Food Storage Recipes and MORE!

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Breakfast Recipes (33)

EGGS, Dry Mix
For scrambled eggs, mix 1/2 cup egg mix with 1/2 cup water until creamy. Then add 3/4 cup more water and let stand 15 minutes. Cook as usual. Makes 2-4 servings. If desired, add 1/4 c. powdered milk and 1/4 tsp. salt to dry eggs before adding water. For crepes, increase water to 1 cup and add 1 cup flour sifted with 1 tsp. baking powder. Cook in medium hot buttered pan until golden.

ROLLED OATS
Use 2 cups water per cup of oats with 1/4 teaspoon salt. Bring water and salt to boil. Add oats and stir frequently for two minutes.

Granola
This recipe calls for lots of ingredients. As some of these items might be hard to find

at times, you can consider all the items below the vanilla as optional. Make up the volume of what you don't have with extra rolled oats. However, it is much better with everything. This recipe can stand lots of substitutions.
* 10 cups rolled oats * 1 1/2 cup brown sugar, packed * 1 1/2 cup water
* 1 1/2 cup vegetable oil * 1/2 cup honey
* 1 1/2 teaspoon salt * 2 teaspoons cinnamon * 3 teaspoons vanilla

* 1 cup wheat germ * 1/2 lb. shredded coconut * 2 cups raw sunflower seed * 1 cup sesame seeds
* 3 cups chopped almonds, pecans, walnuts or a combination of all of them. * 1/2 cup molasses (If you are going to sub. here, add same amount of sugar or honey.) * Raisins, if desired

Mix dry ingredients. In another pan combine the brown sugar, water, oil, honey, molasses, salt, cinnamon, and vanilla. Heat until sugar is dissolved but do not boil. Pour syrup over the dry ingredients and stir until well coated. Place in pans or sheets. Bake 20-30 minutes, stirring occasionally. Bake 15 minutes longer if you want it crunchier. This keeps 6 months. Makes 20 cups.

Whole Wheat Pancakes
* 3 cups whole wheat flour or substitute one cup with white flour. * 2 to 3 tablespoons sugar
* 1/2 cup powdered milk
* 1 tablespoon baking powder * 1 teaspoon salt
* 1 egg or 1 tablespoon egg powder * 3 tablespoons oil

Mix dry ingredients. Add water and mix. Add egg and oil, mix well. Add a little water to make it the right consistency, then fry them up.
Note: The recipe needs the milk and sugar to help the pancakes brown up nicely.

Maple Syrup Recipe
This is about the easiest thing to fix there is, and makes good syrup to boot. Even I can do it!
* 1 cup water * 2 cups sugar * 1 or 2 teaspoons of Maple Extract
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 pour a bit of maple extract into it. It's ready for use. It also stores well in the cupboard. Don't put it in the refrigerator or it will start to re-crystalize.

Baked Oatmeal Breakfast Treat Recipe
This breakfast meal is a little different - somewhere between oatmeal and granola. But it's really good and easy to fix.
* 3 cups quick cooking oats * 1 cup packed brown sugar
* 2 teaspoons baking powder * 1 teaspoon ground cinnamon * 1 teaspoon salt
* 1 cup milk (can be reconstituted milk) * 1/2 cup melted margarine or butter
* 2 eggs, beaten (or equivalent powdered eggs and water)
Mix together and pour into a 9 inch square greased pan. Bake at 350 degrees F for 40-45 minutes.
Serve warm with milk.
Denise times the recipe by 1 1/2 for a 9 by 13 inch pan.

Baked Oatmeal Recipe
Serving Size :12, Preparation Time: 10 minutes; Cooking Time: 30 minutes.
* 5 Cups Oats -- Rolled (Raw) * 2 1/2 Cups Milk -- Rice, Soy Or Dairy * 4 Medium Eggs--or flax seed egg replacer, see below * 1/2 Cup Honey
* 1 Tablespoon Baking Powder * 1 Teaspoon Cinnamon
* 1 Pinch Salt
* 1 Teaspoon Vanilla Extract * 1/2 Cup Raisins -- Seedless, Unsulphured
Mix together and pour into an ungreased 9 x 13 baking pan.
Bake at 350 for 30 minutes or until golden brown.
This re-heats well. You can assemble ahead (even overnight) and bake later.----------

Fried Hominy Grits Recipe

* 3 cups water * 3/4 teaspoon salt * 1 cup hominy grits * 3 tablespoons corn meal * 3 tablespoons fat (Animal fat or vegetable cooking oil.)
Boil 3 cups of water; add salt. Gradually stir hominy grits into rapidly boiling water. Cook about 1 hour over hot water stirring occasionally. Pour hominy into greased 1 quart loaf pan. Place in refrigerator until cold.
Cut into slices about 1/2 inch thick and dip into corn meal.
Heat fat in skillet. Cook hominy slices in hot fat until brown on each side. Serve piping hot with syrup or honey. Makes 8 slices.

Hominy and Cheese Timbales Recipe

* 2 cups drained, canned hominy
* 2/3 cup grated cheese
* 2 beaten eggs
* 3/4 teaspoon salt * Dash pepper
* 2 teaspoons chopped green pepper * 2 teaspoons chopped pimiento
* 3 tablespoons minced parsley * 1 cup scalded milk

Combine all ingredients well. Turn into individual baking dishes.
Place in pan of hot water and bake in moderate oven (350 F). 1/2 hour
Unmold and serve with cheese,tomato, or spanish sauce. Serves 6.

Grits Au Gratin Recipe
* 3/4 cups grits * 3 cups boiling water 1 tsp salt * 1/2 pound cheese, grated
* 1 cup milk
* 1/2 cup buttered bread crumbs * 1/4 tsp paprika

Slowly stir grits into boiling, salted water in top of double boiler over direct heat. Cover , place over boiling water and continue cooking 45 minutes stirring occasionally.
Alternate layers of cooked grits and grated cheese in greased baking dish.
Add milk and sprinkle with bread crumbs and paprika. Bake in slow oven, 325 F, 30 minutes.
Grits au gratin may be baked in a greased ring mold and served with creole shrimp or creamed meat or vegetables in the center
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Hominy and cheese casserole
* 3 tbls butter
* 3 tbls flour

* 1/4 cup minced onion * 1 tsp salt
* 3/4 tsp chile powder * 1 1/2 cups milk
* 2 cups whole hominy * 1 cup shredded cheese
Preheat oven to 350 F. In sauce pan over medium heat, into melted butter, stir flour until smooth. Stir in onion salt and chili powder. Slowly stir in milk; cook, stirring until thickened.
In colander wash and drain hominy well; stir into sauce. Pour mixture into 1 1/2 quart casserole dish. Sprinkle with cheese. Bake 20 to 25 minutes.

Cheese Baked Grits Recipe

1 cup non-instant grits
2 cups water
1 cup milk
1 teaspoon salt 1 cup sharp cheddar cheese -- grated 1/4 cup butter
a few drops Tabasco 2 eggs

Cook the first 4 ingredients until very thick. Add the cheese, butter, and Tabasco. Beat 2 eggs and gradually add the hot grits to them. Pour into 1 1/2 quart greased casserole and bake at 350 degrees for 30 minutes or until moderately browned on top. To reheat, cover casserole, put in oven at 375 degrees for 10 minutes. Turn off oven and leave in another 20 minutes. It firms up upon reheating. Also reheats well in the microwave. (you could thrown in crisp bacon, some ham,....I usually just take it as is.

