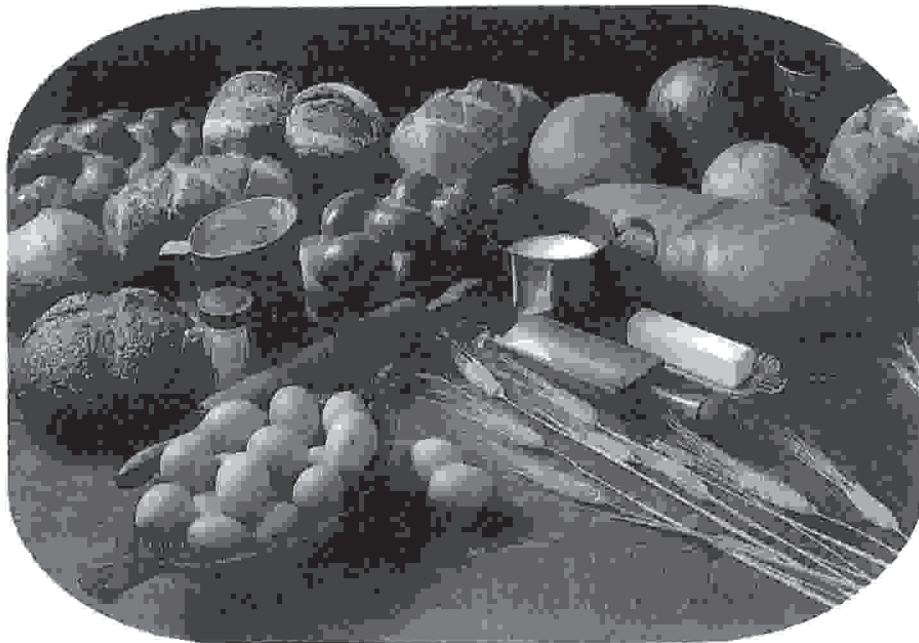


*Food Storage  
Cookbook  
"Back to Basics"*



*Recipes, Ideas, Tips  
& Information*

*Grand Junction*

*Colorado State*

## **“If ye are prepared, ye shall not fear.” (D&C 38:30)**

“But if any provide not for his own, and especially for those of his own house, he hath denied the faith, and is worse than an infidel.” (1 Tim. 5:8)

“And there shall be great hailstorms sent forth to destroy the crops of the earth.” (Isaiah 32:19-20)

“Eat it up, wear it out, make it do, or do without. Thrift is the practice of not wasting anything...Frugality means to practice careful economy.” (James E. Foust)

“...we say over and over and repeat over and over the scripture of the Lord where He says, ‘Why call ye me, Lord, Lord, and do not the things which I say?’ How empty it is as they put their spirituality, so-called, into action and call him by his important names, but fail to do the things which he says.” (Pres. Kimball)

“The Lord has warned us of famines, but the righteous will have listened to the Prophet and stored at least a years worth of survival food.” (Ezra Taft Benson)

“The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.” (Ezra Taft Benson)

“Ye Later-Day Saints, learn to sustain yourselves, produce everything you need to eat, drink or wear...” (Pres. Brigham Young)

“For the moment we live in a day of peace, but it shall not be thus. Great trials lie ahead...And we must prepare ourselves temporally and spiritually.” (Bruce R. McConkie)

“When people are able, but not willing to take care of themselves we are responsible to employ the dictum of the Lord that the idler shall not eat the bread of the labour.” (Boyde K. Packer)

“The time will come that gold will hold no comparison in value to a bushel of wheat.” (Pres. Brigham Young)

“No man is truly free who is in financial bondage. Think what you do when you run in debt.” (Benjamin Franklin)

Should the Lord decide at this time to cleans the Church...a famine in this land of one year’s duration could wipe out a large percentage of slothful members, including some ward and stake officers. Yet we cannot say we have not been warned.

Family preparedness has been a long-established welfare principle. It is even more urgent today. I ask you earnestly, have you provided for your family a year’s supply of food, clothing, and where possible, fuel?

## LISTEN TO A PROPHET'S VOICE

(The First Presidency letter, January 20, 2002 to Priesthood Leaders)

“Church members can begin their storage by storing the basic foods that would be required to keep them alive if they did not have anything to eat. When members have stored enough of these essentials to meet their needs of their family, for one year, they may decide to add other items that they are accustomed to using day to day.”

President Gordon B. Hinckley

Priesthood Session – October 1996

“I wish to speak to you about temporal matters. As a backdrop for what I wish to say I read to you a few verses from the 41<sup>st</sup> chapter of Genesis. (Recounted Pharaoh’s dream of seven full ears of corn and seven withered ears of corn and Joseph’s interpretation of the dream.) Pres. Hinckley said; “Now brethren, I want to make it very clear that I am not prophesying, that I am not predicting years of famine in the future. But I am suggesting that the time has come to get our houses in order.” He also counseled us to “get out of debt.”

President Gordon B. Hinckley

Sunday Morning Session – October 2001

Speaking of the tragedy of 9-11...“Occasions of this kind pull us sharply to a realization that life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance, concerning debt, concerning thrift..As we have been continuously counseled for more than 60 years, let us have some food set aside that would sustain us for a time in case of need. But let us not panic nor go to extremes. Let us be prudent in every respect. And, above all, my brothers and sisters, let us move forward with faith in the Living God and His Beloved Son.”

President Gordon B. Hinckley

Priesthood Session – October 2002

“Brethren, I wish to urge again the importance of self-reliance on the part of every individual Church member and family. None of us knows when a catastrophe might strike. Sickness, injury, unemployment... I do not predict any impending disaster...prudence should govern our lives... We can begin with a one week’s food supply and gradually build it to a month, and then to three months. I am speaking now of food to cover basic needs...I fear that so many feel that a long-term food supply is so far beyond their reach that they make no effort at all. Begin in a small way...gradually build toward a reasonable objective.” And again he counseled us. “Get out of debt and rid yourself of the terrible bondage that debt brings.”

### FOOD STORAGE KIT\*\*\*

#### One-Month Basic Food Supply for One Adult

	#10 can Kit	Pouch Kit	Best if Used By
Wheat	3 cans	2 Pouches	30+ years
White Flower	1 can	1 Pouch	10 “
White Rice	2 cans	1 Pouch	30 + “
Quick Oats	1 can	1 pouch	30 “
Macaroni	1 can	1 pouch	30 “
Pinto Beans	1 can	1 pouch	30 “
White Sugar	1 can	1 pouch	30 + “
Powered Milk	1 can	1 pouch	20 “
Potato Flakes	2 cans	1 pouch	30 “
Salt	1 canister	1 canister	20+ “
Cooking Oil	1 quart	1 quart	2 “

\*\*\* One Month Basic Food Storage Kit can be purchased at your local cannery or home storage center. Designed to meet needs of individuals just starting on food storage program. Fit in 2 boxes.

#### A Thought concerning Food Storage

“If you always do what you have always done, you will get what you have always gotten.”

# TABLE OF CONTENTS

<i>Listen to A Prophet's Voice</i> .....	i	<i>Talk: Home Storage: Build on the Basics</i> .....	46
<i>Recipes</i> .....	1-41	Charts.....	47
<i>Tips for: Using Rice, Beans, and Wheat</i> .....	42	<i>Self-Reliance Thoughts</i> .....	48
<i>Tips for: Using Dry Milk, Leavening Agents, Adding Variety</i> .....	43	<i>Water Storage Facts</i> .....	49
<i>Tables: Substitutes, Standard Can Sizes, Conversion Table, Abbreviations, Approximate Food Measurements, &amp; Table of Proportions</i> .....	44	<i>Article: Update on Milk Storage</i> .....	50
<i>Food Storage and Children &amp; Product Directions</i> .....	45	<i>More Substitutions and Tips</i> .....	51
		<i>Dry-Pack Canning &amp; Basic Food Storage</i> .....	52
		<i>"Best IF Used By" Recommendation</i> .....	53

## Beverages

Whole Milk.....	1
Evaporated Milk.....	1
Whipped Evaporated Milk.....	1
Condensed Milk.....	1
Buttermilk or Sour Milk.....	1
Drinkable Powdered Milk.....	1
"Eagle Brand" Sweetened Condensed Milk.....	1
Whipped Topping.....	1
Buttermilk.....	1
Orange Banana Milk.....	1
Orange Julius.....	1
Spice Milk.....	1
Grape Milk.....	1
Banana Milk.....	1
Eggnog.....	2
Breakfast in a Glass.....	2
Tropical Shake.....	2
Cocoa - Chocolate Milk Mix.....	2
Cocoa Mix.....	2
Fruit Smoothies (with variations).....	2
Rich Cocoa Mix.....	2
Buttermilk.....	2
Sweetened Condensed Milk.....	2
Cocoa.....	2
Fruit Drink Mix.....	2

## Breads, Rolls and Muffins

Basic Bread.....	3
Quick, One-Rise Method.....	3
Traditional Two-Rise Method for Bread.....	3
Quick Bread.....	3
Wheat & White Bread for the Bread Maker.....	3
Scones.....	3
Whole Wheat Bread.....	3
Whole Wheat Bread.....	4
Wheat Bread.....	4
Soft & Delicious 2-Hr Whole Wheat Bread.....	4
Wheat/Rye Bread with Cottage Cheese.....	4
Cottage Cheese Combread.....	4
Pinto Bean Wheat Bread.....	4
Whole Wheat Bread with out Eggs.....	4
Sourdough Instructions.....	5
How to Set a Sponge Starter.....	5
Variations of Starters.....	5
Sourdough Starter #2.....	5
Sourdough Starter #3.....	5
Sourdough Bread.....	5
Sourdough Biscuits.....	5
Oatmeal Bread.....	6
Honey Oat Bread.....	6
Corn Bread.....	6
Oatmeal Croquettes.....	6
Tortillas.....	6
Wheat Thins.....	6
Picnic Pretzels.....	6
Best Ever Rolls.....	7
Brown 'n' Serve Rolls.....	7
Sourdough Cinnamon Rolls.....	7
Cinnamon Rolls and Glaze.....	7
Cinnamon Apple Rolls.....	7
Sourdough Doughnuts.....	7
Cake Mix Cinnamon Rolls.....	8
Baking Powder Biscuits.....	8

## Breads, Rolls & Muffins, Continued...

Wheat Muffins.....	8
Sourdough Whole Wheat Muffins.....	8
Oatmeal Raisin Muffins.....	8
Rolled Oat Muffins.....	8
Bran Muffins.....	8
Surprise Muffins.....	8
Sourdough English Muffins.....	9
Muffins or Pancakes.....	9
Banana Bread.....	9
Sourdough Biscuits.....	9
Sourdough Applesauce Bread.....	9
Banana Nut Bread.....	9
Zucchini Bread.....	9

## Pancakes and Waffles

Pancake and Waffle Mix.....	10
Apple Pancakes.....	10
Nutty Pancakes.....	10
Waffles.....	10
Orange Waffles.....	10
Delicious Oatmeal Pancakes.....	10
Sourdough Pancakes.....	10
Sourdough Waffles.....	10
Wheat Waffles.....	10
Potato Pancakes.....	11
Blender Wheat Pancakes.....	11
Blender Wheat Waffles.....	11
Cottage Cheese Cornmeal Hot Cakes.....	11
Blender Whole Wheat Pancakes.....	11
French Toast.....	11
Maple Syrup.....	11

## Cakes and Frostings

Apple Upside Down Cake.....	12
Apple Brown Betty.....	12
Upside down Apricot Cake.....	12
Standard Cake.....	12
Fruit and Cereal Brunch Cake.....	12
Streusel Topping.....	12
Navy Bean Bundt Cake.....	12
Versatile Pudding Cake.....	12
Sourdough Chocolate Cake.....	13
Banana Chocolate Chip Cake.....	13
Chocolate Oatmeal Cake.....	13
Broiled Coconut Icing.....	13
Oatmeal Cake with Broiled Icing.....	13
Pumpkin Cake Roll and Filling.....	13
Texas Sheet Cake.....	13
Texas Sheet Cake Frosting.....	13
"Old Fruit" Cake.....	13
Apple Dump Cake.....	14
Two Egg Cake.....	14
Spice Cake.....	14
Quick Cheesecake.....	14
Frosting.....	14
Eggless, Milkless Cake.....	14
Crazy Cake.....	14
Whole Wheat Carrot Cake.....	14

## Pies and Pie Crusts

Dutch Apple Pie, Filling & Topping.....	15
---	----

## Pies and Pie Crusts, Continued...

Easy As Pie Shaker Pie Crust.....	15
Apple Pie Filling.....	15
Apple Crisp.....	15
Stewed Apples and Raisins Pie.....	15
Amazing Lemon Cream Pie.....	15
Crunchy Wheat Pie Crust.....	15
Chocolate Cream Pie.....	15
Coconut Cream Pie.....	15
Oatmeal Pie.....	15
Oat Topping.....	15
Really Good Pinto Bean Pie.....	16
Peach Pie Filling.....	16
Eclair Pie and Frosting.....	16
Oatmeal Pie.....	16
Carrot Pie.....	16
Pie Crust (See Crunchy Wheat Cereal).....	20

## Candy and Treats

Having Fun With Dried Apples.....	17
Applet Candy.....	17
Peanut Butter Chews.....	17
Peanut Butter Chews Variations.....	17
Peanut Butter Snap, Crackle & Pop Bars.....	17
"Reece's" Peanut Butter Cups.....	17
Peanut Butter Bites.....	17
Honey Candy.....	17
Honey Mints.....	17
Dollar Mints.....	17
"Oh Harry" Bars.....	17
Popcorn Balls.....	17
Cracker Jacks.....	17
Honey Mints.....	17
Roca Rectangles.....	18
Uncooked Fudge.....	18
Caramel Coated Marshmallows.....	18
Coated Marshmallow Variations.....	18
"Tootsie Rolls".....	18
"Almond Joy" Candy Bar.....	18
Pinto Bean Fudge.....	18
Delicious Yummies.....	18
Missionary Candy.....	18
Popped Wheat Treats.....	18
Wheat Treat Variations.....	18
Pioneer Wheat.....	18
Whole Wheat Cake Doughnuts.....	18

## Cereals and Granola

Crunchy Wheat Cereal.....	19
Crunchy Wheat Cereal Variations.....	19
Creamy Wheat Cereal.....	19
Grape Nuts.....	19
Wheat Cereal For One.....	19
Breakfast Cereal.....	19
Thermos Method.....	19
Gas Range Method.....	19
Crock Pot Method.....	19
Cracked Wheat Method.....	19
Muesli.....	19
Hot Oatmeal Cereal.....	19
Whole Wheat Porridge.....	19



**Cereals and Granola, Continued...**

Instant Oatmeal Packets.....	20
Directions for Microwave Cooking.....	20
Directions for Conventional Cooking.....	20
Granola.....	20
Lumpy Dick.....	20
Crunchy Wheat Cereal.....	20

**Casseroles, Main Dishes, Sandwiches**

Potluck Chicken Casserole.....	21
Pinto Bean Casserole.....	21
Taco Casserole.....	21
Cracked Wheat Casserole.....	21
Chicken Rice Casserole.....	21
Chicken Chili Casserole.....	21
Barbecued Lima Beans.....	21
Turkey Pockets.....	21
Versatile Beef Chunks, Etc.....	22
Cottage Cheese Beef Stroganoff.....	22
Chicken (or Turkey) Fricassee for 1.....	22
Turkey Quesadillas.....	22
Turkey Enchiladas.....	22
Navajo Tacos for One.....	22
Navajo Taco Hot Sauce.....	22
Turkey Pitas.....	23
Green Chile Burros.....	23
Flauta (Beef or Turkey).....	23
Baked Chicken and Spaghetti.....	23
Peachy Pork and Beans.....	23
Macaroni and Cheese.....	23
"Cannery" Spaghetti with Meat.....	23
Spaghetti for One.....	23
Chili.....	23
White Bean Chili.....	23
Boston Baked Beans.....	24
Sweet and Sour Baked Beans.....	24
Refried Beans.....	24
Ham and Beans, Ole' Style.....	24
Refried Beans and Cheese.....	24
Quick and Easy Bean Pot.....	24
Refried Beans From Dried, for One.....	24
Ham and Beans.....	24
Spanish Rice.....	24
Browned Rice.....	25
Potato Scallop.....	25
Potato Lasagna.....	25
Chili for One.....	25
Chinese Fried Wheat.....	25
Italian Fried Wheat.....	25
Spanish Fried Wheat.....	25
Oat "Stuffing".....	25
Tamale Pie.....	26
Meat Pie Using Dry Soup Mix.....	26
Bar-B-Que Patties.....	26
Wheat Sprout Patties.....	26
Rice Pilaf.....	26
Rice-A-Roni (Chicken or Turkey) for One.....	26
Mexican Rice.....	26
Bean Dip or Sandwich Spread.....	27
Bean Dip with Chips (Serves 20-25).....	27
Tortillas.....	27
Burritos.....	27
Wheat Steak.....	27
Homemade Hamburger Helper.....	27
Poultry Stuffing (see Crunchy Wheat Cereal).....	20

**Cookies, Bars 'N' Brownies**

Applesauce Oatmeal Cookies.....	28
Apple Filled Cookies.....	28
Date Filled Wheat Cookies.....	28
Favorite Oatmeal Cookies.....	28
Wheat & Raisin Chocolate Chip Cookies.....	28
Pumpkin Cookies.....	28
Pumpkin-Chocolate Chip Bars.....	28
Rice Crispy Treats.....	28

**Cookies, Bars 'N' Brownies, Continued...**

Granola Bars.....	28
No Bake Cookies.....	28
Oatmeal Cookies.....	29
Chocolate Chip Oatmeal Cookies.....	29
Variations.....	29
Snickerdoodles.....	29
Magic Bars.....	29
Sourdough Cookies.....	29
Cinderella Crisps.....	29
Chewy Oatmeal Cookies.....	29
Whole Wheat Brownies.....	29
Honey Graham Crackers.....	29

**Desserts**

Having Fun with Dried Apples.....	30
Hearty Apple Crisp.....	30
Apple Crisp.....	30
Apple Brown Betty.....	30
Stewed Apples and Raisins.....	30
Make A Pudding Mix.....	30
Vanilla Pudding.....	30
Chocolate Pudding Mix.....	30
Caramel Pudding Mix.....	30
Pudding.....	30
Fruit Gelatin Salad/Dessert.....	30
Pudding.....	31
Fudgesicles.....	31
Whole Wheat Bread Pudding.....	31
Bread Pudding.....	31
Corn Pudding.....	31
Rice Pudding.....	31
Easy Rice Pudding.....	31
"Cannery" Cocoa Mix Chocolate Pudding.....	31
Wonderful Stuff.....	32
Graham Crackers.....	32
Oat Topping.....	32
Popped Wheat Treats.....	32
Popped Wheat Treats Variations.....	32
Apple Oatmeal Bars.....	32
Rice Pudding.....	32
Chunky Dried Apples.....	32
Vanilla Pudding (Instant).....	32
Chocolate Pudding (Instant).....	32

**Salads**

Chicken Pasta Salad.....	33
Taco Salad.....	33
Macaroni Salad.....	33
Cashew Turkey Salad.....	33
Wheat Seafood Salad.....	33
Hot Turkey Salad.....	33
Turkey Salad.....	33
Tuna On A Shoe String.....	33
Tuna Oat Salad.....	33
How To Make a Tortilla Salad Bowl.....	33
Salad Toppings (see Crunchy Wheat Cereal).....	20

**Cheese, Sauces, Butters, Dips, and Syrups, Etc.**

Basic Cottage Cheese Information.....	34
Basic Cottage Cheese.....	34
Raw Milk Cottage Cheese.....	34
Sour Cream.....	34
Maple Syrup.....	34
Day Cheese.....	34
Bakers Cheese.....	34
Magic Mix.....	34
White Sauce.....	35
Mexicali Sauce.....	35
Mushroom Sauce.....	35
Cheese Sauce.....	35

**Cheese, Sauces, Butters, Dips, and Syrups, Etc. Continued...**

Egg Sauce.....	35
Mornay Sauce.....	35
Basic White Sauce.....	35
Applebutter.....	35
Honey Butter.....	35
Pumpkin Butter.....	35
Apple Syrup.....	35
Spicy Apple Syrup.....	35
Corn Syrup.....	35
White Sauce.....	35
Cottage Cheese Clam Dip.....	36
Honey Salad Dressing.....	36
Marinade for Turkey, Etc.....	36
Bean Dip With Chips.....	36
Bean Dip or Sandwich Spread.....	36
Basic American Mayonnaise.....	36
Basic Whole-Egg Mayonnaise.....	36
French Style Dressing.....	36
French Salad Dressing.....	36
Tartar Sauce.....	36
Basic Honey Jelly.....	36

**Soups and Stews**

California Bean Soup.....	37
Three Bean Stew.....	37
Beans and Ham Stew.....	37
Navy Bean Soup for One.....	37
Refried Bean Soup.....	37
Chicken (or Turkey) Soup for One.....	37
Chicken Soup Using Dry Soup Mix.....	37
Ham Hock and Dry Soup Mix.....	37
Dry Soup Mix Hamburger Soup.....	37
Delicious Turkey Soup with Dry Soup Mix.....	38
Hamburger Soup with Dry Soup Mix.....	38
Family Delight Using Dry Soup Mix.....	38
Old Fashioned Vegetable Soup w/dry mix.....	38
Hearty Soup Using Dry Soup Mix.....	38
American Hamburger Soup w/dry mix.....	38
Beef ABC Soup for One.....	38
Lentil Soup.....	38
Tuna Chowder.....	39
Cream Soup.....	39
Creamy Vegetable Soup.....	39
Hungarian Stew (Goulash) for One.....	39
Pioneer Stew.....	39
Hungarian Goulash.....	39
"Cannery" Beef Stew.....	39
Pioneer Stew, Modernized.....	39
Cream of Potato Soup.....	40
Frankfurter Soup.....	40
Taco / Enchilada Wheat Soup.....	40
Beef Consomme Using Dry Soup Mix.....	40
Turkey Soup Using Dry Soup Mix.....	40
Very Tasty Lentil Soup.....	40
Split Pea Soup with Sausage Balls.....	40
Autumn Quick Soup with Dry Soup Mix.....	40
Cream of Split Pea Soup.....	40

**Miscellaneous**

Coney Island Topping for a Hot Dog.....	41
Salad Croutons Using Potato Pearls.....	41
Salad Croutons Variations.....	41
Wheat Thins.....	41
Brown Sugar.....	41
Powdered Sugar.....	41
Cake Flour.....	41
Bulgur Wheat.....	41
Sprouting.....	41
Dog & Cat Food (Crunchy Wheat Cereal).....	41

## WHOLE MILK

1 Cup water 1/3 Cup powdered milk

## EVAPORATED MILK

1 Cup water 2/3 Cup powdered milk

## WHIPPED EVAPORATED MILK

Makes 3 Cups

1 Cup evaporated milk 2 Tbsp. lemon juice

Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten with 2-4 Tbsp. sugar, and flavor as desired.

## CONDENSED MILK

1/2 Cup hot water 1 Cup sugar  
1 Cup powdered milk

Blend thoroughly in blender. Can be stored in refrigerator or frozen.

## BUTTERMILK OR SOUR MILK

1 Cup water 1/3 Cup powdered milk  
1 Tbsp. vinegar or lemon juice

## DRINKABLE POWDERED MILK

To improve the flavor of powdered milk, mix it half and half with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla to enhance the flavor. Let it chill several hours or overnight before drinking.

## "EAGLE BRAND" SWEETENED CONDENSED MILK

1 Cup hot water 2 Cups sugar  
2 Cups powdered milk 1/4 Cup butter

Blend very well in blender. May be stored in the refrigerator or frozen.

## WHIPPED TOPPING

6 Tbsp. instant dry milk (3 1/2 Tbsp. non-instant dry milk)  
1 Cup boiling water 2 tsp. unflavored gelatin  
2 Tbsp. cold water 2 - 4 Tbsp. sugar  
1 tsp. vanilla

Dissolve the milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolved gelatin and sugar. Stir and chill in the refrigerator until it jells. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

## BUTTERMILK

1 Cup non-instant (1 3/4 Cups instant) dry milk  
3 Cups slightly warm water  
1/2 Cup commercial or previously made buttermilk

Shake or beat until blended. Cover and allow to stand at room temperature until clabbered, 6 - 12 hours. Refrigerate after clabbering. Makes 1 quart. Note: Buttermilk will keep in the refrigerator for 2 - 3 weeks. It may be frozen. It will be necessary to use a fresh start of buttermilk occasionally.

## ORANGE BANANA MILK

Serves 4

1 (6 oz) can frozen orange juice concentrate  
1 medium banana 3 Cups ice water  
1/2 Cup milk (3 Tbsp. nonfat dry milk to 1/2 Cup water) 1 Tbsp. sugar or honey

Put in blender and blend until foamy. Try this nutritious drink for breakfast or as a great summertime snack.

### VARIATION:

Use 2 trays of ice cubes instead of ice water, delete banana, add 1 tsp. vanilla and blend until smooth. Call it "Thick, Creamy Orange Julius."

## ORANGE JULIUS

Makes 3 six-ounce servings.

2 Cups orange juice 2 Tbsp. sugar  
1/2 Cup dry milk powder 1/2 tsp. vanilla  
1/2 Cup crushed ice

Put all ingredients in blender and blend until ice is totally crushed and drink is smooth.

## SPICE MILK

Serves 6

2 Cups nonfat dry milk powder 1 Tbsp. sugar  
1/2 tsp. cinnamon 1/4 tsp. salt  
1/2 tsp. nutmeg 1 1/2 quarts fluid milk

Combine dry ingredients. Add part of milk to make a smooth paste. Blend in rest of milk and stir until smooth. Chill.

## GRAPE MILK

Serves 6

2 Cups water 1 Cup fluid milk  
1 Cup nonfat dry milk powder 2 1/4 Cups grape juice

Combine part of the water with nonfat dry milk powder to make a smooth paste. Blend in rest of water, grape juice, and milk. Chill.

## BANANA MILK

Serves 6

1 Cup water 2 ripe bananas, mashed  
1/4 Cup nonfat dry milk powder 1 Cup fluid milk

Combine part of the water with nonfat dry milk powder to make a smooth paste. Blend in rest of water. Add bananas and fluid milk together; beat until smooth. Chill.

## EGGNOG

Makes about 3 Cups

Combine in blender Or large bowl:

3 eggs	½ Cup sugar
¼ tsp. salt	2 Cups water
½ Cup non-instant dry milk powder Or a shy cup of instant milk powder	1 Tbsp. rum flavoring
	Nutmeg to taste

Beat or blend until foamy. Chill before serving. Sprinkle with nutmeg.

## BREAKFAST IN A GLASS

Serves 1

Combine in a blender container or bowl:

1 Cup cold water	1 egg
¼ Cup non-instant dry milk powder (Or ½ Cup instant milk powder)	½ Cup fresh fruit Or 3 oz. of frozen orange juice concentrate

Whip until smooth. For best flavor, chill before serving.

## TROPICAL SHAKE

Serves 4

1 (8 oz) can crushed pineapple, with juice - don't drain	
1 medium banana	1 Cup skim milk
1 Cup orange juice	Crushed ice
Mint, optional	

Chill all ingredients thoroughly. Blend undrained pineapple for 2 minutes. Add banana and blend until smooth. Blend in milk, then orange juice. Pour over ice. May garnish with mint.

## COCOA -- CHOCOLATE MILK MIX

1 Cup dry hot cocoa mix	½ tsp. salt
¾ Cup sugar	4 Cups dry milk

Combine ingredients and store in tightly covered container.

TO USE: For every cup of cocoa or chocolate milk desired, use ½ cup mix and one cup water. Combine part of the water with mix to make a smooth paste. Add remaining water and blend well. Heat for cocoa or chill for chocolate milk. Increase ingredients for each serving desired.

## COCOA MIX

15 Cups instant powdered milk	1 Cup cocoa
1 ½ Cups sugar	1 ½ tsp. salt

Makes enough for 10 quarts or 40 1-cup servings.

TO USE THE MIX, add ½ cup of mix to 1 cup hot water for a warm drink or ice cold water for chocolate milk.

## FRUIT SMOOTHIES

A Good Way To Use Bottled Fruit

Serves 4

2 Cups bottled fruit with juice	1 - 2 drops almond flavoring Or
¾ Cup nonfat powdered milk (make milk -4 Tbsp. nonfat dry milk to ¾ Cup of water)	1 Tbsp. lemon juice
	Sugar to taste

Put ingredients in blender and blend until smooth. Add ½ tray of ice cubes and blend until smooth. (Use almond flavoring with cherries and large stone fruits, lemon juice with berries.)

### VARIATIONS:

To use fresh fruit, use one cup of fruit and 1 cup of water and sweeten to taste.

In place of the ¾ cup water and 4 Tbsp. nonfat dry milk, use ¾ cup water and 2 Tbsp. dry vanilla pudding.

To add a bit of zing, add the juice of 1 grapefruit to any of the above recipe flavors.

Try using several different fruits together, such as bananas and strawberries, strawberries and pineapple, peaches and apricots, etc.

When using bananas, you may use the ones which have turned dark brown, then use less sugar, as the bananas sweeten the drink well.

## RICH COCOA MIX

Makes enough for 8 quarts

10 2/3 Cups instant dry milk	1 (6 oz) jar instant coffee creamer
1 lb. can instant chocolate	½ Cup powdered sugar

(Note: 10 cups plus 2/3 cup, not ten 2/3 cups of instant dry milk is what this recipe is calling for.) Mix well. Keep in covered, air tight container.

TO USE: Mix ½ Cup mix with 1 Cup hot water.

## BUTTERMILK

To 1 Cup milk add 1 Tbsp. vinegar Or lemon juice and let stand for five minutes.

## SWEETENED CONDENSED MILK

Makes about 14 ounces

¾ Cup non-instant (1 1/3 Cups instant) dry milk powder	
¾ Cup sugar	½ Cup hot tap water

Place hot water in blender. With blender going, add sugar and dry milk, blend until smooth.

## HOT COCOA

Hot cocoa mix can be purchased from the dry-pack cannery.

## FRUIT DRINK MIX

Fruit drink mix can be purchased from the dry-pack cannery.

## BASIC BREAD

Makes 2 Loaves

5 ½ - 6 Cups all-purpose flour  
2 Tbsp. sugar  
1 Tbsp. salt  
2 pkg. Fleischmann's RapidRise Yeast  
2 ¼ Cups water  
¼ Cup butter Or margarine

Combine 2 cups flour, sugar, salt and yeast in a large bowl. Heat water and butter until very warm (120° - 130° F). Add to dry ingredients, stirring well. Gradually stir in enough remaining flour to make a soft dough. Knead until smooth and elastic, about 8-10 minutes. Cover dough and let rest for 10 minutes on a lightly floured surface. Divide dough in half. Roll each half to 12x8-inch rectangle. Beginning at short ends, roll up tightly as for jelly roll. Pinch seams and ends to seal. Place loaves, seams down, in greased 9x5-inch loaf pans. Cover and let raise in a warm, draft-free place until doubled in size, about 1 hour. Bake at 375°F. for 30 - 35 minutes or until done. Remove from pans and cool on wire rack.

### VARIATIONS:

(This method may be used with any recipe for bread, including those using eggs, etc.)

### QUICK, ONE-Raise METHOD

1. Set aside 1 cup flour from total amount (save for later use in recipe). Mix remaining flour(s) RapidRise Yeast and all other dry ingredients in large bowl.
2. Heat shortening and all other liquids except eggs until very warm (120°-130°F).
3. Stir warm liquids into dry mixture. Mix in eggs, if required. Mix in enough reserved flour for desired batter or dough consistency.
4. Knead (if required) as directed in recipe. Cover dough; let rest 10 minutes (this rest replaces the first rising in a traditional recipe).
5. Shape dough and place in prepared pans as directed in recipe. Cover; let raise in warm, draft-free place until doubled in size.
6. Bake as directed.

### TRADITIONAL TWO-Raise METHOD FOR BREAD

Combine ¼ cup warm water (105°-115°F.) and 1 tsp. sugar. Add yeast and stir to dissolve. Rapid Raise yeast will require 2 complete raising times if dissolved in water.

Follow Basic Bread directions, but where the recipe calls for the 10-minute rest, let raise until double in bulk. Punch down and allow to raise once again until double in bulk. Punch down and form into loaves or rolls as desired, cover and let raise until doubled in size, then bake as recipe directs.

NOTES: For the Best Results, use a thermometer to gauge the temperature of liquids. If the water is too hot, it may kill the yeast, and the dough would not raise.

1 Pkg. RapidRise Yeast (¼ oz) = 1 Pkg. Active Dry Yeast (¼ oz)  
1 Pkg. Active Dry Yeast (¼ oz) = 1 Cake Fresh Yeast (0.6 oz)  
1 Pkg of RapidRise Yeast measures about 2 ¼ tsp.

## SCONES

Can use any bread recipe that you like. When bread has raised once, cut off ball about 1-2 inches in diameter. Pull until flat. Cook in a pan of hot oil. Turn over and cook until golden brown.

