

RECIPE CARDS

Breakfast Cereal

Cracked Wheat

1 cup cracked wheat 2 cups water

In a 1 ½ qt pan put cracked wheat and water. Bring to boil, lower heat and simmer, covered for 20 minutes. Makes about 3 cups.

Cream of wheat cereal

1 cup water
¼ cup germade
Add small amt vanilla

Alt. Chocolate, add 1/8 cup Nestlé's chocolate drink mix
Makes 2 servings

Rice and apple breakfast SFL100

½ cup apple juice 2 cups cooked brown rice
1 T honey 2 T raisins
½ t cinnamon 1-2 med apples, peeled, quartered and
thinly sliced

Combine all ingredients in a medium saucepan. Cover. Simmer 8-10 minutes over low heat. Yield 4- ½ cup servings

5 Yummy Oatmeal-based Recipes

As you'll see, there's a standard "formula" - one half cup dry oatmeal, 1 cup water cooked to your consistency.

- **Blueberry Nut Oatmeal:** Half cup dry Old Fashioned oats, 1 cup water, mixed with 1 cup frozen blueberries, warmed in microwave for 1 minute, topped with 2 Tbsp MUFA-rich cashews

- **Banana-pecan oatmeal:** Half cup dry Old Fashioned oats, 1 cup water, cooked and mixed with one half cup sliced banana, sprinkled with cinnamon and nutmeg, topped with 2 Tbsp MUFA-rich pecans

- **Apple-almond oatmeal:** Half cup dry Old Fashioned oats mixed with water and cooked, sprinkled with apple pie spice, mixed with 1 medium apple, sliced, topped with 2 Tbsp almonds

- **Peachy pecan oatmeal:** Half cup dry Old Fashioned Oats (mixed with water to create consistency of your choice), cooked in microwave for 1 minute, mixed with 1 cup Sliced Peaches, sprinkled with nutmeg, topped with 2 Tbsp MUFA-rich pecans

- **Banana split oatmeal:** Cook one half cup dry Old Fashioned Oats, mixed with water and cooked to create consistency of your choice and combine with 1/4 cup strawberries. Top with one quarter cup sliced banana, 1 Tbsp semi-sweet chocolate chips and sprinkle with 2 Tbsp MUFA-rich peanuts.

Pumpkin Spiced Oatmeal SERVES: 1;

1 cup water Pinch of salt
1/3 cup quick oats 1/4 cup canned pure pumpkin
2 T toasted chopped pecans 1/4 tsp ground cinnamon
2 tsp brown sugar Pinch of freshly grated nutmeg
Pinch of ground cloves

1. In a saucepan over high heat, bring the water to a boil. Add the salt and oats. Cook, stirring for 90 seconds.

2. Combine the remaining ingredients in a small bowl. Reduce the heat to low and stir in the pumpkin mixture. Adjust spices to taste

Date Brown rice and millet cereal LWN248

1 c brown rice ½ cup millet
4 ½cup water ¼ cup chopped dates
2 tsp maple syrup ¼ tsp cinnamon
1 cup skim milk

Place rice, millet, and water in a med pan, bring to a boil allow to cook for a minute or two. Stir in the dates, syrup, and cinnamon. Cover the pan, turn heat to lowest setting and steam the grains for 45 minutes. Remove from heat and let it stand another 10 minutes. Serve with milk.

Apple cinnamon oatmeal LWN248

1 cup water ¼ cup apple juice
1 tart apple, diced 2/3 cup rolled oats
Dash of cinnamon 1 cup skim milk

Place the water, juice, and apples in a medium pan and bring to a boil. Stir in rolled oats and cinnamon. Return to a boil, then reduce heat and simmer until thick. Serve hot with milk 2 servings

Hot apple cider breakfast bowl Lwn247

1 ½ cups cooked brown rice 1 cup apple cider
1 cup water 2T ground almonds
Dash cinnamon

Place all ingredients in a med sized pan and bring to a boil. Reduce heat, cover and simmer 1 hour. (Can be done the night before) Place cooked mixture in a blender and process until smooth. Reheat if necessary.

Three bears porridge with milk Lwn248

1 ½ cup water ¼ cup bulgur
1/3 cup rolled oats 2 T chopped dates

Place water and bulgur in a small pan and bring to boil. Reduce heat and simmer about 8 minutes or until bulgur is soft. Stir in the rolled oats and the chopped dates. Continue to simmer for another 1-2 minutes. Serve hot with milk. 2 servings

Maple wheat and oats cereal 2 servings

¼ cup wheat kernels ¼ cup oat groats
2 cups water 1 T maple syrup
1/3 cup skim milk

Place wheat kernels and groats in a dry, large cast iron skillet. Toast kernels over low-med heat stirring constantly, until most have 'popped' and are light brown. Place toasted grains in blender or food processor and process with short bursts until grains are cracked. Combine water and grains in sauce pan. Bring to boil, reduce heat, cover and simmer 10-15 minutes, until cereal is thick. Stir the maple syrup into the cereal and serve hot with milk.

Buckwheat breakfast cereal **4 servings**

2 ½ cups water ¾ cup buckwheat groats
 1 T honey 1/3 cup raisins
 ¼ tsp cinnamon ¾ cup skim milk

Bring water to boil in sauce pan. Stir in groats, reduce heat, cover, and simmer for 20-25 minutes, until quite soft.

Stir in honey, raisins, and cinnamon. Cook additional 5 minutes. Serve with milk.

You can use dried apricots in place of raisins.

Barley Breakfast bowl **6 servings**

1 cup barley 4 cups water
 2 T honey 1 tsp cinnamon
 1 cup skim milk

Place the barley in water in sauce pan. Bring to boil and simmer 1 ½ hours. Add honey and cinnamon. Stir and cover. Simmer an additional 10 minutes. Stir in milk and serve.

Sunflower maple porridge **2 servings**

1 ½ cups water ½ cup bulger
 ¼ cup raisins 1 T ground sunflower seeds
 1 T maple syrup (or sweetener of choice)
 ½ cup skim milk

Place water, bulger, raisins, sunflower seeds, and maple syrup in sauce pan. Bring to boil stirring frequently, then reduce heat and simmer, stirring occasionally for 15-20 minutes or until creamy. Serve with milk.

Old Fashioned Rice Pudding

Make a double batch and enjoy the leftovers for breakfast

2 Large eggs ¼ cup honey
 1 tsp vanilla ¼ tsp salt
 2 cups skim milk 2 cups cooked brown rice
 Nutmeg ½ cups raisins (optional)

Place eggs, honey, vanilla, salt, and milk in blender. Pulse to mix well. Pour over cooked rice in a 9 X 9 baking dish. Add raisins if desired. Stir only until mixed. Sprinkle with nutmeg. Bake in 325° oven for 30 – 35 minutes or just until pudding is set. (Tip: A double recipe fills a 9 X 13 pan. Bake 325° 30 – 35 min. Yield 6 servings)

Grape Nuts

6 cups whole wheat flour
 1 ½ cups brown sugar 1 tsp salt
 2 cups buttermilk 1 tsp baking soda

Mix and press or roll onto 2 cookie sheets and bake at 300° for 1 hour or until dry. Grind with a meat grinder to the size of grape nuts and put in oven at 400° until golden brown, about 8 minutes. After grinding, the crumbs may be sifted from the cereal. Use the crumbs in place of cracker to make a crust.

Cracked Wheat-traditional syl38

1 cup cracked wheat 2 cups water
 2 cups milk 1 tsp cardamom
 2T nuts per serving 1T honey per serving
 1/2 apple per serving

In a 1 ½ qt pan put cracked wheat and water. Bring to boil, lower heat and simmer, covered for 20 minutes. Makes about 3 cups. While wheat is cooking heat milk with cardamom, simmer. Serve with milk, nuts, honey, and apples. Serves 4

Oatmeal cereal –traditional syl47

1 cup rolled oats 3 cups milk
 1T cinnamon 2tsp almond flavoring
 1T raisins per serving 1T chopped almonds per serving
 1T sesame seeds per serving

In pan put oats and milk. Bring to boil, then simmer about 15 minutes. Add cinnamon and almond flavoring, serve with more milk, raisins, almonds, and sesame seeds. Serves 4

Baked Oatmeal Breakfast Treat

3 cups quick oats 1 cup brown sugar
 2 tsp baking powder 1 tsp cinnamon
 1 tsp salt 1 cup milk
 ½ cup melted butter 2 eggs beaten

Mix together and pour into a 9 inch square greased pan. Bake at 350 degrees F for 40-45 minutes. Serve warm with milk. Times the recipe by 1 1/2 for a 9 by 13 inch pan.

Millet Cereal

2 cups water ¼ tsp salt
 ½ cup millet 1 apple chopped (optional)
 ¼ cup raisins(optional) Cinnamon and sugar

Bring water and salt to boil. Add millet. Reduce heat to low, cover, and steam 25-30 minutes; don't stir. Add apple to top of millet the last 5 minutes. Serve with raisins, milk and sprinkle with cinnamon and sugar. Makes 6 servings

BAKED CEREAL

1/2 cup whole wheat 1/2 cup pearl barley
 1/2 cup oat groats 1/2 cup millet
 3/4 teaspoon salt 4-1/2 cups water

Combine all ingredients in a 2 quart casserole. Cover with a glass lid or aluminum foil. Bake overnight at 150o to 200o. Serve with honey and milk. Refrigerate unused portion in an airtight container.

SEVEN GRAIN CEREAL

3 T oat groats 3 T brown rice
 2 T rye 2 T wheat
 2 T buckwheat 2 T pearled barley
 1 T spelt 1 T sesame seeds
 1/4 tsp salt

Stir ingredients into 2-1/2 cups boiling water. Cook at low boil on medium heat for 25 minutes or until water is absorbed. OR Combine ingredients with 2-1/2 cups water in a 2-quart saucepan. Bring to a full rolling boil and boil 5 minutes. Turn off heat; cover tightly. Let sit overnight. To use as a side dish or in salads, soups, and casseroles use only 2 cups of water.

Oatmeal w/ fruit, nuts and clotted cream

Put 2c. old fashioned oats (not instant) into saucepan with 4 c. water and ½ tsp salt. You can add a handful of raisins, dried cherries and/or dried cranberries and a dash or two of cinnamon. Cook at low heat uncovered until very thick. Cover and let stand for 5 minutes. Put in bowls and top with any canned fruit (not necessary if you put dried fruit in while cooking), nuts and brown sugar or maple syrup. Top with a dollop of clotted cream.

Breakfast Eggs

Scrambled eggs with real bacon bits
Toast

Breakfast burritos

Eggs, potatoes, sausage or bacon, cheese, salsa in flour tortilla

Eggs and fried Spam

English muffin

EGGS, Dry Mix

For scrambled eggs, mix 1/2 cup egg mix with 1/2 cup water until creamy. Then add 3/4 cup more water and let stand 15 minutes. Cook as usual. Makes 2-4 servings. If desired, add 1/4 c. powdered milk and 1/4 tsp. salt to dry eggs before adding water. For crepes, increase water to 1 cup and add 1 cup flour sifted with 1 tsp. baking powder. Cook in medium hot buttered pan until golden

Egg in a basket HSKF 109

1 unbaked biscuit per serving
1 egg per serving
Cheddar Cheese

Place biscuits in muffin tin, shaping to fit sides and leaving a well. Break eggs into 'baskets'. Bake in 400 degree oven 10-15 minutes.

Scrambled bread HSKF 106

1 tsp butter
1 slice whole wheat bread, broken in small pieces
2 eggs beaten
2 slices cooked bacon, coarsely crumbled
Melt butter in frying pan. Add bread and sauté until golden brown. Add remaining ingredients and scramble until fluffy.

Breakfast Pizza

Pre baked Pizza crust
Top with scrambled eggs, bacon or sausage, cheese and veggies etc, Bake until cheese melts

Breakfast Eggs

Whole grain toast with egg salad spread

Chili Relleno casserole Cwhs125

1 lb Monterey Jack Cheese 1 lb Sharp cheddar cheese
1 can diced chilies 1 cup milk
1 cup flour 6 eggs

Grate cheeses and mix with chilies, place in a well greased 9x13 pan. Blend together milk flour and eggs. Pour over cheese and stir slightly. Bake 375 degrees for 45 minutes. Serve with salsa and sour cream.

Chicken frittata

3c corn tortilla chips crushed 1/2 cup green salsa
1/2 lime 12 eggs
3/4 cup milk 1 cup Colby jack cheese
2T cilantro 1 med onion

1 lg green pepper diced 1 clove garlic, crushed
1 cup diced chicken 1 tomato sliced
Salsa, sour cream

Preheat oven to 350. Combine chips, salsa and lime juice from half, mix well set aside. Combine eggs, milk 3/4 cup cheese and cilantro whisk until blended add to tortilla mixture; mix well Heat 12in skillet over med high heat until hot. Spray with nonstick spray, add onion, pepper, garlic. Cook 2-3 minutes until crisp tender. Add chicken stir well. Pour egg mixture carefully over ingredients in skillet. (do not stir) place into oven, bake 22-25 minutes or until set. Arrange tomato slices on top and top with remaining cheese. Let sit 5 minutes until top cheese is melted. Serve with sour cream and salsa. 12 servings

Piperade

4 tsp olive oil 3 med plum tomatoes, chopped
1/2 cup chopped green onion 2 lg eggs
1 sm green pepper chopped 2 lg egg whites
1/4 tsp each salt and pepper 2 tsp water
1 clove garlic, minced
2 T minced, fresh basil, chives, or oregano

In a 9-inch skillet, heat 2 tsp of oil over moderate heat. Add onion, green pepper and 1/8 tsp ea. Salt and pepper; sauté stirring occasionally for 3 minutes. Add garlic and tomatoes and continue 4-5 minutes longer until mixture is dry. Transfer to bowl and set aside.

In a small bowl whisk eggs, egg whites, water and remaining 1/8 tsp salt and pepper. In same skillet heat remaining 2 tsp oil. Add egg mixture reduce heat to med low and cook covered for 1 minute. Spoon veg mixture on top cover and cook 2 minutes more until vegetables are heated through and eggs are set. Serve immediately, sprinkled with basil. Serves two

Eggs in tortilla flowers

4 corn tortillas, 6 in 1 lg sweet red pepper, finely chopped
2 tsp canola oil 4 oz ham finely chopped
6 lg eggs 2 green onions including tops sliced
4 lg egg whites 1/4 tsp pepper to taste
2T water mild salsa for topping

Pre-heat oven to 325. Invert 4 small custard cups on a baking sheet and coat the bottoms with cooking spray. Brush each tortilla with 1/4 tsp oil, then cut 8 evenly spaced 2 inch deep slits around the edge. Center each tortilla, oiled side up, on top of the cup, letting the edges drape down the sides. Bake for 20 minutes or until crisp.

After tortillas have baked for two minutes, start the eggs. Heat remaining oil in skillet over moderate heat. Add pepper, ham, and green onions. Cover and cook 6 minutes or until soft. While they are cooking beat eggs, egg whites, water and pepper in bowl.

Add egg mixture when peppers are soft and cook uncovered 3 minutes or more scrambling lightly. Remove tortillas from custard cups and invert on plates. Fill each tortilla with egg mixture and serve immediately. Top with salsa in desired. Serves 4

Creamy Syrup

¾ c maple syrup ¼ c half and half
1 tsp butter ¼ tsp vanilla

Cook first 3 ingredients until boiling, remove from heat; add vanilla. Serves 4

Breakfast Cereal

Nutty fruity toast HSFK 115 Chocolate Milk

¼ cup peanut butter ¼ cup chopped raisins or dried apricots
1 T jam 1 tsp cinnamon
4 slices whole wheat bread 1 egg
¼ cup milk 1T butter

Combine peanut butter, raisins, jam and cinnamon. Spread on two slices of bread. Top with remaining bread. Beat eggs and stir in milk. Dip each sandwich in mixture. Melt butter in skillet. Brown sandwiches on both sides. Makes 2

Polenta with Breakfast fruit sauce LWN 249

6 ½ cups water 2 cups cornmeal
2tsp butter 2 cups breakfast fruit sauce

Place 5 cups of water in a large saucepan and bring to a boil. Meanwhile, stir the remaining water into the cornmeal. When water in pan is boiling, stir in the cornmeal. Keep stirring until smooth. Reduce heat and cover pan. Simmer 25 minutes, stirring frequently, until thick. Rinse a 9x5 loaf pan with cold water. Pour the polenta into the pan and refrigerate overnight. Next morning, cut the polenta into 12 slices. Cook the polenta, a few slices at a time, in a large skillet with the butter. Serve hot with heated fruit sauce. Garnish with oranges.

Buttermilk cornmeal pancakes

6 eggs 2 ½ cups buttermilk
2 ¼ cups cornmeal 1 cup flour
1/3 cup sugar 1 T baking powder
1 tsp baking soda ¾ tsp salt
8 T butter melted

Beat eggs in large bowl. Add buttermilk, cornmeal, flour, sugar, baking powder, baking soda and salt. Beat until smooth. Mix in 6 T melted butter. Cook in a hot buttered skillet or griddle. ¼ cup at a time approx 2 minutes on each side. Serve warm with syrup. Serves 6-8

Manti house waffles Cookies29

Mix grain 6 barley, millet, oats, rice, rye, plus wheat
1 cup milk 1 egg
1T butter ¼ tsp salt
1 tsp baking powder 1 cup grain mix flour

Combine wet ingredients, stir in dry ingredients, cook on hot waffle iron, buttered first time.

Yeast raised buckwheat pancakes Pasta and grains27

2 cups milk 1 T molasses
¼ package yeast ½ tsp salt
2T oil 1¾ cups buckwheat flour
1 egg or 2 egg whites or 1/4tsp baking soda dissolved in ¼ cup lukewarm water

Scald milk, stir in molasses and let cool to lukewarm. Place yeast in large mixing bowl and pour milk over it, stirring gently to dissolve yeast. Stir in salt, oil, and ¼ cup flour. Let rest 10 minutes. Stir in rest of flour. Cover bowl with damp cloth and let rise overnight (10-12 hours.) Preheat griddle over low heat. Beat egg, gently fold egg or soda water mixture into batter, drop batter onto griddle, cook until bubbly, flip and cook a few minutes more. Serve hot. Makes about 16-5inch pancakes

Oatmeal griddle cakes

Ggrains21

¾ cup oatmeal 1 ¼ to 1 ½ cup milk
1 egg 2T oil
¾ cup oat flour 1 tsp baking powder
2T sugar ½ tsp salt

Combine cooked oatmeal, milk, egg, and oil in a bowl. In another bowl stir together oat flour, baking powder, sugar, and salt. Add the dry ingredients to the wet mixture and stir. Place large spoonful of batter on lightly greased hot griddle. Makes 12-18 pancakes

Western Nugget Pancakes

1 cup cracked wheat 1 ¼ c water
2 cups flour 2 tsp salt
1 T baking powder 2T dry milk powder
2T sugar ¼ c oil, or melted butter
1 Cup water

Soak cracked wheat in 1¼ cups water for 2 hours or over night. Stir the soaked cracked wheat with water, flour, salt, baking powder, dry milk, and sugar together. Add oil or melted butter and 1 cup water. Stir only until batter is smooth. Drop by spoonfuls onto hot greased griddle. Makes about 29, 4-inch pancakes. Batter can be kept in refrigerator. Good with pineapple syrup.

Whole wheat Buttermilk Pancakes

4 T. Buttermilk powder 1 cup Water
1 cup flour 1 T sugar
2 T. Vegetable oil 1 tsp Baking Powder
½ tsp salt 1 egg
½ tsp baking Soda

Mix all ingredients in bowl and stir. DO NOT OVERBEAT! Batter should be slightly lumpy. Cook on hot griddle Add 4-5 chocolate chips to each pancake after spooned on griddle for chocolate chip pancakes. Drop a few blueberries on for blueberry pancakes

Anytime wheat cakes with raisins and nuts-traditional

1 cup milk 2 eggs
2T honey 1 tsp vanilla
2 cups cracked wheat, cooked ¼ cup raisins
¼ cup chopped walnuts ¾ cup flour

In blender mix milk, eggs, honey and vanilla. Blend at high speed 15 seconds. Add cooked cracked wheat, raisins, and nuts. Mix by hand with a spoon until smooth. It should be fairly thick. Grease a griddle and cook as pancakes. Serve hot with honey and yogurt. Serves 4 makes 24.