Fried Oatmeal Recipe
Leftover oatmeal? Try this, or when next you make oatmeal for breakfast make plenty of extra.
I put my oatmeal in a square freezer box to the depth of about 3 inches. Mash down. Freeze.
To use, take out of freezer and let it set on the counter for about 15 to 20 minutes until it is just firm enough to cut with a sharp knife or electric knife. Cut into slices, such as you would with SPAM, about 1/4 inch thick.
Lightly coat with flour. Spray skillet with PAM or equivalent. Lightly brown each side of the slice of oatmeal and allow to warm through. Don't walk away.
Serve with pancake syrup and powdered sugar or a spoonful of brown sugar or nuts sprinkled over top.
You can also do this with just refrigerating the oatmeal, but the freezer method gives nice firm slices. No electricity? In the frozen north, just set the oatmeal outside overnight and it'll freeze up. This recipe also works with leftover cornmeal mush.
Not so brave? Try putting a spoonful of leftover oatmeal into your next loaf of bread, it adds moisture.
Even less brave? Let it cool down and then let man's best friend eat your leftover oatmeal. They love it. Waste not, Want not!

Chocolate Pancakes Recipe
Ingredients:
* 2 cups baking mix - can be reduced fat * 1/3 cup dry powdered milk
* 2 T. cocoa powder
* 2 T. sugar
* 1/2 cup mini chocolate chips, substitute large chips or leave out, I've used nuts before.

To use entire mix, add 1 cup water and 2 eggs. To use only half, use 1 1/2 cups dry mix, 1/2 cup plus 2 T. water and 1 egg. If you are using dried eggs, add corresponding amount of water to reconstitute the egg product to equal 1 egg.
1/2 mix will make 12 small pancakes. Entire mix will make 24 small pancakes or 16-18 large pancakes.
Freeze well. Freeze in stacks of three - reheat in microwave for 1 minute 15 seconds.
We particularly like these with Karo (white) syrup, but other syrups and jams will work as well. Occasionally we also sprinkle on powdered confectioner's sugar. Kids and lots of grown men like these! Try serving them as an option at your next men's pancake breakfast at church. You might want to identify them with a sign, as they do turn out rather dark in color.
I've done these using strawberry drink mix, like Nestle Quick's in place of the cocoa, and used the cherry flavored chips when I've had them. Try using a few tablespoons of pumpkin puree and nuts, or a zucchini quick bread batter, or a banana bread batter thinned to pouring consistency. I often use my blueberry muffin mix to make pancakes. Try something different in your cooking today. It's fun!
You can package the mix into zip lock baggies for storage or gifts, or use immediately by adding 1 cup water and 2 eggs. The dry mix will equal apprx. 3 cups. I like this recipe as an inexpensive gift item to give to those working women on my gift list.

Delicious Oatmeal Pancakes
Makes 8-10 pancakes
* 1/2 cup whole wheat flour * 2 tsp baking powder
* 1/4 tsp salt
* 2 Tbsp sugar * 1/3 cup nonfat powdered milk * 2 eggs, separated
* 1 cup water
* 3 Tbsp vegetable oil * 1 cup rolled oats

In medium bowl, combine flour, baking powder, salt, sugar, and powdered milk; stir until well blended. In a small bowl, beat egg whites until stiff; set aside. In a 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 Tbsp 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, jam, butter and maple syrup.

Breakfast Cereal
Use wheat either whole or cracked with raisins, honey, or brown sugar. One cup of wheat makes 4 to 6 servings.
Thermos method
* 1 cup whole wheat * 1/2 tsp salt
* 2 cups boiling water
Place in quart size thermos, screw top lightly. Leave overnight
Gas range method
* 1 cup whole wheat * 1/2 tsp salt
* 2 cups boiling water
Place ingredients in a pan over the pilot light all night.
Crock pot method
* 1 cup whole wheat * 1/2 tsp salt
* 2 1/2 cups water
Cook 6-8 hours or overnight on low.

Cracked wheat method
* 1 cup cracked wheat * 1/2 tsp salt
* 2 1/2 cups water
Bring to a boil. Cook covered on low for 10-20 minutes. Cook enough whole wheat to last a week. It may be tightly covered and stored in refrigerator up to 2 weeks.

Instant Oatmeal Packets
Makes 10 packets of instant oatmeal
To make individual instant packets:Blend 1/2 cup oats until powdery. Into each of the 10 packets (perhaps individual ziplock sandwich bags) combine the following ingredients:
* 1/4 cup unpowdered oats * 1/8 tsp salt
* 1 tsp sugar (optional)
Close the top. Store in a dry place.
Microwave directions for cooking:Empty packet into microwavable bowl. Add 2/3 cup water or milk. Microwave on high about 1 1/2 minutes, stir.
Conventional directions for cooking:Empty packet into pan. Add 1/2 cup boiling water; cook and stir over heat until
thickened.----------

Oatmeal Raisin Muffins Makes 12 medium muffins
* 1 egg * 3/4 cup milk
* 1 cup raisins
* 1/2 cup vegetable oil
* 1 cup white or whole wheat flour
* 1/3 cup sugar
* 3 tsp baking powder
* 1/2 tsp salt
* 1/2 tsp ground nutmeg
* 1/4 tsp cinnamon
* 1 cup rolled oats
Heat oven to 400 deg. Grease bottoms only of about 12 medium muffin cups or line with cupcake liners. Beat egg, stir in milk, raisins, and oil. 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.

Crunchy Wheat Cereal Makes approx. 5 cups cereal & 2 cups crumbs

* 6 Cups whole wheat flour
* 1 tsp. baking soda
* 1 1/2 cups brown sugar
* 2 cups buttermilk (2/3 cup powdered milk, 2 cups water, 2 Tbsp vinegar or lemon juice)
Mix ingredients thoroughly. Press or roll evenly to fit 2 ungreased cookie sheets. Bake at 350 deg until golden brown around the edges. Turn over with spatula, break into small pieces and return to 200 deg oven to dry out thoroughly. Grind chunks in food or meat chopper on coarse blade. Put ground chunks in strainer and sift out small granular pieces. Larger pieces may be used for cereal and casseroles. Finer pieces may be used as graham cracker crumbs for pie crusts and other desserts.
Variations: Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor. Poultry stuffing can be made by eliminating sugar and adding sage, poultry seasoning, celery salt and bouillon granules. Make salad toppers by adding

garlic salt, onion powder, salt or other favorite condiments. You can even make dog and cat food by reducing sugar and adding bouillon, then breaking up to the appropriate size. ----------

Baking Powder Biscuits
* 3 cups flour
* 1/3 cup melted margarine or butter
* 1 tablespoon baking powder
* Enough milk to make it into a thick batter
* (1 tablespoon sugar if you want to make short cake.)

Knead, then roll out. Cut with the top of a drinking glass or canning jar open lid top into round pieces of dough. Place on cookie sheet and bake at 400 degrees for about 10 minutes. When they are done they should have be a nice golden brown.

Wheat Muffins
Makes 12 muffins
* 2 cups whole wheat flour
* 1 cup brown sugar
* 1/4 tsp salt
* 1 tsp soda
* 1 cup milk (or 1/3 cup powdered milk and 1 cup water. * 1 square melted margarine
* 1 egg
* 1 tsp vanilla

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

Cocoa Mix
* 15 cups instant powdered milk
* 1 1/2 cups sugar
* 1 cup cocoa
* 1 1/2 tsp salt

Makes enough for 10 quarts or 40-1 cup servings. To use the mix, stir into 1 cup hot water for a warm drink or ice cold water for chocolate milk.

