

Do you have a plan to

PREPARE

the food you have in

STORAGE??

***Try these and stock up on
items for the recipes you like***

Food Storage – Think outside the “Case lot” box

Having these non-case lot items regularly stocked will make your food storage meals feel familiar!

Meats - Chicken and tuna are often in the case lot sales but what if your family eats a lot of beef? Consider buying #10 cans of freeze-dried ground beef or find a butcher where you can buy ¼ of a cow and stock your freezer

Spices – what spices do you ALWAYS use? Stock up on your family staples.

Salt and pepper – consider how often you use salt and pepper and plan accordingly.

Cinnamon

Taco Seasoning

Garlic Powder, Onion Powder

Oregano, Basil, Italian Seasoning

Ginger

Freeze-dried chives

Sugars

Cornstarch

Dried Onions & Bottled Garlic

Condiments:

Mayonnaise

Soy or Teriyaki Sauce

Mustard

Honey

Ketchup

Syrups

Dressings

Salsa

Cooking Oils and Butter – stock up on the one(s) you use all the time.

Bouillon – how many of your regular recipes use broth? Save space and stock up on bouillon instead.

Pasta and dried beans

Nuts – keep in freezer

Snacks and drinks – what can't you live without? What could you barter with 😊 ?

Gluten Free options – be sure to prepare for family members with sensitivities.

Recipes featuring Oats

Granola

12 cups rolled oats	2 cups coconut
1 cup brown sugar	2 tsp. cinnamon
1 cup vegetable oil	2/3 cup honey
4 tsp. vanilla extract	

Mix dry ingredients and wet ingredients in separate bowls. Pour wet mixture over dry mixture and stir well. Bake on 2 parchment-lined jelly roll pans at 325 for 30 minutes, stirring every 10 minutes. Let granola cool on the pan. Break into pieces with spatula. Store in large, airtight container.

Lighter-on-the-Sugar Granola

4 cups old fashioned oats	1 cup chopped nuts
¼ cup chia seeds	2 tsp. ground cinnamon
¾ tsp. fine sea salt	½ cup melted coconut oil
1/3 cup pure maple syrup	2 tsp. vanilla extract
2/3 cup unsweetened coconut flakes	

Heat oven to 350 degrees. Line cookie sheet with parchment paper. In a large bowl, mix dry ingredients (minus the coconut). In a separate bowl, mix the wet ingredients then pour over the dry ingredients and stir to combine. Pour on cookie sheet and bake for 20 minutes, stirring midway through. Add the coconut, stir, and cook for another 5 minutes until the coconut is slightly browned. Cool before packing in airtight container.

Apple-Cinnamon Oatmeal Mix

6 cups quick cooking oats	¼ cup packed brown sugar
1 1/3 cups nonfat dry milk powder	1 Tbsp. ground cinnamon
1 cup dried apples, sliced	1 tsp. salt
¼ cup sugar	¼ tsp. ground cloves

In a large bowl, combine ingredients. Store in an airtight container in a cool, dry place for up to 6 months. Yield: 8 cups

To prepare oatmeal: Shake mix well. In a saucepan, bring ½ cup water to a boil; slowly stir in ½ cup mix. Cook and stir over medium heat for 1 minute. Remove from heat. Cover and let stand for 1 minute or until oatmeal reaches desired consistency. Yield: 1 serving.

Recipes featuring Wheat Flour – be sure you have a grinder

Whole Wheat Bread

For 4 loaves (*2 loaf measurements in italics*)

12-14 cups (*6 – 7 cups*) wheat flour

2/3 cup (1/3 cup) honey

2 Tbsp. (*1 Tbsp*) instant yeast

2 Tbsp. (*1 Tbsp*) salt

5 cups (*2 ½ cups*) hot tap water

2 Tbsp. (*1 Tbsp*) dough enhancer optional

2/3 cup (1/3 cup) vegetable oil

Mix the lesser amount of flour with yeast and set aside. Add hot tap water to stand/Bosch mixer and begin mixing. Add vegetable oil, honey, and salt. Mix well and let stand for 5 minutes. Then add flour 1 cup at a time until dough is no longer sticky and feels soft. Be careful not to add too much flour. Knead for 10 minutes. When 2 minutes are left, add dough enhancer if you would like. It helps the bread have a longer shelf life. Shape the dough into 4 (*2*) loaves and place in greased loaf pans. Let rise in 170-degree oven for 30 minutes. Without opening the oven door, increase the temperature to 350 degrees and set the timer for 30 minutes. Remove from pans and cool.

Cinnamon Rolls

Make bread dough using the recipe above. Instead of forming loaves, roll out into rectangles. Generously spread dough with softened butter. Sprinkle desired amount of brown sugar and cinnamon on top. Roll dough lengthwise. Cut into 1-1/2 inches all the way across. (Dental floss works great!) Place rolls on parchment paper-lined jelly roll pans. Let rise until double in size. Bake at 350 for 15 minutes. Frost while warm.

Frosting:

2 cups (*1 cup*) powdered sugar

2 Tbsp. (*1 Tbsp*) water

¼ cup (2 Tbsp) soft butter

1 tsp. (*1/2 tsp*) vanilla extract

Graham Crackers

½ cup evaporated milk

2 tsp. lemon juice or vinegar

2 eggs

2 tsp. vanilla

1 cup vegetable oil

1 tsp. salt

1 cup brown sugar

1 tsp. baking powder

½ cup honey

6 cups whole wheat flour

Mix milk and lemon juice. Add oil, honey, vanilla, eggs, and brown sugar. Mix well. Add remaining ingredients and mix. Divide into two equal parts. Place on well-greased cookie sheets. Roll to edges. Score crackers with tracing wheel and imprint with tines of fork. Bake at 375 for 10 minutes until just about brown. Remove from oven and cut into squares on score lines. Remove from pan and place on racks to cool. Store in airtight container.

Whole Grain Baking Mix

3 cups whole wheat flour

1 cup wheat germ or ground flax seeds

2 cups dry milk powder

1 Tbsp. Salt

3 cups all purpose white flour

4 cups uncooked rolled oats

¼ cup baking powder

Combine ingredients and store in airtight container. Use for recipes below.

Whole Grain Pancakes

3 cups Whole Grain Baking Mix

¾ cup shortening

1 Tbsp. commercially dried egg powder, or 1 egg

1 cup water

1 Tbsp. granulated sugar

Cut shortening into the whole grain baking mix. Combine with other ingredients and stir until moistened. Add more water, if needed, to thin the batter. Drop by spoonful on a hot, greased griddle and cook on both sides.

Whole Grain Cookies

2 cups Whole Grain Baking Mix

½ cup Shortening

1 Tbsp. commercially dried egg powder, or 1 egg

¼ cup chopped dried apricots

2/3 cup packed brown sugar

1/3 cup water

¼ cup chopped dried dates

Cut shortening into the whole grain baking mix. Blend with all other ingredients. Drop by teaspoonful on a greased, doubled sheet of foil, flattening slightly with the back of a spoon. Bake in a Dutch oven over hot coals for 10-20 minutes. Or cook on a greased sheet pan at 350 degrees for 10-12 minutes.

Whole Grain Biscuits

2 cups Whole Grain Baking mix

1 cup milk with ½ tsp vinegar or 1 cup buttermilk

4 Tbsp. Cold butter

Heat oven to 450 degrees. Cut the butter into the baking mix with a pastry blender tool. Stir in the buttermilk with a fork until just combined. Turn the dough onto a floured surface and sprinkle flour on top. Fold the dough over itself and pat it back down 15 – 20 times. Pat the loaf into one thick piece about ¾ inch to 1 inch thick. Cut out round shape with a cutter or a tall glass. Place on cookie sheet and bake for 10 – 12 minutes.

Recipes featuring Wheat Berries

Prepare Wheat berries to be used in other recipes below as a meat replacement

Basic Cooked Wheat Berries

4 cups whole wheat kernels

8 cups water (may need more)

Place wheat kernels, water, and 1 tsp. salt in a pot. Bring mixture to a boil over high heat. Reduce heat to just cooler than a boil, cover, and cook 1 1/2 hours, give or take a few minutes. NOTE: mixture should always be wet when cooking. Drain any remaining water. Use right away in a recipe or store in the fridge for up to a week.

Apple Cinnamon Wheat Berries

2 cups chilled wheat berries

2 Tbsp. honey

1 medium apple, diced

2 tsp. cinnamon

1/2 cup slivered almonds

1 Tbsp. water

Mix wheat berries, apples, and almonds in large bowl. Add honey, cinnamon, and water (as needed) and mix well. Serve warm or cold

Teriyaki Wheat Berry Lettuce Wraps

Sauce:

2 Tbsp. Soy Sauce

2 tsp. honey

2 Tbsp. Teriyaki Sauce

1 tsp sesame oil

2 Tbsp. water

1/4 tsp. garlic salt

2 tsp cornstarch

1/8 tsp. pepper

2 Tbsp. chives

1/4 tsp. dried ginger

Wraps:

2 Tbsp. Olive Oil

8 oz can bamboo shoots diced

1/4 cup diced carrots

1 8 oz can diced water chestnuts

1 tsp. minced garlic

Small can sliced mushrooms

1 cups wheat berries

Combine the sauce ingredients and set aside. Dice the bamboo, chestnuts, and mushrooms. Heat oil in skillet and add minced garlic until fragrant. Add bamboo, chestnuts, carrots and mushrooms and saute until veggies soften slightly. Pour sauce over veggies and mix. Add wheat berries to the mixture, stir well, and cook until the mixture thickens and the carrots are tender, 5 – 10 minutes. Server over lettuce or in lettuce cups.

Boston Baked Whole Wheat – don't use pre-cooked wheat berries

2 cups raw whole kernel wheat

1/4 cup dehydrated onion

1/2 tsp. dry mustard

5 cups water

2 Tbsp. molasses

salt and pepper to taste

1/4 cup crisp bacon bits

1 small can tomato sauce

BBQ sauce, if desired

In a saucepan, combine all ingredients. Cover and simmer on low (200 degrees) for 6 hours – remove lid for the last 1/2 hour of cooking time. Add a little boiling water if mixture becomes dry. Can also be doubled and cooked in slow cooker all day.

Legumes (A Meat Substitute)

Everyone needs 2 or more servings daily of protein foods like meat, fish, poultry, eggs, or beans. Legumes (beans) are inexpensive and an easy-to-store source of protein.

Beans need to be soaked to soften the tough shell. Split peas and lentils need no soaking.

Overnight Soak

1. Cover beans with unsalted water.
2. Cover pan and let stand overnight
3. Salt after soaking

Quick Soak – saves nutrients

1. Cover beans with unsalted water
2. Boil for 2 minutes in uncovered pan
3. Take off heat. Cover pan and let stand 1 hour

To cook, place beans in a large saucepan or pot, add water to cover by two inches, and bring to a rolling boil. Reduce heat and cook, covered, at a very low simmer (which helps keep the beans from splitting), until tender.

Cooking times after soaking:

Kidney, pinto, navy 2 hours

Great Northern, small red and white . . 1 ¼ - 1 ½ hours

Lima Beans 1 hour

Split peas, lentils (no presoak) 30 – 45 minutes

Canned beans can be used in almost any dish that calls for dried, but they are usually softer and may not hold up well in long, slow cooking. Once you open a package of beans, transfer the contents to an airtight container, and store away from direct light.

Lentil Casserole

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| 6 cups chicken broth | ½ tsp. dry basil |
| 1 ½ cup lentils (uncooked) | 1/8 tsp. pepper |
| 1 large onion, diced or 4 Tbsp minced onion flakes | ¼ tsp. salt |
| 2-3 cloves garlic, pressed | 1 small can green chilies |
| 1 cup brown rice (uncooked) | |

Combine all ingredients in a 9x13 casserole dish. Cover with foil and bake at 375 degrees for 1 ½ - 2 hours until the rice and beans are soft. Serve with Taco sauce, shredded cheese, and lettuce. Or serve with a fried egg on top.

Substitute lentils with other dried beans – other beans will need to be soaked before cooking in this recipe

Recipes featuring case lot items

Seven can Tortilla Soup

1 15 oz can black beans, rinsed and drained	1 10 oz can green chili enchilada sauce
1 15 oz can pinto beans, rinsed and drained	1 14 oz can chicken broth
1 14 oz can diced tomatoes, drained	1 1 oz packet taco seasoning (2 Tbsp)
1 15 oz can sweet corn, drained	1 tsp. cumin
1 12.5 oz can diced chicken breast	1 tsp. chili powder

Combine all the ingredients in a pot and bring to a boil. Decrease temperature to low and simmer for 30 minutes.

Black Bean Soup

1 14 oz can Black Beans, rinsed and drained	1 14 oz can Chicken Broth
1 14 oz can corn, drained	1 jar Salsa

Combine all the ingredients in a pot and bring to a boil. Lower temperature to low and simmer for 20 minutes

Taco Soup

1 lb browned ground beef, or cooked wheat berries	1 1 oz packet taco seasoning (2 Tbsp,)
1 medium onion – chopped or 3 Tbsp. dried onion flakes	1 8 oz can tomato sauce
1 14 oz can kidney beans	1 28 oz can diced tomatoes
1 14 oz can corn	

Brown beef with onions. Add to pot with the other ingredients. Bring to boil then simmer 20-30 minutes

Easy Tuna with Pasta

4 oz uncooked pasta	2 Tbsp. olive oil
2 tsp. minced garlic	1 can tuna, packed in oil
1 tsp. lemon juice	1 tsp. dried parsley

Cook pasta according to package directions. When the pasta is close to being ready, add the oil to a small pan and heat on medium heat. Add the garlic and cook for 30 seconds. Stir in the tuna, lemon juice, and parsley. Put 2 tbsp cooking water from the pasta with the tuna mixture, drain the pasta, then toss the pasta with the tuna mixture. Season with salt and pepper and parmesan cheese.

Spaghetti Sauce

1 lb. ground beef or 1 1/2 cups prepared wheat berries	1 bay leaf
1 medium onion, chopped or 3 Tbsp dried onion flakes	1 Tbsp. brown sugar
2 14 oz cans diced tomatoes, undrained	4 minced garlic cloves (or 4 tsp.)
1 8 oz can tomato sauce	1 tsp. dried basil
1 6 oz can tomato paste	1 tsp. dried oregano
1 tsp. salt	½ tsp. dried thyme

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Or use prepared wheat berries. Transfer to slow cooker. Add the next 10 ingredients. Cover and cook on low for 7 – 8 hours or until heated through. Discard bay leaf. Serve over spaghetti noodles and sprinkle with parmesan cheese.

Mexican Lasagna

1 lb ground beef or 1 1/2 cups prepared wheat berries	1 15 oz can black beans, drained
1 jar salsa, reserving 1/2 cup	Corn Tortillas, cut in strips
Shredded cheddar cheese	

Prepare ground beef or wheat berries. Mix with black beans and most of the salsa. Put remaining ½ cup salsa in the bottom of a casserole dish. Layer tortilla strips, bean mixture, and cheese and repeat layers until gone. Cover and cook at 350 degrees for 20 minutes.

Cowboy Cookies – this makes a LARGE batch

1 cup vegetable oil	¼ cup almond flour
½ cup peanut butter	2 cups rolled oats
¾ cup honey	1 cup wheat germ or ground flaxseed
1 cup molasses	2 tsp. baking powder
2 eggs or egg substitute	1 cup raisins
2 cups whole wheat flour	1 cup shredded coconut
1 cup peanuts, chopped	

Mix oil, peanut butter, honey and molasses. Add eggs, one at a time. Combine dry ingredients, raisins, coconut, and peanuts. Add to creamed mixture. Drop by spoonful onto greased cookie sheet. Bake at 375 degrees for 10 – 12 minutes.

Recipes featuring dried food items

Chicken Noodle Soup Mix

½ cup dried chicken cubes	½ cup dried small noodles
¼ cup chopped dried carrots	¼ cup chopped dried celery
¼ cup dried green peas	1 Tbsp. chopped dried onions
2 Tbsp. chicken flavored bouillon or 6 cubes	

Mix well and store in an airtight container. To serve, simmer in 2 quarts boiling water until vegetables and meat are tender, about an hour. Stir occasionally and add water as necessary. Season with salt and pepper.

Dried Campfire Stew

1 cup dried beef cubes	½ cup dried potato slices
½ cup dried carrot slices	¼ cup dried onion or 1/2 Tbsp. onion salt
2 Tbsp all purpose flour	1 1/2 Tbsp. beef bouillon granules or 4 cubes

Combine all ingredients and store in an airtight container. To serve, add to 2 quarts water in a pot. Simmer on low heat for 25 minutes or until vegetables and meat are tender. Season with salt and pepper.

Dried Scrambled Egg Mix

1 cup commercially dried egg powder	¼ cup dry milk powder
¼ cup imitation bacon bits	1 Tbsp. finely chopped dried onions
1 Tbsp. finely chopped dried green pepper	

Mix and store in a freezable airtight container. To serve, blend with ½ cup water and let sit for 10 minutes. Beat with a fork and cook over medium heat, seasoned with butter or margarine.

Taco Seasoning – yield 3 batches

2 Tbsp. chili powder
5 tsp. paprika
4 ½ tsp. ground cumin
1 Tbsp. onion powder
1 Tbsp. salt
2 ½ tsp. garlic powder
1/8 tsp. cayenne pepper

Ranch Dressing Mix – 6 batches

2 Tbsp + 2 tsp dry minced onions
1 Tbsp. dried parsley flakes
2 ½ tsp. paprika
2 tsp. sugar
2 tsp. salt
2 tsp. pepper
1 ½ tsp. garlic powder

Onion Soup Mix – 4 batches

¾ cup dried minced onion
1/3 cup beef bouillon granules
¼ cup onion powder
¼ tsp. sugar
¼ tsp. celery seed

Substitutions

<u>Chopped Fresh Onion</u>	<u>Dried</u>	<u>Chopped Fresh Onion</u>	<u>Dried</u>
1 cup	3 Tbsp.	$\frac{3}{4}$ cup	2 $\frac{1}{4}$ Tbsp.
$\frac{1}{2}$ cup	1 $\frac{1}{2}$ Tbsp.	$\frac{1}{4}$ cup	$\frac{3}{4}$ Tbsp.

Onion powder is three times more potent than dried onion. To substitute fresh onion for onion powder, only use 1 Tbsp. (1/3 of 3 Tbsp).

Peppers: One green or red pepper = $\frac{1}{4}$ cup dried peppers

Carrots: One cup sliced carrots = $\frac{1}{2}$ cup dried carrots

Tomato: $\frac{1}{2}$ cup tomato puree = 1 tbsp. powdered tomato

Fruit: $\frac{1}{2}$ cup of dried fruit counts for 1 cup of fresh

Buttermilk: For every cup of needed buttermilk, mix almost 1 cup of regular milk with 1 Tbsp. vinegar or lemon juice

Meat: Refer to the wheat berries page – use wheat berries as a substitute for any ground meat. The texture is more firm than meat but the nutty taste is great and very satisfying

Eggs (for baking):

Before mixing ingredients for your recipe, for each egg you need to replace combine 1 tsp. Knox unflavored gelatin with 3 Tbsp. cold water and 2 Tbsp. plus 1 tsp. boiling water.

Or for each egg, mix a flax egg by mixing 1 Tbsp. ground flaxseed with 3 Tbsp. warm water. Let stand for 5 minutes before adding to recipe

Reconstituting Dehydrated Foods

Milk: 2 cups non-fat powdered milk to 1 gallon water, 1/2 cup non-fat powdered milk to 1 quart water, refrigerate before drinking

Eggs: 1 Tablespoon egg powder to 1 1/2 tablespoons water equals 1 egg. Make a paste with egg powder and a few drops of water. Blend until smooth then add remaining water.

Butter, Margarine or Shortening: 1 cup powder to 1/4 cup water. Combine powder and water and stir into a smooth paste, makes 1 cup.

Fruits: 1/3 c. dehydrated fruit to 1 c. water. Add water to dehydrated fruit and let set for a few hours, makes 1 cup.

Vegetables: 1 cup dehydrated vegetables to 1 cup water, Makes 1 cup. Use tap hot water for all vegetables except for carrots use cold water.

Potato Pearls: Add 2 cups hot water (+180 degrees) to 1 cup potato pearls.

Instant Mashed Potatos: 4 3/4 cups boiling water, 1/2 tsp. Salt, 1 cup potato powder.

Rice (white): To 2 cups boiling salted water add 1 cup rice and 1 Tbs. butter. Cover tightly, cook over low heat until water is absorbed, about 20 minutes.

Rice (brown): Wash rice and drain. Add 1 cup rice to 2 cups boiling water. Bring to boil again. Reduce heat and simmer 45 minutes. Remove from heat and let steam (do not remove lid) for several minutes.

Quick Oats: Boil 2 cups water and 1/4 tsp. salt. Stir in 1 cup oats. Return to boiling. Reduce heat, cook uncovered for 1 minute.

Cheese Sauce: 1 cup water or milk to 1/4-1/2 cup powder. Bring to boil, stirring constantly, reduce heat and continue cooking 1-2 minutes. Will thicken as it cools.

Hot Chocolate: Use 1/4 cup mix with 3/4 cup hot water. Or 1-1 1/4 cups of mix per quart of hot water.