RECIPE APPINION

FAVORITE FOOD STORAGE RECIPES



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-Jodi and Julie

FOOD STORAGE RECIPE APPENDIX

Welcome to the Food Storage Made Easy Recipe Appendix. This appendix includes recipes featured in our Food Storage Made Easy BabySteps Checklists. These recipes will help you try a wide variety of food storage foods. We also give you tips for converting your own recipes to food storage, and teach you some new food storage concepts. Sometimes using food storage foods can take a little practice, so if at first you don't succeed, try again.

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Food Storage Substitutions

When learning to use your food storage, one of the best things to do is learn how to convert your own family recipes into "food storage recipes". That way when an emergency situation arises you can have confidence that you can cook meals that your family will like and that you have all of the ingredients for.

GENERAL RECOMMENDATIONS:

We recommend swapping out only one ingredient at a time in a recipe so that if it doesn't work out or your family complains about it, you can isolate that ingredient as the problem

Don't be afraid to tweak measurements to get the consistency you want. Many recipes need the sour cream or butter to be thicker so you would want to use less water. It takes some trial and error to get it right for your specific recipes.

Any of the recipes in our appendix that call for substitutions are ones that we have tried and know work for OUR families. So you can feel confident in using them. Here are a few tips and tricks for substituting food storage items in for regular ingredients:

Grains: In general if a recipe calls for 1 cup of a grain, you can plan to use about % of the grain to get the 1 cup. It's best to try half and half rather than sub 100% whole wheat right away.

Legumes: When grinding legumes expect a similar ratio to grains. Make sure you cook dry beans at least 3 minutes for safety reasons if using as a soup or thickener.

Powders: When substituting powdered ingredients into your recipes, it works best to add the powder in with the dry ingredients, and the liquid in with the wet ingredients. No need to reconstitute them first.

Freeze-Dried Fruits and Veggies: If you are cooking something with a lot of liquid you can just stick the freeze-dried items in without reconstituting first. If using as a topping or in a salad, follow reconstitution recommendations on the can.

Freeze-Dried Meats: If your recipe calls for the meat to be browned first, you can brown the freeze-dried meat without reconstituting. Just stick it in the pan with butter/oil for a few minutes. Then add water to the pan and reconstitute. This will give it the browned flavor as though it were fresh meat or chicken browned.

Freeze-Dried Cheese: You can either reconstitute it by spraying with water until it isn't crunchy any more, or you can soak in a small amount of water and then let sit overnight. The overnight method results in a product more similar to fresh cheese, but the spray method is faster!

Food Storage Equivalents Chart

Gr	ains
1 cup wheat kernels	1 ½ cups whole wheat flour
1 cup flour	~ 3/4 cup wheat kernels
1 cup popcorn kernels	1 ½ cups cornmeal
1 cup cornmeal	~ ³ / ₄ cup popcorn kernels
Legumes	
4 T. dried white beans	5 T. white bean flour
15 oz can of beans	½ cup dry beans
	1 ½ cups cooked beans
1 lb of dry beans	2 cups dry beans
	6 cups cooked beans
<u>Vegetables</u>	
1 small onion	1/4 cup dehydrated onion or
	½ cup freeze-dried onion
3 stalks celery	½ cup freeze-dried celery
1 bell pepper	½ cup dehydrated peppers
	1 cup freeze- dried peppers
1 cup chopped vegetables	1/3 cup dehydrated vegetables
	1 cup freeze-dried vegetables
Fruits	
1 apple	1 cup freeze-dried apples
1 banana	1 cup freeze-dried bananas
1 cup berries (raspberry, strawberry, etc.)	1 cup freeze-dried berries
1 peach	1 cup freeze-dried peaches
1 cup pineapple	1 cup freeze-dried pineapple
Meats	
1 lb chicken or meat	1 ½ c. freeze-dried chicken or meat
	1 pt home-canned chicken or meat
	eese
1 cup cheese	1 cup freeze-dried cheese, must
reconstitute first for melting	
1 our mile	2. The produce of maille 1. 1. a. wester
1 cup milk	3 T. powdered milk + 1 c. water
14 oz can sweetened condensed milk	½ c. hot water, 1 c. powdered milk, 1 c.
10 oz can ovaporatod milk	sugar, 1 T. butter – Blend very well
12 oz can evaporated milk	1 ½ c. water, ½ c. + 1 T. powdered milk – Blend very well
1 cup buttermilk	1 T. lemon juice or white vinegar, 3 T.
	powdered milk, 1 c. water – Let sit 5 mins
Other	
1 egg	1 T. powdered egg + 2 T. water
1 cup sour cream	1 c. sour cream powder + 1 c. water
1 cup butter	1 c. butter powder + 1 c. water
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12 Bean Soup

Ingredients:

2 c. 12-bean soup mix*

1 ham bone (optional)

4 T. BBQ sauce

1 chopped onion (can use food storage substitution, see chart)

1 T. sugar

1 small clove garlic

3 stalks celery, diced (can use food storage substitution, see chart)

1/4 tsp. lemon pepper

2 carrots, diced (can use food storage substitution, see chart)

2 T. ketchup

28 oz. can whole tomatoes

1/4 tsp. salt and ginger

1 pinch red pepper flakes

*You can buy this as a mix or make your own with legumes in your food storage

Directions:

Wash 2 cups of bean mix. Soak in a large pot overnight. Drain. Add 8 cups water, ham bone, 1 tsp. salt, and $\frac{1}{4}$ tsp. ginger. Bring to a boil and cook until beans are tender (about 1 hour). Add remaining ingredients. Bring to a boil. Simmer 2 $\frac{1}{2}$ to 3 hours. Stir and add water as needed. For more zest, double all spices.

