



OUR favorite WHOLE WHEAT RECIPES

<http://FoodStorageMadeEasy.NET>

Pizza With WHOLE WHEAT CRUST

Ingredients:

2 1/2 C. Medium Hot Water
5 tsp. SAF Instant Yeast* If using regular yeast use to 2 Tbsp.
2 Tbsp. Sugar
3 Tbsp. Oil
1 tsp. Salt
6 C. Flour (you can do half all-purpose and half white wheat)
1/2 to 1 Cube of Butter

Directions:

Pour medium hot water in bowl. Sprinkle yeast on top and dissolve. Add sugar, salt, and oil. Slowly add approx 6 cups of flour. Melt 1-2 cubes butter on cookie sheet in oven as it is heating to 400 degrees and melt. Place dough on cookie sheet and press to fill pan, make sure butter gets on top of the dough. Double in size (10-15 minutes). Cook for 10 to 12 minutes. Cut into strips or top with favorite pizza toppings.

WHOLE WHEAT pasta

Ingredients:

1 1/2 C semolina flour
1 1/2 c freshly ground whole wheat flour
1/2 tsp salt
4 eggs
1/4 c water
1/4 c olive oil

Directions:

Combine semolina and 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.

Blender pancakes

Ingredients:

1 Cup Milk (for powdered milk is 3 T. Milk and 1 C. Water)
1 Cup Wheat Kernels, whole & uncooked
2 Eggs (2 T. powdered eggs 1/4 C. Water)
2 tsp Baking Powder
1-1/2 tsp Salt
2 Tbs. Oil
2 Tbs. 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 (only one thing to wash!) onto a hot greased or Pam prepared griddle or large frying pan. Cook; flipping pancakes when bubbles pop and create holes.

WHOLE WHEAT tortillas

Ingredients:

4 cups of whole wheat flour (fine)
1/4 tsp baking powder
2 tsp salt
1 cup of warm water (may need a little more)
1/4 cup cooking oil

Directions:

Mix all ingredients together to make a nice pliable dough. Knead 1 minute and let rest 5 minutes. Form into 18 balls, roll thin, and fry on both sides. It doesn't take long to cook. No oil required if cooking on a non-stick pan.

enchilada pie

Ingredients:

1 1/2 c black beans (you can use a can)
1 lg onion (can use 1 Tablespoon of dehydrated onions)
1 can of cream of chicken*
1 can of cream of mushroom*
3/4 cup of milk*
1 (4oz) can diced green chilies
1 (8 oz) can mild enchilada sauce
1 pkg soft tortillas (you can make your own)
1/2 lb cheddar cheese, grated
1/2 lb Monterey jack cheese, grated

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. *(You can replace the 2 cans and milk with a batch of homemade cream of chicken using white bean flour:

Bean Flour Cream of Chicken

Ingredients:

4 T of white beans ground (makes 5 T of bean flour)
4 tsp of chicken bouillon
1 3/4 cups of water

Directions:

Combine all ingredients and on stovetop cook at medium temperature until thick and delicious (whisk frequently). The soup should cook in 3 minutes. This will also replace a can of cream of chicken plus liquid called for in casserole dishes.

For more tips on building and using your food storage, visit us at <http://FoodStorageMadeEasy.NET>

 Jodi & Julie