

## MENUS AT A GLANCE with Food Storage in Mind

**RECIPES** for these familiar foods can be found on the page number next to the meal. Some recipes are written with **FRESH FOOD** ingredients, others are written with **PACKAGED FOOD** items. You can adjust most of these meals to go either way. **OUTDOOR GARDENS** will greatly enhance the quality of our meals, as will an **INDOOR GARDEN** of SPROUTS. **BREADMAKING** will become a necessary skill without fresh foods. I have included 3 different breads per week that will be great supplements to your fruit meals, sandwiches, and soups. **PERSONALIZE YOUR MENUS** by gathering your own ideas and putting them on paper. Blank forms have been included for menus and grocery lists. **STORE WHAT YOU EAT**, then **ROTATE** these foods so that you have a continual flow of needed ingredients to feed your family. **PLAN NOW** to store at least a **3 MONTH SUPPLY OF FAMILIAR FOODS**. If you haven't already done so, plan your **LONG TERM FOOD STORAGE** with these aids in mind.

### BREAKFAST ENTREES

Pancakes (20)	Mandarin Oranges (21)	Granola (21)	French Toast (20)	Raspberry Smoothie(21 & 30)	Cracked Wheat (22)	Pineapple (21)
Scones (20)	Peaches (21)	Wheaties (22)	Raisin Oatmeal Muffins (20)	Strawberry Delight (21)	Cream of Wheat (22)	Raspberries & Cream (21)
Waffles (20)	Tropical Fruit (21)	Grape Nuts (21)	Biscuits & Gravy (20)	Orange Julius (21)	Oatmeal (22)	Pears (21)
Applesauce Pancakes (21)	Strawberries & Cream (21)	Apple-Cinnamon Oats (22)	Apple Muffins (20)	Creamy Peach Cooler (21)	Whole Grain Cereals (22)	Fruit Cocktail (21)

### LUNCH ENTREES

Monte Cristo (24)	Chicken Noodle (25)	Sloppy Joes (23)	Cream of Celery (25)	Tortilla Wraps (23)	Beef Stew (24)	Sea Food Salad (23)
Spam on French Bread (23)	Cream of Broccoli (25)	Vienna Sausage (23)	Creamy Tomato (25)	Almond Butter (23)	Corn Chowder (24)	Salmon Patties (24)
Ham on Wheat Bread (23)	Chicken Tortilla Soup(25)	Veggie Burgers (24)	Cream of Chicken (25)	Pita Pockets (23)	Creamy Potato (24)	Chicken Salad (23)
New Your Reuben on Rye(23)	Vegetable Beef Soup(25)	Barbecue Beef (23)	Cream of Mushroom (25)	Peanut Butter (23)	Creamy Carrot (24)	Tuna Salad (23)

### DINNER ENTREES

Beef Pot Pie (26)	Scalloped Potatoes (26)	Beef Enchiladas (26)	Chicken & Dumplings (27)	Split Pea Soup (27)	Pizza (28)	Falafel (28)
Cheeseburger Pie (26)	Sweet Potato Casserole (26)	Beef Tacos (26)	Hawaiian Chicken (27)	Chili (27)	Spaghetti (28)	Tuna Casserole (28)
Shepherd Pie (26)	Au Gratin Potatoes (26)	Chicken Enchilada (26)	Sweet & Sour Chicken (27)	Lima Beans (27)	Fettuccini Alfredo (28)	Stroganoff (28)
Chicken Pot Pie (26)	Nauvoo Potatoes (26)	Mexi-Mac & Cheese (26)	Chicken Haystacks (27)	Navy Beans (27)	Minestrone (2)	Goulash (28)

### CONDIMENTS

### DAIRY

### BREAD

### SAUCES

Catsup (38)	Butter (33)	Cream (32-33)	White Bread (29-31)	Corn Bread (30)	Flour Tortillas (30)	Salsa + Pico de Gallo (37)
Hummus (38)	Buttermilk (32)	Milk (32-33)	Bagels (29)	French Bread (29)	Corn Tortillas (31)	Sweet & Sour Sauce (37)
Mayonnaise (38)	Cheese (32)	Sour Cream (33)	Wheat Bread (30)	Bread Sticks (30)	Pita Pockets (30)	Tartar Sauce (37)
Mustard (38)	Eggs (32)	Yogurt (33)	English Muffins (30)	Rye Bread (29)	Carrot Bread (30)	White sauce - Gravy (37)

## SUPPLEMENTAL FOODS

In addition to the 28 Day Menu Plan attached, consider a large variety of **VEGETABLES & FRUITS** to supplement your meals through **WET PACK & DRY PACK FOODS** (See lists attached). Many of the fruits are posted in the Breakfast Menus and the vegetables are tucked into the Lunch & Dinner Entrees. Gather your favorite **DESSERT RECIPES** as comfort foods for your family & include the ingredients in your grocery list. I included a few of my own choices as samples of the types of desserts you might consider. Have **DRINKS** available for pleasure as well as for illness when our body's need lots of fluids. Familiar **SALAD RECIPES** will be appreciated for gatherings and picnics. **DRESSINGS** will be especially nice with indoor and outdoor garden foods.

### DESSERTS

Raisin Filled Cookies(34)	Fruit Cobblers (34)	Raisin Pudding (34)	Banana Nut Bread (34)	Texas Sheet Cake (34)	Toffee Squares (34)	Caramel Popcorn (34)
Ice Cream (33)	Glazed Donuts (31)	Cinnamon Rolls (31)	Carrot Bread (30)	Raisin Oatmeal Muffins (20)	Apple Muffins (20)	Fruit & Whip Cream (33)

### DRESSINGS

Russian Dressing (31)	Ranch Dressing (31)	Ranch Dressing Dip (33)	Italian Dressing (31)	Almond Dressing (33)	Thousand Island (31)	French Dressing (31)
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### DRINKS

Fruit Smoothies (30)	Herbal Teas (30)	Fruit Drink Mixes (30)	Flavored Milks (30)	Hot Broths (30)	Gatorade Mixes (30)	Hot Wassail (30)
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### SALADS

Frog Eye Salad (36)	Potato Salad (36)	Macaroni Salad (36)	Italian Pasta Salad (36)	Rice & Mixed Veggies (36)	Fruit Salad (36)	3 Bean Salad (36)
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### VEGETABLES

Potato Pearls-Flakes	Asparagus	Beets	Tomatoes	Carrots	Cabbage	Onions
Whole Potatoes	Pickles	Green Beans	Stew Tomatoes	Corn + Creamed	Mixed Vegetables	Green Peppers
Sliced Potatoes	Spinach	Cauliflower	Tomato Sauce	Peas	Olives	Hot Peppers
Hash Browns	Zucchini	Broccoli	Tomato Paste	Celery	Mushrooms	Green Chiles

### TOPPINGS

Chocolate Glaze (38)	Maple Bar Glaze (31)	Hot Fudge Topping (38)	Caramel Nut Topping (38)	Strawberry Topping (38)	Whip Cream (33)	Maple Syrup (38)
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# 28 DAY MENU PLAN

## BREAKFASTS


## LUNCHES


## DINNERS


## VEGETABLES


## SUPPLEMENTAL FOODS FOR THE 28 DAY MENU PLAN

### BREADS


### DAIRY


### DESSERTS


### DRINKS


### SALADS & DRESSINGS


### SAUCES & GRAVIES


### SPREADS, TOPPINGS & DIPS


## GROCERY LIST FOR 4 PEOPLE (Highlight purchases made)

FOOD ITEMS	28 days	3 months	6 months	9 months	12 months		28 days	3 months	6 months	9 months	12 months
<b>BAKING NEEDS</b>						<b>DRINKS</b>					
Almond Extract	1 tsp	.5 oz	1 oz	1.5 oz	2 oz	Apple Drink (100 oz #10 can)	1 can	Increase if your family will use more			2 cans
Bisquick (6 lb Box)	2 lbs	1 box	2 box	3 box	4 box	Herbal Teas	Variety of your choice for medicinal & comfort needs				
Baking Powder	6 oz	18 oz	36 oz	54 oz	72 oz	Hot Chocolate Mix	1 can	Increase if your family will use more			6 cans
Baking Soda	4 oz	12 oz	24 oz	36 oz	48 oz	Lemonade Mix (96 oz #10 can)	1 can	Increase if your family will use more			2 cans
Choco, unsweetened	2 oz	6 oz	12 oz	18 oz	24 oz	Orange Drink Mix(100oz#10 can)	1 can	Increase if your family will use more			2 cans
Choco, semisweet (12 oz)	8 oz	2 bags	4 bags	6 bags	9 bags						
Cocoa (90 oz)	6 oz	18 oz	36 oz	54 oz	72 oz	<b>FRUIT</b>					
Corn Masa Flour (10 lb bag)	1 lb	3 lb	6 lbs	9 lbs	12 lbs	Apples, dry (21oz #10 cans) +pie	4 cups	1 ½ cans	3 cans	4.5 cans	6 cans
Cornmeal (10 lb bag)	1 lb	3 lb	6 lbs	9 lbs	12 lbs	Applesauce (4oz cup of 12=48oz)	1	3	6	9	12
Cornstarch (68 oz)	4 oz	12 oz	24 oz	36 oz	48 oz	Apricots (16 oz)	2 cans	3 cans	12 cans	18 cans	24 cans
Rye Flour	.5 oz	1.5 lb	3 lbs	4.5 lbs	6 lbs	Banana Chips (36 oz #10 can)	1 C	3 cups	6 cups	9 cups	1 can
Tapioca (8 oz = 38 servings @ 1 tsp / serving)	3 tsp	2 oz	4 oz	6 oz	8 oz	Coconut (40 oz #10 cans 14 c)	1 C	3 cups	6 cups	9 cups	1 can
Yeast (2 lb bag)	8 oz	1 lb	2 lb	3 lb	4 lb	Mandarin Oranges (15 oz)	2 can	6 cans	12 cans	18 cans	24 cans
Vanilla (8 oz)	2 oz	6 oz	12 oz	18 oz	24 oz	Peaches (15 oz)	2 can	6 cans	12 cans	18 cans	24 cans
White Flour: (16 c per #10 can)	37 cups	7 cans	14 cans	16 cans	18 cans	Pears (15 oz)	2 can	6 cans	12 cans	18 cans	24 cans
Whole Wheat: (.75 c = 1 c flour)	74 cups	90 lbs	180 lbs	270 lbs	360 lbs	Pie Filling 5 cups needed	I included these ingredients in dry apples				
Vitamin C 1000 mg for cooking	5 tablets	15 tablets	30 tablets	45 tablets	60 tablets	Pineapple Chunks (15 oz)	3 cans	9 cans	18 cans	27 cans	36 cans
<b>CEREALS</b>						Raisins (68 oz #10 can)	1 can	3 cans	6 cans	9 cans	12 cans
Corn Flakes	1 C	3 cups	6 cups	9 cups	12 cups	Raspberries (8 oz Freeze Dried)	3 cups	¾ can	1 ½ can	2 ¼ cans	3 cans
Cracked Wheat	1 lb	3 lbs	6 lbs	9 lbs	12 lbs	Strawberries (8 oz Freeze Dried)	3 cups	¾ can	1 ½ can	2 ¼ can	3 cans
7-9 grain cereal	1 lb	3 lbs	6 lbs	9 lbs	12 lbs	Tropical Fruit (16 oz)	2 cans	6 cans	12 cans	18 cans	24 cans
Oatmeal (18 c per #10 can)	2 cans	7 cans	14 cans	20 cans	27 cans	<b>LEGUMES</b>					
Oat Groats	1 lb	3 lbs	6lbs	9lbs	12lb	Black Beans	1 lb	3 lbs	6 lbs	9 lbs	12 lbs
Wheat germ (12 oz=2 tbls X26)	.5 lb	1.5 lbs	3 lbs	4.5 lbs	6 lbs	Garbanzo Beans	1 lb	3 lbs	6 lbs	9 lbs	12 lbs
<b>CONDIMENTS</b>						Kidney Beans	.5 lb	1.5 lbs	3 lbs	4.5 lbs	6 lbs
Horseradish	1 oz	3 oz	6 oz	9 oz	12 oz	Lima Beans	1 lb	3 lbs	6 lbs	9 lbs	12 lbs
Lemon Juice	8 oz	24 oz	48 oz	72 oz	96 oz	Navy Beans	1 lb	3 lbs	6 lbs	9 lbs	12 lbs
Mustard, coarse grain	8 oz	24 oz	48 oz	72 oz	96 oz	Refried Beans (40 oz #10 can)	2 cups	6 cans	12 cans	18 cups	24 cups
Relish	5 oz	15 oz	30 oz	45 oz	60 oz	Split Green Peas	1 lb	3 lbs	6 lbs	9 lbs	12 lbs
Soy Sauce	6 oz	18 oz	36 oz	54 oz	72 oz	Soy Beans-Tofu	.5 lb	1.5 lbs	3 lbs	4.5 lbs	6 lbs
Worcestershire	2 oz	6 oz	12 oz	18 oz	24 oz	<b>MEATS</b>					
Vinegar	8 oz	39 oz	78 oz	117 oz	96 oz	See CANNING SECTION for the means to canning your own meats					
<b>DAIRY</b>						Beef, cubed (12.5 oz per can)	8 can	24 cans	48 cans	72 cans	96 cans
Butter, 12 oz cans	6 cans	18 cans	36 cans	54 cans	72 cans	Chicken, cubed (12.5 oz per can)	15 cans	45 cans	90 cans	135 cans	180 cans
Cheese, 8 oz cans	10 cans	30 cans	60 cans	90 cans	120 cans	Corn Beef (12 oz per can)	2 cans	6 cans	12 cans	18 cans	24 cans
Creamer, non dairy powder 35 oz	1 can	3 cans	6 cans	9 cans	12 cans	Ground Beef (Can your own)	12 lbs	36 lbs	72 lbs	108 lbs	144 lbs
Eagle Brand Milk	1 can	3 cans	6 cans	9 cans	12 cans	Ham (5 oz per can)	9 cans	18 cans	36 cans	81 cans	108 cans
Egg powder (Fresh eggs then 48 oz #10 can)	3 ½ dozen	2 cans	4 cans	6 cans	8 cans	Vienna Sausage (5 oz per can)	2 cans	6 cans	12 cans	18 cans	24 cans
Egg Whites (frozen in cubes then Zip Loc)	3 whites	9 whites	18 whites	27 whites	36 whites	Spam (12 oz per can)	2 can	6 cans	12 cans	18 cans	24 cans
Milk, substitute-liquid form (64 oz per #10 can)	½ can	1.5 cans	3 cans	4.5 cans	6 cans	Salmon (7 oz per can)	2 can	6 cans	12 cans	18 cans	24 cans
Milk, powder (64 oz per #10 cans)	1 can	3 cans	6 cans	9 cans	12 cans	Tuma (7 oz per can)	2 can	6 cans	12 cans	18 cans	24 cans
Yogurt, Plain (Dannon Brand has live culture)	Keep 4oz in fridge. This culture can make more yogurt as needed.					Turkey (10 oz per can)	1 can	3 cans	6 cans	9 cans	12 cans

**DAIRY:** Buttermilk, Cream, Sour Cream and Parmesan Cheese recipe ingredients are included. Decrease your costs on milk powder by purchasing a Milk Substitute such as Morning Moo which is 1/3 as much in cost & tastes good.  
**EGGS:** Consider Egg Substitute which is 1/2 as much cost for cooking purposes as Egg Powder if purchased in 50 lb bags & canned at LDS cannery **FRUITS** Consider dry pack fruits to reduce space required for wet pack foods  
**CONDIMENTS:** Mayonnaise & catsup recipes are included in the grocery list ingredients **NUT BUTTERS:** Recipes ingredients are included for Almond & Peanut Butter. **MEAT:** Consider a Meat Substitute called, Textured Vegetable Protein (TVP) which can be purchased in many flavors as a compliment to your soups and casseroles and is very inexpensive, and to reduce space needed for wet pack foods. Consider canning your own meats.