## BASIC BREAD

9 Cups whole wheat flour  
2 Tbsp. + 2 tsp. yeast  
2 Tbsp. salt

Stir together, then add:

¼ Cup oil  
5 ½ Cups warm water  
½ Cup honey  
3 Tbsp. lemon juice  
(optional)

Knead in about 3 cups additional flour. Form into loaves and put into greased loaf pans. Let raise in oven. Bake at 325° F. until done.

## QUICK BREAD

Makes 1 loaf

3 Cups whole wheat flour  
½ tsp. salt  
3 tsp. baking powder

Stir together, then add:

1 Cup milk or water  
¾ - 1 Cup honey Or sugar Or molasses,  
bananas Or pumpkin Or raisins Or nuts  
1 egg

Stir together. Bake at 350° F. for 1 hour.

## WHEAT AND WHITE BREAD (FOR THE BREAD MAKER)

Place ingredients in the bread maker in the following order:

2 tsp. dry yeast, 1 ½ Cups white flour, 1 ½ Cups wheat flour, 1 tsp. salt, 2 Tbsp. oil Or yogurt, 3 Tbsp. honey Or sugar, 1 ⅛ Cups lukewarm water.

NOTE: You will need to use the oil and honey together Or the yogurt and sugar together. There is a reaction between the yogurt and honey that keeps the bread from rising. Bake according to your bread maker directions. Compare the flour amount of this recipe to the flour amount called for with your bread maker to give you an idea of the size of loaf this will produce.

## WHOLE WHEAT BREAD

Makes 3 loaves

1 Pkg dry yeast (1 Tbsp.)  
¼ Cup warm water  
2 Cups hot water  
2 Tbsp. shortening  
½ Cup brown sugar  
2 tsp. salt  
1 Cup cold water  
½ Cup dry milk  
7-8 Cups whole wheat flour

Mix yeast and warm water and set aside. Pour hot water over the shortening, sugar and salt. Mix the dry milk with 1 cup of the whole wheat flour, add hot water mixture to this and 1 cup of cold water, then add yeast mixture. Add 6 - 7 more cups of whole wheat flour. Knead until smooth and elastic and let raise almost double, then time as follows; Let raise 40 minutes, punch down; raise 20 minutes, punch down; raise 20 more minutes, punch down.

Shape into 3 loaves and place in 3 small greased bread pans. Allow to raise until double in bulk. Bake at 375° F. for 40-45 minutes.



## WHOLE WHEAT BREAD

5 Cups milk	8 eggs
3 cubes butter Or margarine	4 Tbsp. yeast
4 Tbsp. sugar	6 - 8 Cups wheat flour
4 tsp. salt	6 - 8 Cups white flour
	2 Cups honey

In large bowl, put eggs, honey, sugar, salt and mix well. Heat on stove the milk and butter. Add milk to the other ingredients and add the yeast to the WARM, NOT HOT mixture (make sure it is warm only... if too hot the yeast will be killed). Add 6 cups of wheat flour and mix well. If it is still really liquidy, add 2 more cups of wheat flour. Add enough white flour to NOT have the dough streaky in color. Place in buttered pan and set aside to double in bulk. Punch down and place in greased loaf pans. Allow to double in size once more. Bake in a 350°F. For 30 - 40 minutes. Remove from oven and turn out of pan onto a towel. Butter top of the bread and allow to cool. Enjoy.

## WHEAT BREAD

Combine and let rest for 10 minutes:

3 ½ Cups warm water	1 Tbsp. honey
1 Tbsp. yeast	

Add:

2 Cups whole wheat flour	½ Cup honey
2 Cups white (bleached) flour	¼ Cup oil
2 tsp. salt	1 egg

Gradually add until stiff: 5-6 Cups whole wheat flour

Knead until smooth. Place in greased bowl (turning once to grease top). Cover and let raise in a warm place until doubled. Punch down and form into loaves (set into greased pans). Cover again and let raise until double in bulk. Bake at 350° F for about 30 minutes.

## SOFT AND DELICIOUS TWO-HOUR WHOLE WHEAT BREAD

Makes 4 loaves

5 Cups warm water	1/3 Cup potato flakes
2 Tbsp. yeast	6 Cups whole wheat flour
1/3 Cup honey	1 Tbsp. salt
1/3 Cup oil	4-5 Cups unbleached flour
2 eggs	

Dissolve yeast as per package instructions. Make a sponge using all ingredients down to and including salt. Use bread mixer or hand-held electric beaters. Let raise about 10 minutes. Add remaining flour gradually as needed to make a soft dough. Knead on floured board and cover with plastic wrap and let raise until double. Punch down; shape into four loaves; place in greased bread pans. Cover and let raise again until double. Bake at 350° F for 30 - 40 minutes. Put hot bread on a towel to cool for a soft crust.

## COTTAGE CHEESE CORNBREAD

1 Cup cornmeal (yellow or white)	1 tsp. salt
¾ Cup skim milk	1 tsp. baking powder
½ Cup creamy cottage cheese	½ tsp. baking soda
	1 Tbsp. sugar
	1 egg

Stir together all ingredients until well mixed. Spoon into an 8" square greased cake pan. Bake in preheated 425° F. oven for 20 - 25 minutes. Cut into squares.

## WHEAT AND LIGHTLY RYE BREAD WITH COTTAGE CHEESE

1 Envelope active dry yeast	2 tsp. salt
2 Cups warm water	1 ½ Cups rye flour
2 Tbsp. honey	7-9 Cups whole wheat flour
1 Cup cottage cheese, mashed	

In a large mixing bowl combine the yeast and water and allow the yeast to dissolve, about 5 minutes. Stir in the honey, mashed cottage cheese, salt and rye flour. Slowly add wheat flour until the dough pulls away from the sides of the bowl.

Turn dough onto a floured board and knead until it feels smooth and elastic, about 5-7 minutes. Divide the dough into two equal parts; shape, and place in greased loaf pans 9x5x3 inches. Cover with a clean dish towel and set in a warm place (85° F.) to raise.

Preheat oven to 350° F. Bake for 45-50 minutes or until done. Makes 2 loaves.

## PINTO BEAN WHEAT BREAD

Makes one loaf

1 Cup bean puree made with pinto beans	2 Tbsp. vegetable oil
1 Cup lukewarm water	1 tsp. salt
1 Tbsp. honey	2 Cups whole wheat flour
1 Pkg. active dry yeast	¾-1 ½ Cups all purpose flour

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 puree should be smooth in consistency. Use immediately or refrigerate up to 2 - 3 days. It will thicken as it cools. Freeze in an air tight container to store up to 6 weeks.

For this recipe you may also use reconstituted refried beans.

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 puree, 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 raise until doubled in bulk, about 45 minutes. Preheat oven to 350°F. Form loaf and let raise 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 a rack.

## WHOLE WHEAT BREAD w/o Eggs

1 pkg Fleischmann's Yeast	2 Tbsp. melted fat
4 Tbsp. light brown sugar	1 ½ tsp. Salt
1 Cup lukewarm water	4 Cups whole wheat flour
1 Cup milk, scalded and cooled	1 Cup sifted white flour

Dissolve yeast and sugar in water. Add lukewarm milk, fat, salt, then flour gradually, enough to make dough that can be handled. Knead thoroughly keeping the dough soft. Cover and set in warm place to rise for 2 hours. When the dough has doubled in size, mold into 2 loaves and place in well greased pan. Cover and let rise again, about 1 hour. Bake at 400° for about 1 hour.

## SOURDOUGH

Despite any suggested mystique about sourdough, it is but a leavening agent and leavening can be found in the Bible in the Old Testament. As part of the celebration of the Feast of the Pass-over, unleavened bread was to be used; therefore, some sort of leavening was normally used in their daily breads.

**STARTERS:** "Starter" (or "sponge") is the name of the leavening product developed when combining flour, liquid and some source of yeast spores. (Sometimes, sugar is added to the starter to feed the yeast.) This product also adds flavor to the end product. This flavor adds some degree of "sourness" or "tanginess" and provides us with "sourdough". However a starter is obtained, it should be kept in crockery, glass or plastic containers. Metal seems to have an adverse chemical reaction to the life of starters.

The easiest way to get into sourdough is to obtain a "start" from someone already into sourdough cooking. Most "starts" are about ½ cup in quantity. To reconstitute this ½ cup, add 2 cups of warm tap water and two cups flour, mix well, cover and let stand in a warm place (out of drafts) overnight. This provides about 1 quart of starter. Store in the refrigerator in a sealed container. Take out the amount of starter called for in a recipe and return remainder to the refrigerator. When about ½ cup remains or two - three weeks have passed, plan to reconstitute as suggested. You now have another supply.

The next easiest way to establish a "start" is to add a package or one tablespoon of yeast to 2 cups of warm tap water and mix in 2 cups of flour. Cover and let stand in warm, draft free place for about 24 hours. Stir down once or twice.

### TO "SET A SPONGE" (OR STARTER) FOR A RECIPE:

About 12 hours before planning to mix recipe, mix in a bowl ½ cup starter, 2 cups flour, 2 cups liquid (water, milk or water drained from cooked potatoes). Cover bowl with cheesecloth and put it in a warm draft-free place. Just before mixing the recipe, take 1 cup of batter to replenish starter in your crock. Use the balance in your recipe.

## SOME VARIATIONS OF STARTERS

- a- In place of warm tap water use the water in which potatoes have been cooked.
- b- Use milk for the liquid. This starter does not keep as long as one with water. If you really want a "tang" of a "sour" starter, use part buttermilk or sour milk.
- c- Rather than white flour use whole wheat, rye, unbleached or combinations of flours. Some people keep both a white flour and one with whole wheat going at the same time.

If you want to really do it the "old fashioned" way, mix 2 cups water with 2 cups flour and let stand uncovered, out of a draft, for several days until it bubbles good. This method collects the yeast spores from the air, so it can take several days.

Many recipes tend to use sourdough more as a flavoring agent than for its leavening properties.

## SOURDOUGH STARTER #2

2 Cups water  
1 scant Tbsp. yeast (1 pkg.)

2 Cups flour

Mix well and let stand in warm place out of draft for about 24 hours. Stir down once in a while. It will store in refrigerator for several days. The more you use it, the better it becomes.

## SOURDOUGH STARTER #3

2 Cup warm water  
1 pkg. dry yeast

2 Cup flour  
1 Tbsp. sugar

Put warm water into crock. Sprinkle yeast over water and stir with wooden spoon until dissolved. Add flour and sugar. Mix until smooth. Cover and set aside 36 to 45 hours. Stir each time you are in the kitchen. Use 1 ½ C of the starter in bread recipe.

To store remainder, beat 2 cups flour and 2 cups warm water into remaining starter batter. Let stand in warm place at least 5 hours. Cover and store in refrigerator. Allow water needed in bread to warm to room temperature before using. Never add anything to starter but the flour and water needed to keep it going. **Do not use metal spoons or containers.**

## SOURDOUGH BREAD

Set sponge and let stand overnight or for six to eight hours.

4 Cups sifted flour (or more)  
1 tsp. salt  
2 Tbsp. fat

2 Tbsp. sugar  
1/4 tsp. baking soda (added later)

Sift dry ingredients (using about 3 cups flour) into a bowl, making a well in the center. Add fat to the sponge and mix well. Pour mixture into the well of flour mixture. Mix well and add enough flour to make a soft dough for kneading.

Knead on floured board or cloth for 10 - 15 minutes. Place in a greased bowl. Cover and let raise in a warm place without drafts. This can take 2 to 4 hours, or until doubled in bulk. Dissolve the baking soda in a tablespoon of warm water and add to the dough. Knead it in thoroughly. Shape dough into loaves and place in greased bread pans and set aside to raise. When doubled in bulk, bake at 375° F. for 50 - 60 minutes or until well-browned and has a hollow sound when tapped on the bottom.

## SOURDOUGH BREAD

1 pkg. dry yeast  
2 Tbsp. sugar  
2 tsp. salt  
1 Cup warm water

1 ½ Cups sourdough starter  
3 ½ - 4 Cups flour  
1 egg, used as egg wash

Mix starter, yeast and warm water. Let stand until yeast is dissolved. Add remaining ingredients, except egg. Punch down. Form into loaves. Cover and let raise until doubled. Beat egg and brush over unbaked loaves. Bake in 400° F. oven for 30-35 minutes.

## SOURDOUGH BISCUITS

½ Cup starter  
2 ½ Cups flour  
3/4 tsp. salt

1 Tbsp. sugar  
½ tsp. baking soda

Mix starter (recipe on this page), using milk as the liquid and 1 cup of flour from this recipe for a total of 3 cups of flour, and let set overnight or all day. Combine salt, sugar, baking powder, soda and ½ cup flour. Mix this with the sponge. Turn out mixture on a board with remaining 1 cup of flour. Mix with hands and knead. Roll out to about 1 inch thick. Cut out and dip in oil or fat and set in ungreased 9x13-inch pan with sides barely touching. Let raise ½ hour. Bake at 375° F. Makes 12 - 16 biscuits.

## OATMEAL BREAD

Makes 2 loaves

½ Cup warm water	½ Cup honey Or molasses
2 Tbsp. active dry yeast	2 Cups all-purpose flour
¾ Cup water, boiling	1 Tbsp. salt
¾ Cup rolled oats	3-3 ½ Cups all purpose flour
1 Cup buttermilk	1/3 Cup vegetable oil

(Note: 1/3 Cup dry powdered milk mixed with 1 Cup water and 1 Tbsp. vinegar Or 1 Tbsp. lemon juice makes your own buttermilk.)

In small bowl, stir yeast into the warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring the water to boiling; stir in oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, and honey or molasses.

Sift flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to raise until double in bulk, about 1 ½ hours. Punch down dough and divide into two portions; cover with towel and allow to rest 10 minutes. Form into loaves and place in greased 8 x 4-inch pans. Cover and let raise until double in bulk. Bake at 350° - 375° F. for 45 to 50 minutes or until done. Remove from oven and turn out to cool on wire rack.

## HONEY OAT BREAD

Makes 2 loaves

2 Tbsp. dry yeast	2 Cups boiling water
½ Cup warm water	6 - 6 ½ Cups flour
1/4 Cup shortening or oil	2 Cups rolled oats
1/3 Cup honey	½ Cup instant nonfat dry milk powder
1 Tbsp. salt	

Dissolve yeast in ½ cup warm water. In 2 cups boiling water, melt shortening; add honey and salt. Cool to lukewarm. Combine 2 cups flour, the oats and the dry milk. Stir into cooled shortening and honey liquid. Add yeast, and beat with electric mixer at high speed for 3 - 4 minutes. Add remaining flour and knead to make a smooth, elastic dough. Cover and let raise until double in bulk. Divide dough and shape into loaves. Place in greased bread pans and bake at 350° F. for 50 minutes.

## CORN BREAD

Makes 1 loaf

1 2/3 Cups flour	1 2/3 Cups yellow cornmeal
2/3 Cup sugar	2 eggs, beaten
5 tsp. baking powder	1 2/3 Cups milk
1 tsp. salt	1/3 Cup margarine, melted

Mix flour, sugar, baking powder, and salt in a large bowl. Stir in cornmeal until well blended. Add eggs and milk, stir to smooth batter. Stir in melted butter just until blended. Do not over-stir. Pour into well-buttered 9 x 5 x 3-inch loaf pan. Bake at 425° F. for 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes, loosen around edges and turn out to cool.

## OATMEAL CROQUETTES

Makes 10 servings

2 Cups cooked oatmeal (follow oatmeal pkg. directions)	1 egg, well beaten
1 small onion, chopped	salt to taste
1 Cup soft bread crumbs	pepper to taste
	flour

Combine all ingredients except flour. Season to taste. Add sufficient flour to make a stiff drop batter. Mix very thoroughly, then drop by teaspoonfuls into hot fat. Fry until golden brown. Drain on paper towels. Extra dry rolled oats may be added to make a more chewy croquette.

## TORTILLAS

2 Cups flour	1 tsp. salt
1/4 Cup shortening	½ Cup warm water

Mix flour and salt. With fork, cut in shortening. Add water and mix with fork to make stiff dough. Form a ball and knead on lightly floured surface. Divide dough into 10 pieces and shape into balls. Roll out to paper thin. Bake on very hot ungreased griddle until freckled about 20 seconds on each side. Serve warm with refried beans, tomato sauce, sprouts, cheese, fajitas or use to make enchiladas.

## WHEAT THINS

1 ¾ Cups whole wheat flour	1/3 Cup oil
¾ tsp. salt	1 Cup water
1 ½ Cups flour	

Mix dry ingredients. Add oil, salt and water to mixture. Knead as little as possible to make a smooth dough. Roll dough very thin. Score with a knife into desired size. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt. Bake at 350° F. until light brown and crisp, about 30 - 35 minutes.

## PICNIC PRETZELS

A great activity to do with children. Permission was given to print the recipe, found in The Friend, August 1996; pg 27.

1 Envelope dry yeast Or 1 Tbsp. dry yeast	1 tsp. salt
1 ½ Tbsp. sugar	4 - 5 Cups flour
1 ½ Cups warm water	1 egg, beaten
	Coarse salt

In a large bowl, dissolve the yeast and sugar in the warm water; let sit about 5 minutes. Stir in the salt and 2 - 3 cups of the flour to make a soft batter. Keeping your hands dusted with flour, knead in enough additional flour to make a dough stiff enough to roll out. Still keeping your hands dusted with flour, take a lump of dough about the size of a peach, and roll it between your hands to make an 8 inch to 12 inch (20cm to 30cm) rope about as thick as your finger. Twist the rope into a pretzel shape, place it on a greased cookie sheet, brush it with beaten egg, and sprinkle with coarse salt on the top. Repeat these last two steps until the dough is used up. Bake at 425° F. for 12 - 15 minutes, until the pretzels are golden brown. Remove from sheet and cool.

Cover loosely to store. If you want to add a little flavor, add ½ tsp. caraway seeds, very coarsely ground.



## BEST EVER ROLLS

1 1/4 Cups milk  
1/4 Cup Potato Pearls, dry  
2/3 Cup margarine Or butter  
1/2 Cup sugar  
3/4 Cup water

1 1/2 tsp. salt  
1 pkg. active dry yeast Or  
2 Tbsp. of dry yeast  
2 eggs, well beaten

Bring 3/4 cup water and 1/4 cup milk to boil. Pour into large mixing bowl. Add potato pearls and beat with whisk or fork until blended. Heat remaining milk in same saucepan and pour over potato, margarine or butter, sugar and salt. Cool until lukewarm. Soften yeast in first mixture with eggs and 3 cups of flour. Beat with either wooden spoon or electric mixer until light and smooth. Stir in enough flour by hand to make a dough firm enough to knead. Turn out on floured board and knead 10 minutes or until elastic. Put in greased bowl and turn greased side up. Cover with plastic wrap and refrigerate until needed. When ready to bake, shape as many rolls as desired in preferred form (parker house, cloverleaf, etc.). Brush with melted margarine/butter and let raise in warm place 1 hour, or until light. Bake in hot oven (400° F.) 15-20 minutes. Makes 3 1/2 dozen medium rolls. Rolls may be shaped without refrigerating, if preferred. Raising time may be slightly less.

### VARIATIONS:

#### BROWN 'N' SERVE ROLLS

Using the above recipe, bake rolls at 275° F. for 20-25 minutes, or until rolls just start to change color. Cool in pans or on sheets for 20 minutes. Remove from pans or cookie sheets and finish cooling on wire racks. Wrap tightly in plastic bags and refrigerate up to 1 week. May freeze for longer storage. Just before serving, place rolls on ungreased baking sheet. Bake at 400° F. for 10-12 minutes or until golden brown. If desired, brush with melted butter or margarine.

## SOURDOUGH CINNAMON ROLLS

1/2 Cup starter (Page 5)  
1 Cup evaporated milk  
2 Cups sifted flour  
1/4 Cup butter  
3 Tbsp. sugar  
1 egg  
1 1/2 Cups flour (or more)  
1/2 cup baking soda

1 tsp. baking powder  
1 tsp. salt  
2 Tbsp. melted butter  
1/4 Cup packed brown sugar  
1 1/2 tsp. cinnamon  
1/4 Cup raisins (optional)  
Melted butter.

Combine starter, evaporated milk and 2 cups of flour in a large bowl; cover and leave at room temperature overnight. The next morning, beat together butter, sugar and egg; blend into sourdough mixture. Combine the 1 1/2 cups flour, baking soda, baking powder and salt mix with other mixture. Turn onto a floured board and knead until the dough surface is satiny and it doesn't stick to the board. You may need to add a little more flour to keep it from sticking.

Place the ball of dough in the center of the board and roll out into a rectangle 8x16 inches. Brush surface with melted butter and sprinkle with a mixture of brown sugar, cinnamon, and raisins. Roll up dough starting with one of the long sides; cut rolls at 1 3/4-inch intervals with string or scissors. You should have nine rolls. Dip top and bottom of each roll in melted butter, place in greased pan, cover and set in a warm, draft-free place for about one hour, or until nearly doubled in bulk. Bake at 375° F. for 30 - 35 minutes or until dark golden. Glaze or frost while still warm, using your favorite glaze frosting recipe, or the one following the Cinnamon Rolls recipe in the following column.

## CINNAMON ROLLS

Makes 24 rolls

5 1/2 - 6 Cups flour  
2 pkgs. yeast (2 Tbsp.)  
1/2 Cup sugar  
1 1/2 tsp. salt  
1 Cup milk  
1 Cup water

1/4 Cup butter  
2 eggs  
1/3 Cup butter, melted  
3/4 Cup sugar  
1 1/2 tsp. cinnamon  
1/4 Cup chopped nuts  
1 Cup raisins (optional)

Pre-heat oven to 375° F. In large bowl, combine 2 cups flour, yeast, 1/2 cup sugar and salt. In saucepan, heat milk, water, butter until warm. Add to flour mixture. Add eggs. Mix until moistened, then beat 3 minutes at medium speed. By hand, gradually stir in enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover; let raise in warm place until light and doubled in size, about 1 hour. Punch down. Divide into 2 parts. On lightly floured surface, roll or pat each half into a 12 x 9-inch rectangle. Brush each part with melted butter. Combine 3/4 cup sugar, cinnamon and nuts. Sprinkle over buttered surface. Add raisins. Starting with 12-inch side, roll up tightly, pressing dough into a roll with each turn. Pinch edges to seal. Cut each roll into 12 pieces. Place cut-side down in greased 13x9-inch pans. Cover; let raise in warm place until almost doubled, about 30 minutes. Bake at 375° F. for 20 minutes or until golden brown. Combine Glaze ingredients; blend until smooth. Drizzle over hot rolls. Serve warm or cold.

### GLAZE

3 Tbsp. butter, melted  
1/2 tsp. maple or vanilla flavoring

2 Cups powdered sugar

## CINNAMON APPLE ROLLS

Makes about 8 rolls

3 Cups flour  
4 tsp. baking powder  
1 Cup milk  
2 Cups chopped apples  
1 tsp. cinnamon  
1/2 Cup oil

2 Tbsp. sugar  
1 tsp. salt  
1/2 Cup oil  
1/2 Cup brown sugar  
1 Cup brown sugar  
1/2 Cup chopped nuts

Combine flour, 2 Tbsp. sugar, baking powder and salt. Add milk and 1/2 cup oil; stir just enough to hold dough together. Place on lightly floured surface and knead. Roll into 1/4 inch thick rectangle. Cover dough with combined apples, 1/2 cup brown sugar and cinnamon. Roll up jelly-roll fashion. Cut into 1 inch thick pieces. Combine 1 cup brown sugar, 1/2 cup oil and nuts in bottom of 13x9x2 inch pan. Place rolls in pan. Bake at 425° F. for 15 - 20 minutes, until desired brownness. Immediately turn upside down onto large platter or cookie sheet. Serve warm.

## SOURDOUGH DOUGHNUTS

1/2 Cup starter (Page 5)  
1/3 Cup sour or buttermilk  
2 Tbsp. shortening  
1/2 Cup sugar  
2 egg yolks  
2 Cups flour

1/2 tsp. nutmeg  
1/4 tsp. cinnamon  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 tsp. baking powder

Extra sugar for coating doughnuts after frying

Mix liquids together. Sift dry ingredients into liquid mixture. Roll out and cut. Heat oil to 390° F. Fry doughnuts until golden brown, turning once. Set on paper towels to drain. While warm, completely cover the doughnuts with sugar.



## CAKE MIX CINNAMON ROLLS

1 Pkg. white or yellow cake mix  
2 3/4 Cups hot tap water  
Cinnamon, as needed

2 Tbsp. yeast  
5 Cups flour, divided  
Melted butter, as needed  
Brown sugar, as needed

Stir together cake mix, yeast, and 2 cups of the flour. Add the hot tap water. Stir, then add 3 more cups of the flour. Knead together until mixed. Let raise double in size. Roll out, spread with melted butter, cinnamon and brown sugar as desired. Roll up like jelly roll, cut (dental floss is great to cut the rolls from the main log) and place on greased pans. Let raise in pans until double in bulk. Bake at 350° F. for 20 minutes. Frost while warm. Try other flavors of cake mixes.

**FROSTING:** Use a box of powdered sugar, and add either milk or water a teaspoonful at a time, beating after each addition until desired consistency is reached. Thicker icing should be spread on rolls with the side of a table knife or small spatula. Thinner icing may be drizzled generously over the top of each roll.

## BAKING POWDER BISCUITS

Makes 12 - 16 biscuits

2 Cups flour  
1 tsp. salt  
3/4 Cup milk

3 tsp. baking powder  
1/3 Cup shortening

Preheat oven to 425° F. Combine flour, baking powder and salt. Add shortening and use fork to cut in to resemble coarse meal. Add milk; stir until blended. Transfer dough to lightly floured surface. Knead gently, 8 - 10 times. Roll dough 1/2 inch thick. Cut into biscuits with biscuit cutter or use drinking glass that is floured so the dough comes away from the glass. Bake on ungreased baking sheet for 12 - 15 minutes.

## WHEAT MUFFINS

Makes 12 muffins

2 Cups whole wheat flour  
1 Cup brown sugar  
1/4 tsp. salt  
1 tsp. baking soda  
1 Cup milk (1/3 Cup powdered milk and 1 Cup water)

1 cube melted margarine  
1 egg  
1 tsp. vanilla

Mix dry ingredients together in a medium-sized bowl. (If you are using powdered milk, mix dry milk with dry ingredients, water with liquid ingredients.) In large measuring cup combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins. Bake at 350° F. for 15 minutes.

## SOURDOUGH WHOLE WHEAT MUFFINS

Set sponge the night before. (See Page 5)

1 1/2 Cups whole wheat flour  
1/2 Cup sugar  
1 tsp. salt  
1/4 Cup non-fat dry milk (dry)

1 tsp. baking soda  
1/2 Cup oil  
2 eggs  
1 Cup raisins (optional)

Sift dry ingredients into a bowl; make a "well" in the center. Mix thoroughly the egg and oil with sponge. Add this to the well in the flour. Stir only enough to moisten the flour mixture. Fill greased muffin tin 3/4 full. Bake at 375° F for 30-35 minutes. Yields about 20 small or 12 large muffins.

## OATMEAL RAISIN MUFFINS

Makes 12 muffins

1 egg  
3/4 Cup milk  
1 Cup raisins  
1/2 Cup vegetable oil  
1/3 Cup sugar  
flour  
1 Cup rolled oats

3 tsp. baking powder  
1/2 tsp. salt  
1/2 tsp. ground nutmeg  
1/4 tsp. ground cinnamon  
1 Cup white or whole wheat flour

Heat oven to 400° F. Grease bottoms only of 12 medium muffin cups or line with cupcake liners. Beat egg; stir in milk, raisins and oil. Stir in remaining ingredients all at once, just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in pre-heated oven until golden brown, about 20 minutes. Remove from pan immediately.

## ROLLED OAT MUFFINS

Makes 10 servings

1 1/2 Cups rolled oats  
1/4 Cup sweetened condensed milk  
3/4 Cup hot water  
2 Tbsp. corn syrup  
2 eggs, separated

1/2 tsp. salt  
3/4 Cup flour  
4 tsp. baking powder  
2 Tbsp. cooking oil

Pour hot water and condensed milk over rolled oats and let stand 1/2 hour. Add syrup, cooking oil, and beaten egg yolks. Sift flour, measure, and sift with baking powder and salt. Add to first mixture. Beat only until smooth. Fold in stiffly beaten egg whites. Fill well-greased muffin tins 2/3 full. Bake at 425° F. for 20 minutes.

## BRAN MUFFINS

3/4 Cup honey  
1/2 Cup butter  
2 eggs  
2 1/2 Cups whole wheat flour  
1/2 tsp. salt

2 1/2 tsp. baking soda  
2 Cups buttermilk  
1 Cup boiling water  
2 Cups bran

In a small bowl pour 1 cup boiling water over 1 cup of the bran and set it aside until needed. (1 cup bran will remain dry.) Cream honey, butter, and eggs together in a medium-sized bowl. In a separate bowl add the whole wheat flour, salt, and baking soda. Alternately add the whole wheat flour mixture and buttermilk to the creamed mixture. Add the bran and water mixture. Fold in the remaining 1 cup of dry bran. Bake at 400° F. for 15-20 minutes. (This mixture can be stored for 5 weeks in the refrigerator. Do not stir.)

## SURPRISE MUFFINS

Makes 12

3 Cups flour  
1/4 Cup sugar  
1/4 Cup butter  
1 Cup milk  
1/2 Cup grape jelly or any flavor jam or jelly you have

4 tsp. baking powder  
1 tsp. salt  
3 eggs  
1 Cup raisins (optional)

Sift together flour, baking powder, sugar and salt. Add butter to mixture and cut in with fork. Mix eggs, milk and raisins; blend into flour mixture. Stir lightly just to dampen flour. (If too dry, add a few drops more milk.)

Spoon into greased muffin tin. Push 1 spoonful of grape jelly down into batter of each muffin before baking. Bake in pre-heated 425° F. oven for about 20 minutes.

## SOURDOUGH ENGLISH MUFFINS

Makes 12 - 14 muffins

(See Sourdough Starter Page 5.)

2 Cups sourdough starter	6 Tbsp. yellow cornmeal
3/4 Cup buttermilk	1 tsp. baking soda
2 3/4 - 3 Cups flour	1/4 tsp. salt

Mix together the starter and buttermilk. Combine the flour, 4 Tbsp. cornmeal, soda, salt and add to the buttermilk mixture. Stir to combine, using hands when necessary. Turn onto lightly floured surface; knead until smooth, adding more flour if necessary. Roll dough to 2/3 inch thickness. Cover and let raise for a few minutes. Using a 3-inch cutter, cut muffins. Sprinkle sheet of waxed paper with the remaining cornmeal, and coat muffin circles on both sides. Cover and let raise until very light, about 45 minutes. Bake on medium hot, lightly greased griddle about 30 min., turning often. Cool and split. Toast, serve with butter.

## MUFFINS OR PANCAKES

Stir together:

about 5 Cups whole wheat flour	2 tsp. salt
2 Tbsp. baking powder	

Then add:

1/4 Cup oil or applesauce	1/2 Cup honey
1 - 2 eggs	water to right consistency

Bake at 350° F. for muffins, or on a griddle for pancakes.

## BANANA BREAD

3 eggs	1/2 Cup water
1/2 Cup oil	3 Cups mashed bananas
3 tsp. vanilla	3 Cups sugar
3 Cups sifted flour	1 tsp. salt
1 tsp. baking soda	3 tsp. cinnamon
1/2 tsp. baking powder	1 tsp. nutmeg
1 - 2 Cups nuts, chopped	

Beat eggs until foamy. Add water, oil, bananas, vanilla, and sugar and mix well. Set aside. Sift together the flour, salt, baking soda, cinnamon, baking powder and nutmeg. Add to banana mixture and mix well. Add chopped nuts. Mix well. Pour into loaf pans that have been greased, then lined with wax paper, then greased once more and floured. This step is important or the bread may not come out of the pans in one piece. Bake at 350° F. for 1 hour or until toothpick inserted in the center comes out clean. Let cool 30 minutes and remove from pans and immediately remove wax paper. Serve warm or cold. Bread may be frozen after baking.

## SOURDOUGH BISCUITS

(See Sourdough Starter Page 5.)

Makes 12-16 biscuits

2 Cups starter	1 Tbsp. sugar
2 1/2 Cups flour	1/2 tsp. baking soda
3/4 tsp. salt	1/2 tsp. baking powder
Oil for dipping	

Combine salt, sugar, baking powder, baking soda and 1/2 cup flour. Mix this with the sponge. Turn out mixture on a board with about 1 cup of flour. Mix with hands and knead, adding flour as needed. Roll out about 1 inch thick, cut out and dip in oil or fat, place on greased baking sheet, and let raise 1/2 hour. Bake at 375° F.

## SOURDOUGH APPLESAUCE BREAD

Makes 1 loaf

(See Sourdough Starter Page 5.)

1/3 Cup shortening	2 Cups sifted flour
1 Cup sugar	1 tsp. salt
1 egg	1 tsp. baking soda
1 tsp. vanilla	1/4 tsp. cinnamon
2/3 Cup applesauce	1/4 tsp. allspice
1/2 Cup sourdough starter	1/2 Cup chopped nuts

Cream shortening and sugar; add egg and vanilla, mix well. Stir in applesauce and sourdough starter. Set aside. Sift together flour, baking soda, salt, cinnamon and allspice. Add to creamed mixture, mixing well, then stir in nuts.