Baked Oatmeal

Ingredients:

2 c. auick oats

½ c. brown sugar

1/3 c. raisins

1 T. chopped pecans

1 tsp. baking powder

1 ½ c. skim milk (can use food storage substitution, see chart)

½ c. applesauce

2 T. butter, melted

1 large egg, beaten (can use food storage substitution, see chart)

Directions:

Preheat the oven to 375 degrees. 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.

Basic Meatball Recipe

Ingredients:

1 lb ground beef

⅓ c. milk

½ c. fine dry bread crumbs

1/4 c. dehydrated onion

1 egg

1 tsp. salt

Directions:

Mix all ingredients together. Shape into meatballs (it's easiest with a melon or ice cream scoop) and put on a rack with a pan underneath. Cover the pan with tinfoil to save on clean-up time. Bake at 425 for about 15 minutes. This recipe freezes well.

Beach Street Lemon Chicken Linguine

Ingredients:

1 lb linguine (or fettuccine)

2 T. olive oil

Zest from one lemon

Juice from one lemon

½ c. chopped green onion (can use food storage substitution, see chart)

1/4 c. chopped fresh parsley (can use food storage substitution, see chart)

Salt and freshly ground pepper

Parmesan cheese

Marinade:

½ c. olive oil

2 cloves garlic, whole

2 T. cajun seasoning

2 T. lemon juice

2 T. minced parsley (can use food storage substitution, see chart)

1 T. brown sugar

2 T. soy sauce

2 chicken breasts, sliced (can use food storage substitution, see chart)

Directions:

Combine the marinade ingredients in a Ziploc bag. Add sliced chicken. Refrigerate 1-12 hours. Cook marinated chicken with the marinade sauce in a large saute pan. Cook linguini in boiling water. Drain noodles. Combine juice of one lemon, zest, olive oil, green onions, and fresh parsley together to the noodles. Add in chicken and salt and pepper. Toss in parmesan cheese to taste and serve warm. *Recipe from Deals to Meals

Best Rice Krispie Squares

Ingredients:

½ c. white sugar

1 c. corn syrup

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. Do not overcook. Once you have a nice mixture, still in the cereal. You will want your pot to be big enough. Spread in a 9×13 pan.

Best Whole Wheat Bread Recipe

Ingredients:

7 c. whole wheat flour (fresh ground is best) 3 c. vital wheat gluten 2 ½ T. instant yeast 5 c. bot water (120, 130, F)

5 c. hot water (120-130 F)

2 T. salt
3 c. oil
3 c. honey
2 ½ T. bottled lemon juice
5 c. whole wheat flour

Directions:

Mix together the first three ingredients in your mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes (this is called sponging). Add salt, oil, honey, and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from the sides of the bowl. This makes very soft dough. Spray counter with Pam and take dough out of the bowl. Do NOT flour your counter, this will add dryness you don't want in the bread. You basically want your dough to feel a "little" sticky. Separate dough. Form into loaves and place in bread pans. Let rise until double in size. Bake at 350 for 22-30 mins or until browned. Makes 6 small to medium loaves. *Recipe from Deals to Meals.

Blackberry Pie

Pie Crust:

2 c. flour

1 T. salt

3/4 c. butter flavored shortening

1 T. egg powder

3/4 c. cold water

Blackberry Filling:

5-6 c. freeze-dried blackberries, rehydrated and drained

1 T. lemon juice

3/4 c. white sugar

3 T. corn starch

1/4 tsp. cinnamon

Instructions:

Combine flour and salt. Cut in the shortening until the mixture is crumbly. Combine the egg powder and water. Add to the flour mix and stir until dough is formed. This makes a very soft, sticky dough. Split into two pieces. Refrigerate for an hour for easier rolling. Roll out half the dough on a floured surface and place into a 9" pie crust. Put back in fridge while you prepared the filling. For the filling, after the blackberries are hydrated and drained, mix with lemon juice. Combine the other ingredients in a bowl and pour in the blackberries. Mix it all around and pour into the pie shell. Roll out the other half of the dough and cut it into 1 inch slices. Lay in a criss-cross pattern. Mix up a tiny bit of powdered milk with about twice the amount of powder as it normally calls for. Brush over top of the crust and then sprinkle with white sugar. Cover the edges with tinfoil and bake at 425 for about 30 minutes or until the crust is golden brown and delicious.

Blender Wheat Pancakes

Ingredients:

1 c. milk (can use food storage substitution, see chart)

1 c. wheat kernels, whole & uncooked

2 eggs (can use food storage substitution, see chart)

2 tsp. baking powder

1 ½ tsp. salt

2 T. oil

2 T. honey or sugar

Directions

Put milk and wheat kernels in blender. Blend on highest speed for 4 or 5 minutes or until batter is smooth. Add eggs, oil, baking powder, salt and honey or sugar to above batter. Blend on low. Pour out batter into pancakes from the actual blender jar onto a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.

Brown Sugar

Ingredients:

1 c. white sugar 1-2 T. molasses

Directions:

Use this recipe if you are out of brown sugar. This brown sugar can be made right before use, so there is no worry of having your brown sugar harden and become unusable. Mix sugar and molasses together. Depending on how dark you want the sugar, add more or less molasses.

Buttermilk Cornbread

Ingredients:

½ c. butter

3/3 c. white sugar

2 eggs (can use food storage substitution, see chart)

1 c. buttermilk (can use food storage substitution, see chart)

½ tsp. baking soda

1 c. cornmeal (grind your own with popcorn kernels)

1 c. all-purpose flour (works with whole wheat too)

½ tsp. salt

Directions:

Preheat oven to 375 degrees. Grease an 8 inch square pan. In a large bowl combine melted butter and white sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, and salt until well blended and few lumps remain. Pour batter into the prepared pan. Bake in the preheated oven for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean.

