectangle. Top with melted butter, garlic salt and Parmesan cheese. Cut into strips about 1 inch wide. Let rise about 20 minutes. Bake at 375° for 10 -15 minutes.

SURVIVAL BREAD

SUBMITTED BY BRENT COMSA

Ingredients:

2 c. oats
2 1/2 c. powdered milk
1 c. sugar
3 T. honey
1 pkg. orange or lemon jell-o (3 oz)
3 T. water

Directions:

1. Mix together the oats, powdered milk and sugar in a mixing bowl. 2. Combine water, jell-o, and honey in a medium pan and bring pan to a boil. 3. Slowly pour the boiling ingredients into the dry contents in the mixing bowl. 4. Mix all together well. (It should be stiff, yet doughy). If the dough is too dry, add a small amount of water, a teaspoon at a time. 5. Shape dough into a loaf (about 4 x 6). 6. Place on a cookie sheet and bake at 350 for 15 -20 minutes. 7. Cool, then wrap in foil to store.

TORTILLAS

SUBMITTED BY DANITA B.

Ingredients:

2 tsp. baking powder
1 1/2 tsp. salt
1/2 c. shortening
4 c. flour
1 1/3-1 1/2 c. hot water

Directions:

Combine baking powder, salt, and flour in a mixer on low speed with wire whips if you have them. Add shortening mix on low speed until shortening is just incorporated or looks a bit smaller than pea sized. Once done change to a dough hook and add hot water to mix. You want enough water so it forms a non sticky dough so don't add it all at once. Knead the dough for about 5 -10 min. it should be smooth, soft, and warm. Let stand covered for 15-30 min. and knead again or about 30 sec. Start heating up the griddle on a med-low. Now on a lightly floured surface dump the dough and inch off 2 T. sections. Put balls in bowl and cover it. On your lightly floured surface take one dough ball and flatten it out into a circle, roll with a rolling pin from the middle out, roll up once then down one, turn the tortilla over and clockwise 1/4 of a turn and repeat. Dust LIGHTLY with flour if getting too sticky. Keep doing this until you get the desired thickness. Lay the tortillas on a griddle. When one side has a crust then flip over and cook until the same on the other side. Adjust the heat and length of time cooking as necessary to avoid burning or having the tortilla be more cracker-like. When the tortilla is done cooking place in a kitchen towel that's been folded in half. Now have fun cooking the rest. While one is cooking I always have one that I'm working on it goes pretty quickly if you do it this way.

WHOLE WHEAT BREAD - 1



SUBMITTED BY SHAUNDA BURNS

Ingredients:

4 c. warm water
1 1/2 T. yeast
1/2 c. oil
1/2 c. honey
1 1/2 T. salt
2 c. white flour
8-10 c. whole wheat flour

Directions:

Combine water and yeast. Add oil and honey. Let mixture sit for a few minutes. Add salt and white flour. Stir well then gradually add wheat flour. Knead. Rise until double. Knead again. Shape into greased loaf pans. Rise again until double. Bake at 350° for 35-40 minutes.

WHOLE WHEAT BREAD - 2



SUBMITTED BY KRISTY WHITTACRE

Ingredients:

Up to 6 c. whole wheat flour (or combination white and wheat)
2 T. yeast
1 T. salt
1/4 c. honey
1/4 c. vegetable or canola oil
2 c. hot water

Directions:

Dissolve the yeast and honey in the water in a large bowl. Add 3 cups of the flour and mix until mostly incorporated then add the salt and the oil and continue to mix. Continue to add flour as you mix until dough becomes stiff enough to handle. Turn out on floured surface and knead dough, adding more flour as needed, until dough is smooth and elastic. Place dough back in bowl and cover lightly. Let rise until it doubles in size (I put it in the microwave when I do this because it creates a nice closed environment.). Punch down the dough and let rest 10 minutes then separate into 3 pieces, roll each piece out into a rectangle and then roll into a loaf to put in a greased pan. Let rise again about double before baking. Bake 350° for 30-40 minutes.

WHOLE WHEAT BREAD – 3

SUBMITTED BY DOROTHY SANDAKER

Ingredients:

6 c. Whole Wheat Flour (fresh ground)
6 c. White Flour
4 T. Instant Yeast
1/2 c. Sugar
1/2 c. Powdered eggs
1/2 c. Powdered Milk
8 tsp. Salt
1/2 c. melted butter or shortening
5 c. warm water

Directions:

Combine flours in large pan and push to the sides leaving a well in the center. Add water to well then add other ingredients as listed. Mix the water and about 1/2 or less of the other stuff to make a soft batter. Let rest for 10 minutes or until it becomes bubbly. Using your hands stir in the rest of the flour to form soft dough. Turn out on floured surface and knead about 100 times or about 10 minutes. Grease the pan you mixed the bread in and put the dough back in turning to be sure the top is greased. Cover and let rise about 1 hour, punch it down and let it rest for a few minutes while you grease 5 loaf pans. Divide dough into 5 pieces and form into loaves, again greasing the tops of the loaves. Cover and let rise about 45 minutes to an hour. Bake at 350° for 30 minutes. Remove from pans and turn loaves upright, cover and let cool before putting in plastic bags.

WHOLE WHEAT CORN BREAD

SUBMITTED BY CHARLENE B.

Ingredients:

2 c. whole wheat flour
2 c. cornmeal
4 tsp. baking powder
1 1/2 tsp. salt
1/2 c. honey
1/4 c. oil
2 c. milk (make from dehydrated milk)
2 egg (can use dehydrated eggs)

Directions:

Mix the dry ingredients together and whisk. (If using dehydrated eggs, add the egg powder to this.) Mix the liquid ingredients in a separate bowl. (If using dehydrated eggs, be sure to add the extra liquid to this.) Mix the liquid ingredients with the dry ingredients just until moistened. Pour into a greased 9x13 baking pan and bake at 350 for 20-35 minutes until done.

Special Notes:

I baked cornbread in a cast-iron skillet. Bacon grease is nice in place of the oil. Good with some bacon, green onions, chilies or corn. Half a recipe works well in an 8x8 pan.

BREAKFAST FOODS

APPLE CINNAMON PANCAKES

BAKED OATMEAL – 1

BAKED OATMEAL – 2

BELGIAN WAFFLE MIX

BISCUITS AND GRAVY

CORN FRITTERS WITH PEACH SYRUP

GRANOLA – 1

GRANOLA – 2

GRANOLA – 3

GRANOLA – 4

INSTANT S'MORES OATMEAL

JUST ADD WATER PANCAKES

PEANUT BUTTER BREAKFAST ENERGY BALLS

SCRAMBLED EGGS

WHOLE WHEAT PUMPKIN PANCAKES

APPLE CINNAMON PANCAKES

SUBMITTED BY TIFFANY DAUMUELLER

Ingredients:

2 ½ c. water divided	2 T. sugar
1/2 c. THRIVE Apple Chips blended in the food processor to reduce size	2 tsp. baking powder
1/3 c. dry powdered milk	1/2 c. white flour
2 T. powdered eggs	1 1/2 c. wheat flour
1/2 c. applesauce	2 tsp. cinnamon
1 T. lemon juice	1/2 tsp. nutmeg
4 T. oil	¼ t. salt
	¼ t. soda

Optional topping:

1 c. chopped pecans	1/2 c. white sugar
1 T. egg powder	1 T. brown sugar
2 T. warm water	1/4 tsp. cinnamon

Directions:

Place crushed apple chips and 3/4 c. water in a separate bowl to allow to soak, set aside. Heat 1 3/4 c. water in a large bowl in the microwave for a minute. Add eggs, milk, and lemon juice to the hot water. Add applesauce, oil and sugar. In a separate bowl add dry ingredients and mix. Add apple chips to wet ingredients, then add dry ingredients to mixture. Cook pancakes and serve with pecan topping.

Optional Topping: Combine water and powdered eggs. Add pecans and coat well. In another cereal bowl mix together sugars and cinnamon and mix well. Add pecans to sugar mixture and mix well. Cover broiling pan with foil and spread sugar coated pecans onto foil. Broil 3-5 minutes and add to pancakes!

BAKED OATMEAL - 1



SUBMITTED BY BETH HUGHES

Ingredients:

4 cups milk (1 1/3 c. Powdered Milk & 3 3/4 c. Water)
3 1/2 c. Regular Oats
1/3 c. Brown Sugar or Honey
2 T. Olive Oil
1 tsp. Cinnamon

Optional Ingredients:

1 c. Applesauce
3/4 c. Dried fruit. (I love raisins)
1/3 c. Nuts
1 tsp. Nutmeg
1/2 tsp. Ground Cloves

Directions:

Preheat oven to 350° F. Mix powdered milk and water together, then combine all ingredients in an oven safe pan. Cover and bake for 30 minutes. Stir and bake for 30 more minutes uncovered.

BAKED OATMEAL - 2



SUBMITTED BY EMILY, THE HARRIED HOMEMAKER

Ingredients:

2 c. quick oats	1/2 c. applesauce
1/2 c. brown sugar	2 T. canned or powdered butter
1/3 c. raisins	1 large egg (use powdered egg, reconstituted)
1 T. chopped pecans	
1 t. baking powder	
1-1/2 c. milk (use powdered milk, reconstituted)	

Directions:

Preheat the oven to 375°. Combine the first five ingredients in a medium bowl. If using dry milk and dry eggs, add those powders to the dry ingredients. Combine the milk (or water), applesauce, butter, and egg (or water) in a separate bowl. Add wet mixture to dry ingredients; stir well. Pour into a greased 8" square baking dish. Bake for 20-25 minutes or until just set. Makes 4-5 servings.

BELGIAN WAFFLE MIX

SUBMITTED BY HELEN FAGERBURG

Ingredients:

6 c. flour
2 c. cornmeal
3/4 c. butter powder
3/4 c. powdered milk
3/4 c. white sugar
2/3 c. powdered eggs
1/2 c. baking powder
1/4 c. cornstarch
1 T. salt
1 T. powdered vanilla

Directions:

Mix all ingredients together until evenly mixed, and store in a bucket in the pantry. To make 4-5 waffles, mix 1-1/2 to 2 C. waffle mix with 1 C. water. (Use more or less, depending on what thickness of batter works well with your waffle iron.) Let sit for 5 minutes. Cook in greased waffle iron.

BISCUITS AND GRAVY



SUBMITTED BY ESTHER R.

Magic Mix Ingredients:

4 c. instant powdered milk or 2 1/3 non-instant powdered milk
1 c. flour and 1 cup powdered butter reconstituted (mix together to resemble cornmeal and store in the freezer in an airtight container)

Biscuit Ingredients:

2 cups flour
1 tablespoon baking powder
1 tsp. salt
1 tablespoon sugar
1/3 cup shortening
1 cup powdered milk (prepared)

Gravy Ingredients:

1 cup Magic Mix
2 cups Water

Directions:

Mix together gravy ingredients and bring to a boil. Then add salt and pepper to taste. For biscuits: preheat oven to 425°. Whisk together flour, baking powder, salt, and sugar. Cut in shortening until mixture resembles coarse meal. Gradually stir in milk until dough pulls away from the side of the bowl. Turn out onto a floured surface and knead 15-20 times. Pat or roll dough out to 1 inch thick. Cut biscuits with a large cutter or juice glass. Place onto an ungreased baking sheet and bake for 13-15 minutes or until edges are brown.

CORN FRITTERS WITH PEACH SYRUP

SUBMITTED BY PAM M.

Ingredients:

2 eggs - use dried eggs, reconstituted and beaten well
1 can cream style corn
3 tsp. sugar
1/2 tsp. salt
1 1/2 c. flour
1 1/2 tsp. baking powder
1 quart peaches with juice
3/4-1 c. sugar (to taste)

Directions:

For Peach Syrup: Blend together peaches & sugar. Heat together stirring to dissolve sugar.

For Corn Fritters: Heat oil to 350° in a deep heavy pan or skillet. Stir together eggs, corn, sugar, salt, flour and baking powder and mix well by hand. Drop batter by 1/2 Tablespoonfuls into hot oil. Cook till golden brown. Drain on paper towels. Top with peach syrup.

GRANOLA - 1



SUBMITTED BY AMY B.

Ingredients:

3 c. 6 grain mix	1/2 c. dry milk
3/4 c. sliced almonds	1/3 c. honey
1 c. sunflower seeds	1/4 c. butter
3/4 c. reg. wheat germ	1/2 c. raisins, or raisins
3 Tbsp. flaxseed	1/2 c. dates
1 c. flake coconut	1/2 c. apricots, or dried pineapple
2/3 c. packed brown sugar	

Directions:

In a large bowl combine, 6 grain, almonds, sunflower seeds, flax, coconut, brown sugar and dry milk. Mix well. In a microwave safe bowl combine honey and butter and heat for 30 seconds, or until butter is melted. Add fruit. Pour over dry ingredients and stir to coat. Line a cookie sheet with parchment paper, or greased cookie sheet. Bake at 325° for 15 minutes, stirring every 5 minutes. You need to watch it well or it will get a little crispy. Let it air dry. Store in airtight containers.

GRANOLA - 2



SUBMITTED BY JOAN STEVENS

Ingredients:

6 c. rolled oats (not quick oats)	1/2 c. canola oil
1 c. coconut, optional	1/4 c. water
1/4 c. wheat germ	1/4 c. honey
1 c. slivered almonds	1 Tbsp. vanilla
1 c. packed brown sugar	Craisins, optional
1/2 tsp. salt	Diced dried apricots, optional

Directions:

Preheat oven to 300°. In a large bowl combine oats, coconut, wheat germ and almonds. In a separate bowl, mix together brown sugar, salt, oil, water, honey and vanilla. Gradually pour wet ingredients over dry and toss until completely coated. Lay out on ungreased sheet pan and spread out evenly. Bake until light golden brown (approximately 30 - 35 min.), stirring every 10 minutes. After granola is removed from the oven add raisins and apricots. Cool granola. Put in an airtight container. Granola will keep for two weeks.

GRANOLA - 3



SUBMITTED BY SHENNA

Ingredients:

7 c. rolled oats	½ c. honey
1 c. chopped almonds	½ c. oil
1 c. wheat germ	¼ c. brown sugar
1 c. sunflower seeds	2 tsp. vanilla
1 ½ c. raisins (optional)	

Directions:

Combine oats, nuts, wheat germ, sunflower seeds. In pot combine honey, oil, sugar and vanilla. Heat liquid mixture but don't boil – just enough to dissolve sugar. Add to oats mixture and stir. Spread in 2 oiled cookie pans. Bake at 325° for 20-25 minutes – stirring occasionally. Remove from oven, stir in raisins and cool.