Place in greased 9x5-inch loaf pan and bake at 350° F. for 50 minutes or until toothpick inserted in the center comes out clean. Cool for about 10 minutes, then remove from pan and place on rack to complete cooling. When cool, slice.

## BANANA NUT BREAD

Makes 1 loaf

1 1/2 Cups flour	2 1/2 tsp. baking powder
1/2 Cup sugar	1/2 tsp. salt
1/2 tsp. baking soda	1 Cup crushed cereal
1/3 Cup chopped nuts	1 egg, beaten slightly
1/4 Cup oil	2 Tbsp. water
1 1/2 Cups mashed bananas	1 tsp. vanilla

Pre-heat oven to 350° F. Grease loaf pan. Stir together flour, sugar, baking powder, salt, baking soda, cereal, and nuts. Combine egg, oil, water, mashed bananas and vanilla. Add all at once to dry ingredients. Stir just until moistened. Spread evenly into pan. Bake 50 - 55 minutes or until toothpick inserted in center comes out clean. Let cool 15 minutes before removing from pan.

## ZUCCHINI BREAD

Makes 3 loaves

4 Cups zucchini, shredded	2 tsp. salt
4 eggs	2 tsp. baking soda
3 1/2 - 4 Cups sugar	2 tsp. nutmeg
2 Cups oil	1 tsp. baking powder
3 Cups wheat flour	2 Cups chopped nuts (optional)
3 Cups white flour	2 Cups chocolate chips (optional)
4 tsp. cinnamon	(Mini chocolate chips are good)

(Note: You may use 1 cup of oil and 1 cup of water in place of 2 cups of oil. If you prefer, you may substitute 1 cup of applesauce for 1 cup of the oil. Also, if you "dust" the chocolate chips with a little flour, they won't sink to the bottom of the bread.) Grease and flour 3 bread pans. Set aside. Combine all ingredients and pour into pans. Bake at 325° F. until toothpick inserted in center comes out clean, at least 65 minutes. Cool 15 minutes and remove from pans.

## PANCAKE AND WAFFLE MIX

### PANCAKES:

Mix amounts of (1) flour, (2) water, (3) oil, and (4) eggs in the amounts for the following yields:

<u>6 Pancakes</u>	<u>12 Pancakes</u>	<u>20 Pancakes</u>
(1) 1 Cup	2 Cups	3 Cups
(2) 3/4 Cup	1 1/2 Cups	2 1/4 Cups
(3) 2 Tbsp.	1/4 Cup	6 Tbsp.
(4) 1	2	3

Mix ingredients together until dry ingredients are moistened (batter will be lumpy). Bake on hot griddle or lightly greased skillet.

### VARIATIONS:

#### APPLE PANCAKES

Stir in 1/2 cup finely chopped apples to prepared pancake batter. Sprinkle cinnamon or nutmeg to taste.

#### NUTTY PANCAKES

Sprinkle 2 Tbsp. broken nuts over pancakes before turning.

### WAFFLES:

2 Cups pancake mix, above	1 egg
1/4 Cup oil	1 1/2 Cup milk

Mix all ingredients together until dry ingredients are moistened. Pour batter onto center of hot waffle iron and cook according to manufacturer's instructions. For even baking of waffles, close lid quickly. Wait for signal light or until steam stops. Makes 6 waffles.

### VARIATION:

#### ORANGE WAFFLES

Add 1 tablespoon grated orange peel to batter. Cook as above.

## DELICIOUS OATMEAL PANCAKES

Makes 8 to 10 pancakes

1/2 Cup whole wheat flour	2 eggs, separated
2 tsp. baking powder	3 Tbsp. vegetable oil
1/4 tsp. salt	1 Cup rolled oats
2 Tbsp. sugar	1 Cup water
1/3 Cup dry non-fat milk powder	

In medium bowl, combine flour, baking powder, salt, sugar, and dry milk powder; stir until well blended. In small bowl, beat egg whites until stiff, set aside. In large mixing bowl, combine egg yolks, water, oil and oats; beat slightly and allow to stand 5 minutes, then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. Drop 2 Tbsp. batter onto griddle for small pancakes, or pour 1/4 cup measuring cup full, if larger pancakes are desired.

Bake on griddle until cakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other side. Serve with applesauce or jam or butter and maple syrup.

## SOURDOUGH PANCAKES

(See page 5 for Sourdough Starter.)

To the starter, add the following:

Step 1: Mix	1 Or 2 eggs	1 Tbsp. sugar
	1 tsp. salt	2 Tbsp. salad oil
Step 2: Mix	1 tsp. baking soda	1/4 Or 1/3 Cup warm water

When you are ready to bake on a hot griddle (400° F), fold in the eggs, salt, sugar and oil to the sponge. DO NOT OVER BEAT as that breaks down the sponge. Lastly, add the baking soda-water mixture. You should notice the batter begin to foam up as the soda begins to work. Bake as quickly as possible. This makes for a lighter product. NOTE: You can control the thickness of the batter by the amount of flour in the sponge the night before. When you get ready to bake, add more liquid if too thick, or add a little flour if too thin.

### VARIATIONS:

As part of the total amount of flour, add 1/2 cup or more of whole wheat flour Or buckwheat flour Or commeal Or some wheat germ as you set your sponge the night before.

## SOURDOUGH WAFFLES

(See page 5 for Sourdough Starter.) Add a little extra flour to make it slightly thicker. To the starter, add the following:

Step 1: Mix	1 tsp. salt	2 Tbsp. sugar
	2 eggs	1/4 Cup salad oil
Step 2: Mix	1 tsp. baking soda dissolved in a little warm water	

Mix as for pancakes. Make sure you are ready to bake. Follow baking instructions that came with the waffle iron. You can vary the batter by adding different types of flour. With waffles, keep the batter thicker.

## SOURDOUGH PANCAKES

(See page 5 for Sourdough Starter.)

1 Cup sourdough starter	2 tsp. baking soda
2 eggs, beaten	2 Cups flour
2 Cups milk	3 Tbsp. salad oil
1 tsp. salt	2 Tbsp. sugar

Just before baking pancakes, add to the starter, baking soda, salt, eggs, salad oil and sugar. Mix well. Bake on hot, lightly greased griddle, turning once. For thinner pancakes, add more milk.

## WHEAT WAFFLES

Makes 8 waffles

2 Cups flour (1 Cup white, 1 Cup wheat)	1 3/4 Cup water
4 tsp. baking powder	6 Tbsp. salad oil
1/2 tsp. salt	2 eggs
3/4 Cup non-fat dry milk powder	

Mix dry ingredients together, including dry non-fat milk powder. Stir in the remaining ingredients. For lighter waffles, separate eggs. Beat egg whites until stiff, and carefully fold in just before baking in waffle iron.

## POTATO PANCAKES

Pioneer Recipe

Take leftover mashed potatoes and form into patties. Fry in lard (or modernize and fry in cooking oil), lightly browning on each side.

### VARIATIONS:

Each one or all of the following may be used separately or at the same time.

Add a beaten egg.

Add chopped onions and/or grated cheese.

Add a small amount of baking soda to make them puff up or raise a little. The amount of soda depends upon the amount of potatoes you have to work with. Be brave and experiment, see what your family likes.

## BLENDER WHEAT PANCAKES

Makes 6 - 8 pancakes

1 Cup milk (make your own: 1/3 Cup non-fat dry milk and 1 Cup water)	
1 Cup uncooked whole wheat	2 tsp. baking powder
2 eggs	2 Tbsp. honey or sugar
2 Tbsp. oil	½ tsp. salt

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey and salt. Bake on hot griddle.

### VARIATION:

#### BLENDER WHEAT WAFFLES

Use above recipe and add one additional tablespoon of the wheat and increase oil to 4 tablespoons. Bake in waffle iron until done.

## COTTAGE CHEESE CORNMEAL HOT CAKES

Makes 10 - 12 hot cakes (4" diameter)

½ Cup flour	½ tsp. baking soda
½ Cup cornmeal	1 egg
1 tsp. baking powder	½ Cup creamy cottage cheese
1 tsp. salt	¾ Cup water

Stir all ingredients together; add more water if needed. Use a teflon-coated frypan or griddle for cooking, or use a non-fat cooking spray. Preheat griddle until a drop of water "dances" on the cooking surface.

Pour batter to make 4" diameter hot cakes. Turn with a spatula when bubbly. Serve with syrup, honey, jam, or powdered sugar topping.

## BLENDER WHOLE WHEAT PANCAKES

The night before, soak 1 Cup wheat in 2 Cups water. Drain just before starting this recipe.

In blender, blend soaked wheat and 1 Cup milk. Add to the wheat/milk in the blender an additional ½ Cup milk, 1/3 Cup oil, 2 eggs, 4 tsp. baking powder, and ½ tsp. salt. Blend. Pour 4 inch circles of batter onto hot, greased griddle to cook.

Note: This recipe makes great waffles, also; decrease milk a little.

## FRENCH TOAST

Makes 5-6 French Toast

1 egg	sliced bread ½ - ¾ inch thick
1 Cup milk	

Mix egg and milk together. Heat pan on medium high. Grease pan. Dip bread into egg mixture, turn to coat both sides. Put in hot greased pan. Cook each side until golden brown. Multiply recipe for more servings.

## MAPLE SYRUP

1 Cup sugar
1 Cup of brown sugar (May substitute white sugar)
1 cup water
1 tsp. Maple flavoring
1 tsp. Vanilla flavoring

Bring sugar and water to a boil. Take off stove and add maple and vanilla flavorings. Can serve hot or let cool if desired. Will store well at room temperature.



## APPLE UPSIDE DOWN CAKE

Serves 16

3 Cups dried apple slices	1 Cup sugar
1 ¼ Cups hot water	2 eggs
3 Tbsp. butter or margarine	1 Cup milk
1 ¼ Cups sugar	1 tsp. vanilla
¼ tsp. lemon juice	2 Cups flour
¾ tsp. cinnamon, ground	2 ¼ tsp. baking powder (high altitude add ¼ tsp. extra)
1 Cup pecans, chopped	1 tsp. salt
½ Cup butter or margarine	Whipped cream, if desired

Combine apples and hot water. Set aside. Sift together salt, baking powder and flour. Set aside. Combine soaked apples and remaining juice, 1 ¼ cup sugar, 3 Tbsp. butter, lemon juice and cinnamon in a sauce pan and simmer just until tender and moist. Pour into well-greased 9"x13" pan. Sprinkle with pecans. Cream together ½ cup butter and 1 cup sugar; blend in eggs, beat well. Combine milk and vanilla, add alternately with dry ingredients to creamed mixture, beginning and ending with dry ingredients. Spread over apple mixture in pan. Bake at 350° F. for 30 - 40 minutes or until done. Remove from oven. Turn cake upside down over large serving plate. Let stand a few minutes, then remove pan. Serve warm with whipped cream, if desired.

## APPLE BROWN BETTY

Pour 2 Cups boiling water over 4 Cups dried apples slices. Set aside for 5 minutes.

TOPPING: Mix the following ingredients well together:

½ Cup flour	¼ Cup oatmeal
½ tsp. cinnamon	¼ Cup packed brown sugar

Then cut in ¼ Cup butter. Place the apples with the remaining liquid in a greased 9x9-inch pan. Sprinkle topping over the apples. Bake at 350° F. for 55 minutes. Serve warm or cold with a dollop of whipped topping.

## UPSIDE DOWN APRICOT CAKE

2 eggs	¼ tsp. baking powder
¾ Cup sugar	¼ tsp. salt
6 Tbsp. apricot juice	¼ Cup butter
1 tsp. vanilla	¼ Cup brown sugar
1 Cup flour	2 ½ Cups apricot halves,
Whipped cream or ice cream, optional	drain, reserve liquid

Beat eggs until thick. Gradually add sugar. Add apricot juice & vanilla flavoring. Sift dry ingredients together & beat into egg mixture. Melt butter in bottom of cake pan. Sprinkle brown sugar evenly over butter. Arrange drained apricot halves in two rows, cut side up, over butter and sugar mixture. Pour cake batter over fruit. Bake at 350° F for 45 minutes or until done. Turn upside down immediately on serving plate. Let stand a few minutes, then remove pan. Serve warm or cold. Top with whipped cream or ice cream.

## STANDARD CAKE

½ Cup butter Or shortening	3 tsp. baking powder
1 Cup sugar	2 Cups cake flour (Pg. 41)
2 eggs	1 tsp. salt
2/3 Cup milk	1 tsp. vanilla

Beat butter and sugar together until well mixed. Add eggs, beat until creamy. Set aside. Sift dry ingredients together 3 times, add to creamed mixture. Add milk and vanilla and mix until smooth. Bake for about 20-25 minutes at 350° F. or until toothpick inserted in center comes out clean.

Note: if batter is really thick, add ½ Cup more milk.

## FRUIT AND CEREAL BRUNCH CAKE

2 Cups granola or any corn-flake-type cereal	
1 Cup orange juice	¼ Cup oil
1 egg	2 medium bananas, mashed
1 ½ Cups Gold Medal flour	¾ Cup sugar
½ Cup raisins	1 tsp. baking soda
1 tsp. cinnamon	½ tsp. salt

Heat oven to 350°F. Grease square pan. Mix cereal and orange juice in large bowl; let stand until softened, about 2 minutes. Mix in oil, egg and bananas. Stir in flour, sugar, raisins, baking soda, cinnamon and salt. Spread in pan. Bake until top springs back when touched, 40 - 45 minutes. Sprinkle Streusel Topping over warm cake. Set oven control to broil and put cake pan back in oven for about one minute, until the topping is bubbly.

## STREUSEL TOPPING

½ Cup brown sugar, firmly packed	½ Cup chopped nuts
¼ Cup flour	¼ Cup butter
½ tsp. cinnamon	

Mix all ingredients until crumbly. Sprinkle over warm cake.

## NAVY BEAN BUNDT CAKE

1 ¾ Cups navy beans, already cooked	1 Cup butter (softened)
1 Cup sugar	¾ Cup packed brown sugar
1 Tbsp. vanilla	2 eggs
2 Cups flour	1 ½ tsp. baking powder
1 tsp. baking soda	1 ½ tsp. nutmeg
2 tsp. cinnamon	½ Cup evaporated milk
½ Cup water	½ Cup chopped pecans or walnuts
1 ½ Cups flaked coconut	

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla; beat until creamy. Add eggs, mix at high speed until well blended, add milk and water and mix thoroughly. Stir in beans, set aside. In medium bowl combine flour, baking powder, baking soda, nutmeg and cinnamon. Stir half of dry ingredients into bean mixture until well blended. Add nuts and coconut; blend. Blend in remaining dry ingredients. Pour into greased bundt pan. Bake at 350° F. for 50-55 minutes, or pour into 13x9x2-inch greased pan and bake for 25-30 minutes.

## VERSATILE PUDDING CAKE

(Pinto Bean Applesauce Pudding Cake)

Cream together:

½ Cup butter or margarine	1 egg
2 tsp. vanilla	

Add:

1 ½ Cups mashed, cooked pinto beans
½ Cup applesauce

Mix until well blended. Add:

¾ Cup sugar	½ tsp. cloves
1 Cup flour	½ tsp. allspice
1 tsp. cinnamon	1 tsp. baking soda
½ tsp. salt	

Pour into greased 9x13-inch pan. Bake at 375° F. for 35 minutes or until done.

## SOURDOUGH CHOCOLATE CAKE

(See page 5 for Sourdough Starter.)

½ Cup thick starter  
1 Cup warm water

1 ½ Cups flour  
¼ Cup dry non-fat milk powder

Mix well and let stand 2 - 3 hours in warm place.

1 Cup sugar  
½ Cup shortening  
½ tsp. salt  
1 tsp. vanilla

1 tsp. cinnamon  
1 ½ tsp. baking soda  
2 eggs  
3 squares melted chocolate  
(See back cover for substitute)

Cream shortening, sugar, salt, cinnamon, baking soda and vanilla. Add eggs, one at a time, beating well after each addition. Combine melted chocolate and creamed mixture well. Add sourdough mixture to this and stir well (300 strokes if by hand). Pour into greased 2 layer pans or one large pan. Bake at 350° F for 25-30 minutes or until toothpick inserted into the center comes out clean. Cool, frost with favorite icing.

Note: for spice cake, omit the chocolate and add another tsp. cinnamon, ½ tsp. nutmeg and ½ tsp. cloves. Add chopped nuts, raisins if desired.

## BANANA CHOCOLATE CHIP CAKE

½ Cup butter Or margarine  
1 Cup sour milk (2 tsp. vinegar  
in sweet milk Or buttermilk)  
1 Cup mashed bananas  
1 ½ tsp. baking soda

1 ½ Cups sugar  
2 eggs  
1 tsp. vanilla  
2 Cups flour  
½ tsp. salt

**TOPPING:** ½ cup packed brown sugar ½ Cup chopped nuts (optional)  
1 (6 oz) pkg. chocolate chips

Sift together flour, baking soda, salt; set aside. Cream together butter and sugar, add eggs, vanilla and bananas. Add flour mixture alternately with milk. Pour into 8x12-inch pan. **BEFORE BAKING**, sprinkle top with brown sugar, chocolate chips, and nuts. Bake at 350° F for 30 minutes or until done and a toothpick inserted in center comes out clean.

No chocolate chips? Use peanut butter chips or butterscotch chips. Recipe may be doubled for extra large cake.

## CHOCOLATE OATMEAL CAKE

Pour 1 ¼ Cups boiling water over 1 Cup of dry oatmeal. Let stand while you cream together ½ Cup margarine (Or butter Or Crisco), 1 Cup firmly packed brown sugar, 1 Cup white sugar, 2 extra large eggs Or 3 medium eggs. Set aside. Sift together 1 ¼ Cups flour, ¾ tsp. salt, 1 tsp. baking soda, 3 heaping Tbsp. dry cocoa. Add to creamed mixture. Add 1 Tbsp. vanilla. Fold in oatmeal, 1 Cup chocolate chips (optional) and ¾ Cup chopped nut meats (optional). Pour into greased and floured 9x13-inch pan. Bake at 350° F about 40 minutes or until toothpick inserted in center comes out clean.

This is good frosted various ways, including broiled icing or broiled topping, or you may sprinkle the chocolate chips, nuts and some brown sugar (about ½ cup) over the top before baking. It is good even without chocolate chips in or on top. To keep chips on top, dust with a little flour.

## BROILED COCONUT ICING

6 Tbsp. (¾ cube) butter Or margarine  
½ Cup brown sugar, firmly packed  
½ Cup cream Or evaporated milk

¾ Cup nuts, coarsely chopped  
1 Cup coconut

Combine all ingredients. Spread over your spice, oatmeal, or carrot cake. Broil until frosting bubbles and browns slightly, taking care not to burn.

## OATMEAL CAKE WITH BROILED ICING

1 ½ Cups boiling water  
1 Cup rolled oats  
½ Cup butter Or margarine  
¾ Cup granulated sugar  
¼ Cup brown sugar, firmly packed  
2 eggs, slightly beaten

1 ½ Cups flour, sifted  
1 tsp. baking soda  
½ tsp. salt  
1 tsp. cinnamon  
½ tsp. nutmeg  
Broiled Coconut Icing (See  
recipe on this page)

Pour boiling water over the rolled oats. Stir and let stand for 20 minutes. (Makes 1½ cups thick oatmeal.) Cream together butter or margarine and sugars. Add eggs. Stir in oatmeal, then sifted dry ingredients. Bake in greased 9 x 13-inch pan at 350° F. for 40-45 minutes or until done when tested in the center with toothpick. Spread with Broiled Coconut Icing. Broil until frosting bubbles, taking care not to burn.

## PUMPKIN CAKE ROLL

Makes 8 servings

3 eggs  
1 Cup sugar  
¾ Cup pumpkin  
1 tsp. lemon juice  
¼ Cup flour  
1 tsp. baking powder

2 tsp. cinnamon  
1 tsp. ginger  
½ tsp. nutmeg  
½ tsp. salt  
1 Cup finely chopped walnuts  
Powdered sugar

Beat eggs on high speed of mixer for 5 minutes; gradually beat in sugar. Stir in pumpkin and lemon juice. Stir together flour, baking powder, cinnamon, ginger, nutmeg and salt. Fold into pumpkin. Spread in greased and floured 15x10x1-inch pan. Top with nuts. Bake at 375°F. for 15 minutes. Turn out on towel sprinkled with powdered sugar. Starting at the 10-inch end, roll towel and cake together; cool. Unroll. Spread filling over cake; roll. Chill.

### FILLING:

Combine 1 Cup powdered sugar, 2 (3 oz) pkgs. cream cheese, 4 Tbsp. butter Or margarine, and ½ tsp. vanilla; beat smooth.

## TEXAS SHEET CAKE

2 Cups flour  
1 ½ tsp. baking soda  
1 tsp. vanilla  
4 Tbsp. cocoa  
1 Cup water

2 Cups sugar  
2 eggs  
½ lb. butter Or margarine  
½ Cup buttermilk Or  
½ Cup sour cream

In large bowl, add flour, sugar, baking soda, eggs and vanilla and mix lightly, set aside. Melt in saucepan the butter, cocoa, buttermilk (or sour cream) and water. Pour into first mixture; blend well. Mixture will be thin. Bake in greased cookie sheet-type pan with high sides at 350°F. for 20-30 minutes.

### FROSTING:

6 Tbsp. evaporated milk Or  
½ Cup buttermilk  
¼ lb. butter Or margarine  
1 Cup chopped nuts

6 Tbsp. cocoa  
1 tsp. vanilla  
1 (1 lb.) box powdered sugar  
(enough for frosting to be  
spread on cake)

Melt butter, evaporated milk (or buttermilk), cocoa, vanilla in pan until bubbly boil and add to powdered sugar and mix. Add nuts. Frost while cake is hot. (You can also frost the cake and then add the nuts to decorate.)

## "OLD FRUIT" CAKE

1 Quart bottled fruit with juice (Blended)  
1 Cup oil  
4 tsp. Cinnamon  
¾ tsp. Cloves  
1 tsp. Salt

2 Cups sugar  
4 Cups flour  
1 ½ tsp. Nutmeg  
4 tsp. Soda

Mix together, add 1 cup nuts, raisins, dates, coconut or chocolate chips. Bake 350° F for 40 minutes. 2"x9"x13" or 4 loaf pans. Add little lemon flavoring in powdered sugar icing is very good.





## DUTCH APPLE PIE

1 pie crust, uncooked

### FILLING:

In saucepan, place:

2 Cups dried apples, firmly packed      2 Cups boiling water  
Pour over apples and let stand for at least 5 minutes.  
Mix together:  
1/4 Cup sugar      2 Tbsp. flour  
1/2 tsp. cinnamon

Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching. Pour mixture into pie shell and dot with 1 Tbsp. butter.

### TOPPING:

1/4 Cup firmly packed brown sugar      1/2 Cup flour  
1/4 Cup butter Or margarine

Cut into each other until crumbly. Sprinkle over the apple mixture, and place in 350° F. oven for 55 minutes.

## EASY AS PIE SHAKER PIE CRUST

2 Cups flour      3/4 Cup shortening  
1 tsp. salt      6 Tbsp. water

Place all ingredients in a medium sized container that has a tight-fitting lid and secure the lid or hold it in place. Shake until a ball forms (approx. 5 minutes). Makes two single or one double pie crust.

## APPLE PIE FILLING

1 3/4 Cups dry apple slices      2 1/2 Cups water  
2 Tbsp. cornstarch      3/4 Cup sugar  
1/4 Tbsp. salt      2 Tbsp. lemon juice  
1/2 tsp. cinnamon      (optional)  
1/4 tsp. nutmeg

Mix all dry ingredients together, then add water and mix well. Bring to a rolling boil, stirring occasionally. Preheat oven to 425° F, place in oven and bake 40 minutes or until golden brown in pastry shell.

## APPLE CRISP (WITH ABOVE PIE FILLING)

Put pie filling in a greased square pan.  
Mix together:

1/4 Cup flour      1/4 Cup butter  
1/4 tsp. salt      1/4 Cup rolled oats  
2 Tbsp. sugar      Or oatmeal

Mix together thoroughly and spread over pie filling and bake in 375° F oven for 25 minutes.

## STEWED APPLES AND RAISINS PIE

1 Cup dried apples      4 Cups boiling water  
1 Cup raisins      Brown sugar to taste  
Flour or Tapioca powder for thickening      Pre-baked pie shell

Cover apples with boiling water and let stand for 5 minutes in a sauce pan. Add raisins and simmer until tender. Sweeten this with brown sugar. This may be used simply as a dish of fruit or **thicken with flour or tapioca powder and place in a baked pie shell.**

## AMAZING LEMON CREAM PIE

Or Pudding - See Variations

1 Cup water      3/4 Cup sugar  
Dash of salt      1/2 Cup water  
1/2 Cup water      1 tsp. Knox gelatin (1/3 envelope)  
1/2 Cup wheat flour      2 Tbsp. cold water  
1/4 Cup dry milk powder      1 Pkg. lemonade Koolaid, without sugar  
1 Crunchy Wheat Pie Crust      Whipped topping, optional

Bring to a boil the cup of water and salt. Make a paste with 1/2 cup water and flour. Slowly pour mixture into boiling water, stirring constantly. Let cook on low heat for 7-8 minutes, stirring constantly. Remove from heat. In small mixing bowl combine dry milk powder, sugar and 1/2 cup cold water. Set aside. Soften gelatin in water, put on low heat and stir until dissolved. Add gelatin to milk mixture and stir until thoroughly mixed. To this add Koolaid. Mix until dissolved. Combine with cooked wheat and mix well. Pour into 8-inch Crunchy Wheat Pie Crust, below, and serve with whipped topping, if desired.

## CRUNCHY WHEAT PIE CRUST

1 1/4 Cups Crunchy Wheat crumbs (see Crunchy Wheat Cereal, Pg. 19)  
2 Tbsp. sugar      1/4 Cup butter or margarine, melted

Using the finer crumbs sifted from the Crunchy Wheat Cereal, combine all of the ingredients, mix well and press firmly against sides and bottom of pie tin. Pour filling into the shell and refrigerate until firmly set.

### VARIATIONS OF PIE RECIPES:

## CHOCOLATE CREAM PIE

1 Tbsp. cocoa      1/2 tsp. vanilla  
Make as above for lemon cream pie except add cocoa and vanilla to wheat mixture at end of cooking time. Eliminate the Koolaid.

## COCONUT CREAM PIE

1 Tbsp. small cracked wheat      1/2 tsp. coconut flavoring Or to taste

Make as above for lemon cream pie except add small cracked wheat (tastes like coconut when finished) to water and wheat flour mixture before cooking. Add coconut flavoring when all ingredients are mixed together.

## OATMEAL PIE

1/4 Cup sugar      3/4 Cup dark corn syrup  
1/4 Cup butter Or margarine      1 tsp. vanilla  
1 tsp. cinnamon      1 Cup rolled oats  
2 eggs, beaten      1 Tbsp. flaked coconut (optional)  
Whipped cream, Or pudding Or ice cream as a topping (optional)  
1 Unbaked pie shell

Cream sugar and butter. Add remaining ingredients. Mix well. Pour into an unbaked pie shell. Bake pie at 350° F for 35 - 40 minutes. This pie is delicious served as it is, or top it with a dollop of whipped cream, vanilla pudding or ice cream.

## OAT TOPPING

1 1/2 Cups rolled oats      1/4 Cup finely chopped nuts  
1/4 Cup firmly packed brown sugar      1/4 Cup coconut  
1/4 Cup butter or margarine      1/2 tsp. cinnamon

Combine all ingredients, mixing well. Cook in a skillet over medium heat, stirring constantly, for 5 minutes or until golden brown. Serve over desserts, fruit salads, yogurt, ice cream, or pudding.



## REALLY GOOD PINTO BEAN PIE

½ Cup sugar  
1 Cup brown sugar, packed  
2 eggs, beaten  
½ Cup butter, softened

1 heaping Cup mashed cooked beans  
1 unbaked 9-inch pie shell  
Whipped topping Or ice cream

Beat until creamy the granulated sugar, brown sugar, eggs and butter. Add pinto beans; blend well. Pour into unbaked pie shell and bake at 375° F. for 20 minutes. Reduce heat to 350° F. and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with whipped topping or a scoop of ice cream.

NOTE: You may substitute dehydrated refried beans which have been reconstituted for the beans in this recipe. Make up a little more than one cup, to allow for the heaping cup called for in the recipe.

NOTE: Coconut added to this pie is excellent, and/or pumpkin pie spices.

## PEACH PIE FILLING

Mix together in large bowl:

3 ½ Cups sugar  
4 quarts sliced peaches  
¼ Cup lemon juice  
1 Unbaked pie shell

2 tsp. ascorbic acid (see note)  
¾ Cups tapioca pudding powder  
1 tsp. salt

Let the above stand for 15 minutes. If you intend to cook the pie right away, pour into unbaked 9-inch pastry pie shell. If you intend to freeze this for later baking, foil an 8-inch pie pan, place the filling inside, then roll additional foil over the filling, and crimp the edges together. Freeze.

Upon being ready to bake, place filling inside a 9 inch pie pan, and bake at 425° F. for one hour. Whether frozen or not, pie bakes for 1 hour at the 425° F. temperature.

(Note: 4 vitamin C capsules dissolved in a small amount of water work for this.)

## ECLAIR PIE

1 Cup dry vanilla pudding mix  
2 Cups water  
1 (8 oz) container thawed whipped topping  
1 lb. whole graham crackers

Mix together pudding mix and water according to package instructions, and fold thawed whipped topping into the pudding mixture. Line the bottom of a 9x13-inch cake pan with a layer of whole graham crackers. Pour half of the pudding mixture over the crackers. Place a layer of whole graham crackers over the pudding layer. Pour the remaining pudding over the crackers, and place another layer of whole graham crackers on top. Frost with the following recipe. Refrigerate 24 hours before serving.

### FROSTING:

Mix 2 tsp. vanilla, ½ Cup baking cocoa, 4 Cups powdered sugar (see table, Pg. 44), 6 Tbsp. melted butter, 2 Tbsp. white corn syrup and 4 Tbsp. milk. Spread on top of the final layer of graham crackers. You may need to add a bit more milk to make it spreading consistency. Add milk 1 tsp. at a time.

## OATMEAL PIE

¾ Cup sugar  
1/3 Cup butter Or margarine  
1 tsp. cinnamon  
2 eggs, beaten  
1 Unbaked pie shell

¾ Cup dark corn syrup  
1 tsp. vanilla  
1 Cup rolled oats  
1 Tbsp. flaked coconut (optional)  
Whipped cream or ice cream for topping, optional

Cream sugar and butter or margarine. Add remaining ingredients. Mix well. Pour into an unbaked pie shell. Bake pie at 350° F for 35-40 minutes. This pie is delicious served as it is, or you may wish to top it with whipped cream or ice cream.

## CARROT PIE

2 cups cooked, strained carrots  
3 eggs  
½ cup molasses  
2 cups milk  
1 tsp salt

½ cup sugar  
1 Tbsp flour  
2 tsp cinnamon  
1 tsp ginger

Beat eggs, add dry ingredients sifted together, then molasses, carrots and finally liquid. Pour into unbaked pie shells and bake at 450° for 10 minutes. Then at 325° for 30 minutes.



## ROCA RECTANGLES

Line a large jellyroll pan (10 ½ x 15 ½ x 1-inches) with foil, including the 1-inch edges. Spray with a vegetable cooking spray. Put a single layer of Saltine crackers on top of foil, cutting crackers to fit. In a heavy pan, bring to a boil: 2 cubes butter and 1 cup brown sugar and boil 3 minutes, stirring as needed. Pour over crackers and spread to cover. Bake in a 375° F. oven for 7 minutes. Remove from oven and sprinkle on top: 1 6-oz-package milk chocolate chips. Let stand a couple of minutes, then spread smooth. Sprinkle with chopped nuts. Cut or break into squares or rectangles.

## UNCOOKED FUDGE

1 cube butter Or margarine  
1 (3 oz) pkg. creamed cheese  
chopped nuts, optional

¼ Cup cocoa  
1 tsp. vanilla  
1 lb. powdered sugar

Mix with hands or spoon until well blended. Roll into rolls, then roll in powdered sugar or nuts and wrap in plastic wrap or foil. Refrigerate.

## CARAMEL COATED MARSHMALLOWS

1 lb. (60 - 62 each) light Kraft Caramels  
1 Can sweetened condensed milk

1 Pkg. large marshmallows  
Rice Krispies as needed  
½ Cube (4 Tbsp.) butter Or margarine

Melt caramels, sweetened condensed milk, and butter together until smooth, stirring as needed if in a double boiler, stirring constantly over medium-low heat if not using a double boiler. Dip marshmallows in caramel mixture and roll in Rice Krispies until coated evenly.

## VARIATIONS:

Roll in Cocoa Krispies, chopped nuts, crushed cookie crumbs, crushed graham crackers, or toasted coconut.

## TOOTSIE ROLLS

1 Cup honey  
1 tsp. vanilla

½ Cup cocoa  
1 Cup non-instant powdered milk

Cook honey to 255° F. (hard ball stage). Do not overcook. Remove from heat. Add the vanilla. Mix cocoa and powdered milk well and stir into honey. Pull like taffy until gloss is gone and roll into rolls. Wrap in waxed paper.