APPLE SPICE HONEY MUFFINS
* 1 3/4 cups whole wheat flour
* 1 tbsp baking powder
* 1/4 tsp salt
* 1/2 tsp allspice
* 1/2 tsp nutmeg
* 1/2 cinnamon
* 1/4 cup dry milk
* 2 eggs, well beaten
* 1/2 liquid honey
* 1/2 tsp vanilla
* 1/2 cup vegetable oil
* 1 cup grated apple, including peel
* 1/4 cup raisins
* 1/4 cup chopped walnuts, optional

Directions:In a large bowl, mix flour, baking powder, salt, spices, and milk powder. In

a seperate bowl, combine beaten eggs, honey, vanilla and oil. To the dry ingredients, add apple, raisins, and nuts. Make a well in center and add liquid ingredients; stir just until moistened. Spoon into greased muffin tins, two-thirds full. Bake at 400 for 15-20 min or until lightly browned. Makes 12 muffins
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BLUEBERRY MUFFINS
2 cups four
2/3 cups sugar
1 tbs baking powder
1/2 tsp salt
1/2 tsp nutmeg 2 eggs, beaten
1/2 cups milk
1/2 cups margarine, melted
3/4 cups blueberries
1/4 sliced almonds
1 tbs sugar

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk, and margarine and add to rest of dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture and stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 41 tbs sugar. Bake in cardboard oven at 400 for 15 minutes.

PANCAKE SYRUP
1 C Brown Sugar
1/4 C Water
1/4 Teaspoon Cinnamon -- optional 2 Tbsp Butter or Margarine or Butter Powder/Margarine Powder
1. Combine ingredients and simmer for 15 to 20 minutes. 2. Cool to thicken.

PANCAKE SYRUP #2
1 C Brown Sugar
1/4 C Water
2 Tbsp Margarine or may use Butter or Margarine Powder

Potato Hash with TVP
6 servings
1/2 cup TVP granules
1/3 cup hot water
1 Tablespoon soy sauce
3 large potatoes, grated
1 small onion, chopped
1 teaspoon salt
2 Tablespoons canola oil
Mix hot water, soy sauce and TVP let stand 10 minutes. Mix with potatoes, onions and salt. Heat skillet, add oil and fry hash until lightly browned and potatoes are tender, turning as it browns.

Rolled Oats Griddle Cakes
2 cups rolled oats
1 1/2 cups flour
1 tsp salt
1 tsp baking soda

2 tbs hot water
1 tsp baking powder
2 1/2 cups buttermilk 2 eggs, beaten
2 tbs margarine, melted
1 cup sugar

Soak oats in buttermilk overnight. Then add rest of ingredients and stir well. Cook batter as pancakes.

Sourdough Pancakes
2 cups sourdough starter
2 cups lukewarm water
2 1/2 cups flour
1 tbs sugar
1/4 cups evaporated milk
1/2 tsp salt
1 tsp baking soda
2 tsp sugar

Combine first three ingredients in large pot, cover and let stand overnight. Add remaining ingredients, let stand 5minutes, then ladle onto hot griddle and enjoy.

Sourdough Starter
1qt lukewarm water
1 pkg dry active yeast
2 tsp sugar
4 cups flour
Put water in 1/2 gal jar, add yeast and sugar to soften, stir in flour. Cover with a clean cloth. Let rise until mixture is light and slightly aged, about 2 days. Mixture will thin as it stands; add flour as needed. As you use starter, replace with equal amounts of flour and water.

TVP
Textured vegetable protein or TVP is made from soybeans after the oil is extracted. You may know this nutritious product as seasoned "bacon bits" or "hamburger helper." It's available in granules or chunks in many different flavors . Pour 7/8 cup of hot water over 1 cup granules to reconstitute, then use in recipes as you'd use ground meat. It has a long shelf life.

"Sausage" TVP
6 servings
1 cup TVP
7/8 cup hot water
1 teaspoon each sage and thyme
1 teaspoon onion powder
1 teaspoon salt
1/4 teaspoon black pepper
2 Tablespoons canola oil

Pour hot water over TVP and let stand 10 minutes. Stir in seasonings. Heat a pan, add oil, fry TVP until lightly browned. Add to Country Gravy.

Whole-Wheat Pancakes
1/2 C Whole-Wheat Flour
1/2 C Flour, All-Purpose
2 Tsp Baking Powder
2 Tsp Sugar
1/2 Tsp Salt
1/4 C Dry Milk
1/4 C Dried Eggs
3/4 C Water
2 Tbsp Margarine
2 Tbsp Cooking Oil
1. Mix dry ingredients together in a bowl. Stir in water, adding a little at a time to make a medium-thin batter. Blend in 2 tbs melted margarine.
2. Add margarine or cooking oil to the fry pan. When oil is hot add batter to make about 3 inch diameter cakes. 3. Cook until cakes look dry around the edges and the bubbles don't close up after bursting. Turn neatly and cook until bottom is done.

Whole Wheat Pancakes #2
3 cups whole wheat flour or substitute one cup with white flour.
2 to 3 tablespoons sugar
1/2 cup powdered milk
1 tablespoon baking powder
1 teaspoon salt
1 egg or 1 tablespoon egg powder
3 tablespoons oil

Mix dry ingredients. Add water and mix. Add egg and oil, mix well. Add a little water to make it the right consistency, then fry them up. Note: The recipe needs the milk and sugar to help the pancakes brown up nicely.

Main Dishes (23)

Palestine Stew Recipe
This dish tastes as good as any chili I've eaten.
* 1 cup lentils *
1 cup whole wheat (berries) *
1 large can tomatoes, chopped (or 1 3/4 cups tomato powder and 3 1/2 cups water) *
1 lb. hamburger, browned and drained (Hamburger TVP® will work here as well.)
* 1 large onion, chopped (or 1/4 cup dehydrated onions)
* 2 Tbs. brown sugar
* 2 Tbs. of Chile powder to taste
Cook lentils & wheat until tender, about an hour. In separate pan brown hamburger and chopped onion -- mix everything together, season to taste, then let simmer 1/2 hour.

Whole Wheat Chili Recipe
* 2 cups cooked wheat (soak wheat overnight, drain. Add 4 cups water, 1 tsp. salt,

boil 15 minutes or until tender.)
Add all of the following you can:
* 1 lb ground beef (or substitute meat substitute) *
1 chopped onion
* 1 cup chopped celery *
1 tablespoon green pepper *
1 10 oz can of tomato soup (or use 1 cup water and 1 cup tomato powder) *
1 teaspoon chili powder

Cook hamburger then add other ingredients, stir occasionally or bake in casserole at 350 degrees F for 20 minutes.

Taco Bean Soup Recipe
This recipe goes like hand in glove with the corn bread recipe.
* 1/2 lb. ground beef, browned (You could use a meat substitute here. If so, add it just before serving.) *
1 chopped onion (or 1 cup reconstituted onions)
* 1 lb. cooked kidney beans
* 1 lb. stewed tomatoes (or 2 cups water and 1 cup tomato powder, mixed) *
8 oz tomato sauce (or 1 cup water and 1/2 cup tomato powder, mixed)
* 1/2 envelop taco seasoning
* 1 1/2 cup water

Cook onion with meat, add remaining ingredients. Simmer 15 minutes or more. Serve over corn or tortilla chips - or - it also makes a great meal all by itself if served with corn bread. Garnish with grated or powdered cheese if desired.