Hawaiian Pancakes

GG22

1 cup ww pancake mix Add liquids and eggs
1/2 cup toasted coconut 1/2 cup crushed pineapple, drained
Mix pancake mix, add coconut and pineapple stir well. Cook on hot griddle turning once

Ezekiel Pancakes or waffles

2 cups Ezekiel flour 2 cups milk
2 eggs 2 tsp baking powder
1 tsp salt 1/4 cup oil, melted shortening or butter
Mix together and cook on hot griddle as usual

Classic Latkes

3 potatoes, peeled and shredded 1 onion, peeled and grated
2 large eggs 3 T all-purpose flour
1 teaspoon salt 1/4 teaspoon baking powder
2 tablespoons vegetable oil 1/2 cup light sour cream
Place potatoes in a colander and squeeze out as much liquid as possible. In a large bowl, combine potatoes, onion, eggs, flour, salt and baking powder; mix well. Heat oil in a skillet over medium heat. Add batter in heaping tablespoons and flatten each to make a pancake. Fry until golden brown, about 3 minutes. Turn and cook other side; drain on paper towel. Serve with sour cream. 4 servings.

Complete Buckwheat Pancake Mix

4 cups whole wheat flour 1 cup buckwheat flour
1/3 cup soy flour
3/4 cup dry buttermilk powder, **OR** 1 cup of instant nonfat dry milk powder
1 tablespoon salt 1 1/2 T baking powder
1/2 cup sugar 3/4 cup shortening

You need a large bowl or dish pan to mix this in. Measure the whole wheat flour, buckwheat flour, soy flour, dry buttermilk, salt, baking powder and sugar into the large bowl. Using a whisk or your hands, combine everything so it's evenly distributed. Measure in the shortening. Use your hands to mash it into the dry ingredients, until the mixture is the same consistency as coarse cornmeal. Transfer the mixture to a resealable container. Store on the pantry shelf for about a month, or in the refrigerator or freezer for 6 months. Makes about 7-1/2 cups.

To Prepare:

- 1 cup Complete Buckwheat Pancake Mix
- 1/2 cup water

Stir the water and mix together in a small bowl. If the batter seems too thick for pancakes, then add a bit more water and stir again. Drop by 1/4 cupfuls onto a hot, well oiled skillet or griddle. Fry until the bottom of the pancake is brown and the top is dry and covered with small bubbles. Flip the pancake and brown it on the second side. Serve hot with syrup, or Applesauce. Makes 4 pancakes. This recipe can be doubled or tripled as necessary. Good for camping, and mornings when you are rushed.

The soy flour replaces eggs in this recipe, so don't omit it or replace it with something else. If you don't have buttermilk powder, then use a full cup of instant dry milk powder instead. This recipe has a lot of fiber and B vitamins. It is my favorite pancake mix. The buckwheat reminds me of my Granny's pancakes when I was small, and the wood stove was warm on winter mornings.

MULTIGRAIN PANCAKES

1/2 cup quick oats 1 cup milk
1/2 cup all purpose flour 1 cup whole wheat flour
1/2 cup yellow cornmeal 3 T dark brown sugar
2 tsp baking powder 1/2 tsp baking soda
1/4 tsp salt 1 cup milk

In a large mixing bowl, combine quick oats and 1 cup milk. Let soak for 15 minutes. Add remaining ingredients and stir to combine well. Set aside for 15 minutes to allow batter to thicken. Pour 1/4 to 1/3 cup batter on hot griddle or skillet. Cook until edges are dry and bubbles begin to pop. Turn and cook until the underside is golden. Serve with butter and syrup or jam. Makes 16 4-inch pancakes.

Apple and Oatmeal Pancakes

1 1/4 cups buttermilk 2/3 cup quick-cooking oats
1 egg, beaten lightly 2 T brown sugar
2/3 cup grated, peeled apple 3/4 cup all-purpose flour
1 teaspoon baking soda 1/2 teaspoon salt
1 teaspoon cinnamon 2 tablespoons vegetable oil

Maple syrup as an accompaniment In a bowl whisk together 1 cup of the buttermilk and oats. Set aside for about 15 minutes. In a large bowl whisk together the egg, brown sugar and apple. Stir in the flour, baking soda, salt, cinnamon, oil, the oat mixture and the remaining 1/4 cup buttermilk and mixing well. Preheat a greased griddle over moderate heat. When hot, ladle scant 1/4 cup batter for each pancake. Pancakes are ready to turn when bubbles appear on top and the sides appear "dry". Continue cooking until the bottoms are golden. Serve pancakes with maple syrup. Makes about twelve 4-inch pancakes

Apple-Cinnamon Oat Pancakes

1/2 cup whole wheat flour 1/2 cup rolled oats
1 tablespoon sugar 1 teaspoon baking powder
1/2 teaspoon ground cinnamon 1/2 teaspoon salt
1 egg 2/3 cup milk
1/2 cup applesauce 2 tablespoon vegetable oil
1/2 cup finely chopped walnuts

Stir together flour, oats, sugar, baking powder, cinnamon, and salt in mixing bowl. Beat egg in separate bowl; stir in milk, applesauce, and oil. Add liquid mixture to dry ingredients, stirring just until blended. Fold in walnuts. Heat greased griddle or skillet over medium heat or to 375°F (190°C). Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed, bubbly and dry around edges. Turn and cook other sides until golden brown. Makes about 10 (4-inch) pancakes.

Buttermilk Cornmeal Pancakes

6 eggs
2 1/4 cups yellow cornmeal
1/3 cup sugar
1 teaspoon baking soda
8 tablespoons (about) butter, melted

2 1/2 cups buttermilk
1 cup all purpose flour
1 tablespoon baking powder
3/4 teaspoon salt

Preheat oven to 250°F (120°C). Beat eggs in large bowl to blend. Add buttermilk, cornmeal, flour, sugar, baking powder, baking soda and salt. Beat until smooth. Mix in 6 tablespoons melted butter. Add 1/2 tablespoon melted butter to large nonstick skillet over medium heat. Working in batches, pour batter by 1/4 cupfuls into skillet, spacing apart. Cook pancakes until golden brown on bottom, bubbles form and edges appear dry, about 2 minutes. Turn pancakes over; cook until bottoms are golden brown, about 2 minutes. Transfer pancakes to baking sheet; place in oven to keep warm. Repeat with remaining batter, adding more melted butter by 1/2 tablespoonfuls to skillet as necessary. Serve pancakes with maple syrup. Serves 6 to 8.

Chocolate Pancakes

2 cups baking mix
2 T. cocoa powder
1/2 cup mini chocolate chips

1/3 cup dry powdered milk
2 T. sugar

To use entire mix, add 1 cup water and 2 eggs. To use only half, use 1 1/2 cups dry mix, 1/2 cup plus 2 T. water and 1 egg. If you are using dried eggs, add corresponding amount of water to reconstitute the egg product to equal 1 egg. 1/2 mix will make 12 small pancakes. Entire mix will make 24 small pancakes or 16-18 large pancakes.

Four-Grain Pancakes

1/2 cup old-fashioned rolled oats
1/2 cup all-purpose flour
4 tsp brown sugar
1/2 tsp baking soda
1 cup buttermilk
2 T butter, melted

1/2 cup whole-wheat flour
2 T yellow cornmeal
1 1/2 tsp baking powder
1/2 tsp salt
2 eggs, separated
Shortening

Preheat oven to 400°F (205°C). Toast oats on a baking sheet in preheated oven, stirring oats occasionally, until oats are fragrant and toasted, about 7 minutes. Transfer oats to food processor. Whirl until coarsely chopped. Transfer to large mixing bowl. Add flours, cornmeal, sugar, baking powder, baking soda and salt to oats. Set aside. Whisk together buttermilk, egg yolks and melted butter in a small bowl. Set aside. Beat egg whites in a clean small bowl until stiff peaks form. Set aside. Make a well in center of dry ingredients. Add buttermilk mixture to well; stir until combined. Gently fold in egg whites. Heat griddle or skillet over medium heat or to 375°F (190°C). Grease griddle with shortening, if necessary. Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown. Makes about nine 4-inch pancakes. Recipe can be doubled.

Protein Pancakes

1/2 cups whole wheat flour
1/2 cup bran

1/4 cup quick-cooking oats
1 tsp baking powder
1 1/2 cups milk
3 T yogurt
2 T vegetable oil

1/4 cup all-purpose flour
1/4 tsp baking soda
2 large eggs
2 T sesame oil
Honey for accompaniment

Mix together whole wheat flour, bran, quick cooking oatmeal (uncooked and ground fine in a blender), flour, baking powder, and baking soda in a large mixing bowl; set aside. In another bowl, beat together milk, eggs, yogurt, and sesame oil. Add to flour mixture and stir to mix well. Heat a large skillet to medium heat; brush with vegetable oil. Pour batter onto skillet. Cook over medium heat about 2 minutes on each side or until the top bubbles; turn and cook briefly on the other side. Serve with honey. Makes 20.

Pancakes with Variations

Makes about 10 (4-inch)

1 egg
3/4 cup milk
2 T vegetable oil
1/4 tsp salt

1 cup all-purpose or whole wheat flour
1 T sugar (white or brown)
1 T baking powder

In a medium mixing bowl, beat egg until fluffy. Add remaining ingredients and beat just until smooth. For thinner pancakes, stir in additional 1 to 2 tablespoons milk. Heat greased griddle or skillet over medium heat or to 375°F (190°C). Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle.

Cook pancakes until puffed, bubbly and dry around edges. Turn and cook other sides until golden brown. Recipe can be doubled.

Fruited Pancakes: Stir in 1/2 cup fresh or frozen (thawed and drained) berries or chopped fruit such as bananas, apples, peaches or pears.

Crunch Pancakes: Stir in 1/2 cup chopped nuts, trail mix or granola.

Cinnamon-Oatmeal Pancakes: Substitute 1/2 cup quick-cooking oats for 1/2 cup flour. Stir in 1/2 teaspoon ground cinnamon with the flour.

Cornmeal Pancakes: Substitute 1/2 cup cornmeal for 1/2 cup all-purpose flour.

Pumpkin Cinnamon Pancakes

2 cups all purpose flour
1 1/2tsp baking powder
1/2tsp groundcinnamon
1 2/3 cups buttermilk
3 large eggs
4 T butter

1/3 cup brown sugar
1/2 tsp baking soda
1/2 tsp salt
3/4cup canned pumpkin
2 T butter, melted

Preheat oven to 200°F (95°C). Combine first 6 ingredients in large bowl. Whisk buttermilk, pumpkin, eggs and melted butter in medium bowl until well blended. Add to flour mixture and whisk until smooth. Melt 1 tablespoon butter in large nonstick skillet over medium heat. Working in batches, drop batter by 1/4 cupfuls into skillet. Cook pancakes until bubbles form on top, sides appear dry and bottoms are golden brown, about 2 1/2 minutes. Turn pancakes over. Cook until bottoms are golden brown, about 2 minutes. Transfer to baking sheet; place in oven to keep warm up. Repeat with remaining batter, adding more butter to skillet as necessary for each batch. Serve pancakes hot with maple syrup. Makes about 15.

Apple Pancakes

1 cup hydrated dried apples (hydrate in apple juice)
2 c super quick mix 1T dried whole egg, sifted
½ tsp cinnamon 1 ½ c water

Whisk together dry ingredients. Drain apples, reserving juice; chop finely. Add apples and water to dry ingredients until just combined. Let stand 5 minutes. Cook on hot greased griddle makes 10, 4-inch pancakes.

Cider Syrup; ½ c sugar; 1T cornstarch; 1/8tsp cinnamon; 1/8 tsp nutmeg; 1 c apple juice, including reserved juice above; 1T lemon juice. In pan whisk dry ingredients together, add juice and bring to boil, stirring. Remove from heat and stir in lemon juice.

Whole Wheat Pancakes

1/2 cup all-purpose flour 1/2 cup whole wheat flour
1 tsp baking soda 1/2 tsp salt
1 cup buttermilk 1 large egg
1 T vegetable oil 2 T molasses
Butter for accompaniment

In a large bowl, combine flour, whole wheat flour, baking soda, and salt; mix well. In a smaller bowl, combine buttermilk, egg, oil, and molasses; mix well. Add the buttermilk mixture to the dry ingredients, stirring until just moistened (the batter will be slightly lumpy). Pour about 1/4 cup of the batter onto a greased griddle and cook until the bubbles on top just begin to break. Turn and cook briefly on the other side. Serve with butter and maple syrup. Makes 4 servings.

Harvest Grain 'N Nut® Pancakes

3/4 cup rolled oats 3/4 cup whole wheat flour
2 T all-purpose flour 2 tsp baking soda
1 tsp baking powder 1/2 tsp salt
1 1/2 cups buttermilk 1/4 cup vegetable oil
1 egg 1/4 cup granulated sugar
3 T finely chopped almonds 3 T finely chopped walnuts

Lightly oil a skillet or griddle and preheat it to medium heat. Grind the oats in a blender or food processor until fine, like flour. Combine oat flour, whole wheat flour, all-purpose flour, baking soda, baking powder and salt in a medium bowl. In another bowl combine buttermilk, oil, egg and granulated sugar with an electric mixer until smooth. Combine dry ingredients with wet ingredients, add nuts and mix well with mixer. Ladle 1/3 cup of the batter onto the hot skillet and cook the pancakes for 2 to 4 minutes per side or until brown. Makes 8 pancakes

Overnight Blueberry French Toast

12 Slices of Day Old Bread 1/3 Cup Maple Syrup
2 8 oz. Pkg. Cream Cheese 2 T Powdered Sugar
1 Cup FD Blueberries 1 Cup White Sugar
12 Eggs, Beaten 2 T Corn Starch
2 Cup Deh Fat-Free Milk 1 Cup Water
1 Tsp Vanilla Extract 1 Cup FD Blueberries
1 T Butter

Cut cream cheese and bread into 1 inch cubes. Lightly grease 9"x13" pan; Arrange half of bread cubes in bottom and top with cream cheese cubes. Sprinkle 1 cup blueberries over cream cheese, and top with remaining bread. In large bowl, mix eggs, milk, vanilla, and syrup; Pour over bread cubes. Cover, and refrigerate overnight. Remove from fridge about 30 minutes before baking. Cover and bake at 350° F for 30 min. Remove cover and bake 25-30 min. In saucepan boil, sugar, corn starch, water, and blueberries; simmer 10 min. Pour over and enjoy.

Almond Pancake Mix

2 Cup Deh Low-Fat Milk 1 Cup Finely Ground Almonds
2 1/2 Cup Flour 2/3 Cup Baking Powder
1 Cup Whole Wheat Flour 1 T Salt

In a large bowl, stir all ingredients together until well blended. Store in a resealable bag. Yields about 7 1/2 cups of pancake mix.

Pancakes

2 1/2 Cup Pancake Mix 1 Egg
1 1/4 Cup Water 2 T Vegetable Oil

In a medium bowl, mix all ingredients. Stir until just moistened. Heat a greased griddle over medium heat. For each pancake, pour 1/4 batter onto griddle and cook until top is full of bubbles and then flip. about -1 dozen 5" pancakes

Rice and Sausage Pancakes with Country Gravy

Gravy:

1 T sausage drippings 1 T all-purpose flour
2/3 cup milk 2 ounces bulk pork sausage, cooked, crumbled
Salt and ground white pepper
Heat drippings in medium saucepan over medium heat; stir in flour until smooth. Cook 4 minutes. Gradually stir in milk; cook, stirring, until mixture thickens. Stir in sausage, salt and pepper. Keep warm.

2 T butter or margarine
1/4 cup plus 2 T all-purpose flour
1 1/3 cups milk
1 large egg, beaten
1 cup cooked rice, cooled
6 ounces bulk pork sausage, cooked, crumbled
Melt butter in large saucepan over medium heat; stir in flour until smooth. Cook 5 minutes. Gradually stir in milk; cook, stirring, until mixture thickens. Whisk in eggs; remove from heat. Stir in rice and sausage. Use 3 tablespoons batter for each pancake and cook in greased medium skillet over medium heat until golden brown. Serve pancakes with gravy. Makes approximately 12 pancakes (4 servings).

Fried cornmeal mush and syrup

8 servings

1 ½ cup cornmeal 5 cups water, boiling
1 ½ cup cold water 1 tsp salt

Mix cornmeal and cold water in 2 qt saucepan. Stir in boiling water and salt. Cook stirring constantly until mixture boil and thickens. Reduce heat. Cover and simmer 10 minutes. Serve with honey or syrup.

4 cups left over mush. Spread leftover cereal in a greased loaf pan, 9x5x3 or smaller. Cover until firm, at least 12 hours. Invert pan to unmold. Cut loaf into ½ inch slices. Heat oil or shortening in skillet. Coat slices with flour. Cook over low heat until brown on both sides. Serve with hot honey or syrup.

Mixes

Super quick mix

9 cups fine ww flour 9 cups white flour
3 cups instant milk 2 ½ cups powdered shortening, sifted
9T baking powder 2 ½ T salt
1 ½ T sugar 4 t cream of tartar
2 tsp baking soda

In a large bowl combine well. Store in covered container. Label and date, use within 10-12 weeks. Makes abt 24 cups.

NOTE; For non-instant milk add additional 6T dry milk to above. If using all ww flour increase baking powder to 10T

MASTER MIX

4 C Whole-Wheat Flour -- * 1 1/2 Tsp Salt
2 Tbsp Baking Powder 1 C Powdered Skim Milk
1 C Powdered Whole Egg 1 C Margarine

Thoroughly combine dry ingredients in a bowl. Cut in margarine as for pastry. Use mix within a week, or refrigerate for longer storage. Make about 8 1/2 cups.

* May substitute 4 cups sifted enriched, unbleached flour and 1/2 cup soy flour.

Quick Mix (bisquick)

8-1/2 cups all-purpose flour 1 tbsp baking power
1 tbsp salt 2 tsp cream of tartar
1 tsp baking soda 1-1/2 cups instant nonfat milk
2-1/4 cups vegetable shortening

In a large bowl, sift together all dry ingredients. Blend well. With pastry blender, until shortening is evenly distributed. Mixture will resemble cornmeal in texture. Put in a large airtight container. Label, Store in a cool, dry place. Use within 10 to 12 weeks. Makes 13 cups of Quick Mix.

(Variation: Use 4-1/4 cups all-purpose flour and 4-1/4 cups whole wheat flour instead of 8-1/2 cups all-purpose flour. Increase baking powder to 2 tablespoons.)

Breakfast Sauces, Syrups, Fillings

Lemon sauce

½ cup sugar 1 T cornstarch
1 C hot water 2 T butter
½ tsp grated lemon peel 2 T lemon juice

In a medium saucepan, mix sugar and cornstarch. Gradually add hot water. Cook, stirring over medium heat until the mixture is thick and clear. Add remaining ingredients, stirring until butter melts. Serve warm.

Makes about 1 ½ cups

Breakfast Fruit Sauce

1 ¼ cup apple juice 1 large tart apple, peeled and sliced
1 T arrowroot ¼ t lemon peel
1 drop vanilla Dash of nutmeg
½ cup blueberries ½ cup strawberries

Place 1 cup apple juice and apples in a pan and bring to boil. Reduce heat, cover, and simmer for 5 minutes or until crisp-tender. Stir arrowroot into ¼ c apple juice. Add it to pan with lemon peel, vanilla, nutmeg and cook, stirring until sauce thickens. Remove from heat and stir in berries. Serve hot or room temp.

Fruit sauce

Stevia deserts

Blueberry

1 ½ tsp cornstarch 2 T water
1 pinch stevia extract 1 ½ c fresh or frozen blueberries

Dissolve cornstarch in water and mix. Add stevia and mix again. Place blueberries and cornstarch mixture in saucepan and heat over medium until thick and milky color has disappeared.

Whipped cheese topping

1 lb low fat, 1% cottage cheese ½ tsp grated orange peel
2 T sugar 2T orange juice

Whirl together all ingredients in a food processor or blender about 30 seconds or until smooth. Will keep covered in fridge for abt 2 weeks. Makes two cups. Try it on whole grain pancakes, toast, or over sliced berries.

Syrup from Honey

Honey
Water

Combine equal parts of honey and water. Mix together and bring to boil. Simmer 5 minutes. Can add cinnamon.

Maple orange syrup

1 cup maple flavored syrup 3 T orange juice
3 T butter or margarine

Heat all ingredients in saucepan over medium heat, stirring occasionally until warm. Pour over pancakes while warm.