## "ALMOND JOY" CANDY BAR

¾ Cup mashed potatoes  
(Potato pearls already mixed with water will do)  
Whole almonds

2 Cups dry powdered milk  
1 tsp. vanilla  
4 Cups coconut  
2 Boxes bakers or dipping chocolate, your choice

Mix mashed potatoes and powdered milk until well blended, set aside. Mix together vanilla and coconut. Add with potato mixture and mix well. Shape into balls or whatever shape you desire. Top with almonds and cover with melted sweet chocolate. Let set and serve.

## DELICIOUS YUMMIES

2 (7 oz) Hershey Chocolate bars (Or 1 lb. dipping chocolate)  
1 (8 oz) Cool Whip Topping, non-dairy  
chopped nuts or vanilla wafer crumbs

Take Cool Whip out of freezer 20 - 30 minutes before using to slightly thaw, do not quick thaw in microwave. Melt chocolate and mix in Cool Whip. Drop by small spoonfuls into chopped nuts or vanilla wafer crumbs and roll to cover. Refrigerate.

## PINTO BEAN FUDGE

1 Cup cooked, soft pinto beans, drained and mashed or the reconstituted equivalent of rehydrated refried beans

¼ Cup milk  
1 Tbsp. vanilla  
2 lbs. powdered sugar

6 oz unsweetened chocolate  
6 Tbsp. butter Or margarine  
Nuts, chopped (optional)

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes in consistency; stir in vanilla. Melt chocolate and butter and stir into bean mixture. Add nuts. Gradually stir in powdered sugar to get it well blended. Spread onto lightly buttered 9-inch baking dish or form into two 1 ½ inch rolls. Chill 1 to 2 hours. Cut into pieces. Refrigerate.

## MISSIONARY CANDY

½ Cup butter Or margarine  
½ Cup honey  
½ Cup brown sugar, firmly packed  
1 ½ Cup oatmeal  
½ Cup toasted wheat germ  
½ Cup chopped dried apricots or other dried fruit

1/3 Cup sesame seeds  
1 Cup flaked coconut  
1 tsp. cinnamon  
1 Cup walnuts, chopped

Combine margarine, honey, and sugar in pan and heat. Stir into the remaining ingredients. Spread in 13x9-inch pan. Bake at 350° F. for about 25 minutes, stirring two or three times. Turn onto greased foil. Break in pieces. Send some to a missionary.

## POPPED WHEAT TREATS

Boil whole wheat until kernels are plump, tender and begin to split. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or between paper towels.

In a heavy kettle, heat vegetable oil to 360° F. Put a small amount of wheat (about ¾ cups) in a wire basket or strainer and deep fry in hot oil for 1 ½ minutes or until popping ceases. Drain on absorbent paper.

## VARIATIONS:

Season with one or more of the following: salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar or any combinations you desire. These morsels are great salad toppings, or mixed with trail mix, or as toppings for desserts, or just as a snack.

## PIONEER WHEAT

Place 1 cup clean, dry wheat in a pre-heated (medium heat) heavy pan containing just enough oil to cover bottom. Stir about 5 to 10 minutes until the kernels pop. (They will pop without stirring, but scorch easily and will taste burned.) Sprinkle with popcorn salt and stir. Spread on paper towels to cool. Variations: may use garlic salt.

Note: You can soak wheat 1 hour, but wheat must be dried between towels before popping.

## WHOLE WHEAT CAKE DOUGHNUTS

2 eggs, beaten  
1 cup raw sugar or brown  
2 Tbsp oil  
1 cup sour milk  
4 cups whole wheat flour

¼ tsp soda  
1 ½ tsp baking powder  
1 tsp salt  
1 tsp nutmeg  
½ tsp cinnamon

combine eggs, sugar & oil; add sour milk or buttermilk and beat. Sift dry ingredients together twice and add to first mixture and mix well. Knead for ½ minute. Roll to ¼ inch thickness, cut and fry in deep fat.

## CRUNCHY WHEAT CEREAL

Makes approximately 5 cups cereal and 2 cups crumbs

6 Cups whole wheat flour                      ½ tsp. salt  
1 tsp. baking soda                              1 ½ Cup packed brown sugar  
2 Cups buttermilk (Page 1)

Mix ingredients thoroughly. Press or roll evenly to fit two ungreased cookie sheets. Bake at 350° F. until golden brown around the edges. Turn over with spatula, break into small pieces and return to 200° F. oven to dry out thoroughly. Grind chunks in food or meat chopper on course blade. Put ground chunks in strainer and sift out small granular pieces. Larger pieces may be used for cereal and casseroles. Finer pieces may be used as you would graham cracker crumbs for pie crusts and other desserts. (See pie recipes on Page 15.)

### VARIATIONS:

Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor. **Poultry stuffing** can be made by eliminating sugar and adding sage, poultry seasoning, celery salt and bouillon granules. Make **salad toppers** by adding garlic salt, onion powder, salt, or other favorite condiments. You can even make **dog and cat food** out of this by reducing sugar and adding bouillon, then breaking up to the appropriate size.

## CREAMY WHEAT CEREAL

Serves 4

3 ¼ Cups water                                      ½ Cup cream of wheat  
½ tsp. salt

In a two-quart saucepan, bring water and salt to a rapid boil. Slowly add cream of wheat and stir occasionally until mixture thickens. Lower heat to simmer, and cover. Continue cooking 10 - 15 minutes. Stir occasionally. Serve with milk and sugar.

## GRAPE NUTS

6 Cups whole wheat flour                      1 Cup packed brown sugar  
2 Cups buttermilk                                1 tsp. salt  
1 tsp. baking soda

Note: Buttermilk recipe is found on Page 1.

Mix and press or roll onto 2 cookie sheets and bake at 300° F. for 1 hour, or until dry. Grind with a meat grinder to the size of grape nuts and bake in oven at 400° F. until golden brown, about 8 minutes. After grinding, the crumbs may be sifted from the cereal. Use the crumbs in place of crackers to make a crust. (Use like you would Crunchy Wheat Cereal Crumbs.)

## WHEAT CEREAL FOR ONE

Makes 1 Cup. Increase amounts per persons to be served.

½ Cup cracked wheat                              ½ tsp. salt  
2 Cups water

Mix water, grain and salt. Cook over moderate heat 30 minutes, stirring frequently. Add milk and sugar to taste.

## MUESLI

4 Cups quick rolled oats                      1 Cup Crunchy Wheat Cereal (optional)  
1 Cup wheat flakes                              Dried apples, apricots Or other fruit  
1 Cup chopped nuts

Mix together and put in covered container. Keep fruit separated until ready to serve.

## BREAKFAST CEREAL

Use wheat either whole or cracked with raisins, honey, or brown sugar. One cup of wheat makes 4 to 6 servings. Cook using one of the following methods:

### Thermos Method

1 Cup whole wheat                                2 Cups boiling water  
½ tsp. salt

Place in quart-size thermos; screw top lightly. Leave overnight.

### Gas Range Method

1 Cup whole wheat                                2 Cups boiling water  
½ tsp. salt

Place ingredients in a pan and place pan over the pilot light all night.

### Crock Pot Method

1 Cup whole wheat                                2 ½ Cups water  
½ tsp. salt

Cook 6 to 8 hours or overnight on low setting.

### Cracked Wheat Method

1 Cup cracked wheat                              2 ½ Cups water  
½ tsp. salt

Bring to a boil. Cook covered on low for 10 to 20 minutes. Cook enough whole wheat to last a week. It may be tightly covered and stored in the refrigerator up to two weeks.

## HOT OATMEAL CEREAL

Mix amounts of (1) water, (2) salt, and (3) oats in the amounts for the following yields:

1 Serving	2 Servings	3 Servings
(1) 1 Cup	1 ½ Cups	4 Cups
(2) ¼ tsp.	¼ tsp.	¾ tsp.
(3) ½ Cup	¾ Cup	2 Cups

Bring water and salt to a boil. Add oatmeal and stir. Cook 2 minutes, stirring occasionally. Serve with milk and sugar. You may add brown sugar and cinnamon. Add raisins with the oatmeal to the boiling water. Add fruit such as berries or sliced bananas as you serve the cereal.

## WHOLE WHEAT PORRIDGE

1 ½ cups hulled whole wheat                      ¼ cup raisins  
6 cups water                                        ¼ cup light cream  
½ to ½ cup sugar, or to taste

Combine wheat, water and raisins in a heavy saucepan, bring the water to a boil over moderately high heat, lower the heat and simmer about 2 ½ hours or until grains are very tender. Add more water if needed to keep grain covered while cooking. Stir in light cream and sugar to taste, and simmer until heated through. Serve with honey and milk.



## INSTANT OATMEAL PACKETS

Makes 10 packets of Instant Oatmeal

### TO MAKE INDIVIDUAL INSTANT PACKETS:

In a blender, blend ½ Cup of oats until powdery.

Into each of the 10 packets (perhaps individual ziplock-type sandwich bags) combine the following ingredients:

¼ Cup unpowdered oats	⅛ tsp. salt
2 Tbsp. powdered oats	1 tsp. sugar (optional)

Close the top securely and store in a cool, dry place.

### MICROWAVE DIRECTIONS FOR COOKING:

Empty packet into microwaveable bowl. Add ⅔ cup water or milk. Microwave at HIGH about 1 ½ minutes. Stir.

### CONVENTIONAL DIRECTIONS FOR COOKING:

Empty packet into pan. Add ½ cup boiling water; cook and stir over high heat until thickened, about 1 minute.

## GRANOLA

Makes about 2 quarts

6 Cups rolled oats	¼ Cup sunflower seeds
½ Cup brown sugar	½ Cup raisins
1 Cup coconut	1 Cup chopped nuts
½ Cup sesame seeds	

Mix all ingredients except raisins. Stir in and coat thoroughly with the following mixture:

½ Cup oil	1 tsp. vanilla
½ Cup honey	1 Cup raisins Or other dried fruit as desired

Spread on cookie sheet and bake at 350° F. for 30 minutes. During the last five minutes, add raisins or other dried fruit.

## CRACKED WHEAT CEREAL

Night before, put dry wheat into blender and grind until size you want. Place in kettle and cover with cold water. (½ cup wheat and cover with about 2 cups water.) Soak over night. Next morning, add a little salt, turn on low, simmer, covered, until as tender as you like.

Hint: Put leftover cereal in bread or cookies.

## LUMPY DICK (TRADITIONAL PIONEER MEAL)

1 quart milk	1 egg
1 tsp salt	1 cup flour
1 tsp baking powder	

Mix ingredients, place in sauce pan and heat over medium heat until hot. Serve with butter, sugar and peach jam or other jam as desired.

Left overs can be fried in greased pan for another meal. Heat and brown on both sides.

## CRUNCHY WHEAT CEREAL

6 cups whole wheat flour	1 tsp baking soda
½ tsp salt	1 cup brown sugar
2 cups buttermilk (See page 1)	

Mix ingredients thoroughly. Press evenly into 2 ungreased cookie sheets. Bake at 350° until golden brown around edges. Turn over with spatula, break into small pieces and return to 200° oven to dry out thoroughly. Grind chunks in food or meat chopper on coarse blade. Put ground chunks in strainer and sift out small granular pieces. **Larger pieces may be used for cereal and casseroles. Finer pieces may be used as you would graham cracker crumbs for pie crusts and other desserts.**

Variations:

Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor. **Poultry stuffing** can be made by eliminating sugar and adding sage, poultry seasoning, celery salt and bouillon granules. Make **salad toppers** by adding garlic salt, onion powder, salt or other favorite condiments. You can even make **dog and cat food** by reducing sugar and adding bouillon, then breaking up into the appropriate size.

## POTLUCK CHICKEN CASSEROLE

Serves 10 - 12

- |   |  |
|---|--|
| 8 Cups cubed cooked chicken Or 4 cans turkey chunks, drained      | 1 Cup butter-flavored cracker crumbs (about 25 crackers) |
| 2 Cans (10 ¾ oz. each) condensed cream of chicken soup, undiluted | 2 Tbsp. butter Or margarine, melted                      |
| 1 Cup sour cream  | 1 tsp. celery seed                                       |
|   | Fresh parsley and sweet red pepper rings, optional       |

Combine chicken or turkey, soups, and sour cream, spread in greased 13" x 9" x 2" baking dish. Combine crumbs, butter and celery seed; sprinkle over the chicken or turkey mixture. Bake, uncovered, at 350° F. for 30-35 minutes or until bubbly. Garnish with parsley and red pepper rings, if desired.

## PINTO BEAN CASSEROLE

- |  |  |
|--|--|
| 1 (15 oz) can pinto beans with juice           | 1 pkg. corn tortillas                      |
| 1 lb. ground beef Or 1 (15 oz) can ground beef | 1 Cup grated cheese                        |
| Dollops of sour cream (optional)               | 1 (15 oz) can Italian style Marinara Sauce |

Butter tortillas and layer and cover bottom of 13x9x2-inch cake pan. Brown hamburger and drain. Put beans over tortillas, then sauce and hamburger and grated cheese. Bake at 350° F. for 30 minutes. Top each serving with sour cream, if desired.

## TACO CASSEROLE

Makes 6 servings

- |  |                               |
|--|-------------------------------|
| 1 lb. ground beef Or 1 (15 oz) can ground beef | 1 Cup salsa                   |
| 2 tsp. chili powder                            | ½ Cup mayonnaise              |
| 1 - 2 Cups shredded cheese                     | 2 Cups crushed tortilla chips |
| 2 Cups shredded lettuce                        | 1 medium tomato, chopped      |

Brown ground beef (or use one can ground beef and cook until hot), drain. Add salsa, mayonnaise, chili powder; mix well. In an ungreased 2-qt baking dish, layer half of the meat mixture, chips and cheese. Repeat layers. Bake, uncovered, at 350° F. for 20 - 25 minutes or until heated through. Just before serving top with chopped tomato and lettuce.

## CRACKED WHEAT CASSEROLE

Makes 6 servings

- |  |  |
|--|--|
| 1 lb. ground beef Or 1 (15 oz) can ground beef | 1 tsp. beef bouillon   |
| ½ tsp. salt                                    | ½ Cup chopped onion  |
| ¼ tsp. oregano                                 | 1 small garlic clove, minced   |
| ¼ tsp. black pepper                            | 1 ½ Cup water  |
| ¼ Cup Parmesan cheese                          | ½ Cup uncooked cracked wheat   |
| 2 Tbsp. chopped parsley                        | 1 Cup chopped tomatoes, fresh Or canned - see back cover substitutes |

Brown ground beef with onion and garlic until pink color has gone from the meat. Drain. Combine with rest of ingredients except cheese and tomato. Bake in tightly covered 1 ½ quart casserole for 45 minutes or until the cracked wheat is tender and water has been absorbed. Stir in cheese and tomato, let stand a minute or so and serve.

## CHICKEN RICE CASSEROLE

- |                                    |  |
|------------------------------------|--|
| 1 Cup uncooked rice                | 1 pkg. dry onion soup mix  |
| 1 (10 oz) can cream of celery soup | 1 (10 oz) can cream of mushroom soup                               |
| 1 ½ Cups water                     | 1 raw chicken cut in cubes Or 2-3 (15 oz) cans light turkey chunks |

Mix rice, both cream soups, and water together and place rice mixture in large baking pan. Place chicken on top of rice mixture and sprinkle with dry onion soup mix. Cover with aluminum foil. Prick holes in foil with fork. Bake at 350° F. for one hour, or 250° - 300° F. for two hours.

## CHICKEN CHILI CASSEROLE

- |   |   |
|---|---|
| 1 (10 oz) can chicken soup with rice    | 1 (3-5 oz) can chopped green chiles, do not drain               |
| 1 (15 oz) can diced Or crushed tomatoes | 1 large can boned chicken Or 2 (15 oz) cans white turkey chunks |
| 1 pkg. corn tortilla chips              | 1 medium onion, chopped (See Page 44)                           |
| 1 lb. grated cheese                     |   |
| 1 Tbsp. shortening or oil               |   |

Saute onion in shortening or oil. Add chicken soup, chiles with juice, and tomatoes and cook a few minutes then add the chicken. (You may also use leftover chicken you have cut up.) Stir until everything is blended. In casserole dish, place layer of uncrushed tortilla chips, add a sprinkling of cheese, and then add a layer of chicken mix. Repeat until dish is full, then top with layer of cheese. Bake in 350° F. oven for 30 minutes.

## BARBECUED LIMA BEANS

Makes 8 - 10 servings

- |  |  |
|--|--|
| 2 Cups large dried lima beans  | 1 tsp. prepared mustard                                      |
| 8 Cups water   | 2 tsp. Worcestershire sauce                                  |
| ¼ lb. bacon cut into ½ inch pieces (If desired, cook, drain before adding) | 1 ½ tsp. chili powder  |
| 1 small onion, chopped   | 1 (8 oz) can tomato sauce                                    |
| 1 clove garlic, minced   | 2 Tbsp. brown sugar  |
| ½ Cup margarine  | 2 Tbsp. vinegar  |
|  | ¼ lb. bacon slices (If desired, cook, drain before topping.) |

Sort and rinse beans; do not soak. In 4-quart saucepan, combine rinsed beans, water, and ¼ pound diced bacon. Bring to a boil; reduce heat. Cover and simmer until beans are almost tender (1 to 1 ½ hours), checking several times. Add boiling water as needed to keep beans just covered while cooking. Drain, reserving ½ cup liquid. Cook onion and garlic in margarine until soft. Add remaining ingredients except drained limas and bacon slices. Cook 5 minutes, add to lima beans. Place in greased 2 quart casserole; top with sliced bacon. Cover; bake for 2 hours at 350° F, adding reserved bean liquid if necessary.

## TURKEY POCKETS

- |   |                                     |
|---|-------------------------------------|
| 1 (15 oz) can turkey chunks   | ¼ Cup green onions, chopped         |
| 1 (8 oz) package softened cream cheese  | 1 (10 oz) can cream of chicken soup |
| ½ Cup milk  |                                     |
| 1 recipe of your favorite rolls, Or some crescent rolls Or some frozen rolls, thawed. |                                     |

Mix turkey chunks, green onions and cream cheese together. Fill rolls. Top with cream of chicken soup mixed with the milk. Bake at 350° F. for 20 minutes or until rolls are brown.

## VERSATILE BEEF CHUNKS (ETC.)

The Beef Chunks canned at the Cannery work great for BBQ beef sandwiches using your favorite recipe, or in gravy over hot noodles or over bread slices for a Hot Beef Sandwich or over mashed potatoes (especially our dry pack Potato Pearls) for a delicious beef gravy. Simply separate the beef with a fork and then use in your favorite recipe. Great for any recipe calling for shredded beef, like tacos, enchiladas, etc. The light or dark Turkey Chunks may be used in the same way, and the Ground Beef makes excellent Hamburger Gravy (or what some of our grannies used to call 'Pioneer Gravy').

The light Turkey Chunks may be used in any recipe calling for cooked, cubed chicken breast. Most folks won't know the difference. The dark Turkey Chunks may be used in any recipe calling for canned Tuna with good results.

## COTTAGE CHEESE BEEF STROGANOFF

Serves 4 - 6

1 lb. ground beef Or 1 (15 oz) can ground beef	dash of pepper
5 slices bacon, diced	½ tsp. sweet basil
½ Cup chopped onion	1 tsp. garlic salt
½ tsp. salt	1 (10 oz) can cream of mushroom soup
¼ tsp. paprika	1 Cup cottage cheese
Hot, buttered noodles	

In skillet, brown ground beef with bacon (if using canned ground beef, simply heat with bacon). Add onion (rehydrated dried onion may be used, reconstituting to fresh equivalent, but add when you begin to heat with bacon) and cook until tender but not brown. Drain off excess fat. Add salt, basil, paprika, garlic and pepper. Stir in soup and cook slowly, uncovered, 20 minutes, stirring frequently. Blend cottage cheese in blender until smooth. Stir into stroganoff sauce and heat, but do not boil. Serve meat sauce over hot, buttered noodles.

## CHICKEN (OR TURKEY) FRICASSEE FOR 1

Makes 1 Cup Broth and 2 Cups Potatoes

1 tsp. Chicken Soup Base	¾ Cup dry Potato Pearls
1 tsp. dried onion	½ tsp. salt
Dash pepper	3 Tbsp. flour
2 oz. Chicken (1/4 cup)	3 Cups water, divided

Cook soup base, chicken, onions, salt and pepper in 1 cup of water. Thicken with as much flour as needed. Boil the other 2 cups of water and stir in the Potato Pearls. Make a "bowl" of the mashed potatoes and spoon broth mixture into it. Increase the recipe according to number of persons to be served. Enjoy!

## TURKEY QUESADILLAS

1 (15 oz) can turkey chunks flour tortillas	Cheddar cheese, grated Salsa, optional
--	---

Place meat and cheddar cheese in between two tortillas. Spray pan with cooking spray and cook on both sides until cheese is melted. Cut into pizza-type triangle slices and serve with salsa, if desired.

## TURKEY ENCHILADAS

1 doz. corn tortillas	Hot oil
¼ Cup flour	¼ Cup chili powder
1 ½ Cups grated cheese	2 Tbsp. oil
2 (15 oz) cans dark turkey chunks	4 Cups water
	Salt to taste

Put tortillas in hot oil for a second or so to soften. Cool on paper towel. Separate turkey into shreds with fork, set aside. Put the 2 Tbsp. of oil in a hot frying pan and add flour to it; stir (do not let it burn). Add chili powder and water slowly until mixed (no lumps, please). If it is too thick, add more water. If it is too thin, add more flour for desired consistency. Dip the tortillas into sauce, then add turkey and grated cheese into the end and roll up. Lay in baking dish until all are in the dish. Pour remaining sauce and cheese on top. Bake in microwave or oven until the cheese has melted.

## TURKEY ENCHILADAS

6 large flour tortillas	Grated cheese, as needed
Sliced Or chopped olives, optional	Chopped scallions, optional

Combine and set aside:

- 1 (15 oz) can turkey chunks
- 1 small can diced green chiles
- ½ Cup onions, optional (may use dry onions and reconstitute them before beginning the recipe)

In each large flour tortilla, put turkey mixture topped with a lot of shredded cheese. Roll up and place in a casserole dish (note: spray the dish with non-stick cooking spray first, to aid in cleaning). Set aside.

Combine and mix thoroughly:

- 1 (10 ½ oz) can cream of chicken soup
- 1 Cup sour cream
- 1 Cup chicken broth

Pour over tortillas. Top with additional grated cheese, sliced or chopped olives, and/or chopped scallions, if desired. Bake at 350°F. for about 30 minutes.

## NAVAJO TACOS FOR ONE

Makes 3 tacos. Increase amounts per persons to be served.

6 oz whole wheat to grind	¼ tsp. salt
OR 1 Cup flour	¾ tsp. baking powder
2 Tbsp. shortening	½ Cup water
1 serving refried beans (Page 24 or Page 45)	

Grind wheat, if necessary, then mix flour, salt, water and baking powder. Knead and let sit 10 minutes. Heat shortening. Divide dough into 3 balls and pat or roll each piece to about 5 or 6 inches in diameter. Deep fry and cover with refried beans, then top with Hot Sauce, if desired.

### Hot Sauce for Navajo Tacos:

4 oz. tomato sauce	1 tsp. dried onion
½ tsp. crushed red pepper	½ tsp. cilantro
¼ tsp. garlic powder	½ tsp. salt

Mix and serve over Navajo Tacos.

## TURKEY PITAS

1 (15 oz) can turkey chunks	1 small head of cabbage
1 Pkg. chicken Top Ramen noodles with seasoning, uncooked	1 Tbsp. olive oil
Italian dressing to taste	1 pkg. slivered almonds
	4 Tbsp. red wine vinegar
	Pita bread

Combine all ingredients except pita bread. Keep refrigerated until ready to eat. Cut a pita bread in two. Fill each half with turkey mixture. Top with Italian dressing.

## GREEN CHILE BURROS

4 (15 oz) cans beef chunks	5 Tbsp. flour
1 (16 oz) jar salsa	1 large can of green chiles, diced
2 large onions, diced Or dry onion equivalent (See Page 44.)	Jalapenos, optional
Flour tortillas	

Saute onions in a little oil until soft, not brown. Drain the beef chunks and reserve the liquid. Add the chiles and the salsa to the onions and heat. Add flour to ¼ Cup of the liquid from the beef chunks to make a paste. Add remaining juice to the mixture, adding more water as needed. Separate meat with fork and add to the mixture. Add the flour paste to the mixture and heat until thick enough to place on tortillas. You may add jalapenos if you like it hotter.

## FLAUTA (BEEF OR TURKEY)

1 doz. corn tortillas	Hot oil
2 (15 ½ oz) cans beef chunks Or light Or dark turkey chunks	Sour cream
Salsa	
Guacamole	

Dip tortillas in hot oil for a second to soften. Put on paper towel to cool. Separate meat with fork. Take the cooled tortilla and add meat to one end and roll. Use a toothpick to hold tortilla closed. Dip into hot oil and cook until crisp. Remove and place on paper towel to cool. Serve remaining ingredients as dips for flautas, much like you would serve dip for chips.

## BAKED CHICKEN AND SPAGHETTI

10 oz. cooked, drained spaghetti	2 Tbsp. shortening Or butter
1 onion, chopped (See Page 44)	½ tsp. salt
1 (15 oz) can tomatoes	dash of pepper
2 Tbsp. sugar	2 Cups cooked chicken, diced
½ Cup grated cheese	Or 2 (15 oz) cans white turkey chunks

Saute onion in shortening or butter, add the tomatoes, sugar, salt and pepper. Heat to boiling. Stir in chicken or turkey chunks and spaghetti. Toss gently with fork. Pour into greased baking dish and sprinkle with cheese. Bake at 375° F. for 20 minutes.

## PEACHY PORK AND BEANS

Great Crock Pot Dish for Pot Luck Dinners  
Or for When Company Comes

5 (15 oz) cans pork and beans	½ Cup catsup
½ (16 oz) jar peach jam	water as needed

Add all the ingredients together and heat, adding water to desired consistency. Serves 15 or so.

## MACARONI AND CHEESE

Serves 4

1 Cup white sauce from Magic Mix (Page 34)  
1 Cup uncooked macaroni  
Boiling water to cook macaroni  
4 - 5 ounces grated cheese (about 1 cup)  
½ - 1 tsp. salt or garlic salt (optional)

Cook macaroni in boiling water until tender, drain, then combine macaroni, white sauce, cheese and seasoning. Heat through.

## "MESA CANNERY" SPAGHETTI WITH MEAT

1 lb. dry pack spaghetti noodles  
1 (24 oz) jar wet pack spaghetti sauce  
1 (15oz) can wet pack ground beef  
salt and pepper to taste

This is easy. Cook the noodles. While they are cooking, mix the spaghetti sauce and ground beef together and heat through. Serve over the noodles. Other spices may be added as your taste desires.

## SPAGHETTI FOR ONE

⅓ lb. dry spaghetti	8 oz. tomato sauce
1 tsp. pizza sauce spice	½ tsp. salt
2 oz. (¼ cup) hamburger	2 Cups water

Cook noodles in boiling water 10 minutes. Add remaining ingredients and heat through. Pour over cooked noodles. You may use canned ground beef.

## CHILI

1 lb. chili beans (2 ¼ Cups)	1 large onion, chopped (Pg.44)
2 lbs. ground beef (Or 2 cans ground beef)	3 - 4 ribs celery, chopped
1 (46 oz) can tomato juice	3 - 4 Tbsp. chili powder
	½ tsp. cumin

Soak beans overnight. Bring beans to boil and simmer until tender. Leave the water in the pot (that should cover the beans) and add the tomato juice to it. Brown the ground beef (or, if using canned ground beef, simply warm it up). Add ground beef, onion, celery, chili powder and cumin. Let simmer until flavors blend. Adjust the amount of chili powder to taste.

## WHITE BEAN CHILI

3 (15 oz) cans white beans with ham	1 garlic clove, minced
¼ Cup celery, chopped	2 Tbsp. brown sugar
1 (15 oz) can diced Italian flavored tomatoes	salt, pepper and chili powder to taste
	¼ Cup diced onion Or the equal reconstituted dry

Combine all of the ingredients and heat through.



## BOSTON BAKED BEANS

Serves 6 - 8

1 lb. dried pea beans Or small white beans	½ Cup molasses
Water for soaking beans	3 Tbsp. sugar
6 Cups water for cooking	1 tsp. dry mustard
1 Medium onion, sliced Or equal reconstituted dry (Pg. 44)	1 ½ tsp. salt
	¼ tsp. pepper
	4 oz. salt pork cut in 4 pieces

Soak beans for 2 hours, then sort, removing any rocks or dirt; drain; discard the soak water. Preheat oven to 300°F. In a 4-quart pot, combine soaked beans and 6 cups water. Bring to a boil; reduce heat. Cover and simmer 10 minutes. Drain beans in a colander, over a large bowl, reserving liquid. In a 2 ½ quart bean pot or casserole with cover, layer beans, onions, and salt pork. Set aside. In a small bowl, combine molasses, sugar, dry mustard, salt, pepper and one cup reserved liquid. Pour over beans. Add enough reserved liquid to cover beans. Cover and bake 4 - 6 hours, until beans are tender, checking beans several times. Stir in reserved liquid as needed to keep beans just covered while cooking. NOTE: The hotter the reserved liquid is when adding to the means, the more tender the beans will stay.

## SWEET AND SOUR BAKED BEANS

Serves 4

2 (15 oz) cans white beans with ham	2 Tbsp. vinegar
1 (8 oz) can pineapple chunks packed in juice	¼ Cup sugar
1 Tbsp. cornstarch	2 Drops tabasco sauce
1 Tbsp. soy sauce	½ medium green pepper, cut into 1 inch x ¼ inch strips

Drain beans, reserving liquid. Preheat oven to 275°F. Drain pineapple, reserving juice. Add reserved bean liquid to juice to make ¾ cup. Stir cornstarch into juice mixture. In a small saucepan, combine juice mixture, soy sauce, vinegar, sugar and tabasco sauce. Stir constantly over medium heat until sauce boils. Remove from heat. Combine beans, green pepper strips, and drained pineapple in a casserole with cover. Pour sauce over. Stir gently. Cover. Bake one hour.

## REFRIED BEANS

2 Cups cooked pinto beans, drain, reserving liquid	½ Cup shortening
1 clove garlic, minced	3 Tbsp. onion, minced Or equal rehydrated dry

NOTE: You may use dry pack dehydrated refried beans, hydrated according to package instructions, then add extra water if more is needed for proper consistency.

Heat shortening, cook onion and garlic for a few minutes. Add beans. Mash and stir with potato masher while cooking. Cook until all shortening is absorbed. Stir in reserved liquid if desired for correct consistency. Use for recipes calling for refried beans, or use as a side dish.

## HAM AND BEANS, OLE' STYLE

Great For When Company Comes!

5 (15 oz) cans ham and beans	½ lb. diced ham
1 ½ Cups diced green Or red chiles, as desired	½ bottle (28 oz size) catsup water as needed
3 Tbsp. honey	

Combine all ingredients and add water as needed and warm to desired temperature for serving. Serves 15 or so.

## REFRIED BEANS AND CHEESE

2 Cups cooked pinto beans	¼ Cup lard Or shortening
½ Cup shredded cheese (use Monterey Jack Or cheddar cheese)	¼ Cup dairy sour cream, optional

Drain beans, reserving liquid. In a large skillet, heat shortening until melted and very hot. Add cooked beans, mashing with a potato masher as they cook. Continue cooking and stirring until all shortening is absorbed. Stir in reserved liquid, a small amount at a time for desired consistency. Add cheese. Cook and stir until cheese melts. Serve with sour cream, if desired. NOTE: You may use dry pack dehydrated refried beans, hydrated according to package instructions, then add extra water if more is needed for proper consistency.

## QUICK AND EASY BEAN POT

Serves 4

2 slices bacon	2 Tbsp. chili sauce
½ Cup chopped onion Or reconstituted dry onion to equal the 1/3 cup	1 Tbsp. brown sugar
1 (15 oz) can pork and beans in tomato sauce	1 tsp. Worcestershire sauce
	½ tsp. prepared mustard

Preheat oven to 300° F. In a medium skillet, fry bacon until crisp. Remove bacon to drain on paper towels, leaving drippings in skillet. Saute onion in bacon drippings until tender but not browned. In a 1-quart casserole with cover, combine sauteed onions and beans. Stir in chili sauce, brown sugar, Worcestershire sauce and mustard. Crumble bacon over beans. Cover and bake 45 minutes.

## REFRIED BEANS FROM DRIED, FOR ONE

Makes 1½ cups. Increase amounts per persons to be served.

½ Cup dry pinto beans	½ tsp. salt
1 tsp. dry onion	¼ Cup shortening
2 Cups water	

Cook beans and salt in water until tender. Mash drained beans and onion into hot shortening and mix well.

## HAM AND BEANS

Great for When Company Comes!

5 (15 oz) cans ham and beans	1 tsp. mustard (not dry)
¼ Cup brown sugar	1 (28 oz) bottle catsup
¼ Cup peach jam	½ Cup diced ham
1 (16 oz) jar tomato sauce	Water for consistency

Put all of the ingredients in a pan and heat through. If it appears to be too thick, add water as needed. Serves 15 or so.

