

# Food Storage Recipes

The following recipes have been tested by the Brigham Young University Food Quality Assurance Lab. They come from a variety of sources, and they have been organized according to their main food storage ingredient. Each recipe is also categorized by the type of ingredients it contains:

- **BASIC:** Contains only basic ingredients (grains, legumes, powdered milk, oil, shortening, sugar/honey, and salt)
- **EXPANDED:** Contains additional ingredients that can be stored (yeast, baking powder, canned food, dehydrated food, seasonings, egg powder)
- **FRESH:** Contains some fresh ingredients (eggs, fresh or frozen fruits and vegetables, meats, dairy products)

These recipes are a guide to help you utilize food storage more effectively. Recipes with fresh ingredients can be altered to use storable ingredients or vice versa. Adjustments and substitutions can be made based on the ingredients you have available. The recipes that list powdered milk as an ingredient refer to the non-instant (regular mixing) type, in dry form, unless otherwise specified. If instant, agglomerated powdered milk is used in these recipes, adjustments may be necessary. In recipes that use whole wheat flour, all-purpose flour can be substituted for part or all of the flour. For additional information, see the section on "Conversions and Substitutions".

## Recipes with Wheat

### **Roasted Wheat Kernels [BASIC]**

1/4 cup wheat kernels (uncooked)  
1/2 Tbsp. oil  
1/8 tsp. salt (or other seasoning\*)

Heat a small amount of oil in skillet. Add wheat kernels and cover with lid. Swirl the pan on the stovetop (to prevent burning) until most of the kernels pop. They don't expand as much as popcorn, but they will pop. Pour onto a paper towel. Sprinkle with salt (or other seasoning) while hot. Makes about 1/3 cup.

\*Cinnamon sugar or garlic salt work well

### **Creamy Cracked Wheat Cereal [BASIC]**

1 cup cracked wheat (uncooked)  
3 cups water  
1/2 tsp. salt  
1/4 cup powdered milk  
4 Tbsp. sugar

Prepare cracked wheat by using a wheat grinder or a blender. Add dry milk to water, whisk, and bring to a boil at medium high temperature. Add wheat, sugar, and salt, cover and reduce heat to simmer for 20 minutes, stirring occasionally, until water is absorbed. This is comparable to what occurs when rice is cooked. Makes about 3 cups cereal.

### **Ground Wheat Breakfast Cereal [BASIC]**

Bring to a boil:  
4 1/2 cups water  
Combine separately and add:  
1 cup cold water  
1 cup ground wheat (whole wheat flour)  
1/2 tsp. salt  
After cooked add:  
6 Tbsp. powdered milk  
1 Tbsp. sugar

Stir constantly while thickening to prevent lumps. Reduce heat and cook 15 to 20 minutes. Add powdered milk and sugar and serve. Makes about 3 cups cereal.

**Whole Wheat Sweet Porridge [BASIC]**

2 1/2 cups wheat kernels (uncooked)  
5 cups water  
1/2 cup powdered milk  
1/2 cup sugar

Rinse the whole wheat and place in saucepan with water; bring to a boil. Cover pan; reduce heat to a simmer and cook for 30 minutes. Add the powdered milk and sugar. Continue to cook until the wheat is tender, an additional 30 minutes. Makes about 6 cups cereal.

**Cracked Wheat Sweet Porridge [BASIC]**

3 cups cracked wheat (uncooked)  
9 cups water  
1/2 cup powdered milk  
1/2 cup sugar

Bring cracked wheat to a boil with the water in a saucepan. Cover pan, lower heat to a simmer and cook 30 minutes. Add the milk and sugar and continue to cook till the milk and sugar are mixed. Makes about 7 cups cereal.

**Hardtack (Unleavened Bread) [BASIC]**

1 cup water  
1/4 cup oil  
3 Tbsp. sugar  
1 tsp. salt  
2 1/3 cups whole wheat flour

Mix together water, oil, sugar, and salt. Add flour. Stir well and roll out dough to 1/4 inch thickness. Cut into 2-inch squares and use a fork to poke several sets of holes in each square. Bake for 35 minutes at 350 °F. Makes approximately 20 crackers.

**Whole Wheat Pita Bread [EXPANDED]**

From Devin Rose  
1 1/2 cups warm water  
2 Tbsp. brown sugar  
2 tsp. yeast  
1 tsp. salt  
3-3 1/2 cups whole wheat flour

Heat water to about 111 °F. Dissolve brown sugar in water. Sprinkle yeast over sugar/water mixture; allow to stand until bubbly (about 5 minutes). Add salt; add 1 cup flour and stir until smooth; Add another cup flour and stir until smooth; Keep adding flour until dough forms a ball and cannot be stirred anymore (should be about 3 cups).

Turn dough out onto a floured counter. Knead by pushing dough away from you with the palm of your hand, then folding back on itself with other hand. Continue kneading until dough is smooth, elastic, and no longer sticky (add more flour to keep the dough from sticking).

Cover and allow to rise for 1 hour. Punch down dough by kneading a few more times. Heat oven to 450°F and place ungreased cookie sheet on bottom rack of oven. Divide dough into 12 pieces. Roll each ball out on heavily floured counter into a circle. The circles should be about 6 inches in diameter and 1/4 inch thick. Place 3-4 at a time on the hot cookie sheet and quickly place in oven. Bake 3-4 at a time for 3 minutes. Immediately remove from oven and cool on wire rack. Continue until all are cooked. Serve with turkey salad pita filling. Makes 12 pita pockets. Preparation time = 1 hour and 45 minutes.

**Turkey Salad Pita Filling [EXPANDED]**

From *Emergency Food in a Nutshell*,  
contributed by Tresa Hansen

1 (15-oz.) can turkey or 2 (6-oz.) cans tuna, drained  
1 cup salad dressing or mayonnaise  
1 Tbsp. dried celery, hydrated (*optional*)  
1/2 cup dried apple slices, hydrated OR 1 cup raisins (*optional*)  
1 tsp. lemon juice (*optional*)  
dash of lemon pepper (*optional*)  
Mix together and fill pita bread pockets.  
Preparation time = 10 minutes.

### **Bread Sticks [BASIC/EXPANDED]**

4 cups whole wheat flour  
2 tsp. salt  
1 Tbsp. baking powder (optional)  
6 Tbsp. oil  
1 1/2 cups water  
1/4 cup powdered milk  
1/4 cup sugar

Mix together flour, baking powder (if available), salt, oil. Add water, milk and sugar. Knead the dough a little and roll into sticks the width of your finger and about 6 inches long. Bake on ungreased cookie sheet at 375 °F about 20 minutes. Makes about 2 dozen breadsticks.

### **No Rise Pizza Dough [EXPANDED/FRESH]**

1 Tbsp. dry yeast  
1 cup warm water  
1 tsp. sugar  
1 tsp. salt  
2 Tbsp. oil  
2 1/2 cups flour

Soften yeast in warm water; add sugar. Beat in 1 1/2 cups flour; blend in oil and salt. Add remaining cups of flour and knead until smooth and elastic. Place on 3 greased pizza pans or 2 cookie sheets. Spread sauce, then cheese, then meat. Bake at 425 °F for about 15 minutes until crust begins to turn golden.

### **Whole Wheat Pancakes [BASIC]**

1/4 cup sugar  
1/2 tsp. salt  
1 1/2 cups whole wheat flour  
1 Tbsp. powdered milk  
2 tsp. baking powder (optional)  
1 3/4 cups water  
1 1/2 Tbsp. oil

Mix together the dry ingredients. Add water and oil. Stir until thoroughly mixed. Pour onto greased pancake griddle. You may need to thin down the batter with a little more water if it is too thick. Cook on medium heat for a few minutes until surface begins to look bubbly and edges are firm. Flip over pancakes, smash them down to get even cooking; cook

until golden brown. Remove from heat and serve hot with syrup. These pancakes will have a doughy texture, which can be improved by adding the baking powder. Makes 6 pancakes.

### **Basic Syrup [BASIC]**

1 cup water  
2 cups sugar  
1/2 tsp. vanilla or maple flavoring (optional)

Pour sugar into a small pan. Slowly pour water on top. Turn stove on high. **No need to stir.** After mixture starts to boil, check to see if all the sugar granules are dissolved. If they aren't, boil it for another 15-20 seconds. Pull off heat and it's ready for use. Add flavoring if desired. Makes 1 cup. Store in a closed container at room temperature.

### **Flour Tortillas [BASIC]**

6 cups flour (whole wheat or all-purpose)  
3 tsp. salt  
1/4 cup oil  
2 1/2 cups boiling water

Mix flour and salt. Add oil and enough boiling water to make a smooth dough; mix. Let the dough sit until it cools down; knead on a lightly floured surface. Divide dough into 12 even pieces. Roll each piece as thin as possible into a circle. Cook on a lightly greased griddle set to medium heat. Place the tortilla in the pan and cook for 20 seconds to 2 minutes, until the side touching the pan begins to turn brown. Flip the tortilla over and cook the other side in the same manner. Serve warm with your favorite filling. Makes 12 tortillas.

The basic tortilla recipe can be cooked in several different ways:

**Tostada:** A tortilla circle deep fried until crisp and golden.

**Tacos:** Tortillas curled and deep fried until crisp and golden.

**Nachos or Tortilla chips:** Tortillas cut into wedges and fried until crisp and golden or baked at 375 °F for about 10 minutes until dry and crisp. Makes approximately 200 chips.

### Thin Wheat Crackers [BASIC]

Modified from *From More Make-A-Mix Cookery*

- 1 1/2 cups whole wheat flour
- 1 1/3 cups all-purpose flour
- 3/4 tsp. salt
- 3 Tbsp. powdered milk
- 3 Tbsp. sugar
- 5 Tbsp. oil
- 1 cup water

Preheat oven to 350° F (175° C). In a medium bowl, stir together dry ingredients until well blended; add oil and water and mix. Knead dough about 3 minutes on a lightly floured surface. Divide dough into 4 pieces. Roll out one piece of dough at a time to a 16" x 12" rectangle. Place on ungreased baking sheet. Cut into cracker size pieces with a pizza cutter or pastry cutter. Prick each cracker several times with a fork. Sprinkle with salt. Bake 10 to 20 minutes until golden brown. Remove from cookie sheet and cool. Makes about 200 crackers.