Cheesy Ritzy Potatoes

Ingredients:

4 c. freeze-dried potato dices
3 c. dehydrated onion flakes
2 cans cream of chicken soup
1 c. sour cream powder, hydrated
3 c. freeze-dried cheddar cheese
1/2 c. powdered butter, hydrated
2 tubes ritz crackers crushed

Directions:

Preheat your oven to 350 degrees. Soak your potato dices and dehydrated onions in warm water. In a separate bowl, soak your freeze-dried cheddar cheese. While they are soaking, mix up your sour cream powder with water. Stir in your cream of chicken soup. Drain your potatoes and pour them into a 9×13 casserole dish. Drain the rehydrated cheese and add it to the cream mixture. Pour the cream mixture over top of the potatoes and stir together well. In a small bowl mix up your powdered butter. Add the crushed ritz and mix well. Cover the dish with tinfoil and bake for 30-40 minutes. You can remove the foil for the least 5 minutes to get the topping more browned. While this works with powdered butter it's better and easier with regular melted butter.

Chicken Barley Chili

Ingredients:

1 (14.5 oz) can Italian diced tomatoes

1 (16 oz) jar/can Salsa or tomato sauce

1 (14.5 oz) chicken broth

1 c. Quaker Quick Barley

3 c. water

1 T. chili powder

1 tsp. cumin

1 (15 oz) can black beans, drained and rinsed

1 (15 oz) can corn, drained

 $1\,\%$ lbs boiled chicken breasts in chunks (can use food storage substitution, see chart) Cheddar cheese, sour cream, tortilla chips (optional)

Directions:

In a large pot, combine the first 7 ingredients. Bring to a boil, cover and reduce heat to low. Simmer for 20 minutes, stirring occasionally. Meanwhile boil the chicken in a separate pan. Add beans, corn, and chicken to large pot. Cook on high until chili comes to a boil. Cover and reduce heat to low. Simmer for another 5-10 minutes or until barley is tender. If desired, top with shredded cheese, sour cream, and tortilla chips. Makes a huge batch!

Chocolate Cake

Ingredients:

3 c. sifted flour

2 c. sugar

2 tsp. baking soda

1 tsp. salt

1/3 c. dark chocolate cocoa powder

2 tsp. white vinegar

2 tsp. vanilla

3/4 c. canola oil

2 c. water

Frosting ingredients (see below)

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 until it comes to a boil. Do not boil. Remove from burner. Stir in 1 cup chocolate chips and 2 handful's of marshmallows until melted into frosting. Frost cake.

Chow Mein Casserole

Ingredients:

1 lb hamburger (can use food storage substitution, see chart)

½ an onion chopped (can use food storage substitution, see chart)

½ c. rice, cooked

2 cans cream of chicken soup (use Cream of Chicken Soup recipe included)

1 ½ c. hot water (if using bean flour Cream of Chicken Soup, skip the water)

1/2 c. soy sauce

1/4 tsp. ground pepper

½ can chow mein noodles (about 3 oz)

Directions:

Preheat oven to 350° . Mix all ingredients together (except chow mein noodles). Bake in serving bowl covered with foil for 45 minutes. Take off cover. Pour 3 oz. (½ can) of chow mein noodles over top. Cook uncovered for 15 more minutes. Let set for 5-10 minutes after cooking to thicken.

Cookie Clay Dough

Ingredients:

½ c. sugar

½ c. brown sugar, firmly packed

½ c. butter (1 cube)

1 tsp. vanilla

1 egg (can use food storage substitution, see chart)

2 c. whole wheat flour

1 extra large egg (can use food storage substitution, see chart)

1 tsp. baking powder

½ tsp. salt

½ tsp. cinnamon

Directions:

Cream together first 5 ingredients with a mixer. In a separate bowl combine all dry ingredients. Slowly add to the creamy mixture until it reaches the consistency of Play-Doh. Give the Cookie Clay Dough to your kids and let them make shapes, letters out of it. They can use it like they would use regular Play-Doh. Once they are finished, put all of the shapes on a cookie sheet and bake at 350 degrees for 10-15 minutes. *Recipe from Everyday Food Storage

Corn Dog Muffins

Ingredients:

1 ½ c. cornmeal (about 1 c. fresh ground popcorn)

 $2\frac{1}{2}$ c. flour (about 2 c. fresh ground wheat)

½ c. white sugar

1/4 c. brown sugar

4 tsp. baking powder

1 tsp. salt

2 eggs (can use food storage substitution, see chart)

2 c. milk (can use food storage substitution, see chart)

8 oz. shredded cheddar cheese

6 hot dogs cut in thirds

Directions:

Preheat oven to 400 degrees. Mix dry ingredients in large bowl. Beat eggs and milk in a separate bowl. Add to dry mix and add cheese just until moistened. Spoon mixture into muffin tins until 3/3 full. Add 1 hot dog chunk to each muffin. Bake for 14-18 minutes or until golden brown.

Corncakes

Ingredients:

1 1/4 c. whole wheat flour

1/3 c. cornmeal (or fresh ground popcorn kernels)

1 egg (can use food storage substitution, see chart)

⅓ c. granulated sugar

1 ½ c. buttermilk (can use food storage substitution, see chart)

1 tsp. baking powder

1 tsp. baking soda

1/4 c. vegetable oil

 $\frac{1}{2}$ tsp. salt

Directions:

Preheat a skillet over medium heat. Spray skillet with nonstick spray. Combine all ingredients in a large bowl with a mixer set on medium speed. Mix until smooth, but don't over mix. Pour the batter by $\frac{1}{4} - \frac{1}{3}$ cup portions into the hot pan and cook for 1 to 3 minutes per side or until brown. Repeat with remaining batter.