Honey syrup

1 cup honey ½ cup butter or margarine
½ tsp cinnamon

Heat honey and butter in saucepan over low heat until melted. Add cinnamon. Stir well. Use while warm.

Fruit Syrup

½ cup water 2 T cornstarch
1 12 oz frozen juice concentrate

Using a whisk stir cornstarch into water in saucepan. Add juice concentrate. Bring to boil and stir until thickened, 1-2 minutes.

Spicy apple syrup

1 Cup unsweetened apple juice 1 T cornstarch
1 tsp cinnamon ½ tsp allspice
1-2 T honey

Whisk cornstarch and spices into cold juice. Bring to boil. Stir until thickened. 1-2 minutes.

Tutti Frutti Topping

1 cup canned apricots, drained and coarsely mashed or pureed
½ cup unsweetened crushed pineapple, undrained
Bring fruit to boil in small saucepan. Cook until desired thickness or just warm.

PANCAKE SYRUP

1 C Brown Sugar
1/4 C Water
1/4 Teaspoon Cinnamon -- optional
2 Tbsp Butter or Margarine
Combine ingredients and simmer for 15 to 20 minutes.
2. Cool to thicken.

Maple Syrup

1 3/4 cups white sugar 1/4 cup brown sugar
1 cup water
Bring to boil and cook 1 minute
ADD;
1/2 tsp vanilla 1/2 tsp maple flavoring

Breakfast Breads

Mixed grain muffins Cookies for dinner²⁷
Mix grain 6 barley, millet, oats, rice, rye, plus wheat

4 cups mixed grain flour 1 tsp baking soda
1 tsp salt 1/2 cup oil
1/2 cup honey 1 1/2 -2 cups water
Add wet ingredients to dry ones, all at once, stir until moist, fill muffin cups to top. Bake 35-40 minutes at 350 degrees

Banana Breakfast Cookies

1 cup sugar 1 tsp soda
3/4 cup shortening or oil 1 tsp salt
1 egg beaten 1/2 tsp nutmeg
1 cup mashed bananas 1/2 tsp cinnamon
(or 1 cup applesauce) 1/2 cup chopped nuts
1 1/2 cups whole-wheat flour 2 cups quick oats
1/2 cup chocolate chips or raisins
Cream sugar, shortening, eggs, and bananas. Add flour, oats, soda, salt, nutmeg, and cinnamon; mix well. Fold in nuts, raisins or chocolate chips. Drop from teaspoon on nonstick baking sheet. Bake 350° 8 – 12 minutes Yield: 24 cookies.

Whole wheat bagels **lwn316** Cream cheese, dried mixed fruit

1 med potato, quartered 1 1/2 cup water
2 T yeast 2 t honey
1 egg, beaten 1 cup gluten
4-4 1/2 cups ww flour 1 egg white, beaten
Cook potatoes in water about 15 min. Place potatoes and water in blender until smooth. Add water to make 2 cups. Place in bowl until cool to lukewarm, add yeast and honey. When the yeast is bubbly stir in egg and gluten. Add 1/2 c ww flour and beat on med speed about 5 minutes. Add enough remaining flour to make a firm dough knead for 5 minutes. Place in oiled bowl and let rise 46-60 minutes. Punch down divide into 24 pcs. Roll into 7' rope form circles moistening ends. Let rise on lightly floured board. Bring a large 4 quart pan of water to boil. When bagels have risen for 15 minutes or so drop them in boiling water. When they have floated to the surface, let them boil for 2 minutes, then turn them over for 2-3 minutes more. Remove with slotted spoon and let them drain on cake rack. Place bagels on baking sheets lightly coated with oil. Brush bagels with egg white and sprinkle with seeds if desired. Bake 400 degrees for 12-15 minutes. Flip and bake 12-15 min more. Remove from pan and cool on rack.

Good for you doughnuts -Raised SYL72-73
1 cup milk 1/2 cup butter

1 cup honey
1T yeast dissolved in 1/4 cup warm water with touch of honey
3 eggs 1 cup bran
4 1/2 -5 1/2 cups ww flour 1 tsp mace
Scald milk, remove from heat, add butter and honey to dissolve. Let cool. Dissolve yeast. In a mixing bowl beat eggs, add the milk mixture and beat in bran with 2 c flour and mace. Add yeast and more flour to soft dough. Knead well. Turn into greased bowl, let rise until double (2hrs.) Turn onto lightly floured board roll to 1/2 in thick cut out. Place on greased cookie sheet and let rise abt 1 hour.. Fry donuts in oil abt 370 degrees until lightly brown.

Good for you doughnuts- Cake

2 eggs 1 cup honey
3T melted butter 1 cup bran
4-4 1/2 cup ww flour 5tsp baking powder
1T cinnamon 1/4 tsp nutmeg
3/4 tsp mace 3/4 cup milk

Put eggs in mixing bowl and beat until light. Add honey, blend in butter. Add dry ingredients alternately with milk. On a lightly floured board turn out dough and roll to abt 1/2 in thick. Cut into shape and fry in 370 degree oil. (Don't go hotter than 375) Drain on paper towels. Makes 38-40 donuts.

Oatmeal Muffins

1 cup flour, wheat or white 1 tsp salt
1 cup quick oats 1 cup milk
1/2 cup brown or white sugar 1/3 cup vegetable oil
1 Tbsp baking powder 1 egg slightly beaten

Mix flour, oats, sugar, baking powder and salt. Add milk, Oil and egg and mix just until moistened. Fill greased muffin cups almost full. Bake @ 400° 14- 16 minutes Yield: 12 muffins

Peachy Breakfast bread

1 3/4 sifted flour 3/4 cup sugar
4 1/2 tsp baking powder 3/4 tsp salt
1 1/2 tsp cinnamon 3/4 tsp nutmeg
1/4 tsp cloves
1 1/2 cup 4 grain cereal mates (wheat, oats, rye, Barley)cracked, uncooked
1/2 cup chopped nuts 2/3 cups milk
1 egg slightly beaten 1/2 cup butter melted
1 can (1lb 14oz) peaches well drained
1/3 cup brown sugar 3 T melted butter
Sift flour, sugar, baking powder, salt and spices. Stir in cereal mates and nuts. Combine milk, egg and 1/2 cup melted butter. Stir into dry ingredients until well moistened. Do not beat. Pour batter into greased 8x8x2 inch pan. Bake 375 degrees for 40-45 minutes or until done. Cool in pan. Chop or slice peaches. Arrange on cooled bread. Dribble 3 T melted butter on top and sprinkle with brown sugar. Broil until topping bubbles and top of peaches begins to brown. Cut in squares. Makes 9 servings

Lumber jack breakfast Cake

2 eggs separated
1 cup quick oats
½ cup brn sugar
1 tsp vanilla
½ tsp baking powder
1 tsp cinnamon

1 ½ cups hot water
1 cup white sugar
½ cup 1/2 cup veg oil
1 1/3 cup flour
½ tsp baking soda

In mixer bowl beat egg whites until soft peaks form; remove and set aside. In bowl stir oats into hot water and let stand a few minutes. Add egg yolks, sugars, Oil, and vanilla and mix well. Add flour, baking powder, soda, and cinnamon. Mix on medium speed for 3-4 minutes. Fold in beaten egg whites. Pour into lightly greased 9x13 pan. Bake until golden 350 for 30 min. make topping while cake is baking.

Topping;

1 cup brown sugar
2 T cream or milk
½ cup chopped pecans

1/3 cup butter
1 cup flaked coconut
Or 1 cup granola

In med saucepan bring brown sugar, butter and milk to boil. Stir in coconut and nuts or granola. Spread on hot cake right from oven.

Gingerbread Muffins

½ cup sugar
1 egg
1/3 cup oil or shortening
1/3 cup molasses
1 cup hot water
2 ½ cup flour, white or wheat

1 ½ tsp soda
1 tsp cinnamon
1 tsp ginger
½ cup cloves
Scant tsp salt

Beat sugar, egg, oil and molasses until light and fluffy. Measure flour, soda, cinnamon, ginger, cloves, and salt into another bowl. Add hot water with dry ingredients. Mix just until smooth. Fill nonstick muffin pans. Bake @ 350° 12 – 15 minutes Yield: 15 – 18 muffins.

Super-Healthy Carrot Bran Muffins

1 ½ cups All Bran or raw bran
½ cup oil
¼ cup honey
1 pt buttermilk
3 ½ tsp baking soda
1 1/3 cups shredded carrots
1 tsp salt

1 cup boiling water
1 ½ cup brown sugar
3 eggs
2 ½ cups whole wheat flour
1 ½ cup oatmeal
¾ cups raisins

Note: When using raw bran use ½ cup more boiling water. Pour boiling water over All Bran and set aside for 10 minutes. Beat oil, sugar and honey until well blended. Add eggs, one at a time, beating well after each addition. Stir in buttermilk and soaked bran cereal. Mix all dry ingredients together in separate bowl. Add dry ingredients mixture to egg mixture. Mix well. Stir in oatmeal, carrots, and raisins. Let stand 1 hour or overnight in refrigerator. Heat oven to 350°/ Fill greased muffin cups 2/3 to 3/4 full with batter. Bake 25 – 35 min. Makes 36

High fiber breakfast cake-traditional

1½ cup ww pastry flour
½ tsp baking soda
½ cup honey
2T honey

1½ cup rolled oats
½ cup butter
1½ cup chopped dates
1 cup water

1 cup chopped nuts
1 tsp cinnamon

1/8tsp cloves
½ tsp ginger

Mix flour, oats, and baking soda. Cut in butter, and blend until crumbly. Stir in ½ cup honey. Spread half the mixture in a thin layer in bottom of greased 8x8 pan. In a pan bring to boil dates, honey, and water. Boil stirring constantly about 5 minutes. Remove from heat and add nuts and spices. Spread over oat mixture in pan, cover with remaining oat flour mixture. Bake 350 for 40 minutes. Serves 8

Variation;

Chop 6 apples and mix ½ cup water and ¼ cup honey. Bring to boil stirring constantly about 5 minutes. Stir in nuts, 1 T cinnamon and ½ tsp ginger. Use in place of date mixture.

Yogurt breakfast cake

½ cup margarine or butter
2 cups ww flour
1 egg or 1 dried egg reconstituted
1 tsp baking soda
¼ tsp cinnamon

MM35
1 ½ cup brown sugar
¼ cup white flour
1 c sour milk or yogurt
¼ tsp cloves
½ tsp salt

Pre heat oven to 350. cut brn sugar and flour into butter until it resembles crumbs. Set aside 1 cup of mixture. To remaining crumbs add rest of ingredients and beat thoroughly. Spoon into greased 9x15 pan. Sprinkle remaining crumbs on top. Bake for 30 minutes.

Biscuits and gravy with sausage or bacon

3 Cups Milk
1 lb. Bacon
Pepper to taste
1 1/8 Cup Cold Water

7 servings
1/2 lb. Sausage
1 tsp. Salt
2-3 T Cornstarch

Cut Bacon into 2@ strips and brown in the 12" Dutch oven. When the Bacon is almost browned, add Sausage and brown. Mix 4 T Cornstarch with 1/4 cup of Cold Water - mix well. When Sausage is browned, add Cornstarch Mixture and stir. Add Milk and bring it to a slow boil until desired consistency. If needed, mix the remaining Cornstarch with Water and add to gravy to thicken. Salt and Pepper to taste. To serve, cut Biscuits in 2 lengthwise and pour Gravy on top.

Molasses Cornmeal Bran Muffins

1 cup all-purpose flour
1 tsp salt
1/4 cup yellow cornmeal
1/2 cup molasses

1 tsp baking soda
2 cups bran
1 1/4 cups milk
1 cup raisins

Preheat oven to 325°F. Sift together flour, baking soda and salt in a medium mixing bowl. Stir in bran and cornmeal; set aside. In a separate bowl, whisk together milk and molasses until smooth; stir in raisins. Blend bran and milk mixtures together; stirring until completely mixed. Spoon into prepared muffin pan; each cup should be about two-thirds full. Bake for 25 minutes or until a toothpick inserted into the center of a muffin comes out clean. Remove from oven. Let cool completely on wire racks before serving. Makes 1 dozen muffins.

Oatmeal Raisin Muffins

1 egg
1 cup raisins
1 cup white or whole wheat flour
3 tsp baking powder
1/2 tsp ground nutmeg
1 cup rolled oats

3/4 cup milk
1/2 cup vegetable oil
1/3 cup sugar
1/2 tsp salt
1/4 tsp cinnamon

Heat oven to 400 deg. Beat egg, stir in milk, raisins, and oil. Stir in remaining ingredients all at once just until flour is moistened. Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

Drop cornmeal biscuits

1 3/4 cups all-purpose flour
2 T granulated sugar
1/2 tsp salt
1 cup buttermilk*

2/3 cup cornmeal
1 T baking powder
1/2 cup cold Butter

Heat oven to 450°F. Combine flour, cornmeal, sugar, baking powder and salt in large bowl; cut in butter until mixture resembles coarse crumbs. Add buttermilk; stir until mixture is just combined. (If batter is too thin, stir in 1 to 2 tablespoons flour.) Drop by 1/4 cupfuls 1 inch apart onto greased baking sheet. Bake for 12 to 14 minutes or until golden brown. Makes 1 dozen biscuits. *Substitute 1 tablespoon lemon juice or vinegar
Drop cornmeal biscuits pg. 2
plus enough milk to equal 1 cup. TIP: Tender biscuits result when the dough is not over mixed. Combine the wet and dry ingredients only until the mixture holds together to avoid a tough texture.

APPLE FRITTERS #2

3 C. flour
1 1/2 C. milk
1 1/2 tsp. salt
2 T. oil

1/3 C. dried egg powder
4 tsp. baking powder
2 tsp. sugar
1/4 C. water

1 C. dried apple slices (reconstituted)
Sift together dry ingredients. Combine milk, oil, and water. Add to dry ingredients, mix well until moistened. Chop rehydrated apple slices and add to the batter. Mix. Heat 2" of oil in a skillet and drop batter by spoonfuls into hot oil. Fry, turning once until brown. Drain on a paper towel.

Fruit Muffins

2 3/4 c super quick mix
1T dried whole egg

1/2 cup sugar
1 c water (for pineapple include juice in water)

1 c crushed pineapple, drained OR 1 c applesauce OR 1 can blueberries drained

1/2 tsp cinnamon (for apple sauce muffins)

Whisk together dry ingredients. Add water and fruit; stir until just blended. Spoon batter into greased muffin pans. They will be very full. Bake 440 degrees for 15-18 min. Makes 12 muffins

Dried apple muffins; Soak 3/4 cup dried apples in 1 1/2 cups water or apple juice for 30 minutes. Drain saving liquid, and chop apples. Mix as above and increase liquid to 1 1/2 cups including reserved.

Canned fruit Quick Bread

3 c flour
2 1/4 c ww flour
2 1/4 c sugar
3 T dried egg, sifted

1 1/2 tsp salt
1 1/2 tsp cinnamon
3 tsp baking soda
3/4 tsp ginger

3/4 c oil
1 29oz can of fruit drained and chopped, reserving 1c +2T liquid
Grease and flour bottom only of 3 – 8x4 inch loaf pans. In large bowl combine dry ingredients. Add, oil fruit and reserved fruit liquid. Beat 3 minutes at medium speed. Stir in walnuts. Pour batter into greased pans. Bake 65 minutes at 325. Cool 5 minutes; remove from pans. Cool on wire rack. Makes 3 loaves.

Breakfast treat

Apple Crisp with milk

6 cup dried apple slices
1 cup quick oats
1/2 cup brown sugar
1/2 cup chopped nuts or coconut
1/2 cup butter flavored shortening

4 1/2 cup boiling water
1/4 cup flour
1 T. cinnamon

Pour water over apples; let stand 5 minutes. Pour apples and water in 8x12 baking dish; sprinkle with 1/4 cup brown sugar. Combine rest of ingredients including remaining 1/4 c brown sugar; sprinkle over apples. Bake at 350 for 45 minutes.

Breakfast meat

WHEAT SAUSAGE

1 cup cooked whole wheat, ground
1/2 tsp rubbed sage
1/8 tsp garlic powder
1 dash cayenne pepper
1 tsp beef bouillon granules

1/2 tsp dried marjoram
1/8 tsp onion powder
1 tsp brown sugar
1/8 tsp liquid smoke
1 tsp Worcestershire sauce

Combine all ingredients. Form into 4 patties. Cook over medium heat in 1 tablespoon vegetable oil. Fry until crisp; turn and cook second side until crisp.

Breakfast smoothie

The best smoothie

1/2 c water
1/3 c quick oats
1 banana

1/4 c applesauce
1/2 c yogurt (any flavor)
dash salt

Blend in blender 2 minutes until smooth

Breakfast in a glass

1 banana
1/3 cup milk

1/4 c strawberries
1 cup yogurt, plain

Combine in blender and blend until smooth.

Orange Banana Smoothie

1 cup cold milk
1 banana
1 pinch salt
4 cubes ice

2 oranges, peeled and segmented
1/4 cup sugar
1/2 C container vanilla yogurt

In a blender, combine milk, oranges, banana, sugar, salt and yogurt. Blend for about 1 minute. Insert ice cubes, and blend until smooth. Pour into glasses and serve.

Lemon Berry Smoothie

1 C blueberry nonfat yogurt 1 1/2 cups skim milk
1 cup ice cubes 1 cup fresh blueberries
1 cup fresh strawberries

1 tsp powdered lemonade mix

Place yogurt, milk, ice cubes, blueberries, strawberries, and lemonade mix in a blender. Pulse until smooth and creamy.

Triple Threat Fruit Smoothie

1 kiwi, sliced 1 banana, peeled and chopped
1/2 cup blueberries 1 cup strawberries
1 cup ice cubes 1/2 cup orange juice
1 Cup peach yogurt

In a blender, blend the kiwi, banana, blueberries, strawberries, ice, orange juice, and yogurt until smooth.

Dana's Tropical Fruit Smoothie

1 (15 ounce) can crushed pineapple with juice
1 cup plain yogurt 1 banana
8 cubes ice 1 cup orange juice

Combine undrained can of pineapples, yogurt, banana, and ice cubes in a blender. Blend while adding orange juice until fruit is pureed and it is the desired consistency.

Yam Smoothie

2 medium yams 3 cups vanilla yogurt
1 cup milk 2 cups ice cubes
1 teaspoon white sugar 1 ripe banana, sliced

Prick yams with a fork, and place on a plate. Cook in the microwave for 8 to 10 minutes, turning once, until tender. Cool, peel and dice.

Combine the yams, yogurt, milk, ice cubes, sugar and banana in the container of a blender. Blend until smooth.

Healthy Smoothie

1 banana 1/2 apple
1 kiwi, peeled 1/2 cup frozen mixed berries
1 cup orange juice 1/2 cup soy milk
1/2 cup plain yogurt 1/2 cup tofu
3 T peanut butter 2 T aloe vera juice
2 T flaxseed oil 1 tsp barley grass powder (optional)

In a blender, combine banana, apple, kiwi, mixed berries and orange juice. Blend until smooth. Add soy milk, yogurt, tofu, peanut butter, aloe vera juice, flaxseed oil, and barley grass

Quick Start Breakfast Drink

2 cups pineapple juice 2 bananas
2 cups vanilla yogurt 1 cup strawberries, hulled
1/4 cup wheat germ 1 teaspoon vanilla extract

In a blender combine pineapple juice, bananas yogurt, strawberries, wheat germ and vanilla extract. Blend until smooth.

Strawberry Smoothie

8 strawberries, hulled 1/2 cup skim milk
1/2 cup plain yogurt 3 tablespoons white sugar
2 teaspoons vanilla extract 6 cubes ice, crushed

In a blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in the ice. Blend until smooth and creamy. Pour into glasses and serve.

Gloomy Day Smoothie

1 mango - peeled, seeded, and cut into chunks
1 banana, peeled and chopped
1 cup orange juice

1 cup vanilla nonfat yogurt

Place mango, banana, orange juice, and yogurt in a blender. Blend until smooth. Serve in clear glasses, and drink with a bendy straw!