Potato Stroganoff
You can make several of these mixes ahead of time. I package the sauce mix up in small ziplock bags and place it in a quart size ziplock. Then I measure out 5 ounces of Dehydrated Sliced Potatoes, put them in the bag with the sauce mix and put a label on the bag with the name and cooking directions. Store packages in an airtight container.
SAUCE MIX
* 4 T. White Sauce Mix
* 2 T. Beef Soup Base or Bouillon powder
* 1 T. Buttermilk Powder
* 1 1/2 tsp. Salt
* 1 T. Cheese Blend Powder
* 1/2 tsp. Onion Powder
* 1 tsp. Powdered Egg White
* 1/2 tsp. Dried Parsley
* 1/4 tsp. Citric Acid **
COOKING DIRECTIONS:
BROWN: 1 pound of ground beef in a skillet, drain.
STIR IN: sliced potatoes, sauce mix, 1 cup milk and 3 cups hot water.
HEAT to boiling, stirring occasionally. Reduce heat; cover and simmer 25 to 30 minutes, stirring occasionally, until potatoes are tender. Remove from heat; uncover and let stand 5 minutes to thicken. Stir before serving.
** Citric acid is found in the canning section of the grocery store. It adds an extra ZIP to the dish. ---

Tamale Pie

Serves 8 to 10
* 1 lb hamburger
* 1 cup chopped green pepper
* 1 chopped onion
* 1 clove garlic, minced
* 1 16oz can of tomatoes
* 1 6oz can of tomato paste
* 1 12oz can corn, drained
* 1 can sliced ripe olives (optional)
* 1 Tbsp sugar
* 1 tsp salt and a dash of pepper
* 2-3 tsp chili powder
* 1 1/2 cups sharp American cheese, grated
* 2 cups cold milk
* 3/4 cup yellow corn meal
* 1/2 tsp salt
* 1 Tbsp butter

Brown the first four ingredients together. Drain the fat and add the tomatoes, tomato paste, corn, olives, sugar, salt, chili powder, and pepper. Simmer 20 minutes until thick. Add cheese and stir until melted. Pour into 9 by 13 inch baking dish.
Make cornmeal topping by heating milk in double boiler; add salt and slowly stir in cornmeal. Cook and stir until thick (about 20 minutes), add butter and spread over top of meat mixture. Bake at 375 deg. for 40 min.

Cracked Wheat Casserole

Makes 6 servings
* 1 pound ground beef (may substitute beef TVP®)
* 1/2 cup chopped onion
* 1 small garlic clove
* 1 1/2 cups water
* 1/2 cup uncooked cracked wheat
* 2 Tbsp chopped parsley
* 1 tsp beef bouillon
* 1/2 tsp salt
* 1/4 tsp oregano leafs
* 1/4 tsp pepper
* 1/4 cup parmesan cheese
* 1 cup chopped tomato (fresh or canned)

Brown ground beef with onion and garlic until pink color has gone from the meat. Drain. Combine with the rest of the ingredients except cheese and tomato.
Bake in lightly covered 1 1/2 quart casserole for 45 minutes or until the cracked wheat is tender and water has been absorbed. Stir in cheese and tomato, let stand a minute and serve.

Tuna Casserole
8 ounces cooked noodles
1 can tuna
1 can cream of mushroom soup
2/3 cup powdered milk (see directions on package for mixing)
1 cup Ritz crackers, crushed into crumbs
1 cup canned peas, drained

Mix tuna, peas and noodles together and layer in greased casserole dish. Combine

cream of mushroom soup and milk and pour over tuna and noodles mixture. Top with crushed cracker crumbs. Bake at 350°F for about 30 minutes.
Makes 4 servings

Chicken Pasta
1 (12.5 oz.) can chicken, drained
1/4 cup all purpose flour
Salt and pepper, to taste
3 Tbsp. olive oil
6 Tbsp. chicken broth2 Tbsp. lemon juice
1 Tbsp. capers, drained4 oz. spaghetti, cooked
Break chicken into bite-size pieces but do not flake it. Mix flour, salt and pepper. Coat chicken with seasoned flour. Heat oil in a heavy skillet on medium-high. Brown coated chicken until golden. Remove from pan and keep warm. Add chicken broth, lemon juice and capers. Boil rapidly to reduce to about 1/4 cup. Remove from heat. Add chicken and stir to coat chicken with the sauce. Serve over cooked spaghetti.
Serves 2.

Wheat Chowder
* 2 C. diced carrots
* 1 C. boiling water
* 1/2 C. diced salt pork
* 4 T. onion
* 1 T. flour
* 2 C. cooked wheat
* 1 tsp. salt
* dash of pepper
* 2 C. milk
* 1 T. chopped parsley

Cook carrots in water until tender. Fry the pork until crisp and drain the fat. Keep 3 T. fat. Add onions and brown lightly in the fat. Stir in flour and thicken. Add all other ingredients and mix until well blended.

Succotash (Dried Foods)

* 1 C. dried lima beans
* 1 T. butter
* salt and pepper
* 1 C. dried corn
* 1/4 C. cream

Three hours before mealtime put dried beans and corn in separate bowls, wash and drain. Fill bowls with boiling water, stir the vegetables, and cover them with plates. Let stand until water is absorbed, about 2 hours.
If beans are still not tender, transfer them to saucepan and simmer about 20 minutes, adding water if needed to prevent burning. Add corn and quickly cook away any remaining liquid. Add butter and coat vegetables well; add cream and cook until it is hot. Salt and pepper to taste and transfer to a warm serving dish.

Beans Cooked in the Ground
(Pioneer Recipe)

Dig a hole about 18 inches square. Make a fire in the hole and let it burn down to

coals. Place a pot of beans in the hole with plenty of water in the pot, salt, pepper and add 1 - 2 pieces of bacon. Cover tightly. Place coals and ashes around pot and cover with dirt. Cook 6 - 8 hours.

Indian Corn Casserole (Dried Foods)

* 1 C. dehydrated sweet corn
* 1/4 C. dehydrated onions
* 1 C. tomato powder
* 3 T. dehydrated green peppers
* 1C. dry bread crumbs
* 2 T. dehydrated cheese
* 1 T. shortening or margarine

Reconstitute vegetables. Add seasonings. Place in casserole dish. Dot with margarine or shortening. Sprinkle with cheese and crumbs. Bake at 375 degrees F for 30-35 minutes.

Classic Chicken Pot Pie

2 cans (15 oz. each) Veg-All Original Mixed Vegetables, drained
1 can (10 oz.) cooked chicken, drained
1 can (10 3/4 oz.) cream of chicken soup
1/4 tsp. thyme
2 (9-inch) frozen ready-to-bake pie crust
Preheat oven to 375° F# In medium mixing bowl, combine Veg-All, chicken, soup, and thyme; mix well# Fit one pie crust into 9-inch pie pan; pour vegetable mixture into pie crust# Top with remaining crust, crimp edges to seal and pick top with fork # Bake for 30 to 45 minutes or until crust is golden brown and filling is hot# Allow pie to cool slightly before cutting into wedges to serve

Makes 4 servings

Creamy Tuna Casserole Recipe

* ½ pound canned tuna fish or salmon
* 1 can peas
* 2 tablespoons corn oil
* 2 tablespoons Argo or Kingsfords Cornstarch
* 1 pint milk
* ½ teaspoon salt
* 1/8 teaspoon pepper
* Celery or onion salt
* ¼ cup coarse dry bread crumbs

Instructions
First make a white sauce:
1. Over low heat combine two tablespoons corn oil, cornstarch, salt, and pepper. Let cook until bubbly and very lightly browned. 2. Add milk and heat until thick.
3. Set aside.