GRANOLA - 4

SUBMITTED BY CORRIE BUSCH

Ingredients:

3/4 c. sugar
1/3 c. vegetable oil
1/3 c. honey
5 c. oatmeal
1/2 c. powdered milk
3/4 tsp. cinnamon
pinch of salt
1/2 lb. walnuts
1/2 lb. coconut
1/2 c. raisins

Directions:

Mix sugar, oil and honey in a saucepan. Heat until sugar is dissolved. Combine oatmeal, powdered milk, cinnamon, salt, walnuts and coconut in a large cake pan. Pour sugar mixture over dry mixture and stir well. Bake at 375° for 10 minutes or until golden. Remove from oven and add raisins.

INSTANT S'MORES OATMEAL

SUBMITTED BY SUE

Ingredients:

1/2 c. Quick Oats
2 T. Graham Cracker Crumbs
1 T. Chocolate Chips
1 Mini Marshmallows
1 Tbsp Sugar

Directions:

Blend 1/4 cups oats in blender to make fine powder. Blend with remaining oats and ingredients. Store in snack size ziploc. To serve: Empty into bowl, add 1/2 cup boiling water; stir. Add more water as needed or less if desired.

JUST ADD WATER PANCAKES



SUBMITTED BY STACEY T.

Ingredients:

8 c. All-purpose flour
3/4 c. Sugar
1 1/2 c. Dry Milk
2 tsp. salt
2 T. Baking Powder

Directions:

Mix all ingredients together and store in a 1 gallon air tight container. When ready to make pancakes take 1 2/3 C to 2C of mix and mix with water to desired consistency. Pour 1/4 C of mix on hot griddle sprayed with Pam, and cook to desired golden brownness.

Special Notes:

I make this using oatmeal flour. I take oatmeal and grind it in a blender until it is flour consistency. I usually use 2 C oatmeal flour and 6 C all purpose flour. I make this and store it. That way I have my own version of pancake mix, just cheaper. If fresh ground whole wheat flour is used it would need to be stored in the freezer to increase the shelf life.

PEANUT BUTTER BREAKFAST ENERGY BALLS

SUBMITTED BY KAREN DOYLE

Ingredients:

2 c. rolled oats
2 T. Chia Seeds (can use flax, sesame, pumpkin, or poppy seeds)
1/2 c. unsalted peanuts, chopped
1/2 c. brown rice syrup or honey
3/4 c. peanut butter, melted

Optional Ingredients:

Chocolate chips, dried fruit, flax seeds, wheat germ, coconut, m&ms, banana chips
In a bowl, mix together oats, seeds, and peanuts.

Directions:

In a bowl, mix together oats, seeds, and peanuts. Add brown rice syrup or honey and mix to combine. Add melted peanut butter and mix until moistened. At this point you can fold in 1/2 cup of add ins. (Banana chips and chocolate chips are particularly good.) If making these when you have power, you can press into a 13 x 9 pan and bake at 350 for 20-25 minutes OR press into 13 x 9 pan and chill for 60 minutes. If you are without power, roll into balls. These do not need refrigeration. (Hint: When cooking without power, you want to use your heating source as little as possible.)

SCRAMBLED EGGS

SUBMITTED BY SUSAN BAIRD

Ingredients:

10 can Scrambled Eggs Powder
10 can Dehydrated Red and Green Bell Peppers
10 can Dehydrated Onions
10 can Powdered or Freeze Dried Cheese (optional)
Salt and Pepper (to taste)
Garlic Salt (to taste)
Canned Ham (optional)
Ketchup or Salsa
oil

Directions:

2 T. scrambled egg powder and 3 T. warm water equals one egg. Mix the amount of eggs you want and pour into pan with a little oil. Hydrate desired amount of onions in warm water for about 5 minutes. Add desired amounts of remaining ingredients rehydrating if necessary. Top with ketchup or salsa. Makes a yummy scrambled egg breakfast that can be made many times because most of it comes from #10 CANS.

WHOLE WHEAT PUMPKIN PANCAKES

SUBMITTED BY ANGIE RIGDON

Ingredients:

2 c. whole wheat flour
1/3 c. brown sugar
1/4 c. powdered milk
1/4 c. dehydrated whole egg product (equivalent for 4 eggs)
2 tsp. baking powder
2 tsp. cinnamon
1 tsp. salt
1 c. canned pumpkin puree
2 T. oil
2 1/2 c. water

Directions:

Warm large skillet over medium heat. In large mixing bowl combine flour, sugar, powdered milk, egg product, baking soda, cinnamon, and salt. Add pumpkin, oil, and water and stir just until combined. Using a 1/4-cup measuring cup pour pancake batter onto heated skillet. Cook until bubbles form and pop on the pancake's surface. Then flip over and cook another 1-2 minutes. Top with honey and serve warm.

SOUPS, CHILIES & STEWS

USES CANNED BEEF

CHILI
CHILI BEANS
CHILI WITH CHOCOLATE
HEARTY LASAGNA SOUP
PASTA FAGIOLI SOUP
PIZZA SOUP
RAMBO CHILI CON CARNE
SOUTHWEST BEEF STEW
TACO SOUP – 1
TACO SOUP – 2
TACO SOUP – 3
VEGETABLE BEEF STEW

USES CANNED CHICKEN

6 CAN MEXICAN SOUP
CHICKEN & WILD RICE SOUP
CHICKEN AND DUMPLINGS
CHICKEN NOODLE SOUP
CHICKEN TORTELLINI SOUP
CHICKEN TORTILLA SOUP
GARDEN CHICKEN STEW
LEMON CHICKEN SOUP
WHITE CHILI

USES OTHER MEATS OR MEATLESS

5 CAN SOUP
BLACK BEAN TACO SOUP
CHICKPEA & ROSEMARY SOUP
CREAM OF TOMATO SOUP
CUBAN BLACK BEAN SOUP
DRIED VARIETY SOUP
HOBO SOUP

MOM'S FAVORITE CHILI
ORIENTAL SOUP POT
OYSTER STEW
SALMON CHOWDER
TACO SOUP
THERMOS VEGETABLE SOUP

CHILI



SUBMITTED BY SHERI VAN PATTEN

Ingredients:

2 can or 1 quart chopped tomatoes
1 can or 1 pint whole kernel corn, drained
1 can or 1 pint tomato sauce
1 large can chili beans in sauce or your favorite brand of chili
4 c. leftover cooked beans (or 1 can/pint each of cooked black, pinto, and kidney beans - drained)
a dash or MORE of cayenne or your favorite brand of chili sauce/salsa

Directions:

Dump all ingredients but cayenne into a pan and heat. Best if simmered to blend flavors but can be eaten cold, if needed. Season with cayenne or chili sauce/salsa to personal taste.

Special Notes:

To be a complete complementary protein meal, I serve this with polenta patties made from some of the liquid that was drained of the corn and beans and mixed with corn masa/meal. Best if cooked in a pan and then fried but can be cooked on a hot rock or griddle, if needed.

CHILI BEANS

SUBMITTED BY LINDA MEZIERE

Ingredients:

1 can Chili Beans
1 can Kidney Beans
1 can Pinto Beans
1 can Diced Tomatoes
1 can Corn (drained)
1 T. Chili Powder
1 tsp. Garlic Powder
1/2 tsp. Onion Powder
Cooked Rice
Fritos
Powdered Sour Cream, rehydrated

Directions:

Combine all ingredients and simmer 20 minutes. Serve over Rice and top with Fritos and Sour Cream.

CHILI WITH CHOCOLATE



SUBMITTED BY KERI FIDLER

Ingredients:

1 can great northern beans
1 can kidney beans
1 can black beans
1 1/4 c. chicken or vegetable broth
1 c. favorite salsa or a can of Mexican stewed tomatoes
3 T. chocolate syrup
1 T. southwest seasoning
1 T. chili powder

Directions:

Rinse and drain beans. Combine all ingredients in a slow-cooker. Cover and cook on low for 6-8 hours. The great thing about this chili is it has enough flavor to skip all the refrigerated toppings like cheese and sour cream.

HEARTY LASAGNA SOUP



SUBMITTED BY JACKIE C.

Ingredients:

1 14 1/2 oz. can ground beef (1 lb.) or 1 pint home canned beef
4 c. beef broth (can be boxed or canned, or made from beef bouillon and water)
1 tsp. diced, dried onions
1/4 tsp. garlic powder
1/2 tsp. Italian seasoning
1 14 1/2 oz. diced tomatoes
1 1/2 c. uncooked corkscrew pasta
1/4 c. Parmesan cheese

Directions:

Heat ground beef in a large pot. Drain. Add broth, onions, seasonings and tomatoes. Heat to a boil. Stir in pasta and cook over medium heat until pasta is tender. Stir in Parmesan cheese. Serve. Good with French bread.

PASTA FAGIOLI SOUP



SUBMITTED BY DEBBIE K.

Ingredients:

1 pint hamburger (or 12-oz can chicken)	2 tsp. oregano
1/3 c. dry onion	1-2 tsp. pepper
1/3 c. dehydrated carrots	1 T. parsley flakes, crushed
1/3 c. dehydrated celery	6 c. water
2 T. oil	4 tsp. beef bouillon
1 tsp. garlic powder	1-26 oz can spaghetti sauce
2-14 oz cans diced tomatoes	pinch red pepper flakes
1 can Red Kidney beans	salt to taste
1 can white beans	1/2 c. dry, smallish pasta

Directions:

Rinse and drain beans and set aside. Soak dried vegetables in 2 c. of hot water for 15 minutes, then drain. Sauté onions, celery, carrots, oregano, parsley, and pepper in oil for 3-5 minutes. Add 4 c. water, beef bouillon, spaghetti sauce, tomatoes, red pepper flakes and salt. Bring to a boil, cover and simmer for 30 minutes, stirring occasionally. Add meat and pasta. Bring back to boil then simmer for 15-20 minutes.

PIZZA SOUP

SUBMITTED BY ANGIE L.

Ingredients:

1 jar your favorite canned spaghetti sauce
1 c. rehydrated pepperoni TVP
1 c. rehydrated beef or sausage or combination TVP
1/2 c. rehydrated green pepper
1/2 c. rehydrated mushrooms
1 T. minced diced onion
3 c. water
1 c. rehydrated freeze-dried mozzarella

Directions:

Put all except mozzarella into a crock pot and cook on low 4-6 hours. Top with mozzarella when serving. Variation, if your favorite pizza is Hawaiian, try using rehydrated freeze-dry ham or ham TVP with pineapple bits, in place of the pepperoni and beef.

RAMBO CHILI CON CARNE

SUBMITTED BY CHARLENE B

Ingredients:

2 pints or 1 qt home-canned ground beef
2 T. dry onion
1 oz pkg William's Brand Tex Mex Style Chili Seasoning
2 (14 1/2 oz) cans Mexican-Style stewed tomatoes with jalapeno peppers (or without peppers if you can't take the heat)
1 (16 oz) can Bush's Best Chili Beans (Red Beans in Chili Sauce) Medium Sauce
1/2 tsp. ground cumin
1 T. vinegar
salt and pepper to taste

Directions:

Throw it all in the pot and heat through.

Special Notes:

We like it on its own, over cornbread or macaroni too. Good with a bit of cheese on top and/or a dollop of sour cream or yogurt. Makes great chili cheese dogs.

SOUTHWEST BEEF STEW



SUBMITTED BY MISTY SUTTON

Ingredients:

1 pint ground beef or equivalent Ground Beef TVP, drained
16 oz canned or dried whole kernel corn
1 can black beans, drained and rinsed
1 can diced tomatoes with chilies, drained
1 c. chunky salsa
3/4 c. water
1 tsp. ground cumin
1/2 tsp. garlic salt
1 T. chili powder
2 c. tomato juice

Directions:

Combine all ingredients in large saucepan. Simmer on low/medium heat for 20 minutes, stirring occasionally. Serve over your favorite pasta.

TACO SOUP 1



SUBMITTED BY LYNNE TOLMAN

Ingredients:

1/4 c. dehydrated onions
1 T. oil
1 15-16 oz can diced tomatoes
1 15-16 oz can creamed corn
1 15-16 oz can kidney beans
1-15-16 oz can pinto beans
1-15-16 oz can great northern beans
1 15-16 oz can (or 1 pt) ground beef
1 4 oz can green chilies
1 pkg. taco seasoning mix

Directions:

Rehydrate onions by placing onions in juice from cans of beans. When onions are rehydrated drain reserving liquid for the soup. Sauté onions in oil 2 minutes. Add meat and sauté briefly with onions. Add the tomatoes, beans, creamed corn and green chilies with the liquid in the cans. Add the reserved liquid from rehydrating the onions. If you have enough water rinse each of the cans out and add the liquid to the soup. Stir the ingredients together and add the taco seasoning to taste. Bring to a boil and serve.

TACO SOUP - 2



SUBMITTED BY JULIE V.

Ingredients:

1 pint jar canned ground beef
1 pkg. taco seasoning
1 can corn
2 cans beans (pinto, black, kidney)
1 small can tomato sauce
2 cans diced or stewed tomatoes
dried onion, salt, pepper to taste

Directions:

Combine all ingredients and warm through. Serve with chips, rehydrated FD cheese and sour cream (optional).

TACO SOUP - 3

SUBMITTED BY SADE PHILLIPS

Ingredients:

1 pint canned ground Beef
1 can Corn, drained
1 can Black Beans, drained
1 can Pinto Beans, drained
1 can Garbanzo Beans, drained
1 large can (30 oz.) Crushed Tomatoes
2 c. Water
1 packet Taco Seasoning

Directions:

Combine and heat through. Can serve with corn chips, freeze-dried grated cheese, powdered sour cream, garnished with cilantro.

VEGETABLE BEEF STEW

SUBMITTED BY EMILY ROMNEY

Ingredients:

1/2 c. dehydrated carrots
1/2 c. dehydrated onions
1/2 c. dehydrated celery
1/2 c. dehydrated/diced green peppers
2 T. Italian seasoning
7 T. beef bouillon (or 7 cubes)
1 large can (15oz) Roast Beef, be sure to include the gravy.
8 c. water
1/2 c. fideo or small pasta
freeze-dried shredded cheese, rehydrated (optional)
powdered sour cream, rehydrated (optional)

Directions:

Combine all ingredients except the fideo into a medium size pot: 1/2 C dehydrated carrots 1/2 C dehydrated onions 1/2 C dehydrated celery 1/2 C dehydrated/diced green peppers 2 Tbs Italian seasoning 7 tbsp beef bouillon (or 7 cubes) 1 large can (15oz) Roast Beef, be sure to include the gravy. 8 cups water Cook for about 20 minutes then add in 1/2 cup of fideo or any small pasta. Add more water if a thinner stew is desired and cook another 5-10 minutes. (Optional) Serve with either shredded cheese on top or a scoop of sour cream.

