

Breakfast Recipes

Yummy Pancakes

Liquefy in blender (4 minutes) 1½ cups buttermilk (see powdered milk page for making your own) and ¾ cup whole wheat kernels. Add 3 heaping tablespoons corn meal, 1 heaping tablespoon brown sugar, 2 eggs, and ½ stick margarine cut into small pieces. Blend 30 seconds more. Add 1 heaping T. baking powder, ½ tsp .baking soda pulsing blender just enough to blend in the baking powder. Let batter rise to the top of the blender before pouring onto the hot griddle. For best results use only Rumford baking powder it does not contain Aluminum.

Pancake Mix

Mix together, Store in Freezer

5 cups freshly ground whole wheat flour, 4 T. Rumford baking powder, 4 T. sugar, 2 tsp salt, 1 1/3 cups powdered milk.

Pancakes from pancake mix.

Stir together 1¼ cups mix, 2 T flaxseed meal, ¾ cup plus 2 T. water, add 2 T oil or applesauce, 1 beaten egg or 2 egg whites. Do not over mix.

Waffles from pancake mix.

Stir together 1¼ cups mix, 2 T flaxseed meal, ¾ cup plus 2 T water, add 4 T. oil or applesauce, 2 T. sugar, and 2 eggs. Do not over mix.

Maple Syrup

Bring 2 c water to a boil in a heavy saucepan, add and stir in 3½ c white sugar, ½ c brown sugar, 2 T honey or corn syrup, 1 tsp vanilla, and 1 tsp maple flavoring.

Quick Syrup

In small heavy saucepan mix and heat 2 T butter, 1 c brown sugar and 1 tsp maple or vanilla flavoring.

Apple Syrup

Mix in small heavy saucepan ¾ c boiling water, 1½ c sugar, and 1 T corn syrup, add 4 T apple juice concentrate, and 2 T cornstarch. Cook until mixture is clear.

Crisped Porridge

Press left-over cooked cereal in bread pan. Chill thoroughly. Remove from pan and slice crosswise into thin slices. Sauté slices in butter or oil until lightly brown. Serve with butter and syrup.

Cracked Wheat Cereal

Crack 1/3 c whole wheat kernels in blender about 45 seconds. Combine with 1 1/3 c water and ½ tsp salt. Bring to boil in heavy saucepan over high stirring often with wire whisk. Add

1 T flaxseed meal. Turn heat down to simmer once mixture boils. Allow to simmer until tender about 10-15 minutes stirring occasionally.

Cold Cereal

Any of the milks can be used on packaged boxed cereals; even apple juice can be used. Add raisins, bananas, or canned fruit for extra flavor and nutrition.

Instant Oatmeal Packets

Blend 2 c regular oats in blender until powdery. Into 10 Zip lock bags combine: 2 T powdered oats, ½ c Quick oats, 1/8 tsp salt and 1 T sugar. Store in a cool dry place.

To prepare oatmeal Add packet to 2/3 -1 c boiling water. Stir and wait 3-5 minutes until thick. Variations:

Cinnamon Raisin: add 1 T raisins, ¼ tsp. cinnamon, and 1 T brown sugar.

Apple Cinnamon: add 1 T crushed dried apples, ¼ tsp, cinnamon, and 1 T brown sugar.

Creamy: Add 1 T Instant Powdered Milk.

Bulk Instant Oatmeal

Blend 2 c oats in blender until powdery. Pour into large bowl. Add 5 c quick oats,

2 tsp salt and 2/3 c sugar mix will. Put in an airtight container and store with a measuring cup and preparation directions in a cool dry place. To make oatmeal: put a scant cup of mixture in a bowl, add 2/3 c boiling water, stir and let cereal set until thick about 4-5 minutes.

Delicious Wheat Muffins

Mix together in a medium-sized bowl: 1 c wheat flour, 1 c white flour, 2 T flaxseed meal,

1 c brown sugar, ¼ tsp salt, 1/3 c powdered milk, 1 T powdered egg (or 1 whole egg) and 1 tsp baking soda. Set aside. In a 2 cup measuring cup melt ½ c margarine or butter, add 1 c room temperature water and 1 tsp vanilla, stir then add to dry ingredients and stir just until moistened. Add a bit more water if using powdered egg. Spoon into greased or paper lined muffin tins, makes about 12. Optional ingredients: raisins or cranraisins, chocolate chips, ¼ c crushed pineapple, ¼ c flaked coconut, or ¼ c reconstituted dehydrated carrots, smashed. Bake 350° for 15 minutes.

Corn Bread

Mix in a large bowl: 1 2/3 c flour, 2/3 c sugar, 5 tsp baking powder, 1/2 c powdered milk, and 1 tsp salt. Stir in 1 2/3 c yellow cornmeal. Add 2 beaten eggs, and 1 2/3 c water stirring to make a smooth batter. Gently stir in 1/3 c melted margarine or butter. Do not over stir. Spoon or pour into well buttered desired pans, adjust baking times according to pan size. Bake 400-425° until toothpick inserted in center comes out clean. Cool 10 minutes before cutting.

Note: 9 x 5 loaf pan takes about 40-45 minutes, Muffin pan takes about 20 minutes, 8 or 9 inch square pans take about 25-30 minutes. Keep checking for doneness. Note baking times required for the pan size you use for future baking.