Tropical Strawberry

1 1/2 cups frozen strawberries 1 cup frozen pineapple chunks
1/2 cup milk 1 1/2 cups yogurt

2 tablespoons white sugar 1 cup crushed ice

In a blender, blend the strawberries, pineapple, milk, yogurt, sugar, and ice until smooth

Lunch Sandwich

Meat pies

Pastry Crust MM97

1 Cup butter or margarine 2 cup flour
1 cup cottage cheese Dash salt

Mix ingredients together to form ball. Roll on floured board. Cut into 2-3 inch circles. Place an even amount of filling in each circle. Brush edges with egg yolk and milk mixture. Fold over to make 1/2 moon sealing edges with fork. Brush tops with egg yolk mixture to glaze. Place on greased cookie sheet and bake at 375 for 20minutes or until golden brown.

Alternate pastry crust; JFJ64

3 cups healthy biscuit mix 1 egg yolk mixed with 1T water
2/3 cups water or milk

Stir biscuit mix and water together to form a soft dough. Divide dough into thirds; roll one third at a time on a lightly floured board to Make a 10 inch square; Cut into 4 equal 5 inch squares. Place 1/4 cup filling on each square fold corner over filling to form a triangle. Seal edges. Place 1 inch apart on lightly greased baking sheet. Make slashes in top of pies and brush with egg mixture. Bake 350 for 20 minutes. (30 minutes if frozen) Makes 12 pies.

Meat pie fillings

Chicken Mexican

3/4 lb cooked chicken breast 1 med onion chopped
1/2 lb cooked bulk sausage 1 lg garlic clove, minced
1/3 cup sour cream mixed with 1 t flour
One 7 oz can green chilies 1 cup grated cheese

Brown sausage in pan with onion and garlic. Remove from heat stir in chicken and sour cream, chilies, and cheese. Cover and chill if made ahead.

Beef and mushroom filling

2 lbs lean ground beef cooked 1 tsp dill weed
1 1/4 tsp salt 1/4 tsp black pepper
1 cup chopped onion 2/3 cup sour cream
1 cup minced mushrooms

Cook ground beef in pan with onions and salt. Add mushrooms dill weed, pepper and sour cream blend well. Use 2 T per pie. Serve warm.

Savory nut turnovers filling

1 cup water	¼ tsp salt
1/3 cup brown rice	¼ cup unsalted cashews
¼ cup unsalted almonds	¼ cup unsalted peanuts
1/3 cup unsalted sunflower seeds	1 egg
1 onion, chopped	¼ cup toasted wheat germ
¼ cup minced parsley	¼ tsp dried sage
¼ tsp dried thyme	1/3 cup grated cheddar cheese

Cook rice in water with salt. Chop nuts or grind in blender; place nuts in bowl with seeds. Place egg in blender or food processor add onion and blend until smooth. Combine with nut-seed mixture and mix well.

Chicken or turkey filling

3 T butter	½ small onion chopped
1 4oz can mushrooms	2 T flour
¼ tsp nutmeg	1 tsp oregano
¼ tsp Tabasco sauce	salt and pepper to taste
½ cup diced ham or spam	½ c evaporated milk

1 c canned or fresh chopped chicken or turkey

Melt 2 T butter in saucepan; add onions and fry until tender. Add drained mushrooms and cook 3-4 minutes. Remove vegetables from pan and set aside. Add remaining butter to melt, stir in flour, seasonings. Cook 1 minute, Remove from heat and gradually stir in milk. Return to heat and cook until thickened. Remove from heat stir in vegetables and meat. Cool and stuff pastries.

Corned beef turnovers filling

1 cup canned corned beef	¼ cup finely chopped onion
1 8oz can sauerkraut, drained	1 tsp caraway seeds
1 egg, beaten	¼ tsp salt
1 cup shredded Swiss cheese	

Combine corned beef and onion in small bowl. Combine sauerkraut and caraway seeds in another bowl. Cut dough in 6 inch squares. Glaze edges with egg and salt mixture. Place 3T corned beef mixture slightly off center in square of dough. Top with 2 T sauerkraut and abt 2 ½ T cheese. Fold over sealing edges. Make 2 slits in top and place on cookie ungreased sheet. Brush with egg glaze bake 375 for 20 minutes.

Basic Pocket Sandwiches in Biscuits

You can make quick hot pocket sandwiches with baking powder biscuit dough just as you do with bread dough. Fill your pockets with whatever you want, any cheese and meat combination. Add mustard, jalapenos, or onions if you like. Because these are made with biscuit dough instead of bread dough and you don't have to wait for the bread to rise, they are quick to make. Here is a recipe for biscuits with which to make hot sandwiches.

Ingredients

2 cups all purpose flour	2 teaspoons baking powder
1/2 teaspoon baking soda	1/2 tablespoon sugar
1/2 teaspoons salt	½ cup cold butter
2/3 cup buttermilk	

Directions

Preheat the oven to 425 degrees. Oil a baking sheet.

1. Measure the flour by scooping some into a bowl and then spooning the flour into the measuring cup. (If you measure packed flour, you will have too much.)

2. Add the baking powder, baking soda, sugar, and salt and stir these ingredients into the flour. Slice the cold butter into the flour

mixture. Use a pastry knife or two kitchen knives to cut the butter into the flour mixture. Work the butter into the flour mixture until you have a coarse, grainy mixture.

3. Make a well in the middle of the flour and pour the buttermilk into the flour mixture. Stir until just moistened and knead a few times to make a smooth dough.

4. Roll the dough to a thickness of 3/8-inch. Use a large drinking glass or small bowl to cut circles four inches in diameter. Spread mayonnaise or mustard on one and pile meats, cheeses, or other fillings in the center. Lay another circle over the top. Holding the two circles in your hand, pinch the edges tightly together clamshell fashion. Through the open side, stuff additional fillings into the pocket and then continue pinching the edges together. Place the pocket on the prepared sheet and press the pocket into a flat disc (about 3/4-inch thick) with the heel of your hand.

5. Bake for 12 to 14 minutes or until the pockets begin to brown. Remove the pockets from the baking sheet and place them on a wire rack. Serve hot.

Piroshki

For the dough

3 1/2 cups flour	1 teaspoon baking powder
1 teaspoon salt	1 tablespoon granulated sugar
1/2 cup cold butter	2 large eggs
1 cup sour cream	

1. Sift the flour, baking powder, salt, and sugar into a bowl. Cut the butter into 1/2-inch cubes and add it to the flour. Cut the butter into the flour with a pastry knife until it is the consistency of oatmeal.

2. In another bowl, whisk the eggs and sour cream together until it is smooth.

3. Add the egg mixture to the flour mixture and stir into a mass. Remove the dough ball to a floured counter and knead for a few minutes to make a smooth dough. Cover the dough ball and chill it in the refrigerator for an hour.

To assemble and bake the piroshki

Preheat the oven to 375 degrees.

1. Divide the dough in half and return one half to the refrigerator to keep it cold. Roll the dough out on a floured counter to a thickness of 1/4-inch. Cut the dough into twelve 6-inch rounds. Place a round in the floured dough press. Place three tablespoons of the filling on the round. Close the dough press firmly to seal the edges of the pastry. Continue with the rest of the rounds and filling.

2. Place the completed piroshki on a greased baking sheet. Poke a few holes in the piroshki with the tines of a fork to vent the piroshki. Brush with a beaten egg.

3. Bake for 20 minutes or until they are golden brown. **Baker's note:** You can make piroshki without a dough press—a dough press just makes it easier. Place your filling on one-half of the round, fold the other half over until the edges meet, and press the edges together with the tines of a fork. Press firmly to make sure that you have a good seal.

Beef and Onion Piroshki

For the filling

1 pound ground beef
1 tablespoon flour
3 tablespoons sour cream
3 tablespoons fresh dill, chopped
1 egg, lightly beaten, for glazing

1 large onion, finely chopped
1/2 cup water or broth
2 hard-boiled eggs, chopped
salt, black pepper

1. Brown the meat in a skillet. Add the onion and sauté for ten minutes or until the meat and onion are cooked.
2. Sprinkle flour over the meat mixture and continue cooking for one more minute to gelatinize the flour. Add the water to create an in-the-pan sauce.
3. Add the sour cream, stir to blend, and then remove from the heat. Add the chopped eggs, dill, and salt and pepper to taste. Set aside.

Mushroom Piroshki

For the filling

1/4 cup butter
6 scallions, finely chopped
3 tablespoons sour cream
2 hard-boiled eggs, chopped
Salt, black pepper

3/4 pound mushrooms
1 tablespoon flour
1/2 cup water
3T fresh dill, chopped
1 egg, lightly beaten, for glazing

1. Melt the butter in a skillet. Add the mushrooms and scallions and sauté for ten minutes.
2. Sprinkle flour over the mushroom mixture and continue cooking for one more minute to gelatinize the flour.
3. Add the sour cream, stir to blend, and then remove from the heat. Add the water to create an in-the-pan sauce. Add the chopped eggs, dill, and salt and pepper to taste. Set aside.

Turkey and Cheese Piroshki

For the filling

1 lb ground turkey
2 tablespoon butter
1/2 teaspoon garlic powder
1/4 teaspoon pepper
3 tablespoons fresh parsley or 1 tablespoon dried
1 cup grated cheese

1/2 cup diced onion
3/4 cup water
1/2 teaspoon salt
2 tablespoons flour

1. Melt butter in skillet. Brown ground turkey in butter, then add diced onion and cook until onion is tender.
2. Sprinkle on flour, garlic powder, salt and pepper.
3. Stir in water and parsley, cook for a minute until thickened. Set aside.

Ham and Cheese Piroshki

For the filling

1 1/2 cups cubed ham, 1 inch pieces
1 1/2 cups cubed cheddar cheese
6 teaspoons mustard

Potato Leek Piroshki

For the filling

4 new red potatoes the size of a baseball, peeled and diced in 1 inch pieces
2 leeks cleaned and cut in small pieces
2 tablespoons butter
3 tablespoons chicken broth or water

3 medium carrots, peeled and grated

1/2 teaspoon dried basil

1 1/2 tablespoons all-purpose flour

3/4 cup milk

Salt and pepper to taste

1. Cook the potatoes in water until they are not quite tender. Drain them and set aside.

2. In a medium saucepan, melt the butter. Add the leeks and cook for two minutes. Add the broth or water and grated carrots and continue to simmer for a few more minutes. Cook just until vegetables are tender-crisp. Add the cooked potatoes to the saucepan. Add the basil.

3. Place the flour in a small bowl. Add a little of the milk and mix to make a paste. Gradually stir in the rest of the milk and stir until smooth. Add the milk mixture to the saucepan and cook until the sauce has thickened and is bubbly. Remove the pan from the stove. Salt and pepper to taste.

Chicken and Ranch Piroshki

For the filling

1 large onion, finely chopped
2 tablespoons butter
4 cups cooked chicken meat, shredded or chopped finely
2/3 cup ranch dressing
1/2 teaspoon thyme
Salt, black pepper

2 stalks celery, diced
1 tablespoon flour
1/3 tablespoons sour cream
3 tablespoons fresh dill, chopped
1 egg, lightly beaten, for glazing

1. Sauté the onion and celery in the butter until not yet tender and still a bit crisp. Sprinkle the flour over the vegetables, stir until the flour is absorbed in the butter, and remove from the heat.

2. Add the cooked chicken, ranch dressing, sour cream, thyme, dill, and salt and pepper to taste. Stir until combined.

Sean's Falafel and Cucumber Sauce

Makes 4 servings.

1 can (15 oz) can chickpeas (garbanzo beans, drained)
1 onion chopped
1/2 Cup fresh parsley
2 cloves garlic, chopped
1 pinch cayenne pepper
1 egg
2 tsp ground cumin
1 tsp salt
Dash of pepper
1 tsp lemon juice
1 tsp coriander

1 tsp baking powder
1 Cup bread crumbs
1 T Olive oil
Oil for frying
1 (6 oz) plain yogurt
1 T Mayonnaise
1 tsp dried dill weed (salt/pepper to taste)
1/2 cucumber (seeded & finely chopped)

In a small bowl combine yogurt, cucumber, dill, salt, pepper, and mayonnaise. Chill for at least 30 minutes.

In large bowl mash chickpeas until thick and pasty. Don't use blender. Now in blender process onion, parsley, and garlic until smooth. Stir into mashed chickpeas.

In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add breadcrumbs, until mixture is not sticky but will hold together, add more or less breadcrumbs as needed. Form 8 balls and then flatten into patties.

Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides. Serve with yogurt sauce.

Mo Beans Wrap

2 cups refried Beans	1 small Avocado
¼ cup diced onion	lettuce diced
½ cup shredded cheese	salsa
½ tomato, diced	2 10-inch tortillas, warmed

Layer warm beans, onions, cheese, tomato, avocado, and lettuce, dividing equally on tortillas; add salsa to taste. Fold up like burrito. Cut in half.

Spicy Beef Wrap

1-2 cups shredded beef, warm	Green Chili salsa
1 cup lettuce, finely sliced	Sour cream, optional
1 tomato, diced	2 10 inch tortillas, warmed

Layer beef, lettuce and tomato on wraps; add salsa to taste. Add sour cream if desired. Fold and roll. Cut in half to serve.

Ole' Ole' Wrap

1 cup black or pinto beans	1 cup shredded lettuce
½ cup whole kernel corn, warm	Green chili salsa
½ cup diced green chilies	2-10 inch tortillas, warmed
¼ cup diced red onion	

Divide equally on the tortillas, smother with green salsa. Fold up like burrito. Cut in half, serve.

Teriyaki Chicken Wrap

1-2 cups diced cooked chicken	½ cup diced red onion
½ cup pineapple tidbits	½ cup sliced mushrooms
1 cup alfalfa sprouts	teriyaki Sauce to taste
1 cup lettuce, shredded	2-10inch tortillas, warmed

Layer chicken, pineapple, sprouts, lettuce, onions, and mushrooms on wraps dividing equally. Add teriyaki sauce to taste. Fold and roll. Cut in half. Serves four

CALZONE

2 cup warm water	1 Tbs. sugar
1 packet yeast	1 tsp. salt
6 cups all purpose flour	¼ cup olive oil

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour 1/2 cup at a time till you have workable dough. Let it rest. Divide into eighths. Flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. Fold over and seal. Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes. This is also good with chili beans and with curries.

BLACK BEAN AND CHILIE BURGERS

1 can black beans, rinsed and drained	
1 can niblets corn, drained	salt
1 can chopped green chilies	1 cup cooked rice
1/2 cup cornmeal	1 teaspoon onion powder
1/4 teaspoon garlic powder	2 tablespoons oil

In a large bowl, mash the black beans. Add corn, chilies, rice, cornmeal, onion powder and garlic powder. Form mixture into 4 large or 6 medium burgers. Salt burgers and cook in hot oil over medium heat until a brown crust forms; turn and cook on the other side. Serve plain, on a bun, or with salsa or chili sauce.

Fried tuna patties

2 cans light tuna, drained	1 cup crushed dried bread crumbs
¼ cup dehydrated onion	3 eggs, rehydrated equivalent
½ tsp. lemon pepper	flour to coat patties

oil to fry

Mix drained tuna, bread crumbs, egg, onion flakes, and lemon pepper. Divide into golf ball-sized portions, pat into patties, dip both sides in flour. Heat oil to medium heat and gently place patties into frying pan. After one side is done, turn and finish cooking. This is a quick and easy alternative to "fish sticks."

Lunch Casserole

Four Grain Pilaf Serves 8

4 beef bouillon cubes	4 cups water
¼ cup dried onions	¼ cup regular long grain rice
¼ cup buckwheat	¼ cup barley
¼ cup millet	1 cup sliced almonds
1 jar (6 oz.) sliced mushrooms, undrained	
½ cup grated Parmesan cheese	

In a saucepan, bring the bouillon cubes and water to a boil.

In a 3 qt. casserole, combine the remaining ingredients.

Stir in the broth. Cover tightly and bake @ 325° for 1 hr.

Boston Baked Wheat

4 cups cooked wheat berries	½ cup mild molasses
1 cup ketchup	¾ tsp prepared mustard
1 onion, chopped, sautéed	3 slices bacon, cut up, fried

Salt/Pepper

Combine in casserole dish. Bake 30 minutes at 350 degrees.

Boston Baked Whole Wheat # 2

4 cups whole kernel wheat	¼ cup molasses
10 cups water	1/3 tsp pepper
1 lb bacon cut in fourths	1/3 cup ketchup
1 large onion, diced	2 tsp salt
½ tsp dry mustard	

In a large Dutch oven combine all ingredients. Cover and bake 6 hours at 200 degrees. Remove. Add a little boiling water if it becomes too dry. Makes 14 cups. This freezes well

Black beans and rice

3 cups black bean sprouts	2 cups rice sprouts
¾ cup water	1 large onion, finely chopped
2 cloves garlic, crushed	1 green pepper, finely chopped
1 bay leaf	1 tsp salt
½ tsp pepper	¼ cup olive oil
¼ lb finely chopped ham or 1 can spam	

Heat 2 T olive oil in large skillet and add half onion, garlic, green pepper, salt and pepper. Sauté until tender, then add beans, rice, bay leaf, and water. Cook, covered, over low heat until beans are tender, abt. 30 minutes. Remove bay leaf and let stand 5 minutes. Meanwhile heat ham in remaining oil. When lightly sautéed add remaining onions, garlic, green pepper and seasonings. Serve ham mixture over beans and rice. Serves 4

* May use rice and beans without sprouting

Roast beef hash

1 pint (16 oz) canned roast beef (or wild meat)
½ cup rehydrated onion flakes
1 quart (32 oz) canned potatoes, drained well
oil to fry

Grind meat, potatoes and onion together with hand meat grinder. Heat oil to medium heat in large frying pan. Slide hash into pan, being careful not to spatter. Arrange the hash in a shallow layer, covering the bottom of the frying pan. Allow to cook, turning and stirring with spatula. Add seasonings, finish frying to preference, and serve. Popular condiments include salsa and catsup. Hash makes a satisfying one-dish meal. Leftovers are great for breakfast with scrambled eggs.

Lunch Salad

Mexicali Bean & Rice Salad

6 cups cooked rice
1¾ each soaked and cooked kidney, pinto and black beans
OR – 1 (15 oz) can each bean, drained and rinsed
1 (15 oz) can corn, drained
¼ cup hydrated dried green pepper
½ - 1 (4 oz) can diced green chilies

Dressing:

1/3 cup olive oil ¼ cup cider vinegar
1 tsp chili powder ½ tsp cumin
½ tsp garlic salt ½ tsp hot pepper sauce

Combine dressing ingredients and set aside. In large bowl, combine rest of ingredients (rice can be warm but not hot). Pour dressing over and toss. Serve immediately or chill 1 hour before serving. Serves 6 – 8

Four bean and wheat salad

1 can Garbanzo beans 1 can cut green beans
1 can pinto beans 1 red kidney beans
2 cups cooked wheat berries 1 cup chopped red onion
1 ½ cup diced celery ½ cup chopped green pepper
Drain the beans. Place beans, wheat berries and chopped veggies in bowl and lightly toss.