6 CAN MEXICAN SOUP

SUBMITTED BY ANGIE L. AND ANNA L.

Ingredients:

15 oz. can whole kernel corn with liquid
14.5 oz. can chicken broth
1 can cream of chicken soup
13 oz. can chunk chicken
15 oz. can black beans rinsed well
10 oz. can rotel any flavor

Directions:

Couldn't be easier. Just dump into a pot and simmer until heated through. If you like it thinner, add more water or broth.

CHICKEN & WILD RICE SOUP

SUBMITTED BY SHAUNDA BURNS

Ingredients:

1 package of Long Grain Wild Rice mix (Uncle Ben's or similar brand)
2 cans Cream of Chicken soup
1 can Cream of Mushroom soup
1-2 c. cooked chicken (either home canned or a 10 oz can chicken)
3-4 cans of water, depending on desired consistency

Directions:

There are two ways to make this soup...either on the stove or in the crockpot. I usually make it in the crockpot because it is easier and uses less water. Stove directions: Cook rice as directed on box Mix together rice, chicken, soups, and water. Simmer. Serve. Crockpot method: Add all ingredients in a crockpot, but use 3-4 cups of BOILING water. Stir, cover, and cook for 2-3 hours on low.

CHICKEN AND DUMPLINGS

SUBMITTED BY RONNA S.

Ingredients:

1 quart canned chicken with broth
2 cans chicken broth or 4 cups chicken bullion
4 c. flour
1 ½ tsp. salt
½ cup olive oil
1 ½ cups water

Directions:

For dumplings: Place flour into mixer. Cut in shortening until you see pieces about the size of early sweet peas form. Add salt and mix well. Begin adding water a little at a time. Mix well after each addition. Dough will start to come together into a ball. Roll out dough to about ¼ inch thickness. Cut into squares.

For soup: Bring chicken broth to a boil. Add canned chicken. Drop in dumplings one-at-a-time. Simmer for 30 to 45 minutes or until dumplings are tender.

CHICKEN NOODLE SOUP

SUBMITTED BY STEPHANIE JOHNSTON

Ingredients:

1 pkg Liptons chicken soup mix
6 cups water
17 oz pouch of chicken (or 1 pint of canned chicken)
8 oz macaroni
salt & pepper to taste
¼ c. dehydrated celery (optional)

Directions:

Stir soup mix into boiling water. Add the rest of ingredients. Bring back to a boil then simmer for 10 minutes until the macaroni is al dente.

CHICKEN TORTELLINI SOUP



SUBMITTED BY JODI MOORE

Ingredients:

1 12.5 oz can of chicken (or 1 pint of home-canned chicken)	1/2 tsp. celery seed 1/2 tsp. basil
1/4 c. dehydrated celery	1/2 tsp. garlic salt
2 T. dehydrated onions	1 tsp. salt
2 1/2 c. water	Sprinkle of red pepper flakes (optional)
8 c. chicken broth	12 oz package of Barilla Tortellini

Directions:

Bring the water and chicken broth to a boil. Add spices. Add chicken (cut it up small if you like smaller chunks). Add 1 dehydrated celery and onions. Add tortellini after it returns to a boil. Cook according to your package directions (probably about 10-12 minutes). Enjoy!

CHICKEN TORTILLA SOUP

SUBMITTED BY JENNY W.

Ingredients:

2 garlic cloves, minced (use jarred minced garlic)
1 medium onion, chopped (use dehydrated)
4 T. olive oil
4 - 14.5 oz. cans diced tomatoes
1/4 c. Desert Garden green chili sauce
6 cups water mixed with 1/3 c. powdered chicken broth
3-5 c. canned chicken
1 Tbsp. cumin
Bragg sea kelp delight (to taste)
Garlic powder (to taste)
Grill Shaker pork seasoning
4 cups cooked rice (can also use Spanish rice)
Tortilla chips

Directions:

In frying pan, sauté onion and oil. Just as it is almost done, add minced garlic. Don't cook too long or it will burn and taste bitter. Add to large stew pot along with all other ingredients and simmer for about 15 minutes. Garnish with tortilla chips, freeze-dried cheese, powdered sour cream, salsa, etc.

GARDEN CHICKEN STEW



SUBMITTED BY EMILY ROMNEY

Ingredients:

1/2 c. dehydrated carrots
1/2 c. dehydrated white onions
1/2 c. dehydrated green bell peppers
1/2 dehydrated celery
1/2 c. potato dices
1/2 c. orzo (or any small pasta)
2 T. Italian Seasoning
9-10 cups water
3 T. chicken bouillon
1 12oz can chicken (or pint jar)

Directions:

Combine carrots, onion, bell peppers, celery, potato dices, Italian seasoning, chicken bouillon and water into a medium sized pot. Boil for 10-15 minutes. Add in orzo and chicken ~ be sure to include the juice from chicken. Boil an additional 5-10 minutes Serve hot and enjoy!

LEMON CHICKEN SOUP

SUBMITTED BY CHARLENE B

Ingredients:

46 oz can chicken broth
10 3/4 oz can condensed cream of chicken soup
1 c. uncooked rice
1 pint home-canned chicken breast with broth
1/4 c. lemon juice
recipe calls for 1/2 t lemon rind - I throw in some dehydrated lemon slices
1/3 c. diced jarred red pepper, drained (optional)

Directions:

In large pot mix the broth and soup. Add the remaining ingredients. Bring to a boil. Reduce heat, cover and simmer 15-20 minutes until the rice is tender.

WHITE CHILI



SUBMITTED BY DONNA HIGBY

Ingredients:

1 T. oil	1 tsp. garlic powder
½ c. rehydrated onion flakes	1 tsp. ground cumin
1 12-oz. can of chicken	½ tsp. oregano
1 10½-oz can of chicken broth	½ tsp. ground coriander
1 4-oz. can chopped green chilies	few dashes red pepper
2 16-oz. cans white beans (undrained)	

Directions:

In a large pot, sauté the chopped onion in oil until just softened. Add the rest of the ingredients and simmer for 20 minutes. That's it! This recipe can easily be doubled or tripled for larger groups. Add more spices to give it more of a kick.

5 CAN SOUP

SUBMITTED BY VICKI S.

Ingredients:

- 1 can cream of tomato soup
- 1 can green beans
- 1 can corn
- 1 can chili
- 1 can vegetable beef or beef broth

Directions:

Empty all cans into a pot. Do not drain beans or corn. Mix and heat. We serve this soup with fritos or corn chips. If you want a vegetarian version substitute for vegetarian chili and use vegetable broth in place of the beef broth.

BLACK BEAN TACO SOUP

SUBMITTED BY BESTY BRADSHAW

Ingredients:

- 1 (28 oz) can crushed tomato
- 1 (15 oz) can black beans, undrained
- 1 (15 oz) can kidney beans, undrained
- 1 (15 oz) can sweet corn, undrained
- 1 pckt taco seasoning
- 1/2 cup dehydrated onions

Optional Ingredients:

- 1 packet ranch seasoning
- 1 lb bottled ground beef or beef tvp
- 1 cup brown rice (I usually add cooked rice at the end so it doesn't get soggy)

Directions:

Mix all ingredients in crock pot and cook on high for 4-6 hours until bubbly. Serve with tortilla chips or cornbread.

CHICKPEA & ROSEMARY SOUP

SUBMITTED BY CHARLENE B.

Ingredients:

- 3 T. olive oil
- 5 cloves garlic, chopped (or use jarred minced garlic)
- 1 tsp. dry rosemary, chopped
- 1/2 tsp. crushed red pepper flakes
- 3 each (15-19 oz) cans chickpeas, rinse, drain
- 4 c. chicken or Vegetable broth or equivalent bouillon
- 2 T. lemon juice salt and pepper to taste

Directions:

Heat the oil in a pot and add the garlic, rosemary and pepper flakes and stir for 1 minutes. Add the chickpeas and stir for 2 minutes. Add the broth, bring to a boil, reduce heat, and simmer 30 minutes. Cool slightly and then puree. Return to pan and add lemon juice, salt, pepper. Heat through.

Special Notes:

You can safely up the spices and add up to double the broth if you like a thinner soup. Good with a crusty garlic bread to dip.

CREAM OF TOMATO SOUP

SUBMITTED BY CAROLYN FOLEY

Ingredients:

2 - 3 T. Dry Milk Powder
1 T. Dehydrated Tomato Powder
Spices to taste
Salt & Pepper to taste
Hot Water

Directions:

Place dry ingredients in a pint canning jar and add hot/boiling water a little at a time, stirring between each addition of water. I use a small whisk. I make this recipe up on an individual basis in pint jars - one per person and serve with crackers, or sandwiches.

CUBAN BLACK BEAN SOUP



SUBMITTED BY KATIE STRONG

Ingredients:

1 can vegetable or chicken broth
1/2 lb dry black beans (or 2 cans)
2 c. salsa (more or less to taste)

Directions:

cook your beans ahead of time. I just do mine in the slow cooker in the morning. Reserve roughly a cup of both beans and salsa. Puree the remaining beans and salsa with the chicken broth. Return the reserved beans and salsa to your soup and heat through. You may reserve more or less beans depending on the consistency you like your soup. Serve with tortilla chips. Can also serve with reconstituted sour cream powder, freeze-dried cheddar cheese, etc. if you have them available.

DRIED VARIETY SOUP

SUBMITTED BY VIRGINIA PYKONEN

Ingredients:

1/2 c. dried lentils
1/2 c. dried split peas
1/2 c. pearl barley
6 c. water
2 T. Wyler's Bullion granules (chicken or beef)

Optional Ingredients:

1 can chicken or tuna
1 pint canned roast chunks or ground beef
1/2 c. dried mixed vegetables (onion, celery, carrot, bell pepper)
1 can mixed vegetables

Directions:

I buy one bag each of barley, split peas, and lentils and keep them mixed in a large container. I scoop out 1 1/2 cups of that mix whenever I want this soup. Bring water to a boil. Add dried mix, and boullion granules. Add any add-ins you wish. (Or no add-ins. The soup really is good on it's own.) The soup simmers uncovered for 30 minutes to be edible, but is even better after simmering for an hour.

Special Notes:

The basic soup is good even without add-ins. But extra ingredients do bring variety. This soup is FANTASTIC to keep on hand, slowly simmering (covered) on the stove all afternoon on a snowy day. Leftovers are delicious, but may want thinning down a bit with extra water or broth.

HOBO SOUP

SUBMITTED BY KAREN E.

Ingredients:

1 can carrots
1 can corn
1 can peas
1 can diced tomatoes
1 can green beans
1 can chili
1 can beans - kidney, black, pinto, etc.
1 can of what ever else is in your cupboard
Salt and pepper
Other seasonings

Directions:

Open and empty each can into a large stock pot. Add the seasonings per your taste. Heat on Medium heat until heated through. Serve and enjoy. This is a great way to use all those left over cans that you really have no idea what to use them for. It goes really well with corn bread, rolls, or tortilla chips. It is also fast and easy, especially when things get busy.

MOM'S FAVORITE CHILI



SUBMITTED BY KARA BEAL

Ingredients:

2 cans (10 oz) pre-made canned chili (any variety)
2 cans (14 oz) diced or stewed tomatoes
2 cans (14 oz) red kidney beans, drained
Chili powder to taste

Directions:

Open the cans and dump them all in a pot on the stove over medium to high heat. Stir in a little bit of chili powder (just a pinch if your family doesn't like spiciness) and taste. Add more chili powder if you want stronger flavor. Cook at least until everything is warmed through, stirring occasionally to make sure nothing sticks to the bottom of the pot. The longer the chili cooks, the better it tastes.

ORIENTAL SOUP POT



SUBMITTED BY DIANNA M

Ingredients:

4 packages of Oriental Ramen noodle soup
1-2 cans of each (mushrooms, bamboo shoots, mini corn cobs, water chestnuts, any other vegetable found in oriental section in store)
1/2 cup of dehydrated green peppers and celery
8 c. of water
Pepper to taste

Directions:

Place all canned and dehydrated vegetables except water chestnuts in a pot and fill with 8 cups of water, bring to boil. Once water is boiling add seasoning packets from ramen noodle soup, boil for 2 minutes. Add ramen noodles broken in half and cook according to ramen noodle package. Add can of water chestnuts and serve. (I like my chestnuts crunchy that is why I add them last)

Optional: You can add Tofu or beans to the soup in step 1 to add protein.

OYSTER STEW



SUBMITTED BY MEGAN WHITMER

Ingredients:

2- 12 oz can evaporated milk
1- 12 oz can water
1- 6.5 oz can clams
2- 8 oz can whole cooked oysters
1 cup dehydrated hash browns salt and pepper to taste

Directions:

Rehydrate the hash browns by boiling for 10 minutes or soaking in boiled water for 15 minutes. Put everything in a pot except the salt and pepper. Stir and heat over medium heat until it is hot. DO NOT BOIL. This will scald the milk and burn the soup. Salt and pepper to taste. Enjoy with crackers

Special Notes:

*2 cups of diced cooked potatoes or frozen hash browns could also be substituted.
* Our small children do not like oysters so until they are a little older we just make sure no oysters are in their bowls.

SALMON CHOWDER



SUBMITTED BY PAMELA ALANEN

Ingredients:

15 oz can diced potatoes, drained	1 tsp. pepper
15 oz can diced carrots, drained	1 tsp. dill
15 oz can creamed corn	2 c. chicken broth
2 tsp. dehydrated onion	12 oz evaporated milk
1 tsp. garlic powder	2-16 oz cans salmon
1 tsp. salt	1/2 lb dehydrated cheddar cheese

Directions:

Heat chicken broth in pot over medium heat until nearly boiling. Add potatoes and carrots. Add onion, garlic powder, salt, and pepper. Add salmon, creamed corn, and evaporated milk and continue heating until nearly boiling. Turn off heat and add dill and cheddar cheese, stir until cheese is melted. Serve and enjoy!

TACO SOUP



SUBMITTED BY KERI VAN VLEET

Ingredients:

- 2 15 oz cans diced tomatoes
- 2 15 oz cans hominy
- 1 15 oz cans beans (any kind, but I prefer black beans)
- 1 packet of taco seasoning
- 1 packet of powdered ranch dressing
- 1 bag of corn chips (optional)

Directions:

Open and rinse the beans. Put into cooking pot. Add the tomatoes and hominy (juice included). Add the taco seasoning and ranch dressing. Mix and cook until warm. Serve over corn chips if desired.