Cream of Chicken Soup

Ingredients:

4 T. of any white bean ground, ground into 5 T. of bean flour

1 % c. water

4 tsp. chicken bouillon

Directions:

Combine all ingredients and mix well. Cook on stovetop at medium temperature until thick and boiling. The soup should boil for 3 minutes to ensure that the beans get all the way cooked for safety reasons.

Creamy Potato Soup

Ingredients:

4 c. cubed potatoes

½ c. minced onions (can use food storage substitution, see chart)

2 tsp. salt

3 T. chicken bouillon

2 c. diced carrots (can use food storage substitution, see chart)

2 c. diced celery (can use food storage substitution, see chart)

10 oz frozen broccoli (can use food storage substitution, see chart)

1 T. dry mustard

4 T. white bean flour mixed with $\frac{3}{4}$ c. water (any white bean ground into flour)

Cheddar cheese for topping

Directions:

In one pot cover the potatoes and onions with water, and add the chicken bouillon and salt. In a different pot (there's a reason for the 2 pots), put all the carrots, celery, and broccoli together with very little water and start. If using freeze dried veggies, add a little more water. Once the potatoes are done cooking and are soft and tender, take a masher, and very LIGHTLY mash them. This will get the soup creamy without flour, butter, and milk. After the potatoes are slightly mashed, add the carrots, celery and broccoli with the water. At this point it should be a little on the liquidy side, add the white bean flour/water mixture to thicken. Make sure you leave it boiling for at least 3 minutes to get the beans cooked. Add the dry mustard. Feel free to top with cheese.

Curried Lentils & Rice

Ingredients:

2 c. long-grain white rice

1 T. vegetable or canola oil

1 T. curry powder

½ tsp. onion powder

4 c. water

1 c. lentils (red or brown)

1 tsp. honey

1 T. balsamic vinegar

1 tsp. salt

Directions:

In one saucepan, cook rice according to package directions. In second large saucepan, heat oil & stir in curry powder & powdered onion. Heat the spiced oil mixture for 2 minutes while stirring. Add the 4 cups of water and lentils, stir & bring to boil. Cover and simmer for 20-25 minutes or until lentils are soft. Remove from heat and stir in the honey, balsamic vinegar & salt. Serve spooned over rice. May garnish with sour cream or salsa (if desiring a dairy-free alternative).

Enchilada Pie (Food Storage)

Ingredients:

1 ½ c. of cooked black beans

1/4 c. dehydrated onion

1 batch of cream of chicken soup from been flour (recipe included)

4 oz can of diced green chilies

8 oz can of enchilada sauce

6 whole wheat tortillas (see Whole Wheat Tortilla recipe included)

2 c. freeze dried cheese

2 c. freeze dried chicken

Directions:

Cook tortillas and black beans. Hydrate chicken and cheese (the measurements given are the ingredients dry) While chicken and cheese is hydrating make cream of chicken bean sauce. Add beans, onions, cream of chicken sauce, diced green chilies, enchilada sauce, and chicken in a large bowl. Place tortillas in greased 9 by 13 inch pan. Top with half the bean mixture and half the cheese. Repeat the layers. Bake at 350 degrees for 40 minutes. Cool slightly and cut in squares.

Enchilada Pie (Traditional Recipe)

Ingredients:

1 can of black beans

1 la onion

1 can of cream of chicken

1 can of cream of mushroom

3/4 cup of milk

4 oz can diced green chilies

8 oz can mild enchilada sauce

1 pkg soft tortillas

½ lb cheddar cheese, grated

½ lb monterrey cheese, grated

3 chicken breasts shredded

Directions:

Wash and cook beans. Mix next 6 ingredients with beans. Place tortillas in greased 9 by 13 inch pan. Top with half the bean mixture and half the cheese. Repeat the layers. Bake at 350 degrees for 40 minutes. Cool slightly and cut in squares.

Ezekiel Bread

Ingredients:

2 ½ c. wheat berries

1 ½ c. spelt flour

½ c. barley

½ c. millet

1/4 c. dry green lentils

2 T. dry great northern beans

2 T. dry kidney beans

2 T. dried pinto beans

4 c. warm water

1 c. honey

½ c. olive oil

2 (1/4 ounce) packages active dry yeast

2 tsp. salt

Directions:

Measure the water, honey, olive oil, and yeast into a large bowl. Let sit for 3 to 5 minutes. Stir all of the grains and beans together until well mixed. Grind in a grain mill. If you are using spelt, use ¼ c. less of the grains. If you are using spelt flour, use measurement indicated. Add fresh milled flour and salt to the yeast mixture; stir until well mixed, about 10 minutes.

The dough will be like that of a batter bread. Pour dough into two greased 9 x 5 inch loaf pans. Let rise in a warm place for about 1 hour, or until dough has reached top of the pan. Bake at 350 degrees for 45 to 50 minutes, or until loaves are golden brown.

Grandma Lori's Sugar Cookies

Cookie Ingredients:

2 c. butter – room temp.

2 c. white sugar

2 eggs

2 tsp. vanilla

1 c. sour cream (no light or fat free)

6 c. white flour

2 tsp. baking soda

1 tsp. salt

Frosting Ingredients:

Ingredients:

½ c. butter

8 oz. cream cheese

1 tsp. vanilla

3 c. powdered sugar

Directions:

Beat the first 4 ingredients very well, then fold in sour cream. Add flour, soda and salt. This is quite a sticky dough, so you roll it out on a well-floured surface. Roll them a little thicker than normal cookies. Bake at 350 for 7-10 min. Do not overcook. Let cool, then place on wax paper. Frosting: Mix first 3 ingredients, then mix in powdered sugar.