Variations

In small bowl, beat together 2/3 c milk, 1/3 c melted butter, 1/2 c honey, and 2 eggs. In large bowl, stir together 1 1/2 c whole wheat flour, 2/3 c cornmeal, 2 1/2 tsp baking powder and 1/4 tsp salt. Add honey mixture. Stir just enough to barely moisten flour. Spoon batter into paper lined muffin pan or other greased baking dish. Bake 350° 20-25 min.

Combine 1 c cornmeal, 1/3 c flour, 1 tsp baking powder, 1/2 tsp salt, & 1/4 tsp baking soda. Add 1 egg and 1 c buttermilk. Stir with fork just until blended. Bake at 400° in 9" greased pan 20 min.

Honey Butter

Whip together 1/2 c soft butter, 1/4 c honey and 1/4 tsp vanilla. Store Honey butter in the refrigerator. To soften for use let set out for a few minutes before using.

Indian Fry Bread

Mix well, 2 c flour, 2 T. powdered milk, 1 1/2 tsp, salt, and 1 1/2 tsp, baking powder. Add about 1 cup of water a little at a time until mixture forms a stiff dough. Turn out on floured board and knead until thick and elastic (3-5 minutes). Flatten dough to about 1/4 inch thick,

cut with biscuit cutter, fry in medium hot oil until brown on each side. Drain on paper towel.

I like to sprinkle mine with cinnamon sugar. Serve immediately.

Ash Cakes

Same as above but omit baking powder. Place on white ashes to cook, turning when brown. Serve with jam.

Fruit and Cereal Brunch Cake

2 c granola or similar type cereal, 1 c orange juice, 1/4 c oil, 1 egg, 2 medium bananas mashed (try using dehydrated bananas), 1 1/2 c flour, 3/4 c sugar, 1/2 c raisins, 1 tsp each baking soda and cinnamon and 1/2 tsp salt. Heat oven to 350°. Grease square pan. Mix granola and orange juice in large bowl; let stand until softened about 2 minutes. Mix in oil, egg and bananas. Stir in flour, sugar, raisins, baking soda, cinnamon, and salt. Spread in pan, Bake until top springs back when touched about 40-45 minutes. Sprinkle Streusel topping over warm cake. Set oven to broil and broil cake for about 1 minute until bubbly. Streusel Topping: Mix together until crumbly: 1/2 c brown sugar, 1/4 c flour, 1/4 c soft butter, 1/2 tsp cinnamon, and 1/2 c chopped nuts.

Cinnamon Apple Rolls (makes about 8 rolls)

Combine 3 c flour, 2 T flaxseed meal, 2 T sugar, 4 tsp baking powder, 1/3 c powdered milk, and 1 tsp salt. Add 1 c water and 1/2 c oil, stir just enough to hold dough together. Place on lightly floured surface and knead. Roll out 1/4 inch thick rectangle. Spread with mixture of 2 c chopped apples (try using dehydrated), 1/2 c brown sugar, and 1 tsp cinnamon. Roll up jelly roll fashion. Cut into 8 1 inch thick pieces. Combine 1 c brown sugar, 1/2 cup oil, and 1/2 c chopped nuts; spread in bottom of 9 X 13 pan. Place rolls in pan. Bake 425° 15-20 minutes until desired brownness. Remove from oven and immediately turn upside down onto cookie sheet or large platter. Serve warm.

Fruit Cobblers in a Dutch Oven

Line a medium size Dutch Oven with heavy duty Aluminum foil (this makes clean-up very easy), spray lightly with cooking spray. Lining the Dutch Oven with foil is not required. Put canned fruit pie filling in first, then sprinkle a cake mix over the fruit, top with small pats of butter or margarine spread out over cake mix. Bake about 40-45 minutes until bubbly and lightly browned.

Note: Light about 21 briquettes. When coals are ready place 13 or 14 on top of Dutch Oven and scatter 7-8 underneath. Keep lid on while baking. You can also bake this in your regular oven on 350°.

Variations:

Cherry pie filling and white or spice cake.

Apple or Blueberry pie filling with yellow, white, or spice cake.

For variety, Mix 1/2 can of canned peaches into the cherry pie filling.

Mix 1/2 can of canned pears into the apple pie filling.

Easy French Bread

Sprinkle 1 T dry yeast into 1 c warm water, sprinkle on 2 T sugar stir gently, let set for a few minutes. Stir in 2 tsp salt, 2 T oil, 1 T each Dough Enhancer and Gluten, add slowly 2 3/4 cups bread flour mix well, cover with plastic wrap or towel, let

rest, covered 30 minutes. Shape into loaves, place on lightly greased cookie sheet. Make 3-4 slits along top, brush with beaten egg. Let rise, until doubled in size. Bake 400° 15 minutes. Makes 1 large or 2 medium loaves.

Note: Let dough rise in a warm place away from a draft; I use a warmed oven.

Easy Wheat Bread

Combine 2½ c warm water, 1½ T yeast, and 2 c whole wheat flour in a large mixing bowl, let sit for 15 minutes. Add 1/3 c oil, 1/3 c honey, 1 T gluten, 1½ T dough enhancer, 2 T flaxseed meal, 2½ tsp salt and about 4-5 cups additional flour, stirring with heavy wooden spoon. Do not add too much flour or the dough will be stiff and dry. Knead the dough by hand 7-10 minutes on board using a small amount of oil on your hands to keep the dough soft and pliable. Form the dough into two loaves and place in greased loaf pans. Allow to rise in a slightly warm oven or other warm place 30-60 minutes. Bake at 350° for 25-30 minutes. Bread is done when it is golden brown and sounds hollow when tapped on the bottom.