THERMOS VEGETABLE SOUP

SUBMITTED BY APRIL TURNER

Ingredients:

- 1/3 c. dehydrated vegetables (potato, celery, carrots, onions, broccoli, anything!)
- 1 T. grain (wheat, barley, etc.)
- 1 T. small pasta (broken spaghetti, etc.)
- seasonings to taste (parsley, salt, pepper, onion powder, garlic powder etc.)
- 2 c. boiling water or broth

Directions:

Add dehydrated veggies to blender and whirl until size of flakes. Measure 1/3 cup. Save remaining flakes for another meal. Add vegetables, grain, noodles and seasonings to thermos. Bring water to a boil then pour over dry ingredients. Quickly close thermos securely. Makes about 2 cups.

Special Notes:

Prepare soup in your thermos and enjoy for lunch. Tweak this recipe for your sun oven and feed your whole family lunch or dinner!

MAIN COURSES

USES CANNED BEEF

CHOWMEIN CASSEROLE
HAMBURGER STROGANOFF
"KIDS LOVE IT" CASSEROLE
MACARONI AND BEEF
MEAT POT PIE
MEXICAN WAGON WHEELS
RANCH BURGERS
RUSSIAN HAMBURGERS
SIESTA ROAST 'N' BEANS
SPAGHETTI SAUCE – 1
SWEDISH BEEF AND RICE
"TOSS IT TOGETHER" PIE

USES CANNED CHICKEN

BBQ CHICKEN PASTA
CHEESY CHICKEN
CHICKEN A LA KING – 1
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USES OTHER MEATS OR MEATLESS

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CREAMY SPAGHETTI CASSEROLE	MOUNTAIN MASH	SPICY BLACK BEANS
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LEMON PEPPER SALMON	PROSCIUTTO W/ PASTA, OLIVES AND TOMATOES	TUNA MAC MUSH
LENTIL RICE CASSEROLE		TUNA NOODLE CASSEROLE

CHOWMEIN CASSEROLE



SUBMITTED BY JACQUE S.

Ingredients:

1 Pint Jar bottled Ground Beef, drained
1 Can Cream of Mushroom Soup
1 Can Cream of Chicken Soup
1 Can Water Chestnuts, drained
1/2 c. Minute Rice
1 c. Water
1 T. Dehydrated Celery pieces
1 T. Dehydrated Onion
2 c. Dried Chowmein Noodles
Dash of Salt (optional)
Sprinkle of Pepper

Directions:

Combine all ingredients in a 9x12 baking dish. Bake 350 degrees for 30 minutes, sprinkle chowmein noodles over top, bake an additional 30 minutes. This could be baked in a Sun Oven as well!

If it browns too much in regular oven, just put a sheet of tin foil laid flat over the top, don't seal it, and finish the required baking time.

HAMBURGER STROGANOFF



SUBMITTED BY MARILYN REDA

Ingredients:

1 pint of ground beef
1 can cream of chicken soup
1 pint or can of chicken broth
Either: 8 oz of egg noodles or 1 1/2 c. of white rice
3 1/3 c. of water or chicken broth

Directions:

Heat pint of ground beef in sauce pan, then add cream of chicken soup and chicken broth. (After adding the cream of chicken soup, I pour the chicken broth into the can to make sure I get as much of the soup out as possible). Bring to a boil, then reduce the heat and simmer while stirring frequently (so it doesn't stick to bottom of pan). Cook for approx. 10 minutes or so. If cooking noodles: bring a pot of salted water to a boil, add the egg noodles and cook till tender. If cooking rice: Add rice and water/chicken broth to a saucepan. Stir well. Bring to a boil, reduce heat to medium/medium low and simmer, with cover on, for 20 minutes. Take it off the heat, let it sit with cover on for 5 minutes, then fluff with fork and serve.

"KIDS LOVE IT" CASSEROLE

SUBMITTED BY MEGAN S.

Ingredients:

1 pint canned ground beef
1/2 c. dehydrated onion
1/4 tsp. garlic powder
1 jar spaghetti sauce
1 can (8 oz) tomato sauce
1 can (6 oz) tomato paste
3/4 c. water
1 tsp. Italian seasoning
1/2 tsp salt
Dash of pepper
3 c. macaroni noodles
1 can (13.5 oz) spinach
1 c. freeze dried cheddar cheese, rehydrated
1 c. dried bread crumbs
1/4 tsp. Parmesan cheese

Directions:

Set your oven to 350 degrees. In saucepan over medium heat combine ground beef, onion, garlic powder. Add the next seven ingredients and bring to a boil. Reduce heat; cover and simmer for 10 minutes. Stir in macaroni, spinach, cheese and bread crumbs. Transfer to a greased 13 X 9 in. baking dish. Sprinkle with Parmesan cheese. Cover and bake for 30-35 minutes or until bubbly. Let stand for 10 minutes before serving.

MACARONI AND BEEF



SUBMITTED BY CHRISTIANNE LOWRY

Ingredients:

2 c. beef broth (or 2 c. water + 1 beef bouillon cube)
1 lb ground beef, cooked (I use 1 pt jar of home-canned beef)
2 c. macaroni
1 can Campbell's cheese soup

Directions:

Bring the broth and beef to a boil, stir in macaroni. Reduce heat and simmer until the macaroni is cooked. When the pasta is tender and the broth has all been absorbed, stir in the cheese soup. Cover and let sit for 5 minutes until the noodles are plump and the sauce is thickened.

Special Notes:

This recipe is quite similar to Cheeseburger Hamburger Helper but uses food storage. It's my family's favourite meal and I can have it on the table in 15 minutes when I use canned beef.

MEAT POT PIE

SUBMITTED BY ALLISON CLARIDGE

Pie Crust:

2 c. flour
1 tsp. salt
1 c. shortening
1/2 c. water

Filling:

2-3 cups canned meat (we like chicken best, cubed beef works too)
2 cans cream of... soup (chicken with chicken, mushroom with beef)
1 can mixed veggies
1 can new potatoes, diced

Directions:

Pie Crust: In a large bowl, mix flour and salt. Cut in shortening. (2 knives works, pastry cutters rock) Stir in water until dough forms a ball. Divide dough in half, shape into balls and wrap in plastic, and put in the fridge overnight. Next day, roll out dough on floured board, slightly bigger than the pie pan you are using. Place in greased and floured pie pan. Stir meat, soup and veggies together in a bowl and pour into pie pan. Top with second rolled out dough circle. Pinch seams together around the rim of pie pan (crimp with a fork is easy) and cut two or three slots to vent. Bake in a 350° oven for 45-50 minutes.

MEXICAN WAGON WHEELS



SUBMITTED BY JESSICA HANSEN

Ingredients:

1 pint canned ground beef
1/2 c. Dried onions
2 cans diced tomatoes
2 cans corn
2 packets taco seasoning
1 can (16 oz) tomato sauce
1 can chicken broth
about 4 c. water
1 lb wagon wheel pasta (or 1 box)

Directions:

Add everything but the pasta to the pot (Use a LARGE pot), stir, and bring to a boil. Add the pasta and cook until tender. Serve with sour cream and/or shredded cheese if available. You could use beans instead if you had no shelf-stable ground meat, or for variety or vegetarian option.

RANCH BURGERS



SUBMITTED BY HELEN FAGERBURG

Ingredients:

2 (14.5 oz. cans) ground beef
1/4 c. dry chopped onion
1 can condensed Chicken Gumbo soup
1 T. prepared mustard
1 T. ketchup
1/3 c. water
1/8 tsp. pepper

Directions:

Rinse and drain fat off of ground beef. Mix with other ingredients in a saucepan or large skillet and simmer for 20 min. to 1 hour. Serve on a bun (like Sloppy Joes).

RUSSIAN HAMBURGERS

SUBMITTED BY JUDI B.

Ingredients:

2 c. Hamburger Rocks (dehydrated Hamburger)
4 T. dehydrated onion
1 can Chicken Gumbo Soup
2 T. vinegar
2 T. Brown Sugar
3 T. Worcestershire Sauce
1/2 tsp. dry mustard

Directions:

Rehydrate meat by placing in a bowl and covering with hot water. Let sit until it plumps back up ... approximately 30 minutes. Drain. Place in a hot pan over medium heat. Add dehydrated onion, soup, vinegar, brown sugar, Worcestershire sauce, and mustard. Let simmer for about 25 minutes. Serve over bread as an open faced sandwich.

SIESTA ROAST 'N' BEANS

SUBMITTED BY CHARLENE B.

Ingredients:

1 pint jar of canned beef roast with the liquid
2 c. dry pinto beans
1 can of Rotel
1 can tomato sauce
2 T. dry onions
enough water to cover all

Directions:

Place all in a crockpot with enough water to cover it all. Cook for 7 hours or until beans are tender.

Special Notes:

Yummy with whole wheat cornbread. You can soak the beans first, but I didn't and it came out fine.

SPAGHETTI SAUCE - 1



SUBMITTED BY JENNY V.

Ingredients:

1 (14.5 oz. cans) or 1 pint canned ground beef
1 15 oz can diced tomatoes
1-2 cans tomato paste (depends on how thick you want)
1-2 cans tomato sauce (depends on how thick you want)
1 small can mushrooms, drained (optional)
1 small can diced olives, drained (optionals)
1 T. dried minced garlic or garlic powder (or to taste)
1 T. dried onion or onion powder (or to taste)
1-2 T. Italian seasoning (to taste)
Salt and Pepper to taste

Directions:

Add all ingredients to a large pot. Simmer for about 20 minutes at a low temperature stirring occasionally.

SWEDISH BEEF AND RICE



SUBMITTED BY MEGAN S.

Ingredients:

3 1/2 cups water
1 can Golden Mushroom Soup
1 1/2 tsp. Worcestershire sauce
4 T. canned butter
1 (12 oz.) can evaporated milk
1/4 c. flour
1 can roast beef, drained
2 c. rice

Directions:

In a saucepan combine golden mushroom soup, Worcestershire sauce, butter and evaporated milk. Stir until smooth. Add flour with remaining water, stirring until smooth. Add flour mixture to mushroom soup sauce and stir until it begins to bubble. Add roast beef and cook just until heated through. Spoon Swedish beef sauce over cooked rice.

"TOSS IT TOGETHER" PIE



SUBMITTED BY AMI SLATER

Ingredients:

1 c flour
1 1/2 tsp baking powder
1/4 tsp salt
1 Tbsp oil
1/3 c powdered milk
3/8 c powdered eggs (equivalent of 3 eggs)
3/4 c freeze dried cheese shreds or 1/2 c cheese powder
1/2 c TVP reconstituted in beef broth or 1 c canned hamburger
2 Tbsp taco powder (or use 1 tsp cumin, 1 tsp chili powder, 1 tsp dried onions, and 1/2 tsp dried minced garlic)
1 c chopped kale (optional – super healthy and can be grown in a pot even though not technically shelf stable)
1/3 c chopped sun dried tomatoes (optional)

Directions:

Mix together flour through egg powder with 1 3/4 cups of water. Stir in spices. Stir in cheese, protein, and vegetables. Pour into a 9x13 pan or a deep dish pizza pie stone. Bake at 400 for 30 minutes or until a knife comes out clean when you poke it in the middle.

BBQ CHICKEN PASTA



SUBMITTED BY STACEY T.

Ingredients:

- 1 can of chicken, drained
- 1 box of rotini noodles (16 oz), cooked and drained
- 1 c. ranch dressing
- 3/4 c. BBQ sauce
- 1/2 c. Real Bacon Bits
- 1/2 c. dehydrated Green Bell Pepper

Directions:

Cook and drain noodles. While noodles are cooking put the rest of the ingredients in a large mixing bowl. Mix in noodles and refrigerate, for at least 2 hours.

Special Notes:

We like to eat this in the summer time. If you have dehydrated green onions you can 1/2 C of those as well. Also for those of you that garden and coupon this meal can practically be free. The pasta, BBQ sauce, and dressing I got free and during the summer I grow the bell peppers and green onions. All you pay for is the meat. Enjoy!

CHEESY CHICKEN

SUBMITTED BY CHARLENE B

Ingredients:

- 1 can cream of chicken soup
- 1 can condensed cheddar cheese soup
- 1/2 T minced garlic or 1/4 t garlic powder for the light hearted
- 1 can sliced mushrooms, drained
- splash of white wine or sherry (optional)
- 1 pint jar of home-canned chicken with its broth
- salt and pepper to taste

Directions:

Mix together and heat through. Good over pasta, rice, potatoes, or biscuits.

CHICKEN A LA KING - 1

SUBMITTED BY HELEN FAGERBURG

Ingredients:

- ½ c. dried chopped mixed bell peppers
- ¼ c. dried cut celery
- 1 T. dried chopped onion
- ½ c. dried sliced mushrooms water
- 1 T. vegetable oil
- 1 T. butter powder
- 1 (10½ oz.) can cream of chicken soup
- 1¼ c. milk (1 soup can)
- 3 c. canned chicken, OR use 1 – 1½ C. chicken bits TVP, simmered in 2 – 3 C. water
- 1 T. chopped pimiento (optional)
- pepper to taste

Directions:

Measure dried vegetables into a medium saucepan, and cover with hot water to rehydrate; let sit 20 – 30 minutes, then drain. If using TVP, simmer in water to reconstitute; drain. Mix together 1 Tbsp. butter powder and 1 Tbsp. oil. Add to vegetables and cook together for a few minutes. Add soup; stir to blend. Gradually add milk. Gently stir in remaining ingredients. Heat until sauce is bubbling and flavors are blended. Serve on biscuits, rice, toast, or Chinese noodles.

CHICKEN A LA KING - 2

SUBMITTED BY MARILYN POTTER

Ingredients:

- 1 can Campbell's Fiesta Nacho Cheese
- 1/2 can milk
- 1 can chicken chunks

Directions:

Mix together and heat thoroughly. Serve over cooked rice or pasta.

CHICKEN A LA KING - 3

SUBMITTED BY SUSAN BAIRD

Ingredients:

2 c. Rice
1/2 c. Dry Onions
1 can Cream of Chicken Soup + Water
1 can of Chicken
1 or 2 cans of Vegetables
Salt and Pepper to taste

Directions:

Rehydrate dry onions in warm water for 5 minutes. Cook up the rice. Heat cream of chicken soup with 1 can of water. Mix rice and soup together in baking dish. Mix in onions, chicken and vegetables. Add salt and pepper. Cook at 300° for 15 minutes.

CHICKEN AND RICE

SUBMITTED BY KRYSTA FECKE

Ingredients:

1 box Chicken Flavored Rice-A-Roni
1 can chicken (drained, but reserve juice)
1 can peas (or 1/2 c. dehydrated peas, reconstituted)
1/2 can Cream of Chicken soup (optional)
Abt. 1/2 c. reconstituted powdered milk (optional)

Directions:

Make the rice mix according to package, using the juice from the canned chicken as part of the water needed. Once the rice mix is cooked, add chicken and peas (stir in the soup and milk at this point, if using) and allow to heat through before serving.