## SPANISH RICE

Hot oil Or butter	
1 Cup cooked rice	2 (8 oz) cans tomato sauce
1 bell pepper, chopped	1 (16 oz) pint water
1 medium onion, chopped (Pg. 44)	Salt and pepper to taste

Saute bell pepper and onion in pan with oil Or butter, set aside. Brown cooked rice; add salt and pepper, pepper, onion, and both cans of tomato sauce and all of the water (or more, to taste). Cook 45 minutes.

## BROWNEED RICE

Makes 6 to 8 servings

1 Cup rice	1 tsp. salt
¼ Cup shortening	3 ½ Cups water
¼ Cup chopped onion, meat, celery, Or other vegetables	

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Cover, simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid is absorbed.

## POTATO SCALLOP

Serves 4

2 Cups drained cooked red kidney beans Or 1 (15 oz) can beans	2 Tbsp. butter
½ lb. lean ground beef Or 1 (15 oz) can ground beef	2 Tbsp. all purpose flour
1 Medium onion, sliced (Pg. 44)	½ tsp. salt
	2 ½ Cups milk, warmed
	3 Medium potatoes, sliced
	Black pepper to taste
	½ tsp. salt

Drain beans. Preheat oven to 350° F. In a medium skillet, brown beef if using fresh beef, or heat canned ground beef and add onion. Cook and stir until onion is tender but not browned. Spoon off any excess drippings. Sprinkle meat mixture with ½ tsp salt and pepper. Set aside. In a medium sauce pan, melt butter. Stir in flour and ½ tsp salt until smooth. Gradually add warm milk, stirring until smooth. Stir constantly over medium heat until mixture thickens and comes to a boil; set aside. In a 3 quart casserole, layer 1½ of the potato slices, half of the beef and onion mixture and half of the beans. Pour about ½ of the thickened sauce over layers. Repeat layers ending with potato slices. Top with remaining sauce. Bake uncovered until potato slices are tender and crusty brown on top, about one hour. Serve hot.

## POTATO LASAGNA

Serves 6 - 8

12 lasagna noodles	½ tsp. black pepper
½ Cup oil	1 ½ Cup shredded cheese
4 - 5 onions, chopped (Pg. 44)	6 Cups warm mashed potatoes (Potato Pearls are great)

Preheat oven to 350° F. Cook noodles and drain. Saute onions 8 - 10 minutes, reserve ½ cup for topping. Add cheese and pepper to potatoes. Layer like Lasagna.

## CHILI FOR ONE

Makes 2 Cups. Increase amounts per persons to be served.

¾ Cup pinto beans	4 oz. tomato sauce
½ tsp. chili powder	2 tsp. dried onion
½ tsp. salt	½ tsp. garlic
¼ tsp. pepper	¼ tsp. cumin
½ tsp. sugar	½ lb. hamburger Or 1 (15 oz) can ground beef
2 Cups water	

Soak beans overnight. Bring to boil and simmer until tender. Leave the water in the pot (it should cover beans) and add the tomato sauce. Brown the beef (if using canned, heat, don't brown), then add (to taste) the onion, chili powder, garlic, salt, pepper, and cumin. Add to beans and simmer.

## CHINESE FRIED WHEAT

Makes 8 servings

1 Cup cracked wheat (strain out flour before cooking)	
2 ½ Cups water	½ tsp. salt
3 Tbsp. vegetable oil	1 egg, beaten
1 onion, minced	¼ Cup celery, diced
2 Tbsp. soy sauce Or to taste	Bacon Or ham

Bring wheat, water and salt to a boil and cook for 20 - 30 minutes. Put in a strainer and drain off thick liquid (save for gravy). Wash wheat with cold water to make it fluffy. Press wheat between paper towels to remove all moisture possible. Set aside. Heat 1 Tbsp. oil in heavy skillet. Slowly add beaten egg, stirring rapidly with fork so egg is light and fluffy. Set aside. Add to skillet 2 Tbsp. of oil, minced onion and celery and cook until tender. Then add wheat, soy sauce, bacon or ham, salt and egg. Heat through, serve with extra soy sauce, if desired.

**GRAVY:** Makes 1 cup

2 Tbsp. vegetable oil Or drippings	2 Tbsp. flour
1 Cup liquid (may use the liquid drained from wheat, vegetables, Or meat stock; Or use reconstituted bouillon)	

Heat vegetable oil or drippings; stir in flour. Remove from heat and stir in liquid. Cook over medium heat until smooth and thickened, stirring constantly. Season to taste.

## VARIATIONS FOR FRIED WHEAT:

### ITALIAN FRIED WHEAT

Makes 8 servings

Wheat	2 Tbsp. oil
Italian blend to taste	Salt to taste
Leftover roast Or 1 (15 oz) beef or turkey chunks Or other meat	

Prepare wheat the same as for Chinese Fried Wheat. Heat oil in skillet, then add wheat, Italian blend, leftover roast, and salt to taste.

### SPANISH FRIED WHEAT

Makes 8 servings

1 onion, chopped (Pg. 44)	Wheat
Chili powder	Salt to taste
Beef bouillon powder	Fresh green onions, chopped

Prepare wheat the same as for Chinese Fried Wheat. Heat oil in skillet, cook chopped onion until golden brown, then add wheat. Toss lightly then add remaining ingredients.

### OAT "STUFFING"

Serve in place of rice or pasta. Makes 4 servings.

¼ Cup butter Or margarine	1 egg, beaten
¼ Cup celery, chopped	¾ Cup chicken Or beef broth
¼ Cup onion, chopped	¼ tsp. salt
1 ½ Cups rolled oats	½ tsp. pepper

NOTE: Reconstituted dry onion may be used in place of fresh onion. Melt butter in skillet; add celery and onions. Saute until tender. Mix oats and egg; add to onion mixture and cook over medium heat, stirring constantly until oats are dry and light brown, 3-5 minutes. Add remaining ingredients and continue stirring until liquid is absorbed, 2 - 3 minutes.

## TAMALE PIE

Serves 8 to 10

1 lb. hamburger OR 1 (15 oz) can ground beef	1 Cup chopped green pepper 1 clove garlic, minced 1 (6 oz) can tomato paste 1 (15 oz) can sliced ripe olives (optional)
1 onion, chopped (Pg. 44)	1 tsp. salt, dash of pepper
1 (15 oz) can tomatoes	1 ½ Cups sharp cheese, grated
1 (12 oz) can corn, drained	½ Cup yellow corn meal
1 Tbsp. sugar	1 Tbsp. butter
2 - 3 tsp. chili powder	½ tsp. salt
1 ½ Cups cold milk	

Brown the ground beef, green pepper, onion and garlic together. Drain the fat and add tomatoes, tomato paste, corn, olives, sugar, salt, chili powder, and pepper. Simmer 20 minutes until thick. Add cheese and stir until melted. Pour into 9x13-inch baking dish.

Make corn meal topping by heating milk in double boiler; add salt and slowly stir in corn meal. Cook and stir until thick (about 20 minutes), add butter and spread over top of meat mixture. Bake at 375° F. for 40 minutes.

## MEAT PIE USING DRY SOUP MIX

Serves 20 - 25

6 Quarts water	1 (10 oz) can condensed tomato soup
2 Cups dry soup mix	1 (16 oz) can tomato sauce
2 lbs. frozen hash browns	2 lbs. ground beef Or 2 (15 oz) cans ground beef
1 (15 oz) can tomatoes	
6-7 (9-inch) unbaked pie shells	

If desired add left over vegetables, frozen carrots, corn, etc.

Fry hamburger (if using fresh ground beef, or warm if using canned ground beef) until well done and break into tiny pieces. Add to above ingredients, place in unbaked pastry pie shells. Add top crust and seal edges well. Bake in oven at 450°F. for 25 minutes or cover with foil and freeze for future baking.

## BAR-B-QUE PATTIES

Note: Canned ground beef (1 ½ cans) may be used in place of fresh ground beef. Non-fat dry milk may be used in place of evaporated milk. (See Page 1 for evaporated milk recipe.)

1 ½ lb. ground beef	2 eggs, beaten
1 Cup evaporated milk (Pg. 1)	¾ Cup oatmeal
salt and pepper to taste	Hot oil

Mix all ingredients and drop by spoonful into hot oil in frying pan and brown both sides. Place in greased casserole dish or baking pan and cover with sauce.

**SAUCE:** Mix the following sauce ingredients and pour over patties:

4 Tbsp. Worcestershire Sauce	1 Cup catsup
3 Tbsp. vinegar	½ Cup water
2 Tbsp. sugar	6 Tbsp. minced onion
	6 Tbsp. minced green pepper

Bake in 350°F. oven for 30 minutes. Serve.

## WHEAT SPROUT PATTIES

Serves 4

2 Cups wheat sprouts	1 egg, slightly beaten
2 Tbsp. minced onion	2 Tbsp. minced green pepper
2 Tbsp. chopped mushrooms	Dash of garlic powder
Butter Or oil	Dash of pepper
Celery salt	

Grind sprouts; add egg and vegetables. Mix well. In a skillet, heat butter, garlic powder and pepper. Spoon sprout mixture in and press with the back of a spoon to form patties not more than ½ inch thick. Cook for 2 minutes on each side over medium heat until lightly browned. Sprinkle with celery salt to taste.

## RICE PILAF

Makes 8 servings

2 Cups rice	¼ Cup chopped carrots
¾ cube butter Or margarine	¼ Cup chopped green onions
4 Cups boiling liquid*	1 Cup slivered almonds
¼ Cup chopped celery	Salt and pepper to taste

Lightly brown rice in butter or margarine in skillet. Place in casserole with boiling broth. Cover; bake for 30 minutes at 375° F. Remove from oven. Add salt, pepper, vegetables and nuts, mixing well with fork. Return to oven for ½ hour more. Serve hot.

\* (Use chicken broth when served with fowl; beef broth with beef.)

## RICE-A-RONI WITH CHICKEN OR TURKEY FOR ONE

Makes 2 cups. Increase amounts per persons to be served.

½ Cup rice	¼ Cup dry spaghetti
1 tsp. chicken soup base	1 Tbsp. shortening
½ tsp. dried onion	½ tsp. parsley
⅛ tsp. ginger	⅛ tsp. garlic
½ tsp. salt	⅛ tsp. pepper
2 oz (¼ Cup) chicken	1 Cup water

Break spaghetti into 1 inch pieces. Fry the rice and spaghetti in melted hot shortening, stirring frequently until browned. Add onion, garlic and ginger. Add soup base to water to make broth, then add to the rice and spaghetti mixture, add chicken and parsley to this, then cover with tight-fitting lid. Cook at very LOW heat for 25 minutes until rice is cooked.

## MEXICAN RICE

3 Tbsp. oil	1 Cup rice
1 clove garlic, minced	1 Cup salsa
½ onion, chopped Or the equivalent of dry onions (Pg. 44)	2 Cups chicken bullion, prepared

Heat oil in large pan/skillet. Add rice and cook on medium heat until rice is puffed. Push rice to side, add garlic and onion. Saute until onion is soft. Add salsa, mix well, and heat until warm. Add chicken bullion. Bring to a boil. Cover and simmer about 20 minutes or until all liquid is absorbed and rice is tender.

## BEAN DIP OR SANDWICH SPREAD

Serves 6 - 8

2 ½ Cups dehydrated refried beans	1 Tbsp. taco seasoning
1 2/3 Cups boiling water	1/4 Cup dehydrated onions
	Salsa, optional

Place all dry ingredients in mixing bowl. Add boiling water and stir. Let stand 25 minutes. May add salsa or water to thin. Serve hot or cold. Use your favorite corn chips to dip, or spread on bread or buns, add pickles to make a sandwich.

## BEAN DIP WITH CHIPS

Note: Dehydrated Refried Beans may be reconstituted and used in place of the 6 cans of beans.

6 (15 oz) cans pinto beans	1 (16 oz) jar salsa
1 Cup grated cheese	Salt to taste

Drain the juice off the beans, put them in an electric skillet or frying pan and mash them with a potato masher. Add salsa and cheese and cook and stir until hot and bubbly.

**This may be used to make burritos, tostadas, or to eat with chips. As a dip it will feed about 25 women or 15 men.**

## LENTIL CASSEROLE

2 cups cooked lentils (Add 2 ½ cups water to 1 cup Lentils - simmer for 40 min.)	1 cup evaporated or reconstituted dry milk
1 egg	1 ½ cup crushed corn flakes or rolled oats
¼ cup salad oil	½ tsp sage
1 Tbsp dried onion	½ cup chopped nuts (optional)
1 tsp salt	

Combine all ingredients and mix well. Pour into well greased loaf pan. Bake 45 minutes at 350° or until set firm. Serve with sauce if desired.

## TORTILLAS

Makes 20 or more.

5 cups whole wheat flour	2 tsp salt
2 Tbsp olive oil or butter	½ tsp baking powder
1 ⅔ cups warm water	

Stir together dry ingredients, then add water. Mix well and knead lightly. Pinch off walnut sized pieces of dough and roll out very, very, very thinly on a floured pastry cloth or floured counter. Heat an ungreased griddle or fry pan to very hot and cook on one side until bubbles form.

## TORTILLAS

1 cup flour	2 ½ Tbsp shortening
½ tsp salt	

Mix ingredients with warm water to make a soft dough. Form into balls the size of a small egg and roll thin. Cook on ungreased griddle, on both sides until bubbles are brown.

## BURRITOS

Use tortillas from recipe above. roll any filling in a tortilla and eat as a sandwich. Filling can be refried beans, meat scrambled eggs, anything or any combination.

## WHEAT STEAK

Serves 6 - 8

2 cups boiled wheat or cooked cracked wheat (very dry)	
1 beaten egg	1 medium onion, diced
2 cup stewed tomatoes	1 clove garlic, chopped
salt to taste	Dash cayenne pepper
celery salt	

Mix wheat, beaten egg and chopped onion together and add salt to taste. Mold into cakes and fry on both sides until browned throughly. Heat tomatoes and add garlic, cayenne pepper, and celery salt. Pour over browned wheat cakes. Simmer for a moment and serve hot.

## HOMEMADE HAMBURGER HELPER

Serves 4

8 oz. Uncooked medium noodles	½ tsp paprika
1 cup instant nonfat dry milk	½ tsp salt
1 Tbsp dried onion flakes	½ tsp black pepper

Blend ingredients and store until needed. Make lots of batches at a time. It keeps for months, especially if stored in an airtight container that keeps the light out. Vary the kind of noodles you use and the seasonings you add to make different recipes, according to your family's tastes. Be sure to freeze a pound of ground meat per batch of Basic Mix you have on hand, or try it with a can of tuna. Rotate the Basic Mix and the frozen meat to keep a fresh supply of everything on hand.

To cook: Lightly brown in large frying pan 1 pound lean ground meat. Add 1 cup sliced mushrooms or 1 small can mushrooms with liquid. Then add 4 cups water and 1 Tbsp vinegar. Bring to a boil. Then add 1 batch of Basic Mix. Let simmer, stirring often, for about 20 minutes, or until noodles are done to taste.

## SAUERKRAUT

1 tsp salt to each pint of sliced cabbage.

Pack grated cabbage with salt into pint jars. If cabbage juice doesn't completely cover kraut, add a little water. Put lids on jars and ferment 3-4 days and then cold pack for 15 minutes.



## APPLESAUCE OATMEAL COOKIES

1 Cup shortening  
2 eggs  
2 tsp. baking soda  
1 tsp. nutmeg  
1 tsp. salt  
2 Cups oatmeal  
1 Cup chocolate chips (optional)  
2 Cups sugar  
2 Cups applesauce \*\*  
1 tsp. cinnamon  
1 tsp. cloves  
3 ½ Cups flour  
1 Cup nuts, chopped  
1 Cup raisins (optional)

\*\* (Make your own applesauce by mixing 2 Cups dried apples, 2 Cups boiling water. Let stand 5 minutes, mash.) Cream shortening, sugar. Add eggs and applesauce. Add soda, salt, cinnamon, nutmeg, cloves. Add flour, oatmeal, raisins, nuts, and chocolate chips. Mix well. Drop by spoonfuls onto greased baking sheet. Bake at 350° F. 10-12 minutes.

## APPLE FILLED COOKIES

### FILLING:

Chop or break 2 cups of dried apple slices into small pieces. **Do Not Reconstitute Apples.** Place in a saucepan then add:

¾ Cup water  
½ Cup sugar  
½ Cup nuts, chopped  
1 Tbsp. flour

Cook together slowly, stirring constantly to prevent scorching, until thick. Cool filling. Cream together:

1 Cup butter Or shortening  
1 ¾ Cups packed brown sugar  
1 tsp. vanilla  
2 eggs  
½ Cup water  
Mix well, then add:  
½ tsp. salt  
1/4 tsp. cinnamon  
1 tsp. baking soda

Blend in 3 ½ Cups flour (wheat or white). Drop by teaspoonsful onto an ungreased cookie sheet. Make a depression in the middle of each cookie and place filling in the depression and then place ½ teaspoon of dough on top of the filling. Bake at 350° F. for about 12 minutes.

## DATE FILLED WHEAT COOKIES

### DOUGH:

1 Cup shortening Or butter  
2 Cups firmly packed brown sugar  
2 eggs  
¼ to ½ Cup water  
1 tsp. vanilla  
1 tsp. salt  
1 tsp. baking soda  
¼ tsp. cinnamon  
2 Cups wheat flour  
1 ½ Cups white flour  
Cream shortening or butter and sugar until fluffy. Add eggs and vanilla, set aside. Mix dry ingredients in another bowl. Alternate dry ingredients and water. Shape dough into two rolls about 2 inches in diameter. Refrigerate while you make filling. Makes 3 dozen cookies.

### FILLING:

2 Cups dates Or raisin, chopped  
¾ Cup sugar  
¾ Cup water  
½ Cup chopped nuts  
Combine dates or raisins, sugar and water. Cook over low heat until thick. Remove from heat and stir in nuts. Cool. Slice dough into thin round slices and place on cookie sheet; top with teaspoon of filling and place another cookie round on top. You do not need to pinch down. Bake on ungreased cookie sheet 375° F. for 10 - 12 minutes.

## FAVORITE OATMEAL COOKIES

2 Cups flour  
1 tsp. salt  
1 tsp. baking soda  
4 ½ Cups rolled oats

Stir together then add:

½ Cup vegetable oil  
1 tsp. vanilla  
¾ Cup honey  
3 eggs  
raisins, soaked in 3 - 4 Tbsp. water  
Mix together and drop by spoonfuls on greased baking sheet. Bake at 350° F. for about 8 minutes.

## WHEAT AND RAISIN CHOCOLATE CHIP COOKIES

1 ½ Cups margarine Or shortening  
1 ½ Cups firmly packed brown sugar  
1 ½ Cups sugar  
2 tsp. vanilla  
4 eggs  
2 ½ Cups all-purpose flour  
2 ½ Cups whole wheat flour  
½ tsp. salt  
2 tsp. baking soda  
2 Tbsp. hot water  
1 Cup nuts, chopped  
1 Cup raisins  
1 (12 oz) pkg. chocolate chips

Preheat oven to 350° F. Beat margarine or shortening in large bowl until soft. Gradually add sugars, beating until light and fluffy. Add vanilla. Add eggs, one at a time, beating well; set aside. Blend both flours and salt on sheet of waxed paper. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed. Dissolve baking soda in hot water and add to sugar-flour mixture. Stir in nuts, raisins, and chocolate chips. Using one generous tablespoon of dough for each cookie, place on greased cookie sheet. Bake at 350° F. for 10-12 minutes. Allow to cool.

## PUMPKIN COOKIES

½ Cup shortening Or butter  
1 ½ Cups sugar  
1 egg  
1 Cup pumpkin  
½ Cup chopped nuts  
1 tsp. nutmeg  
1 tsp. cinnamon  
1 Cup raisins And /  
Or chocolate chips  
2 ½ Cups flour  
1 tsp. baking powder  
1 tsp. baking soda  
½ tsp. salt  
1 tsp. vanilla

Mix all ingredients together thoroughly. Drop by spoonfuls on cookie sheet. Bake at 375° F. for 10 minutes.

## PUMPKIN-CHOCOLATE CHIP BARS

Makes approximately 36 bars

2 Cups flour  
2 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. baking soda  
1 tsp. salt  
3 Tbsp. sugar and ½ tsp. cinnamon, mixed, for sprinkling  
4 eggs, beaten  
1 (15 oz) can pumpkin  
1 ½ Cups sugar  
¼ Cup oil  
1 Cup chocolate chips

Stir together flour, baking powder, cinnamon, baking soda, and salt; set aside. Mix beaten eggs, pumpkin, sugar, and oil in mixing bowl. Add flour mixture. Mix just until moistened. Spread in an ungreased 10x15-inch pan. Stir together 3 Tbsp. sugar and ½ tsp. cinnamon and sprinkle evenly over the batter. Sprinkle chips on top. NOTE: If you dust the chocolate chips in a little flour, they will not sink to the bottom. Bake at 350° F. for 25-30 minutes or until done. Cool and cut into bars.

## RICE CRISPY TREATS OR GRANOLA BARS

For Granola Bars, use this recipe, substituting Rice Crispy cereal with granola cereal.

¼ Cup butter Or margarine  
1 10-oz pkg. marshmallows Or 4 cups miniature marshmallows  
5 Cups Rice Krispies (Or substitute with granola, Page 20)  
Melt butter in saucepan over low heat. Add marshmallows and stir until completely melted. Cook over low heat for an additional 3 minutes, stirring constantly. Remove from heat. Add Rice Krispies or granola. Stir until well coated. Press mixture evenly into buttered 13 x 9 x 2 inch pan. Cut into 2-inch squares when cool. Makes 24.

## NO BAKE COOKIES

3 Tbsp cocoa  
1/c cup margarine  
1/c cup milk  
Combine and bring to a boil. Remove from heat and add:

½ tsp vanilla  
3 ½ cup quick rolled oats  
Mix well and drop by tsp onto wax paper and cool.

## OATMEAL COOKIES

1 Cup boiling water	½ tsp. ea. cinnamon, nutmeg, cloves
1 Cup raisins	1 tsp. baking soda
¼ Cup butter Or margarine	1 tsp. baking powder
1 Cup sugar	2 Cups oatmeal
2 eggs, beaten	1 Cup nuts
2 Cups flour (1 Cup whole wheat and 1 Cup white)	½ tsp. salt
	1 Cup chocolate chips (optional)

Pour boiling water over the raisins, butter or margarine, and sugar. Cool. When mixture is cool, mix in beaten eggs. Add the remaining ingredients. Drop by teaspoonsful on cookie sheet. Bake at 350° F. for 12 minutes.

## CHOCOLATE CHIP OATMEAL COOKIES

Makes approximately 3 dozen cookies

1 Cup shortening, butter Or margarine, melted	
¾ Cup granulated sugar	½ tsp. baking soda
¾ Cup brown sugar, firmly packed	1 Tbsp. hot water
2 eggs	2 Cups rolled oats
1 tsp. vanilla	1 (6 oz) pkg. chocolate chips
1 ½ Cups flour (scooped/leveled Pg. 42)	½ Cup nuts-coarsely chopped
½ tsp. salt	

In large bowl, cream shortening; add sugars, cream until fluffy. Beat in eggs and vanilla. Add flour and salt, and baking soda which has been dissolved in hot water, and blend. Stir in rolled oats, chocolate chips, nuts. Drop by spoonfuls onto ungreased baking sheet about 1 ½ inches apart. Bake at 375° F. for 10 minutes or until just brown and still puffy. For crisper cookies bake until cookies flatten. Note: Recipe may be doubled.

### VARIATION:

Coconut, raisins, and/or peanuts may be added to this basic cookie dough. Or add 1 cup coarsely-grated carrots, cooked in 2 tablespoons boiling water for 5 minutes. (Rehydrated dried chopped carrots may be used in place of the coarsely-grated fresh carrots.)

## SNICKERDOODLES

1 Cup shortening Or butter	2 tsp. cream of tartar
1 ½ Cups sugar	1 tsp. baking soda
2 eggs	¼ tsp. salt
2 ¾ Cups sifted flour	1 tsp. vanilla
2 Tbsp. sugar	3 tsp. cinnamon

Cream together (beat thoroughly) shortening and sugar. Add egg and mix thoroughly. Sift together the flour, cream of tartar, soda and salt. Add to creamed mixture. Add vanilla and mix thoroughly. Set aside. Thoroughly mix together the cinnamon and 2 Tbsp. sugar, set aside. Roll dough into balls the size of small walnuts. Roll into cinnamon-sugar mixture and set on greased cookie sheet 2 inches apart. Bake at 375°F. for 8-10 minutes. DO NOT OVERBAKE. Cool slightly before removing from cookie sheet.

## MAGIC BARS

½ Cup butter Or margarine	1 ½ Cups flaked coconut
1 ½ Cups graham crackers, crushed (Pg. 32)	¾ Cup chocolate chips
1 Cup granola mix (Pg. 20)	¾ Cup butterscotch chips
	1 Cup sweetened condensed milk (Pg. 2)

Mix thoroughly together the butter, coconut, crushed graham crackers, granola mix, the chocolate and butterscotch chips and put in 9x13-inch baking pan. Pour the sweetened condensed milk over the top of the mixture and bake at 350° F. for 25 minutes. Cool and cut into bars.

## SOURDOUGH COOKIES

(See Page 5)

Yield: approx. 5 doz cookies

½ Cup starter	½ tsp. salt
1 Cup evaporated milk (Pg. 1)	½ tsp. baking soda
2 Cups flour	3 Cups corn flakes
1 Cup butter	¾ Cup nuts
1 ¼ Cups brown sugar, firmly packed	¾ Cup coconut
1 egg	

Stir starter, milk and 1 ½ cup flour together and set aside for 2 hours. Cream butter, sugar and blend in egg and ½ cup flour, salt and baking soda. Add remaining ingredients. Make sure dough is thick enough. Drop cookies on ungreased cookie sheet. Bake at 375° F. for 15 minutes.

## CINDERELLA CRISPS

Makes about 24

6 slices trimmed white bread, each cut into 4 strips	1 can (14 oz) sweetened condensed milk (Pg. 1)
2 ¾ Cups flaked coconut	

Using two forks, roll bread sticks in sweetened condensed milk, coating all sides. Then roll in coconut. Place on well-greased baking sheet and bake at 375° F. for 8 - 10 minutes. Remove at once from baking sheet.

## CHEWY OATMEAL COOKIES

1 Cup flour	1 ½ Cups brown sugar, firmly packed
¾ tsp. baking soda	
½ tsp. salt	2 eggs
1 tsp. cinnamon	1 tsp. vanilla
¼ tsp. nutmeg	2 Cups oatmeal (see note)
¾ Cup shortening Or butter	1 Cup raisins (optional)
1 Cup chocolate chips, optional	1 Cup chopped nuts (optional)

NOTE: Quick or Regular Oats may be used, however, Regular Oats help retain moisture for a chewier cookie.

Sift flour, baking soda, salt, cinnamon, and nutmeg into a bowl, set aside. Cream together shortening, sugar, eggs and vanilla. Add to flour mixture and beat until smooth. Add oatmeal, raisins, chocolate chips and nuts. Mix thoroughly. Drop by heaping spoonfuls onto greased cookie sheets. Bake at 350° F. for 12 - 15 minutes. DO NOT OVERBAKE.

## WHOLE WHEAT BROWNIES

1 Cup shortening, melted Or ¾ Cup oil	2 Cup whole wheat flour
4 generous Tbsp. cocoa	1 Cup sugar
4 eggs, beaten	

Beat together all ingredients, spread in greased and floured 9 x 13-inch pan. Bake at 350° F. for 25 minutes.

Note: Brownies set up **after** being taken out of the oven.

## HONEY GRAHAM CRACKERS

4 cups whole wheat flour	½ tsp salt
1 Tbsp baking powder	6 Tbsp brown sugar

Cut in until fine; 1 cup butter or margarine.

Mix 4 Tbsp honey, 4 Tbsp milk, and add to flour mixture. Mix until it will hold together but not sticky. Roll out on cookie sheet. Cut in squares. Prick with fork. Bake at 375° until light brown. (About 10 minutes.) Cinnamon and sugar can be sprinkled on crackers before baking.



## PUDDING

Makes 4 ½ servings

½ Cup sugar  
⅓ Tbsp. cocoa (optional)  
1 Cup Magic Mix (Page 34)

2 Cups water  
1 tsp. vanilla

Combine Magic Mix, sugar and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

## FUDGESICLES

1 pudding recipe (see above)                      ½ Cup milk

Prepare pudding according to directions. Stir in milk and beat until smooth. Pour mixture into ice cube trays or small plastic cups. Insert plastic spoon and freeze until solid.

## WHOLE WHEAT BREAD PUDDING

½ Cup sugar  
½ tsp. salt  
2 eggs  
4 or 5 Cups coarse wheat bread crumbs (small, uniform pieces)  
Nutmeg or cinnamon/sugar, optional

½ Cup dry milk powder  
3 Cups liquid milk  
1 tsp. vanilla

Mix together the sugar, dry milk powder, and salt and set aside. Beat together 2 ½ cups milk, eggs, vanilla until smooth. Add the sugar mixture and add rest of milk, stirring well after each addition. Add bread pieces. Mix well and pour into greased baking dish. Sprinkle top with nutmeg or cinnamon and sugar if desired. Bake at 325° F. for 45 minutes or until knife stuck in middle comes out clean. Serve with a lemon or hard sauce topping or whipped cream topping.

## BREAD PUDDING

Serves 6

2 Cups milk  
1 ½ Cups soft bread cubes  
1 Tbsp. margarine Or butter  
¼ Cup sugar

¼ tsp. salt  
½ Cup raisins or nuts  
2 eggs, beaten  
Heavy cream, optional

Heat milk; add bread cubes and butter or margarine. Add sugar, salt and raisins or nuts to eggs, then slowly stir in some of the hot milk mixture. Add remainder of hot milk. Pour into a greased baking dish and set in a pan of hot water. Bake at 350° F. 1 hour or until set. Pour a little heavy cream over each portion, if desired. Serve immediately.

## CORN PUDDING

Serves 6

3 eggs  
2 Cups liquid (corn liquid  
water or fluid milk)  
½ Cup dry milk powder

2 Tbsp. melted fat or oil  
2 Cups drained cooked corn  
1 tsp. salt  
Black pepper to taste

Combine eggs and liquid and add dry milk. Beat until smooth. Add other ingredients. Pour into a greased baking dish and bake in a moderate oven (350°F.) until set, about 50 minutes. NOTE: Other vegetables may be used in place of the corn.

## RICE PUDDING

Serves 8

3 eggs  
2 Tbsp. honey  
6 Tbsp. sugar  
½ tsp. nutmeg  
1 tsp. cinnamon

½ tsp. vanilla  
1 Cup milk (1/3 Cup non-fat dry & 1 Cup water)  
¼ Cup evaporated milk (2/3 Cup non-fat  
dry milk to 1 ¾ Cups water)  
1 ½ Cups cooked rice  
½ Cup raisins

Beat eggs. Add sugar, honey, and spices. Mix well. Stir in vanilla, milk, rice and raisins. Place in a 2-quart casserole dish. Bake at 325° F. for 45 minutes. Stir after 25 minutes.

## EASY RICE PUDDING

Serves 6, approx. ½ Cup each

¼ tsp. salt  
2 Cups water  
¼ Cup uncooked rice  
¼ Cup raisins  
¼ Cup non-fat dry milk powder

¼ Cup sugar  
1 Cup water  
¼ tsp. vanilla  
Cinnamon Or nutmeg, optional

Add salt to water, bring to a boil, and stir rice into boiling water. Bring back to boiling point and lower heat until the water is just bubbling. Add raisins, cover tightly and cook slowly for 20 minutes. Combine dry milk and sugar, stir into water until mixed. Stir into rice, add vanilla. Simmer 10 minutes or until flavors are blended. Chill. Sprinkle lightly with cinnamon or nutmeg if desired.

## RICE PUDDING

Stir together in a saucepan:  
½ Cup uncooked rice, 1 Cup water

Bring to a boil. Reduce heat and simmer, covered, for 12-14 minutes, until all water is absorbed.

Blend together:  
½ Cup sugar, ½ Cup non-fat dry milk powder (or ¼ Cup instant powder),  
1 Tbsp. cornstarch, dash of salt, 2 eggs, 2 ½ Cups water, 1 Tbsp. lemon juice.

Stir rice into sugar mixture, and add ½ Cup raisins (optional). Pour into a 1 ½ quart casserole dish sprayed with non-sticking vegetable spray. Place dish in large pan holding 1 inch of hot water, and bake about 1 ½ hours at 350° F. until the pudding is creamy. Stir occasionally. Sprinkle with cinnamon or nutmeg before serving.

## “CANNERY” HOT COCOA MIX CHOCOLATE PUDDING

Serves 4

¼ Cup cornstarch  
¼ Cup sugar  
Dash of salt

¾ Cup Hot Cocoa Mix  
1 Cup Cold Water  
1 Cup Hot Water  
½ tsp. vanilla

Mix together in saucepan the cornstarch, sugar, salt, cocoa mix. Add cold water and stir until dissolved. Add hot water. Stir constantly over medium heat until mixture thickens and comes to a boil. Stir in vanilla. Chill and serve. May be poured into individual dishes after cooking if desired.