Next:
1. Oil a three pint baking dish with corn oil. 2. Put in a layer of peas, then a layer of flaked, then a layer of the sauce. 3. Continue in this way until all is used, putting

sauce on the top.
4. Cover with the crumbs mixed with two more tablespoons corn oil and bake in a moderate oven, 350 degrees for about 35 minutes.

Hashed Lamb, With Rice And Peas Recipe

Ingredients for Hashed Lamb, With Rice And Peas
* About 1 cup of chopped lamb Salt, black pepper, butter
* Broth, salt and pepper
½ teaspoon sugar for canned
* ½ cup of hot boiled rice peas
* ½ can or 1 cup fresh peas

Instructions
1. With Rice And Peas Recipe 1, Remove all unedible portions from the meat before chopping. 2. To the meat add broth and seasonings and let become very hot.
3. Season the hot peas with salt and black pepper; add one or two tablespoons of butter and, if canned peas are used, the sugar. 4. Have all very hot.
5. Dispose the meat in a mound in the center of a hot platter; surround with the hot rice and in turn surround this with the peas. 6. Serve at once.

Macaroni With Green Peas Recipe
Ingredients for Macaroni With Green Peas
* ½ cup cream
* ½ teaspoon salt
* 1/3 cup macaroni broken into one-inch lengths
* 1 cup green peas

Instructions
1. Cook the macaroni in boiling salted water. 2. Drain, and pour over it a dash of cold water. 3. Drain again and add to it the cream, salt and green peas, freshly cooked or canned, from which the liquid has been drained. 4. Heat, and cook for five to ten minutes over the flame.

MACARONI AND BEEF SIMPLE SUPPER
9 Oz Macaroni, whole-wheat2 Oz freeze-dried Beef Chunks, Or4 Oz Beef Flavored T V P
4 Beef Bouillon Cubes
2 Oz Tomato Crystals
1 Tsp. Basil
1 Tsp. Oregano
1/4 Tsp. Garlic Powder1 Envelope Cream Of Onion Soup -- to make 2 1/2 cups
1 Pkg. freeze-dried Corn
Salt -- as needed
7 1/2 C Water

1. Bring 7 cups water to boil. Add macaroni-meat package and simmer 10 minutes. 2. Mix about 1/2 cup cold water into soup. Add to pot and cook 5 minutes longer, or until macaroni and meat are tender.3. Corn should be rehydrated according to instructions and added at the proper time.
Makes 8 - 8 1/2 cups.

SPAGHETTI, ALPINE
8 Ounces Spaghetti1 Tablespoon Olive Oil1 Cup Parmesan Cheese -- grated3 Teaspoons Ground Sweet Basil
1 Tablespoon Parsley Flakes
1 Garlic clove -- minced
Water

1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

Chicken Stir-Fried Ramen
Ingredients1 (3-ounce) package chicken flavor ramen soup mix
1/2 cup chopped onion
1/4 cup sliced hearts of palm
1-1/2 tablespoons olive oil
1 can cooked chunk chicken, drained
1/4 cup frozen baby sweet peas or mixed vegetables (you may also used canned)
Parmesan cheese
Chopped parsley for garnish
Instructions
Cook the ramen noodles separately according to package directions, reserving the flavoring packet for use below. Drain and keep warm. If you use frozen peas or vegetables, you can cook them in with the noodles.
While cooking the noodles, saute the onion and hearts of palm in a large frying pan until onion is soft. Add drained, chunked chicken and heat until warmed through, taking care not to shred the chicken chunks. Stir in the contents of the ramen soup flavoring packet, and combine until mixed. Add the cooked, drained ramen noodles and peas. Toss until coated. Turn onto plates and top with grated Parmesan cheese and parsley.
Yield: 2 servings
Note: Recipe can easily be doubled or tripled. Feel free to substitute different flavors of ramen soup mix and corresponding seafood (tuna and shrimp are good) or cooked meat.

Gado-gado Spaghetti Recipe
Ingredients
1/2 pound spaghetti or ramen noodles
4 cups water
3 Tbsp plus 1 tsp oil
2 Tbsp sunflower seeds
1 Tbsp dried onion, rehydrated
1/2 Tbsp or one packet powdered bouillon base (see notes)
3 Tbsp brown sugar
1 tsp garlic
1/2 tsp black pepper (optional)
1/2 tsp hot sauce (optional)
1/2 tsp spike (optional)
3/4 cup water, or more as needed
3 Tbsp vinegar
3 Tbsp soy sauce
3 Tbsp peanut butter
Sliced green or wild onions, if available
Instructions
Notes: A spicy peanut butter sauce makes this a light spaghetti dish that is excellent

either hot or cold. This dish can have a fairly salty taste. Cut back or eliminate the base if you are concerned about saltiness. This recipe is designed to be made in a camping or hiking environment, but work just as well at home.
Break pasta in half and put into boiling unsalted water to which 1 tsp of oil has been added. Cook until done; drain immediately. In a fry pan, heat 3 Tbsp oil and add the sunflower seeds and rehydrated onions. Cook and stir over medium heat for 2 minutes. Add the base with the brown sugar, garlic, other spices if desires, and 3/4 cup water. Add the vinegar and soy sauce. Add peanut butter and stir. Do not burn!
To eat this hot, heat the sauce thoroughly and pour over hot spaghetti.
This recipe is best cold, and it loses some of its saltiness as it sits. Mix sauce and spaghetti, cool quickly, and serve chilled. If available, sliced green or wild onions as a garnish add to the flavor.
Yield: 2 to 3 servings

Ham with Cherry Sauce Recipe

Ingredients
1 canned ham
1 (10 ounces) jar apple or guava jelly
1 tablespoon prepared mustard
1/3 cup pineapple juice
2 tablespoons dry white wine
1 (1 pound 5 ounces) can cherry pie filling
1/2 cup light raisins

Instructions

Heat a large canned ham according to time schedule on can. Half an hour before end of heating time, remove ham from oven and score fat in diamonds.
Combine one 10-ounce jar apple or guava jelly and 1 tablespoon prepared mustard. Stir in 1/3 cup pineapple juice and 2 tablespoons dry white wine. Cook and stir to boiling; simmer mixture 3 minutes.
Pour 1/3 of glaze over ham. Return ham to oven for remaining 30 minutes. Spoon glaze over ham every 10 minutes.
In saucepan, heat one 1-pound 5-ounce can cherrry pie filling and 1/2 cup light raisins to boiling. Stir occasionally. At end of heating time, transfer ham to a platter. Add glaze from pan to cherry sauce. Bring to boil. Spoon some over ham. Pass remainder.
Yield: 3 cups sauce

Italian Bean and Tuna Salad

Ingredients
15-ounce can cannellini or Great Northern beans, rinsed and drained
6-ounce can white tuna packed in water, rinsed and drained
1/4 to 1/2 cup finely chopped red onion
3 tablespoons snipped fresh parsley OR 1 tablespoon chopped fresh basil
2 to 3 tablespoons balsamic vinegar
1 tablespoon olive oil
1/4 teaspoon freshly ground pepper

Instructions

In medium bowl, combine beans, tuna, onion, parsley and vinegar. Drizzle with oil, then sprinkle with pepper.
Yield: 6 servings

Wolf Creek Macaroni And Cheese Recipe

1 tbs butter or margarine

1 medium onion, chopped
1/4 cup all-purpose flour
1 cup milk
1 cup chicken broth
3/4 lb shredded sharp Cheddar cheese
1 tbs Dijon mustard
3 large carrots, thinly sliced
4 cups broccoli flowerets
2 cups cauliflowerets
1 1/2 cups dry elbow macaroni
Paprika
Salt and ground black pepper

Melt butter in 2- to 3-quart saucepan over medium-high heat; add onion and stir often until limp, about 5 minutes. Stir in flour; remove from heat and smoothly blend in milk and broth. Return to high heat and stir until boiling. Add cheese and mustard, reduce heat to low, and stir until cheese is melted. Keep the sauce warm. Meanwhile, bring 3 quarts water to a boil in a 6- to 8-quart pan over high heat; add carrots, broccoli,, cauliflower, and macaroni. Cook, uncovered, until vegetables are just tender when pierced and macaroni is just tender to bite, about 7 minutes. Drain well. Pour into a wide, shallow bowl and mix with warm cheese sauce. Dust with paprika. Add salt and pepper to taste. Serves 8.