Special Notes:

Note: I put the Cream of Chicken soup and milk as optional, because I like it best without them. When you first make the rice, it is nice and moist, and I don't think you need the soup and milk (and I personally think it tastes better without them.) But my kids like it with the soup and milk stirred in at the end of the cooking time. I would suggest adding the soup and milk the next day if you have leftovers, because it DOES get dry after sitting in the fridge overnight. Just add the soup and milk (as much as you need until you get the consistency you like) as you are reheating it.

CHICKEN POTPIES

SUBMITTED BY NICOLE RANDALL

Ingredients:

2 10 oz. cans chunk chicken, drained
15 oz. can lima beans, drained
15 oz. can sliced carrots, drained
4.5 oz. can mushrooms, drained
14.5 oz. can sliced potatoes, drained
10.75 oz. can condensed cream of chicken soup (undiluted)
10.75 oz. can condensed cream of mushroom soup (undiluted)
1 1/2 tsp. rubbed sage
1/4 tsp. each pepper and salt
4 pie crusts

Directions:

Combine all except pie crusts in large bowl. Line 2 – 9 inch pie plates with bottom crusts, and add filling. Cover with additional pie crust, pinch and flute edges. Cut steam vents (4, 1-inch cuts will suffice). Cover and freeze one pie up to 3 months. Bake remaining pie on cookie sheet (to catch spill-over) at 375° for 35 - 40 minutes or until golden. Let stand 10 minutes before cutting.

Special Notes:

To use as a frozen pie, thaw 30 minutes before baking at 425°. Cover edges with foil to prevent burning. Bake on cookie sheet (to catch spill-over) 30 minutes, reduce heat to 375°, remove foil. Bake 55 - 60 minutes longer. Let stand before cutting.

EASY CHICKEN SPAGHETTI

SUBMITTED BY CHARLENE B

Ingredients:

1 pint home-canned chicken breast, drain reserving broth
2 pkgs spaghetti, cooked
1 (14 oz) can chicken broth or chicken bouillon and water to make 14 oz.
2 (10 oz) can Rotel tomatoes
2 (14 oz) cans cream of mushroom soup
1 lb Velveeta cheese, cubed

Directions:

In a large pot mix together the chicken, broth, Rotel, mushroom soup and Velveeta. Stir and heat until blended together well. Grease 2 each 9x3 casserole dishes. Mix the pot ingredients with the cooked spaghetti. Divide evenly between the two casserole dishes. Bake at 375° for 45-60 minutes.

EASY PASTA PRIMAVERA



SUBMITTED BY JOAN STEVENS

Ingredients:

6 oz. dry spaghetti
1/2 c. dehydrated or freeze dried broccoli, rehydrated
1 14 1/2 oz. can Italian stewed tomatoes (or diced tomatoes w/ Italian seasoning)
1 14 1/2 oz. can cut green beans, drained
12.5 oz. can or 1 pint canned chicken
Parmesan cheese, optional

Directions:

Cook pasta according to package directions, adding broccoli for the last 3 minutes of cooking; drain. In a large skillet combine undrained tomatoes and drained green beans and bring to a boil; then reduce heat. Cook, uncovered for 2 min. Stir in chicken and heat through. Transfer the pasta and broccoli to a serving platter and top with the tomato mixture; toss before serving. Sprinkle with Parmesan cheese, if desired.

PANTRY JAMBALAYA



SUBMITTED BY SADE P.

Ingredients:

2 (5-7 oz) pkg. rice mix - chicken beef, Creole or Spanish flavor
1 (14 oz.) can diced tomatoes
1 (14 oz.) can black beans, drained and rinsed
1 (14 oz.) can corn, drained
4 c. water
1 qt. canned chicken or any other meat

Directions:

Pour rice and seasonings from rice packet into a large casserole pan. Add tomatoes and their juices, black beans, corn and water. Stir in canned meat last. Place in a 375° oven and cook for approximately 1 hour. Stir every 20 minutes. For variety you can add peppers, kidney beans, chilies, anything you can think of! This is a great shelf stable recipe because it is so versatile.

SW CHICKEN CASSEROLE



SUBMITTED BY MISTY SUTTON

Ingredients:

1 pint shredded chicken or 2 9.8 oz cans of chicken, drained
1 c. long grain rice
2 c. water
1 16 oz jar chunky salsa
1 c. freeze dried shredded mozzarella (rehydrated per instructions)

Directions:

Preheat oven to 350 degrees. In small pot, bring water to a rolling boil. Reduce to heat to simmer and add long grain rice. Cover and simmer for 15 minutes. Remove from heat. In a large casserole dish, combine cooked rice, chicken, and entire jar of salsa. Mix well. Top with rehydrated cheese and bake for 20 minutes.

TARRAGON CHICKEN CASSEROLE



SUBMITTED BY VIE K.

Ingredients:

2 cans low fat cream of chicken soup, undiluted
2 cups evaporated skim milk
4 teaspoons tarragon
Pepper to taste
1 13 oz box bowtie pasta, cooked (can use any pasta shape)
2 10 oz cans chicken, drained 1
14 oz can peas, drained (can use any vegetable)
Paprika 1/3 cup
grated Parmesan cheese (Optional)

Directions:

Mix soups and milk together. Add tarragon and pepper to taste. Mix pasta with chicken and peas. Pour soup mixture over pasta mixture. Mix well. Place in casserole dish. Sprinkle paprika over top. Bake at 350° for 30 minutes or until heated through.

ARTICHOKE PASTA

SUBMITTED BY NANCY MCMANUS

Ingredients:

Two tins flat anchovies in Olive Oil
Two cans (14 average) artichoke hearts in water
Powdered garlic
Splash of white wine (optional)
1 lb angel hair pasta

Directions:

Open tins of anchovies into heated sauce pan. Stir until heated through enough to break apart into a paste. Garlic to taste; we love it, so lots of shakes! Continue to stir over a low heat for about two minutes. Open artichoke hearts and pour liquid into anchovy/garlic mixture. Add a splash or two of wine at this point. Heat over a low heat for about 15 minutes. ~Up to this point can be made ahead in the morning. Don't add artichokes until you are ready to serve. Just before serving: heat sauce, add hearts and heat through. Serve over cooked pasta. Sprinkle with Parmesan cheese if desired.

Special Notes:

If you add the hearts too soon, they get mushy and absorb the sauce. Just cook long enough to heat through. ~I know it sounds like an odd combo of food, but I've served it often to family and guests, and even my pickiest eaters love it. Just don't tell them what's in it until they tell you how wonderful it is!

CAVATAPPI WITH PEPPERONI



SUBMITTED BY JACKIE KING

Ingredients:

4 ounces thin-sliced turkey pepperoni, diced or halved (shelf-stable Hormel)
2 tablespoons olive oil
1 large onion (or 1 T. dried onion rehydrated)
2 cloves garlic, minced (or bottled minced garlic)
1 1/2 cups canned diced tomatoes with their juice (one 16-ounce can)
3/4 teaspoon salt (optional)
3/4 pound cavatappi pasta
dried parsley

Directions:

In a large frying pan, sauté the pepperoni over moderate heat until lightly browned, about 3 minutes. Transfer to paper towels to drain. Wipe the pan clean. In the same pan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until soft, about 10 minutes. Add the garlic and cook, stirring, for 30 seconds. Stir in the tomatoes with their juice. Add the salt if wanted, cover, and simmer over low heat for 10 minutes. In a large pot of boiling, salted water, cook the cavatappi until just done, about 13 minutes. Drain and toss with the sauce and the pepperoni. Sprinkle with dried parsley.

CREAMY SPAGHETTI CASSEROLE



SUBMITTED BY PAMELA MOON

Ingredients:

1 pint ground beef (Optional)
3 T. dried minced onion
1 can chili
1 can cream corn
1 can Franco American Spaghetti (can substitute Spaghetti-os)

Directions:

Combine ground beef, chili, corn and spaghetti. Mix well and pour into casserole dish. Bake at 375° for 30-45 minutes or until heated through. This is great with or without the meat. Also good topped with grated cheese (can use freeze-dried) and often add leftover meatloaf or add no meat at all since the chili contains some meat too.

Special Notes:

Optional serving ideas, serve burrito style rolled up on a heated homemade tortilla or serve over baked potatoes.

CURRIED LENTILS & RICE



SUBMITTED BY TAMRA AICHELE

Ingredients:

2 c. long-grain white rice	1 c. lentils (red or brown)
1 T. vegetable or canola oil	1 tsp. honey
1 T. curry powder	1 T. balsamic vinegar
1/2 tsp. onion powder	1 tps. salt
4 c. water	

Directions:

In one saucepan, cook rice according to package directions. In second large saucepan, heat oil & stir in curry powder & powdered onion over medium to medium-high heat. Heat the spiced oil mixture for appx. 2 minutes while stirring. Quickly add the 4 cups of water and lentils, stir & bring to boil. Reduce heat, cover and simmer for 20-25 minutes or until the lentils are soft. Remove from heat and stir in the honey, balsamic vinegar & salt. Serve spooned over rice. May garnish with sour cream (from powdered) or salsa (if desiring a dairy-free alternative). Also very nice served inside of homemade taco shells, or wrapped as burritos (eliminating rice).

ITALIAN TUNA WITH WHITE BEANS



SUBMITTED BY NICOLE RANDALL

Ingredients:

15 oz .can cannellini, drained and rinsed
12 oz. tuna (in Water) drained
1/4 c. onion (2 Tbs dried + 1/4 c Water)
2 T. capers, drained and rinsed
1 handful black olives, sliced (1/2 of can)
1 tsp. dried rosemary, chopped
1T. Olive oil
Juice of 1 lemon (or 2 Tbs. jarred)
crusty bread or small flour tortillas
Lettuce or greens if you've got it

Directions:

Mash half the beans (any white bean will work) with a fork in a bowl. add everything except bread or tortillas, and lettuce. This can be wrapped up in a tortilla, with a layer of lettuce, or put on top of crusty bread. (I've even just eaten this as a dip with tortilla chips.) Best after an hour in the fridge, so the flavors blend. Excellent next day.

LEMON PEPPER SALMON

SUBMITTED BY PAT GREENE

Ingredients:

1 15 oz can pink salmon
lemon pepper seasoning (to taste)
mayonnaise

Directions:

Remove skin and bones from salmon (although I leave the bones, they are soft and a good source of calcium I've been told). Add lemon pepper seasoning and mayo to taste. Serve on bread or with crackers.

Special Notes:

The individual packets of mayonnaise are nice to have since they are such small amounts and one would not have to worry about refrigeration. This recipe also works well with tuna and chicken

LENTIL RICE CASSEROLE

SUBMITTED BY NANCY BREWER

Ingredients:

3 cups broth (chicken, beef, or vegetable) or equivalent water and bouillon
3/4 cup lentils, uncooked
1/2 cup brown rice, uncooked
3/4 cup chopped onion, or equivalent dried onion
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon garlic powder
Optional: freeze dried cheddar cheese, rehydrated

Directions:

Rinse the lentils and then blend all ingredients together in a casserole dish. Cover and bake for 1 and 1/2 hours at 300°. Add the cheese during the last 20 minutes.

MAC & CHEESE - 1



SUBMITTED BY ANGIE ALLEN

Ingredients:

2 c. elbow macaroni
2 T. dried onion
1 (16-oz) jar alfredo (or any flavor) cheese sauce (like Ragu)
1 can of luncheon meat (like Spam or tuna)
1 tsp. lemon pepper
pulverized wheat thins for topping

Directions:

Preheat oven to 350 degrees. Cook the macaroni and onion in boiling, salted water for about 10 minutes. Meanwhile, shred the luncheon meat with the larger holes of a cheese grater. Drain the macaroni and onions. Place in 2 quart casserole. Be sure the onion pieces go in too. Stir in cheese sauce, shredded luncheon meat and lemon pepper. Top with cracker crumbs. Bake for 30 minutes.

MAC & CHEESE - 2



SUBMITTED BY TERESA NEMECEK

Ingredients:

2 cans Condensed Cheddar Cheese Soup
1 can evaporated milk
1/4 tsp. pepper
Seasoned salt to taste
3 cups pasta cooked and drained
2 T. bread crumbs

Directions:

Stir soup, milk, pepper, seasoned salt, and pasta in a baking dish. Sprinkle with bread crumbs. Bake at 400° for 25 min or until hot and bubbling.

Special Notes:

The recipe was made on St. Patrick's Day so I dyed the sauce green. That's why the photo has green macaroni ;)

MOUNTAIN MASH



SUBMITTED BY STEPHANIE JOHNSTON

Ingredients:

1-3/4 c. instant mashed potatoes
1/2 c. powdered dried eggs
Bacon bits (to taste)
Sun dried tomatoes (to taste)
Dried mushrooms (to taste)
1 Tbsp dry milk
3-1/2 c. water
Freeze-dried cheddar cheese, rehydrated (to taste)

Directions:

Place all the dry ingredients in a gallon Ziploc bag. Boil water & pour in the bag. Stir and seal. Let stand for 5 minutes, then add the cheese.

PANTRY FETTUCCINE ALFREDO

SUBMITTED BY SHOSHANA COMERFORD

Ingredients:

2 cans of evaporated milk
1 c. Parmesan cheese
salt, pepper, garlic (to taste)
1 lb. fettuccine noodles, or any noodles you wish
1 can of chicken or shrimp, optional can of mixed veggies (optional)

Directions:

Place one can of evaporated milk in saucepan. Heat on low. While this is slowly warming, cook noodles according to package directions. Slowly add cheese to milk and stir with a whisk. Add salt, pepper and garlic to taste. If too thick, add more evaporated milk. Add chicken, shrimp, or veggies, if desired. Serve sauce over noodles and Enjoy!

Special Notes:

Instead of ready-made rice you can cook up instant rice on alternate heat source, rest are cooked.

PANTRY SESAME NOODLES

SUBMITTED BY NICOLE RANDALL

Ingredients:

1# spaghetti or linguini (flat spaghetti)
2 cloves garlic (or 1 Tbs minced from jar)
1 seeded jalapeno (or a dash of hot pepper sauce - like Tabasco)
1/2 c. peanut butter
1/4 c. rice vinegar
1/4 c. reduced sodium soy sauce
2 T. sesame oil
1/3 c. warm water (helps the pb melt)
1/4 tsp. salt

Directions:

Make noodles (boil 4 qts water, put noodles in, set timer 10 minutes, drain in colander, put in pot to keep warm). Dump everything else in blender - let it whirl. Pour sauce over noodles - should still be warm, and serve.