## WONDERFUL STUFF

9 Cups Golden Graham Cereal	1 Cup sugar
8 Cups Corn Chex Cereal	1 Cup light Karo Syrup
2 Cups coconut	¾ Cup butter Or margarine
1 Cup almonds Or mixed nuts Or your choice nuts	(1 ½ cubes)

Note: You may substitute other cereals

Mix together cereals, coconut and nuts. Set aside. Bring to a boil and boil for 2 minutes the sugar, syrup and butter. Pour over cereal mixture and stir until mixed together. Let dry slightly before storing.

## GRAHAM CRACKERS

1 Cup whole wheat flour	½ Cup butter Or margarine
½ Cup oat flour	1 Tbsp. honey
½ Cup plus 1 Tbsp. sugar	1 Tbsp. milk
½ tsp. baking soda	

Note: you may grind the rolled oats or put them in the blender

Sift both flours, sugar and baking soda into a mixing bowl. Heat butter or margarine, honey and milk until butter or margarine is melted. Pour into dry ingredients and stir until smooth. Let chill 30 - 45 minutes. Roll out dough to 1/4 inch. Cut into squares. Bake in 250° F. oven for 15 minutes.

DO NOT OVERBAKE. Prick crackers with fork as they come from oven. Excellent crushed and used as graham cracker crust for pies and tarts.

## OAT TOPPING

1 ½ Cups rolled oats	¼ Cup finely chopped nuts
½ Cup packed brown sugar	¼ Cup coconut
½ Cup butter Or margarine	½ tsp. cinnamon

Combine all ingredients, mixing well. Cook in a skillet over medium heat, stirring constantly, for 5 minutes or until golden brown. Serve over desserts, fruit salads, yogurt, ice cream, or pudding.

## POPPED WHEAT TREATS

Boil whole wheat until kernels are plump, tender and begin to split. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or between paper towels.

In a heavy kettle, heat vegetable oil to 360° F. Put a small amount of wheat (about ¼ cup) in a wire basket or strainer and deep fry in hot oil for 1 ½ minutes or until popping ceases. Drain on absorbent paper.

### VARIATIONS:

Season with one or more of the following: salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar or any combinations you desire. These morsels are great salad toppings, or mixed with trail mix, or as toppings for desserts, or just as a snack.

## APPLE OATMEAL BARS

1 cup oatmeal	½ tsp salt
½ cup butter	1 cup flour
½ tsp cinnamon	2 ½ cups chopped apples
½ cup sugar	(Or use dried)

Combine oatmeal, butter, salt, flour and cinnamon. Pat half into 8"x8" pan. Layer on apples and sugar. Crumble remaining mixture on top. Bake at 350° F for 35 minutes.

## RICE PUDDING

2 cups cold left-over cooked rice	¾ cup sugar
1 cup milk	3 egg yolks
1 Tbsp margarine	1 cup raisins
1 tsp vanilla extract	

Beat egg yolks with fork until lemon colored. Mix with all other ingredients and bake, un-covered, at 300° F in a well-buttered casserole dish until custard is set in center.

Sprinkle 1 Tbsp sugar over 3 egg whites. Whip with whisk until stiff. Gradually at ¼ cup sugar, whipping meringue stiff in between additions. Flavor with ½ tsp vanilla extract while whipping.

Spread on cooked pudding. Bake at 275° until meringue is slightly browned.

## CHUNKY DRIED APPLE SAUCE

When reconstituting dried apples: figure about 1 cup dried apples to 1 ½ cup water. For apple sauce: do not drain. Heat to boiling in a saucepan, lower heat and simmer until soft; chop or put in blender, if desired. Can add a bit of cinnamon and/or other spices, if desired

## VANILLA PUDDING (Instant)

Vanilla instant pudding is available at dry pack cannery for storage.

## CHOCOLATE PUDDING (Instant)

Chocolate instant pudding is available at dry pack cannery for storage.

## CHICKEN PASTA SALAD

12 oz. bow tie pasta	12 oz. tri-colored pasta
1 (20 oz) can pineapple tidbits	4 - 6 green onions, chopped
2 Cups chopped celery	1 Cup salted cashews
4 chicken breasts, cooked and cubed	2 Cups red grapes, halved
1 (16 oz) bottle Kraft Coleslaw Dressing (do not substitute)	1 Cup mayonnaise (do not substitute)

Cook all pastas. Drain pineapple. Mix dressing and mayonnaise. Add pastas and rest of ingredients to dressing and mayonnaise mixture. Mix well. Refrigerate a few hours before serving. Makes a very large salad.

Note: Canned chicken Or 2 (15 oz) cans light Or dark turkey chunks may be substituted for the chicken breasts.

## TACO SALAD

Serves 6 - 8

1 lb. ground beef Or 1 (15 oz) can ground beef, Or use half and half with beef flavored Textured Vegetable Protein (TVP)	
¼ Cup dehydrated onion	¼ Cup water
1 Tbsp. taco seasoning	2 Tbsp. beef base or
1 (15 oz) can of chili	2 beef bouillon cubes
Corn chips	Shredded lettuce
Salsa, optional	Grated cheese, optional
Olive slices, optional	½ Cup minced celery, optional

Put beef (and TVP, if you are using it) in large saucepan with onions. Add water, and cook, stirring frequently, until water is wholly absorbed. Add seasoning, beef base or bouillon cubes and chili. Cook 5 minutes more. Add salsa and grated cheese if you desire. Stir in corn chips and lettuce and pour into Tortilla Salad Bowls (See recipe this page) or other serving bowl. Garnish with olive slices and minced celery, if desired.

## TUNA / MACARONI SALAD

Serves 6

1 Cup uncooked macaroni	1 (7 oz) can tuna, drained
1 tsp salt	1 Cup chopped vegetables (celery, onions, carrots, green peppers, cooked peas, etc.)
4 Cups boiling water	
Salad dressing to taste (about ½ Cup)	

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes; do not overcook). Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish and vegetables. Marinate with salad dressing to taste.

## CASHEW TURKEY SALAD

1 (15 oz) can turkey chunks	1 Cup real mayonnaise
1 Cup chopped celery	1 Cup cashew nuts
½ tsp. powdered Hidden Valley Ranch Dressing	¼ tsp. black pepper
	Salt to taste

Drain turkey chunks and separate with fork into smaller pieces. Combine all ingredients and mix together. Chill until ready to spread on crackers or croissants. Serve.

## WHEAT SEAFOOD SALAD

6 cups cracked wheat	1 cup chopped celery
1 cup miracle whip or mayonnaise	(more vegetables may be used if desired)
4 Tbsp finely diced green pepper	1 or 2 cans tuna
½ cup chopped onion	
½ tsp salt	

Mix all together and let stand before serving.

## HOT TURKEY SALAD

1 (15 oz) can turkey chunks, drained	1 Cup mayonnaise
2 (10 oz) cans cream of chicken soup	3 hard boiled eggs, finely chopped
2 Cups cooked rice	1 Tbsp. lemon juice
2 Cups chopped celery	1 small pkg. slivered almonds
1 Tbsp. onion Or reconstituted dry onion	

Mix together. Bake at 350°F. in a 9x13 inch pan for 20 minutes or until warm through. For garnish, you may want to sprinkle the top with any of the following: paprika, chopped green onions, grated Parmesan cheese, or dried parsley.

## TURKEY SALAD

3 (15 oz) cans white turkey chunks Or dark turkey chunks	3 stalks celery, diced
1 Cup salad dressing Or mayonnaise	1 large onion, diced (Pg. 44)

Drain the turkey chunks and separate into shreds with fork. Combine with the remaining ingredients. (Note: diced apple, Or diced sweet pickles, Or diced dill pickles, Or diced olives add a tasty touch to this salad and/or sandwich. Use your imagination and have fun creating!)

Note: Use this as a sandwich filling, or to make stuffed tomatoes for a fancy dish, or to fill large pasta shells (then spoon either salsa, spaghetti sauce or marinara sauce over the top and sprinkle on some grated Parmesan cheese) or you may serve it with crackers or on a bed of lettuce.

## TUNA ON A SHOE STRING

1 Cup carrots, Or the equal rehydrated dry carrots	1 Cup celery, chopped
1 (7 oz) can tuna, drained	¼ Cup onions, minced Or the equal rehydrated dry
¼ - 1 Cup salad dressing	1 medium can shoe string potato chips

Combine all ingredients except potato chips. Chill until cold. Just before serving, add the can of shoe string potato chips and stir. Garnish as desired.

## TUNA OAT SALAD

½ Cup toasted oats	¼ Cup milk
1 (7 oz) can tuna, drained	½ Cup salad dressing
¼ Cup chopped green onions	2 Tbsp. pickle relish
¼ Cup chopped green peppers	½ tsp. celery seed
¼ Cup chopped celery	½ tsp. parsley, chopped

Combine all ingredients and mix well. Serve on a bed of lettuce as salad, or as a stuffing for tomatoes, or as a sandwich filling.

## HOW TO MAKE A TORTILLA SALAD BOWL

Flour tortillas	Several #10 or #401 cans, clean and empty
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Arrange cans open side down on a cookie sheet. Drape dry tortilla circles over cans, and gently mold tortillas around cans as necessary to make attractively shaped shells or "bowls". Pre-heat oven to 475° F. Bake shells for 5-7 minutes, or until lightly browned. **Remove from oven AND cans IMMEDIATELY.** Cool. Serve Taco Salad or other salads in the tasty salad shell...which is edible! Happy entertaining and eating!

## BASIC COTTAGE CHEESE

Cottage cheese is made commercially from skim milk, reconstituted concentrated skim milk, or from non-fat dry milk solids. The only reason for not making it from whole milk is the cost. You can make cottage cheese at home from any kind of milk you have on hand. Cottage cheese is full of body-building protein and calcium, but low in butterfat. This makes it filling without the attendant high-caloric intake problems. Cottage cheese makes food taste rich and fattening without being either. This recipe utilizes Rennet or Junket (available in most grocery stores) to help in producing low-acid cottage cheese. To make your own delicious and nutritious basic cottage cheese, follow the easy directions below. **A thermometer is essential in the making of any cheese product.**

## BASIC COTTAGE CHEESE

1 gallon milk  
1 Rennet tablet (or ¼ Junket tablet)

1 pt. buttermilk or basic yogurt  
¼ Cup warm water

Dissolve rennet tablet in warm water. Pour milk into a large heavy pot and heat to 90°F. Add buttermilk or yogurt, stirring to mix. Then add dissolved rennet. Cover pot and leave overnight in a warm place.

The next day, you will find a gelatinous, almost solid mass-like firm yogurt in the pot. This is the curd. With a silver knife cut through this curd to break it into small pieces. Now set the bowl with the curd into a pan of warm water and bring the curd up to 110°F. Shake the bowl gently while it is being heated to help distribute the heat more evenly.

When the curd temperature reaches 110°F, turn off the heat but leave the cheese bowl in the water for about half an hour. Then pour the cheese into a cloth bag or several layers of cheese cloth and hang it up to drain. Use a bowl to catch the whey if you wish to use it. (Great in bread, rolls.)

Later, when the curds have drained, mash the cheese with a fork, work in a little sweet or sour cream if you have used skim milk, or moisten it with a little yogurt if you do not want the extra fat in the cream. You now have a delicious cottage cheese!

Season basic cottage cheese with a little kelp, salt, caraway seeds, chopped chives, dill or parsley. Put basic cottage cheese in a blender, chop for a few seconds, and it makes a delicious cream cheese.

## RAW MILK COTTAGE CHEESE (Alternate Method)

1 quart certified raw milk  
1 Tbsp. lemon juice

Heat milk until warm (90°F.), then add lemon juice. Stir while heating to 110°F. When the mixture curdles, remove pan from stove and pour mixture into a muslin bag or several layers of cheese cloth and drain over sink.

## SOUR CREAM

1 Cup cottage cheese  
1 Tbsp. lemon juice

Whip in blender until smooth.

## MAPLE SYRUP

In a sauce pan, stir together 2 Cups sugar and 1 Cup water. Stir frequently as you bring the ingredients to the boiling point, BUT DO NOT BOIL. Remove from heat; continue to stir until all the sugar is dissolved. Stir in 1 tsp. maple flavoring. Cool. Pour through sieve into jar; cover; refrigerate. To make a thicker syrup, add 1 - 2 cups more sugar but no extra water. Add 1 - 2 tsp. additional maple flavoring. To give your syrup a buttery taste, add 1 - 2 tsp. butter flavoring in addition to the maple.

## DAY CHEESE

Day Cheese is similar to cottage cheese but milder in flavor. If it is made properly, it has a softer curd. The flavor will vary, depending on whether vinegar or lemon juice is used. Both are equally good, but taste differently. If you prefer a richer flavored cheese you can add ½ cup cream or rich milk. This is a cheese popular in Mexico, and is especially good rolled in a hot corn tortilla.

Beat together: 4 Cups water, 1 ½ Cups non-instant dry milk (or 2 ¾ Cups instant powder)

Allow foam to settle, or skim the foam off. Place cheese in a heavy pan on low heat or use a double boiler. Squeeze a lemon, a little bit at a time, (or use 2-3 Tbsp. of vinegar) into the milk as it cooks. (Note: if curd fails to form, use a little more lemon juice.) Stir continually to avoid scorching. Bring just to a boil. **DO NOT BOIL.** The whey will be almost clear and the curds soft. Remove from the heat and pour through a wire strainer. Rinse well with cold water. Season lightly with salt and serve. Refrigerate.

## BAKERS CHEESE

Tastes like Ricotta or cream cheese, may be used in any recipe calling for either cheese.

¼ Rennet tablet \* (Junket)  
3 Cups non-instant (5 ½ Cups instant) dry milk  
½ Cup buttermilk

2 quarts warm water

Dissolve Rennet tablet in warm water. Thoroughly mix in dry milk. Add buttermilk and mix well. Cover and allow to stand at room temperature until set, about 5 - 10 hours. Pour into a cheesecloth-covered strainer; close the cheesecloth and squeeze out as much whey as possible. The whey may be saved for use in bread. Place the cheese in the refrigerator until well chilled, usually overnight. Knead cheese until the texture is smooth. Cheese will freeze well for up to 6 months.

Makes about 1 pound.

**\*Rennet is available in most grocery stores near the gelatin section. Rennet is the enzyme rennin.** NOTE: The above recipe is from the Utah State University Extension Service, Logan, Utah.

## MAGIC MIX

Magic Mix is a white sauce variation you may make and use to moisten and flavor casserole dishes, vegetables, or meat, and may be used in place of canned soups in many recipes. Made ahead and stored in the refrigerator, it is fast, easy, and economical.

2 ½ Cups (4 Cups instant) nonfat dry milk powder  
1 Cup flour Or ½ Cup corn starch  
1 Cup (2 sticks) margarine Or butter

Combine dry milk, flour, and butter or margarine into a large bowl and mix until it looks like coarse ground corn meal. Keep this mix tightly covered in the refrigerator. Makes 5 Cups

**NOTE: Try a few of the recipes using Magic Mix found in this book on the following pages:**

Cream Soup, Page 39  
White Sauce, Page 35  
Macaroni and Cheese, Page 23  
Pudding, Page 31  
Fudgesicles, Page 31

## WHITE SAUCE

There are numerous white sauce variations you may make to moisten and flavor casserole dishes, vegetables, or meat. Try using these in place of canned soups. They are almost as fast and much more economical. The following chart gives the proportions for basic white sauces:

	<u>Thin</u>	<u>Medium</u>	<u>Thick</u>
Water	1 Cup	1 Cup	1 Cup
Flour	1 Tbsp.	2 Tbsp.	4 Tbsp.
Dry Milk Powder	3 Tbsp.	3 Tbsp.	3 Tbsp.
Salt	¼ tsp.	¼ tsp.	¼ tsp.
Pepper	⅛ tsp.	⅛ tsp.	⅛ tsp.
Butter Or Margarine	1 Tbsp.	1 Tbsp.	1 Tbsp.

Bring ½ cup water to a boil. Blend the flour, dry milk powder, salt, pepper and beat into boiling water. Reduce heat, and cook one minute, stirring constantly. Add butter and stir.

### VARIATIONS:

#### MEXICALI SAUCE:

Substitute chicken broth for the water in making 1 cup thick white sauce. Stir in 1 tsp. chili powder. This is great for chicken, beef, potatoes, corn, and other mild vegetable dishes.

#### MUSHROOM SAUCE:

Substitute chicken or beef broth for the water in making 1 cup of thick or medium white sauce. Season with canned mushrooms, ½ tsp. onion powder, and ¼ tsp. monosodium glutamate. If you use fresh mushrooms, saute them in the butter and then add the water and proceed as usual.

#### CHEESE SAUCE:

Stir ¼ tsp. dry mustard and ½ cup shredded cheddar cheese into 1 cup medium white sauce. Heat slowly until cheese is melted and smooth. Use for vegetable, rice, egg, or macaroni dishes.

#### EGG SAUCE:

This is delicious on fish or in fish casseroles. Stir 2 finely chopped hard cooked eggs into 1 cup medium white sauce. Add ¼ tsp. dry mustard and a dash of onion powder if desired.

#### MORNAY SAUCE:

Great for vegetables, meat, fish, and eggs. Make a medium white sauce using 1 cup chicken broth in place of the water. Stir ¼ tsp. nutmeg, ⅛ tsp. cayenne pepper, ½ cup grated Parmesan or shredded Swiss cheese. Heat, stirring constantly, until the cheese is melted.

## BASIC WHITE SAUCE

2 Tbsp. butter Or margarine	¼ Cup flour
2 Cups milk	½ tsp. salt
⅛ tsp. pepper	

Melt butter. Mix in flour, salt and pepper. Return to heat, slowly adding milk, stirring constantly with whisk or spoon. When smooth, continue cooking and stir with spoon until thick. Season with desired spices. May be added to soup recipes to make creamy flavor. May add grated cheese to make cheese-flavored sauce.

## APPLEBUTTER

In a large, heavy saucepan, add 1 quart applesauce, ¼ - ½ Cup sugar to taste, and ¼ - ½ Cup cider vinegar to taste. Add 1 tsp. cinnamon, 1 tsp. nutmeg, ¼ tsp. cloves, and ¼ tsp. allspice. Stir constantly while you bring it to a soft boil. Stir and simmer about 30 minutes. Pour into jars. Serve warm or cold on toast, bagels, bread, rolls, or ice cream.

## HONEY BUTTER

Makes 1 cup

½ Cup butter Or margarine	¼ tsp. vanilla
½ Cup honey	

Whip softened butter or margarine and add vanilla. Add honey gradually while whipping.

## PUMPKIN BUTTER

Mix together in heavy saucepan:

1 tsp. lemon juice	1 tsp. grated lemon rind
1 (15 oz) can pumpkin	¾ Cup packed brown sugar
½ Cup orange juice Or	½ tsp. ginger
½ Cup applesauce	½ tsp. ground cloves
¼ tsp. salt	½ tsp. cinnamon

Bring all to boil in a heavy saucepan, stirring frequently. Reduce heat and simmer for 30 minutes. Chill overnight. Great on bread, rolls, wheat or white toast, English muffins or bagels!

## APPLE SYRUP

¾ Cup boiling water	1 ½ Cup sugar
1 Tbsp. corn syrup	4 Tbsp. apple juice concentrate
2 Tbsp. corn starch, if needed	

Stir together water, corn syrup and sugar until sugar is dissolved. Put in 1 quart saucepan over medium-low heat. Add: apple juice concentrate. You may thicken with corn starch, if needed. Be sure to cook it until it is clear.

### VARIATIONS:

#### SPICY APPLE SYRUP

To the above recipe, add 2 Tbsp. corn starch, stir well to mix. Add 2 Tbsp. lemon juice, ½ tsp. cinnamon, ¼ Cup butter. Cook and stir until clear.

## CORN SYRUP

1 Cup sugar boiled in ¼ Cup whatever liquid the recipe calls for until syrupy, or use ¼ Cup water.

## WHITE SAUCE

Makes 1 cup

¾ cup Magic Mix (Page 34)	1 cup cold water
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In saucepan combine Magic Mix and cold water. Stir rapidly over medium heat until it starts to bubble.



## COTTAGE CHEESE CLAM DIP

1 Cup cottage cheese	1 Tbsp. heavy cream
1 tsp. lemon juice	1 Tbsp. grated onion
¾ tsp. horseradish	Dash of garlic salt
1 (7.5 oz) can minced clams, drained	Parsley

Combine cottage cheese, lemon juice, horseradish, clams, cream, onion and garlic salt. Mix well and whip. Pour into serving bowl and sprinkle with paprika. Garnish with parsley.

## HONEY SALAD DRESSING

Makes approximately 2 Cups

1 tsp. paprika	½ Cup melted honey
½ tsp. dry mustard	3 Tbsp. lemon juice
½ tsp. salt	¼ Cup vinegar
½ tsp. celery salt	1 Cup salad oil

Mix dry ingredients. Add honey, lemon juice, and vinegar. Slowly add the salad oil, beating until well blended.

## MARINADE FOR TURKEY, ETC.

2 Cups Sprite Or other lemon/lime soft drink  
1 Cup soy sauce  
1 Cup oil

Blend together, pour over meat, turning meat two or three times in 8 hours.

## BEAN DIP WITH CHIPS

Note: Dehydrated Refried Beans may be reconstituted and used in place of the 6 cans of beans.

6 (15 oz) cans pinto beans	1 (16 oz) jar salsa
1 Cup grated cheese	Salt to taste

Drain the juice off the beans, put them in an electric skillet or frying pan and mash them with a potato masher. Add the salsa and cheese and stir until hot and bubbly.

This may be used to make burritos, tostadas, or eat with chips. As a dip, it will feed about 25 women or 15 men.

## BEAN DIP OR SANDWICH SPREAD

Serves 6 - 8

2 ½ Cups dehydrated refried beans	1 Tbsp. taco seasoning
1 ¾ Cups boiling water	¼ Cup dehydrated onions

Place all dry ingredients in mixing bowl. Add boiling water and stir. Let stand 25 minutes. May add salsa or water to thin. Serve hot or cold. Use your favorite corn chips to dip, or spread on bread or buns, add pickles to make a sandwich.

## TARTAR SAUCE

Yield: Approx. 1 ¼ Cups

1 Cup mayonnaise	1 Tbsp. sweet pickles, finely chopped
1 Tbsp. minced parsley Or crushed dry parsley flakes	¼ tsp. onion salt

Combine ingredients in small bowl, mixing well. Spoon into pint jar, cover and refrigerate.

## BASIC AMERICAN MAYONNAISE

Yield: Approx. 1 ¾ Cups

1 egg	1 tsp. sugar
1 tsp. ground dry mustard	1 ¼ Cups salad oil
Dash of cayenne pepper	3 Tbsp. lemon juice
¼ tsp. salt, or to taste	

Put egg, mustard, salt, cayenne, sugar, and 1/4 cup salad oil in blender and blend until thoroughly combined. With blender still running, take off the cover and slowly add ½ cup salad oil and then lemon juice until thoroughly blended. May have to stop and start the blender to stir down the mayonnaise. *Note: Mayonnaise will not bind on high humidity days. If recipe fails, pour mixture into another container, put another egg into blender, beating thoroughly. Pour back original mixture very slowly. Spoon back into clean jar, cover, and refrigerate.*

## BASIC WHOLE-EGG MAYONNAISE

Yield: Approx. 2 Cups

1 egg	1 tsp. dry mustard
¼ - ½ tsp. salt	1 ½ Tbsp. lemon juice
Dash white pepper	6 oz. vegetable oil
¼ tsp. sugar	

Combine well all ingredients except oil in blender at low speed. Continue blending, then add oil slowly until desired consistency is attained. Spoon into jar, keep in refrigerator. *Note: Mayonnaise will not bind on high humidity days. If recipe fails, pour mixture into another container, put another egg into blender, beating thoroughly. Pour back original mixture very slowly. Spoon back into clean jar, cover, and refrigerate.*

## FRENCH STYLE DRESSING

Yield: Approx. 1 ¼ Cups

1 Cup mayonnaise	¼ Cup catsup
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Combine ingredients well. Vary proportions to achieve flavor desired. Spoon into pint jar, cover, refrigerate. Excellent for dipping french fries, hamburgers, and other sandwiches.

## FRENCH SALAD DRESSING

Yield: Approx. 4 Cups

1 (10 oz) can tomato soup	½ Tbsp. prepared mustard
1 Cup sugar	½ tsp. paprika
2 Cups mayonnaise	1 Tbsp. Worcestershire sauce
1 Tbsp. very finely grated onion Or onion juice	

Combine all ingredients in saucepan and heat well over low heat, stirring constantly to dissolve sugar, then cool. Spoon into clean jar. Keeps well in the refrigerator.

## BASIC HONEY JELLY

1 cup honey	¼ cup water
¼ cup liquid fruit pectin	

Heat honey and water to boiling, stirring constantly. Add liquid fruit pectin and bring back to boil. Allow to cool in jelly jars.

## CALIFORNIA BEAN SOUP

2 Cups white beans (rinsed)                      10 Cups water  
1 Quart tomatoes  
¼ Cup dried onion Or ½ Cup chopped fresh onion  
¼ Cup dried diced carrots Or ½ to 1 Cup chopped fresh carrots  
½ Cup dried chopped celery Or 1 Cup chopped fresh celery  
1 or 2 ham hocks Or 5 - 7 Tbsp. ham soup base or bouillon

Soak beans in water overnight or boil 5 minutes and soak one hour. Add tomatoes. Cook two hours. Add remaining ingredients and cook until beans are soft.

## THREE BEAN STEW

Makes 6 servings

1(8 oz) pkg. dry navy beans	2 tsp. salt
½ Cup dry baby lima beans	¼ tsp. pepper
½ Cup dry red kidney beans	¼ tsp. ground cloves
1 Tbsp. salad oil	6 Cups water
1 medium green pepper, cut up	1 (15 oz) can tomatoes
1 medium onion, diced (Pg. 44)	1 (6 oz) can tomato paste
1 garlic clove, minced	1 lb. smoked Polish sausage
1 ½ Tbsp. packed brown sugar	cut into 1 ½ inch chunks

Note: If desired, cook sausage and drain before adding to stew.  
Note: Reconstituted dry onions may be used in place of fresh onion.

Use quick-soaking method (Pg. 42) to prepare beans; drain water. In heavy pan or Dutch oven, heat salad oil over medium heat. Add green peppers, onions, and garlic. Cook until tender, stirring occasionally. Add beans. Stir in the brown sugar, salt, pepper, cloves, and water. Heat to boiling. Reduce heat to low, cover and simmer about one hour or until beans are tender, stirring occasionally. Stir in tomatoes with their liquid, tomato paste, and Polish sausage chunks. Stir to mix well. Cover and simmer 30 minutes.

## BEANS AND HAM STEW

Serves 4 - 6

2 Cups dried lima beans	1 Cup onions, chopped Or
Water for soaking beans	equivalent rehydrated dry
4 slices bacon, diced	3 bay leaves
1 lb. ham shank cut into	1 tsp. salt
3 or 4 pieces	3 ½ Cups cooking water

Sort and soak lima beans (see pg. 42); drain; discard soak water. Put soaked lima beans in a 4-quart pot, add cooking water, set aside. In a medium skillet, fry bacon until almost crisp. Add onion and cook until onion is tender, but not browned. Add bacon/onion mixture to lima beans. Break bay leaves in half and add to beans. Add ham shank pieces and salt. Bring to a boil; reduce heat. Cover and simmer until beans are tender, about 45 minutes. Remove from heat and cool at least one hour at room temperature or overnight in the refrigerator. Remove pieces of ham. Cut meat from bones and discard bones. Dice meat. Add ham to beans. Remove and discard bay leaves. To serve, reheat stew uncovered over medium heat until heated through, 20-30 minutes stirring frequently to prevent sticking.

## NAVY BEAN SOUP FOR ONE

Makes 2 cups. Increase amounts per persons to be served.

½ Cup white beans	2 tsp. ham soup base
1 tsp. dried onion	1 tsp. salt
¼ tsp. pepper	2 oz. (¼ cup) ham
2 Cups water	

Soak beans overnight (see pg. 42). Rinse, then cook beans with other ingredients. SIMMER until tender.

## REFRIED BEAN SOUP

Serves 4

Saute in 1 tsp. olive oil:  
½ Cup chopped onion                      ¼ Cup celery  
2 whole cloves garlic, minced

Prepare 4 Cups instant refried beans according to package directions. Add:

1 (10 oz) can tomato soup	1 Cup Or (15 oz) can tomatoes
4 Cups water	Grated cheese
	Assorted chips, optional

Bring to a boil and for boil five minutes. Serve with grated cheese and Doritos or tortilla chips, and sliced fresh avocados.

## CHICKEN (OR TURKEY) SOUP FOR ONE

Makes 2 Cups. Increase amounts per persons to be served.

2 tsp. chicken soup base	1 tsp. dried onion
¼ Cup dried carrots	¼ tsp. salt
2 oz. chicken (¼ cup)	Dash of pepper
2 Cups water	

Mix all ingredients and SIMMER.

## CHICKEN SOUP USING DRY SOUP MIX

Makes 1 gallon of soup

1 chicken, cooked, deboned, cubed	¾ Cup dry soup mix
7 chicken bouillon cubes	salt and pepper to taste
Carrots and zucchini as desired	

You may use 1 - 2 cans of white turkey chunks in place of the chicken. Drain chunks and separate with fork and add at the end so it holds together well. Follow package recipe for dry soup mix, adding above ingredients.

## HAM HOCK AND DRY SOUP MIX

Makes 6 servings

1 ham hock	About 7 Cups water
¾ Cup dry soup mix	Salt and pepper to taste

SIMMER all ingredients for 45 minutes or until tender. Remove ham hock, returning meat to soup.

## DRY SOUP MIX HAMBURGER SOUP

1 ½ lb. ground beef	2 Cups potatoes, cubed
3 medium carrots, diced	2 Tbsp. minced parsley
1 large bay leaf, crushed	1/8 tsp. garlic powder
1 tsp. Worcestershire sauce	¼ Cup celery, diced
1 Tbsp. sugar	2 Cups tomato juice
1 ½ Quarts water	2 tsp. salt
¾ Cup dry soup mix	pepper to taste

Brown ground beef. Mix all ingredients and SIMMER 1 ½-2 hours, or you may place in crock pot and SIMMER several hours. To make a creamy soup, you may add canned cream of mushroom soup.

Note: You may use 1 - 2 (15 oz) cans ground beef in place of fresh ground beef. You may also use rehydrated dehydrated carrots to the equivalent of the fresh carrots.

## DELICIOUS TURKEY SOUP WITH DRY SOUP MIX

Makes 6 servings

8 Cups turkey Or chicken broth      1 Cup celery, diced  
 ¾ Cup dry soup mix                      2 Cups turkey Or chicken, diced  
 Salt and pepper to taste                1 can evaporated milk

Note: You may wish to use reconstituted chicken bouillon in place of the turkey or chicken broth. You may use 1 or 2 cans of turkey chunks or beef chunks in place of the diced turkey or chicken in the recipe.

Mix broth, soup mix, salt, pepper and celery. SIMMER for 45 minutes. Stir in the diced turkey or chicken and can of milk. Heat and serve. May thicken with flour or cornstarch, or White Sauce on Page 35.

## HAMBURGER SOUP WITH DRY SOUP MIX

Makes 6 servings

2 (14-15 oz) cans beef broth plus 1 Cup water      ½ Cup dry soup mix  
     Or use 4 Cups water plus 4 bouillon cubes  
 1 Quart tomato juice Or tomatoes with juice      ½ lb. ground beef

Bring broth, water and soup mix to a boil. SIMMER 45 minutes or until tender. While that is cooking, brown ground beef. After the cooking time, add the tomato juice (or tomatoes with juice) and ground beef. Simmer 5 minutes and serve. Note: You may substitute the fresh ground beef with ½ (15 oz) can of ground beef.

## FAMILY DELIGHT USING DRY SOUP MIX

Serves 8

3 Quarts water    ½ tsp. salt  
 1 Cup dry soup mix                                      3 Cups fresh spinach,  
 1 ½ lb. beef stew meat cut                              chopped  
     into ½ inch cubes Or                                  2 Cups sliced celery  
     2 (15 oz) cans beef chunks                        ½ tsp. salt  
 ½ lb. salt pork    ½ tsp. crushed basil  
 ¼ tsp. dried marjoram, crushed                      Croutons, optional

Combine water, soup mix, beef cubes, salt pork, salt, basil, marjoram, and pepper. Bring to boil. Cover and reduce heat. SIMMER until peas and barley are tender, about 1 hour. Remove from heat and discard salt pork. Add spinach and celery. Cover and cook until celery is tender. Serve with croutons.