Rice Dishes (15)

Rice Pilaf
Makes 8 servings
* 2 cups rice
* 2/3 stick margarine
* 4 cups liquid (chicken broth for fowl; beef broth with beef)
* 3/4 cup chopped celery
* 3/4 cup chopped carrots
* 3/4 cup chopped green onions
* 1 cup slivered almonds
* salt and pepper to taste
Brown rice lightly with butter in a skillet. Place in casserole with boiling broth. Cover and bake for 1/2 hour at 375 deg. Take from oven and add vegetables and nuts, stirring and mixing well with fork. Return to oven for 1/2 hour.

Browned Rice
Makes 6-8 servings
* 1 cup rice
* 1/4 cup shortening
* 1/4 cup chopped onion, meat, celery, or other vegetables
* 1 tsp salt
* 3 1/2 cups water
Heat shortening in a skillet. add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2-3 minutes. Add salt and water. Simmer over low heat 20 to 25 min. or until rice is tender and excess liquid has evaporated.

Whole Rice With Peas Recipe

* 1 cup uncooked natural rice
* 3 cups hot water
* 3 cups cooked new peas
* 2 tablespoons vegetable butter
* 4 teaspoons flour
* 1/3 cup milk

Instructions
1. Wash the rice thoroughly, drain, add the hot water and let boil gently until the water is evaporated and the rice looks dry; then cover, and set on the edge of the stove to steam for 15 minutes. 2. Rub the butter and the flour together in a small saucepan, add the milk, and stir over the fire until smooth.
3. Add the cooked rice, and mix with a fork; then add the cooked new peas, mix lightly, put into the oven in a covered dish until hot through, and serve.

RICE MILK
4 cups hot/warm water
1 cup cooked rice (I've used white or brown)
1 tsp vanilla

Place all ingredients in a blender until smooth. Let the milk set for about 30 minutes, then without shaking pour the milk into another container (I use an old honey jar) leaving most of the sediment in the first container. This makes about 4 - 4 1/2 cups. Notes: When I have used cold water and the rice was taken out of the refrigerator, it just doesn't come out that well. I don't know why but its best to use warm water and warm rice (you can nuke it if its leftovers but freshly made is best) I have even let it set longer than 30 minutes (overnight) without it making a difference.

RICE MILK #2
2 C rice
4 C water
rinse rice to clean - pour 4 C boiling water over rice & let soak for 1-2 hours - blend 1 C soaked rice with 2 1/2 C water (can be cold water) - blend rice to a slurry (not a smooth liquid) - pour into a pot & repeat with rest of rice - bring to a boil & then reduce heat & simmer for 20 minutes - line colander with nylon tricot or a few layers of cheesecloth - put bowl under colander - pour rice mix in colander - another 1 C of water (or less or more) can be poured over the rice to get out more milk - press with the back of a spoon - twist nylon & squeeze out as much milk as possible this milk is very plain and can be flavored with oil, vanilla, salt, etc.

RICE MILK, COMPLICATED
rinse 2 cups of rice (to clean it) pour 4 cups of boiling water over rice and let it soak for 1-2 hours
blend 1 cup of soaked rice with 2 1/2 cups of water (can be cold water)

Blend rice to a slurry, not a completely smooth liquid. Pour into a pot & repeat with the rest of the rice. Bring to a boil & then reduce to low heat simmer for 20 minutes.

Line colander with nylon tricot or a few layers of cheesecloth. Pour rice mixture into colander with a bowl under colander. Another 1 cup of water (or less or more) can be poured over the rice. Press with the back of a large spoon twist nylon & squeeze out as much liquid as possible.

FANCY RICE MILK
Rice milk is a good substitute for milk in coffee drinks.

2/3 c. hot rice
3 c. hot water
1/3 c. cashews
1 tsp. vanilla
1/2 tsp. salt
2 tbsp. honey
Blend all ingredients, chill and serve. Servings: 4.

HORCHATA
This is a Mexican rice water or rice milk. It is a dessert.
1 cup rice, washed 2 quarts water
1 cinnamon stick
Sugar to taste

Mix together all ingredients; let stand 3 hours. Simmer for 1/2 hour. Puree in a blender and strain through a cloth. Taste for sweetness and add sugar if necessary. Chill and serve over ice.

RICE MILK, PLAIN
A good way to make rice milk is to use fresh rice that is still hot.
1 cup rice, brown is okay, short grain is best.
4 cups hot water- cold water and cold rice won't work.
1 tsp vanilla

Put all in blender, puree for about 5 minutes (until smooth) let sit for 30 minutes or longer, then without shaking pour into container being careful not to let the sediments at the bottom pour into the new container. Alternatively, if you are in a hurry strain through cheesecloth.
To complicate things and get a smoother milk, re-cook the rice with part of the water until it's very soft. Add salt and sweeteners, soaked, blanched almonds or nuts and flavorings. Then run it through a blender, food processor, or juicer.

RICE, WHITE
Use 2 cups water and half teaspoon salt per cup of rice. Simmer gently covered (do not stir) 15-20 minutes.

RICE, CHICKEN FLAVORED
1. Mix 1 1/3 cups rice mix with 2 cups cold water and 1 tb butter or margarine in a medium saucepan. Bring water to a boil over high heat.2. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed. Add canned chicken chunks as

desired. Makes 4 to 6 servings.

RICE, CINNAMON
1 C Long Grain Converted Rice
1/4 C Raisins
1 Tsp. Cinnamon
1/4 Tsp. Salt
2 1/2 C Water
1 Tbs. Margarine
1/2 Tbs. Sugar -- to taste
Dry Milk -- reconstituted

1. Heat water to boiling. Add rice mixture and lower heat. Cook until rice is tender.2. Add margarine and milk. Serve.
This may be prepared ahead of time by combining all ingredients except the margarine and milk and storing in a bag.

RICE MIX, CHICKEN FLAVORED 2

4 C Long Grain Rice1 Tsp. Salt
2 Tsp. Dried Parsley -- flakes
4 Tbs. Chicken Bouillon -- instant
2 Tsp. Dried Tarragon
1/4 Tsp. White Pepper
12 Oz Chicken, Canned OR DRIED, RECONSTITUTED as desired.
Preparation:1. Combine all dry ingredients in a large bowl. Stir until evenly distributed.2. Store in a cool, dry place and use within 6 to 8 months. Makes about 4 cups of mix.

RICE MIX, DILL LEMON
4 C Long Grain Rice
4 Tsp. Dill Weed Or Dill Seed
8 Tsp. Chicken Bouillon -- dried
5 Tsp. Lemon Peel -- grated, dried
2 Tsp. Salt

1. Combine all ingredients in a large bowl and blend well.2. Put 1-1/2 cups of mix into 3 pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months. Makes about 4-1/2 cups of mix.