This is a great side to leftover Chinese take-out, or homemade "Chinese" (i.e. stir fried veggies). I've used regular spaghetti, Soba, and whole wheat spaghetti with equally well results. Soba are "nuttier." Although it doesn't last around here, it can be served cold, for lunch.

PROSCIUTTO WITH PASTA, OLIVES AND TOMATOES



SUBMITTED BY TINA R.

Ingredients:

8 oz linguine or spaghetti
1/4 c. olive oil
3 oz prosciutto (non-refrigerated pkg.)
1/2 c. rehydrated onions
1/2 c. pimento-stuffed green olives
1/2 - 1 can chopped tomatoes
1/2 c. Parmesan cheese
black pepper to taste

Directions:

Cook linguine according to package directions. While pasta is cooking, cook prosciutto and rehydrated onions for 3 - 4 min. in a separate pot. Add tomatoes and olives and heat through. Drain pasta and mix with prosciutto and olives. Add Parmesan cheese to taste.

RICE & BEANS

SUBMITTED BY BARBARA BORHAM

Ingredients:

1 can of black beans
Dehydrated onion
Dehydrated garlic
1 can of corn
1 can of carrots
1 can of peas
Ready to serve brown rice

Directions:

Open cans & package of rice, add onion and garlic to taste. Mix and serve To serve hot, use solar oven or other heat source. My favorite meal!

Special Notes:

Instead of ready-made rice you can cook up instant rice on alternate heat source, rest are cooked.

SPAM SANDWICH



SUBMITTED BY KATIE THOMAS

Ingredients:

1 can spam
2/3 c. Miracle Whip
2 tsp Mustard (or to taste)
4 sweet pickles Bread

Directions:

Grate can of spam (as if it were a block of cheese). Mix in Miracle Whip. Mix in mustard (to taste). Grate pickles and mix in. Put on bread and grill/toast in a pan or panini maker (just like grilled cheese).

Special Notes:

I know this sound SO disgusting, especially since it uses Spam (and who eats Spam anyways?). My sisters are some of the pickiest eaters and even they eat these sandwiches. They make a fabulous lunch on Sundays when you have a few extra minutes to do something different, but still want simple.

SPICY BLACK BEANS

SUBMITTED BY KATHERINE

Ingredients:

1 c. black beans
3 c. water
2 T. dry garlic
1 T. oil
1 tsp. salt
1 tsp. cumin
1-2 cans ham

Directions:

Wash beans and place in a 2-quart saucepan with water. Boil, then reduce heat and simmer about an hour. Add garlic, oil, salt and cumin. To add some spice, add 1/4 tsp. cayenne pepper. Add canned ham (use fork to shred it). Bring to a boil, reduce heat and simmer 30 minutes, or until done. Serve over rice.

TACO STYLE LENTILS & RICE

SUBMITTED BY DANITA B.

Ingredients:

3/4 c. dry lentils
3/4 c. brown rice
4 c. water
4 beef bouillon cubes
2 tsp. chili powder
1/2 tsp. onion powder
1/4 tsp. garlic powder

Directions:

Combine all ingredients in a medium pot. Bring to a boil on high heat, turn down to low and simmer for 45-50 min. When done remove from burner and let stand for 10 min to absorb any liquid that may be left. Serve with your fresh tortillas and your favorite taco toppings as available: sour cream, cheese, hot sauce, lettuce, or guacamole.

TOMATO SAUCE

SUBMITTED BY LORINDA B.

Ingredients:

3 T. dehydrated tomato powder
2 tsp. dehydrated cheese powder
1 1/2 tsp. sugar
1 tsp. dehydrated beef bouillon
1 tsp. cornstarch
1 Cup boiling water

Directions:

Add all the mix to BOILING water, remove from heat & whisk rapidly. Sauce will thicken. Makes about a cup of tomato sauce. Use as a sauce for pizza, a dip for bread sticks, add Italian seasoning to use as spaghetti sauce.

TUNA MAC MUSH

SUBMITTED BY CHARLENE B.

Ingredients:

14 oz can tuna, drained
10.75 oz can condensed cream of mushroom soup and 1 can water (rinse can out) salt and pepper to taste
1 lb bag egg noodles, cooked al dente, drained
crushed potato chips

Directions:

Mix tuna, soup, water, salt and pepper together. Stir in noodles. Place in a tall greased casserole dish and bake at 350° for 30 minutes.

Special Notes:

You can add some canned peas too. If you do, use the drained water from those as part of your liquid measurement. Other ways we like it: Add some fried, sliced, canned mushrooms and dry onion and a little thyme.

TUNA NOODLE CASSEROLE



SUBMITTED BY ANGELA PETTENGILL

Ingredients:

16 oz. package egg noodles
10 3/4 oz can cream of mushroom soup
15 oz can peas, drained
(2) 5oz. cans of tuna, drained
4oz. can sliced mushrooms
1 cup milk (3T dry milk + 1 cup water)
1/2 cup bread crumbs

Directions:

Cook egg noodles according to directions. Preheat oven to 350 degrees. In a casserole dish, mix together the cream of mushroom soup, mushrooms with liquid and the milk. Add the cooked noodles, can of drained peas and 2 cans of drained tuna. Stir slowly until thoroughly mixed together. Sprinkle the bread crumbs on top. Bake for 45 minutes.

SIDES, SALADS & SNACKS

BALSALMIC FARRO PERLATO

BLACK BEANS AND COUSCOUS

BLACK BEAN SALSA

CHICKEN SALAD

CORN CASSEROLE

DIRTY RICE

FRUIT SALAD

GRANOLA BARS – 1

GRANOLA BARS – 2

HAWAIIAN BEANS

HOMEMADE WHEAT THINS

MEXICAN MILLET

PEANUT PUZZLER SPREAD

POTATO CASSEROLE

SALMON-COUSCOUS SALAD

SHRIMP, RICE & CORN SALAD

TACO MIX

WHOLE GRAIN CRACKERS

BALSAMIC FARRO PERLATO

SUBMITTED BY ANGELA HOFFMAN

Ingredients:

3 cups lightly salted water
1 cup farro perlato (emmer wheat)
1/3 cup sun-dried tomatoes in oil, chopped
1/2 cup light balsamic dressing

Directions:

Bring water to a boil. Add 1 cup farro. Partially cover with lid and cook over medium-low heat, stirring frequently, for 25-30 minutes or until liquid is absorbed. Add remaining ingredients, stirring until all combined and heated through.

Special Notes:

You can use the dry, raisin-type sun-dried tomatoes, but you will need to add a little more dressing to compensate for the lack of moisture. I played around with the amounts until I found my favorite, but you can adjust the tomatoes and dressing to your taste. (The dressing and sun-dried tomatoes are shelf stable until opened.)

BLACK BEAN & COUSCOUS



SUBMITTED BY EMILY ROMNEY

Ingredients:

1 c. uncooked couscous
1 1/4 c. chicken broth
3 T. olive oil
3 T. lime juice (bottled)
1 tsp. balsamic vinegar
1/2 tsp. ground cumin
1/4 c. dehydrated green onions, rehydrated
1 c. dried cranberries
1 can black beans ~ rinsed optional
1 c. corn
salt & pepper to taste

Directions:

Boil chicken broth in a 2-quart pan and stir in couscous. Immediately cover and set aside, away from heat. In a large bowl whisk together the olive oil, lime juice, vinegar and cumin. Strain liquid from the green onions and add it into the mix. Add cranberries, beans, and optional corn and let sit 5 minutes. Fluff couscous well, breaking up any chunks. Add to the bowl with beans and mix well. Enjoy!

BLACK BEAN SALSA

SUBMITTED BY KRISTIN T.

Ingredients:

1 can black beans
1 can mexican tomatoes
1 can corn
cilantro (to taste)

Directions:

Drain & wash black beans, drain corn, mix together--add cilantro--according to your own taste--instant salsa.

CHICKEN SALAD

SUBMITTED BY MARILYN POTTER

Ingredients:

1 can of chicken
1 can pears
mayonnaise or Miracle Whip
salt and pepper to taste

Optional Ingredients:

raisins, dried blueberries, cranberries or other dried fruits for color and texture
pecans or walnuts
celery
lettuce (if available)
pineapple slices

Directions:

Cut chicken and pears into bite size chunks, add enough mayonnaise to moisten add salt and pepper to taste along with any other items you like for color and texture. Serve on a bed of lettuce and pineapple slice if you have it. Makes for a nice summer dish. (Servings depend upon the amount you make.)

CORN CASSEROLE

SUBMITTED BY CHRIS GREEDY

Ingredients:

1 can creamed corn
1 can corn, undrained
1 box corn bread mix
2 eggs (powdered is ok)
Optional: freeze-dried cheddar cheese, rehydrated

Directions:

Mix all items together and bake in a greased 8x8 or 9x9 pan for 40 min at 350°. Add cheese to the top for the last couple min of baking, if desired. It's super easy and really good either way.

DIRTY RICE



SUBMITTED BY SHERI VAN PATTEN

Ingredients:

2 c. of leftover cooked rice, (plain, any kind)
2 c. of leftover cooked black beans (or 1 can drained)
1 can whole kernel corn, undrained
1 can or 1 pint chopped tomatoes
2 cans or 1 quart of tomato sauce
a dash or MORE of cayenne or your favorite brand of chili sauce/salsa

Directions:

Combine all ingredients and heat. Add cayenne or chili sauce/salsa to personal preference. This dish is usually made on the spicier/hot side. Best if allowed to simmer or sit to blend flavors, but can be eaten cold if needed.

Special Notes:

While this dish fulfills being a complete protein and has additional nutrients from the corn and tomatoes and sauce, I usually serve this dish with buttered saltine crackers (can use canned butter). Plus it's fun to scoop up the rice with the crackers, too. No eating utensils needed. :)

FRUIT SALAD



SUBMITTED BY SHAUNDA BURNS

Ingredients:

3 15 oz cans fruit cocktail (undrained)
2 15 oz cans mandarin oranges (drained)
1 15 oz diced pineapple (drained)
1/2 package of vanilla or banana cream flavored dry pudding

Directions:

Mix fruit together. Sprinkle with dry pudding mix. Stir. Let sit for at least 1/2 hour before serving to allow pudding to set up and thicken the fruit mixture.

GRANOLA BARS - 1



SUBMITTED BY SADE PHILLIPS

Ingredients:

3 c. Quick Oats
1 can Sweetened, Condensed Milk
2 T. butter, Melted (can use powdered butter)
1 c. Flaked Coconut
1 c. Slice Almonds, or your choice of nut
1 c. Mini Chocolate Chips or Reese's Pieces
1/2 c. Dried Cranberries or Raisins

Directions:

Preheat oven to 350 degrees. Grease 9x13. Mix all ingredients by hand. Bake 20 to 25 minutes. Let cool for 5 min. Cut into granola bar size.

GRANOLA BARS - 2

SUBMITTED BY SHENNA

Ingredients:

1 c. oats	1 c. assorted dried fruits (blueberries, cranberries, cherries, raisins)
¼ cups slivered almonds	¼ c. creamy almond butter
¼ c. sunflower seeds	¼ c. turbinado sugar
1 tsp. flaxseeds	¼ c. honey
1 tsp. sesame seeds	½ tsp. vanilla extract
1 c. unsweetened whole-grain puffed cereal (I used Kashi Go Lean)	1/8 tsp. salt

Directions:

Preheat oven to 350°. Coat an 8" or 9" square pan with cooking spray. Spread oats, nuts and seeds on a large rimmed baking sheet. Bake about 10 minutes – shaking pan about halfway through (if you remember). Transfer to a large bowl. Add cereal and dried fruit; toss to combine. Combine rest of ingredients in a small saucepan. Over medium low heat, stir frequently until the mixture bubbles lightly, 2-5 minutes. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Using a silicone spatula, press the mixture down firmly to make an even layer. Refrigerate until firm, about 30 minutes (or whenever you get back to it). I cut mine into 16 bars – the recipe says 8.

HAWAIIAN BEANS

SUBMITTED BY CATHERINE KELLY

Ingredients:

2 1-lb Heinz vegetarian Beans in tomato sauce (Baked Beans)
1 8 oz can pineapple chunks, drained
1-2 T. light brown sugar
1 ½ tsp. mild mustard
¼ tsp salt
Dash ground cloves

Directions:

Combine ingredients in casserole dish. Bake uncovered at 190 C for 50 minutes until beans are hot. Stir occasionally.

HOMEMADE WHEAT THINS

SUBMITTED BY ESTHER R

Ingredients - Whole Wheat Roll Mix:

9 c. whole wheat flour
8 c. white flour
4 tsp. salt
1 c. powdered milk (dry)
1 c. brown sugar

Ingredients - Wheat Thins:

3 c. whole wheat roll mix
5 T. oil
1 c. water
sprinkle of salt

Directions:

combine the first 5 ingredients and keep in the fridge. for the Wheat Thins combine w.w. roll mix, oil, water and salt. preheat oven to 350. Then mix and knead for about 3 minutes or until the dough is smooth-but don't knead too long. Divide dough into 4 balls and roll out each ball until it is pretty thin. (might be easier to place the dough in the cookie sheet and roll it out that way) cut diagonal strips 2 inches apart. poke all over with a fork and make sure each cracker has holes in it. sprinkle lightly with salt and bake 10-15 minutes or until brown. cool on a wire rack and then break apart.

MEXICAN MILLET

SUBMITTED BY MEGAN S.

Ingredients:

2 T. oil
2 tsp. dehydrated garlic
1 c. millet
1/2 c. dehydrated onion
1 can green chilies
2 c. vegetable or chicken broth or bouillon
5 T. tomato paste
1/2 tsp. salt
1 tsp. ground cumin
1/2 tsp. ground coriander
1 can diced tomatoes

Directions:

Heat the oil, onions and garlic over medium heat for just a few minutes until it smells good. Add the green chilies and millet and sauté until millet is lightly golden brown. Pour in the broth (or equivalent water to bouillon mixture) and add the tomato paste, salt cumin and canned diced tomatoes. Bring the mixture to a boil, stir, and cover. Lower the heat to low and cook for 25 to 30 minutes until all the liquid is absorbed. Remove from the heat and allow to sit covered for 10 minutes before fluffing with a fork and serving. Yum!

PEANUT PUZZLER SPREAD



SUBMITTED BY CATHERINE KELLY

Ingredients:

1 c. peanut butter
3 T. toasted sesame seeds
¼ c. honey

Directions:

Mix together and spread on bread or fruit for a delicious and healthy snack.