Remove from oven and pans and brush the top crust with butter. Cool on rack or towel.

Note: You can use half whole wheat flour and half white bread flour in this recipe.

Onion Herb Batter Bread

Scald ½ c milk, add 1½ T sugar, 1½ tsp butter, and 1 tsp salt, stirring until dissolved. Cool to lukewarm. In large bowl sprinkle 1 T yeast into ½ c warm water, sprinkle in ½ tsp sugar. Stir slightly then let set a few minutes. Add milk mixture, 1 T dried onion, ½ tsp dill weed, ½ tsp rosemary or other herbs (up to 1 or 2 T), 2 T flaxseed, 1 T dough enhancer, 1 T gluten, and 2-2 ½ c bread flour stirring to combine. Cover and let dough rise in a warm place until tripled in size about 45 minutes. Stir down and beat for 30 seconds. Shape into a round and turn dough into a greased 8-9 inch cake pan. Bake at 350° 40-45 minutes. Remove from pan rub top with butter or coarse salt.. Cool on rack or towel.

Lunches and Dinners

Tortillas

Tortillas are so very versatile and are easy to make. A meal can be made quickly with many different ingredients, such as, refried beans, black beans, rice, cheese, vegetables, chicken salad, shredded beef, even peanut butter and jam. Below are several tortilla recipes.

Recipe #1: Mix 2 c flour and 1 tsp salt. Cut in ¼ c shortening, add ½ c warm water and mix to make a stiff dough. Form a ball and knead on lightly floured surface about 3 minutes. Divide dough into 10 pieces and shape into balls. Roll out on floured surface to paper thin. Fry on ungreased hot griddle until freckled on each side. Can freeze up to 6 months.

Variations:

Recipe #1A: Add 4 T powdered shortening to the flour salt mixture. Add a few drops of oil to ¾ C warm water, add enough water as needed to make a stiff dough. Continue as above.

Recipe #2: Mix 3 c flour, 1 tsp salt, 1/3 c Canola oil, and 1 c warm water. Cover tightly and let rest for 30 minutes to 2 hours. Turn out on lightly floured board and knead gently about 1 minute. Cut into 12-15 balls, roll out into thin round circles. Cook on lightly oiled griddle until freckled. Freeze up to six months. Place wax paper or plastic wrap between each tortilla.

Enchilada Sauce

Mix together and simmer for 15 minutes: ¼ c oil, 1-2 T dried onion, 1 clove minced garlic, ½ tsp parsley or cilantro, 1 6 oz can tomato paste, 2 cans water, 1 tsp wine vinegar, 1 tsp sugar, 1 tsp chili powder (or more), ½ tsp oregano, ½ tsp salt, and ¼ tsp cumin.

Note: Fill tortillas with lettuce and cheese roll up then pour sauce over the tortilla. These are really good. Serve with canned black beans.

Taco Soup

Combine in a slow cooker: 1 can chili with beans and meat, 1 can corn, 1 can diced tomatoes, 1 can tomato sauce, 1 can black beans and ½ packet dry taco seasoning mix. Cover and cook on low heat 6-8 hours or high heat 3-4 hours.

Note: Additional cooked ground beef can be added. Try this in a Dutch Oven over coals or wood fire. Serve with hot tortillas or chips. Garnish with cheese if desired.

Variation In pot combine 2 cans kidney or chili beans, 2 cans diced tomatoes, 1 can corn and

1 packet (¼ c) taco seasoning mix. Heat and simmer for 20-30 minutes. Top with shredded cheese, tortilla or corn chips and sour cream, or serve with corn bread.

Variety Tacos

Make tortillas (see recipe). In pan cook 1 lb hamburger add 1 package taco seasoning, ½ c water, 1 6 oz can tomato sauce, 1 can Pinto or Black beans stir and cook until hot. Spoon some of the mixture into cooked tortilla shell, sprinkle with shredded cheese, sour cream, avocado, olives, lettuce, and tomato. Serve with rice and refried beans.

Black Bean Spread

In blender or food processor blend ½ bunch fresh cilantro, 1-2 tsp minced garlic, ¼ c each olive oil and walnut oil, ¼ tsp sea salt and juice from a fresh lemon (1-2 T bottled). When smooth, add 1 can Black Beans rinsed and drained. Blend until smooth.

Herbed Rice

Melt 2 tsp butter in frying pan add 1 clove minced garlic and sauté 30 seconds. Add 1 ½ c rice, brown lightly stirring often. Add 3 c chicken broth, ¾ tsp salt and ½ tsp pepper. Bring to a boil. Cover, reduce heat and simmer 20 minutes or until liquid is absorbed. Stir in 1/3 c dehydrated onions, 2 tsp basil, and ½ tsp thyme. Sprinkle with ¼ c parmesan cheese. Cook 2 minutes longer.

Note: 1 ½ c Barley can be used.

Spaghetti and Meat Balls

Cook Spaghetti according to package directions. Meanwhile reconstitute meat balls then add to Pasta Sauce,, heat until hot. Spoon over cooked pasta. Serve with French Bread (see easy French Bread recipe) and canned green beans.

Brown Rice and Lentil Soup

Mix all ingredients in a large pot then bring to a boil then let simmer for 1 ½ - 2 hours.

1 qt chopped tomatoes, 4 c vegetable or chicken broth (bouillon is okay), 2/3 c lentils, ½ c brown rice, ¼ c dehydrated carrots, 3 T dehydrated onions, 2 T dehydrated celery, 4 cloves minced garlic or 1 tsp garlic powder, ½ tsp each basil, oregano, thyme, 2 bay leaves, Just before serving add 4 T parsley, 1 T cider vinegar, and salt and pepper to taste.

Note: This recipe can be cooked in a pressure cooker for 20 minutes at 15 pounds of pressure. Remove from heat and let pressure drop naturally. Then add parsley, vinegar, salt, & pepper.

Chicken Fettuccini

Cook and drain 2 c Fettuccini noodles. Place in a large bowl with a pat or two of real butter if available, if not use a tsp. or two of Olive Oil. Melt ½ c butter, add ½ c Freeze-Dried Mozzarella Cheese, and ½ c whipping cream (see recipe for making your own) cook over low heat until smooth. Add sauce and 2 c chicken chunks to cooked noodles mix gently. Sprinkle with Parmesan Cheese and serve.

Note: Mozzarella Cheese does not need to be rehydrated. You can also use fresh cheese if it is available. Freeze-Dried Chicken Chunks should be reconstituted and drained prior to mixing in. Fresh cooked chicken can also be used. ½ Pt. Bottled Chicken is the best, or 1 12 Oz. can.

Chicken or Tuna, Noodle Casserole

Cook and drain 2 c medium egg noodles. Put noodles in a 2-3 qt. casserole dish add a pat of butter or 1 tsp of Olive Oil. Stir 1 can of Cream of Chicken or Mushroom soup, ½ cup of milk, 1 c peas, canned or frozen, 1 13 oz can of Chicken, drained or 2 6oz cans of Tuna, drained into the noodles. Bake at 400° for about 30 minutes then stir. Mix 2 T dry bread crumbs (crushed Corn Flakes can also be used) and 1 T melted butter and sprinkle over casserole. Bake 5 minutes longer.

Note: This recipe can also be done in a Dutch Oven, on Briquettes, or Wood fire.

Freeze-Dried, or fresh cooked chicken can be used in place of canned chicken.

BBQ Chicken and Rice

Mix 1 pint (16 oz cooked chicken) and 12 oz BBQ sauce in a medium saucepan, let simmer. In another pan heat 3 c water and ½ tsp salt to a boil. Add 1 ½ c rice, reduce heat, and cook 20 minutes or until done. Serve Chicken over rice or in a hamburger bun.

Chicken Alfredo

Cook 1 lb Fettuccini noodles in 6 cups salted water for 15-20 minutes. Drain. In a small pan heat 1 8 oz jar Alfredo sauce and 1 pint (16 oz cooked chicken). When sauce is hot, pour it over the noodles.

Note: 1.25 oz packet of Alfredo Sauce can be used. Melt 2 T butter in small pan, stir in ¾ c milk and Alfredo Sauce packet. Stir until smooth. Canned chicken or turkey could be substituted for the cooked chicken.

Cranberry Chicken

Combine 1 packet Dry Onion Soup mix, 1 c Cranberry Sauce, and 1 c Russian Salad Dressing in a sauce pan. Heat to boiling, reduce heat and simmer 15 minutes. Add 1 pint chicken and simmer until chicken is hot. Add rice to salted boiling water. Reduce heat cover and cook 20 minutes or until done. Serve Chicken Sauce mixture over rice.

Hamburger Stroganoff

Add 1 ½ c rice to 3 cups boiling salted water. Reduce heat cover and cook 20 minutes. Meanwhile in another pot, mix 1 lb cooked hamburger, 1 can Cream of Chicken soup, 2 T flour, 1 tsp salt, 6 T water, 1 c sour cream powder, ¼ tsp garlic powder, and ½ c water simmer 10 minutes. Serve over rice.

Note: Noodles can be used instead of rice. Hamburger Rocks can be used in this recipe.

Beef Soup

Mix in a large pot: 1 lb cooked ground beef, 6 c water, 1 c dehydrated carrots, 2 16 oz cans potatoes (or use dehydrated potatoes), ¼ c dried onions (opt.), 2 tsp salt, and 2 16 oz cans tomato sauce. Bring to boil, then simmer covered 45-60 minutes.

Note: Use beef bouillon for part of the water. Pint jar of Hamburger Rocks can be used.

Linguine with Italian Meat Sauce

Heat 1 medium bell pepper, thinly sliced, 1 large onion, thinly sliced, and 2 cloves garlic finely chopped in 1/3 c water. Cook over medium heat stirring often for 3 minutes. Stir in a 26 oz jar of Ragu Light Pasta Sauce, 1 lb cooked hamburger, and 2/3 c beef broth. Bring to a boil reduce heat to low and simmer uncovered for 20 minutes. Meanwhile cook and drain 8 oz linguine or spaghetti. Spoon sauce over cooked pasta, sprinkle with Parmesan cheese.

Note: Pint jar of Hamburger Rocks can be used in this recipe.

Hamburger Soup

Mix together in pot: ½ lb cooked hamburger (Hamburger Rocks, Dehydrated Hamburger or ½ pint jar of canned hamburger, ½ c can potatoes (dehydrated are okay), 1 can crushed or diced tomatoes OR 16 oz can of tomato sauce, and 1 tsp salt. Bring to boil then lower heat and simmer 46-60 minutes covered.

Note: Add any number of dehydrated or canned vegetables. Use beef bouillon if desired.

Tijuana Toss

Simmer together for 15 minutes: 1 lb cooked hamburger (1 Pint jar), 1 chopped onion OR 2 T dried onion, 2 T oregano, 2 T Worcestershire sauce, and 15 oz can tomato sauce (or 2 8 oz cans are okay). Add 1 c cooked rice and heat 10 minutes longer. Serve over Fritos, or in homemade tortillas. Garnish as desired with shredded cheese, canned tomatoes, reconstituted sour cream, salsa.

Note: If using Hamburger Rocks reconstitute first.

Shepherd's Pie

Put 1 lb cooked hamburger and 10 oz tomato soup in a 1½ qt.-2 qt casserole. Cover with 16 oz can green beans drained. Add 1 c instant potatoes to 2¼ c boiling water. Mix well then mound on top of beans. Sprinkle with grated cheese (opt). Bake 350° 25 minutes.

Note: Reserve and freeze Green Bean liquid for use in soups. 2 c mashed potatoes can be used in place of Potato Pearls.

Hamburger Stroganoff

Cook 1½ c rice in 3 c boiling salted water, simmer 20 minutes. Combine 1 lb hamburger, 2 T flour, 1 tsp salt, 1 c Sour Cream Powder, 6 T Water, ¼ tsp garlic powder, 1 tsp pepper, 1 can Cream of Chicken Soup, and ½ c water heat and keep hot until rice is cooked then serve over rice.

Note: Reconstitute Hamburger Rocks first. Pint jar of canned hamburger can also be used.

Quick Chicken Dinner

Combine 1 can of chicken, 1 can vegetables, 1 can any Cream Soup, ½ c water and 2 c cooked and drained Corkscrew noodles. Heat to a boil, cover and cook on low heat 10 minutes.

Chicken Chili

Toss 1 lb cooked chicken with 1-2 tsp chili powder, 1 tsp dried parsley, ¼ tsp cumin, and 1 can corn. Add 26 oz jar of Ragu Chunky Pasta Sauce and heat until hot. Serve with cooked rice, corn bread, or pasta.

Note: Dried cilantro could be used instead of parsley.

Sloppy Joes

Combine 1 lb cooked hamburger, drained, 1 T dried onion, 1-2 T mustard, 2 T ketchup, 1 can Chicken Gumbo soup, 1 can tomato paste, ½ tsp chili power, ½ tsp salt, and 1 tsp brown sugar. Heat and simmer 20 minutes. Serve with corn bread or in buns.

Variation: Brown 1 lb hamburger (or use pint jar) with 1 onion chopped or use 2 T dried, add 1 can chicken gumbo soup, 1 c cooked white rice, 1 T mustard, ½ tsp salt, 1-2 T ketchup, BBQ sauce to taste, a bit of chili powder (opt), and ¼ c chicken broth, if needed. Cook and simmer until ready to serve.

Spanish Rice

Combine 1 lb hamburger, drained, 2 T dried onion, salt and pepper, 1-2 T Worcestershire Sauce 1 c cooked rice, 1 small can tomatoes (or use ½ c dehydrated reconstituted) and 1 6oz can tomato paste. Heat thoroughly, top with cheese. Serve with canned Black Beans and tortillas.

Cheeseburger Pasta

Combine 1 lb cooked hamburger, 1 can Cheddar Cheese soup, 1 can Tomato soup,

1½ c water and 2 c uncooked medium pasta shells in large pan. Heat to a boil, lower heat to medium, cover and cook 10 minutes or until done, stirring often.

Easy Beef Stew

Combine 1 lb cooked beef, 1 can Tomato soup, 1 can French Onion soup, 1 T Worcestershire sauce, 1 can carrots, 1 can potatoes and 1 can green beans. Heat until hot, about 15 min. Serve with corn bread

Hawaiian Haystacks

Combine 1 pint chicken and 2 cans Cream of Chicken soup, heat. Bring 2½ c salted water to a boil, stir in 1¼ c rice, reduce heat, cover, simmer until rice is cooked. When rice is done pour chicken mixture over rice. Top with 2/3 c Chinese Noodles and ½ can pineapple chunks, shredded cheese, almonds, shredded coconut.

Easy Oven Stew

Combine in a med-large Dutch Oven 2 lbs cut up roast or stew meat, several carrots sliced (use a package of baby carrots if available), several potatoes cut in chunks, 1 onion quartered, seasonings to taste, suggest salt, pepper, garlic powder, and 2 bay leaves. Mix together 1 can Cream of Mushroom soup and 1 can brown gravy or use 2 packages dry brown gravy mixed with water, pour over meat. Cover and cook 5 hours in 275° oven. Be sure and remove Bay leaves before serving, as they are not edible.

Note: If cooking on briquettes place 2/3 of the hot coals on top and 1/3 hot coals under the Dutch Oven, add briquettes as needed to keep required temperature. Serve with corn bread.

Roast Dinner

Place in a pan and heat until hot, 1 pint jar of cooked beef (or use reconstituted Freeze-Dried beef chunks), 1 pkg. Lipton Onion Soup mix, 1/3 tsp beef bouillon, 1/3 C water and 1 can Cream of Mushroom soup. Meanwhile boil 4 cups water add 2 c Potato Pearls mix well and serve with roast.

Beef Stroganoff with Roasted Garlic Sauce

In a 12 inch skillet sauté 3 T dried onion in 1 T butter add 2/3 c drained canned sliced mushrooms or reconstitute Freeze-Dried ones to use, Stir in 1 pint jar cooked beef and heat.

Meanwhile in medium bowl blend 1 jar Ragu Cheesy Roasted Garlic Parmesan Sauce, ¼ c sour cream (make from powder), and 2½ T Worcestershire sauce; stir into skillet. Simmer stirring occasionally 10 minutes or until heated through. Serve over hot cooked noodles or rice.

1-2-3-Soup

Easiest soup I know. In a large pot mix 1 can green beans, 1 can carrots, 1 can corn, 1 can peas, 1 can black or white beans, and 2 cans broth. For meat soup add sliced cooked sausage, 1 can cooked chicken or turkey, 2 cups Freeze-dried Italian meat balls, or 2 cups beef chunks, or cut up ham. Add seasonings to taste. Heat and Eat. Serve with crackers or bread.

Anita's Baked Beans

Mix together in a medium size bowl 2 cans Pork & Beans, ¾ c brown sugar, 1 T dry mustard, ½ c ketchup, 1 T molasses, 3-6 slices diced uncooked bacon. Place in greased casserole or Dutch Oven. Bake 350° 2-2½ hours. Try cooking beans in a Dutch Oven on briquettes, or over a wood fire.

Chicken & Stuffing Casserole

Spray a 9X13 glass dish with cooking spray. Layer in the dish 1 16 oz can chicken or turkey chunks, reserve broth and add to 1 can Cream of Chicken or Mushroom soup, sprinkle on 1/3 c Parmesan cheese, 1 package Stove Top Stuffing bread crumbs then seasoning packet, then 1/3 c water evenly over the top. Cover tightly with foil and bake 350° about 30 minutes.

Beef Noodle Stroganoff

Stir in a large skillet, 1 lb can beef chunks with broth, ¼ c dried onion, ¼ tsp minced garlic, 6 oz can of mushrooms with juice, 3 T lemon juice, 1 can Beef Consommé, ¼ tsp pepper and 8 oz of Rotini (spiral noodles). Cover and cook until noodles are tender about 15 minutes stirring occasionally. Top with sour cream (make with powder).

Tex-Mex Soup

Mix together in a pot, 1 can (14 ½ oz) chicken broth, 2 c salsa, 1 can corn, 2 cans black, white, or pinto beans, rinsed and drained. Bring to a boil, reduce heat and simmer for 10 minutes. Serve with corn bread or tortillas.

BBQ Beans and Corn

Combine in pot, 2 cans black beans, rinsed and drained, 1 can diced tomatoes, 1 can diced green chilies, 1 can corn, drained, ¼ c BBQ sauce, and ½ tsp ground cumin. Simmer 10 minutes. Salt and pepper to taste. Serve over steamed rice.

Ham and Pineapple Bake

Heat oven to 400°. Spray a 9" pie plate with cooking spray. Spread in pie plate 1 ½ c chopped ham, 1 8 oz can crushed pineapple, drained, and 2 T dry onion, re-hydrated in 2 T pineapple juice. Mix and whisk until blended, 1 c biscuit mix, 1 c milk, 2 T egg powder + 3 T water & 2 tsp mustard, pour over ham. Sprinkle on 1/3 c Parmesan cheese. Bake uncovered 25 minutes or until knife inserted in center comes out clean.

Black Bean & Rice Burgers

Rinse and drain 1 can black beans, mash beans, add 1 c cooked rice, 2 T dried onion, and 2 T salsa. Heat a non-stick skillet over medium high heat, spray with cooking spray or use a little amount of oil. Form ½ c mixture into patties, fry 4-5 minutes on each side. Serve with tortillas or on a bun made from Winnie's hamburger bun recipe. Cranberry-Apple Sweet Potatoes

Spray an 8x8 inch baking dish with cooking spray. Spread 1 can apple pie filling in dish. Drain 2 18 oz cans yams and cut into bite size pieces; arrange pieces on top of pie filling. In a small bowl stir together 1 can whole cranberry sauce, 2 T Apricot jam and 2 T Orange Marmalade, spoon over yams. Bake uncovered for 20-25 minutes in 350° oven.

Quick Tamale Casserole

Mix together 1 large or 2 small cans tamales, 1 can corn, 1 can chili con carne, 1 can chopped olives, drained. Spoon into baking dish, Cover with 1/3 c grated cheese or corn chips, or both. Bake 350° 40 minutes.

White Chili with Turkey

Combine in large saucepan, 2 c cubed, or ground cooked turkey, 3 15 oz cans Northern or other white beans, rinsed and drained, 1 can Cream of Chicken soup, 1 1/3 c milk, 1 T dried onion, 1 tsp garlic powder, 1 tsp dried oregano. Cover, heat and simmer 30 minutes. Garnish with sour cream and serve with Corn bread, French Bread, Tortillas, or Crackers.

Bean Dip

Mix 8 oz can corn, drained, 1 can black beans, drained, 1 can diced tomatoes, juice from ¼ lemon or ½ lime, 2 cloves garlic minced, ½ c cilantro leaves. Let stand until flavors blend.

Chicken Deluxe

Mix together 4 cups Pepperidge Farms Herb Stuffing Mix (½ bag) and 1 c melted butter, margarine or use broth. Press half this mixture into a 9 x 13 pan. Mix together 2 cans Cream of Celery soup and 1 can milk; pour over crumbs. Spread 3 cans of chicken, 2 T dried onion, dash of pepper, and 1 can peas or water chestnuts on top. Sprinkle with remaining crumbs. Bake at 375° 1 hour.

Want-sa-More Casserole

Add ½ c uncooked rice, 1 can diced tomatoes, and ¼ c dried onions to 1 lb cooked hamburger (1 pint jar) mix and turn into casserole dish. Bake 350° 30 min. Mix in 1 can corn, 1 can black beans and seasonings to taste. Return to oven for 10 min. Top with shredded cheese return to oven 3-5 min. or until cheese melts.

Herbed Chicken

Melt 1 tsp shortening, add 1 tsp paprika, ½ tsp each garlic powder, salt, thyme, basil and pepper. Rub the mixture over 1 pint cooked chicken. Place the chicken in a pan cover with ½ c chicken broth let simmer 1 hour.

Hamburger Goulash

Mix together in a pot 1 can Cream of Mushroom soup, 1 package Dry Onion Soup mix, 1 c sour cream (make from powder), and either 1 pint jar cooked beef or hamburger. Heat to a boil then simmer 15 min. Serve over cooked noodles.

Note: Hamburger Rocks can be used, ¾ c dried to 1 c warm water; let set for 20 minutes prior to using.

Easy Beef Skillet Dinner

In a large skillet add 3 T dried onion and ¼ c dried bell pepper to ½ c water and heat for about 3 min. Add 1 pint jar cooked drained hamburger and heat for 5 min. Remove from skillet and set aside. In skillet bring 1 26 oz jar pasta sauce and 2 cans beef broth to a boil, stir in 2 c uncooked spiral pasta. Reduce heat to low and simmer covered stirring occasionally until pasta is tender. Return beef mixture to skillet and cook stirring for about 2 min.

Note: Can also use ground chicken, turkey, or left over pot roast.

Country Skillet Supper

In a large skillet heat to a boil 1 pint drained hamburger, 3 T dried onion, 1/8 tsp garlic powder, 1 can Cream of Mushroom Soup, 1 can diced tomatoes, 1 can beef broth, ¾ c dried zucchini, ½ tsp thyme. Stir in 1½ c corkscrew pasta, reduce heat to low cook 15 min or until pasta is done, stirring often. Serve with Easy French Bread.

Apricot Chicken

Cook 1 pint chicken, 1 pkg onion soup mix, 1 c Russian dressing and 1 c apricot jam in pan for 30-45 min. In another pan heat water and salt to boil, add rice and lower heat and cook until rice is done. Serve chicken mixture over rice.

Ritz Quick Chicken

Combine ¼ c melted butter and 1 c Ritz Cracker crumbs. Spoon ½ cracker mixture into 8 x 8 baking dish. Cover with 1 pint chicken, drained, but save liquid. Combine 1 can Cream of Chicken soup, ¼ c chicken liquid, 1 c sour cream, salt & pepper to taste. Pour over chicken. Top with remaining crumbs. Bake 350° 30-35 min.

Desserts

No Bake Peanut Butter Oatmeal Cookies

Combine 1½ c rolled oats, 2/3 c peanut butter, 2/3 c nuts, and ½ c coconut in a bowl. In a saucepan combine 2/3 c canned milk, ½ c butter, 1½ c raw or brown sugar, and ¾ c whole wheat flour, opt. additions 1 c butterscotch or chocolate chips. Boil for 3 min. stirring constantly. Stir peanut butter mixture into the boiled mixture. Quickly drop by spoonfuls onto wax paper. Makes about 3 dozen.

No Bake Chocolate Mess Cookies

Mix ½ c butter, 2 c sugar, 1/3 c cocoa powder, and ½ c milk in a pan over medium high heat. When mixture reaches a rolling boil time it for 90 sec. stirring constantly. Remove from heat and mix in ¾ c peanut butter, then 2½ c quick oats or 2 c oats and ½ c coconut. Spoon out drops onto waxed paper. At Easter, you can shape dough into small nests and fill with M&M candies in the center.

Instant Rice Pudding

Requires 3 c cooked rice. Mix small box of pudding mix with 2 c milk, stir in rice, ½ c plumped raisins (pour boiling water over them, let set a few min then drain), ¼ tsp pumpkin pie spice, and ½ tsp vanilla. Spoon into small bowls chill for at least 5 min before serving. This is great for breakfast, dessert or snacks.

Blender Pumpkin Pie

Combine in a blender on low speed, 2 T egg powder + 3 T water, ½ tsp salt and ginger 1 tsp cinnamon, ¼ tsp cloves and nutmeg, 1½ c canned pumpkin, ¾ c sugar, ½ c biscuit mix and 1 can evaporated milk + ½ c water. Scrape down sides of blender and then blend 2 minutes longer. Pour into a large (10") greased and floured pie tin. Bake at 375° 35-40 minutes.

Fruit Cobbler Quick

Pre-heat oven to 350°. Spray a 2 qt. baking dish with cooking spray. Put 2 T butter in dish and place in oven to melt butter. Stir together 1 c flour, 1 ½ tsp baking powder, ¼ tsp salt, and ¾ c sugar. Add ¾ c milk and whisk until batter is smooth. Pour batter evenly over melted butter. Spoon 16 oz cans fruit evenly over batter. Sprinkle cinnamon sugar mixture over fruit. Bake 45-50 min. Test for doneness.

Carrot Cake

Soak 1 c dried carrots in warm water 30 min-overnight, drain & mash before using. Mix together 2 c sugar, ¾ c oil, ¾ c applesauce, 4 eggs or ½ c powdered egg + 1 c water, 2 c flour, 2 T flaxseed meal, 2 tsp baking soda, ¼ tsp salt, 2 tsp cinnamon, 1 ½ c-2 c mashed carrots, and ½ c nuts (opt). I also like to add ¼ c crushed pineapple, 1 c raisins, and ½ c shredded coconut. Grease and flour 9x13 glass pan. Bake 350° 40-50 min. Frost with mixture of ½ c butter, softened, 4 oz cream cheese, softened, 2 c powdered sugar, and 1 tsp vanilla mixed well.

Note: Use 1 cup wheat flour and 1 c white flour.

Oatmeal Cake

Add 1 c oats to 1½ c boiling water let set 20 min. Cream together ½ c butter, 1 c white sugar, 1 c brown sugar, 2 eggs, ½ tsp salt, ½ tsp cinnamon, and 1 tsp vanilla. Add to moistened oatmeal, stir in 1½ c flour, 2 T flaxseed meal, 1 tsp baking soda, and 1 tsp baking powder. Mix well. Grease and flour 9x13 pan. Bake 350° 40 min or until done when tested. Frosting: Beat well 1/3 cup softened butter, ¾ c brown sugar, 1/3 c evaporated milk (make from powdered milk), 1 tsp vanilla, 1 c shredded coconut, and ½ c chopped nuts (opt). Frost when cake is cooled.

Chocolate Cherry Bars

Stir together 1 pkg. chocolate cake mix, 1 can cherry pie filling, 2 T egg powder, 3 T water and 1 tsp almond extract. Spread in greased and floured 9x13 pan. Bake at 350° 30-35 min. Cool before cutting.

Sugar Cookies (using powdered ingredients)

Combine 1 c sugar, 2 T powdered egg, 6-8 T butter powder, 6-8 T shortening powder, 2 c flour, and ½ tsp baking soda. Stir in 1 tsp vanilla, 2 tsp oil, and 1½-1¾ c water gradually; do not add water all at once you may need a little more or a little less water to make cookie dough semi- stiff. Shape dough into balls, roll balls in cinnamon sugar mixture. Place on cookie sheet and semi-flatten with the bottom of a glass. Bake at 350° 8-10 minutes.

Variation: Do not roll in cinnamon sugar, flatten and bake. Remove to cooling rack to cool. Frost cooked cookies with frosting.

Winnie and Eddie's Foolproof Bread Dough

Ed and Winnie use a Bosch mixer for mixing their bread dough.

Ingredient Small Batch (3 loaves) Regular Batch (4-5 loaves)

C warm water 4 6

T salt 1 1½

C oil 1/3 ½

C honey 1/3 ½

T dough enhancer 1½ 2

T gluten 1 1½

T flaxseed meal 2 3

T yeast 2 3

C powdered milk ¼ ½

C wheat kernels to grind 7 10

Grind wheat. To Bosch mixing bowl add several cups freshly ground whole wheat flour, add salt, honey, oil, dough enhancer, gluten, and yeast. While the machine is kneading at speed one, slowly add flour until dough pulls away from the side of the mixing bowl. This normally takes all the flour. Do not add too much flour. Allow the machine to knead the dough 10-12 minutes. Heat oven to 150° then turn off. Shape dough into loaves and place in well greased pans. Put pans in oven for dough to rise, approx. 25 minutes. When dough has doubles in size turn oven on to 350°, let bread bake for 30-35 minutes. Remove bread from pans immediately and let cool on wire rack or on towel. Brush the tops with butter but this is not necessary. Hint: do not wash pans, just wipe them out.

Canning Meats (It really IS easy)

1. Wash jars; check for nicks around top.
2. Put lids (flat piece) into small pan with water, bring to boil, then keep on low heat.
3. Place 3 quarts hot water into canner on large burner of stove.
4. Pack jars with raw meat, except H'burger (fry first, add water to fill). Add optional seasonings (dry onion soup mix, salt, dry or fresh onions, or B'bque sauce).
5. Wipe rims, place lids & rings on, turn canner heat to High while placing jars in: 7-10 qts, 16-20 pts. Do not stack pints directly on top of each other, stagger them.
6. Place lid on canner.
7. Wait for steady stream of steam to start escaping from vent, (takes approx. 15 min.), let it continue to vent for 10 minutes.
8. Put 'Pet-Cock' on & watch pressure gauge to reach **14 Lbs.** (takes approx. 7 min.)
9. NOW start your processing time: 90 minutes for quarts; **75 minutes for pints.**
10. Keep adjusting the heat DOWN as necessary to **maintain 14-15 Pounds** (just check it every 8-10 minutes. If you turned it down too much & pressure drops to below 12 lbs. for more than a couple of minutes, you must start the processing clock over!)
11. When time is up, turn off heat & carefully slide the canner to a cool element if possible. When pressure has gone down to "0", (this takes approx. 45 min. Go run errands, take a shower, do your nails etc!) carefully take off the 'pet-cock' to release any remaining steam. When all steam has escaped, if any, remove lid, tilting away from you.
12. Remove jars to towel-covered counter top, away from any drafts.
13. DONE! Smile as you listen for the "PINGS" as the jars seal.
14. Allow to sit for 20-24 hours, then remove rings, wash jars & put on shelves!
15. Put any unsealed bottles into fridge & use in your favorite recipe.