Cheese And Rice
4 1/2 Oz Dehydrated Cheddar Cheese
3 3/4 Oz Instant Rice
2 Tbsp Margarine
Salt -- to taste
3 C Water
1. Bring water to a boil and add rice and salt. Simmer until rice is tender. 2. Stir in cheese and margarine. Cover the pot and let stand a couple of minutes to rehydrate the cheese. Makes about 4 cups.

Vegetable Dishes (12)

Making Home Made Hominy

Hominy, simply, is hulled corn, whole, coarsly broken or ground into small pieces of about the same size. Sometimes hominy is called samp, especially when it is very coarse. Pearl hominy is whole grain hominy with the hulls removed by machinery. Lye hominy is whole grain hominy cooked in lye water. Granulated hominy is a ground form and hominy grits are broken grains. When I was a kid I had a girlfriend whose grandmother was a wounderful southern lady. They always had grits for breakfast, but they were served as a side dish to ham, eggs and biscuits, as a substitute for potatoes. Everyone eats them differently, but they are good with just butter and salt. Some people put their fried eggs on top, or homestyle gravy with biscuits and grits is another country type breakfast. The following recipe describes the lye method of removing the hulls.

* 1 qt. dry field corn
* 4 qt. water
* 1 oz. lye

Place in an enameled kettle and boil vigorously for 1/2 hour, then let stand for 20 minutes. Rinse several times with hot water, then rinse with cool water until you can handle the hominy to rub off the dark tips of the kernels. Float away the tips. Add water to cover hominy one-inch and boil 5 minutes.
Drain and repeat 4 times, then cook 1/2 hour or until kernels are tender.
Pack in 6 sterilized pint jars; add 1/4 teaspoon salt to each jar. Cover with boiling water; adjust lids and process in pressure canner, 240 degrees at 10 pounds pressure, 60 minutes. (If using quart jars, process 70 minutes.) This recipe will yield 6 pints of hominy.

Green Bean Casserole Recipe

3 cans French style green beans (drained)
1 medium onion (diced small)
2-3 drops Tabasco sauce
1 small bag almonds
1 can cream of mushroom soup
1 small can water chestnuts
8 oz. cheddar cheese
1 can French fried onions

Mix Tabasco sauce into soup. Mix water chestnuts with green beans. In a 9X13" baking dish, layer green beans, then onions, then top with soup mixture. Sprinkle almonds on, then cheese. Top with French fried onions and bake in a preheated 350°F oven for 25 minutes.

Gratin Of Four Onions Recipe
1/2 pound shallots, chopped
1 large yellow onion, halved lengthwise and sliced thin
2 bunches leeks (about 3 pounds) tops discarded, halved lengthwise, washed well and chopped
2 cloves garlic, minced (large cloves)

3 tablespoons unsalted butter
1 pound small white onions, skinned, with ends cut off
2 cups heavy cream
Salt and pepper to taste
Grated Swiss cheese or Gruyere (not sure of KLP availability)

In large skillet, cook shallots, yellow onion, leeks and garlic in butter over moderately low heat, stirring, until onions are softened; add small white onions, and cook mixture, stirring, until small onions are almost tender. Stir in cream, bring to boil and simmer mixture until cream has thickened. Season with salt and pepper, and stir in parsley. Onions may be prepared up to this point several hours in advance and kept covered loosely. Spoon mixture into buttered 1 1/2- to 2-quart baking dish, sprinkle grated cheese lightly over top and bake in oven at 475°F for 15 to 20 minutes or until cream is bubbling around edges and cheese is melted. Serve immediately. Serves 8

Yam And Peaches Casserole Recipe

Mix together:

1/2 cup packed brown sugar
3T. flour
1/2 tsp nutmeg

Cut in: 2T margarine until the mixture resembles coarse crumbs

Add: 1/2 cup chopped pecans; set aside

In lightly sprayed 1 1/2 qt casserole arrange: 2 cans (17 oz each) drained yams and 1 can (16 oz) sliced peaches, drained.

Sprinkle with sugar mixture.

Bake at 350°F for 35 minutes. If you like, you can sprinkle with 1 1/2 cups mini-marshmallows and broil til lightly browned. Serves 6.

Dandelion Greens (Pioneer Recipe)
* 2 lbs. fresh dandelion greens
* 2 cloves garlic
* 2 T. oil
* salt and pepper to taste

The small young leaves are the most tender. Larger, older leaves are bitter. Clean and wash the leaves. Do not eat the stem or the flower. Cut the leaves in half. Heat the oil and garlic in a saucepan. Add the leaves, salt, and pepper. Cook about 12 minutes or until tender. Add water if it gets too dry. Serve hot.

Country Baked Carrots (Dried foods)
* 3/4 C. dried carrots
* 1 1/2 T. dried onion
* 1/4 tsp. salt
* 1/4 tsp. celery salt

* 2 T. flour
* 2 T. cheese powder
* 2 C. water
* 2 T. oil
* dash of pepper
* 1/8 tsp. dry mustard
* 1 C. milk
* bread crumbs

Bring the water to a boil. Add carrots and simmer until nearly tender. (25 minutes) Drain. Rehydrate the onions and sauté, them in the oil until tender. Add flour, spices, milk and cheese powder to the onions. Blend well and cook over medium heat until it boils. Pour into a greased casserole dish. Top with bread crumbs and bake uncovered until heated through about 15 minutes at 350 degrees F.

Carrot Casserole

9 cs. carrots, thickly sliced
6 ozs. cheddar cheese, thinly sliced
2 1/2 c. milk
1/4 c. dry whole wheat bread crumbs
4 tbsps. butter
1/4 c. flour
1/2 tsp. dry mustard
1 tsp. sea salt
1/4 tsp. celery seeds
1/8 tsp. pepper

In large saucepan, cook carrots for 7 to 10 minutes or until tender. In another pan, melt the butter and stir in flour, salt, seasonings.
Add the milk in slowly.
Stir until thickened and bubbly.
Remove from heat.
Place 5 cups of carrots in a greased baking dish.
Layer half of cheese slices over carrots.
Cover with remaining carrots and place the rest of the cheese slices over top.
Pour sauce over carrots.
Top with bread crumbs.
Bake in 350 oven for 20 to 25 minutes.

Acorn Squash With Apple Stuffing Recipe

* 2 acorn squash
* 2 TBS melted butter or extra light olive oil
* Salt
* Cinnamon
* 1/4 cup raisins
* 1/4 cup sweet wine or concord grape juice
* 3 apples
* 4 TBS butter or extra light olive oil
* 1/4 cup brown sugar
* 1 TBSlemon juice

Directions

1. Halve the squashes and scoop out seeds and stringy interiors.
2. Brush cut surfaces with melted butter or oil and sprinkle with salt and cinnamon.
3. Place in baking pan with cut sides down.
4. Put 1/2 cup water in the pan, or enough to just cover the bottom of pan.
5. Bake squash 30 minutes in Preheated 350°F oven.
6. While squash is baking, soak raisins in wine or juice to plump.
7. Chop apples into 1/2" Cubes, peeled or unpeeled.
8. In small frying pan melt butter or heat oil and add apples.
9. Cook 3-5 minutes, until slightly wilted.
10. Stir in sugar and lemon juice.
11. When squash has cooked 30 minutes, turn cut sides up.
12. Drain the raisins, and add to the apple mixture.-
13. Then fill squash cavities.
14. Cover and bake 20-30 minutes more or until tender.