## GROCERY LIST FOR 4 PEOPLE (Highlight purchases made)

FOOD ITEMS	28 days	3 months	6 months	9 months	12 months		28 days	3 months	6 months	9 months	12 months	
<b>NUTS</b>						<b>SPICES</b>						
Almonds	2 1/8 cups	3.6 lbs	7.2 lbs	10.8 lbs	14.4 lbs	Basil (1.5 oz = 1cup)	1 tsp	.09 oz	.18 oz	.27 oz	.36 oz	
Peanuts	2½ cups	3.75 lbs	7.5 lbs	11.25 lbs	15 lbs	Bay Leaves (.12 oz =15 lvs)	5 leaves	.12 oz	.24 oz	.36 oz	.48 oz	
Pumpkin Seeds	½ cup	.75 lbs	3 lbs	4.5 lbs	6 lbs	Butter Granules (2.5 oz=1c)	1/8 cup	.93 oz	1.86 oz	2.79 oz	3.72 oz	
Sunflower Seeds	½ cup	.75 lbs	3 lbs	4.5 lbs	6 lbs	Celery Salt (8 oz = 1 c)	1 tsp	.51 oz	1.02 oz	1.53 oz	2.04 oz	
Walnut	2 lbs	6 lbs	12 lbs	18 lbs	24 lbs	Chili Powder (5 oz= 1 c)	1/8 cup	1.86 oz	3.72 oz	5.58 oz	7.44 oz	
<b>OILS</b>						Chives (2 oz=3 cups)	1 cup	2 oz	4 oz	6 oz	8 oz	
Olive Oil Spray	1 can	2 cans	3 cans	4 cans	5 cans	Cilantro (.66oz=1 c)	1/8 cup	.24 oz	.48 oz	.72 oz	.96 oz	
Olive Oil	1 gallon	3 gallons	6 gallons	9gallons	12 gallons	Cinnamon (5 oz = 1 c)	3.75 oz	11.25 oz	22.5 oz	33.75 oz	45 oz	
Shortening (48 oz can)	16 oz	1 can	2 cans	3 cans	4 cans	Coriander (5.6 oz = 1 c)	1 tsp	.36 oz	.72 oz	1.08 oz	1.44 oz	
Vegetable Oil (1 gallon)	1 gallon	3 gallons	6 gallons	9 gallons	12 gallons	Cream of Tartar(14.4 oz=1c)	1 tsp	.9 oz	1.8 oz	2.7 oz	3.6 oz	
<b>PASTA</b>						Cumin (5 oz = 1 c)	1 Tbls	.90 oz	1.80 oz	2.70 oz	3.60 oz	
Egg Noodles	3 lbs	10 lbs	20 lbs	29 lbs	40 lbs	Dill (2 oz = 1 cup)	2 Tbls	.75 oz	1.5 oz	2.25 oz	3 oz	
Fettuccini Noodles	1 lb	3 lbs	6 lbs	9 lbs	12 lbs	Garlic Powder(5 oz=1 c)	4 T	3.75 oz	7.5 oz	11.25 oz	15 oz	
Macaroni	1 lb	3 lbs	6 lbs	9 lbs	12 lbs	Nutmeg (5 oz = 1 cup)	2 T	1.88 oz	3.75 oz	5.63 oz	7.5 oz	
Oriental Noodles	1 lb	3 lbs	6 lbs	9 lbs	12 lbs	Onion Powder (6.24 oz=1 c)	3 Tbls	3.5 oz	7.02 oz	10.53 oz	14.04 oz	
Spaghetti	.5 oz	1.5 lbs	3 lbs	4.5 lbs	6 lbs	Onion, Minced (4 oz = 1 c)	1 cup	12 oz	24 oz	36 oz	48 oz	
<b>POPCORN (#10 can)</b>	1/3 can	1can	2 cans	3 cans	4 cans	Oregano (1.74 = 1 cup)	1 Tbls	.30 oz	.60 oz	.90 oz	1.2 oz	
<b>RICE</b>						Paprika (4.82 oz = 1 c)	1 T	.90 oz	1.80 oz	2.7 oz	3.6 oz	
Rice, Brown	.5 lb	1.5 lb	3 lbs	4.5 lb	6 lbs	Parsley Flakes (.66 oz=1 c)	1 cup	2. oz	4 oz	6 oz	8 oz	
Rice, White(14 c per #10 can)	1 can	2 can	4 cans	6 cans	8 cans	Salt (26 oz)	1 box	3 boxes	6 boxes	9 boxes	12 boxes	
						Thyme (1.80=1 cup)	1 tsp	.12 oz	.24 oz	.36 oz	.48 oz	
<b>SOUPS</b>						<b>VEGETABLES</b>						
Beef Stew (16.5 oz)	2 cans	6 cans	12 cans	18 cans	24 cans	Broccoli, dry (20oz)	½ can	1 ½ can	3 cans	4.5 cans	6 cans	
Bouillon, Chicken	6 oz	18 oz	36 oz	54 oz	72 oz	Carrots, dry (36 oz #10 can)	2 cans	6 cans	12 cans	18 cans	24 cans	
Bouillon, Beef granules	2 t.	1 oz	2 oz	6 oz	8 oz	Celery, dry (18 oz)	1/3 can	1 can	2 cans	3 cans	4 cans	
Chicken Noodle (10.75 oz)	2 cans	6 cans	12 cans	18 cans	24 cans	Corn (11 oz)	2 cans	6 cans	12 cans	18 cans	24 cans	
Chicken Tortillas (10.75 oz)	2 cans	6 cans	12 cans	18 cans	24 cans	Cream Corn (11 oz)	1 can	3 cans	6 cans	9 cans	12 cans	
Clam Chowder (16.5 oz)	2 cans	6 cans	12 cans	18 cans	24 cans	Green Chiles (4 oz can)	4 cans	12 cans	24 cans	36 cans	48 cans	
Cream of Celery (10.75 oz)	2 cans	6 cans	12 cans	18 cans	24 cans	Green Beans (14.5 oz can)	2 cans	6 cans	12 cans	19 cans	24 cans	
Cream of Chicken (10.75 oz)	6 cans	18 cans	36 cans	54 cans	72 cans	Green Pepper (20oz#10can)	3 cups	1 can	1 1/8 cans	1 ¾ cans	2 cans	
Creamy Mushroom (10.75 oz)	4 cans	18 cans	36 cans	54 cans	72 cans	Mix Vegetables(14.5 oz can)	4 cans	12 cans	24 cans	36 cans	48 cans	
Onion Soup (2 pkg per box)	1 pkg	3 pkgs	6 pkgs	9 pkgs	12 pkgs	Mushrooms (10 oz #10 can)	1/3 can	1 can	2 cans	3 cans	4 cans	
Tomato (10.75 oz)	4 cans	12 cans	24 cans	36 cans	48 cans	Olives ((6 oz)	1 can	3 cans	6 cans	9 cans	12 cans	
Vegetable Beef (10.75 oz)	3 cans	9 cans	18 cans	27 cans	36 cans	Onions, dry (49 oz #10 can)	1 can	3 cans	6 cans	9 cans	12 cans	
<b>SPROUTS</b>	See SPROUTING for an indoor garden to enhance meals & ↑ nutrition						Peas (49 oz #10 can)	1 cups	3 cups	6 cups	9 cups	1 cans
<b>SWEETENERS</b>						Pickles, dill (small jar)	1 jar	3 jars	6 jars	9 jars	12 jars	
Honey	1 quart	3 quarts	6 quarts	9 quarts	12 quarts	Potato, Diced (36oz #10can)	1/2 can	1 ½ cans	3 cans	4 ½ cans	6 cans	
Jam, Raspberry or Strawberry	2 oz	6 oz	12 oz	18 oz	24 oz	Potato, Flakes	1 cups	3 cups	6 cups	9 cups	1 can	
Sugar, Brown	6 lb	18 lbs	36 lbs	54 lbs	72 lbs	Potato, Slices (20 oz)	1 cups	3 cups	6 cups	9 cups	1 can	
Sugar, Powdered	6 lb	18 lbs	36 lbs	54 lbs	72 lbs	Sauerkraut (14 oz)	8 oz	3 cans	6 cans	9 cans	12 cans	
Sugar, White	6 lb	18 lbs	36 lbs	54 lbs	72 lbs	Sweet Potato (44oz#10can)	1/8 can	3/8 can	1 can	1 1/8 can	2 cans	
Molasses	8 oz	24 oz	48 oz	72 oz	96 oz	Tomatoes (14.5 oz)	10 cans	30 cans	60 cans	90 cans	120 cans	
Syrup, Karo	12 oz	36 oz	72 oz	108 oz	144 oz	Tomato Powder (54 oz #10)	½ can	1 ½ can	3 cans	4 ½ cans	6 cans	
						Tomato Sauce (8 oz)	8 cans	24 cans	48 cans	72 cans	96 cans	

**TOMATO PRODUCTS** Tomato Sauce is used in recipes calling for Tomato Juice. Substituting all or part of the tomato products with Tomato Flakes & Tomato Powder in Dry Pack Storage will reduce storage space needs for the above Tomato items. **VEGETABLES** Mushrooms, Peas, Sweet Potatoes can also be purchased in Wet Pack cans. **SOUPS** are great for quick meals when there is duress or illness. Homemade recipes are also provided in this grocery list for these same soups. **SUPPLEMENTAL FOODS** I included the 7 desserts in the grocery list, and then only those foods that were tucked into the entrees.





<b>WET PACK &amp; PANTRY FOODS</b>					
<p><b>WET PACK ITEMS</b> are canned fruits, vegetables, soups, meats, milks, et. <b>PANTRY FOODS</b> are packaged foods such as cereals, cakes mixes, quick meals, etc. These items can be purchased in a grocery store and generally have a shelf life of at least 1 year or more. <b>WET PACK CANNING</b> can be done by appointment at your local LDS Cannery. Types of food available may depend upon what is being canned in a given week. These <b>NONPERISHABLE FOODS</b> are very important in our <b>FOOD STORAGE</b> to guard against times when fresh foods are not available. You will also want to look at the <b>DRY PACK FOODS</b> chart attached.</p>					
FRUITS	VEGETABLES		LEGUMES & RICE	FLOUR & MIXES	DRINKS
Apple Filling Applesauce Blackberries Blueberries Boysenberries Cherries Cherry Filling Cranberries Mandarin Oranges Peaches Peach Filling Pears Pineapple, Chunks Pineapple, Crushed Pineapple, Slices Raspberries Tropical Fruit	Asparagus Beets, Plain Beets, Pickled Carrots Corn Corn, Creamed Green Chili Peppers Green Beans Green Bean, French Mixed Vegetables Mushroom Slices Olives	Onions Peas Potatoes, Whole Potatoes, Dry Pack Varieties Pickles Pumpkin Filling Spinach Tomato Paste Tomato Sauce Tomatoes, Stewed Tomatoes, Whole Zucchini	Adzuki Beans Black Beans Black-eyed peas Garbanzo Beans Kidney Beans Lima Beans Lentil Varieties Mung Beans Navy Beans Pinto Beans Red Beans Soy Beans Split Peas White Beans White Rices Brown Rices Long Grain Rices	Corn Meal Flour, Corn Masa Flour, Wheat Flour, White Mix, Bisquick Mix, Brownies Mix, Cakes Mix, Cookies Mix, Muffins Mix, Pancakes Mix, Scones Mix, Tortillas Pasta, Egg Noodles Pasta, Macaroni Pasta, Spaghetti	Baby Formula Gatorade, Lemon-Lime Mix Gatorade, Orange Mix Hot chocolate Mixes Apple Cinnamon Drink Mix Lemonade Drink Mix Orange Drink Mix Herbal Teas Juices Milk, Almond-Rice-Soy: <ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Plain</li> <li>• Strawberry</li> </ul>
CEREALS	MEATS	OILS & SPREADS	NUTS & SEEDS	DAIRY	SOUPS
Corn Flakes Cream of Wheat Grape Nuts Granola Nine Grain Oatmeal Rice Puffs Raisin Bran Shredded Wheat Wheaties	Chicken Clams Corn Beef Deviled Ham Ham Oysters Roast Beef Spam Tuna	Canola Oil Flax Seed Oil Olive Oil, Extra Virgin Olive Oil, Non Stick Spray Sesame Oil Shortening Vegetable Oil	Almonds Almond Butter Peanuts Peanut Butter Pumpkin Seeds Sesame Seeds Sunflower Seeds Walnuts	*Butter, real cheese in a can *Cheese, real cheese in a can Milk, Evaporated Milk, Non Fat Powdered Milk, Substitutes (See Drinks) Whip Cream, Powdered  *This butter & cheese tastes wonderful! Special order from <a href="http://www.MREdepot.com">www.MREdepot.com</a> .	Beef Stew Bouillon, Beef & Chicken Chicken Noodle Chicken Tortillas Clam Chowder Cream of Celery Cream of Chicken Cream of Mushroom Tomato Vegetable Beef
SPICES			COOK ESSENTIALS	SWEETENERS	CONDIMENTS
Allspice Anise Basil Bay Leaves Cayenne Pepper Celery Salt Chili Powder Chives Cilantro Cinnamon Cloves	Cumin Curry Dill Garlic Powder Ginger Horseradish Mace Marjoram Mustard Nutmeg Onion Powder	Oregano Paprika Parsley Pepper Poppy Seeds Rosemary Salt Sage & Poultry Seasoning Sesame Seeds Tarragon Thyme	Baking Powder Baking Soda Cocoa Mix Cornstarch Cream of Tartar Lemon Juice Tapioca Yeast Almond, Maple, Vanilla Extract	Honey Honey, Creamed Karo Syrup Sugar, Brown Sugar, Powdered Sugar, White Syrup, Corn Syrup, Karo Syrup, Maple Syrup, Flavors	Catsup Italian Dressing Mix Mayonnaise Mustard Ranch Dressing Mix Relish Salsa Teriyaki Sauce Soy Sauce Spaghetti Sauce

# DRY PACK FOODS

**DEHYDRATED FOODS (DH):** Moisture levels are reduced to about 3 % making it possible to store these foods for many years, if stored in a cool, dark place that does not collect moisture, which is 70 degrees or cooler (not a garage or cement floor). Foods which contain oil have shorter storage life and will go rancid. Once you have opened a can of dehydrated food, place the contents in a light container or in zip-lock bag, removing as much air as possible. Many of these foods will last years after opening. Continue to protect them from moisture and store in a dark, cool place,

**FREEZE DRIED FOODS (FD):** Frozen at extremely low temperatures to turn the food's moisture into tiny crystals. Low-level heat is then applied in a vacuum chamber. This melts the ice crystals without changing the food's existing cell structure. Moisture is collected in the vacuum chamber and the food is packed for long term storage. These foods retain their color, texture, shape, flavor and nutritional value. They will give less servings than dehydrated foods and cost more.

**TEXTURED VEGETABLE PROTEIN (TVP):** Is a by-product of soybean, high in protein and low in fat. It comes in small chunks and granules. When flavored it can take the place of meat. It is best used in casseroles, soups, sandwiches and sauces.

FRUITS	VEGETABLES	LEGUMES	MEATS	DAIRY	
Apple Flakes, Dices, Slices DH Applesauce, DH Apricot Dices, DH Banana Dices, FD Banana Slices, DH & FD Blueberries, FD Boysenberries, FD Coconut Shreds, DH Cranberries, FD Green Peppers, DH & FD Mango Chunks, DH & FD Papaya Chunks, DH Peaches, Slices FD Pears, with Skins FD Pineapple Dices, DH & FD Raspberries, FD Raisins, DH & FD Strawberries, Sliced FD Strawberries, Whole FD Tropical Fruit Blend, DH	Asparagus, Pieces DH & FD Broccoli, DH & FD Cabbage, DH Carrots, Dices DH Carrots, Flakes DH Cauliflower, FD Celery, Pieces FD Celery, Slice DH Corn, Sweet DH & FD Green Beans, DH & FD Mushroom Slices, DH & FD Onion, Chopped, DH Peas, DH & FD Peppers, Red & Green DH	Potato Dices, DH & FD Potato Granules, DH Potato Hash Brown, DH Potato Slices, DH Spinach, Chopped FD Spinach, Flakes DH Stew Blend, Veggie DH Sweet Potatoes, DH Zucchini, FD Tomato Chunks, FD Tomato Flakes, DH Tomato Powder, DH Zucchini Slices, FD	Anasazi Beans Black Turtle Beans 16 Bean Mix Kidney Beans Lima Beans Navy Beans Pinto Beans Refried Beans Red Beans Soy Beans Split Green Peas White Beans	Bacon, TVP Barbecue, TVP Beef, TVP Chicken, FD & TVP Ground Beef, FD Ham, FD & TVP Italian Meatballs, FD Pepperoni, TVP Roast Beef, FD Sausage, FD & TVP Sloppy Joe, TVP Taco Mix, TVP Turkey, FD	Butter Powder DH Buttermilk Powder DH Cheese Blend DH Cheese, Cheddar DH Cheese, Colby DH Cheese, Monterey Jack FD Cheese, Mozzarella FD Cheese, Sharp Cheddar FD Cream Cheese Powder DH Egg Mix, Scrambled DH Egg Powder, Whole DH Egg Powder, Whites DH Milk, Regular Non Fat DH Milk, Morning Moo DH Milk, Morning Moo, Choco DH Sour Cream Powder DH Whey, Creamy, Regular DH Whey, Chocolate DH Whey, Strawberry DH Whey, Orange DH
	DESSERTS	OILS & SPREADS	PASTA	SUGAR	
	Chocolate Fudge DH Creamy Hot Chocolate DH Pudding, Banana DH Pudding, Chocolate DH Pudding, Tapioca DH Pudding, Vanilla DH	Margarine Powder Peanut Butter Powder Shortening Powder	Egg Noodles Macaroni, Elbow Spaghetti	Corn Syrup Sugar, Brown Sugar, Powdered Sugar, White	
DRINKS	WHOLE GRAINS	CEREALS	FLOURS & MIXES	COOKING ESSENTIALS	SOUPS
Apple Drink Mix Lemonade Drink Mix Orange Drink Mix Peach Drink Mix Strawberry Drink Mix Hot Choco, Creamy Hot Choco, French Vanilla Hot Choco, Irish Cream Hot Choco, Mint Truffle Hot Choco, Red Raspberry	Barley, Pearl Buckwheat Corn, Whole Millet Oat Groats Popcorn Rye Spelt, Organic White Rice, Long Grain Wheat, Hard Red Wheat, Hard White Wheat, Soft White	6 Grain Cereal 9 Grain Cereal Cracked Wheat Creamy Wheat Cereal Granola Cereal Oatmeal, Rolled Quick Oatmeal, Rolled Regular	Biscuit Mix Cornmeal Honey Wheat Bread Mix Honey White Bread Mix Muffin Mixes, Variety Pancake Mix, 6 Grain Pancake Mix, Buttermilk Scone Mix Sweet Roll Mix Brownie Mix Flour, Enriched White Flour, Whole Wheat	Salt Baking Powder Baking Soda Cornstarch Gelatin, Plain Gravy Mix, Beef Gravy Mix, Chicken Lemon Juice Powder Vinegar	ABC Soup Mix Beef Stew Bouillon, Beef Bouillon, Chicken Creamy Soup Base Creamy Broccoli Cheese Creamy Potato Stew Blend, Vegetables

# SPROUTING → INDOOR GARDEN

**HOW DO YOU SPROUT?** Most sprouts grow best in 70 degree temperature and indirect sunlight. Adzuki, mung beans & buckwheat can grow in such lighting as well, but do better in the dark. There are several sprouting methods such as: Jars, trays, mesh bags & automatic sprouters. The most inexpensive and common method used for sprouting is the Jar Method. **THE JAR METHOD** is a great place to begin your sprouting experience. Follow these instructions:

**PURCHASE** a box of wide mouth quart jars with lids, muslin which will be cut into 6 inch squares, and a dish drainer.  
**SEEDS:** Buy fresh seeds. They should be free of weevil, etc. If you purchase in #10 cans you are set. If you purchase in bags, place them in a container with diatomaceous earth. It is not harmful and does not change the taste of the sprout, but will keep it from becoming infested with bugs.  
**SELECT** the type of seed you want then look at the chart to determine how much and how long to sprout. Place seed in the jar.  
**FILL** the jar with water. Screw on the metal lid & soak seeds for the recommended time, usually over night.  
**OPEN** the metal lid & replace with a mesh covering and elastic band to be used as a strainer. It also allows air flow through the jar.  
**POUR** off the soak water through the mesh. RINSE with fresh water through the mesh. DRAIN off excess water through the mesh.  
**DISH DRAINER:** This is a great place for resting the jars during the sprouting period. Turn the jar upside down and set the jar at a 45 ° angle by resting the mesh end in the dish drainer, slanting it so that it leans against the side of the dish drainer.  
**NO DIRECT SUN LIGHT** as the sprouts dry too quickly.  
**RINSE & DRAIN** 2 to 3 times a day with cool water at high pressure.  
**CONTINUE TO GROW** sprouts until they are the length described in this chart.

**EXPOSE** sprouts to sunlight the last 15 minutes before harvest, with 3 exceptions: BUCKWHEAT, ADZUKI & MUNG  
**DISH DRAINER:** This is a great place for resting the jars during the sprouting period. Turn the jar upside down and set the jar at a 45 ° angle by resting the mesh end in the dish drainer, slanting it so that it leans against the side of the dish drainer.  
**NO DIRECT SUN LIGHT** as the sprouts dry too quickly.  
**RINSE & DRAIN** 2 to 3 times a day with cool water at high pressure. Rinse more in humid or hot weather.  
**CONTINUE TO GROW** sprouts until they are the length described in this chart, using the approximate days required for that growth.  
**EXPOSE** sprouts to sunlight the last 15 minutes before harvest, with 3 exceptions: BUCKWHEAT, ADZUKI & MUNG.  
**DISCARD SPROUTS WITH MOLD** as these should not be eaten.  
**REMOVE THE HULLS:** It is best to remove the indigestible hulls of adzuki, alfalfa, cabbage, clover, fenugreek, mung and radish sprouts by placing them in a sink of cold water. Agitate the sprouts gently with your fingers to loosen the hulls. Rinse and drain well then store in a clean container after water has drained and sprouts are dry.  
**REFRIGERATE:** Never place sprouts in fridge wet. Make sure the last rinse before refrigeration was 8-12 hours earlier because you want to refrigerate them dry. Place in a sealed container. Eat within a 5 to 10 days as they begin to deteriorate after they reach maturity, which is within about 4 days after refrigeration.  
**METICULOUS CLEANING:** Soak your sprouters for 10-15 minutes, every 3-4 crops, in water with bleach (1 T. bleach to every pint of water).  
**ROTATE** your seeds. Fresh seeds tend to sprout faster and germinate better.

**GROWING SPROUTS IN THE COLD:** If you have a power outage and your home is cold, you will need a cooler and a couple of jars of boiling water with lids. Place a rack or dish drainer in the bottom of the cooler. Place the hot water in the middle of the rack or drainer, then set your sprouting jars inside the dish drainer as usual. Shut the lid. You will need to reheat the water from time to time.

NAME	HOW MUCH	HRS TO SOAK	HARVEST	LENGTH AT HARVEST TIME	NUTRITIONAL HIGHLIGHTS
Adzuki Beans	1 cup	12 hours	2-5 days	¼ inch to ¾ inch (Grown in dark)	Vitamin C, protein, iron
Alfalfa Seeds	4 Tbls	8 hours	3-5 days	1/8 inch to ¾ inch	Vitamin A, B, C, E, K, minerals
Almonds	1 cup	8 hours	1 day	No shoot produced	Vitamin B, E, calcium, protein
Buckwheat	½ cup	12 hours	3-5 days	¼ to ¾ inch	Vitamins A & C, calcium & lecithin
Cabbage Seed	¼ cup	8 hours	3-5 days	¼ inch to ¾ inch	Vitamin A, C, U
Cow Peas	1 cup	12 hours	3-6 days	½ inch to 1 inch	Vitamins A, C, minerals
Garbanzo Beans	1 cup	12 hours	2-4 days	¼ inch to 3/8 inch	Vitamin A, C, protein, minerals
Clover Seeds	3 Tbls	8 hours	3-5 days	1/8 inch to ¾ inch	Vitamin A, C, minerals
Corn	1 cup	12 hours	2-3 days	3/8 inch	Vitamin A, B, E, minerals, fiber
Fenugreek	½ cup	8 hours	3-5 days	¼ inch to 3/8 inch	Vitamin A, C, iron, phosphorous
Green Peas	1 cup	12 hours	2-3 days	¼ inch to 3/8 inch	Vitamin A, B, C, protein, fiber.
Lentils	1 cup	12 hours	2-4 days	¼ inch to 3/8 inch	Vitamin C, protein, iron, minerals
Millet Grain	1 cup	8 hours	3-4 days	¼ inch	Vitamin B2, B3, E, protein, minerals, fiber
Mung Beans	½ cup	12 hours	2-5 days	¼ inch to ¾ inch (Grow in dark)	Vitamin C, protein, iron, potassium
Mustard Seeds	¼ cup	8 hours	2-5 days	¼ inch to ¾ inch	Vitamin A, C, minerals, chlorophyll
Oat Groat Kernels	1 cup	12 hours	2-3 days	¼ inch to ¾ inch	Vitamin B, E, protein, minerals, fiber
Pumpkin Seeds	1 cup	8 hours	1 day	No shoot produced	Vitamin E, protein, phosphorus, iron, zinc
Radish Seeds	¼ cup	8 hours	2-5 days	¼ inch to ¾ inch	Vitamin C, potassium
Rye Grain	1 cup	12 hours	2-4 days	¼ inch to ½ inch	Vitamin B, E, protein, manganese, iron, phosphorus, potassium
Sesame Seeds	2 cup	8 hours	1-2 days	No shoot produced	Vitamin B, E, protein, calcium, minerals, fiber
Sunflower Seeds	2 cups	8 hours	1-3 days	0 to ¼ inch	Vitamin A, B, C, E, proteins, minerals
Watercress	4 Tbls	8 hours	2-5 days	3/8 inch to 1 1/8 inch	Vitamin A, B, C, E, minerals
Wheat Kernels	1 cup	12 hours	2-4 days	¼ inch to 3/8 inch	Vitamin B, C, E, protein, phosphorus, magnesium

## SPROUTS TO COMBINE WITH FOODS

Start out with Sprout Recipes from books then begin to experiment with your own.

<b>BREADS</b>	almond, garbanzo, clover, corn, lentil, millet, oat, pumpkin, rye, sesame, sunflower, wheat
<b>CASSEROLES</b>	adzuki, garbanzo, fenugreek, green pea, lentil, millet, oat
<b>CEREALS</b>	almond, buckwheat, corn, millet, pumpkin, rye, sesame, sunflower, wheat
<b>CHEESES</b>	almond, pumpkin, sesame, sunflower
<b>DIPS &amp; SPREADS</b>	almonds, garbanzo, green pea, lentil
<b>JUICES</b>	Alfalfa, buckwheat, sunflower, mung, mustard
<b>MEAT LOAF</b>	adzuki, alfalfa, cow pea, garbanzo, fenugreek, green pea, lentil
<b>MILKS</b>	alfalfa, almond, cabbage, mung, radish, sesame, sunflower, wheat
<b>PITA POCKETS</b>	adzuki, alfalfa, cabbage, garbanzo, clover, fenugreek, green pea, lentil, mung, mustard, radish, rye, sesame, watercress, wheat
<b>ORIENTAL DISHES</b>	adzuki, alfalfa, cabbage, cow pea, garbanzo, clover, fenugreek, green pea, lentil, mung, mustard, radish, rye, sesame, watercress, wheat
<b>SANDWICH</b>	mung, mustard, radish, watercress
<b>SALADS MARINADES</b>	adzuki, alfalfa, buckwheat, cabbage, cow pea, garbanzo, clover, fenugreek, green pea, lentil, mung, mustard, radish, rye, sesame, sunflowers, watercress, wheat
<b>SNACKS</b>	almond, corn, pumpkin, wheat
<b>SOUPS</b>	alfalfa, buckwheat, cabbage, clover, millet, fenugreek, green pea, lentil, mung, mustard, oat, radish, rye, sunflower, wheat
<b>TORTILLA WRAPS</b>	adzuki, alfalfa, cabbage, garbanzo, clover, fenugreek, green pea, lentil, mung, mustard, radish, rye, sesame, watercress, wheat

## GREAT SPROUT COMBINATIONS

Information taken from [The Sprouting Book](#), Ann Wigmore, page 55

### BREADS & CEREALS

YOU CAN GROW THESE SPROUT COMBINATIONS IN THE SAME JAR BECAUSE THE CONDITIONS NEEDED TO GROW THEM ARE THE SAME.

Wheat 50% - Garbanzo Beans 50%

Wheat 50% - Lentil 50%

Wheat 50% - Rye 50%

Wheat 50% - Sunflower 50%

Wheat 33% - Almond 33% - Sunflower 33%

### SOUPS, SALADS, JUICES

YOU CAN GROW THESE SPROUT COMBINATIONS IN THE SAME JAR BECAUSE THE CONDITIONS NEEDED TO GROW THEM ARE THE SAME.

Alfalfa 60% - Lentil 25% - Wheat 15%

Alfalfa 60% - Cabbage 20% - Sunflower 20%

Alfalfa 50% - Cabbage 10% - Lentil 10% - Mung 10%  
Radish 10% - Rye 10%

Lentil 50% - Adzuki 25% - Garbanzo 25%

Lentil 40% - Mung 40% - Cow Pea

Mung 25% - Lentil 25% - Sunflower 25% - Wheat 25%

COMPLIMENTARY SPICES		SUBSTITUTION CHART	
EXPERIMENT WITH SPICES		MISSING AN INGREDIENT – USE A SUBSTITUTION	
BEANS	basil, cumin, cayenne, chili, garlic, onion, oregano, parsley, sage, thyme	<b>Baking Powder 1 tsp</b> → ¼ tsp soda & ½ tsp cream of tartar <b>Butter or margarine 1 cup</b> → 1½ cup margarine or butter powder <b>Chocolate, unsweetened 1 square</b> → 3 T. cocoa + 1 T. butter <b>Cornstarch 1 ½ tsp</b> → 1 T flour <b>Corn Syrup 1 ½ cup</b> → 1 cup sugar plus ½ cup liquid <b>Egg 1 whole</b> → 2 T. dehydrated eggs plus 2 ½ T. water <b>Green Pepper 1 medium</b> → ¼ cup dehydrated green peppers <b>Honey 2/3 cup</b> → 1 cup sugar + 1/3 cup water <b>Half &amp; Half 1 cup</b> → 3 T. butter & about 7/8 cups milk <b>Heavy Cream 1 cup</b> → ¾ cup milk 1/3 cup butter <b>Milk whole 1 cup</b> → ½ cup evaporated milk + ½ cup water <b>Milk whole 1 cup</b> → 1 cup reconstituted powdered milk with 2 T. butter <b>Mustard dry</b> → 1 T. prepared mustard <b>Onion 1 medium</b> → ¼ cup dehydrated onion <b>Shortening or butter 1 cup</b> → 2/3 cup vegetable oil <b>Sour Cream 1 cup</b> → 1 cup milk + 1 ½ T. vinegar <b>Sugar, brown 1 cup</b> → 1 cup sugar + 1 tsp molasses <b>Sugar 1 cup</b> → ¾ cup honey, reduce liquid ¼ cup or add ¼ cup flour <b>Sugar 1 cup</b> → 1 cup molasses <b>Sugar 1 cup</b> → 1 ½ carob syrup <b>Sugar 1 cup</b> → 1 ¼ cup malt syrup <b>Sugar powder 1 cup</b> → Blend to powder 1 C. sugar & ½ t. cornstarch <b>Tapioca 4 tsp</b> → 1 T. cornstarch or 2 T. flour <b>Tomato Juice 1 cup</b> → ½ cup tomato sauce + ½ cup water <b>Tomato Juice 1 cup</b> → Mix tomato paste to the desired consistency <b>White flour 1 cup</b> → ¾ cup whole wheat flour <b>White flour 1 cup</b> → 7/8 cup rice flour <b>White flour 1 cup</b> → 1 cup corn meal <b>White flour 1 cup</b> → ¾ cup buckwheat <b>White flour 1 cup</b> → ½ cup barley flour <b>White flour 1 cup</b> → ¾ cup rye flour <b>Yeast 1 package</b> → 1 T. yeast	
BEEF	basil, bay, chili, cilantro, curry, cumin, garlic, marjoram, oregano, parsley, rosemary, sage, thyme		
BREADS	anise, basil, cinnamon, cumin, dill, garlic, lemon, orange, oregano, poppy, rosemary, sage, thyme		
CHEESE	basil, celery seed, chives, cumin, dill, garlic, lemon, mustard, paprika, parsley, sage, thyme		
CHICKEN	basil, bay, cinnamon, curry, dill, garlic, ginger, lemon, mustard, paprika, rosemary, sage, thyme		
DESSERTS	allspice, cinnamon, cloves, ginger, lemon, nutmeg, mint, orange, rosemary		
EGGS	basil, chili, chives, curry, dill, ginger, lemon, marjoram, oregano, paprika, parsley, thyme		
FISH	basil, bay, chives, dill, garlic, lemon, marjoram, mustard, oregano, parsley, rosemary, tarragon, thyme		
FRUITS	allspice, cinnamon, cloves, ginger, mint		
POTATOES	basil, oregano, paprika, parsley, poppy seed, rosemary, tarragon, thyme		
SALADS	basil, chives, dill, garlic, lemon, marjoram, oregano, paprika, parsley, rosemary, tarragon, thyme		
SOUPS	basil, bay, chili, chives, cumin, dill, garlic, marjoram, parsley, pepper, rosemary, sage, thyme		
TOMATOES	basil, bay, celery, chili, curry, dill, garlic, lemon, marjoram, oregano, parsley, rosemary, tarragon, thyme		
VEGETABLE	basil, bay, chili, chives, cumin, cilantro, dill, garlic, lemon, mustard, onion, paprika, parsley, thyme		

LIQUID OR VOLUME MEASUREMENTS					OVEN TEMPERATURES		
Jigger	1.5 fluid oz		3 tablespoons	45 ml	<b>Fahrenheit</b>	<b>Centrigrade</b>	<b>Description</b>
1 cup	8 fluid oz	½ pint	16 tablespoons	237 ml	225 degrees F	105 degrees C	Very Cool
2 cups	16 fluid oz	1 pint	32 tablespoons	474 ml			
4 cups	32 fluid oz	1 quart	64 tablespoons	946 ml	250 degrees F	120 degrees C	
2 pints	32 fluid oz	1 quart	4 cups	.964 ml			
4 quarts	128 fluid oz	1 gallon	16 cups	3.764 liters	275 degrees F	130 degrees C	Cool
8 quarts	256 fluid oz	2 gallons	32 cups	7.528 liters			
4 pecks	One bushel				300 degrees F	150 degrees C	
Dash	About ¼ tsp						
DRY MEASUREMENTS					325 degrees F	165 degrees C	Very Moderate
1/16 teaspoon	dash				350 degrees F	180 degrees C	Moderate
1/8 teaspoon	pinch or 6 drops			.5 ml	375 degrees F	190 degrees C	
¼ teaspoon	15 drops			1 ml			
½ teaspoon	30 drops			2 ml	400 degrees F	200 degrees C	Moderately Hot
1 teaspoon	1/3 tablespoon	1/6 ounce		5 ml			
3 teaspoons	1 tablespoon	½ ounce		14.3 grams	425 degrees F	220 degrees C	Hot
1 tablespoon	3 teaspoons	½ ounce		14.3 grams			
2 tablespoons	1/8 cup	1 ounce		28.3 grams	450 degrees F	230 degrees C	
4 tablespoons	¼ cup	2 ounces		56.7 grams			
5 tablespoon + 1 tsp	1/3 cup	2.6 ounces		75.6 grams	475 degrees F	245 degrees C	Very Hot
8 tablespoons	½ cup	4 ounces	¼ pound	113.4 grams			
10 tablespoon + 2 tsp	2/3 cup	5.2 ounces		151.2 grams	<b>WHAT IS YOUR PLAN FOR COOKING IF THERE IS NO POWER?</b>		
12 tablespoons	¾ cup	6 ounces	.375 pound	170 grams			
16 tablespoons	1 cup	8 ounces	½ pound	225 grams			
32 tablespoons	2 cups	16 ounces	1 pound	453.6 grams			
64tablespoons	4 cups or 1 quart	32 ounces	2 pounds	907 grams			
ALTERNATIVE MEASURES FOR COOKING							
<b>Dutch Ovens ♥ Wood Stove &amp; Oven ♥ Charcoal Grill ♥ Propane Grill ♥ Propane Stove ♥ Solar Unit ♥ Generator</b>							
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## DRY PACK RECONSTITUTION LIST

DRY PACK FOODS	AMOUNT	WATER	INSTRUCTIONS	YIELD
Apple Granules	1 cup	3 cups	Add boiling water and let set for 15 minutes.	3 cups
Apple Slices	1 cup	1 ½ cups	Add boiling water and let set for 15 minutes.	2 cups
Apricots	1 cup	2 cups	Add water and let soften.	1 ½ cups
Beets	1 cup	3 cups	Add water and let soften.	2 ½ cups
Bell Peppers	1 cup	1 ½ cups	Add water and let soften.	2 cups
Butter	1 cup	¼ cup	Add water to make paste until desired consistency, then chill.	¾ cups
Buttermilk	1 cup	1 ½ cups	Add cold water into mil. Blend with whisk. Sit for 3 hours in fridge.	2 ½ cups
Cabbage	1 cup	2 ½ cup	Add water and let set for 30 minutes or until soft.	2 cups
Carrots	1 cup	2 cups	Simmer in water for 15 minutes or until tender. Add ½ teaspoon of sugar.	2 cups
Celery	1 cup	1 cup	Same as above. If it does not hydrate well, blend in blender.	2 cups
Cheese Powder	1 cup	1/3 cup	Add water for paste until desired consistency + a bit of butter.	2/3 cups
Cocoa, Hot	¼ cup	¾ cup	Add hot water and blend until smooth.	1 cup
Cocoa, Hot	1 ¼ cup	1 quart	Add hot water and blend until smooth.	1 quart
Corn	1 cup	3 cups	Add water and let stand overnight.	2 cups
Dates	1 cup	1 cup	Add water and let stand over night.	1 1/3 cups
Egg Mix	2 Tbls	2 ½ tsp	Add water for paste until desired consistency.	1 egg
Egg Mix	¼ cup	¼ cup	Add water for paste until desired consistency.	2 eggs
Egg Whole Powder	2 Tbls	2 1/2 tsp	Add water for paste until desired consistency.	1 egg
Egg Whole Powder	¼ cup	¼ cup	Add water for paste until desired consistency.	2 egg
Egg White Powder	1 tsp	2 Tbls	Add water then whip.	1 egg
Fruit Drink Mix	1 cup	2 quarts	Add cold water and mix well.	2 quarts
Fruit Blend	1 cup	1 ½ cup	Add water and let sit until soft.	1 ½ cup
Gelatin	1 cup	4 cups	Add 2 cups boiling water to dissolve, then 2 cups cold water and chill.	4 cups
Green Beans	1 cup	3 cups	Add water + sugar. Let sit for 30 minutes then simmer until tender.	2 ½ cups
Lemon Juice Powder	1 tsp	3-4 tsp	Add water and stir.	4 tsp
Margarine	1 cup	2 Tbls	Add water for paste. Stir until smooth. Add a bit of oil. Chill.	¾ cup
Milk	1 cup	4 cups	Add water for paste, gradually, till all is mixed then chill.	4 cups
Onions	1 cup	1 cup	Add water and let set until soft.	1 ½ cups
Onions, Minced	1 cup	1 ½ cups	Add water and let set until soft.	2 cups
Peach Slices	1 cup	2 cups	Add water and let set until soft.	2 cups
Peanut Butter	10 Tbls	Oil & Salt	Make a paste with 8 tsp. oil & 2/3 tsp. salt, stirring until blended.	1 cup
Peas	1 cup	2 ½ cups	Add water + ½ teaspoon sugar and let set until soft	2 ½ cups
Potato Dices	1 cup	3 cups	Add hot water and let set for 15-30 minutes.	2 cups
Potato Granules	1 cup	5 cups	Add hot water while stirring constantly. Cover & let sit for 10 minutes.	5 cups
Potato Pearls	1 cup	2 cups	Add hot water. Stir until mixed. Cover & let sit for 10 minutes.	2 cups
Potato Slices	1 cup	2 cups	Add hot water and let set for 15 to 30 minutes.	2 cups
Pudding, Chocolate	1 ½ cups	2 2/3 cups	Add water and stir until smooth. Chill 15 minutes.	Serves 4
Pudding, Vanilla	1 cup	2 cups	Add water or milk for richer flavor. Stir until smooth. Chill 15 minutes.	Serves 4
Sour Cream	1 cup	6 Tbls	Make a paste. Blend until smooth. Refrigerate.	¾ cup
Spinach Flake	1 cup	1 ½ cups	Add to boiling water until soft, about 3 minutes.	1 cup
Tomato Powder	1 cup	1 ½ cup	Add water for paste until desired consistency mixing until smooth.	1 ¼ cup

## BREAKFASTS

Pancakes	Raisin Oatmeal Muffins	Scones	Applesauce Pancakes
<p><b>PANCAKE MIX</b>                      4 c. oats            3 T. baking powder                      2 c. white flour    2 T. cinnamon                      2 c. wheat flour    5 t. salt                      1 c. brown sugar    ½ t. cream of tartar                      1 c. nonfat dry milk                      (See recipes for toppings)</p> <p>COMBINE ingredients in a large bowl.                      STORE in an airtight container.                      YIELDS 4 batches of pancakes.</p> <p><b>PANCAKES</b>                      2 eggs                    2 c. pancake mix                      1/3 c. oil                1 c. water</p> <p>MIX all ingredients in a bowl and COOK on oiled grill. YIELDS 4</p>	<p>1 ¼ C. wheat flour            2 T. honey                      1 C. oatmeal                    ½ C. milk                      1 T. cinnamon                2 C. raisins                      2 t. baking powder            1 ½ t. nutmeg                      1 t. baking soda                ½ t. salt                      2 eggs                            ¼ C. oil</p> <p>HEAT oven to 350 degrees. SIFT dry ingredients together. COMBINE wet &amp; dry ingredients. MIX well. STIR in raisins. FILL muffin tins. BAKE 15 to 20 minutes.</p>	<p>2 t. yeast in ¼ c. warm water                      2 T. oil in 1 ¾ c. warm water                      2 T. dry egg mix                      2 C. white &amp; 2 C. wheat flour    1 t. salt                      ½ c. powder milk                2 T. sugar</p> <p>SOFTEN YEAST in warm water then set aside until it foams. ADD oil to 1 ¾ c. warm water and set aside. SIFT dry ingredients into a bowl. ADD yeast mixture, and warm water &amp; oil. KNEAD for 10 minutes or until the dough is smooth and elastic. Let the dough RISE for 2 ½ hours. PULL away pieces of the dough and roll each piece flat on a floured board. Pull and stretch the dough thin. DEEP FRY in hot oil, turning as soon as each side starts to brown. REMOVE from pan and DRAIN on paper napkins. TOP with butter, powdered sugar, honey, jam or egg &amp; meat mixture of your choice.                      YIELDS 12</p>	<p>3 eggs                      ½ C. buttermilk                      ½ C. applesauce                      ½ C. Bisquick mix                      2 T. oil</p> <p>BEAT eggs and buttermilk well, the ADD in remaining ingredients and MIX. Fry in electric frying pan pouring mix from a pitcher to make very small pancakes, about 2 inches in diameter.</p> <p>These are very moist pancakes which are delicious served hot or cold.</p>
Apple Muffins	Waffles	Biscuits & Gravy	French Toast
<p>¼ C. margarine or butter                      ¼ C. sugar                      ½ t. salt                      2 eggs                      ¾ C. milk                      1 ½ C. flour                      2 t. baking powder                      1 C. grated apples</p> <p>CREAM butter, sugar &amp; salt, then BEAT in eggs. ADD milk alternatively with flour and baking powder. MIX in grated apples. FILL cupcake tins that have been greased well. Evenly DISTRIBUTE into 12 muffins. TOP with sugar and cinnamon. BAKE at 375-400 degrees for 20-25 minutes. MAKES 1 dozen</p>	<p>3 C. wheat flour                      3 eggs or reconstituted powder eggs                      3 t. baking powder                      3 C. buttermilk or powder milk                      1/3 C. oil                      (See recipes for toppings)</p> <p>MIX all ingredients together with a wire Whip. If dough is too thick, add ½ C. water.</p> <p>TOP with fruit, whip cream, or syrup.                      See Recipes YIELDS 6</p>	<p>2 c. white flour                      2 ½ t. baking powder                      1 t. salt                      ¼ c. shortening                      ¾ c. milk                      (See recipes for gravy)</p> <p>SIFT together the dry ingredients. CUT shortening into flour with a pastry cutter or knife until it looks like coarse meal. STIR in milk. ROUND dough and place on lightly floured board. KNEAD lightly. ROLL out about ½ inch thick. CUT with floured biscuit cutter. PLACE on ungreased baking sheet. BAKE 10 to 12 minutes at 450 degrees.                      YIELDS 20</p>	<p>8 slices of bread                      1 1/3 C. milk                      8 T. dried egg mix                      Cinnamon to taste                      1 T. sugar                      ¼ t. salt</p> <p>BEAT the egg mix with the milk. ADD the spices &amp; sugar. DIP each slice of bread in egg mixture and fry.</p>

## BREAKFASTS

Fruit and Toast	Granola	Grape Nuts	Cold Cereal
<p>Use bottled or canned fruits such as:</p> <ul style="list-style-type: none"> <li>• Mandarin Oranges</li> <li>• Peaches</li> <li>• Tropical Fruit</li> <li>• Strawberries &amp; cream</li> <li>• Pineapple</li> <li>• Fruit Cocktail</li> <li>• Pears</li> <li>• Raspberries &amp; Cream</li> </ul> <p>Use bread of your choice (See bread recipes) such as:</p> <ul style="list-style-type: none"> <li>• wheat or white toast</li> <li>• biscuits</li> <li>• English muffins</li> <li>• Bagels</li> </ul>	<p>3 C. oats                      1 t. cinnamon            1 C. wheat germ            ½ c. dry milk            ½ C. wheat flour           ½ C. salad oil            1/2 C. coconut              ½ C. honey            1/2 C. almonds             ½ C. raisins            1/2 C. sunflower seeds            1/2 C. pumpkin seeds</p> <p>PREHEAT oven to 250 degrees. STIR all dry ingredients in a large bowl except the raisins. MIX salad oil and honey together and add to mixture in bowl. MIX well. POUR into large pan and BAKE for 1 hour or until golden brown, stirring every 15 minutes. ADD raisins. COOL 10 minutes then store in air tight container no more than 2 months.</p>	<p>6 C. wheat flour            2 C. brown sugar            4 t. soda            1 t. salt            2 C. buttermilk</p> <p>PREHEAT oven to 300 degrees. MIX well. Press or roll onto 2 cookie sheets and BAKE for 1 hour, or until golden brown. Crumble mixture and let dry for grape nut cereal. (Use the crumbs in place of crackers to make a crust). STORE in an airtight container.</p>	<p>3 C. water            2 T. honey            ¾ C. powdered milk            3 C. whole wheat flour            1 C. oatmeal            1 t. soda            1 C. brown sugar            1 t. salt</p> <p>MIX powdered milk, water, butter &amp; honey. ADD wheat flour, soda, brown sugar, and salt. MIX thoroughly. BEAT until smooth. SPREAD 1/8 inch thick on 2 or 3 greased cookie sheets. BAKE at 350 degrees for 35 to 45 minutes until golden crisp. DISCARD any dark brown edges in baking. COOL thoroughly, then break up into flakes. STORE in an air tight container.</p>
Raspberry Smoothie	Creamy Strawberry Delight	Orange Julius	Creamy Peach Cooler
<p>2 C. milk (or substitute)            1 C. frozen raspberries            1 t. vanilla            ½ c. frozen apple juice concentrate            10 ice cubes</p> <p>Optional: 1 banana, or 4 oz sweetened yogurt or protein drink</p> <p>BLEND all ingredients until smooth. SERVES 4-5</p> <p>(Substitute for dry pack reconstituted or wet pack ingredients, including apple drink mix)</p>	<p>1 C. milk (or substitute)            1 C. liquid non dairy creamer (or powder creamer reconstituted)            1 C. frozen strawberries            1 t. vanilla            1/2 C. frozen apple juice concentrate            10 Ice cubes</p> <p>Blend all ingredients until smooth SERVES 4-5</p> <p>(Substitute for dry pack reconstituted or wet pack ingredient, including apple drink mix)</p>	<p>1 egg            2 T. dry milk powder            ¼ C. honey            4 C. orange juice (or orange drink)            1 tray of ice            1 T. vanilla</p> <p>BLEND egg, dry milk &amp; honey, then add remaining ingredients and blend until smooth. SERVES 4</p>	<p>1 C. milk (or substitute)            1 C. liquid non dairy creamer (or powder creamer reconstituted)            1 C. peaches in juice            10 Ice cubes</p> <p>Blend all ingredients until smooth SERVES 4-5</p> <p>(Substitute for dry pack reconstituted or wet pack ingredients)</p>

BREAKFASTS

Whole Grain Cereal	Oat Groat Cereal	Wheaties	Thermos Cereal
<p>2 C. whole wheat 4 C. water 1/2 t. salt</p> <p>Bring water to BOIL, add grain gradually. Turn heat down and SIMMER for 30 minutes up to 2 hours depending on the consistency you like. You can also cook in a crock pot over night. ADD raisins the last few minutes, then milk, honey, cinnamon as desired. SERVES 4</p>	<p>2 C. oat groats 4 C. water 1/2 t. salt</p> <p>Bring water to BOIL, add grain gradually. Turn heat down and SIMMER for 30 minutes up to 2 hours depending on the consistency you like. You can also cook in a crock pot over night. ADD raisins the last few minutes, then milk, honey, cinnamon as desired. SERVES 4</p>	<p>2 C. wheat flour 1/2 t. salt 3 T. honey 2 C. water</p> <p>PREHEAT oven to 350 degrees. MIX together water, honey and salt. POUR this over flour and MIX WELL. SPREAD as thick as possible (about 1/2 cup) on a greased cookie sheet. BAKE for 15 minutes then BREAK into small pieces. REPEAT this process until the mixture has all been cooked.</p>	<p>1/2 c. wheat kernels or oat groats 1 quart of boiling water Pinch of salt Honey to taste</p> <p>POUR wheat or oat groats into thermos and ADD boiling water &amp; salt to fill. Screw on lid and let SIT 2 hours or overnight. STRAIN off water. SERVE with milk &amp; honey. SERVES 1</p>
Cracked Wheat Cereal	7 or 9 Grain Cereal	Oatmeal	Apple-Cinnamon Oats
<p>4 C. water 2 C. cracked wheat cereal 1/2 t. salt Brown sugar to taste Milk</p> <p>ADD cereal gradually to BOILING water with salt. COVER pan and turn flame down until barely simmers. SIMMER until it is the desired consistency STIRRING occasionally for 10 to 15 minutes. ADD sugar &amp; milk. SERVES 4</p>	<p>4 C. water 2 C. of grain cereal 1/2 t. salt Honey to taste Milk</p> <p>ADD cereal gradually to BOILING water with salt. COVER pan and turn flame down until barely simmers. SIMMER until it is the desired consistency STIRRING occasionally for 10 to 15 minutes. ADD honey and milk. SERVES 4</p>	<p>3 1/2 C. water (3 cups if you cook less time) 2 C. regular rolled oats 1/2 t. salt 1/2 tsp cinnamon 1/2 C. raisins 1/4 C. walnuts</p> <p>BOIL water &amp; salt, STIR in oats. REDUCE heat to medium and boil for desired texture up to 5 minutes. STIR occasionally. ADD raisins &amp; nuts. POUR milk over top. SERVES 4</p>	<p>2 C. boiling water 1/4 t. salt 1/4 C. dry apple dices or 1 C. grated fresh 1 1/3 C. rolled oats 1/2 t. vanilla 1/2 t. cinnamon</p> <p>BOIL water &amp; salt then ADD ingredients. Bring back to boil, cover pan with lid and turn off heat. Let sit 5 minutes, stirring once. Serve hot with milk &amp; sweetener.</p>

LUNCHES

<p><b>New York Reuben on Rye</b></p> <p>8 slices rye bread 4 t. coarse grain mustard 1 lb corned beef 4 slices of Swiss cheese 8 oz sauerkraut ½ T. butter Russian Dressing (See Dressing Recipes)</p> <p>On work surface, PLACE 4 slices of rye bread &amp; SPREAD each with 1 tsp mustard. LAYER each bread slice with corned beef followed by cheese and sauerkraut. SPREAD 2 T. Russian Dressing on the remaining 4 slices and PLACE dressing-side down on top of sandwich. In large skillet, MELT butter and TOAST both sides. SERVES 4</p>	<p><b>Spam on Rye</b></p> <p>8 slices rye bread 4 t. coarse grain mustard 1 can of spam 4 slices of Swiss cheese ½ T. butter Russian Dressing (see Dressing Recipe)</p> <p>On work surface, PLACE 4 slices of rye bread &amp; SPREAD each with 1 tsp mustard. LAYER each bread slice with Spam to cover bread, followed by slices of cheese. SPREAD 2 T. Russian Dressing on the remaining 4 slices and PLACE dressing-side down on top of sandwich. In large skillet, MELT butter and TOAST both sides. SERVES 4</p>	<p><b>Ham on Rye</b></p> <p>8 slices rye bread 4 t. coarse grain mustard 1 can of spam 4 slices of Swiss cheese ½ T. butter Russian Dressing (see Dressing Recipe)</p> <p>On work surface, PLACE 4 slices of rye bread &amp; SPREAD each with 1 tsp mustard. LAYER each bread slice with Ham to cover bread, followed by slices of cheese. SPREAD 2 T. Russian Dressing on the remaining 4 slices and PLACE dressing-side down on top of sandwich. In large skillet, MELT butter and TOAST both sides. SERVES 4</p>	<p><b>Tortilla Wraps or Pita Pockets</b></p> <p>4 large tortillas or Pita Pockest (see Bread recipe, pg 25) Hummus (See Spread Recipe) Vegetables from your outdoor garden Sprouts from your indoor garden Cheese</p> <p>SALAD DRESSING: MIX a combination of Lemon Juice, Olive Oil, garlic powder, onion powder; DRIBBLE over veggies and then salt &amp; pepper.</p> <p>Warm the Tortilla in a skillet to make it pliable. SPREAD with Hummus. FILL the center with veggies, sprouts &amp; cheese. TOP with salad dressing.</p>
<p><b>Almond Butter Sandwiches</b></p> <p>1 C. of raw almond Honey 8 pieces of bread, or 4 bagels Optional: Add a little oil</p> <p>Use a strong blender or food processor to PROCESS nuts until they form a thick, spreadable paste. You can also ADD a little oil for a lighter, creamier spread. REFRIGERATE for up to 1 week.</p>	<p><b>Peanut Butter &amp; Jam Sandwiches</b></p> <p>1 C. of peanuts Preserves 8 pieces of bread or 4 bagel Optional: add a little oil</p> <p>Use a strong blender or food processor to PROCESS nuts until they form a thick, spreadable paste. You can also ADD a little oil for a lighter, creamier spread. REFRIGERATE for up to 1 week.</p>	<p><b>Barbecue Beef</b></p> <p>¼ C. cooking oil      ½ C. water ¼ C. vinegar          2 T. brown sugar ¼ C. Worcestershire    2 t. chili powder 1 T. dried minced onion    1 t. sugar 4 T. tomato powder      ½ t. salt 12 oz cubed beef</p> <p>COMBINE all ingredients except the meat in a sauce pan. HEAT and STIR until sugar is dissolved and onion is tender. STIR in shredded beef. POUR over bread rolls. SERVES 4</p>	<p><b>Vienna Sausage on Rye</b></p> <p>Rye Bread      Mustard      Relish Butter          Grated Cheese      Onion</p> <p>FRY Vienna Sausage until lightly brown. SPREAD mustard on 4 pieces of bread &amp; lay sausages on top. SPRINKLE with onion, relish &amp; grated cheese. PLACE top on sandwich then melt butter in skillet and TOAST both sides in skillet. SERVES 4</p>
<p><b>Seafood Salad</b></p> <p>½ C. mayonnaise ¼ C. catsup 1 diced tomato ½ C. diced green onions ½ C. diced celery 7 oz drained salmon or tuna 2 C. cooked rice Optional: A combination of sprouts from your indoor garden MIX all ingredients well. SERVE on lettuce, bread, tortilla or in a pita pocket. SERVES 4-6</p>	<p><b>Chicken Salad</b></p> <p>12 oz can chicken ¼ C. mayonnaise ¼ C. raisins or grapes ¼ C. chopped celery or sprouts 1/8 C. slivered almonds Optional: Diced pickles Salt &amp; pepper to taste</p> <p>DRAIN chicken, then break apart in bowl. ADD all other ingredients and MIX well. SERVE on lettuce, bread, pita or tortilla. SERVES 4</p>	<p><b>Tuna Salad</b></p> <p>7 oz can of tuna, drained ½ C. chopped celery or sprouts 1/3 C. finely chopped onion OR 1/8 tsp minced onion 1/3 C. Italian Dressing ¼ C. plain nonfat yogurt 1 t. mustard ¼ t. lemon powder Dash of garlic powder &amp; pepper</p> <p>COMBINE all ingredients; MIX well. SERVE on lettuce, bread, crackers, pita or tortilla. SERVES 4</p>	<p><b>Sloppy Joes</b></p> <p>1 lb ground beef or TVP reconstituted ¼ C. onion or dry reconstituted ¼ C. green pepper or dry reconstituted ½ t. garlic powder 1 t. mustard ¾ C. catsup 3 t. brown sugar Salt &amp; pepper</p> <p>BROWN meat &amp; chop vegetables. DRAIN off grease; STIR in remaining ingredients. MIX well. REDUCE heat and SIMMER for 30 minutes. ADD salt and pepper. SERVES 6</p>

## LUNCHES

Veggie Burgers		Salmon Patties	Monte Cristo	
1 C. black beans 1 carrot grated or reconstituted carrots ½ onion, diced 3 potatoes, cooked and grated ¼ cup sprouts 1 C. corn 1 tsp onion powder Salt & pepper to taste Oil for frying  MASH the beans with a fork or a potato masher. ADD the remaining ingredients, except the oil and MIX until well combined. SHAPE the mixture into patties. HEAT about two tablespoons of olive oil and COOK each patty until the veggie burgers are done, about 3 minutes on each side.		½ C. chopped onion      1/2 t. salt 7oz cans salmon      1/2 t. dill ½ c. cooked rice      1/2 t. parsley ½ t. chicken bouillon      1 egg beaten 1 c. bread crumbs  MIX all ingredients together except bread crumbs. FORM into patties. COAT with bread crumbs. Lightly BROWN in skillet. Serve with Tartar sauce. See SAUCES	2 C. oil for frying      8 slices white bread 2/3 C. water      4 slices cheese 1 egg      4 slices turkey or canned turkey shredded 2/3 C. white flour      4 slices canned ham 1 ¾ t. baking powder      1 T. confectioners sugar for dusting or jam 1/8 t. pepper & ½ t. salt  HEAT 5 inches of oil in a deep fryer to 365 degrees. While oil is heating, MAKE the batter.. In a medium bowl, WHISK together the egg and water. COMBINE the flour, baking powder, salt and pepper. WHISK into the egg mixture until smooth. Set aside in the REFRIGERATOR. ASSEMBLE sandwiches by placing one slice of turkey on one slice of bread, a slice of ham on another, then sandwich them with the cheese in the middle. CUT sandwiches into quarters, and secure with toothpicks. DIP each sandwich quarter in the batter so that all sides are coated. DEEP FRY in the hot oil until golden brown on all sides. REMOVE toothpicks and arrange on a serving tray. DUST with confectioner's sugar just before serving. You can also leave off the sugar and serve with jam. SERVES 4	
Beef Stew		Corn Chowder	Creamy Potato Bisque	Creamy Carrot Soup
3 ½ lbs cubed stew meat ¼ C. all purpose flour      3 T. butter ½ t. salt & 1 t. pepper      3 onions 3 T. olive oil      1/c C. water 1 C. baby carrots      2 T. flour 3 cups cubed potatoes      1 T. dried parsley 2 C. boiling water      1 oz pkg onion soup  PLACE meat in lg plastic bag. COMBINE flour & salt and SHAKE. HEAT oil in skillet. ADD stew meat & onions cooking until brown then pour in ½ cup of water to loosen the browned bits of food on the bottom. TRANSFER to slow cooker, along with carrots, parsley & pepper. In small bowl, STIR together 2 C. boiling water and dry soup mix. POUR into slow cooker and add water to top of ingredients. COVER and cook on high for 30 minutes. REDUCE heat to low and simmer for 6 hours or until meat is tender. Now THICKEN stew with ¼ C. warm water & 2 T. of flour. COOK uncovered for 15 min.		1 onion, chopped 1 green bell pepper chopped 2 T. butter 3 C. potatoes, diced 2 C. water 1 can cream style corn 1 can evaporated milk Salt & pepper to taste  In a skillet, SAUTE onion and pepper in butter until onion is translucent. ADD potatoes and water; SIMMER until potatoes are tender, about 15-20 minutes. STIR in creamed corn and evaporated milk. ADD 1 C. water. SEASON to taste. SIMMER 15 minutes and remove from heat. May SERVE warm or cool. SERVES 4-6	2 C. dehydrated potato slices 6 T. butter      ¼ t. pepper ¼ C. onions      2 t. chicken bouillon 1 C. celery      1 C. dry milk ¼ C. parsley      1 T. corn starch ½ t. salt      ¼ C. water 8 C. water  IN a 5 or 6 qt pan, MELT butter. ADD onions & celery. COOK, stirring occasionally, for 15 minutes. ADD potatoes and parsley, salt, pepper & bouillon DISSOLVED in 4 C. water. Bring to BOIL over high heat. Reduce heat, cover and SIMMER until potatoes are tender, about 30 minutes. BLEND, then return to pan. STIR in milk dissolved in 4 C. of water and HEAT until it comes to a boil. THICKEN with cornstarch & water. Season to taste. SPRINKLE with parsley. Serves 6-8.	¼ c. butter      4 c. chicken bouillon ½ c. chopped onion      2 c. light cream ½ c. chopped celery      ¼ t. nutmeg 4 c. sliced carrots      ¼ t. pepper Optional: Sprouts  In medium saucepan MELT butter; SAUTE onion and celery till tender. ADD carrots and stock; bring to boil. Cover. Reduce heat. SIMMER 20 minutes till carrots are tender. PUREE in blender; return to sauce pan. ADD cream, nutmeg, and pepper. SIMMER 5 minutes more till heated. Make 2 ½ quarts. SERVES 4

## LUNCHES

Chicken Noodle Soup	Cream of Broccoli	Chicken Tortilla Soup	Vegetable Beef & Minestrone
<p>4 cooked chicken breasts 16 oz pkg of egg noodles 2 carrots chopped or sliced 3 stalks of celery sliced 2 cans Cream of Chicken soup ¼ c. onion, chopped Salt &amp; pepper to taste</p> <p>COOK chicken by boiling until tender. DICE the chicken and set aside. COOK noodles according to package. BOIL carrots and celery until tender. ADD the vegetables, chicken and cream soup to the cooked noodles. SEASON with salt &amp; pepper to taste. SIMMER for about 15 minutes. SERVES 4-6</p> <p>If you desire to thin this soup, dissolve 1 t. bouillon in 1 C. water &amp; mix with soup then pour over noodles.</p>	<p>2 lb broccoli            1 bay leaf 2 T. butter               Parsley ½ C. onions               1 t. ground thyme ¼ C. green pepper      6 C. chicken broth 2 T. flour</p> <p>CHOP up broccoli, saving some of the small buds and flowers for later use. SAUTE in the butter along with the onions and green pepper. SPRINKLE with the flour and stir. ADD to the soup broth, along with the bay leaf, parsley, and thyme. COOK for 30 minutes and PUREE mixture in blender. STRAIN the soup from the pulp and return to pan. ADD the egg yolk and milk or CREAM mixture and POUR into hot soup. SERVE with some of the reserved broccoli buds floating in the bowl. SERVES 4-6</p>	<p>½ lb chicken            ¼ C. rice 4 C. chicken broth    ¼ C. corn Juice of 3 limes        1 C. cheese ½ C. tomato juice      1 t. garlic ½ C. bell pepper        ½ t. pepper 1 t. green chillies      3 green onions ¼ C. cilantro chopped   Salt to taste 2 t. Worcestershire    Tortilla Chips</p> <p>SIMMER chicken broth, tomato, Worcestershire, lime, &amp; cilantro for 45 minutes. GRILL chicken, then dice into small cubes or strips. ADD green onion, chillies, bell pepper, rice, corn, garlic and SIMMER for 20 minute. PLACE tortilla strips and shredded cheese in bowl to be added to the soup as desired. SERVES 4-6</p>	<p>½ lb ground beef      1 onion chopped 1 glove garlic minced 1 C. celery diced 16 oz can tomatoes   2 carrots diced 1 lg potato diced     1 C. water 16 oz mixed veggies   16 oz corn 1 t. salt or to taste    ½ t. pepper</p> <p>In a 5 qt pan, over medium heat, SAUTE garlic and onion in olive oil about 3 minutes. ADD ground beef and cook until brown. DRAIN. ADD tomatoes, salt, pepper &amp; water. ADD carrots and COOK 10 minutes, then add corn and vegetables and cook for 10 minutes. SERVES 6</p> <p>MINESTRONE: ADD 1 cup cooked macaroni, 1 can of mushrooms drained, 2 t. beef bouillon dissolved in 2 C. water, Italian seasonings and ½ can green beans. SERVES 8</p>
Cream of Celery Soup	Creamy Tomato Soup	Cream of Mushroom Soup	Cream of Chicken
<p>2 C. of chicken broth 2 C. celery cut in inch pieces 2 C. boiling water 1 slice onion 3 T. flour 1 C. cream 2 T. butter 2 C. milk Salt &amp; pepper</p> <p>PARBOIL celery in water for 10 minutes. DRAIN. POUR broth and cooked celery into a blender. SCALD onion in milk then pour over celery in blender. PUREE. POUR back into pan and heat. Stir in melted butter and flour to thicken, bringing to a boil and then take off heat. ADD cream, salt and pepper. SERVES 4-6</p>	<p>1 C. cooked brown rice    4 t. salt &amp; pepper 1 ¼ C. milk                    ½ t. honey ¾ C. water                    Dash of basil ½ diced onion               ¾ C. cheese 2 cans diced tomatoes    12 oz tofu</p> <p>COMBINE all ingredients except cheese &amp; tofu. Puree in blender. TRANSFER to a heavy pot and bring to BOIL; cover and SIMMER for 15 minutes. STIR occasionally. MIX in cheese and tofu; return to a BOIL and then remove. SERVES 4-6</p>	<p>2 C. mushrooms, sliced 4 T. onion, diced 4 T. butter 4 T. flour 2 C. chicken broth 1 C. heavy cream ½ t. nutmeg ½ t. pepper</p> <p>SAUTE mushrooms and onion in butter for 5 minutes. ADD flour and MIX until dissolved. Now ADD chicken broth, and COOK until thickens. ADD cream, nutmeg and pepper. STIR and COOK a minute longer, then take off stove and top with cheese. SERVES 4</p>	<p>1 T. vegetable oil 2 12 oz cans of chicken ¾ C. diced celery ½ C. white flour 2 t. chicken bouillon dissolved in 2 ½ C. water 1 small can mushrooms 1 t. onion powder ½ t. thyme 1 C. milk</p> <p>HEAT oil in large sauce pan. ADD chicken &amp; celery. SAUTE until tender. SPRINKLE flour over chicken and celery and STIR to mix well. POUR chicken broth in sauce pan, stirring constantly. ADD remaining ingredients, except milk. HEAT to boil, reduce heat, cover, and simmer 30 minutes. STIR in milk and simmer just until heated. SERVES 4-6</p>

## DINNERS

Cheeseburger Pie	Chicken Pot Pie	Shepherd's Pie	Beef Pot Pie
1 lb ground beef    2 eggs 1 C. onion            1 t. salt 1 C. cheese          1 c. milk 1/2 C. Bisquick  HEAT oven to 400 degrees; COOK onion beef and then season. SPREAD in oiled pie dish and sprinkle with cheese. WHIP Bisquick, milk & eggs with a wire whisk, then POUR in pie dish. BAKE 25 minutes or until knife in center comes out clean. SERVES 4-6	2 12 oz cans chicken    1 C. Bisquick 2 cans mixed vegetables    ½ C. milk 1 cream of chicken          1 egg garlic powder                  onion powder salt  HEAT oven to 400 degrees; In 2 qt dish MIX vegetables, chicken & soup. Add seasonings. WHIP Bisquick, milk & egg with a wire whisk, then POUR over mixture. BAKE uncovered 30 minutes or until crust is brown. SERVES 4-6	1 lb ground beef          ½ c. carrots 1 med. onion                ½ can peas 1 c. tomato soup          garlic powder 1 c. grated cheese         salt 2 c. mashed potatoes  HEAT oven to 350 degrees; BROWN ground beef in skillet with onions. ADD soup, veggies, & garlic powder. PLACE mixture in casserole dish and TOP with mashed potatoes. SPRINKLE with cheese & bake for 20 minutes. SERVES 4-6	2 cans beef                1 c. Bisquick 1 can carrots              ½ c. milk 1 can green beans        1 egg 1 cream of mushroom    salt & pepper garlic Powder                onion powder  HEAT oven to 400 degrees; In 2 qt dish MIX vegetables, beef & soup. Add seasonings. WHIP Bisquick, milk & egg with a wire whisk, then POUR over mixture. BAKE uncovered 30 minutes or until crust is brown. SERVES 4-6
Chicken Enchiladas	Beef Tacos	Beef Enchiladas	Mexi-Mac & Cheese
5 8" flour tortillas        4 oz green chilies 16 oz sour cream        2 c. grated cheese 3 c. diced beef 1 cream mushroom soup  HEAT soup, chilies & sour cream to boiling. SPREAD tortillas with this sauce. SPRINKLE on some cheese. ADD some meat. ROLL up and place enchiladas in a 8X8 inch sprayed baking dish. POUR remaining sauce over top. SPRINKLE with cheese. BAKE at 250 degrees for 20 minutes or until bubbly. SERVES 4-5	1 lb ground beef          4 oz green chilies 1 diced Onion              Grated cheese Seasonings                  Cabbage Corn tortillas or Navajo Fry Bread (See BREAD recipes)  COOK hamburger and onion, then drain. SEASON with garlic powder, onion powder, and salt. DEEP FRY corn tortillas or fry bread and lay on paper towels to absorb excess oil. FILL center of tortillas with hamburger mixture. SPRINKLE with cheese. TOP with cabbage and Pico De Gallo or salsa SERVE with refried beans and rice.	5 8" flour tortillas        4 oz green chilies 16 oz sour cream        2 c. grated cheese 3 c. diced beef 1 cream mushroom soup  HEAT soup, chilies & sour cream to boiling. SPREAD tortillas with this sauce. SPRINKLE on some cheese. ADD some meat. ROLL up and place enchiladas in an 8X8 inch sprayed baking dish. POUR remaining sauce over top. SPRINKLE with cheese. BAKE at 250 degrees for 20 minutes or until bubbly. SERVES 4-5	1 lb ground beef          1 tsp salt ¼ cup onion                1 tsp chili powder ½ cup green pepper       2 cups tomatoes 1 cup dry macaroni       8 oz tomato sauce 2 Tbsp sugar               ½ sour cream Shredded cheese  BOIL macaroni per package directions. Lightly BROWN meat; drain off excess fat. ADD onion and green pepper; cook till tender. STIR in tomatoes, tomato sauce, sugar & seasonings. Cover and SIMMER 20 minutes. STIR in macaroni and sour cream; heat through, but do not boil. SPRINKLE cheese. SERVES 4-5
Sweet Potato Casserole	Au Gratin Potatoes	Scalloped Potatoes	Nauvoo Potato Casserole
4 c. sweet potatoes       2 eggs ¼ c. melted butter       1 t. vanilla 2 T. cream or milk       ½ c sugar 1 t. cinnamon            1 t. salt  MIX ingredients together and spread into greased 1 ½ quart casserole. COMBINE all ingredients in the topping below and spread over potatoes. BAKE at 350 degrees. SERVES 8  TOPPING: ¼ c. soft butter            ¾ c. brown sugar 3 T. flour                  ½ c. chopped nuts	3 lbs potatoes            1/8 t. pepper + 1t. salt ¼ c. butter                1 c. grated cheese 5 T. flour                 ½ onion, diced 3 c. milk                  ½ c. grated cheese  COOK in skins then cool, peel and DICE potatoes. In a SAUCE pan make cheese sauce by melting butter, then add flour, then milk gradually, & STIR constantly until thick and smooth. ADD salt, pepper and cheese. In a casserole dish ARRANGE potatoes, cheese sauce and onion in layers. SPRINKLE top with ½ c. grated cheese. BAKE at 375 degrees for 25 minutes. SERVES 6-8 people.	6 medium potatoes       butter flour                        milk salt & pepper  PEEL and slice potatoes. LAYER in casserole dish. With each layer SPRINKLE potatoes with 1 T. flour, salt, pepper and DOT with butter. REPEAT making 2 layers. POUR hot milk over potatoes to barely cover them. BAKE at 350 degrees until tender about 1 hour. SERVES 8  Use reconstituted potatoes, butter & milk.	6 medium potatoes (or hash browns) 1 can cream of chicken soup 1 C. butter, melted      1 C. sour cream ¼ C. green onions       ¾ grated cheese 1C. corn flakes          2 T. butter, melted  BOIL potatoes in their skins. When cool, PEEL and GRATE into an 8 X 8 inch baking dish (or use hash browns). MAKE sauce out of next 5 ingredients. COVER potatoes with sauce and cut in with a knife. CRUSH corn flakes and toss in 2 T. of butter. SPRINKLE over top and bake at 350 degrees for 25 to 30 minutes. SERVES 6-8

## DINNER

Chicken Rice Haystacks	Hawaiian Chicken	Chicken & Dumplings	Sweet & Sour Chicken
<p>2 cans chicken chunks 2 cups uncooked rice 3 t. chicken bouillon green onions chopped garlic &amp; onion powder cornstarch &amp; water noodles</p> <p>grated cheese green peppers pineapple olives tomatoes oriental</p> <p>COOK rice and keep warm. POUR 3 cups water over crumbled chicken in sauce pan. ADD green onions, bouillon and seasonings then bring to a BOIL. THICKEN with cornstarch &amp; water. Place all ingredients in serving dishes, buffet style. POUR chicken mixture over a bed of rice, then STACK cheese, oriental noodles, and remaining ingredients on top of the rice. SEASON with salt if desired. SERVES 4-6</p>	<p>6 pieces chicken 1/2 tsp salt 1/2 cup flour 4 oz mushrooms 1/2 cup minced onion 1/2 c. green pepper 20 oz pineapple tidbits</p> <p>1/3 c. soy sauce 1/3 c. water 1/4 c. honey 1/3 c. vinegar 3 Tbsp oil 1/2 cup almonds Rice for 6</p> <p>SPRINKLE chicken with salt, then coat with flour. BROWN in oil in large skillet. ADD onion and juice from pineapple. SIMMER 15 minutes. ADD soy sauce, water, honey, and vinegar; simmer 30 minutes. Add pineapple tidbits, mushrooms, and green peppers; simmer a few minutes. GARNISH with slivered almonds &amp; serve over rice. Serves 6</p>	<p>1 can chicken chunks 1/4 cup minced onions 1 can sliced carrots 1 can cut green beans 3/4 t. of garlic powder</p> <p>2 chicken bullion 1 quart water 1/2 tsp salt 1/4 tsp thyme 3/4 t. onion powder</p> <p>COMBINE all of the ingredients. Heat to boiling. Cook until vegetables are tender.</p> <p>DUMPLINGS: 1 1/4 cups whole wheat pastry flour 2 tsp baking powder 1/2 tsp salt 2 Tbsp dry milk</p> <p>1/c cup water 2 Tbsp oil</p> <p>SIFT together dry ingredients. COMBINE water and oil; add to dry ingredients, stirring just until moistened. DROP by teaspoon a top boiling stew, REHEATING spoon in hot liquid each time you drop the dough into the stew. BOIL uncovered 10 minutes. Then cover and boil gently an additional 10 minutes. SERVES 6-8</p>	<p>Cornstarch 1/2 cup water Garlic salt Sweet &amp; Sour Sauce (See SAUCES for this recipe)</p> <p>1/2 cup powdered egg mix 3 cups chicken chunks Rice</p> <p>HEAT oven to 324 degrees. Mix together egg and water. DRAIN juices from chicken. Break into chunks. ROLL chunks in cornstarch and then reconstituted beaten egg. FRY in hot oil until lightly browned on all sides. SEASON with garlic salt. PLACE in a baking pan and COVER with Sweet and Sour Sauce. BAKE uncovered for 1 hour. TURN after 1/2 hour to make sure all pieces are cooked in the sauce. MIX all ingredients together in the SWEET &amp; SOUR SAUCE recipe. SPOON over a BED of rice. SERVES 6</p>
Split Pea Soup	Chili	Lima Bean Soup	Navy Beans & Ham
<p>2 c. split peas 4 1/2 c. boiling water 2/4 c. dehy, carrots 1/4 c. dehy. onions 1/4 c. dehy. celery 2 t. salt</p> <p>WASH, sort &amp; drain split peas. GROUND celery fine in blender. In a kettle place vegetables, water &amp; salt. Bring to a BOIL. Reduce heat and SIMMER until peas are soft, about 45 minutes. Put through a sieve or BLEND in a blender. Return to the kettle. Then ADD the following:</p> <p>2 cups reconstituted powdered milk 1/8 cup dehydrated carrot dices 1 cup canned ham cut into chunks REHEAT &amp; cook until carrots are tender, stirring often. SEASON - SERVES 4</p>	<p>1 1/2 C. dry red, kidney or pinto beans 1 1/2 quarts cold water 1/3 C. dried minced onions 12oz of beef chunks or TVP 2 C. canned tomatoes 1/2 C. tomato powder 1/2 to 1 T. chili powder</p> <p>1 1/2 t. salt 1 bay leaf dash pepper</p> <p>RINSE beans and then SOAK overnight in cold water. The next day: Leave beans in same water and add 1 tsp of salt. SIMMER until tender. ADD the remaining ingredients to the cooked beans. SIMMER again for 1 1/2 hours adding water if needed. REMOVE bay leaf before serving. SERVES 6</p>	<p>2 C. baby lima beans Ham or spam 1/2 C. dehydrated sliced carrots 2 C. dehydrated celery 1/3 C. dehydrated onion 1/2 C. dehydrated green pepper 1 qt whole tomatoes Salt &amp; pepper</p> <p>RECONSTITUTE carrots, celery, green pepper, and onion by soaking in water for 5 to 10 minutes. WASH &amp; SOAK beans overnight and/or sprout for 3 days. In a kettle COVER beans with clean water, about 6 cups. Place ham in kettle and COOK for 2 hours. Then ADD remaining ingredients and cook one more hour. SEASON to taste. SERVES 6</p>	<p>2 C. dried navy beans &amp; water 2 T. dehydrated minced onion 2 T. dehydrated carrot dices 1/4 lb canned ham, cut into 1/2 inch chunks 1 T. shortening 4 T. tomato powder Cornstarch &amp; water Salt &amp; pepper to taste</p> <p>CLEAN, sort, rinse &amp; soak overnight. Drain, rinse, COVER with water. ADD the onions, carrots and cook until beans are tender. CUT ham into small pieces. SAUTEE in 1 Tbsp shortening until lightly browned. STIR in tomato powder. ADD to soup. THICKEN soup with corn starch &amp; water until it is the consistency you desire. SEASON to taste. SERVES 6</p>



## BREADS

White Bread	Rye Bread	French Bread	Bagels
<p>1 T. yeast 4 c. white flour – more if needed ¼ c. warm water 2 ½ c. scalded milk 3. T. shortening 3. T. sugar 1 T. salt</p> <p>In a small bowl of warm water SPRINKLE yeast, then let stand.</p> <p>In a large bowl STIR in scalded milk, shortening, sugar &amp; salt. COOL mixture a little, then ADD 4 c. sifted flour and beat well. ADD yeast mixture and mix well. Add extra flour as needed to make soft dough. COVER and let stand 10 minutes.</p> <p>RUB ½ c. flour into kneading surface of canvas or bread board. KNEAD dough for 10 minutes until smooth, satiny, and small blisters develop in the dough. SET this ball of dough in lightly oiled film and cover surface of the dough with a thin OIL film. COVER bowl tightly. Keep in warm place (80 degrees) until tripled in bulk.</p> <p>PUNCH down, turn it over, and let RISE 40 minutes. DIVIDE into 2 balls, cover and let stand 10 minutes. MOLD into 2 loaves and place in greased bread pans, then COVER with damp cloth, keeping warm until double. BAKE at 400 for 10 minutes, then 375 for 30 minutes. YIELDS 2 Loaves</p>	<p>2 T. dry yeast ½ C. warm water 1 ½ C. warm water 2 T. sugar 1 t. salt ½ C. molasses 2 T. butter 3 ¼ C. rye flour 2 ½ C. bread flour</p> <p>DISSOLVE yeast in warm water. In large bowl COMBINE milk, sugar, and salt. Use a MIXER to beat in molasses, butter, yeast mixture, and 1 cup of rye flour. Use a WOODEN SPOON to mix in the remaining rye flour. ADD white flour by stirring until the dough is stiff enough to knead. KNEAD 10 minutes, adding flour as needed. If the dough sticks to your hands or the board, ADD more flour. COVER dough and let RISE for 1 to 1 ½ hours until double. PUNCH down dough and divide and FORM into 2 loaves. Let RISE on greased baking sheet until double. PREHEAT oven to 375 degrees. COOK 40 minutes or until browned. YIELDS 2 Loaves</p>	<p>1 T. sugar      1 t. sugar 2 t. salt        ¼ C. warm water 1 T. shortening 6 C. sifted white flour 1 C. boiling water 1 egg white ¾ C. cold water 1 T. water 1 t. sugar        1 T. yeast</p> <p>Measure the sugar, salt &amp; shortening into a large bowl; POUR boiling water over and STIR until shortening is melted. ADD ¾ cup cold water and cool to lukewarm. DISSOLVE 1 tsp sugar in the ¼ cup warm water and SPRINKLE yeast over. Let STAND 10 minutes, then stir briskly with a fork. ADD to lukewarm water mixture and stir. STIR in 2 cups flour and beat until smooth. Gradually ADD 4 cups remaining flour to form a stiff dough. PLACE dough in lightly greased warm bowl, and grease the top of dough as well. COVER with waxed paper and then a clean towel. Let RISE until double, about 1 ½ hours. PUNCH down risen dough. Turn onto lightly floured board, COVER and let rise 10 minutes. DIVIDE dough into 2 portions. SHAPE loaves by rolling into 7"X16" rectangles. ROLL lengthwise as for jelly roll. SEAL edges. PLACE seam side down on GREASED baking sheets. Let RISE until double, about 1 hour. BRUSH with egg white &amp; water. BAKE in preheated 400 degree oven for 30 minutes, then reduce heat to 350 for 20 minutes. YIELDS 2 Loaves</p>	<p>.1 ½ c. warm water (112-115 degrees) 2 T. dry yeast      <u>Optional:</u> 3 T. sugar            Sesame seeds 1 T. salt              Cinnamon/raisins 4 ¼ c. bread flour    Poppy seeds 8 C. water for boiling Onions/garlic 1 egg white &amp; water to brush on top of bagels</p> <p>MIX yeast, sugar &amp; warm water. Let STAND for 3 minutes. In large bowl MIX 2 C. flour &amp; salt, then ADD yeast mixture. Slowly stir in 6 C. flour. KNEAD dough on a floured surface for 5 minutes. ADD more flour if needed (dough should be smooth &amp; firm). PLACE dough in a greased bowl, cover, and let RISE until double. PUNCH down then add optional ingredients if desired). DIVIDE and shape 12 balls. Allow to REST for 5 minutes. Bring 2 quarts water to BOIL. Make a HOLE in each ball of dough with thumb and then SPREAD whole 2 inches in center. PLACE on cookie sheet and COVER for 10 minutes. PREHEAT oven to 350 degrees. DROP 2 to 3 bagel at a time into the water for 45 seconds, turning once in between. DRAIN cooked bagels on a wire rack. MIX egg white and water to brush tops. PLACE on greased baking sheets &amp; BAKE at 350 degrees for 35 minutes, turning once ½ way through. YIELDS 12 Bagels</p>

## BREADS

Wheat Bread	Corn Bread	English Muffins	Pita Pockets
<p>½ c. warm water      1/3 c. oil            1 T. yeast            1/3 c. honey            2 t. sugar            1 T. salt            2 ½ c. hot water    3 -3 ½ c. wheat flour            3 c. wheat flour    1000 mg Vitamin C</p> <p>CRUSH 1000 mg Vitamin C &amp; sprinkle into wheat flour to lighten bread. MIX yeast, warm water, sugar and set in warm place. COMBINE hot water 3 C. whole wheat flour, oil, honey, and salt. MIX well. ADD yeast mixture and remaining 5-6 cups of flour. KNEAD 10 minutes. LET DOUGH RISE until double. PUNCH down then divide dough into equal portions. SHAPE loaves. Place into greased loaf pans. Let rise until even with top of pan. BAKE at 350 for 40 minutes. YIELDS 3 Loaves</p>	<p>1 c. cornmeal            1 t. salt            1 c. all purpose flour   1 c. milk            ¼ c. sugar                1/3 c. oil            1 T. baking powder    1 egg</p> <p>HEAT oven to 400 degrees. GREASE 8X8 inch baking pan. COMBINE corn meal, flour, sugar, baking powder and salt in bowl. Combine milk, oil and egg in small bowl; mix well. ADD milk mixture to flour mixture; stir just until blended. POUR into prepared pan and bake. Bake for 20 to 25 minutes or just until wooden pick inserted in center comes out clean. YIELDS 12 Servings</p>	<p>½ C. warm milk        1 C. warm water            1 T. dry yeast         3 T. sugar            1 t. salt                ¼ C. soft butter            1 ½ C. white flour     Corn meal            2 ½ C. wheat flour</p> <p>DISSOLVE yeast in milk. Set aside for 5 minutes. SIFT four &amp; salt. ADD warm water &amp; sugar to yeast. Gradually BEAT in 2 C. flour. COVER with cloth. Let RISE for 1 ½ hours. BEAT in butter. KNEAD in remaining flour. ROLL out dough ½ inch thick on a board covered with cornmeal. CUT in 4 ½ inch circles with a ring (tuna can works). Let STAND 20 minutes. HEAT a lightly oiled electric fry pan or hot griddle. Fry until light brown, then turn and fry other side. COOL &amp; CUT in half. YIELDS 12-15 Muffins</p>	<p>1 ¼ c. warm water      1 T. yeast            ¼ c. buttermilk        1 t. salt            2 c. whole wheat flour</p> <p>MIX well for about 3 minutes by hand, then gradually add another 1 ½ to 2 cups flour and KNEAD this stiff dough about 10 min. COVER and let RISE about 45 minutes in a warm place. PLACE on a floured surface and SHAPE into a long log, about 2 inches in diameter. CUT in 1 ½ inch slices. SHAPE into balls and roll from center out to edges into circles about 7-9 inches in diameter. PLACE on preheated BAKING SHEET on the lowest shelf of 500 degree oven for 4 to 6 minutes or until pita PUFFS all over and BROWNS slightly. YIELDS 10</p>
Flour Tortillas	Bread Sticks	Carrot Bread	Navajo Bread
<p>2 c. fine whole wheat flour   1 t. salt            1 ¼ t. baking powder        1 T. oil            ¾ c. water</p> <p>MIX all together in a 2 quart bowl. KNEAD about 5 minutes, until elastic. Let rest 15 minutes, then CUT dough into 10 equal portions. ROLL each into a ball, then roll out on floured surface until very thin and round. BROWN on both sides in a non-greased skillet over medium-high heat. YIELDS 10</p>	<p>BREAD STICKS            TOPPING            ½ c. warm water        1 cube butter            1 ½ T. oil                 Garlic salt            1 T. yeast                Dill Weed            2 t. salt                  Parmesan Cheese            1 T. sugar            1 egg, slightly beaten            ¾ c. warm milk            2 ½ to 3 C. white flour</p> <p>DISOLVE yeast in warm water. MIX rest of the ingredients. Let rise ½ hour. SPREAD out on greased cookie sheet. MELT 1 cube butter &amp; SPREAD it on dough. SPRINKLE garlic salt, dill weed, and Parmesan cheese. Let RISE 20 minutes. CUT with pizza cutter into 1 inch cuts the length of the pan, then cut down the center. BAKE at 350 degrees for 15 to 20 minutes. YIELDS 24 Bread Sticks</p>	<p>1 c. white and 1 c. wheat flour            2 t. soda                 ½ c. raisins            3 t. cinnamon         1 t. vanilla            ½ t. salt                 1 ½ c. sugar            ½ c. chopped nuts    3 eggs, beaten            1 c. oil                  2 c. grated carrots            ½ c. coconut</p> <p>HEAT oven to 350 degrees. SIFT flour, salt, soda, and cinnamon together. Make a well in the center. ADD oil, vanilla, sugar, carrots, eggs, coconut, and raisins. MIX well. Pour into 2 small loaf tins. Let stand 20 minutes. BAKE for about 35 to 40 minutes or until toothpick comes out clean. COOL before slicing. YIELDS 2 Small Loaves</p>	<p>6 c. white flour        1 t. salt            ¼ c. sugar              3 c. warm water            ¼ c. baking powder</p> <p>MIX dry ingredients. Add water. Let set 15 minutes. ROLL out. CUT circle about 6 inches. THIN out by stretching with hands. Let several SIT on a greased cookie sheet while cooking others. DEEP FRY in about ½ inch oil in large skillet. TURN several times till golden brown. EXCELLENT with butter-honey or for use as tacos or sandwiches. YIELDS 16 Scones</p>

## BREADS

Corn Tortillas	Cinnamon Rolls	Glazed Donuts	Never Fail Bread & Rolls
<p>2 c. instant corn flour (Masa Harina) 1 1/3 c. warm water</p> <p>HEAT non stick or seasoned iron griddle over medium heat and have ready.</p> <p>MIX corn flour and warm water to form soft dough. PINCH off pieces and form into smooth balls with the palms of your hands. Keep remaining dough COVERED with a damp cloth to prevent drying. If dough is thick and grainy, a little more WATER may be needed. If it STICKS to the plastic or your hand, it is too wet and a little more flour may be added. Always keep HANDS damp with water when handling dough.</p> <p>TORTILLA PRESS: Lay a plastic sandwich bag on the bottom half. PLACE ball of dough on the plastic, a little off-center, towards the hinge of the press. Place another sandwich bag on the top of the ball and flatten slightly with your hand. CLOSE the press firmly, then open. DAMPEN hands with a little water. PEEL the top bag off the tortilla, then lift the bottom plastic bag up with the tortilla still on it. TRANSFER the tortilla, dough side down, to your dampened hand. With free hand, carefully peel the bag off the dough.</p> <p>COOK: Place the tortilla on the hot griddle and cook turning only once, like a pancake. This should take 2 minutes.</p>	<p>3 1/4 t. yeast 1/4 c. warm water 1/2 c. shortening 1/3 c. sugar 1 1/2 t. salt 1 c. milk 1 egg</p> <p>FROSTING 2 c. powdered sugar 1 T. butter, melted 1 tsp. vanilla 2-4 T. milk or cream</p> <p>ADD the warm water to the yeast and soak 10 minutes. SCALD milk; POOR over the shortening. ADD sugar and salt and cool to tepid. ADD the dissolved yeast and beaten egg. ADD 4 cups flour, one at a time, beating after each one. DOUGH should be soft, yet firm. KNEAD on floured board until elastic and smooth. AVOD too much flour. TURN dough into well oiled bowl. Let RISE for 1 1/2 hours. PRESS dough down and divide into workable size. ROLL dough out into a rectangle. COVER with melted butter. LAYER with a generous thick layer of brown sugar. SPRINKLE with cinnamon &amp; add raisins. ROLL up like a jelly roll. CUT with string or scissors in 1 1/2 inch pieces. PLACE slices in an 8 or 9 inch greased pan. FILL the pan (you can press the dough to do so). Let RISE for about 1 hour. BAKE in 350 degree oven about 15-20 mminutes. If they get too brown place foil on top.</p>	<p>Use the Never Fail Bread with all white flour →</p> <p>LET DOUGH RISE until double in size. Punch down and ROLL dough 1/3 inch thick on a lightly floured board. CUT with a doughnut cutter and place on floured cookie sheet. LET DOUGH RISE again until double in size. DEEP FRY: Carefully place each donut in hot oil. Fry until done. String donuts on a dowel and place over a large bowl.</p> <p><u>SUGAR GLAZE:</u> 2 c. powdered sugar 1/2 tsp almond extract 1 tsp vanilla 1 Tbsp lemon juice Pour powder sugar glaze over them. The bowl will catch drippings.</p> <p><u>MAPLE BAR GLAZE:</u> 1 1/2 C. confectioner's sugar 3 T. butter 1/3 C. maple syrup 1 1/2 T. heavy cream or milk Beat together and spread over donuts.</p> <p><u>CHOCOLATE GLAZE:</u> 2 T. butter 2 oz unsweetened chocolate 1 C. sifted confectioner's sugar 2 T. boiling water Melt together the butter and chocolate. Stir in the sifted confectioners' sugar and boiling water. Beat until smooth. Drizzle over cake or use as a cookie glaze. Add more confectioners' sugar or boiling water to get the desired consistency</p>	<p>3 T. yeast 1/2 T. sugar 2 c. boiling water 3/4 c. cold water 1/2 c. honey or sugar 3 T. powder eggs 4 c. finely ground whole wheat flour 4 c. white flour</p> <p>1/2 c. water 1/4 c. potato flakes 1/4 c. powdered Milk 1 c. oil 2 T. salt</p> <p>CRUSH 500 MG VITAMIN C tablet.; SPRINKLE into wheat flour for lighter bread .</p> <ul style="list-style-type: none"> <li>• DISSOLVE yeast and sugar in warm water and set aside.</li> <li>• ADD potato flakes to boiling water and set aside.</li> <li>• DISOLVE milk in cold water.</li> </ul> <p>IN LARGE MIXING BOWL: Add oil, honey or sugar, salt, reconstituted eggs, then mix. Add potato mixture, then mix. Add yeast and then mix. Add flour (wheat flour first, then white flour next) Mix well. KNEAD 10 MINUTES. Add more flour if too sticky, but not too much. COVER &amp; LET DOUGH RISE until double. Punch down &amp; form into 7 loaves. BAKE Place loaves in greased pans, 9X5X3 inches. Let rise to size desired and bake at 350 for 20 minutes.</p> <p>MORE GOODIES: This recipe makes great dinner rolls, hamburger &amp; hot dog buns, bread sticks and donuts. YIELDS 3-4 Loaves</p>

## DAIRY

Milk	Eggs	Baby Formula	Evaporated Milk & Whipped Cream																								
<p>To get milk equivalent, combine powder milk &amp; water as follows:</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 33%;">Fresh Milk</th> <th style="width: 33%;">Powder Milk</th> <th style="width: 33%;">Water</th> </tr> </thead> <tbody> <tr> <td>½ cup</td> <td>2 tbsp</td> <td>½ cup</td> </tr> <tr> <td>2/3 cup</td> <td>2 tbsp</td> <td>2/3 cup</td> </tr> <tr> <td>¾ cup</td> <td>3 tbsp</td> <td>¾ cup</td> </tr> <tr> <td>1 cup</td> <td>¼ cup</td> <td>1 cup</td> </tr> <tr> <td>1 ¼ cup</td> <td>1/3 cup</td> <td>1 ¼ cup</td> </tr> <tr> <td>1 1/3 cup</td> <td>1/3 cup</td> <td>1 1/3 cup</td> </tr> <tr> <td>1 ½ cup</td> <td>½ cup</td> <td>1 ½ cup</td> </tr> </tbody> </table>	Fresh Milk	Powder Milk	Water	½ cup	2 tbsp	½ cup	2/3 cup	2 tbsp	2/3 cup	¾ cup	3 tbsp	¾ cup	1 cup	¼ cup	1 cup	1 ¼ cup	1/3 cup	1 ¼ cup	1 1/3 cup	1/3 cup	1 1/3 cup	1 ½ cup	½ cup	1 ½ cup	<ol style="list-style-type: none"> <li><b>POWDER EGGS:</b> 1 whole egg equals 2 T. dehydrated eggs plus 1 ½ T. water</li> <li><b>EGG WHITES:</b> Whip lightly one egg at a time then place in ice cube trays. Once frozen transfer into zip lock bag. Can freeze for up to 1 year.</li> <li><b>EGG SUBSTITUTE:</b> Use 1 t. gelatin, 3 T. cold water and ½ C. boiling water COMBINE gelatin with cold water and MIX well. ADD boiling water. STIR until dissolved. PLACE in freezer for a few minutes and then pull out when ready to put in recipe. WHIP until frothy, then ADD to recipe;</li> </ol>	<p>12 oz can evaporated milk 1 ½ cans of water (18 oz water) 1 1/3 T. sugar (do not use Karo or honey)</p> <p>BOIL water for 5 minutes, add milk and sugar. POUR into prepared bottles and cover. Refrigerate unused portion.</p>	<p>1 C. water 1/3 C. powdered milk COMBINE ingredients.</p> <p>WHIPPED EVAPORATED MILK: 1 C. evaporated milk 2 T. lemon juice COMBINE &amp; chill. ADD lemon juice and WHIP until set. Sweeten and flavor as desired. MAKES 3 cups. (See Whipped Cream)</p>
Fresh Milk	Powder Milk	Water																									
½ cup	2 tbsp	½ cup																									
2/3 cup	2 tbsp	2/3 cup																									
¾ cup	3 tbsp	¾ cup																									
1 cup	¼ cup	1 cup																									
1 ¼ cup	1/3 cup	1 ¼ cup																									
1 1/3 cup	1/3 cup	1 1/3 cup																									
1 ½ cup	½ cup	1 ½ cup																									
Parmesan Cheese	Cheese	Cheddar Cheese	Cream Cheese																								
<p>1 C. boiling water 1 C. powdered milk 2 T. lemon juice powder Salt to taste</p> <p>MIX milk powder and lemon powder together well. ADD water and MIX until smooth. COOK and STIR over low heat until the mixture BOILS. POUR into a fine mesh cheese cloth or nylon and DRAIN. BREAK-UP curds in a bowl. SPREAD on a cookie sheet and DRY in the oven at 150 degrees for 2 hours. ADD salt to taste and BLEND in a blender until powdered.</p>	<p>A cooking thermometer 2 C. boiling water 1/3 C. vegetable oil 4,000 mg. ascorbic acid powder (Crush Vitamin C tablets for this) 1 ½ C. dry milk powder (non instant) Salt</p> <p>BLEND water, milk and oil, allowing foam to settle slightly. POUR into hot Pam-sprayed saucepan and HEAT to at least 160 degrees. ADD ascorbic acid and continue to STIR until mixture curdles. RINSE with warm water, then salt and put between two plates or into a cheese press. APPLY weight or pressure and let set for ½ hour or longer, depending on how firm you want the cheese. REMOVE from press, RINSE, the WRAP in plastic and REFRIGERATE. This cheese can be sliced, grated or crumbled.</p>	<p>A cooking thermometer Cheese cloth bag, nylon or cheese press 4 C. warm water 2/3 C. vegetable oil 3 C. dry milk powder (non instant) 1 ¾ C. white vinegar Salt 6 T. Cheddar cheese powder</p> <p>BLEND all ingredients except the cheese powder. POUR into hot Pam sprayed saucepan and HEAT to 115 degrees to form curds. RINSE and drain curds in warm water, and SALT to taste. ADD cheese powder, if used, and MIX well. Put into cheese PRESS or cheesecloth lined colander and press out excess whey. After 15 minutes, remove from press or cloth, wrap in plastic and refrigerate. Grate or slice as you would regular Cheddar cheese.</p>	<p>2 C. yogurt (see recipe on page 14)</p> <p>EMPTY yogurt into cheese cloth-lined colander. SET over bowl and let STAND for ½ hour. TIE the corners of the cloth together to form a bag. HANG on kitchen faucet and let the yogurt DRAIN for 12 hours or overnight. SAVE the cloth for the next batch. This will REFRIGERATE for 2 weeks.</p> <p>(This cheese has a sour taste, however, it can be used in place of and in most recipes that call for cream cheese. It can also be used in place of Ricotta cheese in most recipes.)</p>																								
Buttermilk																											
<p>1 C. water 1/3 C. powdered milk 1 T. vinegar or lemon juice</p> <p>COMBINE &amp; then let STAND for 5 minutes. Best if you let sit for approximately 18 to 20 hours. STIR &amp; REFRIGERATE.</p>																											

DAIRY

Whipped Cream	Sour Cream	Yogurt	Soft Tofu
<p>¼ C. ice water ¼ C. nonfat powdered milk ¼ C. sugar 1 T. lemon juice</p> <p>COMBINE ice water and powdered milk in a bowl and BEAT until stiff, about 10 minutes. ADD sugar, and lemon juice. CHILL before serving. If this separates WHIP again. (See Evaporated Milk)</p>	<p>1 cup milk 1 ½ T. vinegar COMBINE &amp; let stand for 5 minutes, OR</p> <p>1 C. water 1/3 C. powder milk 1 T. vinegar or lemon juice COMBINE &amp; then let STAND for 5 minutes. Best if you let sit for approximately 18 to 20 hours. STIR &amp; REFRIGERATE.</p>	<p>A cooking thermometer 2 C. warm water (100 degrees) ½ C. nonfat powdered milk 3 T. plain yogurt</p> <p>You must live yogurt culture (plain) to make yogurt. "Dannon" brand can be used. Like a sour dough start, you should always save atleast 3</p>	<p>Cheese cloth or nylon 1 C. soy flour      1 qt water ¾ T. lemon juice      ¾ t. salt</p> <p>BLEND flour and water together until smooth. BOIL gently for 20 minutes. REMOVE from heat. ADD remaining ingredients, STIR once and let SIT for 20 minutes at room temperature. STRAIN in colander lined with cheese cloth</p>
Ice Cream	Butter	<p>tablespoons of the previous batch made for the next batch. Check out the internet for hints about yogurt making. You can also go to <a href="http://dairyconnection.com">dairyconnection.com</a> to purchase culture.</p> <p>Use CLEAN utensils. POUR warm water into a blender and turn it on low speed, slowly adding powdered milk. BLEND well. ADD plain yogurt. BLEND again.</p> <p>POUR into jars or glasses. PLACE the jars neck deep in 100 degree water. COVER the pan with a lid, and set in a warm place by a heater if possible as the water needs to be maintained at about 100 degrees so double check water with thermometer. SETS in 4 hours. CHILL immediately. It will REFRIGERATE for up to 4 weeks.</p>	Cottage Cheese (Italian Ricotta)
<p>1 nonfat powdered milk 1 C. water 3 T. honey</p> <p>In BLENDER, mix all ingredients. PLACE in shallow tray and FREEZE until solid. To serve, BREAK into small chunks and BEAT until soft. SERVE with chocolate syrup, fruit syrup, etc.</p> <p>COMBINE all ingredients except vanilla. Bring to BOIL over medium heat. STIR constantly. BOIL 1 min. STIR in vanilla.</p>	<p>1/3 C. water (may need to adjust) ½ C. butter powder 1 t. vegetable oil (optional)</p> <p>COMBINE all ingredients. For more flavor ADD vegetable oil. You can use this as a dry ingredient in baking by adding water according so that reconstitutes as above.</p>		<p>1 qt. milk or reconstituted powdered milk ¼ C. dry whey powder 2 T. buttermilk</p> <p>If you have whole milk, use it as it will make a richer cottage cheese. COMBINE the milk and dry whey powder then STIR in buttermilk. COVER bowl and allow to INCUBATE in cold oven for 24 hours. TRANSFER to saucepan and slowly bring to scalding 200 degrees. It will separate into curds and whey. DRAIN through cheesecloth or nylon and allow to drain several hours. SALT as desired.</p>
Almond Milk	Soy Milk		Sweetened Condensed Milk
<p>¾ C. almonds or almonds sprouts 1 C. cold water 2 T. honey Salt</p> <p>SOAK almonds over night in water (crack open 8 hours later and you will see a sprout beginning). BLEND mixture again, then STRAIN through a cheese cloth, leaving almond milk for REFRIGERATION.</p>	<p>2 C. soy beans 6 C. water</p> <p>Soak beans for 12 hours. Change water 2 or 3 times. RINSE and then GRIND in a blender. In a large pan COOK beans and water for 1 hour until they begin to foam. BLEND mixture again, then strain through a cheese cloth, leaving soy milk for REFRIGERATION.</p>		<p>½ C. hot water (not boiling) 1 C. plus 2 T. powder milk (nonfat) ¾ C. granulated sugar 2 T. butter</p> <p>PUT hot water and dry milk in a deep narrow bow. MIX until all milk is dissolved. ADD sugar and butter and mix until dissolved. STORE in refrigerator for up to 2 weeks. Use in place of EAGLE BRAND sweetened condensed milk.</p>

## DESSERTS

<p><b>Raisin Filled Cookies</b></p> <p>4 C. sifted flour      1 t. soda          ¼ t. salt                1 t. nutmeg          1 C. butter            1 ½ C. brown sugar          2 eggs</p> <p>COMBINE dry ingredients. CREAM butter. ADD sugar and beat until fluffy. ADD eggs, blend well. STIR In dry ingredients. PLACE floured board and ROLL about 1/8 inch thick. CUT with 2 ½ inch cutter. PLACE on greased baking sheet. FILL with 1 T. of filling (recipe below). MOISTEN edge with water and put another on top. PRESS edges together with fork and PRICK cookie for vents. BAKE at 375 degrees for about 12 minutes. YIELDS 3 ½ doz.</p>	<p><b>Fruit Cobbler</b></p> <p>1 stick butter, ¼ cup          1 C. white flour          1 C. milk          1 C. sugar          2 t. baking powder          4 to 5 C. fruit          1 C. sugar</p> <p>PREHEAT oven to 350 degrees. MELT the butter in 9 X 13 pan. MIX together the flour, milk, sugar, and baking powder. POUR over melted butter. PUT fruit approximately 4-5 cups over mixture. SPRINKLE 1 cup sugar over top. BAKE in 350 degree oven until golden brown about 30 to 35 minutes.</p>	<p><b>Rice Pudding</b></p> <p>2 C. cooked rice          1 ½ C. milk          1 T. tapioca          1 C. raisins          4 T. honey          1 t. vanilla          1 t. cinnamon          ½ t. nutmeg</p> <p>MIX together all ingredients.          POUR into 1 ½ quart casserole dish.          Cover and BAKE for 45 minutes.          SERVE hot or cold.</p>	<p><b>Carmel</b></p> <p>3 c. white sugar          1 ½ c. corn syrup          1 pinch of salt          2 c. liquid non-dairy creamer          (or powder reconstituted)          ½ t. vanilla extract</p> <p>In a heavy saucepan, COMBINE sugar, syrup, salt and 1 cup creamer. HEAT to 234-240 degrees or until small amounts of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface. COMBINE vanilla and remaining creamer and gradually add to carmel. For soft carmel remove from heat and POUR into buttered 8X 8 pan. For hard candy or carmel apple coating, continue cooking until mixture reaches hard ball stage, 250-265 degrees, where small amt of syrup dropped into cold water forma a rigid ball.</p>
<p><b>Raisin Cookie Filling</b></p> <p>1 ½ C. raisins or dates          ¾ C. sugar          ¾ C. water          1 T. lemon juice          1 ½ t. flour          ¼ t. salt          ¾ C. chopped nuts.</p> <p>COMBINE all ingredients, except nuts in saucepan. COOK over low heat, STIRRING until thick. COOL. ADD nuts.</p>	<p><b>Toffee Squares</b></p> <p>1 C. flour          ½ t. ground cinnamon          ½ C. butter          ½ C. packed brown sugar          1 egg, yolk &amp; white separated          ½ t. vanilla extract          1 C. semisweet chocolate chips, melted          ½ C. coarsely chopped nuts</p> <p>HEAT oven to 275 degrees. GREASE a 9 inch square baking pan. MIX flour and cinnamon. In a medium-size bowl, BEAT butter and sugar until creamy. BEAT in egg yolk and vanilla. STIR in flour mixture just until blended. SPREAD dough in prepared baking pan. BRUSH top of dough with slightly beaten egg white. BAKE 35 minutes or until lightly browned. COOL in pan or wire rack. SPREAD chocolate on top. SPRINKLE with walnuts. CHILL until chocolate is firm before cutting into squares.</p>	<p><b>Texas Sheet Cake</b></p> <p>2 C. white flour      2 C. sugar          1 C. butter            ¼ c. cocoa          1 c. water            ½ C. buttermilk          1 t. baking soda    2 eggs          1 t. vanilla            Frosting</p> <p>MIX flour and sugar in large bowl. In sauce pan, bring to BOIL butter, cocoa, and water. POUR and mix into flour and sugar. ADD milk, soda, eggs, and vanilla. POUR into 12 X 17 X 1 inch pan which has been greased. BAKE at 400 degrees for 15 to 20 minutes. PREPARE frosting and POUR over warm cake.</p> <p>TEXAS CHOCOLATE FROSTING:          ½ C. butter            1 t. vanilla          6 T. milk                1 lb powder sugar          1/3 C. cocoa            Chopped nuts</p> <p>MELT butter. ADD cocoa. STIR in milk and vanilla. ADD powder sugar, STIR in nuts. POUR frosting over warm cake.</p>	<p><b>Banana Nut Bread</b></p> <p>½ C. dehydrated egg mix          3 C. water          ½ C. oil          1 C. sugar          2 C. flour          1 t. soda          ¼ t. salt          1 C. crushed dried bananas          ¼ C. water ½ t. vanilla          ½ C. crushed walnuts</p> <p>PREHEAT oven to 350. Mix egg and 1/3 C. water; CREAM oil and sugar. ADD egg mixture and blend. Sift dry ingredients. Mix banana, water and vanilla. ADD to creamed mixture alternating with dry ingredients. BLEND well. POUR into greased brad pan. Bake for 1 hour. MAKES 1 loaf.</p>

## DRINKS

Fruit Shakes & Smoothies	Herbal Teas	Fruit Flavored Drinks	Flavored Milks & Protein Drinks																
<p>SHAKES:            1 C. dehydrated fruit (hydrated)            OR canned fruit            ¾ C. reconstituted milk            1 C. unflavored yogurt            4 T. sugar            1 D. ice</p> <p>PLACE reconstituted fruit and milk in a blender and BLEND for several minutes. ADD the remaining ingredients and BLEND. SERVE immediately.</p> <p>FRUIT SMOOTHIES:            1 T. powdered fruit drink mix            3 T. powdered milk            ¼ C. water            Sugar to taste            1 C. ice</p> <p>MIX all ingredients in a blender. Pour in a glass. SERVE immediately.</p>	<p>There are a number of herbal drinks that carry a variety of medicinal properties that would be greatly beneficial in times of needed comfort with stomach problems, insomnia, depression, anxiety, arthritic pain, etc. Research these and see what you might want in your food storage:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Chamomile</td> <td style="width: 50%;">Licorice</td> </tr> <tr> <td>Burdock</td> <td>Motherwort</td> </tr> <tr> <td>Cinnamon</td> <td>Nettle</td> </tr> <tr> <td>Fennel</td> <td>Peppermint</td> </tr> <tr> <td>Ginger</td> <td>Rosehip</td> </tr> <tr> <td>Hawthorn</td> <td>Sage</td> </tr> <tr> <td>Hibiscus</td> <td>Spearmint</td> </tr> <tr> <td>Kava</td> <td>Thyme</td> </tr> </table>	Chamomile	Licorice	Burdock	Motherwort	Cinnamon	Nettle	Fennel	Peppermint	Ginger	Rosehip	Hawthorn	Sage	Hibiscus	Spearmint	Kava	Thyme	<p>You can purchase a number of flavored sweet drinks in large cans in the grocery stores, warehouse stores, LDS cannery, and Preparedness Marts. Some familiar drinks available are:</p> <ul style="list-style-type: none"> <li>Lemonade</li> <li>Punch</li> <li>Peach Drink</li> <li>Apple Drink</li> <li>Orange Drink</li> </ul>	<p>You can purchase a number of flavored milks in cans and cartons, that do not need refrigeration until opened. Go to the grocery stores, warehouse stores, LDS cannery and Preparedness Marts. Some familiar flavors available are:</p> <p>MILKS AVAILABLE:</p> <ul style="list-style-type: none"> <li>• Soy milk</li> <li>• Almond Milk</li> <li>• Rice Milk</li> <li>• Powdered Milk</li> </ul> <p>FAMILIAR FLAVORS:</p> <ul style="list-style-type: none"> <li>• Plain</li> <li>• Vanilla</li> <li>• Chocolate</li> <li>• Strawberry</li> </ul> <p>PROTEIN DRINKS:            These come in powders or liquid and would be great meal replacements and supplements to your food storage.</p>
Chamomile	Licorice																		
Burdock	Motherwort																		
Cinnamon	Nettle																		
Fennel	Peppermint																		
Ginger	Rosehip																		
Hawthorn	Sage																		
Hibiscus	Spearmint																		
Kava	Thyme																		
<p><b>Broths</b></p> <p>It is important to have broths in your food storage, not only for cooking, but for drinks on a cold day, during times of sickness and when a person cannot tolerate heavy food in the stomach. You can purchase beef and chicken in liquid form from cartons and cans; in moist soup stocks that require refrigeration, and in granules and bouillon cubes. Also, have canned and packaged soups on hand for times of duress.</p>	<p><b>Gatorade &amp; Pedialite</b></p> <p>GATORADE            This can be purchased in powder form as an electrolyte replacement when vomiting and diarrhea are present. Dilute to half the strength to reduce sugar intake.</p> <p>PEDIALYTE            Can also be purchased as an electrolyte replacement for infants.</p>	<p><b>Hot Chocolate</b></p> <p>3 oz. unsweetened chocolate            1/3 C. water            4 C. hot milk            ¾ C. brown sugar, packed            1/8 t. salt</p> <p>MELT the chocolate and water together. Slowly MIX in milk, sugar and salt, stirring constantly. WHISK until chocolate is smooth and blended.</p>	<p><b>Hot Wassail</b></p> <p>¼ C. powdered orange drink            1/8 C. powdered lemon juice            1 C. sugar or more to taste            2 sticks of cinnamon or spice to taste            2 quarts water</p> <p>COMBINE all ingredients and SIMMER for 3 hours. REMOVE cinnamon sticks and SERVE.</p>																

## SALADS & DRESSINGS

Frog Eye Salad	Potato Salad	Italian Pasta Salad	Bean Salad
<p>1 box Acini Pasta (Tapioca size pasta)                      2 20 oz cans chunk pineapple                      3 11 oz cans mandarin oranges                      2 c. miniature marshmallows                      Cornstarch &amp; water                      Sugar to taste                      Whip cream if desired</p> <p>COOK pasta – cool in large bowl. OPEN cans of fruit. POUR pineapple juice into sauce pan. ADD fruit &amp; marshmallows to pasta. COOK pineapple juice over medium heat with sugar to taste. THICKEN with cornstarch &amp; water, then cool slightly. POUR juice mixture over pasta. ADD whip cream if desired.</p>	<p>3 C. cubed, cold boiled potatoes                      ½ C. chopped onion                      ½ C. chopped celery      ¼ C. relish                      ¾ C. mayonnaise      1 T. mustard                      3 boiled eggs      ½ C. olives                      3 boiled eggs      Salt &amp; pepper</p> <p>DICE potatoes and place in a large bowl. CHOP onions, celery, eggs, &amp; olives, and place in a medium bowl. ADD mayo, relish mustard, salt &amp; pepper and then POUR over potatoes and MIX well. ADD more salt if needed.</p>	<p>7 oz. box noodles      1 oz pepperoni                      1 sm. can olives      (or TVP)                      ¼ C. green pepper      1 can mushrooms                      ¼ C. onion      Italian dressing                      1 oz pepperoni      Parmesan cheese</p> <p>COOK noodles according to package directions and then DRAIN. Drain juice from olives and mushrooms and add to the pasta. ADD peppers and onions and stir. ADD dressing until other ingredients are thoroughly coated. ADD pepperoni, cut-up, &amp; parmesan cheese to taste. Add salt &amp; pepper to taste.</p>	<p>½ C. each of dry garbanzo, pinto, &amp; red kidney beans                      ¼ C. dehydrated onions reconstituted                      1 can of green beans</p> <p>DRESSING:                      1/3 C. cider vinegar      3 T. sugar                      2 T. oil      ¼ t. salt &amp; ¼ pepper</p> <p>Clean, sort &amp; rinse dry beans. Then cover with water &amp; soak over night. Pour off water, rinse and cover again with water. Cook until they are tender. In a large bowl mix together beans, onions &amp; green beans. Mix dressing and pour over beans. More salt if desired. Chill 2 hrs.</p>
Fruit Salad	Macaroni Salad	Rice & Mixed Veggie Salad	French Dressing
<p>30 oz can fruit cocktail                      11 oz can mandarin oranges                      20 oz can pineapple chunks                      2 firm bananas                      Pudding of your choice:                          lemon, coconut, vanilla or banana                      Nuts, marshmallows &amp; shredded coconut are optional</p> <p>DRAIN fruit juices. COMBINE all ingredients including dry pudding until it has been completely moistened by the fruit. CHILL for ½ hour &amp; it will thicken.</p>	<p>3 cups of cooked macaroni                      ½ c. finely chopped onion                      ½ c. chopped celery      3 boiled eggs                      ¾ c. mayonnaise      ½ C. sliced olives                      ¼ c. relish      1 T. mustard                      Salt      pepper</p> <p>PLACE macaroni in a large bowl. CHOP onions, celery, eggs, olives and place in a medium bowl. ADD mayo, relish mustard, salt &amp; pepper and then POUR over macaroni and MIX well. ADD more salt if needed.</p>	<p>2 c. uncooked white rice                      4 c. water                      4 t. chicken bouillon                      ½ c. mixed vegetables of your choice                      1 T. dill                      Onion Powder to taste                      Garlic Powder to taste                      Pepper to taste</p> <p>BOIL water; DISSOLVE bouillon, pour in rice and cook per instructions; ADD remaining ingredients. SERVE hot or cold.</p>	<p>½ c. lemon juice                      ½ c. orange juice                      ½ c. cider vinegar                      2 c. oil                      ½ t. Worcestershire Sauce                      ½ t. dry mustard                      ½ t. paprika                      1 t. onion salt                      ½ t. garlic salt                      1 c. powdered sugar</p> <p>MIX &amp; SHAKE. Let stand for a day before using.</p>
Ranch Dressing	Italian Dressing	Russian Dressing	Thousand Island Dressing
<p>1 C. plain yogurt                      1 C. mayonnaise                      1 T. dried minced onion                      1 T. dried parsley flakes                      1 t. seasoned salt                      1 t. dill weed</p> <p>MIX all ingredients and REFRIGERATE a few hours, allowing flavors to BLEND.</p>	<p>1 C. vinegar      ½ C. water                      1 C. sugar      1 t. salt                      ¼ t. pepper      1 t. celery salt                      ¼ t. garlic powder      1 t. dried onions                      1 C. oil</p> <p>MIX first 8 ingredients together. ADD oil. SHAKE before serving.</p>	<p>½ c. mayonnaise      3 T. ketchup                      2 T. sweet relish      1 T. horseradish</p> <p>COMBINE all ingredients. MIX well. REFRIGERATE.</p>	<p>1 C. mayonnaise                      ½ C. plain yogurt                      ¼ C. chopped pickles                      1/3 C. chili sauce                      ¼ C. reconstituted powdered milk</p> <p>COMBINE all ingredients, MIX well and REFRIGERATE.</p>

## SAUCES & GRAVIES

<b>White Sauce</b>	<b>Marinara Sauce</b>	<b>Gravy</b>	<b>Tartar Sauce</b>
<p><b>THIN WHITE SAUCE:</b>                  1 T. butter                  1 T. flour                  ½ t. salt                  1 C. milk OR                  ½ C. evaporated milk &amp; ½ C. water</p> <p><b>MEDIUM WHITE SAUCE:</b>                  2 T. butter                  2 T. flour                  ½ t. salt                  1 C. milk OR                  ½ C. evaporated milk &amp; ½ C. water</p> <p><b>THICK WHITE SAUCE:</b>                  3 or 4 T. butter                  3 T. flour                  ½ t. salt                  1 cup milk OR                  ½ C. evaporated milk &amp; ½ C. water</p>	<p>¼ C. olive oil                  1 T. chopped garlic                  2 large cans crushed tomatoes                  1 small can tomato paste                  Fill can 3 times with water                  1 T. sugar                  1 T. basil                  Salt &amp; Pepper</p> <p>BROWN garlic in olive oil just until brown around the edges. Do not overcook. MIX all other ingredients together with garlic. SEASON with salt and pepper.</p>	<p><b>CREAM MILK GRAVY:</b>                  ¼ C. pan drippings      ¼ C. flour                  ½ t. salt &amp; ¼ t. pepper      2 C. milk</p> <p>In the pan where you cooked your meat, ADD ¼ C. flour to the ¼ C. drippings already in the pan. COOK and STIR over medium heat for 5 minutes or until mixture starts to BROWN. ADD the salt and pepper then slowly ADD the milk, stirring constantly.</p> <p>¼ C. butter                      ¼ C. flour                  2 C. beef broth                  ¼ t. salt                  ¼ t. pepper</p> <p>MELT butter in saucepan then ADD flour. BLEND together until no lumps are visible. ADD salt &amp; pepper. COOK &amp; STIR over medium heat for 5 minutes until brown. Turn heat to low &amp; slowly ADD broth, stirring constantly. TURN heat back up to medium &amp; continue cooking until gravy boils &amp; thickens.</p>	<p>1 C. mayonnaise                  2 T. dill pickles, chopped                  2 T. stuffed olives, chopped                  1 T. onion, grated                  1 T. parsley                  1 T. lemon juice                  ¼ t. garlic salt</p> <p>MIX all ingredients together and then REFRIGERATE.</p>
			<b>Taco Sauce</b>
			<p>2 C. tomato powder      ¼ t. nutmeg                  4 C. water                      2 T. vinegar                  ¼ C. minced onion      1 T. brown sugar                  ½ t. garlic powder      dash of salt                  1 t. cumin                      1 T. salad oil                  1 t. chili powder              ¼ t. pepper</p> <p>COMBINE all ingredients and SIMMER until done.</p>
<b>Pico de Gallo Topping</b>	<b>Salsa Dip</b>	<b>Sweet &amp; Sour Sauce</b>	<b>Barbecue Sauce</b>
<p>1 ½ C. diced tomatoes                  ¼ C. diced red or white onions                  ½ t. Serrano peppers finely minced                  1 T. minced garlic                  Juice of 2 limes                  1 t. honey to taste                  2 T. cilantro                  Salt to taste                  (1 t. honey to taste)</p> <p>In a bowl COMBINE the ingredients and season to taste.</p>	<p>1 C. can tomato juice                  1 ½ fresh tomatoes                  ½ onions, chopped                  2 T. fresh cilantro, chopped                  ½ Serrano, finely minced                  1 ½ t. salt                  1 garlic clove, finely chopped                  1/8 t. sugar</p> <p>BLEND together well and REFRIGERATE at least 2 hours before serving.</p>	<p>1 cup brown sugar                  1 cup water                  1 cup vinegar                  1 dash of salt                  2 Tbsp soy sauce                  6 Tbsp dried tomato powder                  1 cube chicken bouillon.</p> <p>MIX all together. Use in the DINNER Sweet &amp; Sour Chicken recipe.</p>	<p>1 C. catsup                  1 T. Worcestershire sauce                  1 C. water                  ¼ C. vinegar                  2 T. brown sugar                  1 t. salt                  ½ t. celery salt</p> <p>COMBINE all ingredients in saucepan. Bring to BOIL, reduce heat and let SIMMER 30 minutes.</p>

## SPREADS & TOPPINGS

<b>Carmel Nut Topping</b>	<b>Hot Fudge Topping</b>	<b>Almond Mayonnaise &amp; Dressing</b>	<b>Garlic Spread</b>
<p>½ C. sugar 1 C. brown sugar, firmly packed ¼ C. milk Chopped walnuts</p> <p>COMBINE ingredients and bring to BOIL for 3 minutes. REMOVE from heat, then TRICKLE over the top of dessert. SPRINKLE chopped nuts on top.</p>	<p>2 C. sugar                      ½ cube margarine ¼ C. Karo syrup              ¼ C. cocoa ½ C. evaporated milk      ¼ t. salt 1 t. vanilla</p> <p>COMBINE all ingredients except vanilla. Bring to BOIL over medium heat. STIR constantly. BOIL 1 min. STIR in vanilla.</p>	<p>1 C. almonds Water for blender ¼ C. olive oil 4 oz soft Tofu or more for thicker mix 1 to 2 lemons 1 t. garlic powder or more if desired 1 t. onion powder or more if desired 1 t. salt or more if desired</p> <p>SOAK almonds over night in a quart jar filled with water. RINSE the beans and pour into blender. POUR water up to top of beans, then BLEND. ADD oil and blend, then tofu and blend, then spices &amp; lemon juice. STIR with each use. Lasts 1 week REFRIGERATED.</p> <p>DRESSING: ADD dill or cumin for salad dressing. Decrease the tofu to thin recipe.</p>	<p>2 sticks of butter 2 t. garlic powder 1 t. parsley flakes, crushed</p> <p>MELT butter. ADD garlic and parsley Spread over bread or dip bread sticks the BAKE in oven for 5 minutes.</p>
<b>Ranch Dressing Dip</b>	<b>Catsup</b>		<b>Mustard</b>
<p>1 T. parsley flakes 1/8 t. garlic powder 2 t. minced onion ½ t. salt 1 C. mayonnaise 1 C. buttermilk</p> <p>COMBINE the BLEND until smooth.</p>	<p>1 C. tomato powder      1/8 t. pepper 2 t. sugar                      ½ t. salt ¼ t. vegetable oil          1 ½ C. water Dash of onion powder</p> <p>COMBINE all ingredients. BOIL, then simmer for 10 minutes until thick.</p>		<p>Dry mustard Water</p> <p>Purchase dry mustard and follow instructions for reconstitution.</p>
<b>Strawberry Topping</b>	<b>Maple Syrup</b>	<b>Mayonnaise</b>	<b>Hummus</b>
<p>1/3 C. sugar 1 C. strawberries (or freeze dried strawberries, hydrated) 1/8 C. water ½ T. lemon juice</p> <p>BOIL water and sugar in saucepan, stirring constantly. SIMMER until sugar is completely dissolved. Syrup should be COOLED. PUREE all the ingredients together until smooth. LASTS 5 days refrigerated.</p>	<p>2 C. sugar (white or brown) 1 C. water ½ t. maple flavoring</p> <p>HEAT water to boiling. POUR enough water in to sugar to moisten all the sugar and STIR until all the sugar is dissolved. ADD maple flavoring and STIR to mix.</p> <p>You can make a thicker syrup by boiling the mixture longer.</p>	<p>1 C. canola oil 1 egg 2 T. lemon juice or vinegar Salt &amp; pepper</p> <p>Whisk egg with canola, then juice &amp; spices. Lasts 1 week REFRIGERATED</p>	<p>1 C. dried garbanzo beans Water for blender ¼ C. olive oil 1 to 2 lemons 1 t. garlic powder 1 t. onion powder 1 t. salt 1 t. cumin</p> <p>SOAK beans over night in a quart jar filled with water. RINSE beans and pour in blender. POUR water up to top of beans, then BLEND. Blend oil, then lemon and spices. STIR with each use. LASTS one week refrigerated.</p>