Marinade:

¾ cup cider vinegar, 1/3 cup canola oil,
1 clove garlic, 1 ½ T honey
Salt and pepper

Combine, gently stir into bean mixture. Refrigerate for 24 hrs before serving. Makes 8 servings

Ham and Turkey Club Salad

2 cups cooked wheat berries 1 cup diced ham
1 cup diced turkey 2 sweet pickles, diced
2 stalks celery, diced 1 large carrot, shredded
¼ cup green pepper, diced 1 small red onion, diced
1 cup grated cheese 3 hard cooked eggs, chopped
1 cup mayonnaise 2 tsp mustard
Salt and pepper

Combine all ingredients and mix well. Chill for at least 1-2 hours. Serve on bed of lettuce with tomato wedges. 6-8 servings

Tuna and cracked wheat salad

2 cups cooked cracked wheat 12 oz tuna, drained and flaked
½ cup mayonnaise ¼ cup sliced green onions
¾ cup diced celery ¼ cup sliced olives (optional)
1 tsp lemon juice

Place all ingredients into medium sized bowl and toss together. Best when chilled over night. Serve on bed of lettuce. Makes 4-6 servings

Peachy Chicken Oriental Salad

4 cups sliced peaches, 1 cup diced celery
drain and reserve liquid 2 cups cooked wheat berries
2 cups cooked chicken diced ¾ cup mayonnaise
1 T lemon juice ¼ cup peach juice
1 tsp honey 1 can Chow mien noodles
Combine all ingredients except the noodles. Just before serving, toss with noodles. Serve immediately. Serves 6-8

Mandarin Oranges and Wheat Salad

1 cup bulgur wheat 2 cups water
1 11 oz can of mandarin oranges, drained 1/3 cup mayonnaise
2 T orange juice 2 T lemon juice
1 T chopped chives 1 tsp sugar
1 ¾ tsp salt

Combine wheat and water in pan. Bring to a boil, reduce heat, cover and simmer until all the liquid is absorbed. (abt. 15 minutes) Let cool. Add oranges to cooled bulgur, Chill for at least 1 hour. Combine remaining ingredients and mix well. Pour over chilled wheat and oranges and toss gently. 4-6 servings

Diced Chicken and black bean salad

2 T olive oil 2 T fresh cilantro, chopped
2 T lime juice 1 tsp sugar
1 clove garlic minced ½ tsp chili powder
1/3 cup sliced green onions 1 can chicken drained well
1 can black beans rinsed and drained 1 can whole corn drained
1 red bell pepper, diced

Combine all ingredients and mix well. Allow to chill at least one hour before serving. Serve cold. Makes 8 servings

Lentil Confetti salad

1 cup lentils, rinsed ½ cup onion
3 cups water ½ cup celery
1 cup rice, cooked and warm ¼ cup stuffed olives sliced
½ cup light Italian dressing ¼ cup sweet green pepper, diced
1 T parsley chopped

Garnish: Cucumbers and red onion rings, sliced

In a saucepan pour water over lentils, bring to boil, and simmer 20 minutes or until tender. Combine drained lentils with rice and vegetables. Toss lightly with dressing.. top with cucumbers and red onions. Serves 8

Pasta salad

¾ cup elbow macaroni 2 T chopped onion
10 oz frozen mixed vegetables ¼ cup low fat Italian dressing
½ me green pepper chopped

Cook macaroni and mixed vegetables according to direction. Leave out salt. Drain. Add green pepper and onions and dressing. Mix well. Chill. Makes 4-1cup servings

Hawaiian Bean Salad

3 ½ cup cooked red kidney beans ½ tsp chopped mint(opt)
1 ¾ c cooked pinto beans ¼ cup lime juice
1- 11 oz can mandarin oranges 2 T juice from oranges
1 20 oz can pineapple tidbits, drained 2 T olive oil
1 T hydrated dried green pepper ¼ tsp allspice
1 t. dried onion OR 2 t dried chives ¼ tsp garlic powder
Put dried green pepper and onion in 1 ½ T water to soak for 10-15 minutes, drain. Rinse beans and put in bowl. Add oranges, pineapple, mint, green pepper and onion. Combine rest of ingredients to make dressing. Pour over salad and toss. Let stand at room temp for 15-30 min. gently toss and serve. Serves 4-5

Creamy Red Beans and Pasta Salad

4 cups cooked and drained small pasta
½ cup freeze dried peas
3 ½ cup cooked red beans ½ c Italian dressing
½ cup dried carrots ½ cup mayonnaise
2T dried parsley
Simmer dried carrots in 1 ½ cups water for 20 minutes. Add peas and simmer additional 3-4 minutes. Drain vegetables, combine with pasta and beans and cool. Whisk together dressing and mayonnaise and parsley. Pour over salad and toss. Serves 4-5

Barley and Corn Salad

1 ½ cup water 1 can corn drained
½ cup pearly barley 2 T hydrated dried green pepper
1 t. chicken bouillon 1 T dried parsley

Dressing:

2T water 2T bottled lemon juice
2T oil ¼-1/2 t basil

Combine water, barley and bouillon in small saucepan; boil for 45-55 minutes until barley is tender. Meanwhile, soak green pepper; make dressing and set aside. Pour dressing over warm barley. Add corn and drained green pepper; toss. Serve at room temperature or chilled. Serves 6

Dinner Casserole

Millett chicken casserole

1 Tsp oil 2/3 Cups millet
3 T dried onions 1/8 tsp dried mined garlic
1 can (14 ½ oz) chicken broth
1 can (12 ½ oz.) chicken, drained and chopped
1 can (8 oz.) whole water chestnuts, drained and chopped

Heat oil in medium skillet. Lightly brown millet in the oil. Stir together all ingredients in a 2 qt casserole dish. Cover and bake @ 350 ° for 45 minutes or until millet is tender. Serves 6.

Double-Crust Bean Pie

1 Tsp vegetable oil 3/4 tsp chili powder
1 onion finely chopped ¼ tsp cayenne pepper
1 small green bell pepper(chopped) 1/3 cup salsa
1 (15 oz.) can black beans drained ¼ tsp black pepper
1/4 cup chopped red bell pepper 2 unbaked pie crusts
1½ cups shredded Cheddar cheese (9 inch)

Preheat oven to 325°

Heat oil in a medium saucepan over medium heat. Sauté onion and green pepper until tender. Stir in beans, salsa, red bell

pepper, chili powder, cayenne and black pepper. Reduce heat to low and simmer for 15 minutes.

Spoon half of the mixture into one of the pie crusts and cover with half of the cheese. Repeat with remaining beans and cheese. Top with remaining crust. Bake in oven for 1 hour

Cheddar Ham Potato Casserole

4 Cup Deh Potato Slices 1 Tbl. Flour
2 Cup Diced Ham 2 Cup FD Shredded Cheddar
2 1/4 Cup Water Cheese
1 ¾ Cup Creamy Cheddar Broccoli Soup Mix

Place the 4 cups of potato slices in a large bowl and cover with hot tap water; Cover and let sit for 10 min.

In small bowl, mix the creamy cheddar broccoli soup mix with the 2 1/4 cups of water. Use a whisk to mix well, then add flour Drain the potatoes and place them in a 9"x13" baking dish. Stir in the diced ham and pour the soup mixture over the top. Sprinkle with sharp cheese and bake at 350°F for 20-25 min.

Easy Cheeseburger Pie

2 1/2 Cup FD Ground Beef 1/2 Tsp Salt
1 1/2 Cup Deh Chopped Onion 1 Cup Fat-Free Milk
1 Cup Shredded Cheddar Cheese 2 Whole Eggs
1/2 Cup Original Bisquick Mix

Heat oven to 400°F; Grease 9" pie plate. Cook beef and onion; Drain. Spread in pie plate; Sprinkle with salt and cheese. Stir in remaining ingredients until blended. Pour into pie plate. Bake about 25 minutes or until knife inserted in center comes out clean. Cool 5 minutes.

Sweet Potato Casserole

3 Cup Potatoes 1/2 Cup Sugar
1/2 Cup Margarine 2 Eggs
1/3 Cup Fat-Free Milk 1 Tsp Vanilla

Topping:

1/2 Cup Brown Sugar 1/4 Cup Flour
2 1/2 Tbl Margarine 1 Cup Chopped Pecans

Preheat oven to 350° Combine potatoes, sugar, margarine, eggs, milk, and vanilla; Mix well. Put in baking dish. Mix sugar, flour, margarine, and pecans. Sprinkle on top of potato mixture. Bake for 25 minutes. Serves 8-10

Curried Turkey and Barley Casserole

1 Cup Pearl Barley 3 Cup Chicken Bouillon
2 Tbl Butter 1 Tbl Curry Powder
2 Cup FD Mushroom 1/2 Cup FD Onion
3Cup FD Turkey 1/2Cup Sliced Almonds
1 Cup Sour Cream Salt and Pepper to taste

In medium saucepan; Bring chicken bouillon to boil. Add Barley bring to boil. Reduce heat low cover and cook 45 minutes or until barley is tender and liquid is absorbed. Melt butter in skillet. Add curry powder, mushrooms and onions. Sauté until onion is translucent. Add mushroom mixture to cooked barley. Mix in turkey, almonds and sour cream. Season with salt and pepper and turn mixture into oiled 2-qt casserole dish. Cover and bake at 350°F for 45 minutes. Remove cover and bake 5 more minutes.

Cornbread Chicken Casserole

1 Cup Yellow Cornmeal
1 1/2 Tsp Baking Powder
1/2 Tsp Salt
1 Tbl Vegetable Oil
1 Egg

1/2 Cup All-Purpose Flour
1 Tbl Sugar
1/2 Tsp Baking Soda
3/4 Cup Deh Buttermilk
1/2 Cup Melted Butter

Chicken Filling

2 Tbl Butter
1/2 Cup Celery, Sliced Thin
1 Can Cream of Chicken Soup
1/4 Tsp Freshly Ground Pepper

1/4 Cup Chopped Onion
1 3/4 Cup Chicken Broth
1 Tsp Salt
2 1/2 Cup FD Chicken

Mix all cornbread ingredients except for butter in mixing bowl until smooth. Pour into greased 8-in. square baking pan and bake at 375°F for 20-25 minutes or until done. Remove from oven and let cool. When cool crumble cornbread and place 3 cup of cornbread crumbs into mixing bowl. Add 1/2 cup butter to crumbs; mix well, set aside.

Chicken Filling: In a saucepan on medium low heat, place butter and sauté onion and celery until transparent. Add chicken broth, cream of chicken soup, salt, and pepper. Stir until well blended. Add chicken; stir until mixture reaches a low simmer. Cook 5 min. and remove from heat. Place chicken mixture in buttered 2-1/2 qt. casserole dish. Spoon cornbread crumbs on top; Do not stir into chicken mixture. Place baking dish in preheated 350°F for 35-40 minutes.

Chinese Dinner Casserole

2/3 Cup White Rice
2 Tbl Cooking Oil
1/4 Cup Soy Sauce
3 Cup FD Chicken
1 16 oz. Can Fancy Mixed Chinese Vegetables, Drained
1 Cup Deh Carrot
1/2 Tsp Dry Mustard

1 1/3 Cup Water
1 Can Cream of Chicken Soup
1 Tsp Sugar
2 Cup FD Zucchini
1/2 Tsp Ground Ginger

Cook rice with 1 1/3 cup water according to rice directions; Drain. In large saucepan cook onion until crisp tender. Add soup, 1/4 cup soy sauce and sugar. Bring to mixture to a boil. Stir in chicken or turkey, zucchini, cooked rice, Chinese vegetables, carrots, ginger and dry mustard. Cool quickly. Turn mixture into a 2-qt freezer to oven baking dish. Cover tightly, seal, label and freeze. To serve, bake frozen casserole, covered at 400°F for 1 hour. Uncover, stir casserole and bake 30 more minutes.

Green Chili Chicken

16Oz Uncooked Noodles
2 Tbl Butter
1 Soup Can Full of Milk
4 Cup FD Chicken

1/2 Cup Chopped FD Onion
2 Cans of Crm of Chicken Soup
4oz Can Chopped Green Chiles
4 Cup FD Shredded Cheese (Colby, Mozzarella, Cheddar and Monterey Jack)

Preheat oven to 350°F. Cook noodles; Drain. In skillet, cook onion in butter. Stir in soup and green chilies. In a casserole dish layer half noodles and half chicken. Top with soup mixture and half cheese. Repeat. Bake uncovered 45 minutes

Pecan Chicken Casserole

1 Cup Flour
3/4 C Finely Chopped Pecans
1/4 Tsp Paprika

1 Cup FD Shredded Cheddar
1/2 Tsp Salt
1/3 Cup Vegetable Oil

Filling:

4 Eggs
1 Cup Chicken Bouillon

1 Cup Deh Fat-Free Milk
4 Cup FD Chicken

1/2 Cup Cheddar Cheese
1/4 Cup Mayonnaise
1/8 Tsp Hot Pepper Sauce

1/4 Cup Chopped FD Onion
1/4 Tsp Dill Seed

Preheat oven to 350°F. In a bowl, combine first 6 ingredients; Set aside 1/2 cup crumb mixture for topping. Press remaining crumb mixture onto bottom of greased 13" x 9" baking dish. Bake 10 minutes or until lightly browned. In a bowl, beat eggs. Add remaining ingredients. Pour over baked crust. Sprinkle with reserved crumb mixture. Bake for 25-30 minutes or until a knife comes out clean. Let stand for 10 minutes before cutting.

Chicken Broccoli Cheese Pie

1 Cup FD Chicken
1 Cup FD Tomatoes
1/4 Cup Parmesan Cheese
1/2 Cup Bisquick Baking Mix
1/4 Tsp Black Pepper

1 Cup FD Broccoli
1 Cup Chopped FD Onion
1 Cup Deh Fat-Free Milk
1/2 Cup Egg Substitute

Preheat oven to 400°F; Grease 9-in pie plate. Mix chicken, vegetables, cheese and spoon evenly into pie plate. Beat remaining ingredients until smooth. Pour evenly over chicken mix. Bake 35 minutes or knife inserted in middle comes out clean. Let stand 5 minutes before cutting. -makes 6 servings

Cordon Bleu Casserole

4 Cup FD Turkey or FD Chicken
1 Cup FD Shredded Cheddar Cheese
1/4 Cup Butter
2 Cup Cream or Half-and-Half
1/8 Tsp Dry Mustard

3 Cup FD Ham
1 Cup FD Onion
1/3 Cup Flour
1 Tsp Dill weed
1/8 Tsp Nutmeg

Topping:

1 Cup Bread Crumbs
1/4 Tsp Dill weed
1/4 Cup Walnuts

2 Tbl Butter, Melted
1/4 Cup FD Shredded Cheddar Cheese

In a large bowl, combine meat and cheese; Set aside. In a saucepan sauté onion in butter until tender; Add flour; Stir and make paste. Add cream, stir and bring to boil until thick. Add spice and pour over meat. Spoon into 13" x 9" pan.

Topping: Toss bread crumbs, butter and dill weed. Stir in cheese and walnuts. Sprinkle over casserole and bake uncovered 350°F for 30 minutes.

Meat Pie

2 cups dry soup mix (from the dry-pack cannery)
2 lb. frozen hash browns (fresh potatoes should be diced)
1 can tomatoes
1 can tomato soup
1 can tomato sauce
2 lb. hamburger

pie shell and crust
Combine all ingredients except hamburger and pie shell and crust in 6 quarts of water. If desired, add left-over vegetables, frozen carrots, corn, etc. Then fry 2 lb. hamburger until well-done, breaking it into tiny pieces. Add to mixture and allow to cool until just warm. Place in pie shell; top with pie crust and seal edges well. Bake in oven at 450° for 25 minutes

Wild Rice and Buckwheat Loaf

1/2 cup whole buckwheat groats 1/2 cup raw brown rice
1/2 cup raw wild rice 1 quart water (or veg. broth)
2 tbsp veg oil 2 med. onions, finely chopped
1 cup chopped celery 1 1/2 tsp salt
1/4 cup chopped parsley 2 tsp. ground cumin
Put buckwheat, rice and wild rice in a kettle. add 1 qt. water, bring to boil, cover and simmer until tender (about 40 min). add more water as necessary. Preheat oven to 350. Heat oil in skillet and sauté onion and celery until tender, add to cooked grains and remaining ingredients. turn into an oiled 3 qt. casserole and bake for one hour

Beans and Kielbasa

1 lb. Smoked Kielbasa 1 chopped Onion
2 minced Garlic cloves 3 ribs sliced celery
2 cans navy Beans, drained 1 can kidney beans, drained
1 can stewed tomatoes 1/2 Tsp. oregano
1/2 Tsp. thyme 1/2 Tsp. rosemary
1 Tbsp. Brown Sugar
Brown sausage in a large saucepan or Dutch oven. Remove sausage and set aside, reserving 1 teaspoon of the drippings. Add onion, garlic and celery to the drippings and cook until tender-crisp. Add sausage and the rest of the ingredients. Bring to a boil. Lower heat, cover and simmer for 15 minutes. This dish is great served with a green salad and slices of crusty bread.

RICE AND LENTILS, ASIAN

1/2 Cup Brown Rice 1/2 Cup Lentils
2 Tablespoons Butter 1 Onion -- chopped
1/2 Teaspoon Salt 1/2 Teaspoon Cinnamon
1/2 Teaspoon Ginger 1/2 Tsp. Cardamom
2 Whole Cloves 1 Bay Leaf
1 pinch Cayenne Pepper – opt. 2 1/2 C Water
1. Melt butter in cook pot and add all dry ingredients. Sautee a few minutes and then cover with water.
2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder. **Notes:** **a.** Substitute 1 tbs. Onion flakes for the fresh onion for a trail meal. **b.** Add meat of your choice if desired.

Macaroni And Beef Simple Supper

2 oz freeze-dried Beef Chunks, Or 4 oz Beef Flavored T V P
9 oz Macaroni, whole-wheat 4 Beef Bouillon Cubes
2 oz Tomato Crystals 1 Tsp. Basil
1 Tsp. Oregano 1/4 Tsp. Garlic Powder
1 Envelope Cream Of Onion Soup -- to make 2 1/2 cups
1 Pkg. freeze-dried Corn Salt -- as needed
7 1/2 C Water

Bring 7 cups water to boil. Add macaroni-meat package and simmer 10 minutes. Mix about 1/2 cup cold water into soup. Add to pot and cook 5 minutes longer, or until macaroni and meat are tender. Corn should be rehydrated according to instructions and added at the proper time.
Makes 8 - 8 1/2 cups.

Tuna and Noodle Casserole

Makes about 6 servings.

8 oz. noodles 1 can tuna fish
1 can crm of mushroom or chicken soup
2/3 cup milk (canned or reconstituted powdered milk)
1/2 cup buttered crumbs
Cook noodles in 4 cups boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk; pour over noodles and fish. Top with buttered crumbs and a dash of paprika. Bake at 375° about 25 minutes or until browned.

Barley casserole

1 cup pearl barley 8 oz. mushrooms, sliced
1 large onion, chopped 2 cups chicken broth
4-5 tablespoons butter 2 large cloves garlic, minced
sliced almonds (optional)
Melt butter and sauté the garlic, onions and mushrooms until soft. Mix in the barley and sauté a few minutes more. Pour mixture into buttered casserole dish and add broth. Cover the casserole and bake in a 350 degree oven for 30 minutes. Remove lid, stir, then sprinkle almonds on top and continue baking without lid for another 30 minutes. If mixture seems a little dry when first removing lid add more broth. Add salt and pepper to taste

Baked Chicken and Spaghetti

1 onion, chopped 2 tbsp. shortening or butter
1 can tomatoes dash of pepper
2 tbsp. sugar 2 C chicken, cooked, diced
10 oz. cooked & drained spaghetti 1/2 cup grated cheese

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

Chicken pot pie

mm100

1 T butter 1 1/3 cup reconstituted mushrooms
1/4 cup dried onions/reconstituted 2 T flour
1 tsp chicken bouillon in 1 c. water
1 tsp Worcestershire sauce 1/3 c. dried peas, reconstituted
1 dried whole egg, reconstituted 1/3 cup dried. Carrots, rehydrated
1/4 cup evaporated milk 1 can chicken chunks
In large skillet, melt butter. Add mushrooms and onions and sauté 4 min. Sprinkle with flour, stir until blended Stir in bouillon, w. sauce, peas, carrots. In small bowl combine egg and milk, add. Add chicken cook over low heat until heated. Season with salt and pepper. Pour into a casserole dish. Cover with pie crust bake 350 30 min.

Bean and Lentil Pilaf

serves 6

2 1/4 cup water 2 T dried onion
2T olive oil 2 tsp beef bouillon
1/4 cup dry lentils, 1 3/4 c. cooked kidney beans
1 can corn 1 c. uncooked rice
1 c. salsa 1 tsp chili powder

In saucepan combine ingredients in first column and bring to boil. Reduce heat; cover and simmer 15 minutes. Stir in remaining ingredients and bring to boil. Reduce heat; cover and simmer 20-25 min longer until rice and lentils are tender.

Corned beef and biscuits

2 T. butter	1/2 cup cracked wheat
1 med onion chopped	1 can corned beef
1 qt canned tomatoes	Biscuits for topping cut in fourths

Sauté onion in butter. Add tomatoes, cracked wheat, and corned beef. Stir until well blended. Bring to a boil, stirring constantly. Let simmer about 15 minutes until thick and smooth. Pour into ungreased 2 qt baking dish. Put biscuits on top and bake at 350 for 30-35 minutes or until biscuits are browned.

Cracked wheat casserole

1 lb ground beef	1 tsp beef bouillon
1/2 cup chopped onion	1/2 tsp salt
1 garlic clove minced	1/4 tsp oregano
1 1/2 cup water	1/4 tsp pepper
1/2 cup uncooked cracked wheat	1/4 cup parmesan cheese
2 T chopped parsley	1 can diced tomato

Brown ground beef with onion and garlic. Drain. Combine with rest of ingredients except cheese. Bake in covered 1 1/2 qt casserole 350 for 45 minutes. Stir in cheese. Let stand 5 minutes before serving.

Shepherd Pie

1-2 lbs cooked ground beef	1 can corn or green beans
4 cups water	1 can crm of mushroom soup
2 cups potato pearls	Chopped onion

Brown ground beef with onion. Drain and mix with drained corn and soup. Put in casserole and cover with mashed potatoes. (potato pearls mixed with water) Top with cheese if desired. Bake 350 for 30 minutes.

Scalloped Potatoes and ham

3 1/2 cup water	2 c. dried potato dices
3T dried onion	1/2 tsp chicken bouillon
1 1/4 c. warm water	1 c. Super quick white sauce mix
1 15 oz can spam or ham	

Place potatoes, onion, and bouillon in 3 1/2 cup water and simmer 20 min. In separate sauce pan whisk white sauce mix into 1 1/4 warm water. Bring to boil and simmer 1 minute. Drain liquid from potatoes stir in white sauce add water if too thick stir in meat.

Pineapple Chicken

1c. water	1c. ketchup
1/3 c. sugar	1/4 t. onion powder
1/4 t garlic powder	1T soy sauce
1/2 t. lemon juice	1/4 c. water
3T cornstarch	1 can pineapple chunks,
1 can chicken chunks	drained reserving 3/4c. juice

In med saucepan combine ingredients in first column, lemon juice and pineapple juice. Bring to boil; remove from heat. Stir cornstarch into 1/4 c. water until smooth. Stir into hot pineapple sauce. Return to heat, bring to boil while stirring. Stir in pineapple and chicken; simmer 5 min. serve over hot cooked rice. Serves 5-6 add veg to sauce if wanted.

Pinto Beef Tamale Pie

1 1/4 c. cornmeal	1- 4oz can green chilies
1/2 tsp salt	1/4 cup water
1 can evaporated milk	1/2 t onion powder
1 c. water	1/2 t garlic powder
1 can beef chunks, undrained	1/2 t. cumin
3 1/2 c. cooked pinto beans OR	1/4 t sugar
2 cans pinto beans drained	1/4-1/2 t chili powder

Combine first four ingredients in small saucepan. Cook on med heat. Stir until bubbling; continue stirring until very thick, 2-3 more minutes. Save 1/2 cup cornmeal mixture; cover with plastic wrap. Put rest of mixture in a lump in bottom of greased 10 in pie plate. Allow to cool 2-3 min. Using a slightly wet hand, press dough to cover bottom and sides of plate. Bake 425 for 10 minutes. While crust is baking, pour beef into saucepan and break up. Add rest of ingredients and bring to boil. Simmer covered, 5 min. stirring often. Spread pinto beef mixture over baked cornmeal. On a piece of waxed paper flatten reserved cornmeal into 8 inch round. Place on center of bean filling. Bake for further 15 min. and serve. Serves 6

Barbecue Beef Casserole

6 c. uncooked ziti or rotini pasta	1T vinegar
2 (15oz) cans diced tomatoes, drained	1TWorcestershire
1 can beef chunks, broken up	1/2 t salt
1 6oz tomato paste	1/4 t allspice
1/4 c. ketchup	1/4 t hot pepper sauce
2 T dried green pepper	1/8 t pepper
2T brown sugar	1 bottle processed cheese spread
1 T dried onion	

Cook pasta, drain. Combine rest of ingredients except cheese in a saucepan and simmer, covered, 10 minutes. Stir in pasta. Spread in greased 9x13 pan. Dot with cheese and bake uncovered 350 for 15 minutes until hot and cheese melts. Serves 8 **Option;** In place of processed cheese spread, hydrate 1 c. freeze dried cheese in 1/2 cup lukewarm water. Sprinkle over cheese over top before baking.

Curry Beef and Rice

1 can beef chunks	1 can diced tomatoes, undrained
2 c water	1/2 c dried apples, 1/4in pcs.
1/4 c dried onion	2T dried celery
2 t. beef bouillon	1-1 1/2 t curry powder
1/2 t dried minced garlic	1/2 t sugar
1/4 t turmeric	

Pour Beef into sauce pan and break up. Add rest of ingredients; bring to boil and simmer, uncovered 20-25 minutes. Serve over hot rice. Serves 4-5.

Seven Layer Chicken Casserole

1 1/4 c water (include juice from meat and corn)	
2 8oz can tomato sauce	1/2 t garlic powder
1/4 t salt	1c uncooked rice
1 can corn drained	1/2 4oz can green chilies
1 T dried onion	1 can chicken
1/2 2oz jar of bacon pieces	

Combine first four ingredients in saucepan; heat until boiling. Spread rice in bottom of greased 2-quart casserole dish; top with corn and chilies. Layer with dried onion, chicken; pour tomato sauce mixture over top. Sprinkle with bacon. Bake, uncovered, at 375 for 40 min. serves 5-6.

Chicken Broccoli Twist

5c. water
1/2 t. garlic powder
3/4 c. dried broccoli
1 can crm chicken soup
1/8 t pepper

2t. chicken bouillon
3 c. uncooked pasta
1/2 c. dried carrots
1 can chicken chunks
Parmesan cheese

In a saucepan, bring water, bouillon and garlic powder to boil; add pasta, broccoli and carrots. Simmer, covered, 10 minutes. Stir in soup, chicken and pepper. Heat and serve topped with Parmesan. Serves 5-6

Beef Goulash

2 cans diced tomatoes, undrained
1T dried onion
1/2 t dried minced garlic
1/4 t Worcestershire sauce
1 bay leaf

2 cans beef chunks
1 1/4 t sugar
1/2 t paprika
1/4 t vinegar
Optional: 1/4 c water
2T cornstarch

Combine all ingredients except water and cornstarch in a saucepan. Simmer 15 minutes to blend flavors. Remove bay leaf. If desired, mix cornstarch in water until there are no lumps. Stir into meat mixture; bring to boil for 2-3 minutes. Serve over hot rice. Serve 4-5

Chicken ala King

3 c. water(include liquid from mushrooms and chicken)
1/2 c. Super quick white sauce mix
1 1/2 t. chicken bouillon
1 can chicken chunks, broken up

2T dried green pepper
3T flour
1/2 t onion powder
1 can mushrooms

Biscuits

Soak green pepper in water in saucepan for 15 minutes while preparing biscuits. Whisk in white sauce mix; then flour, bouillon and onion powder. Bring to boil; simmer 1 minute. Add rest of ingredients and bring to boil. Serve over biscuits. Serves 4-5

Country Meat Pie

1 double pie crust
1 can sliced potatoes, drained
Or 3/4c. dried potato dices
1 1/2 t. flour

1/2 c. dried carrots
1/2 c. freeze dried peas
2 pkg. Gravy mix
1 can beef, chicken, or turkey chunks.

While preparing crust, cook dried veg together in saucepan for 10 minutes in 1 cup water for each dried veg used.(add peas last 2-3 minutes of cooking) Put bottom crust in pie pan. Combine gravy mix and flour in saucepan. Using broth from meat and water from veg cook gravy according to pkg directions. Add meat and veg; pour into pie. Cover with top crust, crimp, cut a few holes on top. Bake 400 for 25-30 minutes Cool 5min before serving.

Homemade Gravy

2c. water (including broth)
3T cornstarch
2 T beef bouillon

1/4 t onion powder
1/2 t. Kitchen bouquet

Combine ingredients in saucepan; stir until cornstarch has no lumps. Bring to boil, stirring constantly. Simmer 1 minute add vegetables and pour into pie.

Creamy Broccoli and Tuna

3 c. uncooked rotini pasta
1 c. dried broccoli
1/2 c. super quick white sauce mix
1/4 t. garlic powder
1 can tuna, drained

4 c. water
1 1/2 c. water
1/4 c. Parmesan cheese
1/2 t. salt

Cook pasta and broccoli in 4 c. water for 10 minutes; drain. In another saucepan, combine 1 1/2 c. water, white sauce mix and rest of ingredients in second column, except tuna. Bring to a boil; simmer 1 minute, Stir in pasta, broccoli and tuna; heat and serve. Serves 4-5

LEMON CHICKEN WITH CAPERS serves 2

1 can chicken, drained
Salt and pepper, to taste
6 T chicken broth
1T capers, drained

1/4 cup all purpose flour
3 T olive oil
2 T lemon juice
4 ounces spaghetti, cooked

Break chicken into bite-size pieces but do not flake it. Mix flour, salt and pepper. Coat chicken with seasoned flour. Heat oil in a heavy skillet on medium-high. Brown coated chicken until golden. Remove from pan and keep warm. Add chicken broth, lemon juice and capers. Boil rapidly to reduce to about 1/4 cup. Remove from heat. Add chicken and stir to coat chicken with the sauce.

TUSCAN CHICKEN AND VEGETABLES

1 can chicken, drained
1 can (8 oz) tomato sauce
2 tablespoons dried onion
1/2 teaspoon dried thyme

1 can zucchini in tomato sauce
1 can cannellini beans rinsed and drained or 2 cups cooked
1/4 tsp dried minced garlic
Parmesan cheese

Combine all but the Parmesan cheese in a large saucepan. Heat thoroughly, cooking for about 15 minutes. Serve with Parmesan cheese. Serves 4.

WHEAT HAMBURGER HASH

2 c. cooked whole wheat, ground
2 tsp beef bouillon granules
2 T oil, divided

2 T dried onion
1/4 tsp garlic powder
2 T low sodium soy sauce

2 cans whole new potatoes, drained, shredded
Combine wheat, onion, bouillon, and garlic powder. Heat 1 tablespoon oil in a medium to large skillet. Brown wheat mixture in oil on medium high heat breaking it into small pieces while it cooks. When browned and lightly crisp stir in soy sauce. Add 1 tablespoon of oil and shredded potatoes. Cook and stir until potatoes brown.

CORNER BEEF DINNER

1 can (12 ounces) corned beef
1 can (15 ounces) whole potatoes, drained
1 can (15 ounces) whole carrots, drained
1/2 teaspoon caraway seeds

Open both ends of the can of corned beef so that the meat can be taken out in 1 piece. Lay the loaf in the middle of a 6x10-inch or 8-inch square baking pan. Cut potatoes in half and place cut side down in the baking dish surrounding the meat. Evenly scatter the carrots over the potatoes. Sprinkle caraway seeds over the meat and vegetables. Cover baking pan with foil. Bake at 350o for 20 minutes. Remove foil and bake an additional 10 minutes. Serves 3 to 4.

RED BEANS AND RICE JAMAICAN STYLE

1 c red kidney beans
1 can creamed coconut or coconut milk
1 bunch green onions, chopped
3 cloves garlic
2 tsp. sea salt
1 cup brown rice soaked at least 7 hours.
1 tsp lemon juice
3 jalapeño peppers
2 tsp. dried thyme
1 tsp. pepper

Cover beans with warm h20 stir in lemon juice and leave overnight in a warm place In the morning, drain and rinse the beans and place in a pot. Add enough water to cover the beans, bring to a boil and skim. Add remaining ingredients except rice cover and simmer 6-8 hours or until beans are tender. Drain the rice and add to pot with enough water to cover the rice and beans about 1/2 inch. Bring to a boil and cook, uncovered until liquid has reduced to level of rice and beans. cover and cook on the lowest heat for 30 minutes.

CHICKEN WITH PEANUT SAUCE

2 TBS olive or other oil
Knob (size of a walnut) of fresh ginger if available, or jarred ginger
4 cloves of garlic, or equivalent of dehydrated, or garlic powder (1 tsp)
1 can chicken chunks
1 can chicken broth
1 cup white grape juice
2/3 c. peanut butter
4 TBS of each rice wine vinegar and soy sauce
Dash of sesame oil
Spaghetti
Green onion for garnish on top (optional)
Red pepper flakes – (optional)
Sauté ginger and garlic in oil. Add all other ingredients except chicken, green onion and spaghetti. Simmer for 10-15 minutes and if watery thicken with a TBS of cornstarch (put cornstarch into a little bowl, add some water, whisk and then whisk smooth paste into sauce – this way you won't get lumps). Serve over spaghetti which you have cooked and garnish with green onion if desired.

Camp Chicken & Dumplings; Mixed Vegetables

2 cans Cream of Chicken soup
1 can Chunk Chicken Meat,
3/4 cup mixed dehydrated vegetables (corn, peas, carrots, mushrooms, and tomatoes)
1 cup Bisquick in a bowl
First rehydrate vegetables (about 1/4 - 1/2 cup hot water for the vegetables). Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for quantity) to Bisquick and knead. When soup stuff is hot drop spoon fulls of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

Pasta With Chicken

1/2 cup drained oil-packed sun-dried tomatoes, chopped. Reserve oil;
1 can chicken;
1 pound bow tie pasta;
4 garlic cloves, minced;
1/2 cup chopped fresh basil (if you don't have basil, use canned or frozen spinach, peas, asparagus, or even mushrooms);
1/2 cup chicken broth;
1/4 cup chopped prosciutto (or shaved southern ham, or bacon bits); 1/4 cup pine nuts, toasted
Cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain and reserve. In skillet, heat 2 tablespoons oil reserved from tomatoes. Add garlic; sauté until tender, about 1 minute. Add sun-dried tomatoes, chicken, basil, broth, cheese and prosciutto to skillet and bring to boil. Add sauce to pasta and toss to coat. Season to taste with salt and pepper. Top with toasted pine nuts and serve.

PASTA WITH SUN DRIED TOMATOES & SAUSAGE

Sauté rehydrated vegetables like zucchini, carrots, bell peppers, mushrooms, onions, etc. in 1-2 TBS olive oil. Add freeze dried garlic or garlic powder and small chunks of summer sausage and Salt & Pepper. Add 1/4 c. extra virgin olive oil and warm for few more minutes. Serve over penne pasta with parmesan cheese sprinkled on top

Chinese Casserole (make ahead)

1 lb. ground beef
4 stalks celery, sliced
1 8oz can sliced water chestnuts
1 1/2 cups chicken broth
1/4 t. pepper
*1 1/2 cups Chinese noodles
2 onions, chopped
6 mushrooms, sliced
1 can crm of mushroom soup
1/4 cp. soy sauce
1/2 cup uncooked rice

Brown ground beef. Remove from heat. Add onion, celery, mushrooms and water chestnuts. Whisk together soups, broth, soy sauce and pepper. Stir in uncooked rice. Combine with meat and vegetables. Place in gallon freezer bag. Label and freeze.

To Serve: Thaw. Place in greased baking dish. Stir well. Cover and bake for 45 minutes at 350°. Uncover and bake 30 minutes longer. Remove from oven and top with *Chinese noodles. Bake an additional 15 minutes.

Home style Lentils and Rice

3/4 cup dry lentils
4 chicken bouillon cubes
1 teaspoon onion powder
1/4 teaspoon garlic powder
4 cups tap water
3/4 cup brown rice
2 tablespoons dry onion
1/4 teaspoon oregano
1/2 teaspoon basil
2 tablespoons oil or other fat
In a 2-quart saucepan bring the water and oil to a boil. As the water is heating, add the lentils, rice, bouillon, and seasonings. Bring the whole thing to a nice fat boil. Reduce the heat to low. Place a lid on the lentils and allow the mixture to simmer for about 45 to 50 minutes. The water should be mostly absorbed. You may serve this as it, or topped with a little cheddar cheese if desired. If you are having a busy day and don't have time to cook this on the stove, it can cook in the crock pot on low for about 6 to 8 hours instead.

Taco Style Lentils & Rice

3/4 cup dry lentils 3/4 cup brown rice
4 cups tap water 4 beef bouillon cubes
2 teaspoons chili powder 1/2 teaspoon cumin
1 teaspoon onion powder 1/4 teaspoon garlic powder

In a 2-quart saucepan bring the water to a boil. As the water is heating, add the lentils, rice, bouillon, chili powder, cumin, onion powder, and garlic powder. Bring the whole thing to a nice fat boil. Reduce the heat to low. Place a lid on the lentils and allow the mixture to simmer for about 45 to 50 minutes. The water should be mostly absorbed. You may serve this as it, topped with a little cheddar cheese if desired. Or you can use it to fill burritos or tacos instead. Both ways are very tasty.

Hamburger Rice Skillet

1/2 to 1 pound ground beef or ground turkey
1 onion, sliced
2 cups cooked rice (leftover)
8 ounce can tomato sauce, or 1 cup chopped tomatoes (canned or fresh)
1/2 cup water
Salt and Pepper to taste
1/2 cup shredded cheese

In a large skillet fry the hamburger or turkey and onion until the meat is uniformly grey and brown, and the onion is tender and fragrant. Drain off any fat if necessary. Add the brown rice, tomato, water, salt and pepper. Mix it all up, breaking the rice into small pieces if it clumps. Cover the skillet and simmer for 10 minutes. Add a little more water if necessary. Sprinkle the cheese over top and serve. As written, this recipe serves 4 folks of medium appetites. I double the recipe to feed my family.

If you like, you can add a chopped green pepper or 2 stalks of chopped celery along with the onion at the beginning. Another idea is to add a cup of frozen mixed vegetables, or pretty much any vegetable you have sitting around that you would like to use up. This is a very sturdy dish, and difficult to ruin. If you double the recipe, use a full pound of ground beef or turkey, and add a 16 ounce bag of frozen vegetables. Easy skillet meal.

Beef and Pork Chop Suey (Make ahead)

1/2 lb. lean beef, cubed 1/4 lb. lean pork, cubed
2 T olive oil 1 clove garlic, minced
3 cups beef broth 1 t. salt
2 T brown sugar 2 T Worcestershire sauce
2 T soy sauce 1 carrot sliced
1 4-ounce can sliced water chestnuts
2 stalks celery, sliced 1 cup bean sprouts

Brown meats in olive oil with onion and garlic. Stir in remaining ingredients. Cover and simmer slowly for 45 minutes, stirring occasionally. Thicken sauce with 3 T corn starch dissolved in 1/2 cp. cold water. Allow to cool. Place in gallon freezer bag. Label and freeze. To Serve: Thaw. Heat until bubbly. Serve over rice and chow miens noodles.

Dinner main Dish Meat

Roast Beef Potato Platter

2 Cup FD Roast Beef 3/4 Cup FD Onion
2 Cup FD Potatoes 1/2 Cup Deh Carrots
1 Cup Water 1/2 Cup Deh Tomato Powder
1/4 Cup FD Green Pepper 1 Tbl Worcestershire Sauce
1 Dash Salt 2 Tsp Beef Bouillon

Place roast beef in 1 quart casserole dish. Add onion and potatoes. Mix water, tomato sauce, green pepper, Worcestershire sauce, and salt in a separate bowl and pour over top. Cover and bake 350°F for 20-30 minutes or until potatoes are soft.

Salmon Patties on Buns

1T. dried whole egg, sifted 1/2 cup cornmeal
2T. water 1 T. flour
1 (15oz) can salmon oil

Whisk together egg and water until there are no lumps. Drain salmon, reserving liquid. Remove bones. Combine cornmeal and flour; add to egg mixture with salmon. Stir in enough reserved liquid from salmon to moisten ingredients well. Form into patties. Fry in oil. Makes 6 3-inch patties.

Swiss steak with parsley potato rounds

2c water 1pkg brown gravy mix
1/2cdried carrots 2T dried onion
1can diced tomatoes, undrained 1/4t onion powder
Dash pepper 1 can beef chunks
1 1/2c water 1 1/2 c reconstituted milk
1T powdered butter 1 1/2 c instant potato flakes
1 1/2T dried parsley

Stir gravy mix into 2 cups water and add rest of ingredients in first column, bring to boil while stirring. Reduce heat and simmer 30 minutes stirring occasionally. Add beef, bring to simmer while fixing potatoes. Make potatoes with parsley serve meat mixture over mounds of potatoes. Serves 4-5

Tuna Potato Patties

4 c mashed potatoes made very stiff 1 can tuna, undrained
1 1/2 T dried parsley 1T dried onion
3T mayonnaise 1/8 t. garlic powder
Lemon juice Ground pepper
Oil

Mix ingredients except lemon juice, oil and pepper and make into 9 patties.(abt 1/2 c each) Fry in oil in non-stick frying pan until lightly brown on both sides. Serve with lemon juice and pepper on top.

Salmon Loaf

1-15 oz can pink salmon, undrained 1 c. saltine cracker crumbs
1/2 c. evaporated milk 1 T dried onion
1T dried parsley 1 t. dill
2t lemon juice

Put salmon in bowl and remove bones. Add rest ingredients; stir until combined. Spread into greased 8x4 in loaf pan. Bake uncovered, at 375 for 40 minutes. Serve with fried potato dices. Serves 4-5

CRAB CAKES

3 tablespoons mayonnaise
1/8 teaspoon garlic powder
Dash pepper
1/8 teaspoon dry mustard
1 can (6 ounces) lump crab meat, rinsed, drained and flaked

1 teaspoon dried onion
1 tsp Worcestershire sauce
1/8 teaspoon celery salt
1/2 cup soft breadcrumbs

In a medium bowl, mix together mayonnaise and seasonings. Add breadcrumbs and crab meat. Mix well. Cover bowl and refrigerate 1 hour. Form into 4 patties. Heat a non-stick skillet over medium heat until hot. Add crab cakes ; cook for 5 to 7 minutes per side or until browned and crispy. Serves 2.

Homemade pizza

Crust:

2 cups flour
1/4 cup olive oil
1 cup, plus warm water

1/2 tsp. seasoning salt
2 tsp. dry yeast

Mix dry yeast and one cup warm water. While softening, mix other ingredients in medium bowl. Add softened yeast and enough warm water to make a soft, but not tacky, ball of dough. Work dough with hands, greased with a small bit of olive oil until elastic, then set aside in bowl, covered, for half an hour to rise. Oil baking pan with liberal olive oil, press out dough with hands. Prick dough with fork every few inches to avoid bubbles. Bake at 350 degrees until just barely done. It will not be browned but will lift easily from pan when picked up with a fork at corner.

Topping:

1 cup thick tomato sauce
1 Tbsp. rehydrated green peppers
1/4 cup chopped olives
1 tsp. oregano
1/2 tsp. basil

1 tsp. brown sugar
1 Tbsp. dry onion
1/4 cup sausage TVP
1/4 tsp. garlic powder

1 cup mozzarella or 1/2 cup dried grated parmesan cheese
Spread tomato sauce evenly on baked crust and sprinkle brown sugar, green peppers, olives, and spices on top. Top with cheese. Bake until cheese is barely golden brown and bubbly. This is yummy, and it is much in demand at our house. As a bonus, there are many variations including making a double batch of crust, using the second dough to be formed as bread sticks, which can be brushed with tomato sauce, herbs, and sprinkled with cheese and baked at the same time as the pizza. The bread sticks, dipped in a warm herbed tomato sauce, make a great addition to the steaming pizza.

TURKEY KABOBS

1 can (12 ounces) turkey loaf
1 can pineapple chunks, drained, reserve juice
2 T soy sauce
16 1-inch squares of roasted red pepper

2 T light brown sugar
1/4 tsp garlic powder

Cut the turkey loaf into 4 slices and each slice into 8 cubes. Put into a zipper sealed bag or a shallow baking dish. Combine reserved pineapple juice, brown sugar, soy sauce and garlic powder. Pour over cubes of turkey. Marinate for 30 minutes. Alternately thread chunks of marinated turkey, pineapple chunks and squares of red pepper onto metal skewers. Broil for 10 minutes, turning occasionally. Serve with rice or couscous. Serves 4.

PAO BIN (thin pancakes)

2 c. flour
Additional flour

3/4 c. boiling water
2 TBS sesame oil

If using food processor, place flour in work bowl. With motor running, add boiling water until dough forms ball. Transfer to small bowl, cover with damp towel and let stand 15 minutes. If not using food processor, add boiling water gradually to flour, stirring with wooden spoon. When mixture forms mass (it will be lumpy), transfer to floured board and knead until dough forms a soft, smooth ball. Place in a small bowl, cover with damp towel and let stand 15 minutes. Cut dough in half. Place on lightly floured surface and roll each about 1/4 " thick. Cut into 2 to 2 1/2 circles. Knead scraps together, roll out and repeat to cut more circles. Brush half of the circles with sesame oil. Place each uncoiled circle on 1 oiled circle. With rolling pin, roll each pair of circles into a larger circle about 6 inches in diameter keeping as round as possible. Place ungreased 8" skillet over high heat to warm. Reduce heat to moderate. Place 1 pancake in skillet and cook until it puffs and blisters, about 30 seconds. Turn and cook second side. Flip onto towel and carefully separate into 2 pancakes. Stack on platter or on foil. When all are cooked, wrap in foil and place in warm oven until ready to serve. Serve with Yang Tze Mu Shu Pork, Tang Tang noodles

YANG TZE MU SHU PORK

2 TBS peanut oil; or more
Shredded drained pork chunks to make 1/2 c.
Powdered eggs equal to 2 – reconstituted and beaten well
Chinese cabbage shredded and rehydrated equal to 2 c. fresh
1/2 c rehydrated carrots
1/2 cup rehydrated mushrooms
1/3 c. water chestnuts; chopped
Dehydrated garlic = to 1 tsp garlic fresh - minced
2 tsp soy sauce
1/4 tsp salt
1/2 tsp freshly ground pepper
dehydrated green onions – equal to 2 onions
Rehydrate vegetables and drain. Heat wok When it is very hot, add peanut oil, turning wok to coat sides. Add shredded pork and stir fry 2 minutes. Transfer to small bowl. Add eggs to wok and stir fry until cooked. Add to bowl and mix with pork. Heat more oil if necessary. Quickly add shredded cabbage, chopped carrots and mushrooms, water chestnuts and garlic and stir-fry about 2 minutes. Thoroughly blend in pork and eggs. Season with soy, salt and pepper. Add green onions and cook about 1 minute. Taste for seasoning.

ASSEMBLY – Spread some plum sauce on a pancake and then 2 to 3 TBS of Mu Shu Pork. Fold bottom 1/3 of pancake over filling, fold in sides of pancake and then roll rest of pancake to form a burrito sized "package".

Chalupas

3 lbs. Chuck roast
6 – 7 cups water
2 minced garlic
2 T. chili powder

1 lb. Pinto beans
1 chopped onion
1 T. cumin
4 oz can chopped green chilies

Clean and soak beans in water overnight. Combine with beef and seasonings and cook slowly for about 5 hours between 250° and 300° in covered porcelain roaster. When the beef is very tender, break up and serve over flour tortillas or corn chips. Sprinkle grated cheese and enjoy! Serves 10

Veggie Pasta

3/4 Cup Sausage TVP 1 3/4 Cup Water
5 Tbl. Pizza Sauce 1 Tbl. Cornstarch
1 Small FD Zucchini Halved/Sliced 1/2C Butter
1 Cup Deh Carrot Sliced Diagonally 1/8 Cup Parmesan Cheese
1 Tbl. Water 1/2Cup Diced Peppers

Cover sausage TVP with water in pot; Let simmer 10 minutes; Drain excess water. Mix pizza sauce with 1 3/4 cups water. In saucepan, sauté zucchini, and carrots with 1 Tbl water until slightly transparent, about 3-4 min. Add parmesan cheese, pizza sauce, and cornstarch to saucepan. Add TVP and simmer for 5 min. Add green peppers last. Serve over cooked Fettuccini and top with grated parmesan cheese.

Pasta

Pasta.

6 c. whole wheat flour
1 1/2 tsp. salt
1/2 c. white bean flour

To make pasta for 2 or noodle soup for 6, place 1 c. + 1 T. dry ingredients in a small mixing bowl. Make a well in the center. Place 3 T. water, or 1 egg in the center and mix to form a stiff dough that barely holds together. If too dry, add water, 1/2 t. at a time. Sprinkle a bread board lightly with flour and knead the dough on the board for 2 minutes. Roll out 1/8" to 1/16" thick, and cut in strips 1/4" to 1" wide, depending on how wide you like your noodles. (I like to use a pizza cutter.) Or, cut into squares or other fancy shapes; use pinking shears or a notched roller knife. Drop noodles, a few at a time, into 6 c. boiling water with 1 t. salt added (opt.). Boil about 5 minutes, or until tender. Cooking time will depend on thickness of noodles.

You can add a variety of seasonings, such as oregano, basil, or dry parmesan cheese. For vegetable pasta, add pureed tomatoes, carrots, potatoes, etc. in place of part of the water (or dried, powdered vegetables in place of part of the flour). These cooked pastas make an excellent side dish, served with fresh vegetables

Whole wheat pasta

1 Cup Whole Wheat Flour
1 tsp Salt
1 Egg
1 tsp Vegetable oil (optional)
1-2 T. water, if needed

In a medium bowl combine flour and salt. Make a well in the flour. Add the slightly beaten egg and mix. Mixture should form a stiff dough. If too dry (comes by experience) add 1 to 2 tsp of water. Knead on a lightly floured surface for 3-4 minutes. Roll dough out to desired thinness (either by hand or by pasta machine). Cook fresh noodles in boiling salted water for 3-5 minutes. Drain. (You can also add herbs to the flour e.g., basil, oregano, thyme, marjoram, etc.)

Homemade noodles in chicken broth

1 1/2 cup flour (either freshly ground whole wheat or white)
1/4 tsp. salt
2 eggs, reconstituted or fresh

Place flour in mound on board, making a nest or well in the center of the mound. Pour eggs into nest. Beat the eggs with a fork, gradually bringing the flour into the mix. Work the dough into a ball with your hands, picking up only as much flour as it takes to make a stiff, but workable ball. Knead the dough for about five minutes. It should not stick to the board. If it seems too moist, add a little more flour; if too dry, dampen your hands and knead longer.

Divide the ball into quarters. Cover three and reserve one to work with immediately. Lightly sprinkle board with flour and roll out dough, pulling it into a uniform thickness oval. Make it as thin as workable and let rest in a warm, dry place. Repeat with other three quarters.

When all dough is dry, but not stiff and brittle, roll like a jelly roll, cutting into desired thickness with a sharp knife. You can then either fluff out to separate and then carefully hang to dry or lay it flat to air dry for an hour.

Pour a quart of chicken broth (or use dry chicken granules to make a broth) into a large pot. Add diced, canned, or freeze dried chicken meat, if desired, as well as onion, carrots, and spices as wanted. Bring to a medium boil, then carefully add noodles, simmering just long enough to make them tender. The flour on the noodles provides natural thickening. You'll get raves for this simple, yet satisfying meal.

Dinner Side

GINGERED ORANGE CARROTS

Drain canned baby carrots (if available, if not carrot slices). Sauté in a TBS of butter with 1 tsp orange peel and fresh or canned ginger. If you have some orange juice, you can add a few TBS and then cook until liquid is gone. Add S&P.

GARLIC COUSCOUS

1-1/4 cups water 1 chicken bouillon cube
1/4 teaspoon dried minced garlic 1 teaspoon dried parsley
1 cup couscous

In a medium saucepan, bring water, bouillon, garlic and parsley to a boil. Remove from heat. Stir in couscous. Cover; let sit for 10 minutes. Fluff with a fork and serve. Serves 4.

Four Grain Pilaf

4 beef bouillon cubes 4 cups water
1/4 cup dried onions 1/4 cup regular long grain rice
1/4 cup buckwheat 1/4 cup barley
1/4 cup millet 1 cup sliced almonds
1 jar (6 oz.) sliced mushrooms, undrained
1/2 cup grated Parmesan cheese

In a saucepan, bring the bouillon cubes and water to a boil. In a 3 qt. casserole, combine the remaining ingredients. Stir in the broth. Cover tightly and bake @ 325° for 1 hr. Serves 8

HERBED RICE

2 cups water 1/2 teaspoon salt
1-1/2 teaspoons herb blend 1 cup long grain white rice
Bring water, salt, and herb blend to a boil. Stir in rice. Cover; reduce heat to simmer. Cook 18 to 20 minutes or until water is absorbed.

BARLEY MUSHROOM SKILLET serves 4

1 cup pearl barley
1 can fat-free chicken broth, about 14 1/2 ounces
2 cups water
2 tablespoons vegetable oil
3 cups sliced mushrooms (use canned from grocery store)
1 clove minced garlic (or equivalent dried, minced garlic)
1 small onion, diced (or equivalent dried, chopped onion)
3/4 teaspoon lemon pepper
1/4 teaspoon dried basil
salt to taste

Place barley on jelly roll pan and bake for 15 minutes at 350 degrees or until light golden brown. Combine water and broth in medium saucepan. Bring to a boil over high heat then add toasted barley. Reduce heat, cover, and simmer 45 minutes or until barley is tender, stirring occasionally to prevent sticking. Drain, reserve broth for breadmaking or other cooking. Set barley aside. Heat oil in large skillet over medium heat. Saute mushrooms, garlic, onion 5-7 minutes or until tender. Add barley, lemon pepper, and basil. Cook and stir until heated through. Add salt to taste.

SPINACH SOUFFLE

Rehydrated powdered eggs – equal to 2
2/3 cup evaporated or reconstituted milk
2/3 cup grated Parmesan cheese
2 teaspoon rehydrated garlic or 1/2 tsp garlic powder
salt and pepper to taste
pinch of nutmeg
2 cans chopped spinach, drained

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).
In a medium bowl whisk together egg, milk, cheese, garlic, salt and pepper. Fold in spinach. Place in a small buttered casserole dish. Bake in preheated oven for 20 minutes, or until lightly set.

Tang Tang Noodles

2 tbsp. peanut oil
2 cloves garlic, minced
1/4 c. crunchy peanut butter
1/2 c. chicken stock
2 tbsp. green onions, minced
1/2 tsp. chili flakes
1/4 c. soy sauce
1/4 c. red wine vinegar

8 oz. Oriental Ramen type noodles, cooked
Sauté the garlic and onions in the peanut oil for 2 minutes. Add the chili flakes and sauté for 1 minute. Stir in the peanut butter and continue stirring until it is completely melted. Add the soy sauce, stock, and vinegar; stir until thick and bubbly. Toss the sauce into the noodles and coat evenly. Serve warm. Garnish with more minced green onions, if you wish. Makes 4 servings

MASHED POTATOES AND KRAUT

6 cups prepared instant mashed potatoes
1 can (15 ounces) Bavarian style sauerkraut, drained and finely chopped
1/2 cup real bacon bits
2 tablespoons dried onion, soaked in warm water 5 minutes and drained
Combine ingredients thoroughly. Spoon into a greased 2-1/2 to 3-quart casserole dish. Bake at 350o for 20 minutes. Serves 8 to 10.

TVP and Bean Burrito Mix

1 cup plain or unflavored TVP granules
2T dry bell pepper
1 tablespoon chili powder
1/4 teaspoon oregano
3T dry onion
1/2 tsp garlic powder
1/2 teaspoon cumin
2 beef bouillon cubes

Combine the TVP and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

1 package TVP & Bean Burrito Mix
15 ounce can refried beans
8 or 10 flour tortillas
1-1/2 cups tap water
2 tablespoons oil

In a skillet combine the Mix and tap water. Stir the mixture over medium heat until it boils. Reduce the heat to low, so the mixture only simmers. Add the refried beans, or mashed pinto beans and the oil. Simmer the mixture for about 10 minutes, or until it thickens up to a good consistency. Spread the filling onto heated tortillas. Add salsa, sour cream, cheese, sprouts, guacamole and anything else that suits your fancy. Makes 4 or 5 servings.

TACO RICE MIX

In a quart-sized ziplock bag combine the following ingredients:

1 cup long grain brown rice or white rice
2 teaspoons chili powder
1/4 teaspoon each oregano & cumin & garlic powder
2 tablespoons dry onion
1/2 teaspoon salt
Dash red pepper flakes

To Prepare:

- 1 package of Taco Rice Mix
- 1 or 2 tablespoons oil
- 8 oz can reduced sodium tomato sauce or 1 cup chopped fresh or canned tomatoes
- 2 cups water

Get out a 2-quart saucepan. Heat the oil in the pan over medium heat. Add the contents of the Taco Rice Mix. Sauté the rice and seasonings in the hot oil until the rice is toasty and slightly opaque. Add the tomato sauce and water. Stir it up and bring it to a boil. When it starts to boil, cover the pan with a good lid and reduce the heat to very low. Brown rice will cook in 45 minutes. White rice will cook in 20 minutes. Serve topped with cheese for a main dish, or just like it is as a side dish. This is my oldest son's favorite food in the entire world. This recipe doubles easily. Cook it in a 3-quart saucepan if you double it.

Makes 4 servings.

To make Taco Style Beans & Rice add a 15 oz can of kidney or pinto or black beans (1-1/2 cups cooked beans) well drained and rinsed, along with the tomato sauce and water. Cook as directed. Per Serving (excluding unknown items **To make Taco TVP & Rice Mix** add 1 cup of plain TVP and 2 bouillon cubes to the rice mixture. Use the flavor of bouillon that you prefer. When you prepare the dish, increase the water to 2-3/4 cups. Otherwise, proceed as directed. This is a great main dish mix to keep on hand for busy days.

Buttery Parmesan Rice Mix

1 cup long grain brown rice or white rice
2 teaspoons vegetable or chicken flavored bouillon
2 tablespoons dry milk powder
1 teaspoon onion powder
1/4 teaspoon garlic powder
1/4 cup grated parmesan cheese

Combine the rice and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store in the refrigerator or freezer because of the cheese. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2 tablespoons margarine
1 package of Buttery Parmesan Rice Mix
2 cups water

In a 2-quart saucepan combine the margarine, Rice Mix and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Simmer, covered until done or for about 45 minutes for brown rice or 20 minutes for white rice. Serve hot.

Buttery Garlic Rice Mix

1 cup long grain white rice or brown rice
2 chicken bouillon cubes 1 teaspoon onion powder
1/2 teaspoon garlic powder 1/8 teaspoon turmeric
2 teaspoons dry parsley

Combine the rice and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2 tablespoons margarine
1 package of Buttery Garlic Rice Mix
2 cups water

In a 2 quart saucepan combine the margarine, Rice Mix and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Simmer, covered until done. White rice should cook for 20 minutes and brown rice should cook for 45 minutes. Serve hot.

Yellow Rice Mix

1 cup long grain brown rice 1/4 teaspoon turmeric
small speck cayenne pepper 1/8 teaspoon garlic powder
1/2 teaspoon onion powder 1T dried green pepper
3 chicken flavored bouillon cubes

Combine the rice and all of the other ingredients in a resalable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2-1/2 cups tap water
2 tablespoon margarine

Melt the margarine in a 3-quart saucepan. Add the package of mix. Sauté the rice and seasonings for a few minutes, until the rice is toasty, and begins to turn opaque. Add the water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Simmer, covered for until done, or for about 45 minutes. Serve hot.

Creamy Garden Vegetable Rice Mix

1 cup long grain brown rice 1/4 cup FD mixed vegetables
1 tablespoon dry green pepper 1 teaspoon dry parsley
1 teaspoon onion powder 1/4 teaspoon garlic salt
2 veg or chicken bouillon cubes 1 teaspoon brown sugar
Pinch Turmeric (for color) 3 T dry milk powder

Choose one of the varieties of rice suggested above. Combine it and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2 tablespoons margarine
1 package of Creamy Garden Vegetable Rice Mix
2-1/2 cups water

In a 2 quart saucepan combine the margarine, Rice Mix and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Cook the mixture for 45 minutes over low heat. Serve hot. White Bean and Garden Rice: Cook the Creamy Garden Vegetable Rice as directed. Add a well drained 15 oz can of navy beans with the margarine and rice mix. Cook as directed. Makes a lovely main dish.

Chicken Style Rice & Roni

3/4 cup long grain brown or white rice
1/4 cup broken spaghetti (or just use more rice)
1 tablespoon dry onion
1/4 teaspoon garlic
1/4 teaspoon poultry seasoning or thyme
1 tablespoon dry parsley
3 chicken flavored bouillon cubes or 1 tablespoon powdered bouillon

Combine the rice and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

-2 tablespoons margarine -1 package of Chicken Style Rice & Roni Mix -2-1/2 cups water

In a 2-quart saucepan combine the margarine, Rice Mix and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Simmer, covered until done or for about 45 minutes for brown rice or 20 minutes for white rice. Serve hot.

Leftovers can be heated up the next day, by sautéing the cold rice in a little margarine, like fried rice. Scramble in an egg and serve in bowls. Makes a quick and easy lunch for hungry kids.