Quinoa Vegetable Jambalaya Recipe

1-1/4 cups quinoa, rinsed and drained*
2-1/2 cups vegetable broth 1 tablespoon vegt broth for sauteing
1 green bell pepper, diced
1 medium zucchini, sliced
2 cups eggplant, diced
12-15 mushrooms, sliced
1 stalk celery, chopped
5 cloves garlic, minced
one 28 oz can crushed tomatoes
1/4 cup water
1-1/2 tablespoons dried parsley (or 1/4 cup chopped fresh)
2 teaspoons dried oregano (or 2 Tablespoons fresh chopped)
1 teaspoon dried thyme (or 1 tablespoon chopped fresh)
1/2 teaspoon salt or to taste
1/2 teaspoon freshly ground black pepper or to taste
hot pepper to taste (I used lots!)

Combine quinoa and broth in a saucepan and bring to a simmer and cover. Cook over low heat until all the water is absorbed about 15-20 minutes. Set aside.

In a large saucepan heat the tablespoon of broth and saute peppers, onion, zucchin, eggplant, mushrooms, celery, and garlic. Cook over medium heat, stirring frequently. Stir in remaining ingredients except quinoa, and cook over low heat for 15-20 minutes. stirring occasionally. When ready to serve, fold in cooked quinoa and cook for 5 minutes over low heat, stirring frequently. Pass the hot pepper sauce at the table.

It's very important to rinse the quinoa thoroughly, because otherwise it will be very, very bitter! Actually it is quite disgusting otherwise.

I hope you enjoy this hearty dish!!

FRUIT DIP

* 1/2 dried apricots
* 8 tbsp applesauce
* 2 dashes nutmeg

* 1 cup fresh orange juice
* 1/4 tsp cinnamon
* 1 8 oz carton vanilla yogurt

Directions:In a saucepan over medium high heat, combine apricots and orang juice. Bring to a boil, then reduce heat to low, stirring frequently. As apricots become tender, mash them with back of spoon. Cook about 20 minutes, or until all juice is absorbed. Remove from heat and stir well. Add applesauce and spices. Mix well. Place in a bowl, cover and cool. Add yogurt and refrigerate several hours, covered. Serve as a dip with a variety of fruit.

BREAD, CASSEROLE ONION

1 cup milk
3 Tbs. sugar
1 Tbs. salt 1 1/2 Tbs. butter or margarine
1/4 cup warm water
2 packages Active Dry Yeast
1 cup minced onions
4 cups unsifted flour

Scald 1 cup milk; stir in 3 Tbs. sugar, 1 Tbs. salt and 1 1/2 Tbs. margarine. Cool to lukewarm. Measure 1/4 cup warm water into warm bowl. Sprinkle in 2 packages active dry yeast; stir until dissolved. Add lukewarm milk mixture, 1 cup minced onions and 4 cups unsifted flour. Stir until blended, about 2 minutes. Cover. Let rise in warm place, free from draft until more than doubled in bulk, about 45 minutes. Stir batter down. Beat vigorously, about 1 minute. Turn into greased 11 quart casserole or 2 9x5x3 inch loaf pans. Bake uncovered in a moderate oven (375° F.) about 1 hour

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DANDELION BLOSSOMS, FRIED

You need fresh dandelion blossoms, dry bread crumbs or cracker crumbs, 1 beaten egg, and oil or fat.

Gather fresh dandelion blossoms. As many as needed for your family. Do not leave any stem part on, it is very bitter. Wash and dry them on paper towels. Beat one egg very well. Take a handful of blossoms at a time, put in beaten egg, take out with a slotted spoon. Have crumbs in a large bowl or bag. Add dandelions, shake a few times. They are ready to fry. Fry in hot oil till golden brown, remove with slotted spoon, drain and salt.

DANDELION GREENS

2 lbs. fresh dandelion greens
2 cloves garlic
2 T. oil
salt and pepper to taste

The small young leaves are the most tender. Larger, older leaves are bitter. Clean and wash the leaves. Do not eat the stem or the flower. Cut the leaves in half. Heat the oil and garlic in a saucepan. Add the leaves, salt, and pepper. Cook about 12 minutes or until tender. Add water if it gets too dry. Serve hot.

Green Bean Casserole (serves 4)

* 2 cups water
* 1 cup cut green beans, dried
* 1 can mushroom soup
* 1/4 teaspoon onion powder

Bring water to a boil.Add beans and cook to desired degree of firmness.Add soup as

is, do not reconstitute.
Add onion powder.
Simmer in saucepan until heated through and serve.
Variation: Place in one-quart casserole. Top with bread crumbs or french fried onion rings. Bake in 325 degrees F oven for 30 to 35 minutes.

Lentil and Beans Dishes (34)

Baked Beans
Pinto, kidney, pink, or black, you can bake beans to your heart's delight and end up with some amazing results. Baked beans make the perfect (even de rigeur) picnic side dish and they are remarkably simple to make.
Don't confuse fresh beans, like lima or green beans with the dried varieties used for baking. Fresh beans are treated differently, and wouldn't work in most of the recipes you'll find here. Beans are members of the legume family, like peas, and they are an excellent source of protein, iron, and starch. They are also low in fat, which makes them an excellent source of low-fat, high-energy protein replacing high-fat meats and cheeses.
Dried beans come in a wide variety of shapes and sizes. They're a popular mainstay in many cuisines because they are inexpensive, last seemingly forever once they're dried, and taste delicious when they're cooked up. Baked beans recipes are common for side dishes as well as entrees; however you cook them, chances are your family will gobble them up, so it's a good idea to make a double batch!
Boston Baked Beans
Did you know the nickname for Boston is "Beantown?" That's because they are famous for their Boston Baked Beans. There's a reason for this super popularity – beans are simple to prepare, they're easily stored, and they cook up tasty with just the addition of a few items. They are plain, hearty, stick to the ribs fare that never goes out of style. A typical Saturday Night Supper in Boston and beyond contains a big pot of beans and Boston Brown Bread to top it off.
Boston Baked Bean recipes call for salt pork, bacon, molasses, and a bit of baking soda to cut down on the unpleasant after effects eating beans sometimes produce in the digestive tract. There's no scientific evidence baking soda stops these effects, but many cooks swear by the baking soda technique in all their bean recipes.
To Soak or Not to Soak
You can buy "pre-soaked" beans that do away with the need to soak your dried beans overnight, but many bean purists say they simply don't have the "bite" and consistency that traditionally soaked beans add to a recipe. For best results, soak the beans until they are double in size, about 10 to 12 hours. You can speed up this soaking process by blanching the beans in boiling water for about 1 1/2 minutes, and then soaking for two or three hours in cold water. Many people say that you don't have to presoak beans – just cook them slowly for 10 to 12 hours. For some bean varieties, this may work just fine, but other more tender varieties may tend to lose their skins if they are cooked this long.
Types of Dried Beans
* **Black Beans** – These beans are catching on in many North-of-the-Border eateries. Served whole, unlike their refried cousins, they have a meaty, rich texture and a thick black skin. These are not the same type as the fermented black beans used in Asian cooking. * Cannellini Bean (or white kidney bean) – These are some of the most

popular in Italian cooking, especially soups and salads. They are also known as the minestrone bean.
* **Cranberry Beans** – If you're looking for an unusual and even beautiful bean, try the cranberry. Creamy white mottled with pinkish red, these are used in many Italian soups and stews. They have a nutty, unique taste. * Kidney Beans – Who doesn't know the humble kidney bean? Shaped like the organ it's named for, the kidney boasts a deep, mahogany skin, and a white, creamy interior. