

# Food Storage Recipes

Here are a few 'tried and true' food storage recipes that may help you begin using and rotating through the items you are storing. Plan your food storage around COMPLETE MEALS so that if there was an event that caused you to eat solely out of your storage, you would have MEALS to feed your family. Make sure and store ALL of the components of each recipe your family eats on a regular basis—ex. powdered milk in place of regular milk, powdered eggs in place of real eggs, essential baking items such as oil, baking powder, salt, sugar, spices, yeast, etc. These basic cooking items will help make using and cooking with your food storage more enjoyable and user friendly.

## Breakfast Meals

### Oatmeal Mush

Oats or Six Grain Cereal  
Powdered Milk  
Brown Sugar/Honey  
Cinnamon  
Salt

### Homemade Instant Oatmeal

5 c. quick oats  
5 c. powdered oats  
1/3 c. powdered dry milk  
1/3 c. sugar or honey powder  
2 1/2 t. salt

Mix all together and put in a Tupperware or #10 can for later use.

### Refrigerator Bran Muffins

2 cup boiling water  
5 tsp. soda  
1 cup Crisco  
1 cup brown sugar  
1 cup white sugar  
4 eggs (powdered eggs work great)  
6 cup raisin bran  
2 cup whole wheat flour  
3 cup flour  
1 T salt  
4 c. buttermilk (or 4 c. water, 3 T. lemon juice, and 1/2 c. dry powdered milk)  
5 tsp. cinnamon

Mix water and soda and cool. Cream Crisco, sugar and eggs together. Add water, buttermilk, cereal, flour, and salt. Add additional raisins to your liking and mix ingredients. Batter can refrigerate up to 14 days. Bake at 350 degrees for 10-15 minutes in greased muffin pan, until brown.

### Buttermilk Pancakes

2 c. buttermilk (or 2 c. water, 6 T. powdered milk, and 1 T. lemon juice)  
2 eggs (or powdered eggs)  
4 T. oil  
2 T. sugar  
2 t. baking powder  
2 c. flour (wheat flour works great)  
3/4 t. salt  
3/4 t. soda

Beat until smooth. Pour and wait for bubbles to pop then, turn.

### Homemade Granola

1 c. sliced almonds (you could use any nut you prefer-cashews, walnuts, pecans, etc.)  
5 c. oats (quick or old fashioned)  
1 c. shredded coconut  
1 c. raisins or other dried fruit  
1/4 c. sesame seeds (optional)  
1/4 c. sunflower seeds (optional)  
1/2 c. flaxseed (optional--good for you and gives it a nice crunch)  
1/2 c. maple syrup  
1/2 c. honey  
1/3 c. canola oil

Mix ingredients all together until all ingredients are covered in the honey, maple syrup and oil. If you need to add a little more honey you can do that. You don't want it very sticky, just enough to keep the granola together. Place granola on a baking sheet (don't spray) and put in the oven at 150-170 degrees and bake for 1-2 hours (or until COMPLETELY dry and crunchy). Every 30-40 minutes take the granola out of the oven and stir around to make sure all of the granola is evenly cooked. You can also put the granola in a dehydrator for 3-4 hours on medium heat until dry. By not cooking the granola at a high temperature you are keeping all of the nutrients and healthy enzymes in tact--it is the healthiest way to eat your grains. Let granola cool and then store in Ziploc bags or plastic canisters.

### Cornmeal Pancakes

2 1/3 c. flour (1/2 white flour and 1/2 wheat flour works great)  
2/3 c. cornmeal  
3 t. baking powder  
1 t. baking soda  
1 t. salt  
4 eggs (or powdered eggs)  
1 1/3 c. sugar  
2 c. buttermilk (or 2 c. water, 1 T. lemon juice & 6 T. powdered milk)  
2/3 c. butter, melted

Melt the butter and add all of the other ingredients to your bowl. Pour 1/3 c. of the batter onto a hot griddle that has been greased. If pancakes are too thin, add a little more flour or baking powder to help them fluff up even more. Serve with regular or butter syrup and fresh fruit.

### Cereal & Powdered Milk

Cold Cereal  
Powdered Milk

### Prepackaged Muffin Mixes

#### Pumpkin Waffles

3 eggs (or powdered eggs)  
1 pound can of pumpkin  
¾ c. vegetable oil  
½ c. water/beat together then add:  
2 ½ c. flour  
2 ¼ c. sugar  
1 ½ t. baking soda  
1 ¼ t. salt  
¾ t. nutmeg  
¾ t. cinnamon  
Beat all ingredients together. Spray waffle iron heavily with oil.  
Pour scoopsfuls into waffle maker. Serve with whipping cream & cinnamon.

### Already Made Pancake Mixes

#### Canned Fruit

### Homemade Bread & Jam (recipe below under LUNCH)

#### Apple Wheat Pancakes

6 T. dry powdered milk  
1 1/2 c. water  
1/2 c. applesauce  
1 T. lemon juice  
2 eggs (powdered eggs work great)  
1 apple, cored and grated (can use dehydrated apples)  
4 T. oil  
2 T. sugar  
2 t. baking powder  
1 c. white flour  
1 c. wheat flour  
2 t. cinnamon  
1/2 t. nutmeg  
¾ t. salt  
¾ t. soda  
Beat until smooth. If batter is too thick, add a little more milk. If batter is too thin, add a little more flour. Pour and wait for bubbles to pop, then turn. Serve with warm syrup and caramelized pecans (optional).

## Lunch Meals

### Peanut Butter & Jam Sandwiches

Peanut Butter  
Jam  
Bread

### Chicken Salad Sandwiches

Canned Chicken  
Mayonnaise  
Lemon Pepper, Salt and Pepper

### Tuna Fish Sandwiches

Tunafish  
Mayonnaise  
Pickles  
Bread

### Macaroni & Cheese

### Top Ramen

### Canned Soups & Stews

### Emilie's Whole Wheat Bread

Makes 5 8/4 inch loaves.

7 c. whole wheat flour (grind your own if you have a wheat grinder)  
2/3 c. vital wheat gluten  
2 1/2 T. instant yeast  
5 c. steaming hot water (120-130 F)  
2 T. salt  
2/3 c. oil  
2/3 c. honey or 1 c. sugar (I like honey the best!)  
2 1/2 T. bottled lemon juice  
5 c. whole wheat flour

Mix together the first three ingredients in your mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes (this is called sponging). Add salt, oil, honey or sugar, and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from the sides of the bowl. This makes very soft dough.

Pre-heat oven for 1 minute to lukewarm and turn off. Turn dough onto oiled counter top; divide, shape into loaves place in oiled bread pans. Let rise in warm oven for 10-15 minutes until dough reaches top of pan. Do not remove bread from oven; turn oven to 350 F and bake for 30 minutes. Remove from pans and cool on racks. This recipe can be halved to make 2 loaves.

## Dinner Meals

### Spaghetti Dinner

Spaghetti Sauce & Spaghetti Noodles  
Dry parmesan cheese  
Green Beans  
Seasonings to spice up the sauce—basil, oregano, garlic powder, salt, garlic spread, etc. (1 yr. supply)  
Ingredients to make homemade French Bread

### Taco Soup

1 lb. ground beef, browned (can use Beef TVP instead of ground beef)  
1 16 oz. kidney beans, include juices  
1 16 oz. can diced tomatoes  
1 8oz. can tomato sauce  
1 16 oz. can whole kernel corn, include juices  
1 pkg. taco mix, seasoning

¼ c. chopped onion (can use dehydrated) Brown beef & onions together in pan. Add rest of ingredients and warm over stove. Serve with cheese, sour cream & tortilla chips.

### Burger & Bean Soup

1-2 lbs. Hamburger-browned (can use Beef TVP instead of ground beef)

1 onion chopped (or dehydrated)

2 (16 oz.) barely drained green beans

2 (15 oz.) barely drained kidney beans

2 (16 oz.) Baked beans or pork n' beans

1/3 c. brown sugar-packed

1 c. ketchup or ½ c. BBQ sauce

1 t. salt

2 t. mustard

Put in large pan over stove until warm. Makes a lot!

Brown beef & onion. Add everything else. Bring to boil-Simmer

15 minutes.

### Tortilla White Bean Soup

3 chicken breasts, cooked and shredded (can use canned)

24 oz. Great Northern Beans, drained

8 oz. Pace Picante Salsa, chunky

2 c. shredded cheese (I like Colby-jack cheese best)

1 t. cumin

2 cans chicken broth

Throw all of the above items into your slow cooker and simmer for at least 1 hour. Add Just before you serve:

¼ c. fresh diced cilantro

½ fresh lime juice, squeezed

Garnish with chips, cheese, and avocados (optional).

### Easy Homemade Rice Roni

4 tbsp. butter

1/2 cup long grain rice

1/2 cup spaghetti broken in 1 inch pieces

2 cups chicken broth

2 tbsp. fresh parsley

Salt and pepper to taste

In a medium saucepan, melt the butter and add the rice and spaghetti pieces. Allow the pasta and rice to brown slightly.

Carefully pour the chicken broth over the fried rice and pasta and reduce the heat to simmer, covering with a lid. Cook 20

minutes or until rice is tender, adding the parsley last and fluffing with a fork. Season with salt and pepper to taste.

### Pizza Dough

1 c. and 2 T. hot tap water

2 T. olive oil or veg. oil

3 c. flour

1 t. sugar

3 t. salt

2 ½ t. yeast

Make sure you add the hot tap water, yeast and sugar together.

Allow to grow 5 minutes and add the flour one cup at a time until each cup has been incorporated. Add the salt after the first cup

of flour has been added. Touch dough to make sure it is soft and bouncy to the touch. May need a little more flour if it is too

sticky to work with. Mix and let rise until doubles in size. For more Italian flavor add basil and garlic powder to the dough.

### Quick & Easy Homemade Chili

2 lb. sausage (Hot or Regular)

1 lb. hamburger

1 large onion

2 cans green chilies

1-2 green peppers, diced

3 cans black beans, drained

1 can kidney beans, drained

6-7 cans pinto beans, drained (can use dry beans, just boil for 45 min.-1 hour until tender)

7-10 cans stewed tomatoes (or fresh tomatoes, just puree in food processor until smooth and then add to chili)

2-3 T. chili powder

1 T. cumin

2 T. garlic (fresh or from a jar)

¼ c. sugar

2 T. salt (or more, if needed)

2 t. pepper

1-2 T. Montreal Steak Seasoning

3 jalapeños (or cayenne pepper for spice)

1 ½ c. sprouted wheat or quinoa (optional!!)

Brown sausage, hamburger and onions until tender. Add diced green pepper, green chilies and spices and sauté for a few

minutes. Add canned beans and tomatoes and simmer for 30-45

minutes. Add extra salt or spices if needed. Serve with shredded

cheese, sour cream and garnish with cilantro. This batch makes a

HUGE pot and works great as a freezer meal. You can half the recipe if you only need to feed a family of 6-8 people.

### Hawaiian Haystacks

3 cans cream of chicken soup

1 lb. chicken (can use canned chicken)

2 T. parsley

½ c. canned carrots or dehydrated carrots

1 t. salt

1/8 t. pepper

1 quart water

2 chicken bouillon cubes

Simmer above ingredients until vegetables are tender and soup is cooked through.

Cook rice until tender. Put soup mixture on top of rice and top with any or all of the following:

Rice

Toppings: Canned pineapple, mandarin oranges, cheese, Chinese noodles, raisins or coconut.

# Desserts

## Easy Dump Peach Cobbler

1-28 oz. can peaches

1 yellow cake mix

1 cube butter

1 t. cinnamon

½ t. nutmeg

Vanilla Ice Cream

Dump peaches and juice in the bottom of a 9x13 pan. Mix cake mix, slightly melted butter and spices together. Sprinkle on top of pie filling. Bake at 350 until bubbly. (Great for Dutch oven cooking) Serve with vanilla ice cream.

## Easy Chocolate Dipped Macaroons

8 oz. chocolate chips, melted in microwave until smooth

12 oz. sweetened coconut flakes

1 can sweetened condensed milk

1 T. vanilla

¼ t. salt

2 T. flour

Melt the chocolate chips in a double boiler (or in the microwave) until smooth. In a large bowl, combine the remaining ingredients until well mixed. Drop by tablespoons onto a parchment lined sheet pan. Bake in a preheated 325 degree oven for 15 minutes, or until golden brown. Let cool and up half way into chocolate. Let drip on a cooling rack. Makes 18.

## Rice Crispy Roll Ups

1 c. sugar

1 c. Karo syrup

Bring to a boil and take off heat.

Then add:

1 c. peanut butter and mix in

5 cups Rice Crispies

Spread onto a cookie sheet lined with saran wrap. Melt ¾ of a package of milk chocolate chips and spread on top of rice crispies. Roll up lengthwise and refrigerate for 1 hour. Cut into slices.

## Homemade Flour Tortillas

2 c. flour

½ t. salt

1 heaping ¼ t. baking powder

¼ c. oil

2/3 c. hot water

Mix all ingredients in food processor. Mix until it forms a ball of dough. Cover with damp cloth and allow to rest for 15 minutes. Uncover and form until balls of dough just larger than a golf ball. Flatten & roll out. Cook on hot skillet flipping when bubbles form.

## Peanut Butter No Bake Cookies

¼ c. cocoa

½ c. milk

½ c. butter

3 c. oatmeal

½ c. peanut butter

2 c. sugar

Bring above ingredients to a boil for 1 minute. Take off heat and then pour in 3 c. oatmeal and 1 t. vanilla. If still runny add another ½ c. oats. Place golf ball size cookies on greased cookie sheet and let cool in refrigerator.

Spice cake mix

1 can pumpkin (small can, or ½ large can)

1 pkg. Milk chocolate chips

Mix all ingredients and bake at 350 for 30-35 minutes in 4 small bread loaf pans or bake as a cookie for 10-12 minutes.

## Peanut Pretzel Gumbo

1 c. sugar

1 c. corn syrup

½ c. peanut butter

Put sugar and corn syrup in pan and boil over low for 30-45 seconds.

Stir in peanut butter and pour over 5-6 c. Special K cereal, 2-3 c.

mini pretzels and pour into greased dish. Serve once cooled. Can break up into large pieces for easy serving.

## Cake Mix Cookies

1 pkg. cake mix

2 eggs (or powdered eggs)

¼ c. oil

Mix all ingredients together. It is a very thick dough. Roll into small balls and flatten on cookie sheet. Bake at 350 for 8 minutes. When cookies are cool, frost and stick 2 cookies together. Some combinations are; spice cake and cream cheese frosting, chocolate cake and mint frosting, etc.

## Easy Rice Pudding

2 c. rice cooked

1 ½ t. nutmeg

1 c. sugar

1 t. vanilla

¼ t. salt

1 ½ t. cinnamon

1 c. raisins

2 eggs

1 qt. milk (or powdered milk equivalent)

Add sugar, vanilla, nutmeg, cinnamon and raisins to rice in sauce pan. Heat milk to warm in microwave and add ½ c. milk to eggs, and beat. Add eggs and rest of milk to rice. Mix well. Simmer for 10-15 minutes or until mixture is thick. Top with whipping cream and a sprinkle of cinnamon.

## Mrs. Field's Oatmeal Cookies

2 c. brown sugar

2 c. white sugar

2 c. butter

Beat top ingredients and then add:

4 eggs

2 t. vanilla

Add dry ingredients and beat together:

4-5 c. flour (if dough is too wet add more flour)

2 t. baking powder

5 c. oatmeal

2 t. soda

1 t. salt

2 c. raisins or chocolate chips

3 c. nuts (optional)

Cream sugar, butter, and eggs until smooth. Add rest of ingredients.

Bake at 350 for 10 minutes on greased cookie sheet. Don't over bake.