### Whole Wheat Bread [EXPANDED]

- 1 Tbsp. dry yeast
- 1/4 Tbsp. warm water
- 2 cups hot water
- 2 Tbsp. shortening
- 1/2 cup brown sugar
- 2 tsp. salt
- 1/2 cup dry milk
- 7-8 cups whole wheat flour
- 1 cup cold water

Mix yeast and warm water and set aside. Pour hot water over shortening, sugar, and salt. Mix dry milk with 1 cup whole wheat flour, add hot water mixture and 1 cup of cold water, and then add yeast mixture. Add remaining 6 to 7 cups of whole wheat flour. Knead until smooth and elastic, and let rise until almost double in size. Then time as follows: Let rise 40 minutes, punch down; let rise 20 minutes, punch down; let rise 20 minutes, punch down. Shape into 3 loaves and place in 3 small greased bread pans. Allow to rise until double in size. Bake at 375 °F for 40 to 45 minutes. Makes 3 loaves.

### Easiest Whole Wheat Bread Ever [EXPANDED]

From *Emergency Food in a Nutshell*, contributed by Johanne Perry

#### 2 (8x4-inch) Loaves

- 1/3 cup oil
- 1/4-1/3 cup honey or sugar
- 2 1/4 tsp. salt
- 2 3/4 cups hot water (120-130 °F)
- 1/4 cup gluten flour (optional)
- 1 1/2 Tbsp. dough enhancer (optional)
- 3 3/4 tsp. instant yeast
- 7-8 cups whole wheat flour

Mix together first four ingredients in mixer with a dough hook. Add 3 1/2 cups of flour) and pulse. Put in 1 1/2 more cups of flour, gluten flour, dough enhancer and yeast. Pulse again. With mixer on medium speed, add remaining flour just until dough pulls clean from the sides of the bowl. Knead 10 minutes on medium-high speed.

Pre-heat oven for 2 minutes to LUKE WARM and turn oven off. Spray loaf pans with spray oil. Pour dough out on oiled counter, divide and shape into loaves, filling the pans as you go. (This dough is sticky. Oil your hands while working with it.) Let loaves rise 35 minutes in warmed oven. Do not remove bread from oven; turn oven to 350° F and bake for 30 minutes. Tip out of pans and cool on cooling rack. Preparation time = 1 1/2 hours. If you do not have a mixer with a dough hook and are kneading this by hand, save the last cup of flour to **gradually** knead into dough and to keep it from sticking to the counter. **Add the least amount of flour possible.**

### Soft and Delicious Two-Hour Wheat Bread [FRESH]

Makes 4 loaves

- 2 Tbsp. yeast
- 5 cups warm water
- 1/3 cup honey
- 1/3 cup oil
- 2 eggs
- 1/3 cup potato flakes
- 6 cups whole wheat flour
- 1 Tbsp. salt
- 4 to 5 cups all-purpose flour

Dissolve yeast as package suggests. Mix all ingredients together except unbleached flour. Use bread mixer or hand-held electric beaters to bring the dough to a sponge-like consistency. Let rest about 10 minutes. Add remaining flour gradually as needed to make a soft dough. Knead on floured board; cover with plastic wrap and let rise until double in size. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double in size. Bake at 350 °F for 30 to 40 minutes. For a soft crust, put hot bread on a towel to cool.

### **Cracked Wheat Bread [EXPANDED]**

*From Michelle Lloyd*

1 1/3 cups cracked wheat  
5 cups water  
1 1/3 cups powdered milk  
3 1/3 cups water  
2/3 cup margarine (or shortening)  
2 Tbsp. salt  
1 cup sugar  
2 Tbsp. yeast  
13-14 cups flour (bread flour preferred)

Bring cracked wheat and water to a boil in a large saucepan; then reduce heat to a simmer, cover pan, and cook for about 20 minutes. Add powdered milk, margarine (or shortening), salt, and sugar. Cool to lukewarm and add yeast. Transfer to a large bowl. Stir in flour to make a dough. Knead in additional flour until smooth and elastic. If dough is too difficult to knead all at once, divide it in half and knead each half separately. Cover dough with plastic wrap in bowl and let rise until double. Punch down. Shape into loaves or rolls and place in greased pans. Bake at 350 °F for 40 minutes for bread and 15-20 minutes for rolls. This dough also makes great scones. Just take a roll-sized ball dough and stretch or roll it to 1/4 inch thick and fry it until golden on each side; place scones on paper towels to soak up excess grease. Serve with honey butter.

### **Bread Rolls [EXPANDED]**

*From Emergency Food in a Nutshell*

1 3/4 cups hot tap water

1/2 cup oil  
2 Tbsp. dried whole egg  
1 Tbsp. instant yeast  
2 cups whole wheat flour  
2 cups all-purpose flour  
1/4 cup sugar  
1/4 cup powdered milk  
1 1/2 tsp. salt

Pour hot tap water in large bowl. Blend in oil and egg with whisk. Combine dry ingredients (except yeast) in a separate bowl and mix well. Stir in 3 cups of the dry mixture to the water, oil, and egg mixture. Stir in yeast and the rest of the dry mixture. Add more flour as needed to make a soft dough. Knead dough 10 minutes by hand until smooth. (or 5 minutes in bread mixer on medium-high speed adding flour just until dough no longer sticks to the sides of the bowl.) Place smooth side down in lightly oiled bowl; then turn dough smooth side up. This oils the top of the dough. Cover with a damp towel and let rise in a damp place about 40 minutes, until doubled. Punch dough down. Let rest 10 minutes. Grease two 9-inch round pans or one 9x13-inch pan. Divide into 16-24 rolls. Form and place in pans. Cover and let rise until about doubled. Preheat oven to 350 °F. Bake 20-25 minutes until browned. Makes 16-24 rolls. Preparation time = 1 1/2 hours.

### **Bread Bowls [EXPANDED]**

Modified from *From More Make-A-Mix Cookery*

1 Tbsp. active dry yeast  
1 1/2 cups lukewarm water (110 °F)  
1 egg, slightly beaten  
2 Tbsp. oil  
2 1/2 cups whole wheat flour  
2 cups all-purpose flour  
1 1/4 tsp. salt  
1/3 cup powdered milk  
1/3 cup sugar

In a large bowl, dissolve yeast in lukewarm water. Stir in 1 beaten egg and oil. Combine dry ingredients and gradually stir in about half of it until blended. Add remaining dry mixture and any additional flour to make a stiff dough. Knead for 10 minutes on a lightly floured

surface, adding additional flour as needed. Place in greased bowl; cover. Let rise until double, about 1 1/2 hours. Punch down. Knead about 5 times on a lightly floured surface. Divide dough into 8 equal pieces. Roll out each piece into a 6-inch circle. Lay over inverted, greased 10-ounce custard cups or small pie tins and place on 2 baking sheets. Let stand uncovered for 10 minutes. Bake at 375 °F for 20 minutes or until lightly browned. Serve with your favorite soup.

### **Navajo Fry Bread [EXPANDED]**

*From Emergency Food in a Nutshell*

4 cups whole wheat flour  
1 Tbsp. baking powder  
2 cups warm water  
1 tsp. salt  
2 Tbsp. powdered milk  
oil

Mix dry ingredients together. Stir in warm water. Knead 10 minutes. Allow to rise in warm place 45 minutes. Roll 2-inch balls of dough into 8 to 10-inch circles. Heat oil just until it starts to smoke. Fry dough circles 20 seconds on each side until golden brown. Serve in place of rolls or cornbread with bean dishes, soups, or stews. Makes 15-20, 10-inch breads. Preparation time = 1 hour.

### **Pocket Bread [EXPANDED]**

*From More Make-A-Mix Cookery*

1 Tbsp. active dry yeast  
1 cup lukewarm water (110 °F)  
2 Tbsp. oil  
1 cup whole wheat flour  
1 scant cup all-purpose flour  
1/2 tsp. salt  
2 Tbsp. powdered milk  
1/4 cup sugar  
Flour

Soften yeast in lukewarm water. Beat in oil and combined dry ingredients. Stir in enough additional flour to make a soft dough. Knead until smooth, 7-10 minutes. Place in greased bowl; cover. Let rise until doubled, 1 to 1 1/2 hours. Punch down dough. Divide into 8 equal pieces and shape them into balls.

Cover with a towel and let rise 30 minutes. Sprinkle 4 large baking sheets with flour. Roll each ball into 8-inch circles, not more than 1/8 inch thick. Preheat oven to 500 °F. Bake bread on bottom rack of oven 4 to 5 minutes, then on middle rack 2 to 3 minutes until puffed and slightly browned. Remove from baking sheets and place in plastic bag to keep bread soft.

### **Wheat and Raisin Chocolate Chip Cookies [FRESH]**

1 1/2 cups butter or shortening  
1 1/2 cups firmly packed brown sugar  
1 1/2 cups sugar  
2 tsp. vanilla  
4 eggs  
2 1/2 cups all-purpose flour  
2 1/2 cups whole wheat flour  
1/2 tsp. salt  
2 tsp. baking soda  
2 Tbsp. hot water  
1 cup chopped nuts  
1 cup raisins  
1 package (12 oz.) chocolate chips

Preheat oven to 350 °F. Beat butter or shortening in large bowl until soft. Gradually add sugars, beating until light and fluffy. Add vanilla. Add eggs, one at a time, beating well. In a separate bowl, blend both kinds of flour and salt. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed.

Dissolve baking soda in hot water and add to sugar-flour mixture. Stir in nuts, raisins, and chocolate chips. Using 1 generous tablespoon of dough for each cookie, place on greased cookie sheet. Bake at 350 °F for 10 to 12 minutes. Allow to cool. Makes 6 dozen cookies.