Granola Bars

Ingredients:

4 ½ c. rolled oats

1 c. all-purpose flour (or whole wheat)

1 tsp. baking soda

1 tsp. vanilla extract

3/3 c. butter, softened

½ c. honey

⅓ c. packed brown sugar

2 c. miniature semisweet chocolate chips

Directions:

Lightly grease one 9×13 inch pan. In a large mixing bowl combine the oats, flour, baking soda, vanilla, butter or margarine, honey and brown sugar. Stir in the 2 cups assorted chocolate chips. Lightly press mixture into the prepared pan. Bake at 325 degrees for 18 to 22 minutes or until golden brown. Let cool for 10 minutes then cut into bars. Let bars cool completely in pan before removing or serving.

Greek Lentil Soup

Ingredients:

2 c. lentils, dried

4 c. cold water

1 c. onion,

1 clove garlic, crushed

4 c. beef broth

1/4 tsp. black pepper

½ c. celery, chopped (can use food storage substitution, see chart)

2 c. tomatoes, stewed

1 bay leaf

1 c. carrots (can use food storage substitution, see chart)

3 T. parsley, chopped (can use food storage substitution, see chart)

½ tsp. oregano (can use food storage substitution, see chart)

2 T. vinegar

Directions:

Wash lentils, drain well. Combine lentils with all ingredients except vinegar. Bring to a boil. Lower heat; cover and simmer 2 hours or until lentils are tender. Add vinegar and simmer 30 minutes more. Remove bay leaf. Serve soup.

Homemade Egg McMuffins

Instructions:

1 egg

1 T. egg white powder (equivalent to 3 egg whites)

2 T. water

Directions:

Mix and scramble egg, egg white powder, and water. Fry in pan. Use as the base for an Egg McMuffin by adding ham and cheese and putting on an English Muffin. It tastes the same as using free egg whites, but you don't waste as many yolks and you can still cut back on the fat and calories.

Homemade Hummus

Ingredients:

2 c. soaked chickpeas or 1 can beans, drained 1/4 c. lemon juice
1 T. tahini (sesame seed oil)
2 cloves garlic or 2 tsp. garlic powder
1 tsp. curry powder
1/2 jar of roasted red peppers, drained

Directions:

Mince the garlic, put in food processor. Add the garbanzo beans, puree. Add the oil and juice, puree again. Drain and add roasted red peppers, add curry, blend. If the beans are soft, then you'll only have to process for a minute. When using soaked, but not cooked beans, process for five minutes or until smooth. Use as a spread or a dip. *Recipe from Safely Gathered In

Homemade Mayonnaise

Ingredients:

1 T. powdered egg (heaping)
1 T. water
1 pinch of sugar
½ tsp. salt
1 T. lemon juice
½ tsp. mustard (any flavor you enjoy)
½ - ¾ c. oil

Directions:

Mix all the ingredients except the oil in a small blender, food processor, or in a bowl with a hand wand style blender. Add a few drops of oil and mix until well blended. Add a few more drops and mix until well blended. Keep adding drops very slowly with full mixing in between until mayonnaise thickens up. This recipe makes a small batch as it only stores in the fridge 3-5 days. You can double or triple the recipe if you need more.

Homemade Pasta

Ingredients:

1 ½ c. semolina flour

1 ½ c. freshly ground whole wheat flour

½ tsp. salt

4 eggs

1/4 c. water

1/4 c. olive oil

Directions:

Combine semolina, wheat flour, and salt. Beat eggs lightly. Mix eggs, water and oil. Stir in to four mixture until a stiff dough forms. You may need to add a little more flour. Knead 10 minutes or until elastic. Let rest, covered for 20 minutes. Roll out thinly. Cut into desired shape or shape with machine. Cook in boiling, salted water for 2-5 minutes.

Homemade Ranch Dip or Dressing

Ingredients:

1 c. plain greek yogurt (full fat)

½ c. sour cream (can use food storage substitution, see chart)

½ tsp. garlic powder

½ tsp. dill

1/4 tsp. pepper

3 T. minced fresh parsley (can use food storage substitution, see chart)

2 T. minced fresh chives (can use food storage substitution, see chart)

salt to taste

Directions:

Combine ingredients, and chill before serving. If you are using powdered sour cream, add $\frac{1}{2}$ c. sour cream powder to the mixture, then add water slowly until you get desired texture.

Homemade Rice-A-Roni

Ingredients:

2 c. rice

1 c. angel hair, vermicelli or spaghettini pasta, broken into very small pieces

1/4 c. parsley (can use food storage substitution, see chart)

6 T. chicken bouillon powder

2 tsp. onion powder

½ tsp. garlic powder

1/4 tsp. thyme

Directions:

Combine all ingredients and mix well. To prepare: Melt 2 T. butter in a skillet. Add 1 c. of the mix and stir. Add 2 $\frac{1}{4}$ c, water. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes.

Homemade Smoothies

Ingredients:

3/4 c. of frozen strawberries (can use food storage substitution, see chart)

½ c. of frozen blueberries (can use food storage substitution, see chart)

½ c. of frozen peaches or raspberries (can use food storage substitution, see chart)

1 c. of powdered milk prepared

½ c. yogurt (frozen works great)

Some of sugar if you think it needs it

Directions:

Pour milk into blender. Add fruit, yogurt, and any other sweetener you desire.

Honey Whole Wheat Bread

Ingredients:

2 c. all-purpose flour

1 tsp. salt

1 pkg. quick rise yeast

3/4 c. milk (can use food storage substitution, see chart)

34 c. water

2 T. honev

2 T. vegetable oil

2 c. whole wheat flour

Directions:

Combine 1 ½ cups all-purpose flour, salt, and yeast in large mixing bowl. Heat milk, water, honey and oil until hot to touch. Gradually add to dry ingredients. Beat 2 minutes at medium speed of mixer, scraping bowl occasionally. Add ½ cup all-purpose flour. Beat at high speed for 2 minutes, scraping bowl occasionally. With spoon, stir in whole wheat flour and enough additional all-purpose flour to make stiff dough. Knead on lightly floured surface until smooth and elastic, about 6-8 minutes. Place in greased bowl, turning to grease top. Cover, let rest for 10 minutes. Spray loaf pan with vegetable pan spray. Roll dough to 12×8" rectangle. Roll up from short end to make loaf. Pinch seam and ends to seal. Place, seam side down, in prepared pan. Cover, let rise in warm place until doubled in size, about 30 minutes. Bake at 375° for 35 minutes or until bread sounds hollow when tapped. Remove from pan, cool in a wire rack.

Hot Fudge Sauce

Ingredients:

1 can evaporated milk (can use food storage substitution, see chart)

2 c. semisweet chocolate chips

½ c. sugar

1 T. butter or margarine (spreads with at least 65% vegetable oil)

1 tsp. vanilla

Directions:

In a 2-quart sauce pan mix your evaporated milk with a whisk. Add chocolate chips and sugar and heat over MEDIUM heat, stirring constantly until it boils. Remove from heat and stir in butter and vanilla. Let cool for at least 30 minutes or until sauce begins to thicken. Serve warm. Store your remaining sauce covered in the refrigerator up to 4 weeks. Sauce become firm when refrigerated; heat slightly before serving (sauce will become thin if overheated). *Recipe from Everyday Food Storage

Meatballs Tetrazzini

Ingredients:

1 batch of basic meatballs (see Basic Meatball recipe)

8 oz package spaghetti

1 can condensed tomato soup

1/4 c. freeze dried onion

½ tsp. salt

1 c. milk

1/2 tsp. pepper

8 oz shredded cheddar cheese (can use food storage substitution, see chart)

Directions:

Prepare basic meatball recipe. Preheat oven to 350 degrees. Cook spaghetti and drain. Combine soup, milk, onion, salt, pepper, and cheese. Head until cheese is melted. Arrange meatballs and spaghetti in a 9×13 pan. Pour liquid mixture over meatballs and toss to mix well. Back for 30 minutes until hot and serve immediately.

Mexican Casserole

Ingredients:

1 family size package Kraft macaroni and cheese

(or 3 c. macaroni, ½ c. powdered cheese, 6 tsp. butter, 6 tsp. of powdered milk)

½ lb. lean hamburger browned (can use food storage substitution, see chart)

½ onion, chopped (can use food storage substitution, see chart)

1 can chili with beans

1 can tomato soup

1 T. chili powder

1 can corn

Cheddar cheese, cubed (optional)

Fritos (optional)

Directions:

Preheat oven to 350°. Cook Kraft dinner according to directions in large pot. Meanwhile, brown hamburger with onion. Add to Kraft dinner with remaining ingredients. Heat through. Pour into casserole dish and top with Fritos. Cover and bake 30 minutes.

No-Bake Peanut Butter Energy Bites

Ingredients:

2 c. old fashion oats ½ c. peanut butter ⅓ c. raw honey ½ c. of chocolate 1 tsp. vanilla

Directions:

Put all the ingredients in a bowl and mix. Put the mixture in the fridge for 30 minutes to cool. After the mixture is cool, roll into balls. Store in an airtight container in the fridge or freezer.

Patriotic Jello

Ingredients:

23 oz packages blue jello

23 oz packages strawberry jello

2 envelopes unflavored gelatin

14 oz can sweetened condensed Milk (can use food storage substitution, see chart) Freeze-dried strawberries (can use food storage substitution, see chart) Freeze-ried blueberries (can use food storage substitution, see chart) Spiff-E-Whip

Directions:

Make your blue layer of jello. Mix 2 packages of blue jello with 2 cups of boiling water until dissolved. Then add 1 cup of ice cold water and stir. Pour into a 9×12 pan. Sprinkle freeze-dried blueberries evenly into the pan and stir them in so they are covered with liquid. Let set in fridge for 4 hours or overnight.

Make your white layer of jello. Sprinkle 2 envelopes of unflavored gelatin into ½ a cup of cold water. After it thickens, add 1 ½ cups of boiling water and mix in until it dissolves. Stir in the can of sweetened condensed milk until smooth. Let cool (but don't leave it out too long) Pour over hardened blue layer. Let chill for 4 hours or overnight. Make your red layer of jello. Mix 2 packages of blue jello with 2 cups of boiling water until dissolved. Then add 1 cup of ice cold water and stir. Sprinkle freeze-dried strawberries into the liquid. Pour entire mixture over top of white layer. Let set in fridge for 4 hours or overnight.

Once the red layer has set firmly, you can decorate the top with a flag if desired. Mix 1 cup of Spiff-E-Whip with 1 cup of ice water and beat with a mixer for about 3-4 minutes until it has a whipped cream consistency.

While beating the whipped cream, reconstitute some freeze-dried blueberries and strawberries for the topping. Spread the whipped cream over top and decorate like a flag.

Pea Soup

Ingredients:

 $2\frac{1}{2}$ T. of dried peas (green or yellow) ground to make 3 T. pea flour 1 ½ c. cold water 2 tsp. chicken bouillon

Directions:

Mix $\frac{1}{2}$ c. cold water and 3 T. pea flour in a bowl, set aside. Bring 1 c. and 2 tsp. of chicken bouillon to a boil. Add in pea mixture. Bring back to a boil. Soup will thicken. You can add shredded carrots, veggies, or onion powder. This makes a small batch of soup.

Peanut Butter Bread

Ingredients:

2½ c flour

3 tsp. baking powder

½ tsp. salt

⅔ c. sugar

1/3 c. instant nonfat dry milk

1 egg beaten (can use food storage substitution, see chart)

1 Tbsp. grated orange rind (or 1 tsp. orange flavoring)

3/4 c. water

½ c. peanut butter

Directions:

Mix flour baking powder salt sugar dry milk and peanut butter into a bowl. Add the orange rind, then in a separate bowl combine the egg and water then add to the flour mixture. Stir until just mixed. Pour into a greased 9x5x3 loaf pan bake in a moderate oven at 350 degrees for 50 to 60 minutes remove from pan and cool on a wire rack

Pizza Casserole

Ingredients:

16 oz pkg. rotini pasta

2 c. freeze dried sausage crumbles

½ c. freeze dried green peppers

3/4 c. tomato sauce powder

3 c. water

2-3 c. freeze dried mozzarella cheese

1 small pkg. sliced pepperoni

Directions:

Preheat oven to 350 degrees. Lightly grease a 9X13 casserole dish. Cook rotini noodles until slightly underdone. While pasta is cooking, lightly brown the dried sausage crumbles (before reconstituting). Mix tomato sauce powder with water until smooth, add browned sausage and freeze-dried green peppers. They will rehydrate in the sauce so no need to do that beforehand. Combine the sauce and the noodles and pour into the casserole dish. Lay freeze-dried cheese out on a plate covered with a paper towel. Spray it with water using a spray bottle until the cheese is fully hydrated and not crunchy any more. Sprinkle over the top of the noodle/sauce mixture. Top with pepperoni slices. Bake 20-25 minutes in the oven.

Poppyseed Chicken (Food Storage)

Ingredients:

1 qt jar home-canned chicken or use 3 c. freeze-dried chicken reconstituted 2 cans cream of chicken soup

1 ½ c. sour cream powder, rehydrated with ¾ c. water

½ c. butter powder, rehydrated with ½ c. water

Topping:

½ c. butter powder, rehydrated with ½ cup water 2 tubes ritz crackers, crushed 2 T. poppyseeds

Directions:

Combine cream of chicken soup, sour cream, and butter. Pour over chicken in a 9×13 pan or a slightly smaller oval casserole dish. Combine topping ingredients in small bowl. Use your hands to sprinkle over top of chicken mixture as best you can. Bake at 350 degrees for 20-30 minutes or until heated through. Cover with foil until the last 5 minutes or the topping may get browner than you like. Serve over rotini noodles. While the topping does work with butter it is easier and turns out better just using melted butter.

Poppyseed Chicken (Traditional Recipe)

Ingredients:

1½ pounds chicken, diced and boiled 2 cans cream of chicken soup 12-16 oz sour cream ½ c. melted butter

Topping:

½ cup melted butter 2 tubes ritz crackers, crushed 2 T. poppyseeds

Directions:

Combine cream of chicken soup, sour cream, and butter. Pour over cooked chicken in a 9×13 pan or a slightly smaller oval casserole dish. Combine topping ingredients in small bowl. Sprinkle over top of chicken mixture. Bake at 350 degrees for 20-30 minutes or until heated through. Cover with foil until the last 5 minutes. Serve over rotini noodles.

Real Chili Beans

Ingredients:

1 lb. lean hamburger (can use food storage substitution, see chart)

2 c. dried pinto beans

8 oz. can of tomato sauce

1 lb stewed tomatoes

2 T. oil

1 onion, chopped (can use food storage substitution, see chart)

1 clove of garlic, finely chopped

2 tsp. salt

1/4 tsp. paprika

1 ½ tsp. ground cumin

1 T. oregano

1 pinch chili pepper flakes

3 T. chili powder

1/4 tsp. cayenne pepper

Directions:

Soak beans overnight. Drain and cover with fresh water. Bring to a boil and simmer for 2 hours. Drain and add to crock-pot. Sauté the chopped onion and garlic in oil until limp. Stir in all seasonings. Add tomatoes and sauce and simmer for 20 minutes. Brown beef in small fry pan. Drain and add to crock-pot. Add the tomato/seasoning mixture that was simmering plus 5 cups of hot water to crock-pot. Simmer in crock-pot at least 7 hours.

Rice Pudding

Ingredients:

2 eggs, beaten (can use food storage substitution, see chart)

½ c. sugar

1/4 tsp. salt

2 c. milk (can use food storage substitution, see chart)

1 1/4 c. cooked white rice, cooled (leftovers work great)

½ c. raisins (optional)

Cinnamon and Nutmeg to taste

Directions:

Preheat oven to 325 degrees. Mix all the ingredients together and pour into a greased 1 qt. bowl. Set the bowl in a shallow pan. Pour hot water into the pan about 1 inch deep. Put pan into the oven and bake for $1 \frac{1}{2}$ hours.

Salsa Chicken and Black Bean Soup

Ingredients:

2 c. freeze dried chicken

1 ½ c. instant black beans or canned black beans

1 c. freeze dried corn

4 ½ c. chicken broth (or water with bouillon)

12-16 oz. salsa

1 ½ tsp. cumin

Directions:

Add your chicken, instant beans, and corn to a pot. Pour the chicken broth over top and stir everything in. If you use more fresh foods rather than freeze dried you can reduce the broth to only 4 cups. Stir in salsa and cumin. Bring to a boil then simmer for 20 mins.