POTATO CASSEROLE



SUBMITTED BY CATHERINE KELLY

Ingredients:

2 cans small white potatoes
1 can mushroom soup
1/2 soup can of milk (made from powdered milk)
parsley
pepper
dill weed
oregano
garlic powder
paprika

Directions:

Drain potatoes, place in baking dish. Sprinkle generously with parsley. Season with salt, pepper, pinch of dill, and 2 pinches of oregano. Mix soup and milk and add 1/8 tsp garlic powder. Pour over potatoes. Sprinkle with paprika. Bake at 180° C for 45 minutes.

Special Notes:

If you are using condensed mushroom soup, use 1 soup can of milk instead.

SALMON-COUSCOUS SALAD



SUBMITTED BY APRIL

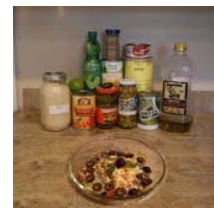
Ingredients:

10 ounces couscous
2 cans salmon (14 oz)
1 can asparagus
5 sun-dried tomatoes, diced
2 packets True Lemon crystals
1 T. water
¼ tsp. salt
1 T. dried parsley
pepper to taste
6 T. olive oil
3 T. vinegar
1 T. mustard

Directions:

Soak the couscous and parsley in room-temperature water. Meanwhile, mix the salmon with the rest of the ingredients. Combine the oil, vinegar and mustard to make a dressing. Fluff the couscous, mix with the salmon, and top with the dressing.

SHRIMP, RICE & CORN SALAD



SUBMITTED BY TINA R.

Ingredients:

1 c. of cooked white long grain rice	1 can corn
1/2 c. olive oil	1/2 c. rehydrated green pepper
4 - 6 T. lime juice	1/2 c. green olives, sliced
1 tsp. cumin	1 can tomatoes
Salt and pepper to taste	1 can shrimp
1 jalapeño pepper seeded and minced (or can of green chilies)	1/2 cup chopped cilantro (or dried)
	1/2 cup black olives, sliced

Directions:

In a large bowl, mix together olive oil, lime juice, cumin, and jalapeño pepper. Add cooked rice with rest of ingredients. Add salt and pepper to taste. Mix well and serve. You can also replace corn and green pepper with 1 can of Mexicorn.

TACO MIX



SUBMITTED BY GWEN PARKIN

Ingredients:

16 oz can crushed tomatoes, undrained
16 oz can corn, drained
16 oz can black beans
16 oz can kidney beans
2 cups brown instant rice
1 packet tacos seasoning mix
2 cups water

Directions:

Simply mix everything together in a large stock pot and bring to a boil. Reduce heat to medium and cook for 10 minutes. Let it sit for 5 minutes before serving.

Serving Options:

1) Serve on taco shells with your favorite toppings. 2) Serve with corn chips as an un-layered dip. 3) Add extra tomato sauce, tomato juice, or V8 to make it a soup. Serve with broken chips, top with cheese, sour cream, etc or without other toppings. 4) Eat it just by itself like a casserole. My husband's favorite way.

WHOLE GRAIN CRACKERS

SUBMITTED BY NANCY BREWER

Ingredients:

3 cups oatmeal
2 cups all-purpose flour
1 cup wheat germ
3 tablespoons sugar
1 teaspoon salt
3/4 cup oil
1 cup water
optional: sesame or poppy seeds

Directions:

Preheat oven to 350 degrees. Using a food processor, mix the dry ingredients together. Add the oil and water. (The dough will be very stiff.) Divide the dough in half. Using a rolling pin, roll the dough very thin and evenly on two cookie sheets. If you are using cookie sheets with rims, use the bottom side to roll out the dough. Sprinkle with salt and seeds (if using) and roll again to press into the crackers. Using a pizza cutter or a sharp knife, cut into small squares (think Wheat Thins). Bake about 20 minutes. Watch for the crackers on the outside of the cookie sheets to brown quicker than the ones in the center. Remove crackers as they are nicely brown and crisp, returning the sheet to the oven with the rest to finish browning.

Special Notes:

These crackers taste somewhat like Wheat Thins, but if you use sesame seeds they taste like sesame sticks. You can also vary the flavors by adding onion or garlic powder. Because I have an Atlas pasta machine, I use it to roll the crackers very thin instead of a rolling pin.



COOKIES

ANDES MINT COOKIES
BUTTER COOKIES
CHOCOLATE CHIP COOKIES
PEANUT BUTTER BALLS
PEANUT BUTTER COOKIES
PUMPKIN COOKIES

ANDES MINT COOKIES "SHELF STABLE STYLE"



SUBMITTED BY JODI MOORE

Ingredients:

1/2 c. + 1/2 T. butter powder
3/4 c. dark brown sugar
1/2 c. white sugar
1 tsp. baking soda
1 tsp. baking powder
2 T. powdered eggs
4 T. water (for the eggs)
1/4 c. water (because it seemed too dry)
2 tsp. vanilla
1 package Andes
2 2/3 c. sifted all-purpose flour

Directions:

Blend it all in in order listed. Chill in fridge for an hour. Roll into balls and flatten slightly and put on cookie sheets. Bake for 8-10 minutes at 350°.

BUTTER COOKIES

SUBMITTED BY SHAWNA REDMANN

Ingredients:

1 c. butter (use powdered butter equivalent)
1/2 c. sugar
2 c. flour
1 tsp. vanilla

Directions:

Heat oven to 400° and get cookie cutters out. Put all ingredients in the bowl and mix. I know it looks like it wont work but it will just watch. Once you have a ball of dough, refrigerate for 1 hour. Then take dough out and roll. Cut as many cookies as possible and put on a cookie sheet. Decorate with sprinkles if you want. Cook for 7 min. at 400°. If you want you can make an icing using powder sugar, milk and vanilla and spread over cookies.

CHOCOLATE CHIP COOKIES

SUBMITTED BY SADE PHILLIPS

Ingredients:

1 c. Shortening, butter flavored
3/4 c. White Sugar
1 c. Brown Sugar
2 Eggs (2 T. dehydrated eggs + 1/4C. Water)
1 tsp. Vanilla
3 c. Flour
3/4 tsp. Salt
3/4 tsp. Baking Soda
1 (12 oz.) Bag Chocolate Chips

Directions:

Cream together butter, sugars, eggs, and vanilla. In a separate bowl sift together flour, salt, and baking soda. Add to creamed mixture and beat well. Stir in chocolate chips. Drop onto greased cookie sheet by heaping tablespoons. Bake at 350° for 8-10 minutes until lightly browned.

PEANUT BUTTER BALLS

SUBMITTED BY SHAUNDA BURNS

Ingredients:

1 c. honey
1 c. powdered milk
1 c. peanut butter

Directions:

Mix together and shape into balls. Makes about 36 1" balls. You can also shape into different shapes such as letters, numbers, or animals.

PEANUT BUTTER COOKIES

SUBMITTED BY MELISSA DURAN

Ingredients:

- 1 c. smooth peanut butter
- ½ c. brown sugar
- 1 egg (use powdered egg equivalent)
- 1 tsp. baking soda

Directions:

Preheat oven to 325°. Beat ingredients in a bowl with wooden spoon or with beaters. Break into 12 pieces. Roll into balls, then press down with a fork making a crisscross pattern. Bake for 8 minutes. Makes 1 dozen.

PUMPKIN COOKIES



SUBMITTED BY RITA ROBERTSON

Ingredients:

- 1/2 c. butter (8 T. butter powder mixed with 2 tsp. warm water)
- 1 c. brown sugar
- 1/4 c. white sugar
- 2 eggs (2 T. egg powder + 4 T. water)
- 1 c. mashed cooked pumpkin
- 1 tsp. lemon extract
- 1 c. nuts
- 1/2 c. chocolate chips

Sift together:

- 2 c. flour
- 2 tsp. cinnamon
- 1/2 tsp. salt
- 1/2 tsp. cloves
- 1/2 tsp. nutmeg
- 1/2 tsp. ginger
- 1 tsp. soda
- 8 T. butter powder
- 2 T. egg powder

Directions:

Mix together sugars and water to reconstitute the butter and egg with the pumpkin. Add dry ingredients, including the butter and egg powders. Blend in extract, chocolate chips and nuts. Drop by spoonful on a greased cookie sheet. Bake at 400° F for ten to twelve minutes.



CAKES

APRICOT OATMEAL BARS

CHOCOLATE CAKE

CHOCOLATE COVERED CHERRIES DELIGHT

CRAZY CAKE

CRAZY CAKE WITH BUTTERCREME ICING

DEATH BY CHOCOLATE

PINEAPPLE ANGEL FOOD CAKE

APRICOT OATMEAL BARS



SUBMITTED BY TINA R.

Ingredients:

- 1 pkg. yellow or white cake mix
- 2 ½ c. quick cooking oats
- ¾ c. butter or butter crisco, melted (or use powdered butter)
- 1 - 12 oz jar apricot preserves
- 1 T. water

Directions:

Preheat oven to 375° F. Grease 9 x 13 inch pan. In a separate bowl, combine cake mix and oats. Add melted butter or butter Crisco and mix until crumbly. Press ½ of the mixture into the bottom of the greased pan to form crust. In a separate bowl mix preserves and water; spread evenly over crumb mixture in pan. Sprinkle remaining crumb mixture on top; bake 18 – 23 minutes until hot and light brown. Cool, cut into bars and store in an airtight container.

CHOCOLATE CAKE



SUBMITTED BY JESSICA BEHREND

Dry ingredients

- 3 c. sifted flour
- 2 c. sugar
- 2 tsp. baking soda
- 1 tsp. salt
- 1/3 c. dark chocolate cocoa powder

Wet ingredients:

- 2 tsp. white vinegar
- 2 tsp. vanilla
- ¾ c. canola oil
- 2 c. water

Directions:

Pre-heat oven to 350 degrees. Put all dry ingredients into a large bowl and sift together. Mix all the wet into one bowl then add to dry ingredients. This is a really wet batter and there may be a few lumps. Pour into a 13 x 9 ungreased pan. Bake for approximately 40 minutes at 350°. Reduce oven temperature to 325 degrees and increase cook time to 45 minutes for a glass pan.

Frosting: Set aside 1 cup chocolate chips and 2 handfuls of marshmallows. In a sauce pan add: 1 cup sugar, ¼ cup butter, ¼ cup milk. Stir occasionally on a medium heat just until it comes to a boil. Remove from burner. Stir in 1 cup chocolate chips and 2 handfuls of marshmallows until melted. Frost cake.

CHOCOLATE COVERED CHERRIES DELIGHT

SUBMITTED BY SHERYL SOENDLIN

Ingredients:

- 1 chocolate cake mix (cheap non-pudding works best)
- 2 cans of cherry pie filling
- Water
- Prepared powdered eggs (amt.depends on cake mix)
- Buttered flavored Crisco

Directions:

First line your #12 Dutch Oven in foil. Next empty out both cans of cherries in the bottom of the oven and add a half can of water and some dots of crisco/butter. Mix the cake as directed on the box and pour over the top of the pie filing. Bake for 20-30 minutes. It is finished when the top is no longer wet looking.

CRAZY CAKE



SUBMITTED BY LYNNE TOLMAN, NANCY HOKANSON,
AND LISA GLENN

Ingredients

- 1/3 c. baking cocoa
- 2 tsp. baking soda
- 2 c. sugar
- 3 c. flour
- 1 tsp. salt
- ¾ c. oil (or ¼ c. pureed beans)
- 2 tsp. vanilla
- 2 T. vinegar
- 2 c. cold water

Directions:

In a large, ungreased dripper cake pan (9 x 13) set a large sifter. Into the sifter place the cocoa, baking soda, sugar, flour and salt and sift. Mix until uniform in color. Make 2 'wells' in the dry ingredients. Place the oil in one, and the vanilla in the other. Set aside. Pour the vinegar into the cold water and stir to mix. Pour the water/vinegar mixture over all. Stir with a fork BUT DO NOT BEAT. When all the mixture is wet and there are no 'pockets' of dry mixture or oil, even in the bottom corners, it is ready to bake, even though the cake mix will be lumpy. Bake at 375° for 45 minutes-1 hour or until toothpick inserted in the center comes out clean. Cool, frost and serve. Note: The cake goes well with no frosting, but you can add a dollop of whipped topping on each serving.

CRAZY CAKE WITH BUTTERCREME ICING

SUBMITTED BY WENDI MUNOZ

Cake Ingredients:

3 c. flour
2 c. sugar
1 tsp. salt
6 T. cocoa
2 tsp. baking soda
3/4 c. oil
2 T. vinegar
2 tsp. vanilla
2 c. cold water

Icing Ingredients:

1 c. butter
1 c. sugar
1 c. milk
6 heaping T. flour
1 tsp. vanilla
1 1/2 T. cocoa (for chocolate frosting)

Directions:

For cake: Mix all cake ingredients together until well mixed. Pour into a greased pan and bake at 350° for 45 minutes.

For icing: Cook milk and flour until very thick (you wont be able to stir). Let cool completely. Cream butter, sugar, and cocoa (if using) until creamy, add milk and flour mixture, beat until thick and creamy (may take 5 minutes).

DEATH BY CHOCOLATE

SUBMITTED BY TAMMY W.

Ingredients:

Brownie mix + ingredients it calls for: *oil, powered eggs, water*
2 boxes of shelf stable whipping cream (Spif-E Whip)
2 small boxes of white chocolate or vanilla instant pudding mix
3 regular size skor candy bars, chopped
2 cups of either shelf stable milk or powdered milk equivalent

Directions:

Make and bake brownies as recommended on your box of brownies. Set aside. Mix together everything else and let it sit for about 5 minutes so the flavors can blend well. Layer brownie squares on bottom of a serving dish, then layer the filling, next more brownies, then with filling, etc. (The other option is just to take a huge dallop and plopp it on your brownie.) Optional: sprinkle with hydrated berries or drizzle melted chocolate chips. WARNING: This is so easy to make and oh, so delicious! A little bit will go a long way! This is super sweet & super delicious!

PINEAPPLE ANGEL FOOD CAKE



SUBMITTED BY RALENE C.

Ingredients

1 box Angel food cake mix
1 20 oz can crushed pineapple

Directions:

Preheat oven to 350 degrees. Spray 13x9 pan with Pam. Pour can of pineapple in pan; do not drain. Dump cake mix on top of pineapple and stir around with a spoon until moistened. Bake for 30 minutes.

Special Notes:

Only two ingredients that you usually have around the house. No bowls to clean up. Great to serve to unexpected guests. Top with cool whip (Spiff-E-Whip) if desired.



DESSERTS

BEST RICE KRISPIE SQUARES
DEATH BY CHOCOLATE
DUTCH OVEN BISQUICK COBBLER
MOCK FROSTIES
MOLASSES SQUARES
O' HENRY BARS
PEACH COBBLER
SNOW ICE CREAM
VINEGAR PIE

BEST RICE KRISPIE SQUARES



SUBMITTED BY GRANDMA LORI

Ingredients:

- 1/2 c. white sugar
- 1 c. corn syrup (karo light)
- 3/4 c. peanut butter
- 2 c. Rice Krispies
- 4 c. Corn Flakes

Directions:

Use a large pot and stir together first three ingredients until melted & smooth. Then stir in the cereal. Spread in a 9x13 pan. EAT!

DUTCH OVEN BISQUICK COBBLER



SUBMITTED BY CHRIS SNYDER

Ingredients

- 2 T. butter (use powdered butter or butter flavored Crisco)
- 1 c. bisquick
- 1/2 c. sugar
- 1/2 c. powdered milk
- 1/2 c. water
- 1 pint canned fruit
- 8" or 10 " Dutch Oven
- 16 or 21 charcoal briquettes

Directions:

Heat 16 or 21 briquettes, depending on Dutch oven size. Melt butter in Dutch oven. Mix bisquick sugar milk powder and water in a bowl. Pour over melted butter. Pour canned fruit over bisquick mixture. Cover with Dutch oven lid. Set over 5 or 7 hot charcoal briquettes. Put 11 or 14 hot briquettes on the lid. Let cook for 20 - 30 minutes.

MOCK FROSTIES

SUBMITTED BY JEANNA CATENA

Ingredients:

- 2 cups Ice Water (I use a 2 cup measure w/ice to the 2 cup mark, fill with water to the 2 cup mark)
- 1 1/2 cups Non-fat Dry Milk powder
- 2/3 cup Sugar
- 1/4 cup unsweetened Cocoa
- 1 tsp Vanilla
- 2-4 cups Ice Cubes (Usually I use about 3 cups ice cubes, measured in the same 2 cup measure as the ice water)
- 2 Tbsp. Corn Oil (I use whatever oil (not olive oil) that I have on hand)
- 5 second spray of non-stick cooking spray (for emulsification purposes)

Directions:

Place all of the ingredients in the blender, (using your judgement as to placement...my blender does best with the ice on the bottom). Use more or less water for thicker or thinner shakes, remember...you can always add more, but you can't take it back out. Put on the lid and process on highest speed for a full 2 minutes. Pour into cups and serve.

I like to 'taste test' this as I go along. :) Sometimes I add more sugar &/or cocoa, but usually it's great as is...

MOLASSES SQUARES

SUBMITTED BY GABY LAROSE

Ingredients:

- 2 c. of whole wheat flour
- 1 c. of oatmeal
- 2/3 c. of oil
- 1 c. of molasses
- Vanilla and Salt (to taste)

Directions:

Mix ingredients, cook in a 9x9 pan at 325 for 20 minutes. Cut in squares and eat after it's been cooled.

O' HENRY BARS



SUBMITTED BY EMILY RAYBURN

Ingredients:

- 1 c. sugar
- 1 c. karo syrup
- 1 1/4 c. peanut butter
- 6 c. cereal (Corn flakes, rice krispies, special k)
- 3/4 c. Chocolate chips

Directions:

Heat sugar and syrup together until the sugar is dissolved. Add peanut butter and stir until well blended. Remove from heat and add cereal. Stir until well blended. Press firmly into lightly greased 9 X 13 X 2 pan. Melt 3/4 cup chocolate chips and spread over cookies. Cool completely and cut into squares.

PEACH COBBLER

SUBMITTED BY LISA GLENN

Ingredients:

- 1 c. flour (white or wheat)
- 1 c. sugar
- 1 c. milk (reconstituted powdered)
- 3 tsp. baking powder
- 1 quart of peaches
- 1/2 c. butter (reconstituted powdered), melted

Directions:

Place melted butter in 9 x 9 pan. Make batter with first four ingredients. Pour over butter in pan, don't stir. Spoon peaches over all, don't stir. You can drizzle some of the peach juice in, as well. Bake at 375° for 25-25 minutes.

SNOW ICE CREAM



SUBMITTED BY JEANNA CATENA

Ingredients

- 1 - 12 oz. can Evaporated Milk (you can use regular milk or half & half)
- 1/2 c. Sugar
- 1/2 tsp. Vanilla
- 12 c. Clean White Snow (I don't measure it so I can't say exactly)

Directions:

Stir the milk, sugar and vanilla in a large bowl, until the sugar dissolves. Taste it and add more sugar or vanilla, if needed, to your taste. Collect some clean, white snow. We use a Large Roasting Pan to be sure to have enough. Stir the snow, a little at a time, into the milk mixture until frozen and a consistency you will enjoy. This recipe will make four large servings.

Leftovers do not freeze well. I store leftovers by letting them melt, then storing the 'liquid' in the fridge for 1-2 days. Leftovers can be used again by repeating the process starting at tasting it and adding anything needed to bring it to your taste then add snow to freeze it.

VINEGAR PIE

SUBMITTED BY JUDI B.

Ingredients:

- 1/2 c. Apple Cider Vinegar
 - 2 c. sugar
 - 2 c. water
 - 8 T. powdered butter dash of cinnamon
- Basic recipe from "add water only" biscuit mix.

Directions:

Make the biscuit dough according to package directions and roll out thin to make dumplings. Bring the vinegar, sugar, water, butter, and cinnamon to a boil and add dumplings saving a few for the top. Pour into a cake pan, and cover with remaining dumplings to make a design. Sprinkle with more cinnamon and sugar. Bake at 350° 20 to 30 minutes until brown.

Special Notes:

You absolutely HAVE to try this. This is a recipe that has been in our family since the horse and buggy days. It was actually invented during the great depression when people had very little, and taste divine! You would never know it was a dessert made out of so little. Especially good with ice cream. It really does taste just like cobbler!



MISCELLANEOUS

HOMEMADE HOT COCOA
"MAPLE SYRUP"
PEANUT BUTTER DOG TREATS
SPICED TEA

HOMEMADE HOT COCOA

SUBMITTED BY FRANKIE M.

Ingredients:

1/2 c. dutch cocoa powder
1 c. granulated sugar
1 c. water
8 c. milk (reconstituted from powdered)
a bit of vanilla, if desired

Directions:

Combine cocoa, sugar, and water in a small saucepan. Heat it on low heat, stirring to prevent the paste from sticking to the pan. After about 1 to 2 minutes, add milk and vanilla. Mix it all together and heat until it reaches your preferred temperature. If serving cold, mix as directed, but do not heat after adding milk and optional vanilla. Simply transfer to icebox or refrigerator and chill. Stir well again before serving.

"MAPLE SYRUP"

SUBMITTED BY RONNA S.

Ingredients:

2 c. sugar
1 c. water
2 T. light Karo syrup
1/2 tsp. maple flavoring

Directions:

Place sugar and water in saucepan over medium heat. Bring to a boil. Add Karo and let boil for 1 minute. Remove from heat. Add maple flavoring and serve with pancakes, french toast, or what ever. This syrup is also good over baked winter squash.

PEANUT BUTTER DOG TREATS



SUBMITTED BY CAROLE WYATT

Ingredients:

2 eggs (use powdered egg equivalent)
2 T. water
3 T. vegetable oil
1/4 c. honey
1/4 c. peanut butter (no salt is better for pups)
2 c. flour (wheat is better white will work)
1 1/2 tsp. baking powder

Directions:

Mix wet 1st, then add flour and baking powder, knead together. Divide dough in half and "mush" into two 9 x 13" pans. Score with knife and bake for 10-12 minutes at 350° F or just until brown. Allow to cool. You can also roll these out and cut as "sugar-free cookies" (I have diabetic friends that enjoy these!)

SPICED TEA

SUBMITTED BY JUDI B.

Ingredients:

1/2 c. unsweetened lemon flavored dry instant iced tea
1/4 c. sugar
1/4 c orange flavored instant breakfast drink
1/4 tsp. ground cinnamon
1/4 tsp. ground cloves
1/8 tsp. ground ginger

Directions:

Mix everything together and store in an airtight container at room temperature up to one week. 1 T. per 1 Cup boiling water. YUMMY! Makes a great gift for fall!

POWERLESS COOKING

There are a variety of appliances, or tools you can use to cook food without power. Here are a few examples of ways you can cook food without power. Make sure to check out the cooking fuels section.



SUN OVENS: Sun Ovens use the sun as an energy source and can be used to cook anything you cook in your regular oven. They can be used in parks that ban open flame cooking. There is never any danger of fire or of burning food or forests.



VOLCANO: The Volcano Collapsible Propane Grill is a very versatile and efficient Stove/Grill. The stove works with propane, wood and charcoal. Collapses down to 5" for easy storage, and you can use multiple cooking methods such as grills, pans, dutch ovens with the Volcano.



CAMP STOVES: The number of camp stoves on the market are endless. You can get small single burner stoves, to fancy camp stoves that compete with stoves found in homes. When purchasing a camp stove, make sure you take storage space into consideration.



BBQ GRILLS: You may not have thought of using your BBQ in case of emergencies, however it is a legitimate way to cook without power. You may consider thinking of recipes, and dishes you can use in your BBQ you already own.



DUTCH OVEN: A Dutch Oven is a thick-walled (usually cast iron) cooking pot with a tight-fitting lid. Dutch ovens have been used as cooking vessels for hundreds of years. Dutch Ovens are great for cooking a variety of meals.



GENERATORS: Generators are available in a wide range of power ratings. Depending on the type, generators may run off a variety of fuel. While generators are not a cooking apparatus, they can provide power for stoves, electric pressure cookers, or crock pots. Generators must be run outside, so make sure you have plenty of extension cords.



CAMPFIRE: When all else fails, if you have wood and matches, in THEORY, you should be able to build and cook over a fire pit or in a fireplace. If this is your plan, make sure you at least have pots, pans, and utensils to cook over a fire.

To get the lowest prices on the cooking appliances we use, recommend, and love visit <http://FoodStorageMadeEasy.NET> and browse the "SHOP ONLINE" section.

COOKING FUELS

There are a variety of fuels you can use to cook food without power. Here are a few examples of different fuels you can store. Make sure to check out the powerless cooking section.

Wood

Raw, dry wood is a very good source of fuel although it often becomes wet and unusable in a disaster. Also good for heating so it's a valuable fuel to store, even though it takes up a lot of space.

Indoor cooking: Wood-burning stove or open fireplace (make sure they are properly vented to outside)

Outdoor cooking: Open fire or Volcano Grill

Storage limitations: In rural areas wood may be readily available at a relatively low cost but local permits may be necessary. In some areas wood may not be as available and storage areas are limited.

Shelf life: Virtually unlimited as long as kept dry and covered.

Propane/Butane

Available in several sizes ranging from 1 pound to very large containers and is a good source for both heat and cooking.

Indoor cooking: When using propane to cook indoors you can ONLY use a natural gas stove that has been adapted for propane use. Without proper alterations it is extremely dangerous to use inside.

Outdoor cooking: Barbecue grill or Volcano Grill

Storage limitations: NEVER store propane indoors, or even in a garage or storage shed. It should be stored in a location that gets little to no direct sunlight. Limitations on amounts you are allowed to store generally apply due to its explosive nature. Check with your local fire department for specific storage restrictions in your area.

Shelf life: Most containers have a "use by date", they need to be recertified 12 years from that date and every 10 years after that.

Kerosene/Heating oil

As with propane, a variety of storage tanks are used. Kerosene and Heating oil are good sources of heat for heating your shelter but generally not ideal for cooking.

Indoor cooking: A kerosene cooker-heater can be used for "one-pot cooking"

Outdoor cooking: Not applicable

Storage limitations: Store kerosene out of sunlight. If legal in your area, it can safely be stored in a garage or shed, but NEVER in your basement. Limitations on amounts you are allowed to store may apply in your area. Check with your local fire department for specifics.

Shelf life: Ideal shelf life is 1 year. High quality kerosene stored properly in a well sealed container MAY last up to 3 years.

Coal/Charcoal

Coal can be good source of heat and charcoal is great for outdoor cooking. Both are fairly easy to store without safety concerns.

Indoor cooking: A coal-burning stove can be used for “one-pot cooking” with proper ventilation. Charcoal should NOT be used indoors.

Outdoor cooking: Charcoal can be used for dutch oven cooking, in a barbecue grill, or in a Volcano Grill,

Storage limitations: Large amounts are needed but it is easy to calculate how much you need to store. Must be kept dry.

Shelf life: Charcoal and coal can be stored indefinitely in dry locations indoors or outdoors.

Insta-Fire

Insta-Fire is a safe, simple, and versatile new fire starting product. You can use it to light campfires, prepare charcoal briquettes, or as a safe and reliable fuel source for cooking or heating in emergency situations.

Indoor cooking: Insta-fire can be used in a wood-burning stove or open fireplace. The key is just to have proper ventilation.

Outdoor cooking: Works fantastic by itself in a Volcano Grill, can also be used in a #10 can stove, open fire pit, or directly on the ground (even in snow!)

Storage limitations: None. May be stored indoors, next to food, in basements or attics, or outdoors.

Shelf life: 30 year shelf life.

PLEASE NOTE: There are many many safety concerns with the proper storage and usage of cooking fuels. We provided this information as a general overview but recommend you look into other sources for more detailed information.

To get the lowest prices on the Insta-Fire Cooking Fuel visit
<http://FoodStorageMadeEasy.NET> and browse the “SHOP ONLINE” section.

STORING WATER

When planning and preparing for a powerless situation, you need to make sure you store water for cooking. Remember, you need to take into consideration the amount of water you store if you are storing foods that require rehydration, or reconstitution. Here is just a little more information on storing water:

Key Points

- Most sources recommend 1 gallon of water per person, PER day, for 3-14 days. Make sure to consider storing enough for pets as well.
- Store water in "FOOD GRADE" or PETE plastic containers (stay away from milk jugs, but soda bottles are suitable).
- Water storage boxes are another good option. Water is placed into mylar bags and then inserted into stackable cardboard boxes.
- Store water away from too much light or heat.
- Clean, sanitize, and rinse all containers prior to use.
- Do not use containers previously used to store non-food products.
- Store water in multiple sizes of containers to suit different emergency needs.
- Do not store water containers directly on concrete. Place on cardboard, wood pallets, or other materials.
- Non-chlorinated water (**most municipal water is chlorinated**) should be treated with unscented liquid household chlorine bleach (5 to 6% sodium hypochlorite). See the chart below for appropriate amount to add to water.
- Boiling is the safest way to clean water, however you can also use household liquid bleach to kill microorganisms.
- Rotate your water storage at least once every year.

Diagrams/Charts

Amount of Water	Amount of bleach to add to clear water	Amount of bleach to add to cloudy water
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	½ teaspoon	1 teaspoon

Source: Food Storage 101 by Peggy Layton