### **Quick Wheat Muffins [FRESH]**

*Modified from Make-A-Mix Cookery*

1 1/4 cups whole wheat flour  
1/2 cup + 2 Tbsp. all-purpose flour  
1/3 cup powdered milk  
1/2 tsp. salt  
1/3 cup sugar  
2 1/2 tsp. baking powder

1/3 cup oil  
1 egg, slightly beaten  
1 cup water

Preheat oven to 400 °F. Grease muffin pans. In a medium bowl, combine all dry ingredients. Blend well. Combine egg, water and oil in a small bowl. Add all at once to dry ingredients. Stir just until moistened; batter should be lumpy. Fill prepared muffin pans 2/3 full. Bake 15 to 20 minutes, until golden brown. Makes 12 large muffins.

### **Wheat Muffins [FRESH]**

2 cups whole wheat flour  
1 cup brown sugar  
1/4 tsp. salt  
1 tsp. baking soda  
1 cup milk (3 Tbsp. powdered milk and 1 cup water)  
1/2 cup margarine, melted  
1 egg  
1 tsp. vanilla

Mix dry ingredients together in a medium-sized bowl. (If you are using powdered milk, mix dry milk with dry ingredients.) In large measuring cup combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins and bake at 350 °F for 15 minutes. Makes 12 muffins.

### **Biscuits [EXPANDED]**

2 1/4 cups whole wheat flour  
1/2 cup powdered milk  
3 1/2 tsp. baking powder  
1 tsp. salt  
2 Tbsp. shortening (or oil)  
3/4 cup water

Heat oven to 425 °F. Combine all dry ingredients and mix well. If using shortening, cut it into flour mixture until well mixed. Add water (and oil, if being substituted for shortening) and blend 10 strokes. Roll dough to 1/2 inch thickness and cut into biscuits with a biscuit cutter or inverted cup. Bake for 12-15 minutes on an ungreased baking sheet.

### **Apple Slice Cake [EXPANDED]**

*From Emergency Food in a Nutshell*

2 cups dried apples  
2 cups water  
1 1/2 cups white flour  
1 1/2 cups whole wheat flour  
2 cups sugar  
2 Tbsp. dried whole egg, sifted  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. cinnamon  
1 tsp. allspice  
2/3 cup oil  
2 tsp. vanilla

#### *Topping:*

1 cup brown sugar, packed  
1/2 cup butter flavored shortening  
1 cup nuts

Hydrate apples in water while measuring rest of ingredients and preparing topping below. In a bowl, whisk together dry ingredients. Drain apples reserving 1 cup of liquid. Stir apples into dry ingredients. Add oil and vanilla to water; pour into apple mixture and lightly stir just until combined. Spread out in greased 9x13-inch pan. Prepare topping by cutting shortening into sugar and mixing in nuts. Sprinkle topping over cake batter. Bake at 350 °F for 30-35 minutes.

### **Old Fruit Cake [EXPANDED]**

*From Emergency Food in a Nutshell,  
contributed by Marianna Robbins*

1 qt. old bottled fruit, pureed OR 4 cups  
canned fruit and juice, pureed  
1 cup oil  
2 cups sugar  
4 cups flour (whole-wheat or white)  
4 tsp. baking soda  
1 tsp. salt  
2 tsp. cinnamon  
1 tsp. ground cloves  
1 tsp. nutmeg

In mixing bowl, beat oil into fruit puree. Mix together dry ingredients; add to fruit mixture and beat until combined. Bake in greased

and floured 9x13-inch pan at 350 °F for 45-55 minutes. Cool and top with Penuche Frosting below.

*Optional:* Add crushed nuts, raisins or coconut to this cake and omit frosting.

*Penuche Frosting:*

1/4 cup reconstituted powdered milk  
1/2 cup brown sugar  
1/2 cup butter-flavored or regular shortening  
3 cups powdered sugar  
1 tsp. vanilla

### **Whole Wheat Spice Cake [EXPANDED]**

From *Wheat – More than Just Bread*

2 cups whole wheat flour  
1/2 tsp. baking soda  
2 tsp. baking powder  
1 tsp. salt  
1/2 tsp. nutmeg  
1 tsp. cinnamon  
1/4 tsp. cloves  
1/2 cup oil  
1 cup sugar  
2 eggs  
3 Tbsp. powdered milk  
1 cup water  
1 Tbsp. vinegar  
raisins, nuts (optional)

Reconstitute 3 tablespoons dry milk with 1 cup of water and add vinegar. Let stand 5 minutes. Stir in oil and eggs. Combine all dry ingredients and mix well. Stir in milk solution and mix well. Pour into 9x13 greased pan and bake at 350 °F for 30 minutes.

### **Blender Wheat Pancakes [EXPANDED]**

Modified from Sharon Kofford, featured on KSL-TV

1 cup whole kernel wheat  
1 cup milk  
1/2 cup oil  
2 eggs (optional)  
3 tsp. baking powder  
1 tsp. baking soda  
1/2 tsp. salt  
1/4 cup sugar

Blend whole kernel wheat in blender for 4 minutes. Add remaining ingredients and

blend until smooth. Cook pancakes over medium heat and serve with cinnamon syrup.

### **Cinnamon Syrup [EXPANDED]**

From Sharon Kofford, featured on KSL-TV

1 cup sugar  
1/2 cup corn syrup  
1/4 cup water  
3/4 tsp. cinnamon  
1/2 cup evaporated milk

Combine sugar, corn syrup, water and cinnamon. Bring to a boil for 2 minutes. Remove from stove and stir in evaporated milk. Serve warm over pancakes.

### **Wheat Waffles [EXPANDED]**

2 cups flour (1 cup all-purpose and 1 cup whole wheat)  
4 tsp baking powder  
1/2 tsp. salt  
2 Tbsp. honey or sugar  
1 3/4 cups reconstituted powdered milk  
6 Tbsp. oil  
2 eggs

Mix dry ingredients together. Stir in remaining ingredients. For lighter waffles, separate eggs. Beat egg whites and carefully fold in. Cook batter in waffle iron.

### **Basic Crepes [EXPANDED]**

From *Emergency Food in a Nutshell*

1 3/4 cups water  
1 cup whole wheat flour  
1/2 cup dry milk  
2 Tbsp. dried whole egg, sifted  
1/4 tsp. salt

Beat all ingredients together until lumps disappear. Fry in hot greased skillet, lightly browning on both sides. Roll each with one with a meat, pudding, or fruit filling inside. Serve warm. Makes about 12. Preparation time = 20 minutes.



### **Whole Wheat Bread Pudding [FRESH]**

From *Basic Food Storage Cookbook*

1/3 cup sugar  
1/2 cup powdered milk  
1/8 tsp. salt  
3 cups milk  
2 eggs  
1 tsp. vanilla  
4 or 5 cups broken wheat bread crumbs

Mix together sugar, powdered milk, salt and set aside. Beat together 2 1/2 cups milk, eggs, vanilla until smooth. Add the sugar mixture and add remaining 1/2 cup of milk stirring well. Add bread crumbs. Mix well and pour into greased baking dish. Sprinkle top with nutmeg or cinnamon and sugar. Bake at 325 °F for 45 minutes or until knife inserted in middle comes out clean. Serve with lemon sauce or whipped cream topping.

### **Pat in the Pan Pie Crust [EXPANDED]**

From *Emergency Food in a Nutshell*,  
contributed by Tresa Hansen

1 1/4 cup flour  
1/2 Tbsp. sugar  
1 tsp. salt  
1/3 cup oil  
1/4 cup reconstituted powdered milk

Mix dry ingredients together in pie pan. In a bowl, whip together oil and milk with fork until white. Pour oil mixture over dry ingredients and mix together with fork. Finish mixing with hands. When it sticks together in a ball, pat it on the bottom and up the sides of a 9-inch pie pan. Flute the edges. Prick the bottom with a fork (about 12 times). Bake 10 minutes at 450 °F (don't over bake). If baking with filling, do not prick. Best when eaten the same day as filled. Preparation time = 20 minutes.

### **Chocolate Chip Cookies [EXPANDED]**

From *Emergency Food in a Nutshell*

1 cup shortening  
3/4 cup sugar  
3/4 cup brown sugar, packed  
2 Tbsp. dried whole egg  
1/4 cup water

2 Tbsp. reconstituted powdered milk  
1 tsp. vanilla  
3 cups whole wheat flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
2 cups chocolate chips  
1/2 cup walnuts, chopped (*optional*)

Put first 7 ingredients in bowl mix together just until combined. Mix flour, baking soda and salt together and blend into shortening mixture just until combined. Shortening will be in small lumps. Add chocolate chips and nuts. Drop by tablespoons onto an ungreased cookie sheet. Bake at 375 °F for 10-12 minutes. Makes 3 dozen. Preparation time = 40 minutes.

*Chocolate Chip Bars:* Add 1/2 teaspoon baking powder and increase milk to 1/4 cup. Press into ungreased 9x13-inch shiny cake pan. Bake at 350 °F for 25 minutes.

### **Gingersnaps [EXPANDED]**

From *Emergency Food in a Nutshell*

1 cup brown sugar, packed  
3/4 cup oil  
1/4 cup molasses  
1 Tbsp. dried whole egg + 2 Tbsp. water  
2 cups whole wheat flour  
2 tsp. baking soda  
1 tsp. ground cinnamon  
1 tsp. ground ginger  
1/2 tsp. ground cloves  
1/4 tsp. salt

Combine first four ingredients, pouring water over egg. Stir together dry ingredients and gradually blend into molasses mixture. Use about 1 Tbsp. of dough to form 1 1/4-inch balls. Roll in granulated sugar and place on greased cookie sheet about 2 inches apart. Bake at 375 °F for 10 minutes. Makes 4 dozen.

### **Gingerbread [EXPANDED]**

From *Emergency Food in a Nutshell*

1 1/4 cups reconstituted dry milk  
1 1/4 Tbsp. bottled lemon juice  
3 cups whole wheat flour  
2 Tbsp. dried whole egg, sifted

1 tsp. ginger  
 1 tsp. cinnamon  
 3/4 tsp. baking soda  
 1/2 tsp. salt  
 1/2 tsp. ground cloves  
 3/4 cup sugar  
 2/3 cup oil  
 1 cup molasses

Sour milk by putting 1 1/4 T. lemon juice in bottom of measuring cup. Fill to 1 1/4 cup with reconstituted dry milk. Let stand at room temperature until called for in recipe.

Combine dry ingredients, except sugar, together in a bowl. In another bowl, stir together sugar, milk, oil and molasses for 1 minute. Stir in dry ingredients until combined and beat 1 minute. Pour into greased 9x13-inch cake pan. Bake at 350 °F for 35 minutes. Serve topped with applesauce.

*High altitude adjustments:*

*For 3,000 ft. reduce sugar by 1 T.,  
 leavening by 1/8 t. and add 1 T. liquid.  
 For 5,000 ft. double above amounts.*

### **Peanut Butter Cookies [EXPANDED]**

*From Emergency Food in a Nutshell*

1 cup shortening  
 1 cup brown sugar  
 1 cup white sugar  
 2 Tbsp. dried whole egg + 1/4 cup water  
 1 cup peanut butter  
 1 tsp. vanilla  
 2 1/2 cup whole-wheat flour  
 1 1/2 tsp. baking soda  
 1 tsp. baking powder  
 1/2 tsp. salt

Put shortening, brown sugar, sugar, dried egg, water, peanut butter, and vanilla in bowl, pouring water over dried egg and blend together. Mix flour, baking soda, baking powder, and salt together and blend into shortening mixture. Roll into 1 1/4-inch balls and place on greased cookie sheet. Make light crisscross on top of each cookie with fork. Bake at 375 °F for 10-12 minutes. Allow to cool 1 minute on cookie sheet before removing to cooling rack. Makes 3 1/2 dozen. Preparation time = 40 minutes.

### **Pumpkin Cookies [FRESH]**

*From Emergency Food in a Nutshell*

2 cups sugar  
 1/2 cup oil  
 1 Tbsp. dried whole egg, sifted + 2 Tbsp. water  
 1 (15-oz.) can pumpkin  
 1 tsp. vanilla  
 2 1/2 cups whole-wheat flour  
 1 tsp. baking soda  
 1 tsp. baking powder  
 1 tsp. salt  
 1 1/2 tsp. cinnamon  
 1/2 tsp. nutmeg  
 1/4 tsp. allspice  
 1 cup raisins, nuts or chocolate chips

Put sugar, oil, dried whole egg, water, and canned pumpkin in bowl; blend together. Mix flour and rest of dry ingredients together and add to pumpkin mixture, combining well. Stir in raisins, nuts or chocolate chips. Drop tablespoons onto greased cookie sheet. Bake at 350 °F for 13-14 minutes. Makes 3 dozen. Preparation time = 40 minutes.

## **Recipes with Barley**

### **Southwestern Chicken or Turkey Barley Soup [EXPANDED]**

*From Emergency Food in a Nutshell*

6 cups water  
 1/3 cup pearled barley  
 2 Tbsp. dried minced onion  
 2 tsp. chicken bouillon  
 1 (15-oz.) can tomato dices, undrained  
 1 (15-oz.) can tomato sauce  
 1 (15-oz.) can corn, drained  
 1 (4-oz.) can diced green chilies, drained  
 1 Tbsp. chili powder  
 1/2 tsp. cumin powder  
 1/8 tsp. garlic powder  
 1 (10-oz.) can chicken or turkey, drained

Bring first 4 ingredients to boil, then simmer until barley is tender about 45-55 minutes. Add the rest of ingredients, except chicken or turkey, and simmer 10 minutes until flavors are blended. Add meat and heat through. Serves 6-8.

## Recipes with Legumes

### Cream of Bean Soup [BASIC]

2 Tbsp. oil  
 2 Tbsp. whole wheat flour  
 6 1/4 cups water  
 1/2 tsp. salt  
 3/4 cup powdered milk  
 1 1/4 cups pinto beans (uncooked)

Prepare the beans according to the instructions listed above. Add the flour to the oil and blend. Stir in all remaining ingredients and cook on low heat until thickened. Makes 6 cups.

### Five Bean Salad [EXPANDED]

From *Emergency Food in a Nutshell*

2/3 cup oil  
 2/3 cup vinegar  
 1/2 cup sugar  
 1 tsp. salt  
 1 (15-oz.) can lima beans, drained  
 1 (15-oz.) can garbanzo beans, drained  
 1 (15-oz.) can green beans, drained  
 1 (15-oz.) can yellow beans, drained  
 1 (15-oz.) can red beans, drained

Combine first four ingredients together; add beans and marinate overnight or for at least 2 hours. Serves 10.

### Bean & Corn Chili [EXPANDED]

From Devin Rose and Jocelyn Herrington  
 2 (14.5-oz.) cans assorted beans (use pinto, black, navy, or red) OR 4 c. cooked beans  
 1 (15-oz.) can tomato sauce  
 1 (14.5-oz.) can whole, peeled tomatoes (undrained)  
 1 (15.25-oz.) can corn, drained OR 1/2 cup dehydrated corn and 1 cup water  
 2-4 Tbsp. minced onion  
 1/4-1/2 tsp. garlic powder  
 2 tsp. chili powder  
 1 tsp. salt  
 dash pepper

Combine all ingredients in a pot, breaking tomatoes into smaller pieces. Heat to boiling.

Reduce heat, cover and simmer 20 minutes, stirring occasionally. Preparation time = 30 minutes.

### Refried Beans (from Pinto Beans) [FRESH]

Desired amount of pinto beans (sorted and rinsed)  
 1 clove garlic  
 1 small onion  
 1 Tbsp. shortening or oil  
 Oregano and salt to taste

Fill a crock pot half full of pinto beans. Fill with water until 3/4 full. Cook beans until tender (approximately 4 hours on high). Add more water if needed. In a sauce pan, cook garlic and onion in shortening or oil. Mash beans, and add to garlic and onion. Add oregano and salt to taste. Can be frozen.

### Lentil Stew [EXPANDED]

From *Emergency Food in a Nutshell*

6 cups water  
 1 cup dry lentils, sorted and rinsed  
 1 (15-oz.) can diced tomatoes, undrained  
 1 cup dried diced carrots  
 1/2 cup pearled barley, rinsed  
 1/4 cup dried onion  
 4 tsp. chicken bouillon  
 2 Tbsp. brown sugar, packed  
 1 Tbsp. olive oil  
 3/4 tsp. dried minced garlic  
 1/2 tsp. cumin  
 1/4 tsp. oregano

Combine all ingredients in saucepan and bring to boil. Reduce heat and simmer, covered, 45-55 minutes until barley is tender. Serves 6-8.

### Santa Fe Lentils [EXPANDED]

From *Emergency Food in a Nutshell*

1 cup dry lentils, sorted and rinsed  
 2 cups water  
 1 (4-oz.) can chopped green chiles  
 2 tsp. chicken bouillon  
 2 Tbsp. dried minced onion  
 1/2 tsp. garlic powder  
 1/4 tsp. cumin

1/4 tsp. oregano

Combine all ingredients in medium saucepan and heat to boiling. Reduce heat and simmer, covered, 35 minutes. Mash lentils with a potato masher to break them up. Makes 3 1/2 cups.

Serve as follows:

**Soft Shell Taco:** Spread a little bit of bottled processed cheese spread down the middle of flour tortillas. Top with Santa Fe Lentils, then salsa or fresh chopped tomatoes and shredded lettuce.

**Tostadas:** Spread a little bit of bottled processed cheese spread on fried corn of flour tortillas. Spread Santa Fe Lentils over cheese. Top with salsa or chopped fresh tomatoes and lettuce.

**Dip:** Combine Santa Fe Lentils with 1/2 cup salsa and a little bottled processed cheese spread. Use as dip for tortillas, crackers or fresh vegetables.

### **Savory Indian Lentils [EXPANDED]**

Revised from *Emergency Food in a Nutshell*

3 1/4 cups water

1 cup dry lentils or split peas

1/4 cup dried minced onion

1 tsp. salt

1 tsp. turmeric

1 tsp. cumin

1/2 tsp. dried minced garlic

1/4 tsp. cardamom

1/4 tsp. sugar

1/2-1 cup salsa (optional)

bottled lime juice (optional)

Combine all ingredients except lime juice and salsa in 2-quart saucepan and simmer, covered, 45 minutes. Remove lid and continue simmering, stirring frequently, 20 minutes until mixture is the consistency of refried beans. Mix in salsa (if desired). Serve sprinkled with lime juice (if desired). Serves 5.

### **Pinto Bean Wraps [EXPANDED]**

From *Emergency Food in a Nutshell*

1 3/4 cup dry pinto beans, soaked and cooked OR

1(15-oz.) can pinto beans, drained

1/2 cup salsa

1/2 recipe of Spanish Rice (see "Rice" section)

10 flour tortillas

Optional:

bottled processed cheese spread

shredded lettuce

chopped tomatoes

Add pinto beans and salsa to hot Spanish Rice. Spread warmed tortillas with cheese spread, if used, and fill with pinto bean mixture. Top with lettuce and tomatoes if available. Fills 10 tortillas.

### **Pinto Bean Casserole [FRESH]**

1 package corn tortillas

1 lb. hamburger

1 15 oz. can pinto beans, undrained

1 15 oz. can Italian style marinara sauce

1 tsp. cumin

1/4 tsp. garlic powder

1 cup shredded cheddar cheese

Butter tortillas and place in layers to cover bottom of oblong cake pan. Brown hamburger and drain. Add cumin and garlic powder to marinara sauce. Spread beans over tortillas, and then add sauce, hamburger, and cheese. Bake at 350 °F for 25 minutes. Makes 8 servings.

### **Creamy Beans and Macaroni [BASIC]**

1/4 cup flour (whole wheat or all-purpose)

1/2 cup + 2 Tbs. powdered milk

1 3/4 tsp. salt

2 cups water

1 1/4 cups macaroni (uncooked)

1 cup pinto beans (cooked)

Garlic powder (optional)

Parsley flakes or Italian seasoning (optional)

Cook macaroni in boiling water for about 10 minutes, or until tender; drain. Combine flour, powdered milk and salt in medium saucepan. Stir in enough water to make a smooth paste. Stir in remaining water and cook over moderate heat, stirring frequently until sauce comes to a boil and thickens. Add cooked pasta, beans, and seasonings (as desired); warm on stove until hot. Makes 3 cups.

### **Pinto Bean Pie [FRESH]**

From *Basic Food Storage Recipes*

1/2 cup granulated sugar  
1 cup brown sugar, packed  
2 eggs, beaten  
1 stick (1/2 cup) butter, softened  
1 heaping cup cooked and mashed pinto beans  
1 unbaked 9-inch pie shell  
whipped cream, whipped topping, or ice cream

Beat granulated sugar, brown sugar, eggs, and butter until creamy. Add pinto beans and blend well. Pour into unbaked pie shell and bake at 375 °F for 20 minutes. Reduce heat to 350 °F and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with whipped cream, whipped topping, or ice cream. Makes 1 pie.

### **Chili [FRESH]**

1 lb. chili beans (about 2 1/4 cups)  
1 can tomato juice (46 oz.)  
15 oz. can tomato paste  
15 oz. can diced tomatoes  
2 lbs. hamburger (OR 2 cans ground beef)  
1 large onion, chopped  
3-4 ribs of celery  
6-8 Tbsp. chili powder  
2 tsp. cumin  
6 tsp. oregano  
2 tsp. salt

Soak beans overnight in enough water to cover. Pour off soak water and rise beans. Add enough fresh water to cover beans. Bring beans to boil and simmer until tender. Leave the beans in the pot and keep them covered with water. Add tomato juice. Brown hamburger. Add hamburger, onion, celery, chili powder and cumin. Let simmer until flavors blend. Adjust the amount of chili powder to taste.

### **Baked Beans (White) [FRESH]**

2 cups white beans  
1 tsp. salt  
1 onion, chopped  
1/8 lb. bacon, diced

3/4 cup brown sugar  
1/4 cup catsup  
1 tsp. dry mustard  
1 Tbsp. soy sauce

Cover beans with cold water and add salt. Simmer until tender. Drain off all except 1 cup of the water. Add remaining ingredients. Place in greased casserole or bean pot. Top with diced bacon. Cover with aluminum foil if there is no lid. Bake at 275 °F for 2-4 hours. Remove the covering for the last half hour to crisp the bacon.

### **Senate Bean Soup [EXPANDED]**

From *Emergency Food in a Nutshell*

5 1/4 cups soaked and cooked dry white beans OR 3 (15-oz.) cans white beans, drained  
5 1/2 cups water  
2 Tbsp. dried onion  
1 Tbsp. ham bouillon  
1 Tbsp. dried celery  
1/2 tsp. dried minced garlic  
1 bay leaf  
2/3 cup instant potatoes  
1 (5-oz.) can chunk ham, broken up  
pepper to taste

In large saucepan combine all ingredients except instant potatoes and ham; simmer, covered, 20 minutes. Remove bay leaf. Whisk in potatoes; stir in ham and simmer for 1 minute and serve. Serves 5-6.

### **Mexicali Bean and Rice Salad**

#### **[EXPANDED]**

From *Emergency Food in a Nutshell*

6 cups cooked rice  
1 3/4 cups each soaked and cooked dry kidney, pinto and black beans OR 1 (15-oz.) can each kidney, pinto and black beans, drained and rinsed  
1 (15-oz.) can corn, drained  
1/4 cup hydrated dried green pepper  
1/2-1 (4-oz.) can diced green chiles

*Dressing:*

1/3 cup olive oil

1/4 cup cider vinegar  
 1 tsp. chili powder  
 1/2 tsp. cumin  
 1/2 tsp. garlic salt  
 1/2 tsp. hot pepper sauce

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

## Recipes with Oats

### Granola [EXPANDED]

From Michelle Lloyd, modified from *Make-A-Mix Cookery*

*A great recipe using oats which can be easily modified to suit your tastes.*

Mix the following ingredients in a large saucepan and heat until dissolved (don't let it boil):

1 1/2 cups brown sugar  
 2 cups water  
 3/4 cup vegetable oil  
 3/4 cup honey  
 1/4 cup molasses  
 1 1/2 tsp. salt  
 2 tsp. cinnamon  
 2 tsp. vanilla

Combine the following in a large bowl:  
 About 18 cups quick oats (use more or less depending on amounts of other dry ingredients)

1 cup wheat germ  
 1-2 cups shredded coconut  
 1-2 cups sliced or slivered almonds  
 1-2 cups walnuts

Pour the sugar solution over the dry ingredients and mix to coat. More oats can be added as long as they can still be coated with liquid. Spread out enough to form a single layer on a baking sheet and bake in a 300 °F oven for 30-45 minutes, depending on desired crunchiness. Turn granola on baking sheet halfway through baking process. Cool. Repeat baking until all the granola is done. Store in an airtight container. Use within a

few weeks. Serve with milk for breakfast or eat dry as a snack.

### Fruit & Nut Granola [EXPANDED]

Makes about 2 quarts  
 6 cups rolled oats  
 1/2 cup sunflower seeds  
 1/2 cup brown sugar  
 1/2 cup raisins or other dried fruit  
 1 cup coconut  
 1 cup nuts, chopped  
 1/3 cup sesame seeds

Mix all ingredients except raisins. Stir in and coat thoroughly with:

1/2 cup oil  
 1/3 cup honey  
 2 tsp. vanilla

Spread on cookie sheet and bake at 350 °F for 25 minutes. Add raisins or other dried fruit and bake 5 more minutes.

### Basic Granola [BASIC]

2 1/2 cups sugar  
 1 1/2 cups water  
 6 Tbsp. oil  
 1 1/2 tsp. salt  
 10 cups rolled oats (uncooked)

In a pan combine the sugar, water, oil, and salt. Heat until sugar is dissolved but do not boil. Pour syrup over the oats and stir until well coated. Add a little more rolled oats if the texture seems too moist. Place in pans or sheets about 1/2 inch deep. Bake at 425 °F 20-30 minutes, stirring occasionally. Bake 15 minutes longer if you want it crunchier. Makes 11 cups. Store in an airtight container. Eat as a snack or as cereal with milk.

### Creamy Oatmeal [BASIC]

2 cups oats (uncooked)  
 1 Tbsp. powdered milk  
 1 Tbsp. sugar  
 1/2 tsp. salt  
 4 1/4 cups water

Bring 1 3/4 cup water and salt to a boil. Stir in oats and reduce heat. Cook about 5 minutes, stirring occasionally. Increase or decrease water for thinner or thicker oatmeal. Add remaining ingredients and stir well. Makes 4 cups cereal.

### **Norwegian Oat Crackers [BASIC]**

4 cups warm water  
3/4 cup powdered milk  
2 1/2 tsp. sugar  
2 tsp. oil  
1/2 tsp. salt  
5 cups rolled oats (uncooked)  
4 cups whole wheat flour

In a medium sized mixing bowl, put first four ingredients. Pour in dry rolled oats until the liquid is covered completely. Let stand about 10 minutes or until oats are soaked. Add flour until you can form it into a ball. Take the dough out and knead on a floured board until it all stays together. Roll out as thin as possible and cut into shapes (use cookie cutters if you like) and put on a greased cookie sheet. Bake at 350 °F oven until brown and crispy, about 15-20 minutes. Makes approximately 144 crackers.

### **Oatmeal Bread [EXPANDED]**

Makes 2 loaves  
1/3 cup warm water  
2 Tbsp. dry yeast  
3/4 cup water, boiling  
3/4 cup rolled oats  
1 cup buttermilk (or 1/3 cup powdered milk, 1 cup water, and 1 Tbsp. vinegar or lemon juice)  
1/2 cup vegetable oil  
1/2 cup honey or molasses  
2 cups all-purpose flour  
1 Tbsp. salt  
1/2 tsp. baking soda  
3 cups all-purpose flour

In small bowl, stir yeast into 1/2 cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring 3/4 cup water to boiling; stir in oats and cook

several minutes. Remove from heat; add buttermilk, oil, and honey or molasses. Sift 2 cups flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add 3 cups of flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 minutes or until a soft, elastic ball forms. Place dough in clean, greased bowl; cover with plastic wrap and allow to rise until double in size, about 1 1/2 hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to sit 10 minutes.

Form into loaves and place into 2 greased 8 x 4-inch pans. Cover and let rise until double in size. Bake at 350 °F to 375 °F for 45 to 50 minutes or until done. Remove from oven and from pans, and leave on wire rack to cool.

### **Delicious Oatmeal Pancakes [EXPANDED]**

*From Basic Food Storage Cookbook*

1/2 cup whole wheat flour  
2 tsp. baking powder  
1/4 tsp. salt  
2 Tbsp. sugar  
1/3 cup powdered milk  
2 eggs, separated (optional)\*  
1 cup water  
3 Tbsp. oil  
1 cup rolled oats

In medium bowl, combine flour, baking powder, salt, sugar, and powdered milk; stir until well blended. In small bowl, beat egg whites until stiff; set aside. In large mixing bowl, combine egg yolks, water, oil, and oats; beat slightly and allow to stand 5 minutes, then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. For small pancakes, drop 2 tablespoons batter onto griddle, or pour 1/4 measuring cup full, if larger pancakes are desired. Bake until cakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other side. Serve with applesauce or jam or butter and maple syrup.

\*Eggs can be omitted or an egg substitute may be used.

**Oatmeal Muffins [EXPANDED]**

1 egg  
 3/4 cup milk  
 1/2 cup vegetable oil  
 3 tsp. baking powder  
 1/2 tsp. salt  
 1/4 tsp. ground nutmeg  
 1/2 tsp. ground cinnamon  
 1 cup flour (white, whole-wheat or combination)  
 1 cup rolled oats  
 1/3 cup sugar  
 1 cup raisins (optional)

Preheat oven to 400 °F. Grease bottoms of about 12 medium muffin cups, or line with cupcake liners. Beat egg; stir in milk and oil (and raisins, if desired). Stir in remaining ingredients all at once, just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

**Apple Crisp [EXPANDED]**

From *Basic Food Storage Cookbook*  
 Pour 2 cups boiling water over 4 cups dried apples slices in a bowl. Set aside for 5 minutes.

Mix the following ingredients: 1/2 cup flour, 1/4 cup oatmeal, 1/2 tsp. cinnamon, 1/4 cup packed brown sugar. Then cut in 1/4 cup butter or shortening.

Place the apples with the remaining liquid in a greased 9x9-inch pan. Sprinkle topping over the apples. Bake at 350 °F for 55 minutes, or until golden brown. Serve warm or cold with a dollop of whipped topping (see section on "Milk").

**Chewy Oatmeal Cookies [EXPANDED]**

From *Emergency Food in a Nutshell*  
 1 cup shortening  
 1 cup white sugar  
 1 cup brown sugar, packed  
 2 Tbsp. dried whole egg  
 1/4 cup water  
 2 tsp. vanilla

2 cups whole wheat flour  
 3/4 tsp. baking soda  
 1/2 tsp. salt  
 1 1/2 cups quick cooking oatmeal

Put first 6 ingredients in bowl and mix just until combined. Shortening will be in small lumps. Mix flour, baking soda and salt together and blend into shortening mixture. Blend in oatmeal; dough should be crumbly but stick together when formed into balls. Form into 1 1/4-inch balls: bake on ungreased cookie sheet at 375 °F for 10-12 minutes. Allow to cool 2-3 minutes before removing from cookie sheet. Makes 3 dozen. Preparation time = 40 minutes.

**Recipes with Pasta****Chicken Noodle Salad [EXPANDED]**

From *Emergency Food in a Nutshell*  
 1 cup macaroni, cooked and cooled (makes 2 cups)  
 1 Tbsp. dried celery, hydrated  
 1 Tbsp. dried minced onion  
 1 (11-oz.) can mandarin oranges, drained  
 1 (10-oz.) can chicken chunks, drained  
 1 (20-oz.) can pineapple chunks, drained, reserving 1/4 cup juice  
 2 cups seedless grapes (*optional*)

**Dressing:**

2 Tbsp. brown sugar, packed  
 1/4 cup reserved pineapple juice  
 2 Tbsp. vinegar  
 1 Tbsp. oil

Mix dressing ingredients together. Toss salad ingredients together. Pour dressing over salad and toss. Chill for 2 hours. Toss salad again and serve. Serves 5-6.

**Rich Italian Mushroom Sauce and Pasta [EXPANDED]**

From *Emergency Food in a Nutshell*  
 2 (12-oz.) cans evaporated milk  
 1/4 cup flour  
 2 (4-oz.) cans sliced mushrooms, undrained  
 1/2 tsp. chicken bouillon



1/2 tsp. thyme  
1/2 tsp. salt  
1 tsp. dried minced garlic  
6 cups ribbon or other noodles, cooked

Stir together a little evaporated milk and the flour until lumps are gone. Stir in remaining milk and add rest of ingredients. Bring to boil over medium heat, stirring constantly. Simmer 1 minute. Serve over noodles. Serves 4-6. Preparation time = 25 minutes.

### **Creamy Chicken and Green Beans [EXPANDED]**

From *Emergency Food in a Nutshell*, modified by the BYU Food QA Lab  
1 (10-oz.) can cream of chicken soup  
1/2 cup powdered milk  
1/2 tsp. thyme  
1 (15-oz.) can green beans, drained  
1 (10-oz.) can chicken or turkey  
Additional seasonings (optional)

In saucepan blend soup, milk, and thyme. Stir in beans. Gently stir in chicken and heat through. Season to taste with additional seasonings (salt, pepper, garlic salt, or Italian seasoning: combination of marjoram, thyme, rosemary, savory, sage, oregano, and basil). Serve over mashed potatoes or hot noodles. Serves 4-5.

### **Tuna and Noodle Casserole [EXPANDED]**

8 oz. noodles  
1 can tuna  
1 can cream of chicken soup  
1/2 cup miracle whip or salad dressing  
2/3 cup milk (2 Tbsp. powdered milk + 2/3 cup water)  
1 tsp. parsley  
1/2 tsp garlic powder  
1/2 tsp. celery sliced  
1/2 tsp. salt  
1/2 tsp. pepper  
Buttered bread crumbs

Cook noodles in 4 cups boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk; pour over noodles and fish. Top with buttered

crumbs and a dash of paprika. Bake at 375 °F for about 25 minutes or until browned. Makes about 6 1-cup servings.

### **Mexican Bean Sauce with Fettuccine [EXPANDED]**

Revised from *Emergency Food in a Nutshell*  
1 3/4 cups any dry beans, soaked and cooked OR

1 (15-oz.) can any beans, drained  
1 (15-oz.) can stewed tomatoes, undrained  
1 (15-oz.) can diced tomatoes, undrained  
1/2 (4-oz.) can chopped green chiles  
1/2 cup dried minced onion  
1/2 tsp. sugar  
1 tsp. dried minced garlic  
1/2 tsp. chili powder  
1/4 tsp. oregano  
1/2 tsp. dried cilantro (optional)  
4 cups hot cooked fettuccine (cooked with salt)

Combine all ingredients except beans in saucepan and simmer 15 minutes, stirring occasionally. Mash beans slightly, and stir into tomato mixture. Bring to boil and serve over hot cooked fettuccine.

### **Macaroni Skillet [FRESH]**

From *Eating Off the Grid*  
2 cups elbow macaroni, uncooked  
1 medium onion, chopped  
3 Tbsp. shortening  
1/4 cup cornstarch  
4 cups reconstituted powdered milk  
2 tsp. dill weed (optional)  
2 tsp. parsley flakes (optional)  
1/4 tsp. garlic powder  
1/2 tsp. pepper  
1/2 tsp. salt  
1/3 cup bread crumbs  
paprika, for garnish  
1 cup water

Sauté onion in shortening until tender. Remove from heat. Stir in cornstarch mixed with 1/2 c. water; blend in milk with a whisk. Cook and stir over medium heat until thick. Add uncooked macaroni and seasonings to the sauce; then stir in water. Cover skillet and

cook over low heat 30-40 minutes until macaroni is tender and bubbly. Uncover and top with bread crumbs and paprika. Remove from heat.

Preparation time = 45 minutes.

### **Macaroni Salad [FRESH]**

Makes 6 servings

1 cup uncooked macaroni  
1 tsp. salt  
4 cups boiling water  
1 can tuna fish  
1 cup chopped vegetables (celery, green pepper, onion, cooked peas, carrots, etc)  
Italian salad dressing or mayonnaise

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes); do not overcook. Drain, rinse in cold water, and drain again. Chill. Mix with tuna fish and vegetables. Marinate with salad dressing or mayonnaise to taste (approximately 1 cup).

### **Chicken Corn Soup [EXPANDED]**

From *Emergency Food in a Nutshell*

6 cups water  
4 tsp. chicken bouillon  
1/2 cup dried diced carrots  
1 Tbsp. dried onion  
1 Tbsp. dried celery  
1/2 tsp. dried minced garlic  
1 cup uncooked noodles, any shape  
1 (10-oz.) can chicken chunks  
1 (15-oz.) can corn, undrained  
2 tsp. dried parsley  
pepper (optional)

Combine first 6 ingredients and bring to boil; add noodles. Simmer 10 minutes. Add chicken, corn, and parsley. Stir just to combine. Heat and serve. Serves 4-5.

### **Mushroom Chicken and Noodles [EXPANDED]**

From *Emergency Food in a Nutshell*

1 (4-oz.) can sliced mushrooms  
1 Tbsp. dried onion  
2 Tbsp. flour

1 (12-oz.) can evaporated milk  
1 (10-oz.) can cream of mushroom soup  
1 (10-oz.) can chicken chunks, broken up  
1 Tbsp. dried parsley  
cooked noodles

Drain juice from mushrooms into a saucepan. Add dried onion and simmer, covered, 10 minutes. In a cup stir flour into a little evaporated milk until there are no lumps. Pour remaining milk, mushroom soup and flour mixture into cooking onion; stir until boiling. Reduce heat; simmer 2 minutes. Add chicken chunks, mushrooms, and parsley, stirring just until combined. Heat through; serve over hot noodles. Serves 6.

## **Recipes with Rice**

### **Sweet Cooked Rice [BASIC]**

1 cup rice (uncooked)  
4 1/2 cups water  
6 Tbsp. powdered milk  
6 Tbsp. sugar  
1/8 tsp. salt  
2/3 cup raisins (optional)  
1/2 tsp. cinnamon (optional)  
1/2 tsp. vanilla (optional)

Combine rice and 4 cups of water. Bring to a boil; lower heat; simmer 20 minutes, covered. Mix powdered milk, sugar, salt with remaining 1/2 cup water and stir into rice. Add raisins if desired. Cook several minutes, stirring constantly, until it starts to thicken. Stir in cinnamon and vanilla, if desired. Rice will thicken more as it cools. Makes about 4 cups.

### **Rice Pilaf [FRESH]**

2 cups rice  
1/3 cup margarine  
4 cups broth (chicken broth if served with poultry; beef broth with beef)  
3/4 cup celery, chopped  
3/4 cup carrots, chopped  
3/4 cup green onions, chopped  
1 cup slivered almonds  
salt and pepper to taste  
1 can chunk turkey or beef (optional)

Brown rice with margarine in skillet until light golden brown. Be careful not to burn the rice. Boil broth. Combine rice and boiling broth in casserole dish. Cover and bake for one-half hour at 375 °F. Take from oven and add vegetables and nuts, and meat (if desired), stirring and mixing well with fork. Return to oven for one-half hour. Add salt and pepper to taste before serving. Makes 8 servings.

### **Browned Rice [FRESH]**

Makes about 3 cups

1 cup rice  
1/4 cup shortening  
1/4 cup chopped meat (pre-cooked)  
1/4 cup chopped onion, celery, carrots or other vegetables  
1 tsp. salt  
3 1/2 cups water

Heat shortening in skillet. Add rice. Cook on medium heat, stirring constantly for several minutes or until golden, being careful not to burn. Add meat and/or vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated. Preparation time = 45 minutes.

### **Curry Beef on Rice [EXPANDED]**

From *Emergency Food in a Nutshell*

1 (12-oz.) can roast beef  
1 (15-oz.) can diced tomatoes, undrained  
2 cups water  
1/2 cup dried apple slices, chopped in 1/4-inch pieces  
1/4 cup dried minced onion  
2 Tbsp. dried celery (*optional*)  
2 tsp. beef bouillon  
1-1 1/2 tsp. curry powder  
1/2 tsp. sugar  
1/2 tsp. dried minced garlic  
1/4 tsp. turmeric

Pour beef into saucepan and break up. Add rest of ingredients and bring to boil. Simmer, uncovered, 15 minutes. Serve over hot rice. Serves 4-5. Preparation time = 25 minutes.

### **Spanish Rice [EXPANDED]**

From *Emergency Food in a Nutshell*

1 cup long grain rice  
1 Tbsp. oil  
1 1/2 cups water  
1 (8-oz.) can tomato sauce or 2 medium tomatoes, diced  
2 tsp. chicken bouillon  
1/2 (4-oz.) can diced green chilies or 1/4 cup diced green peppers  
1/4 tsp. dried minced garlic or 1/8 tsp. garlic powder  
1/4 tsp. cumin  
1/4 cup onion  
In saucepan lightly brown rice in oil on medium-high heat. Add rest of ingredients and simmer, covered, 20 minutes or until liquid is absorbed. Serves 4-5.

### **Tomato Risotto [EXPANDED]**

Revised from *Emergency Food in a Nutshell*, modified by the BYU Food QA Lab

1 cup long grain rice  
1 Tbsp. oil  
2 cups water  
1 (15-oz.) can diced tomatoes, undrained  
3/4 cup canned ground beef  
1/2 cup dried minced onion  
2 tsp. chicken bouillon  
1 bay leaf  
1 tsp. Italian seasoning  
1 tsp. minced garlic  
1/8 tsp. dried basil  
Parmesan cheese

In saucepan lightly brown rice in oil on medium-high heat. Add rest of ingredients except cheese and simmer, covered, 20 minutes or until liquid is absorbed. Serve hot, sprinkled with Parmesan cheese. Serves 5-6.  
*For a complete meal:* Add 1/2 (3-oz.) jar bacon pieces or canned chicken, drained, and other vegetables. *Fresh Variation:* Substitute 4 diced, medium tomatoes for canned tomatoes. Also, add sliced or diced zucchini.

### **Pineapple Chicken [EXPANDED]**

From *Emergency Food in a Nutshell*

1 cup water (include liquid from canned chicken)

1 cup ketchup

1/3 cup sugar

1/4 tsp. onion powder

1/4 tsp. garlic powder

1 Tbsp. soy sauce

1/2 tsp. bottled lemon juice

1/4 cup water

3 Tbsp. cornstarch

1 (20-oz.) can pineapple chunks, drained, reserving 3/4 cup juice

1 (10-oz.) can chicken chunks

In medium saucepan combine first 7 ingredients and reserved pineapple juice. Bring to boil. Remove from heat. Stir cornstarch into 1/4 c. water until there are no lumps. Stir into hot pineapple sauce. Return to heat and bring to boil, stirring constantly. Stir in pineapple and chicken. Heat to boiling. Reduce heat, cover and simmer 5 minutes, stirring occasionally. Serve over hot cooked rice. Serves 5-6. Preparation time = 15 minutes.

### **Sweet & Sour Beef [EXPANDED]**

From *Emergency Food in a Nutshell*

1 (12-oz.) can beef chunks, undrained

4 cups water

1 cup dried carrots

1/3 cup dried minced onion

1 Tbsp. dried green pepper

1 (15-oz.) can tomato sauce

1 tsp. beef bouillon

1 tsp. dried parsley

1 Tbsp. Worcestershire sauce

1/4 tsp. salt

3 Tbsp. brown sugar, packed firmly

1 Tbsp. vinegar

2 Tbsp. cornstarch

1/4 cup water

Combine all ingredients except cornstarch and last 1/4 cup water. Simmer 30 minutes. Mix cornstarch in 1/4 cup water and stir into beef mixture. Bring back to boil stirring constantly. Simmer 1 minute. Serve over cooked rice. Serves 5-6.

**Variation:** Add 1 (20-oz.) can pineapple chunks, drained, reserving juice. Add enough water to reserved juice to make required 4 cups liquid.

### **Hawaiian Haystacks [FRESH]**

Modified from *Make-a-Mix Cookery*

**Rice:**

2 cups white rice, uncooked

4 cups water

**Gravy:**

2 (10-3/4-oz.) cans cream of chicken soup

1 soup can worth of water

2 cups cooked chicken or turkey

**Toppings:**

1 cup shredded cheddar cheese

1 can chow mein noodles

3 medium tomatoes, cubed

1 cup chopped celery

1/2 cup chopped green pepper

1/2 cup chopped onion

1 (20-oz.) can pineapple chunks, drained

1/2 cup coconut

1/2 cup slivered almonds

Bring rice and water to a boil in a large saucepan; reduce heat to low and simmer for 20 minutes. Fluff with a fork.

Combine soup and water in another saucepan to make gravy. Add chicken.

Simmer 8-10 minutes, until heated through.

Serve gravy and other toppings over rice.

Makes 6-8 servings.

## **Recipes with ABC Soup Mix**

### **Fabulous Soup Mix Soup [EXPANDED]**

From *Emergency Food in a Nutshell*

(If your commercial ABC Soup Mix contains no onion, add 2 T. dried onion per cup Soup Mix.)

9 cups boiling water

7-8 tsp. beef bouillon

1 cup dry legume ABC soup mix

Add bouillon and soup mix to boiling water and simmer, covered for 45 minutes. Serves 6.

**Deluxe Soup Variation:** Reduce bouillon to 4-5 teaspoons. Add 1 (15-oz.) can diced tomatoes, undrained, and 1 (12-oz.) can of beef chunks, undrained and broken up, the last 15 minutes.

**Homemade Legume ABC Soup Mix (1 cup):**

Combine 1/4 cup dry lentils, 1/4 cup dry split peas, 1/4 cup alphabet noodles, 2 Tbsp. long grain rice, and 2 Tbsp. dried onion

**Homemade Legume ABC Soup Mix (10 cups):** Combine 2 1/2 cups (1 lb.) dry lentils, 2 1/2 cups (1 lb.) dry split peas, 2 1/2 cups (12 oz.) alphabet noodles, 1 1/4 cups long grain rice, and 1 1/4 cups dried onions.

**Meat Pie [FRESH]**

3 cups water  
2/3 cup ABC soup mix (from cannery or homemade)  
1 can (14.5 oz) diced tomatoes (with juice)  
1 can (10.75 oz) tomato soup  
1 can (8 oz) tomato sauce  
2 tsp. salt  
3/4 lb. hamburger  
2 1/2 cups (2/3 lb.) frozen hash browns (diced)  
2 9" pie shells and crusts.

Preheat oven to 450 °F. In a large saucepan add water and dry soup mix. Bring to a boil. Let boil for 20 minutes uncovered on medium heat. Remove from heat (Do not drain). Meanwhile, fry hamburger until well done. Set aside. In the saucepan with the soup mix and water, add the diced tomatoes, tomato soup, tomato sauce, and salt. Mix well. To the tomato mixture, add the cooked hamburger and frozen hash browns. Place mixture in two 9"pie shells; top each with pie crust and seal edges well. Bake in oven for 25 minutes. Makes two 9" pies.

**Hamburger Soup [FRESH]**

1 1/2 lb. hamburger (OR 2 15 oz. cans ground beef)  
2 cups potatoes, cubed  
3 medium carrots, diced  
2 Tbsp. parsley, minced  
1 large bay leaf, crushed

1/4 tsp. garlic powder  
1 Tbsp. Worcestershire sauce  
3/4 cup diced celery  
1 Tbsp. sugar  
2 cups tomato juice  
1 1/2 qt. water  
2 tsp. salt  
3/4 cup ABC soup mix (from cannery or homemade)  
pepper to taste  
cream of mushroom soup (optional)

Brown hamburger. Mix all ingredients and simmer 1 1/2 to 2 hours, or simmer several hours in a crock pot. Add 1 can cream of mushroom soup for a creamier texture. Makes about 1 1/2 quarts

**Recipes with Powdered/Canned Milk**

**Suggestions for Using Nonfat Dry Milk**

From *Basic Food Storage Cookbook*

Add dry milk to enhance the nutritional value of the recipe. In any recipe calling for milk, simply add the dry milk to other dry ingredients. For use in meat loaf, hamburgers, etc, use 1/4 to 1/2 cup per pound of meat. In mashed potatoes, add 1/4 cup dry milk for each cup of potatoes. For cooked cereals, add 1/4 to 1/2 cup dry milk to each cup of cereal before cooking.

| For this Amount of Water | Mix Instant Agglomerated (Large Clumps) Dry Milk | OR Regular Mixing (non-instant) | OR Instant Powdered |
|--------------------------|--------------------------------------------------|---------------------------------|---------------------|
| 1 quart                  | 1 1/3 cup                                        | 3/4 cup                         | 2/3 cups            |
| 1 pint                   | 2/3 cup                                          | 6 Tbsp.                         | 1/3 cups            |
| 1 cup                    | 1/3 cup                                          | 3 Tbsp.                         | 2 Tbsp. & 2 tsp.    |
| 1/2 cup                  | 2 Tbsp. & 2 tsp.                                 | 1 1/2 Tbsp.                     | 1 Tbsp. & 1 tsp.    |
| 1/4 cup                  | 1 Tbsp. & 1 tsp.                                 | 3/4 Tbsp.                       | 2 tsp.              |

### **White Sauce [BASIC]**

1/2 cup flour (whole wheat or all-purpose)  
1 1/4 cups powdered milk  
1 1/2 Tbsp. salt  
4 cups water

Combine all dry ingredients and mix or shake well. Combine dry mix with enough of the liquid to make a smooth paste. Stir in remaining liquid and cook over moderate heat continuing to stir frequently, until sauce thickens and comes to a boil. Remove from heat. Makes 3 cups sauce.

### **Evaporated Milk [BASIC]**

7 1/2 Tbsp. powdered milk  
1 cup warm water

Mix milk and warm water thoroughly.

### **Sweetened Condensed Milk [BASIC]**

3/4 cup powdered milk  
3/4 cup granulated sugar  
1/2 cup hot water

Combine milk and sugar in mixing bowl. Pour hot water into blender; add the milk and sugar mixture, and blend until smooth. Use as substitute for canned sweetened condensed milk in recipes. Makes 2 cups. A hand mixer may be used in place of the blender.

### **Hot Cocoa Mix [EXPANDED]**

Makes enough for 10 quarts or 40 one-cup servings  
15 cups instant dry milk  
3 3/4 cups sugar  
2 1/2 cups cocoa  
1 1/2 tsp. salt  
Mix well.  
To use: Mix 1/2 cup cocoa mix with 1 cup hot water.

### **Rich Hot Cocoa Mix [EXPANDED]**

Makes enough for 8 quarts  
10 2/3 cups instant dry milk  
1 jar (6 oz.) non-dairy creamer  
1/2 cup powdered sugar

1-pound can instant chocolate milk mix  
Mix well.  
To use: Mix 1/2 cup cocoa mix with 1 cup hot water.

### **Orange Julius [FRESH]**

Makes three 6-ounce servings  
2 cups orange juice  
2 Tbsp. sugar  
1/2 cup powdered milk  
1/2 tsp. vanilla  
1/2 cup crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

### **Whipped Topping [EXPANDED]**

From *Basic Food Storage Cookbook*  
6 Tbsp. instant dry milk (3 1/2 Tbsp. non-instant dry milk)  
1 cup boiling water  
2 Tbsp. cold water  
1 tsp. vanilla  
2 tsp. unflavored gelatin  
2-4 Tbsp. sugar

Dissolve the milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolve gelatin and sugar. Stir and chill in the refrigerator until it gels. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

### **Quick Potato Soup [EXPANDED]**

From *Emergency Food in a Nutshell*  
2 cups boiling water  
1 tsp. chicken bouillon  
1/2-3/4 cup instant potatoes (potato pearls)  
1 (12-oz.) can evaporated milk  
1/8 tsp. celery salt  
1/8 tsp. onion salt

Combine ingredients as listed. Heat thoroughly and serve hot or serve soup cold. Makes 4 cups. Preparation time = 15 minutes. *Variation:* Make this soup with 1 cup broth from drained canned meats in place of 1 cup water and bouillon.

## Equivalents and Substitutions

### Common Measurements

1 cup = 16 Tbsp.  
 1 Tbsp. = 3 tsp.  
 1 pint = 2 cups  
 1 quart = 4 cups  
 1 gallon = 16 cups

### Grains

1 cup wheat = 1 1/2 cups flour  
 1 lb. wheat = 2 1/4 cups wheat  
 1 lb. flour = 3 1/3 cups flour  
 1/3 cup popcorn = 6 cups popped  
 1 cup sifted all-purpose flour = 1 cup  
 unsifted all-purpose flour minus 2 Tbsp. = 1  
 cup plus 2 Tbsp. sifted cake flour  
 1 cup sifted cake flour = 7/8 cup sifted all-  
 purpose flour = 1 cup minus 2 Tbsp. sifted  
 all-purpose flour  
 1 Tbsp. flour (as thickener) = 1 1/2 Tbsp.  
     cornstarch, potato starch, rice  
     starch, arrowroot starch, or 1 Tbsp.  
     quick tapioca  
 1 Tbsp. cornstarch = 2 Tbsp. flour (as  
 thickener)  
 1 cup wheat = 2 cups cooked  
 1 cup cracked wheat = 3 cups cooked  
 1 cup macaroni pasta = 2 cups cooked  
 1 cup rice = 3 cups cooked  
 1 cup oats = 1 3/4 cups to 2 cups cooked

### Dairy

1 cup milk = 1 cup water + 3 Tbsp. regular  
 non-instant powdered milk  
 1 cup milk = 1 cup water + 2 2/3 Tbsp.  
 powdered instant milk  
 1 cup milk = 1 cup water + 1/3 cup  
 agglomerated instant milk  
 1 cup whole milk = 1 cup reconstituted non-  
     fat dry milk plus 2 1/2 tsp. butter or  
     margarine or 1/2 cup evaporated  
     milk plus 1/2 cup water  
 1 cup evaporated milk = 1 cup water + 6  
 Tbsp. powdered milk  
 1 (12-oz.) can evaporated milk = 1 1/2 cup  
 evaporated milk

1 cup sweetened condensed milk = 1/2 cup  
     warm water + 3/4 cup sugar + 1/3  
     amount dry milk for one cup  
     reconstituted milk  
 1 cup buttermilk or sour milk = 1 cup  
     reconstituted milk + 1 Tbsp. vinegar or  
     lemon juice (let stand five minutes)  
 1 cup coffee cream (20% fat) = 3 Tbsp. butter  
 plus about 7/8 cup milk  
 1 cup heavy cream (40% fat) = 1/3 cup butter  
 plus about 3/4 cup milk (use in cooking)

### Meats & Meat Substitutes

5 slices fried, diced bacon = 1/2 (2-oz.) jar real  
 bacon pieces  
 1 egg = 1 Tbsp. powdered egg + 2 Tbsp. water  
 = 2 egg yolks = 3 Tbsp. plus 1 tsp. thawed  
 frozen egg  
 1 egg = 1 Tbsp. gelatin, 3 Tbsp. cold water, 7  
     tsp. boiling water (add gelatin to cold  
     water, add hot water until dissolved,  
     place in freezer to thicken)  
 1 egg = 1 Tbsp. water, 1 Tbsp oil and 1/2 tsp. of  
 baking powder  
 1 lb. beans = 2 cups dried beans = 4-6 cups  
 cooked beans  
 1 cup dried beans = 2 1/2-3 cups cooked  
 beans

### Fats and Sugars

1 oz. baking chocolate = 3 Tbsp. cocoa + 1  
 Tbsp. shortening  
 1 cup honey = 1 1/4 cups sugar + 1/4 cup  
 water  
 3/4 cup corn syrup = 1/2 cup water + 1 1/2 cup  
 sugar (heat to dissolve)  
 1 cup corn syrup = 1 cup sugar plus 1/4 cup  
 liquid (same liquid as recipe calls for)  
 1 cup shortening or butter in baked goods =  
     3/4 cup thick applesauce or fruit puree  
     + 1/4 cup shortening  
 1/4 cup margarine or butter = 2 Tbsp.  
     shortening + 1 Tbsp. oil + 1 Tbsp. water  
 1 cup butter = 1 cup margarine = 7/8 cup lard  
     plus 1/2 tsp. salt = 7/8-1 cup  
     hydrogenated fat plus 1/2 tsp. salt

1 cup lard = 1 1/4 cup butter minus 1/2 tsp.  
salt from recipe  
1 #10 can powdered shortening = 11 cups  
powdered shortening  
1 #10 can powdered shortening = 2.25 cans  
regular shortening  
1 #10 can powdered butter = 11 cups  
powdered butter  
1 #10 can powdered butter = 8.25 lbs. real  
butter

### Fruits and Vegetables

1 stalk celery = 1 Tbsp. dried celery  
1/4 cup green pepper = 1 Tbsp. dried green  
pepper  
2 med. carrots sliced or diced = 1/2 cup  
dried diced carrot + 1 cup water  
2 med. potatoes, peeled and diced = 1 cup  
dried potato dices + 2 cup water

All other fruits and vegetables are generally  
pre-soaked in 2 times their volume of water.  
Amounts of soaking water vary a little with  
type and brand of food.

1 cup dehydrated fruit or vegetables = 2  
cups freeze-dried foods

### Seasonings

1 cup broth = 1 tsp. bouillon granules (or  
bouillon cube equivalent) + 1 cup water  
1 clove garlic = 1/4-1/2 tsp. dried minced garlic  
= 1/8 tsp. garlic powder  
1 Tbsp. fresh snipped herbs = 1 tsp. dried  
herbs  
1 med onion = 1/4 cup dried minced onion +  
1/4 cup water = 1 Tbsp. onion powder  
1/3 cup chopped onion = 1 Tbsp. dried minced  
onion + 1 1/2 Tbsp. water = 1/4 tsp. onion  
powder  
1 Tbsp. chopped onion = 1 tsp. dried minced  
onion = pinch onion powder

### Miscellaneous

1 Tbsp. active dry yeast = 1 packet active dry  
yeast  
1 tsp baking powder = 1/4 baking soda and  
1/2 cream of tartar = 1/4 tsp. baking  
soda plus 1/2 cup fully soured milk or  
buttermilk = 1/4 tsp. baking soda plus  
1/2 Tbsp. vinegar or lemon juice used  
with sweet milk to make 1/2 cup

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