## OLD FASHIONED VEGETABLE SOUP USING DRY SOUP MIX

3 lbs. beef shank cuts                                      2 Cups carrots, sliced Or the  
 3 Quarts water    equal reconstituted dry  
 ½ tsp. pepper    1 Cup celery, sliced  
 1 tsp. salt    1 Cup dry soup mix  
 2 Cups potatoes, diced                                1 Quart tomato juice  
 ¼ tsp. Thyme

Cover shanks with water, heat to boiling. Add salt and pepper. Reduce heat, cover and simmer until meat is tender. Remove meat from stock, cut shanks into 1 - 2 inch cubes. Let stock cool and skim off fat. Strain stock. Add all ingredients and meat and bring to the boiling point, then cover and SIMMER about 1 ½ hours.

## HEARTY SOUP USING DRY SOUP MIX

10 Cups water    Many carrots, sliced  
 2 envelopes onion soup mix                            2 tsp. seasoned salt  
 1 Cup dry soup mix                                      ½ tsp. black pepper  
 ½ Cup barley    1 Cup leftover roast beef Or  
 1 large can V-8 Or tomato juice                      hamburger Or canned beef  
 Many chopped celery,                                      chunks Or canned ground  
     zucchini, etc.    beef

Put water in large pot. Add soup mix, onion soup mix, barley, tomato juice, salt and pepper. Bring to a boil and reduce heat. SIMMER for 1 hour. Test macaroni for doneness and add fresh carrots, meats (in any combination of those listed above) and any other vegetables you like. SIMMER approximately ½ hour more. Adjust liquid by adding more water if necessary. Serve. I like to add the celery, zucchini, etc. just before I serve it... makes a pleasing texture. Also, the trick with the soup mix is to SIMMER it, so all of the ingredients get done at the same time, otherwise the macaroni is mush before the legumes are done.

## AMERICAN HAMBURGER SOUP USING DRY SOUP MIX

1 ½ lbs. ground beef Or                                      ¾ Cup celery, diced  
     2 (15 oz) cans ground beef                            1 Tbsp. sugar  
 2 Cups potatoes, cubed                                2 Cups tomato juice  
 3 carrots, diced Or the                                      2 Quarts water  
     equal in reconstituted dry                              2 tsp. salt  
 2 Tbsp. minced parsley                                ¾ Cup dry soup mix  
 1 large bay leaf, crushed                                Pepper to taste  
 ½ tsp. garlic powder                                      1 tsp. Worcestershire sauce

Brown ground beef (if you are using canned, just warm it). Mix all the ingredients and SIMMER 1 ½ to 2 hours.

## BEEF ABC SOUP FOR ONE

Makes 2 Cups

½ Cup soup mix    Dash of pepper  
 2 tsp. beef soup base                                      2 oz. beef (1/4 cup)  
 ½ Cup dried carrots                                      2 Cups water  
 ½ tsp. salt

Mix all ingredients and SIMMER until tender. Increase recipe according to number of persons to be served.

## LENTIL SOUP

Makes 8 to 10 servings

2 Cups lentils    1 bay leaf  
 1½ Quarts water plus 6 chicken                        3 carrots, cut in chunks  
     bouillon cubes\*\*                                      1 onion, cut up  
 1 (28 oz) can stewed tomatoes                        salt and pepper to taste  
 1 pound cooked hamburger Or  
     1 (15 oz) can ground beef

(\*\*You may use three 15 oz cans chicken broth and three broth cans of water instead of the water and bouillon cubes.) Put all ingredients except hamburger in a 4-quart kettle. Bring to a boil, and let cook until tender. Add cooked hamburger and heat. A ham hock may be added at the last in place of or in addition to the hamburger.

## TUNA CHOWDER

Makes 1 ½ quarts

¾ Cup onions, chopped	¾ Cup celery, sliced
3 Tbsp. butter Or margarine	3 Cups raw potatoes, diced
2 ½ Cups water	1 ½ tsp. salt
1 ½ Tbsp. flour	2 Cups milk
2 (7 oz) cans tuna, drained and flaked	

Brown onion and celery in butter or margarine for about 5 minutes or until tender. Add potatoes, water and salt. Heat to boiling and cook over medium heat about 15 minutes. Mix together flour and milk. Stir into potato mixture and cook until thick, stirring constantly. Add tuna fish and serve at once.

## CREAM SOUP

Serves 4

4 Cups water	2 Cups Magic Mix (Pg. 34)
1 Cube Or 1 tsp. bouillon granules	

Add one or more of the following:

- \* 3 cooked carrots, mashed (Or use rehydrated dry carrots, mashed)
- \* 3 potatoes, cooked, chopped & 1 Tbsp. cooked, chopped onion
- \* 1 can chopped clams
- \* 1 package chopped spinach, cooked
- \* 1 (15 oz) can cream-style corn & 1 Tbsp. cooked, chopped onion

Combine water, magic mix and bouillon in saucepan. Stir over medium heat until slightly thick. Add desired ingredients. Heat thoroughly.

## CREAMY VEGETABLE SOUP

1 Cup carrots, diced	1 Cup celery, diced
1 Cup cauliflower, diced	1 Cup broccoli, diced
2 Cups potatoes, diced	½ Cup onion, diced Or rehydrated dry onions
Water	1 Cup flour
2 Cups milk	Salt and pepper to taste
¼ Cup butter Or margarine	
1 - 2 Cups shredded cheese (optional)	

Cover carrots, cauliflower, potatoes, celery, broccoli and onions with water and gently boil until vegetables are tender. Mix in blender or beat with fork until smooth and add milk and flour. Pour into vegetable mixture and add butter. Season to taste with salt and pepper. Heat, stirring constantly until soup thickens. You may add shredded cheese for a cheese-flavored soup. **NOTE:** You may add one can of turkey chunks or beef chunks to the soup just before vegetables are tender, if desired.

## HUNGARIAN STEW (GOULASH) FOR ONE

Makes 2 Cups. Increase amounts per persons to be served.

½ Cup macaroni	8 oz. tomato juice or sauce
1 tsp. dried onions	¼ (15 oz) can kernel corn
¼ tsp. garlic	½ tsp. salt
¼ tsp. pepper	2 oz. (1/4 cup) hamburger
1 Cup water	

Brown meat, onions and garlic. Cook macaroni in the water until tender. Add all ingredients together and heat thoroughly.

## PIONEER STEW

Makes 8 servings

1 ¼ Cups dried pinto beans (Or kidney beans)	1 (15 oz) can undrained whole kernel corn
1 tsp. salt	1 (15 oz) can undrained tomatoes
½ -1lb. ground beef	½ tsp. chili powder
½ Cup chopped onion	¾ tsp. salt
½ Cup minced green pepper	½ Cup shredded sharp American cheese
6 - 8 Cups cold water	

In large saucepan place washed and drained beans (Page 42), cold water and salt. Bring to a boil. Cover and simmer 2 minutes. Remove from heat and let stand for 1 hour. Return to heat and simmer 1 hour and 15 minutes. In skillet cook ground beef, chopped onion, and green pepper until meat is browned and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder and salt to beans. Simmer 20 minutes. Combine 1 Tbsp flour with 2 Tbsp water. Stir into stew. Cook and stir until thickened and bubbly. Stir in cheese. **NOTE: You may use 1 can of ground beef in place of fresh ground beef.**

## HUNGARIAN GOULASH

1½ lbs. round steak, cut into ½ inch cubes, OR use 2 - 3 (15 oz) cans beef chunks	¼ tsp. pepper ¼ tsp. salt ¼ tsp. garlic powder
3 Tbsp. oil	1 medium onion, sliced (Pg 44)
½ Cup flour	1 (16 oz) can tomatoes
1 Tbsp. paprika	½ Cup water
Hot, buttered noodles	¾ Cup evaporated milk

Brown meat in hot oil in large saucepan. Mix together flour, paprika, salt, pepper and garlic powder and add to meat. Add onion, tomatoes and water. Cover. Simmer one hour, stirring occasionally. Gradually stir evaporated milk into hot mixture. Simmer 15 minutes, stirring frequently. Serve over hot buttered noodles. Makes 6 one-half cup servings.

## "MESA CANNERY" BEEF STEW

The Beef Stew canned at the Cannery doesn't really need anything added to it. Some people add a can of tomatoes to it, or a can of diced tomatoes, or a can of stewed tomatoes, or extra vegetables. Some enjoy adding cooked noodles or macaroni. One family adds a can of Mesa Cannery Vegetable Soup to our Beef Stew. Be creative! Enjoy!

## PIONEER STEW, MODERNIZED

Serves 6 - 8

1 Cup dried red kidney Or pink beans Or 1 (15 oz) can dark red kidney beans Or pinto beans	
1 Cup dried garbanzo beans or 1 (15 oz) can garbanzo beans	
½ (3 lbs) frying chicken or canned or pre-cooked chicken or 1 (15 oz) can white turkey chunks	
7 Cups water	4 chicken bouillon cubes
1 dried red pepper	1 bay leaf
½ Cup chopped onion Or equal reconstituted dry	¼ tsp. dried leaf oregano
pinch of dried leaf thyme	½ tsp. dried leaf basil
1 Tbsp. fresh parsley, chopped	1 tsp. salt
2 Tbsp. uncooked rice	1 Tbsp. salt

Soak dry beans for 1 hour in hot water or overnight in cool water. Drain beans. (If using canned beans, drain and start here.) In a 4 quart pot, combine chicken, 7 cups of water, bouillon, red pepper, bay leaf, soaked (or canned, drained) beans, onion, oregano, basil, thyme, all salt and parsley. Cover and simmer until chicken is tender, about 30 minutes. Remove chicken. Cut meat from bones and discard bones. Dice meat and set aside. Meanwhile, continue simmering beans until almost tender, about 15 minutes. Add rice. **SIMMER 20 minutes.** Add diced chicken; **SIMMER 10 minutes.**



## CREAM OF POTATO SOUP

Serves 6

2 ½ Cups cubed potatoes	1 Tbsp. flour
1 Tbsp. chopped onion (Or dry onion, reconstituted)	2 Tbsp. butter Or margarine
1 ½ tsp. salt	4 Cups liquid (cooking liquid from potatoes, plus water Or fluid milk)
1 Cup nonfat dry milk powder	

Cover potatoes and onion with boiling water. Add salt and cook until tender. Drain and save the liquid. Mash potatoes, or put them through sieve, set aside. Add dry milk and flour to liquid. Beat until smooth. Add butter. Cook over low heat, or boiling water until slightly thickened, about 15 minutes, stirring as necessary to prevent sticking and lumping. Combine with potatoes, and reheat.

## FRANKFURTER SOUP

Makes 2 - 3 servings

2 frankfurters, thinly sliced in rounds	2 Tbsp. onions, chopped
1 Tbsp. butter Or margarine	1 (10 oz) can tomato soup
½ Cup cooked rice (optional)	1 soup can water Or milk

Brown the frankfurters and onions in butter or margarine. Add the soup, liquid and rice. Heat and serve.

## TACO / ENCHILADA WHEAT SOUP

This fun recipe, from the old cook book, is one which will allow you to develop your own creative cooking abilities, because there are no set ingredient amounts to it. I suggest you begin with a cup of wheat and a cup or so of water, then go from there, adding the items to suit your own taste. Be creative!

Cook wheat until soft, set aside. In a skillet, place a small amount of oil, add salt, pepper, bouillon, garlic, and dry or fresh chopped onion to taste. Lightly brown. Stir in the wheat. Add either taco seasoning mix or enchilada sauce to taste. You may add any cooked meat if you desire. Heat to eating temperature, and serve.

## BEEF CONSOMME USING DRY SOUP MIX

Serves 8

4 cans (10 oz) condensed beef broth	1 Cup sliced carrots
6 cans water	1 Cup sliced celery
1 Cup dry soup mix	4 sprigs parsley
	¼ tsp. Thyme

Heat all ingredients to boiling. Reduce heat, cover, simmer about 1 ½ hours.

## TURKEY SOUP USING DRY SOUP MIX

Serves 6

8 Cups chicken Or turkey broth	2 Cups diced turkey Or 2 (15 oz) cans turkey chunks
¾ Cup dry soup mix	1 tall can evaporated milk
Pepper to taste	1 Cup diced celery
Salt to taste	

Mix the broth, soup mix, salt and pepper and celery and simmer for 1 ½ hours. Stir in diced turkey and milk. Heat and serve.

## VERY TASTY LENTIL SOUP

Makes 4 - 6 servings

2 Cups lentils	¼ Cup dry parsley
2 Tbsp. dried chopped onion	Salt to taste
1 Tbsp. garlic Or to taste	6 Cups water
3 strips (uncooked) bacon, cut in small pieces	

Put all ingredients into large, covered pan, and bring to a boil. SIMMER for about an hour, or until lentils are tender.

## SPLIT PEA SOUP WITH SAUSAGE BALLS

2 ¼ Cups green split peas	1 Cup celery, diced
3 Quarts water	1 Cup potatoes, diced
2 tsp. salt	1 Cup onions, diced
½ tsp. pepper	1 Cup carrots, diced
¼ tsp. marjoram	Salt and pepper to taste
1 lb. pork sausage, bulk	A little flour for coating meat

NOTE: You may use reconstituted dry onions and carrots for this dish.

Wash split peas and sort. In a large saucepan combine water and seasonings and bring to a boil. Add peas gradually so water does not stop boiling. Shape sausage into 1 inch balls (about 28 of them) and roll in flour. Drop into soup, cover, and simmer until sausage is well done and peas are tender, 45 minutes or so. About 20 minutes before time to serve, add vegetables and cook until tender. NOTE: You may wish to cook and drain sausage before adding to the soup. Makes 12 servings.

## AUTUMN QUICK SOUP USING DRY SOUP MIX

Serves 8

2 lbs. ground beef Or 2 (15 oz) cans ground beef	2 Cups diced potatoes
¾ Cup dry soup mix	1 Cup diced celery
2 Cups diced carrots or the equal using reconstituted dry carrots (Pg. 45)	2 Quarts water
	2 Quarts tomato juice

Brown ground beef (if using fresh, warm ground beef if using canned ground beef), add liquid, and soup mix. Simmer ½ hour. Add vegetables and continue to simmer 1 hour.

## CREAM OF SPLIT PEA SOUP

Makes 8 servings

2 Cups split peas	1 onion, chopped (Pg. 44)
4 ½ Cups boiling water	2 tsp. salt
½ Cup celery, diced	2 ½ Cups milk
½ Cup carrots, diced	Season to taste

(Note: You may use ¾ C powdered milk and 2 ½ C water in place of milk listed above. Reconstituted dehydrated carrots may be used in places of fresh carrots. You may also add chunks of ham, bacon, etc.)

Wash split peas and sort. In a large saucepan combine water, split peas, vegetables, and salt. Simmer until peas are soft, about 45 minutes, stirring occasionally. Push through sieve or blender, then add powdered milk and seasonings, chunks of meat as desired, then reheat and serve.

## CONEY ISLAND TOPPING FOR A HOT DOG

1 (15 oz) can chili con carne  
1 (15 oz) can ground beef  
½ (16 oz) jar tomato sauce  
1 Tbsp. Worcestershire sauce  
1 onion, minced (optional)  
Grated cheese, (optional)

Heat all ingredients except the cheese together. Add water if mixture is too thick. Spoon over your hot dogs after you have placed them in the buns. Top with grated cheese.

## DELICIOUS SALAD CROUTONS USING POTATO PEARLS

Spread uncooked potato pearls in a single layer, as much as possible, on a cookie sheet (jelly roll pan). Spray with non-sticking cooking spray then immediately sprinkle with dry seasoning of your choice (i.e. onion salt, garlic powder, seasoning salt, etc). Bake at 325° F. for 8-10 minutes. (Watch these carefully, because ovens vary, and may over-brown the croutons.) Store in the refrigerator. Great on salads instead of croutons.

### VARIATION:

Sprinkle with cinnamon and sugar and use over ice cream and puddings.

## WHEAT THINS

1 ¾ Cups whole wheat flour  
¼ tsp. salt  
1 ½ Cups flour

½ Cup oil  
1 Cup water

Mix dry ingredients. Add oil, salt and water to mixture. Knead as little as possible to make a smooth dough. Roll dough very thin. Score with a knife into desired sizes, but do not cut all the way through. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt. Bake at 350° F. until light brown and crisp, about 30 - 35 minutes. Cool, break apart at scored lines. Store in airtight container.

## BROWN SUGAR

Blend until golden brown:

2 Tbsp. molasses  
1 Cup white sugar

Use a blender or use a pastry blender to mix. Store in tightly covered container.

## POWDERED SUGAR

Blend in blender to a fine powder the following:

1 Cup sugar  
1 Tbsp. cornstarch

Blend until it no longer feels grainy. Only do small amounts at a time so your blender won't burn out the motor.

## CAKE FLOUR

Take 1 cup all-purpose flour, and remove 1 Tbsp. of the flour. Replace it with 1 Tbsp. cornstarch and sift it together until well mixed.

## BULGUR WHEAT

Wash wheat in cool water and discard water. Simmer wheat in some fresh water (enough to cover wheat) until the wheat is tender. Drain. Spread wheat thinly on cookie sheet or shallow pan and dry in oven at 200° F. until very dry so that it will crack easily. Wet surface of dried wheat slightly and rub kernels between hands to loosen and remove chaff. Crack wheat in moderate size pieces, using a mill, grinder or leave whole. This processed bulgur when thoroughly dried is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5 - 10 minutes, it will approximately double in volume. It makes an excellent meat extender when used in meat loaves, meat balls, chili and recipes where rice is used. Soaked overnight in salt water, Bulgur Wheat may be added to yeast bread recipes to give a nut-like flavor.

## SPROUTING

Seed sprouting is nutritious and are delicious when they are used to:

Augment the menu: Add sprouts to salads, sandwiches, soups, breads, casseroles, and drinks, etc. (add bulk, variety, and nutrition.)

Improve nutrition: Creates or greatly increases vitamin content of seeds and dishes prepared with sprouted seeds.

Substitution for lettuce, etc.: Can replace lettuce and other greens as they become expensive or unavailable.

Save money: Less than a nickel a pound for most sprouts.

Some seeds you can spout successfully:

Alfalfa (the king of sprouts)	Wheat
Mung beans (Chinese bean sprouts)	Alaskan peas
Rye	Buckwheat
Soybeans	Pinto, white, and other beans
Lentils	Any other you find palatable to your liking.

### A Few Basic Rules For Sprouting

1. Take 1 or 2 tablespoons seeds and place in a fruit jar with about 2 cups warm water. Soak 12 hours or overnight.
2. On following day, secure a piece of gauze, nylon net, or nylon stocking over the top with a rubber band and drain. Rinse every four hours, or at least three times a day. Always drain well. In about 3 or 4 days, the fruit jar will be full of sprouts.
3. Store in refrigerator and use within a week.

Experiment a little to find which seed sprouts your family prefer and at what stage of sprouts that are most appetizing to your taste. Some people like seeds best when sprouted just 48 hours, others 3 to 4 days,

spouts may be used any time after the sprout emerges from the seed, but with some seeds it is best to wait until the spouts are 1,2 or 3 inches long. For example, the dry soybean has no vitamin C. At the 'just emerging' stage of sprouting it has 108 mg. per ½ cup. After 72 hours when the sprout is 2 to 3 inches long, it has over 700 mg. of vitamin C per ½ cup of sprouts.

## Tips for .....

### USING RICE

#### COOKING RICE

One cup of uncooked rice equals 3 cups of cooked rice, and makes 4-6 servings.

1 Cup uncooked rice  
2 Cups boiling water

1 tsp. salt

Combine ingredients. Bring to a boil in a covered pan, stirring several times. Lower the heat to simmer. Cook about 15 minutes without removing the lid or stirring, or until the liquid is absorbed and the rice is tender.

#### USING RICE

Cook rice in beef or chicken broth instead of water for a delicious, nutritious and delightful change. Mix cooked rice with a variety of things like sliced mushrooms, sauteed onions, crumbled pieces of bacon, slivered almonds or grated cheese.

Try sour cream and chives mixed into your cooked rice.

Substitute ½ Cup fruit juice (orange, apple, cherry) for ½ Cup water when cooking rice. Vegetable juice cocktail or tomato juice may also be exchanged for 1 cup of the water used in cooking rice.

Add one of the following herbs to the cooking water when preparing rice:

1/8 tsp. dried thyme, or oregano, or sage, or rosemary or basil  
3/4 tsp. dried marjoram  
½ tsp. celery seeds or dried dill  
Seasoned salt instead of regular table salt  
1 small bay leaf

### USING BEANS

Soaking and cooking beans before mixing with other recipe ingredients helps to get the right tenderness and can minimize final cooking time.

#### OVERNIGHT SOAKING

For each 1 pound of beans, dissolve 2 tsp. salt in 6 cups of water. Wash beans, add to salted water and soak overnight.

#### QUICK SOAKING

For each 1 pound of beans, bring 8 cups of water to boiling. Wash beans, add to boiling water, boil for 1 minute. Remove from heat, cover and soak 1 hour.

#### TO COOK SOAKED BEANS

For each 1 pound of beans, dissolve 2 tsp. salt in 6 cups hot water; bring to boiling. Add soaked beans; boil gently, uncovered, adding **BOILING** water if needed to keep beans covered with water, cooking until tender. Yield: 6 - 7 cups.

#### TO COOK OLD, HARD BEANS

Wash and sort to remove any discolored beans or foreign material. For each cup of dry beans, add 2 ½ cups hot tap water and 2 tsp. baking soda and soak overnight. Drain and rinse two times, then add water to cover beans and cook until tender and soft, about two hours, adding more **BOILING** water as needed. **NOTE:** If you add water to cooking beans that is **NOT** boiling, your beans will be tough. This holds true for all dried beans.

Adding a tablespoon of oil will cut down on foam as beans cook. Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.

Pressure cook old beans for 20 minutes, and they will be soft.

## USING WHOLE WHEAT FLOUR, WHITE FLOUR, AND WHEAT

Use wheat in recipes your family already likes, then it is not totally unfamiliar and you know the recipe is good. Try wheat in desserts first ...who can turn down a cookie? Do not feel you must use 100 percent whole wheat. Half white flour and half whole wheat flour in your recipes gives excellent results.

### HOW TO SUBSTITUTE WHOLE WHEAT IN YOUR FAVORITE RECIPES

Wheat flour is heavier than white flour and needs more leavening. In yeast breads, use more yeast and/or let it raise longer. In baking powder leavened products, increase baking powder by one teaspoon for each 3 cups of whole wheat flour used. Recipes using baking soda need not be adjusted.

In baked products using eggs, separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.

### HOW TO STORE ANY FLOUR:

Store flour in an airtight canister in a cool, dry place. For longer storage other than dry packing your flour, wrap tightly in a plastic storage bag and refrigerate or freeze. Always bring to room temperature before using.

### HOW TO MEASURE FLOUR:

Spoon sifted flour lightly into a measuring cup and level off with a knife or other flat utensil. Do not pack down.

There are 3 1/3 cups of flour per pound and approximately 17 cups per 5-pound bag.

### HOW TO MAKE CAKE FLOUR:

Take 1 cup all-purpose flour, and remove 1 Tbsp. flour and replace with 1 Tbsp. cornstarch. Mix well together and sift. It is now ready for your baking.

## MEAT SUBSTITUTE OR EXTENDERS

Cook wheat, cracked or whole. It can be fried with hamburger and used in sloppy joes, spaghetti, pizza, or in casseroles.

## DIFFERENT WAYS TO COOK WHEAT

### CROCK POT:

For each cup of wheat, add 3 cups of water. Cook on low 12 - 18 hours.

### OVEN:

For each 1 cup of wheat, add 3 cups of water. Cook overnight at 150° F.

### TOP OF STOVE:

For each 1 cup of wheat, add 3 cups of water. Cook about 1 hour.

**TO COOK WHEAT FOR BREAKFAST**, see the recipes on Page 19.

# Tips for .....

## USING POWDERED MILK

Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk. Adding additional milk to the recipe will enhance the nutritive value of the recipe.

### USE DRY MILK IN ANY RECIPE

Adding additional milk to the recipe will enhance the nutritive value of the recipe. In any recipe calling for milk, simply add the dry milk to the other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use between 1/4 and 1/2 cup per pound of meat.

In mashed potatoes, mash the cooked potatoes, then add 1/4 cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereal: add 1/4 - 1/2 cup dry milk to each cup of cereal before cooking.

### NONFAT DRY MILK

Here is some information from Flora H. Bardwell, Utah State University Extension Services, Logan, Utah.

#### WHAT IS IT?

Nonfat dry milk is a wholesome dairy product made from fresh milk. Only the cream and water are removed. It still contains the calcium and other minerals, the vitamins, natural sugar and high quality protein that make liquid milk such a valuable food.

#### STORING DRY MILK:

Dry milk should be stored in a tightly covered container. A tight cover is necessary so the milk powder will not take up moisture and become lumpy. It will keep at room temperature for several months. For longer storage it is necessary to keep it stored in a cool dry place. After milk has been mixed with water, it should be stored in the refrigerator like fresh milk.

#### HOW TO MAKE FLUID SKIM MILK:

Dry milk can be mixed quickly with water to make fluid skim milk. Measure the dry milk into a bowl. Add enough water to make a thick paste. Beat out the lumps. Add the rest of the water and stir until well mixed. Do not stir vigorously as this causes the milk to foam. Use the table below for amounts of milk and water to use for fluid milk:

<u>FOR:</u>	<u>USE:</u>
1 quart milk	1 cup dry milk, 4 cups water
1 pint milk	1/2 cup dry milk, 2 cups water
1 cup milk	1/4 cup dry milk, 1 cup water
1/2 cup milk	2 Tbsp. dry milk, 1/2 cup water
1/4 cup milk	1 Tbsp. dry milk, 1/4 cup water

End of Sister Bardwell's information.

## USING LEAVENING AGENTS

In addition to having a year's supply of dry yeast, baking powder and baking soda, essentials in preparing baked foods, becoming familiar with making and using sourdough starters for leavening is very important. Practice now, when the need isn't critical, to hone these skills and to develop a taste for foods made with the different leavening agents. Then, when you must rely on the different methods, you will know how to work with them for your family's best good.

### EVERLASTING YEAST

1 quart warm potato water	1/2 yeast cake Or 1/2 Tbsp. dry yeast
1 tsp. salt	2 Tbsp. sugar
2 Cups white Or whole wheat flour	

Stir all ingredients together. Place mixture in a warm place to raise until ready to mix for baking. Leave a small amount of everlasting yeast for a start for next time. Between uses, keep in covered jar in refrigerator until a few hours before ready to use again. Do not use metal utensils while making yeast.

Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

## ADDING VARIETY

Seasonings and spices are especially important when it comes to basic food storage. Beef, chicken, or ham bouillon granules are excellent secondary storage items. Wheat and rice, either brown or white, cooked in bouillon, take on wonderful new flavors, as does barley. In fact, bouillon is an excellent base for many soups, sauces, and casseroles.

Soy sauce, with its Oriental flavor, is another excellent seasoning. Fried wheat or rice with fresh vegetables and sprouts is enhanced with soy sauce. It also adds good flavor to a stir fry or even to some stews or chicken or fish dishes.

Legumes respond well to seasoning salts and spice blends like chili powder, curry powder, poultry seasoning and celery, garlic, and onion salts.

It will be important to keep some "sweet" spices on hand such as cinnamon, nutmeg, cloves, ginger, and allspice. Simple rice pudding, for example, is dependent on such spices for its unique flavor. The simplest cookies and cake are enhanced with their use.

Cocoa or sweet cocoa mix or a cereal grain drink like Postum is a good supplementary item to store along with the basic nonfat dry milk. Punch powder is a welcome flavor in lean times. Nor should we forget vanilla, almond, or lemon extracts. Maple extract for making pancake and waffle syrup is a good idea. A year's supply of flavorings your family enjoys could make the difference between stark or satisfying eating.



# Tips for .....

## SUBSTITUTES

Add 1/4 tsp. baking soda and 1/2 Cup buttermilk to equal 1 tsp. baking powder. The buttermilk will replace 1/2 cup of the liquid indicated in the recipe.

Rehydrate 1 Tbsp. instant dry onion, to replace 1 small fresh onion.

Make custard with 1 whole egg rather than using just 2 egg yolks.

Mix 1/2 cup evaporated milk with 1/2 cup water (or 1 cup reconstituted non-fat dry milk with 1 Tbsp. butter) to replace 1 cup whole milk.

Substitute 1 pkg. (2 tsp.) active dry yeast for 1 cake compressed yeast.

Substitute equal amount of applesauce for oil in any recipe.

Substitute 1 1/2 - 2 Tbsp. canned pumpkin for each egg in any recipe. Surprisingly, this does not add a heavy pumpkin flavor to your recipe. Squash may be used in place of pumpkin.

Substitute 1 tsp. dried herbs for 1 Tbsp. fresh herbs.

Substitute 1 Tbsp. prepared mustard for 1 tsp. dry mustard.

Use 1/8 tsp. garlic powder instead of 1 small pressed clove of garlic.

Substitute 2 Tbsp. of flour for 1 Tbsp. of cornstarch in a recipe to use as a thickening agent.

Mix 1/2 cup tomato sauce with 1/2 cup of water to make 1 cup tomato juice.

Make a catsup or chili to be used in cooked mixtures by combining 1 cup tomato sauce plus 1/2 cup sugar and 2 Tbsp. vinegar.

When substituting margarine for butter, the same quantity may be used as for butter; but when using any vegetable oils or products containing vegetable oils, use about 1/8 less the amount than of butter.

Egg Substitute: For use in baking: Before starting a recipe for cookies, cake, etc., combine 1 tsp. unflavored gelatin with 3 Tbsp. cold water and 2 Tbsp. plus 1 tsp. boiling water. This mixture will substitute for 1 egg in a recipe.

Use 2 Tbsp. soy flour and 2 Tbsp. water for 1 egg in any recipe. Beat together. You may need to bake a little longer due to the added moisture.

### STANDARD CAN SIZES:

CAN NUMBER	CONTENTS
#1 (picnic)	1 1/4 Cups
#300	1 3/4 Cups
#1 Tall	2 Cups
#303	2 Cups
#2	2 1/2 Cups
#2 1/2 (#401)	3 1/2 Cups
#10	13 Cups

### CONVERSION TABLE:

1 tablespoon	3 tsp.
1 fluid ounce	2 Tbsp.
1/4 cup	4 Tbsp.
1/3 cup	5 1/3 Tbsp.
1 cup	16 Tbsp.
1 pint	2 cups
1 quart	2 pints
1 gallon	4 qts.
1 pound	16 oz.

### ABBREVIATIONS:

Teaspoon	tsp.
Tablespoon	Tbsp.
Cup	c.
Pound	lb.
Ounce	oz.
Pint	pt.
Quart	qt.
Gallon	gal.
Dozen	doz.
Package	pkg.

## APPROXIMATE FOOD MEASUREMENTS

One-half spoonful is measured lengthwise of the spoon.

A set of measures (quart, pint and half-pint) should be in every kitchen. The graduated measures divided into quarters, halves and thirds are best. A graduated glass measure is also advisable for the correct measurement of liquids.

### FOOD MEASURE

### EQUALS

4 cups all-purpose flour	1 lb.
3 cups cornmeal	1 lb.
2 1/3 cups granulated sugar	1 lb.
2 2/3 cups brown sugar (firmly packed)	1 lb.
4 cups sifted powdered sugar	1 lb.
1 cup honey	3/4 lb.
1 cup molasses	13 oz.
1 (15 oz) pkg. raisins	3 cups
1 square chocolate	1 oz.
48 tsp. sugar substitute	1 cup sugar
1 medium lemon	3 Tbsp. juice
1 medium lemon rind, grated	1 Tbsp.
1 medium orange	1/3 cup juice
1 medium orange rind, grated	2 Tbsp.
12 to 14 egg yolks	1 cup
8 to 10 egg whites	1 cup
1 lb. shredded American cheese	4 cups
1/4 lb. crumbled blue cheese	1 cup
1 medium chopped onion	1/2 cup
2 Tbs. shortening	1 oz.
1/2 cup shortening or butter	1/4 lb.
28 saltine crackers, finely crushed	1 cup
4 slices bread, finely crumbled	1 cup
14 square graham crackers, finely crushed	1 cup
22 vanilla wafers, finely crushed	1 cup
4 oz. (1 1/2 to 2 cups) uncooked noodles	2 cups cooked
7 oz. spaghetti	4 cups cooked
4 oz. (1 to 1 1/4 cups) uncooked macaroni	2 1/4 cups cooked

### TABLE OF PROPORTIONS:

1 measure liquid to 1 measure flour for pour batters.
1 measure liquid to about 2 measures flour for drop batters.
1 measure liquid to about 3 measures flour for dough.
1/3 to 2 or more cakes compressed yeast softened in 1/2 cup-1 pint liquid
1/2 cup liquid yeast to 1 pint liquid.
1/4 Tbsp. salt to 1 quart milk for custards.
1/4 tsp. salt to 1 cup, or 1 tsp. to 1 quart sauce or soup.
1/4 tsp. salt to 1 pint flour.
1 tsp. flavoring extract to 1 quart custard, or cream.
1 Tbsp. flavoring extract to 1 quart mixture to be frozen.
2/3 cup, or less, sugar to a quart milk for custards, etc.
1 cup sugar to 1 quart milk or cream for ice cream.
1 cup sugar for each dozen yolks used in ice cream.
4 eggs to 1 quart milk for plain cup custard.
6 to 8 eggs to 1 quart milk for custards to be turned from mold.
1/4 package, or half an ounce gelatin to scant pint liquid.
3 cups water, more of milk, or stock, to 1 cup rice.
1 oz. (2 Tbsp.) butter, 1/2 oz. (2 Tbsp.) flour to 1 cup liquid for sauce.
1 oz. (2 Tbsp.) butter, 1/2 oz. (2 Tbsp.) flour to 1 cup liquid for soups.
1 cup cooked meat or fish cut in cubes, to 3/4-1 whole cup sauce.
Meat from 3 1/2 pound chicken equals about 1 pint or 1 pound

More tips can be found on the Inside Back Cover

**FOOD STORAGE and CHILDREN**  
*Ensign* article, Kay Franz  
March 1998

Determining the appropriate quantities for food storage can be challenging for families with children of various ages. Because children are still growing, they need more food in proportion to their size than do adults. It is helpful to add two years to a child's current age when calculating adequate food storage amounts. Then, by knowing the number of children in a family and their ages, parents can estimate food needs as a percentage of an adult portion.

Age	Percentage of Adult Portion
3 and under	50 %
4 to 6	70 %
7 to 10	90 %
11 and up	100 %

Infants who are nursing share in their mother's portion. Keep in mind that young children, as well as pregnant and nursing mothers, need more milk than other family members (see "Update on Milk Storage" *Ensign*, March 1997, p. 70). (A copy of this article can be found on Page 50 of this cook book.)

Food storage needs for large families probably should be re-assessed yearly.

**PRODUCT DIRECTIONS**

**APPLE SLICES:**

1 cup dry apples to ½ cup water yields 2 cups fresh apples.

**BEANS:**

Sort and rinse beans. Soften beans by adding 3 cups hot water and 2 tsp. baking soda per cup of beans. Soak overnight, drain, rinse and cook. Quick method: Sort and rinse beans. Bring 1 lb. of beans to boil for 2 minutes in 8 cups of water, cover and set aside to soak for 1 hour. Drain water and rinse and cook. Cooking: Add 6 cups of water and simmer beans for 1½ - 2 hours.

**BEANS, REFRIED:**

Add 1 Cup refried beans to ¾ Cup boiling water, stir briefly and cover. Allow to sit for 10 minutes. More water may be added for a thinner consistency. Makes about 2 servings.

**CARROTS:**

To rehydrate, use one measure of carrots to equal measure of ice water. Allow to stand 20 minutes.

**FRUIT DRINK MIX:**

Add 1 cup drink mix to enough cold water to make 2 quarts. Blend well.

**HOT COCOA:**

Use ¼ cup mix per ¾ cup of hot water; or 1 to 1 ¼ Cups mix per quart of hot water. Beat or blend until smooth. To make richer cocoa, use milk instead of water.

**NON-FAT DRY MILK:**

Add ¾ Cup non-fat dry milk to 1 quart warm water. Mix well and chill. Makes 4 servings.

**POTATO PEARLS:**

Bring 2 to 2 ¼ cups water to a boil. Remove from heat. Stir in 1 cup of potato pearls with a fork just until potatoes are wet. Allow to stand until water is absorbed. Stir once more just before serving. Makes 4 servings.

**PUDDING, CHOCOLATE:**

Blend 1 ½ cups mix with 2 ⅔ cups water. Blend. Pour into small serving containers and chill at least 15 minutes. To make a richer pudding, use milk instead of water. Serves 4.

**PUDDING, VANILLA:**

Blend 1 cup mix to 2 cups water. Pour into small serving containers and refrigerate for at least 15 minutes. For richer pudding, use milk instead of water. Serves 4.

**RICE, WHITE:**

Use 2 cups boiling water and 1 teaspoon salt per cup of rice. Bring to a boil. Turn heat down and let simmer, covered, for about 15 minutes or until moist and tender. To retain vitamins, do not rinse before or after cooking.

**ROLLED OATS, REGULAR:**

Stir 1 cup oats into 1 ¾ cups rapidly boiling salted (¼ tsp.) water. Reduce the heat to medium, and boil five minutes, stirring constantly. Cover and let stand until desired consistency. Stir before serving. Serves 2.

**ROLLED OATS, QUICK:**

Bring 2 cups water to boil in 1 - 2 quart saucepan. Add 1 Cup oatmeal, return to boil, then reduce heat and let simmer for 1 minute, stirring frequently. Serves 2.

**SOUP MIX:**

Mixing ratios: ½ cup soup mix with 8 cups of water. Put water in covered pan and bring to boil. Add soup mix, turn down heat and let SIMMER for 1 ½ - 2 hours. Add more boiling water if soup is too thick. The key to good soup is to SIMMER it. Serves 2.

## HOME STORAGE: BUILD ON THE BASICS

(Ensign, June 1989)

From Brigham Young's time to the present day, latter-day prophets have counseled Church members to store food for times of need. Recently, the First Presidency spoke again on this subject:

"We continue to encourage members to store sufficient food, clothing, and, where possible, fuel for at least one year. We have not laid down an exact formula for what should be stored. However, we suggest that members concentrate on essential foods that sustain life, such as grains, legumes, cooking oil, powdered milk, salt, sugar or honey, and water. Most families can achieve and maintain this basic level of preparedness. The decision to do more than this rests with the individual.

"We encourage you to follow this counsel with the assurance that a people prepared through obedience to the commandments of God need not fear" (Letter to priesthood leaders, 24 Jun 1988).

If families would think in terms of storing only foods basic to survival, or if they would supplement the food storage they already have with the basics to build it up to a year's supply, the task would be simpler than they might think. They would then be prepared for food emergencies.

A year's supply of food storage is beneficial in several ways:

1. It provides peace of mind as we obey the counsel to store.
2. It helps ensure survival in case of personal or natural disaster.
3. It strengthens skills in preparing and using basic foods.

Once you have stored the basic food items, you need to regularly include them in your daily meals.

This article and other suggestions that will be printed in the following months in the Random Sampler department of the *Ensign* will provide information on how to store, prepare, and serve meals based on foodstuffs recommended in the First Presidency letter. Other sources of information include ward and stake priesthood leaders and Relief Society presidencies, Church welfare centers or canneries, local extension agents or agricultural services departments, and public and educational libraries.

The following guidelines will help in purchasing and storing basic food items.

**GRAINS**-Grains include wheat, rice, rolled oats, dried corn, pearled barley, and other cereal grains. Flour, cornmeal, and pasta products such as macaroni, spaghetti are also included. Each family should store various grain items that suit their individual circumstances. For example rather than storing three to four hundred pounds of wheat per person, a family might choose to store two hundred pounds of wheat, one hundred pounds of flour, twenty-five pounds of rice, twenty-five pounds of rolled oats, twenty-five pounds of dried corn, and twenty-five pounds of macaroni per person. This gives variety to the menu and encourages using and rotating the supply. It also provides choices for those who do not like or cannot eat a particular grain.

Most grains can be dry-pack canned in small containers (see below). This makes them more convenient to use and reduces the possibility of spoilage. Grains may also be stored in tightly sealed metal or heavy plastic containers.

**LEGUMES**-an inexpensive, nutritious protein food-include beans (soy, pinto, white, kidney, lima, winged, red, navy, pink, and blackeyed), split peas, lentils, and peanuts. They can be stored in clean, dry metal or plastic containers with tight-fitting lids. They may also be dry-pack canned.

**POWDERED MILK**-nonfat powdered milk, instant or regular, is an excellent storage item. It contains all the nutrients, except fat, found in fresh milk. In the past, storing large amounts of powdered milk has been recommended. However, this has often led to spoilage and waste. More recent studies show that smaller quantities of milk are adequate if people store and eat larger quantities of grains. Powdered milk can be stored in the original sealed packages, or if purchased in bulk, it can be stored in tightly covered metal or plastic containers. It can also be dry-pack canned. You may also use canned milk as part of the milk storage program, but you must rotate it regularly.

**FATS AND OILS**-fat is essential to every diet. Shortening, cooking oil, margarine, and mayonnaise are suggested for storage. Store fats in sealed containers in cool, dry, dark places and rotate them frequently.

**SALT**-nutritionists recommend iodized rather than plain salt, when it is available. Store salt in its original container in a cool, dry place.

**SUGAR AND HONEY**-whether to store sugar or honey is a matter of personal choice. Sugar may harden; honey may crystallize and /or darken. Neither affects the safety of the product. Store honey in small containers. Then, if it crystallizes, you can immerse the containers in hot (not boiling) water to reliquify it. Store granulated sugar in a tightly covered metal or plastic container or place it on a shelf away from moisture in its unopened cloth or paper bag. Occasionally knead the bag to help prevent the sugar from hardening.

**WATER**-water is more essential than food in sustaining life. Store a minimum of seven gallons of water per person for drinking and food preparation. Store an additional seven gallons per person of same quality water for bathing, brushing teeth, and dishwashing. Use heavy plastic containers with tight-fitting lids. Metal containers, which may corrode, tend to give water an unpleasant taste. If you have any doubt as to the bacterial safety of stored water, you may purify it by boiling vigorously for one to two minutes or by adding chlorine bleach (5 percent sodium hypochlorite solution). Generally, half a tsp. of bleach will purify five gallons of clear water, and one tsp. will purify five gallons of cloudy water. If you store it away from sunlight in clean containers, and if it is safe bacterially at the time of storage, water will remain pure indefinitely.

**STORAGE GUIDELINES** 1. Use storage areas that are well ventilated, clean, dark, dry, and cool. If your conditions are less satisfactory, rotate contents more frequently than recommended. Even though space may be limited, there are usually "hidden areas" for storage. Use your imagination! 2. Do not place food storage containers on or against cement or dirt floors and walls. Place pieces of wood between the storage containers and the floor or wall to provide ventilation and protect against moisture.

3. Keep stored food away from products that may affect the flavor of the food. 4. Rotate and use food storage items regularly. Date food items as you purchase or can them, then store new supplies of food at the back of the shelves, moving earlier purchases forward to be used first. 5. Do not go into debt. Acquire food items gradually. At the very least, save a few dollars a week for storage items. Using the basic foods in day-to-day menus can cut food costs and allow you to purchase more supplies. Or, as a family, give up some of the nonessentials for a short time until you can accumulate additional foods. Through prayer and concerted effort, you can work out a food storage plan that will provide you with security and peace of mind.

No single food storage plan will work for everyone. Each family's needs differ, as does their financial ability to accumulate the storage items. But by working under the direction of the First Presidency "to concentrate on essential food," it can be done.

President Ezra Taft Benson has said on at least three different occasions, "The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah." (*Ensign*, Nov 1980, p 33).

**DRY-PACK CANNING**-with the exception of foods containing fats, most of the storage items discussed here can be sealed by a dry-pack method of canning. Dry-pack canning is easy and inexpensive and uses containers that are small enough that they can be easily rotated and handled. In addition to dry-pack canning equipment available for use at some Church canneries, dry-pack canners may be checked out from the canneries for local use. For more information, contact your regional welfare agent (your stake president can tell you who he is), or welfare cannery.



## HOME STORAGE CHARTS

Build on the Basics - Ensign, June 1989  
(See Page 46 of this Cookbook for the full article.)

### (BASIC ONE PERSON FOOD STORAGE FOR ONE YEAR)

Members are encouraged to store sufficient food, clothing, and fuel for at least one year:

**Grains:** 400 pounds of grains\* per person:

	# lbs Inventory	# lbs to Buy
Wheat	_____	_____
Rice	_____	_____
Rolled Oats	_____	_____
Dried Corn	_____	_____
Popcorn	_____	_____
Flour	_____	_____
Pasta Products	_____	_____
Dried Potatoes	_____	_____
Other: _____	_____	_____
<b>Total:</b>	_____	_____

\*You can combine grains: **Example**—200 lbs. of wheat, 50 lbs. of rice, 25 lbs. of rolled oats, and 25 lbs. of pasta, etc. (This gives variety of choice to menus and encourages the rotation of the supply.) **Storage:** Most grains can be dry-pack-canned in #10 cans. This makes them more convenient to use and reduces the possibility of spoilage.

**POWDERED MILK:** 16 pounds per person

	# lbs of Inventory	# lbs to Buy
Instant	_____	_____
Regular	_____	_____
Canned	_____	_____
<b>Total:</b>	_____	_____

**Storage:** Nonfat powdered milk, whether *instant* or *regular*, is an excellent storage item. It contains all the nutrients, except fat, found in fresh milk. (Regular milk is difficult to mix up and is also one of the most expensive items in your storage, therefore, instant nonfat powdered milk is preferred.) See article on Page 50. More recent studies show that smaller quantities of milk are adequate if people store and eat larger quantities of grains. You may also use **canned (evaporated) milk** as part of the milk storage program, but you must rotate it regularly (shake it and turn it upside down every three months.)

**SUGAR & HONEY:** 60 pounds per person

	# lbs of Inventory	# lbs to Buy
Sugar	_____	_____
Honey	_____	_____
Molasses	_____	_____
Jams/Jellies	_____	_____
Corn Syrup	_____	_____
Fruit Drink Mix	_____	_____
Gelatins	_____	_____
<b>Total:</b>	_____	_____

**Storage:** Store honey in small containers (if it crystallizes you can immerse the container in hot, not boiling, water to re-liquefy it). Do not put in microwave oven - it destroys good enzymes. Store granulated sugar in a tightly covered metal container. Molasses, jams, preserves, jellies, corn syrup, powdered fruit drink mix, and flavored gelatins may be part of storage sugar.

**WATER:** 14 gallons per person (This is a two week's supply for drinking: more is recommended for desert areas and for washing and dried food preparation.) See article on Page 51.

	Gallons Inventory	# Additional Gallons to Store
Water	_____	_____
<b>Total:</b>	_____	_____

Desired purification method should also be stored: Heat - boil for 2 minutes OR Chlorine Bleach- ½ tsp. per 5 gals. of clear water. 1 tsp. per 5 gals. of cloudy water. **Storage: Water** is more essential than food in sustaining life. Seven gallons of water are needed per person for drinking and food preparation, and an additional seven gallons should be stored for bathing, brushing teeth, washing dishes, etc. **Use heavy plastic containers with tight fitting lids. Cleaned 2.2 liter plastic pop bottles are suggested for storage.** The regular plastic milk containers are not recommended because they erode quickly; metal containers are also not recommended because they tend to erode and give water an unpleasant taste.

**FATS AND OILS:** 2 ½ gallons per person

	# lbs Inventory	# lbs to Buy
Shortening	_____	_____
Cooking Oil	_____	_____
Butter/Margarine	_____	_____
Mayo/Salad Drssng	_____	_____
Peanut Butter	_____	_____
<b>Total:</b>	_____	_____

**Storage:** Some Fat is essential to every diet. Store fats in sealed containers in cool, dry, dark places, or freeze where space is available, and rotate them frequently.

**SALT:** 8 pounds per person

	# lbs Inventory	# lbs to Buy
Salt	_____	_____
<b>Total:</b>	_____	_____

**Storage:** Nutritionalists recommend iodized rather than plain salt for table use. Plain salt is used for preserving foods. Store salt in original container in a cool, dry place. (Note: 4 regular boxes of salt is one person's year's supply, as they are 1 lb. 10 oz. boxes. Simply date them as you buy them to rotate the oldest box first.)

**LEGUMES:** 60 pounds per person

	# lbs Inventory	# lbs to Buy
<b>Beans:</b>		
Soy	_____	_____
Pinto	_____	_____
White	_____	_____
Kidney	_____	_____
Lima	_____	_____
Red	_____	_____
Navy	_____	_____
Pink	_____	_____
Black-eyed Peas	_____	_____
Split Peas	_____	_____
Lentils	_____	_____
Other:	_____	_____
<b>Total:</b>	_____	_____

**Storage:** Legumes are an inexpensive, nutritious protein food. They can be stored in clean, dry, metal, glass or plastic containers with tight fitting lids. They may also be dry-pack- canned.



## SELF-RELIANCE THOUGHTS

**“The principle of self-reliance is spiritual as well as temporal. It is not a doomsday program; it is something to be practiced each and every day of our lives.”**

- Elder L. Tom Perry (Conference Report, Oct. 1991)

**“I ask you earnestly, have you provided for your family a year’s supply of food, clothing, and , where possible, fuel? The revelation to store food may be as essential to our temporal salvation today as boarding the ark was to the people in the days of Noah.”**

*“We encourage families to have on hand this year’s supply; and we say it over and over and over and repeat over and over the scripture of the Lord where He says, ‘Why call ye me, Lord, Lord, and do not the things which I say?’”*

**“How empty it is as they put their spirituality, so called, into action and call Him by His important names, but fail to do the things which he says.”**

- Ezra Taft Benson, Conference Report, Oct. 1973

**“Let us work for what we need. Let us be self-reliant and independent. Salvation can be obtained on no other principle. Salvation is an individual matter, and we must work out our salvation, in temporal as well as in spiritual things.”**

- Marion G. Romney, Conference Report, Oct. 1976

**“The real long term objective of the Welfare Plan is the building of character in the members of the Church, givers and receivers, rescuing all that is finest down deep inside of them, and bringing to flower and fruitage the latent richness of the spirit, which after all is the mission and purpose and reason for being of this Church.”**

- J. Reuben Clark, Jr., Special mtg of Stake Pres. 2 Oct. 1936

## FACTS ON WATER STORAGE FOR EMERGENCY USE

### Why Store Water

Natural disasters such as floods or earthquakes may pollute or disrupt water supplies. Water is more essential than food in sustaining life. It is wise to have an emergency storage of at least 14 gallons of water per person. To protect the quality of the water it must be pure to start with, treated to prevent microbial growth, and stored in clean, food grade containers.

### How Much Do I Need?

Quantities: It is recommended to have one gallon per day per person for a two week period of time, or 14 gallons per person.

### Shelf Life

If stored in clean containers and if safe bacterially at the time of storage, water will remain safe because disease organisms tend to die out with storage. Thus, the longer the water is stored, the safer it will become from the bacteriological standpoint.

### Purification Treatments if Contaminated:

If the water is not pure, use one of the following treatment methods:

- **Filtration** - There are many good water filters on the market. The activated charcoal type can also remove bad tastes. Some models also add chemicals to kill bacteria.
- **Chemical** -
  - **Household Bleach (5% sodium hypochlorite)**  
8 drops per gallon or ½ teaspoon per gallon, if clear.  
16 drops per gallon or 1 teaspoon per gallon, if cloudy.  
Let stand for 30 minutes before use. (Water taste can be improved by pouring it back and forth several times between two containers to dissipate chlorine and aerate the water.)
  - **Iodine (2% solution)**  
12 drops per gallon, if clear.  
24 drops per gallon, if cloudy.
  - **Other** - Other chemicals may be acquired from most outdoor supply stores.
- **Boiling** - Boil water for three to five minutes, depending on elevation (the higher the elevation, the longer the water should be boiled).
- **Distilling** - This is the most effective method of water purification. However, it is slow and the equipment is expensive. If you plan to use this method, advance preparation will be necessary.

### Water Storage Containers

Good water storage containers are airtight, resistant to breakage, heavy enough to hold water. They need to have a lining that won't rust or affect the flavor of the water. The following containers are commonly used:

- **Plastic Juice or Soda Bottles** - Clear plastic containers made of P.E.T.E. plastic. Used containers should be food containers that are thoroughly cleaned, rinsed, and dried.
- **Water Beds** - A double water bed holds about 200 gallons of water. This water contains an algicide. **Do Not Drink It.** For non-food usage only, such as clothes washing and general cleaning.
- **Water Heater** - Close the inlet valve immediately after the water supply is disrupted.
- **Bleach Bottles or Plastic Milk Jugs** - Not food grade plastic. This type of bottle tends to turn brittle over several years and is likely to leak.

## UPDATE ON MILK STORAGE

Ensign March 1997

Welfare Services

Following are questions often asked about long-term storage of powdered milk for a family's supply of food:

- **What kind of milk is best to store?** Non-fat milk, either regular or instant, stores well when packaged properly and kept at room temperature or cooler. In the past, many felt that non-instant milk would store better. There is actually no difference in shelf life between instant and non-instant powdered milk.
- **What are the best containers?** Milk stored in airtight, low-oxygen cans has been found to last longer and stay fresher tasting than milk stored in boxes or plastic bags.
- **How long can powdered milk be stored?** Optimal storage life on non-fat dry milk stored in cans at room temperature is two years before noticeably stale flavors begin to develop. However, when stored at cooler temperatures, it can be kept much longer. Rotation of powdered milk may be accomplished through personal use or by giving it to others who will use it promptly.
- **How much powdered milk should be stored?** Guidelines for quantities of dry milk to store are found in the 1979 booklet published by the Church called *Essentials of Home Production and Storage*. The booklet recommends that members store an equivalent of 300 quarts of dry milk, or approximately 75 pounds of dry milk per person per year.

However, since that time, as a result of a U.S. government study on maintaining nutritional adequacy during periods of food shortage, a second option has been recommended that suggests 64 quarts, or 16 pounds, per family member per year. Equivalent to approximately one glass of milk a day, that amount will maintain *minimum* health standards. Keep in mind, however, that the needs of children and pregnant or nursing mothers will require more than the minimum amount of stored milk. It is recommended that families who opt to store only the minimum 16 pounds of milk per person should also increase storage of grains from the recommended 300 pounds per person to 400 pounds per person to compensate nutritionally for this change.

- **How can it be determined if milk is past its prime shelf life?** Milk develops off-flavors as it ages. However, it still retains some nutritional value, and unless spoilage has occurred from moisture, insects, rodents, or contamination, it is still safe to use.
- **What can be done with milk that is too old to drink?** It is important to think of milk in terms of optimal shelf life rather than waiting until it is too old to use. Older non-fat dry milk can be used in cooking as long as it has been protected from spoilage. If powdered milk has spoiled, however, it can be used as fertilizer in the garden.

For information about low-oxygen, dry-packed canning of powdered milk and other food storage items, contact your area's welfare agent, local cannery, or ward and stake canning specialist.

## MORE SUBSTITUTIONS AND TIPS:

1 Cup **sugar** = 1 Cup honey and reduce the liquid in the recipe by 1/4 Cup (in cake, substitute honey for only half of sugar)

1 Cup **honey** = 3/4 Cup sugar plus 1/4 Cup liquid

1 Cup **corn syrup** = 1 Cup sugar plus 1/4 Cup liquid

1 Tbsp. **cornstarch** (for thickening) = 2 Tbsp. flour

1 tsp. **baking powder** = 1/4 tsp. baking soda plus 1/2 Cup buttermilk Or sour milk (to replace 1/2 Cup liquid called for in recipe)

1 Cup **whole milk** = 1/2 Cup evaporated milk plus 1/2 Cup water Or 1 Cup reconstituted nonfat dry milk plus 2 1/2 tsp. margarine Or butter

1 Cup **sour milk Or buttermilk** = 1 Tbsp. lemon juice Or vinegar, plus sweet milk to make 1 Cup, let stand 5 minutes.

1 Cup **cream** = 1/3 Cup butter plus 2/3 Cup milk

1 Square (1 oz) unsweetened **chocolate** = 4 Tbsp. cocoa (unsweetened baking cocoa powder) plus 1 Tbsp. butter Or 3 Tbsp. cocoa plus 1 Tbsp. oil.

1 Cup canned **tomatoes** = 1 1/3 Cups cut up fresh tomatoes simmered 10 minutes

1 Cup uncooked **rice** = 3 - 4 Cups cooked rice

1 Cup **whipping cream** = 2 Cups whipped whipping cream

3 Cups dry **cornflakes** = 1 Cup crushed flakes

3 medium **bananas** = 1 Cup mashed bananas

**Green Pepper:** 1/4 Cup dehydrated green peppers = 1 medium green pepper.

8 Tbsp. **butter Or margarine** = 1 cube (1 square) = 1/2 Cup

1/2 pound of **butter Or margarine** (2 cubes) = 1 Cup

To Make Regular **Mustard**, blend in a blender at high speed until mixture is one color and well mixed: 1/3 Cup flour, 1/2 Cup sugar, 1 Tbsp. salt, 3/4 Cup dry mustard, 1 1/2 Cups white vinegar, 1 green onion, dash of sugar.

**Baking Powder:** To make 1 tsp. baking powder, substitute 1/4 tsp. baking soda and 1/2 tsp. cream of tartar. Mix just before you use it. This cannot be stored.

**Butter:** To make 1 Cup of Butter, substitute 2 sticks softened margarine plus 1/3 Cup vegetable oil and 1/2 Cup buttermilk. Beat until liquid is absorbed. Refrigerate. OR use 1 Cup vegetable shortening plus 1/2 tsp. salt.

**Shortening Or Butter:** To substitute 1 Cup of shortening Or butter in a recipe, use 2/3 Cup vegetable oil.

**Eggs:** To equal 1 whole egg, substitute 2 egg yolks plus 1 Tbsp. water, OR use 2 Tbsp. dehydrated eggs plus 2 1/2 Tbsp. water.

**Flavored Gelatin:** To make a 3 oz. pkg. of gelatin, substitute 1 Tbsp. plain gelatin plus 2 Cups of fruit juice.

**Half and Half:** To make 1 cup of half and half, substitute 7/8 Cup milk plus 1 Tbsp. butter, OR 1/2 Cup coffee creamer and 1/2 Cup milk.

**Whole Milk:** To substitute 1 Cup whole milk, use 1/2 Cup evaporated milk plus 1/2 Cup water, OR use 1 Cup reconstituted milk plus 2 Tbsp. butter Or margarine.

**Sour Cream:** To make 1 Cup sour cream, substitute 1 Cup milk plus 1 1/2 Tbsp. vinegar.

**Sour Milk:** To make 1 Cup sour milk, substitute 1 Cup milk plus 1 Tbsp. vinegar OR lemon juice OR 1 3/4 tsp. cream of tartar.

**Sugar:** To equal 1 cup sugar, substitute 3/4 honey and reduce liquid in recipe by 1/4 Cup, or add 1/4 Cup flour. OR 1 Cup molasses. OR 1 1/2 Cup carob syrup. OR 1 1/4 Cup malt syrup.

**Sugar, Powdered:** 1 lb. powdered sugar equals 3 3/4 Cups unsifted powdered sugar. To make 1 Cup powdered sugar, substitute 1 Cup of sugar and 1/2 tsp. of cornstarch. Blend in blender at high speed until powdered. To protect your blender motor, only do small amounts at a time.

**White Flour:** Several different flours may be used in place of regular white flour. Here are several equivalents you may use to equal 1 Cup flour: Substitute 3/4 Cup whole wheat flour, OR 7/8 Cup rice flour, OR 1 Cup corn flour, OR 1 Cup corn meal, OR 1 1/2 Cup rolled oats, OR 3/4 Cup buckwheat, OR 1/2 Cup barley flour, OR 3/4 Cup rye flour.

**Wheat Flour for White Flour:** Use 1 Cup minus 2 Tbsp. wheat flour to equal 1 Cup white flour. If you are using baking powder or baking soda in a recipe you have substituted the wheat flour for the white flour, increase the powder/soda by 1/3. If you are using yeast in these circumstances, double the yeast called for in the recipe.

**Wheat Tips:** If it is possible, grind the wheat just before using it to retain full nutrition. The rich vitamin E and the wheat germ are lost soon after grinding.

**Wheat sprouts** are good to use in a tossed green salad, or as a snack, or add them to tuna or chicken or turkey salad sandwiches just before you spread it on the bread. Sprouts add vitamins C and A to your diet.

**Yeast:** 1 package active dry yeast = 1 Tbsp. yeast.

When you use **Honey** in baked dishes, bake them at a lower temperature for best results.

**Honey** will soften cookie batters. If you still want to use honey in a recipe, but want a crisper variety of cookie, add 4 Tbsp. flour for each 3/4 Cup honey used.



## DRY-PACK CANNING

Church members living near a Church-owned cannery are encouraged to participate not only in welfare canning sessions, but also in family canning programs. Members are invited to set up appointments through the cannery to use the equipment at the cannery or to check out a sealer for dry-pack canning at your home. Dry-pack canning can be done in evenings at the cannery, except Mondays, and on Saturdays as long as we have enough lead time to schedule missionaries to be there with you.

### For Appointments & Scheduling of Dry-Pack Canning

Call the Home Storage Center number listed on the cover.

The cannery has twenty two products available to can at a reasonable cost, or you can bring your own food and pay only for the cost of the pouches and cans. Many stakes also have access to dry-pack canning equipment that can be checked out for individual use at home.

Dry-pack canning is an effective method for storing dry food. Bulk storage foods such as wheat or beans are placed in large metal #10 cans or foil pouches, along with a packet that removes oxygen, then sealed without further processing. Foods that are stored this way have an extended storage life and are protected from moisture, insects, and rodents.

### DRY-PACK INFORMATION

The following products are authorized to be dry-packed:

Apples - Dried	Cocoa	Onions	Rolled Oats - Quick
Bananas - Dried	Corn - Dried	Popcorn	Rolled Oats - Reg
Beans, Pink	Flour - White	Potato - Flakes, etc	Soup Mix
Beans, Pinto	Fruit Juice Mix	Pudding - Chocolate	Spaghetti
Beans, Red	Lentils	Pudding - Vanilla	Split Peas
Beans, White	Macaroni	Refried Beans - Dried	Sugar - White
Carrots - Dried	Milk - Dried	Rice - White	Wheat

The following products are available to purchase from the cannery:

Apples Slices	Dry Onions	Pudding - Chocolate	Soup Mix
Beans, Pink	Flour - White	Pudding - Vanilla	Spaghetti
Beans, Pinto	Fruit Drink Mix	Refried Beans - Dried	Sugar
Beans, White	Hot Cocoa	Rice - White	Wheat (Hard Red)
Carrots - Dried	Macaroni	Rolled Oats - Quick	Wheat (Hard White)
Dry Milk	Potato Pearls	Rolled Oats - Reg	

(These products are available for dry-pack canning only. We are not allowed to sell as bulk storage or to put in any other containers other than the cans or pouches provided by the cannery.) A price list is available at the cannery.

The following products should not be dry-packed:

Barley	Cornmeal	9 Grain Cereal	Pancake Mix
Brown Rice	Cornstarch	Muffin Mixes	Powdered Sugar
Brown Sugar	Egg Products	Noodles	Soy Beans
Candy	7 Grain Cereal Yeast	Pancake Mix	Yeast
Cereal	Salt		

(Primary reason not suitable for dry-pack canning is either due to high oil content, has an egg base or it needs to breath.)

### Shelf Life:

Shelf life varies according to product and storage conditions. For best results store in cool(70°F or less) dry place, away from sunlight. Store on shelves or raised platforms, not in direct contact with concrete to avoid moisture damage.

### BASIC FOOD STORAGE 1 Person - 1 Year

<b>Wheat/Grain</b>		<b>400 lbs.</b>
Wheat, Rice, Oats, Flour, Spaghetti, Macaroni		
<b>Oil - Rotate Annually</b>		<b>2 ½ Gallons</b>
Vegetable Oil, Shortening, Peanut Butter, Mayonnaise, Salad Dressing (Mayonnaise Type)		
NOTE: 4 gallons = 24 lbs. oil. The following measurements may help:		
1 qt. mayo = 1 ½ lb. oil		
1 qt. salad dressing = 1 lb. oil		
1 lb. peanut butter = ½ lb. oil		
<b>Beans/Legumes</b>		<b>60 lbs.</b>
Beans (dry, lima, soy), Peas (split), Lentils, Dry Soup Mix		
<b>Powdered Milk</b>		<b>16 lbs.</b>
Milk, Nonfat Dry, Evaporated (6 cans = 1 lb.)		
<b>Sugar</b>		<b>60 lbs.</b>
Sugar; Granulated, Brown; Molasses, Honey, Jams, Preserves, Jellies, Corn Syrup, Fruit Drink (powdered), Flavored Gelatin		
<b>Salt</b>	<b>(Store in Original Container)</b>	<b>8 lbs.</b>
NOTE: This is 4 regular salt packages.		
<b>Water</b>		<b>14 Gallons</b>
1 gallon per day for 2 weeks supply, minimum (Drinking amount only - more for cooking, washing)		

Bishop Store House  
 Dry Pack Labels  
 Best If Used By (Recommendation)

Product	Years	
Sugar (white)	30	“
Wheat	30	“
Dried Carrots	20	“
Fruit Drink Mix	10	“
Pinto Beans	30	“
White Beans	30	“
Black Beans	30	“
Dried Apple Slices	30	“
Spaghetti	30	“
Macaroni	30	“
Chopped Dried Onions	30	“
Hot Chocolate	5+	“
Quick Oats	30	“
Regular Oats	30	“
White Flour	10	“
Soup Mix	5	“
White Rice	30	“
Powdered Milk	20	“
Potato Flakes	30	“
Dehydrated Refried Beans	5+	“

**For more information go to [providentliving.org](http://providentliving.org) and look under family food storage, then go to Home Storage Center order form.**

It will list all the products that they carry the availability and what the prices are for the various containers and products.

**Storage Suggestions:** Store dry-pack in a cool, dry location ( 70 degrees or cooler) away from sunlight. Store on shelves or on raised platforms rather than directly in contact with concrete floors and walls.

**Notice: Warmer conditions in desert climates may reduce the shelf life of canned foods. Rotation within 2 years is recommended – even though some products may last much longer.**

Rotation may be accomplished by personal use, or by sharing with others.