Sugar Bars

Crust:

1 c. butter ½ c. powdered sugar ½ tsp. salt 2 c. flour

Filling Sugar:

2 eggs (can use food storage substitution, see chart)

2 c. brown sugar

2 T. vinegar

½ c. melted butter (can use food storage substitution, see chart)

Directions:

Spread crust in two 9 x 13 pans. Mix filling and place on top of crust. Bake at 350 for 30 to 40 minutes. Enjoy a delicious treat for your birthday or any other time!

Super Cherry Pie

Ingredients:

Pie shell

1/3 c. slivered almonds – press into pie shell before baking, then bake

1 c. sweetened condensed milk (see recipe included using powdered milk)

1 tsp. vanilla

½ c. cream, whipped

½ c. lemon juice

½ tsp. almond extract

1 can of cherry pie filling

Directions:

Mix together all ingredients except pie and almonds in the order listed. Pour into pie shell with almonds pressed into it. Top with 1 can of cherry pie filling. Refrigerate 3 hours or longer.

Sweetened Condensed Milk

Ingredients:

½ c. hot water

1 c. powdered milk

1 c. sugar

1 T. butter

Directions:

Blend in blender very well. Can be stored in the refrigerator or frozen. Makes equivalent of 14 oz can

Tortellini Chicken Soup

Ingredients:

12.5 oz can of chicken (can use food storage substitution, see chart)

1/4 c. dehydrated celery

2 T. dehydrated onions

2 ½ c. water

8 c. chicken broth (or water mixed with chicken bouillon)

½ tsp. celery seed

½ tsp. basil

½ tsp. garlic salt

1 tsp. salt

Sprinkle of red pepper flakes (optional)

12 oz package of Barilla Tortellini (the shelf stable variety)

Directions:

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

White Sauce Mac 'N' Cheese (Powdered Milk)

Ingredients:

1 lb macaroni noodles

½ c. butter

½ c. flour

1 c. water mixed with 3 T. powdered milk

1 tsp. seasoned salt

Cheese cubes (optional)

Ham cubes (optional)

Directions:

Cook noodles according to package directions. Drain and set aside. Melt butter in large saucepan. Whisk in the flour until smooth. Slowly stir in reconstituted milk until well mixed in. Add seasoned salt. Let cook for a little while until it starts to thicken. Add in the macaroni noodles. Add in a little more milk if it seems too thick. Can add more seasoned salt according to your family's tastes. Add ham and cheese cubes right before serving.

White Sauce Mac 'N' Cheese (Legumes)

Ingredients:

3 c. of macaroni noodles

4 T. of any white bean ground, ground into 5 T. of bean flour

1 c. of water

3/4 c. milk (can use food storage substitution, see chart)

2 tsp. seasoned salt

Cheese cubes (optional)

Ham cubes (optional)

Directions:

Cook noodles according to package directions. Drain and set aside. Grind ¼ cup of white beans in your wheat grinder to make about 5 T. of bean flour. Put 1 cup of water in large saucepan. Slowly whisk in ground bean flour. Continue to whisk frequently until starts to thicken and bubble. Slowly stir in milk until it's a nice thick liquid consistency. Add seasoned salt (the bean version tends to need more than the flour/butter version). Add in the macaroni noodles. Add in a little more milk if it seems too thick. Add ham and cheese cubes right before serving.

Whole Wheat Pizza Dough

Ingredients:

2 ½ c. medium hot water

5 tsp. SAF instant yeast

2 T. sugar

3 T. oil

1 tsp. salt

6 c. flour (you can do half all-purpose and half wheat or 100% whole wheat)

½ cube of butter

Directions:

Pour medium hot water in mixing bowl. Sprinkle yeast on top and allow to dissolve. Add sugar, salt, and oil. Gradually add approximately 6 cups of flour. Use about 33 of the dough for pizza. Use the other 13 for breadsticks. Melt 12 cube of butter on cookie sheet in oven as it is heating to 400 degrees and melt in oven. Place dough on cookie sheet and press to fill pan, make sure butter gets on top of the dough. Add your sauce, cheese, and toppings. Cook for 10 to 12 minutes or until cheese is slightly browned and the crust is firm.

Whole Wheat Pumpkin Cake

Ingredients:

4 eggs

1 % c sugar

1 c. cooking oil

1 large can pumpkin

2 c. flour (whole wheat works great)

2 tsp. baking powder

2 tsp. cinnamon

1 tsp salt

1 tsp. soda

Frosting:

6 oz. cream cheese

3/4 c. butter

1 ½ tsp. vanilla

3 c. powdered sugar

Directions:

Preheat oven to 350°. Beat eggs, sugar, oil, and pumpkin. Stir in dry ingredients. Mix well. Bake for 30-35 minutes in a 9×13 ungreased pan. Mix together frosting ingredients and pour on top.

Whole Wheat Tortillas

Ingredients:

3 c. of whole wheat flour ½ tsp. baking powder 1 tsp. salt 1 c. of warm water ½ c. cooking oil

Directions:

Mix all dry ingredients together. Add the oil, then the water. Knead 5 minutes. Roll the dough out so you can easily make equal pieces. Let dough rest 10 minutes. Form into 12 balls. Roll thin (spray pam to help if there are sticking or dryness problems). Grill on both sides in a frying pan. They cook quickly (no need to grease the frying pan at all).

Wonderflour

Ingredients:

2 c. brown rice 2 c. pearled barley

2 c. spelt

Directions

Grind all 6 cups of grain in a grain mill. Use as a white flour replacement in most baked goods except yeast breads. Add about $\frac{1}{2}$ cup extra flour per 3 cups of white flour used in recipes. *Recipe from Chef Brad

Worms and Dirt Pudding Treat

Instructions:
1 box of chocolate pudding
Powdered milk
Water
Gummy worms

Directions:

Make chocolate pudding with powdered milk according to box instructions. Top with gummy worms. This is great for kids!