Beans & Rice Mix

1 cup white or brown rice 1T dry onion flakes
1Tdry celery 1 T dry green pepper
1/4 tsp garlic powder 2 veg or ham bouillon cubes
Dash red pepper flakes, or cayenne pepper
1/4 cup soy bacon bits OR sausage flavored TVP

Choose the rice you prefer. Combine it and all of the other ingredients in a reseal able plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2-1/2 cups water
 15 oz can of beans (any kind: Kidney, Black-Eyed Peas, Pintos, Chick Peas, Black Beans whatever you have on hand)
 1 or 2 tablespoons olive oil
 1 tablespoon soy sauce (optional, but good)
 1 package of Homemade Bean and Rice Mix
 In a 2 quart sauce pan, bring the water and undrained, canned beans to a boil. Stir in the oil and soy sauce as it heats. When the mixture boils, stir in the package of Beans and Rice Mix. Stir it all up, put on a good lid and reduce the heat to very low. If you used white rice then cook the mixture for 20 minutes. If you chose brown rice then cook the mixture for 45 minutes over low heat. Serve with cucumbers, fresh fruit, and warm tortillas. Red kidney beans or black beans make the prettiest dish, but any type of beans can be used.

Lemon Herb Rice Mix

1 cup long grain brown rice 2 tsp vegetable or chicken bouillon
 1 tsp dry lemon peel 1/2 tsp marjoram
 1/4 tsp thyme 1/4 tsp rosemary
 1/4 tsp salt 1/2 tsp sugar

Pinch Turmeric, for color (optional)

Combine the rice and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2 tablespoons margarine
 1 package of Lemon Herb Rice Mix
 2 cups water

In a 2 quart saucepan combine the margarine, Rice Mix and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Simmer, covered until done, or for about 45 minutes. Good with fish or chicken.

Red Rice Mix

1 cup white or brown rice 2T dry onion
 1/2 teaspoon salt 1/8 teaspoon pepper

Combine the rice and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience

To Prepare:

2 tablespoons olive oil 1 package of Red Rice Mix
 14 or 15 oz can of tomatoes 1-1/2 cups water

Heat the olive oil in a 3-quart saucepan. Add the package of mix. Sauté the rice and seasonings for a few minutes, until the rice is toasty, and begins to turn opaque. Add the tomatoes and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. White rice will cook in 20 minutes and brown rice will be done in 45 minutes. Remember to keep the heat low and leave the lid on the pot.

Any type of canned tomatoes will do. Mexican, Stewed, or Italian tomatoes add variety, especially if you usually make this with plain canned tomatoes.

Savory Onion Rice

2 tablespoons olive oil 1 cup brown rice
 1 teaspoon onion powder 2 tablespoons dry onions
 1/4 teaspoon garlic powder 1/4 teaspoon salt
 3 beef bouillon cubes or 1 tablespoon bouillon
 2 cups tap water

Get out a 2 quart saucepan with a good lid. Heat the oil in it over medium high heat. Add the rice, and sauté it for a few minutes, until it turns opaque, and begins to smell toasty. Add the onion powder, dry onions, garlic powder, salt, bouillon and water. Stir it all up and bring it to a boil. Reduce the heat to very low and cover the pot. Allow it to simmer over very low heat for 45 minutes. Remove from heat and serve. This is quite savory as rice dishes go. This recipe is easily doubled.

Beef Style Rice & Roni

3/4 cup brown or white rice
 1/4 cup broken spaghetti (or just use more rice)
 1 tablespoon dry onion
 1 tablespoon dry parsley

3 beef bouillon cubes or 1 tablespoon powdered bouillon

Combine the rice and all of the other ingredients in a resealable plastic container. I like to use zip-lock bags. Label and Seal and the container. Store on the pantry shelf. This is enough for 1 package of mix. Make several at a time for the most convenience.

To Prepare:

2 tablespoons margarine
 1 package of Beef Style Rice & Roni Mix
 2-1/2 cups water
 1 tablespoon soy sauce

In a 2-quart saucepan combine the margarine, Rice Mix, soy sauce and water. Bring the mixture to a boil. Place a lid on the pot. Reduce the heat to the lowest possible flame. Simmer, covered until done or for about 45 minutes for brown rice or 20 minutes for white rice. Serve hot.

Leftovers can be heated up the next day, by sautéing the cold rice in a little margarine, like fried rice. Scramble in an egg and serve in bowls. Makes a quick and easy lunch for hungry kids.

Coconut Rice

1 cup long grain white rice 2 cups tap water
 1/4 teaspoon salt 1/2 cup dry coconut

In a 2-quart pot bring the water and salt to a boil. Stir in the dry rice and the coconut. Stir and return the water to a boil. Reduce the heat to the lowest possible flame. Place the lid on the pot and simmer for 20 minutes. Do not peak while the rice is cooking. Serve with curries, plain cooked chicken, or lemon baked fish. This is a surprisingly exotic tasting rice dish.

Delicious Turkey Soup With Dry Soup Mix Makes 6 servings
 8 cups of chicken or turkey broth 3/4 cup dry soup mix
 salt and pepper to taste 1 cup diced celery
 2 cups diced turkey or chicken 1 tall can evaporated milk
 Mix broth, soup mix, salt and pepper and celery and simmer for 45 minutes. Stir in diced turkey and can of milk. Heat and serve. You may thicken with flour or cornstarch.

BARLEY, SPLIT PEA SOUP

3/4 Cup Split Peas 1/2 Cup Barley
 2 T Carrots, Dehydrated 1 T Celery Flakes
 2 tsp Vegetable Broth Powder 2 tsp Onion Flakes
 1 tsp Salt 1 tsp Parsley Flakes
 1/8 tsp. Garlic Granules 1 Bay Leaf
 1 Tbsp. Oil 5 C Water
 6 oz Ham, Canned -- cubed, optional

Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover. Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened. If used, add pre-cooked meat cook for the last 15 minutes.

Variations; soup mix soup

9 cups water 1 cup dry soup mix
 7-8 tsp bouillon (ham, beef or chicken)
 Add bouillon and soup mix to boiling water and simmer, covered 45 minutes. Serves 6

Variation; reduce bouillon to 4-5 tsp. Add 1 can diced tomatoes undrained, 1 can meat chunks undrained and broken up the last 15 minutes.

Beef and Barley Stew serves 4-6

1 can beef chunks 2T beef bouillon
 7 cups water 2 T minced parsley
 3/4 c dried carrots 1/2 tsp basil
 3 T dried onion 1/8 tsp pepper
 3 T dried celery 1 bay leaf
 2 T dried red or green pepper 3/4 cup pearly barley

Combine all ingredients except barley in large pot and bring to boil. Add barley and simmer, covered, 45-55 minutes until barley is tender. Remove bay leaf before serving.

Italian Chicken and bean soup serves 4-5

5 1/2 cup water 1 3/4 cup cooked Kidney beans/ 1 can
 3 1/2 t chicken bouillon 1 can mixed vegetables, drained
 1 1/2 cup uncooked spiral pasta 3/4 tsp Italian seasoning
 2 T dried green pepper 1 can chicken chunks, undrained

Bring water and bouillon to boil. Add pasta and green pepper. Simmer covered, 10 minutes. Add rest of ingredients and heat to boil.

Minestrone Soup

3 1/2 C. cooked mixed dry beans or 2 cans any beans drained
 1/2 c dried carrots 2T dried celery
 1T dried onion 3/4t dried minced garlic
 1/2 c dried cabbage 1/4 c. olive oil
 1 6oz can tomato paste 1/4 c uncooked macaroni
 2T uncooked rice 1T dried parsley
 1 1/4t salt (1/2t for canned beans)

Soak carrots, celery, onion and garlic in 1 1/4 c water for at least 30 minutes. Soak cabbage in a separate bowl in 1c water. Drain all vegetables reserving liquid. In non stick pan, sauté carrot mixture in olive oil on med high until lightly browned about 3 minutes. Add tomato paste stirring quickly. Sauté about 2 minutes to brown paste on bottom of pan stirring frequently. Add cabbage, brown mixture 1-2 more min. stirring constantly. Add 4 1/2 cups water including soaking water and rest of ingredients. Stir to de-glaze pan. Cover and simmer 20 minutes, stirring occasionally. Soup is thick. Serves 5-6

BAKED POTATO SOUP

2 cans (10-3/4 ounces each) condensed Cheddar Cheese soup
 2-1/2 cups evaporated milk
 1 can (15 ounces) whole potatoes, drained and mashed coarsely
 1/2 cup real bacon bits (about 2 ounces)
 Dried chives
 Combine soup and milk until smooth. Add potatoes and bacon. Simmer about 20 minutes over medium low heat, stirring occasionally. Sprinkle chives on each serving. Serves 4.

BLACK BEAN SOUP

2 cans (15 ounces each) black beans, undrained
 1 cup chicken broth
 1 can (4 ounces) chopped green chilies
 1 tablespoon dried onion
 1 bay leaf
 1/2 teaspoon dried lemon peel
 Puree 1 can of black beans. Pour into a large saucepan. Add remaining ingredients; stir to combine. Bring to boil. Cover; reduce heat. Simmer 15 minutes, stirring occasionally. Remove bay leaf before serving. Serves 3-4.

CHILI

1 can (14 ounces) low fat beef broth
 1 can (14-1/2 ounces) diced tomatoes, undrained
 1 can (15-1/2 ounces) pinto beans, rinsed and drained or 2 cups cooked
 1 can (16 ounces) kidney beans, rinsed and drained or 2 cups cooked
 1/4 cup dried onion
 1 can (12 ounces) roast beef, rinsed, drained, and shredded
 1 cup cooked whole wheat
 1 tablespoon chili powder

Combine all ingredients in a Dutch oven. Bring to a boil; reduce heat and cover. Simmer for 1 hour. Serves 4 to 6.

SAUSAGE LENTIL STEW

2 quarts water 2-1/4 cups lentils
 9 to 12 ounces summer sausage, sliced and quartered
 1 teaspoon salt 2 tablespoons dried onion
 1 can (15oz) diced tomatoes 1 can (6 oz) tomato paste
 4 beef bouillon cubes
 Combine ingredients in a 4 quart Dutch oven or soup pot. Bring to a boil. Reduce heat; cover. Simmer 1 hour. Serves 6 to 8.

PUMPKIN PECAN BUTTERSCOTCH PUDDING

1 package (4-serving size) instant butterscotch pudding
1 can (12 ounces) evaporated milk
1 can (15 ounces) pumpkin
1 teaspoon cinnamon
1/4 cup chopped pecans
2 tablespoons brown sugar

Combine pudding mix and milk according to package directions in a large bowl; refrigerate for 5 minutes. Add pumpkin and cinnamon; mix until smooth. Spoon into dessert dishes. Chill until set. Combine pecans and brown sugar; top pudding with 1 tablespoon of the mixture before serving. Serves 6.

APRICOT ALMOND CLUSTERS

12 ounces white almond bark or 2 cups white baking chips
3/4 cup chopped dried apricots
3/4 cup slivered almonds

Melt almond bark in the microwave or in the top of a double boiler. Stir in apricots and almonds. Drop by spoonfuls onto waxed paper. Let stand until cool and set. Yield: about 20 pieces.

BERRY CHOCOLATES

1/4 cup prepared instant mashed potatoes made without butter or margarine
1 package (3 ounces) berry flavored gelatin (raspberry, strawberry, etc.)
2-1/4 cups powdered sugar
10 ounces dark chocolate candy bar or 1-2/3 cups chocolate chips
5 teaspoons shortening
(10 ounces of dipping chocolate or almond bark may be used instead of chocolate and shortening)

Prepared frosting

In a medium sized bowl, mix potatoes and gelatin completely. Gradually add powdered sugar. Knead dough until smooth. Roll into a 1-inch diameter log. Cut into 3/8-inch slices. Let slices dry at least 24 hours, loosely covered, turning each piece several times during the drying process. When outside is dry and firm, melt chocolate and shortening together in a microwave or double boiler until smooth. Coat each piece of candy with melted chocolate and allow to cool. When cool and firm, each piece may be decorated with frosting rosettes or other designs. Makes about 60 pieces.

CRANBERRY WALNUT CLUSTERS

2 6-ounce dark chocolate candy bars or 2 cups semi-sweet chocolate chips
2 tablespoons shortening
1 cup dried cranberries
1 cup walnut pieces

Melt chocolate and shortening together in the microwave or in the top of a double boiler. Stir in cranberries and walnuts. Drop by spoonfuls onto waxed paper. Let stand until cool and set. Yield: 25-30 pieces.

Note: Candy will set up better at room temperatures below 70 degrees.

Breads

PIZZA BREAD STICKS

1 recipe pizza dough
Olive oil
Garlic salt
Parmesan cheese
Dried oregano

Roll pizza dough out on 2 pizza pans. Brush with olive oil. Sprinkle with garlic salt, to taste. Lightly sprinkle on Parmesan cheese. Sprinkle on oregano, to taste. Cut into strips about 1 inch wide. Bake at 425o for 12-14 minutes or until lightly browned.

PIZZA DOUGH

1 tablespoon active dry yeast 1-1/4 cups warm water
2 tablespoons vegetable oil 4 cups all purpose flour
1 teaspoon salt

Dissolve yeast in water. Stir in oil. Stir flour and salt together. Stir into the liquid mixture. Knead on a lightly floured surface until smooth and elastic, about 15 minutes. Shape into a ball; place in a greased bowl, turning over once. Cover with a cloth and let rise until doubled, about 2 hours. Punch down; divide in half. Roll out on two pizza pans. Use for pizza, pizza bread sticks, or streusel pizza. For pizza, cover with sauce, cheese and toppings; bake 11 minutes at 425o.

Ezekiel Bread Recipe

5 1/4 Cups EZB-Mix Ground into Flour
4 cups warm water
1 cup honey
1/2 cup olive oil
2 (.25 ounce) packages active dry yeast
2 tablespoons salt

Measure the water, honey, olive oil, and yeast into a large bowl. Let sit for 3 to 5 minutes. Stir all of the grains and beans together until well mixed. Grind in a flour mill. Add fresh milled flour and salt to the yeast mixture; stir until well mixed, about 10 minutes. The dough will be like that of a batter bread. Pour dough into two greased 9 x 5 inch loaf pans. Pour dough into greased pans. You may use 2 large loaf pans (10x5x3) or 3 med. loaf pans or 2-9x13 brownie pans. Let rise in a warm place for one hour or until the

Ezekiel Bread Recipe pg. 2 dough is almost to the top of the pan. If it rises too much it will over flow the pan while baking. Once risen, WITHOUT OPENING THE DOOR, turn the heat up to 350. If you open the door, the cool air will cause the bread to fall. Bake at 350o for 45-50 minutes for loaf pans and 35-40 minutes for brownie pans.

This is a very sweet, moist, cake-like bread. For a more traditional bread texture I have used this combination of grains in Bread and Roll recipe. Replacing the 7 cups of flour with the 9 cups of flour from the milled grains in this recipe. You may also add fruits and nuts or use the flour made from this mixture in other favorite recipes. This healthy combination of grains and beans is worth experimenting with. Combining grains and beans makes a complete protein.

SWEET YEAST BISCUITS

Makes 9 biscuits

1 tsp dry yeast
2 cups flour
1/2 tsp salt
1 T sugar
1 T warm water
2 tsp baking powder
1/4 cup shortening
2/3 cup soured milk*

Stir yeast into the warm water. Set aside to soften. Stir together flour, baking powder and salt. Cut in shortening until it is like coarse crumbs. Stir sugar into the softened yeast. Add the yeast mixture and the soured milk to the flour mixture. Stir quickly. Turn onto a lightly floured surface and knead briefly. Pat or roll dough 1/2-inch thick. Cut biscuits. Place on a lightly greased baking sheet. Bake at 425o for 10 minutes. *To sour milk combine 2 teaspoons white vinegar or lemon juice and milk to equal 2/3 cup; let stand 5 minutes.

QUICK CINNAMON ROLLS

Cinnamon sugar:
2 T granulated sugar
1-1/2 tsp cinnamon
2 T packed light brown sugar
1 recipe of Sweet Yeast Biscuits

Frosting:

1 cup powdered sugar
4 teaspoons milk

Make cinnamon sugar. Set aside. Make Sweet Yeast Biscuit dough according to instructions. Roll dough into a 9 x 12-inch rectangle on a lightly floured surface. Spread cinnamon sugar over the dough to within 1/2-inch of all edges. Roll up dough starting with a 9-inch side. Slice rolled dough into 9 pieces. Arrange in a lightly greased 8-inch square baking pan. Bake at 400o for 12 minutes. Cool in the pan for 15 minutes. Make frosting by mixing the sugar and milk until smooth. Spoon or spread over the warm rolls. Makes 9 cinnamon rolls.

QUICK WHEAT ROLLS

1 cup all purpose flour
2 teaspoons baking powder
2 teaspoons brown sugar
1 cup milk
1 cup whole wheat flour
1/4 teaspoon salt
1/4 cup mayonnaise

Mix ingredients together in a large bowl. Spoon batter into 10 to 12 well-greased muffin cups, filling half full. Bake at 425o for 16 to 18 minutes.

Basic whole wheat bread

Heat 4 cups milk (rehydrated dry or fresh). Soften 4 Tbsp. dry yeast in 3/4 cup warm water. Add 1/4 c. honey to warm milk, along with 1/3 cup oil or melted shortening, 2 tsp. salt, and 2 eggs.

Beat well, then as milk cools to luke warm, gently add yeast. Add about 14 c. fresh whole wheat flour, one cup at a time, mixing after each. When nearly stiff, mix with hands, incorporating just enough flour to make an elastic, workable ball of dough. Don't stop if it's sticky, and don't get it too stiff. Knead on a floured board for 10 minutes. Grease a large mixing bowl, place ball into bowl, and grease top. Pull ball out and put back in, greased top up. Cover with a warm, damp kitchen towel and let rise in warm place until about double. Knock down and let rise again. Divide into two or three loaves and place into greased bread pans. Preheat oven to 350 degrees. When loaves are nearly doubled in size, place in oven and bake for about 35 minutes until tops are golden brown. Grease tops with margarine to soften. Enjoy the best bread you've ever tasted.

Halftime spoon rolls

Dissolve 2 tsp. dry yeast in 1/2 cup warm water, and set aside. Combine 1/3 cup shortening, 1/4 cup of sugar or honey, 1 tsp. salt

with 3/4 cup hot milk (reconstituted dry or fresh). Cool to lukewarm by adding 1/2 cup cold water. Add 1 egg (or equivalent reconstituted dry) and softened yeast. Mix in 3 1/2 cups sifted flour. Cover in same bowl, letting rise in a warm place till doubled. Stir dough with greased spoon. With an ice cream scoop (works easiest) dip sticky batter into greased muffin tins, filling half full. Let rise and bake at 375 degrees until golden brown. Remove from oven and brush margarine on top to soften nicely. I promise raves from this one. And you can modify it easily. With the addition of just a little more flour (about 1/2 cup), the dough will be firm enough to handle lightly, which makes forming hamburger buns on a greased cookie sheet easy, or forming into caramel rolls, cinnamon rolls, or coffee cake.

Mixes

HERB BLEND

2 tablespoons dried oregano leaves
1/4 cup sweet basil
2 tablespoons dried marjoram leaves
2 tablespoons garlic powder
2 tablespoons dried thyme leaves
1 tablespoon salt
1 teaspoon rubbed sage
1 tablespoon onion powder
1/2 teaspoon cayenne pepper

Combine all ingredients. Store in an airtight container. Use on chicken or vegetables or in salads or salad dressings. Makes about 1 cup.

Homemade Gatorade

Laborade

The text I have has it for labor and delivery but indicates it is also a great substitute for Pedialyte and Gatorade.

1/3 cup lemon juice
1/4 tsp sea salt
1/3 cup honey (or molasses)
1 crushed dolomite tablet
enough water to total 1 quart

Switchel

3-1/2 quarts pure water
1/2 cup maple syrup or honey
1 to 2 Tablespoons ground ginger
1 cup molasses
1/2 cup apple cider vinegar

Personally I prefer the a variant on Switchel that includes sea salt. Molasses should be unsulfured black strap. The apple cider vinegar should be the unfiltered with the mother (looks like sediment). Honey should be local and raw. Maple syrup should be the real kind (not the corn syrup substitute) like a grade B. Of course in a situation where these ideals are not to be had use what you have (except corn syrup).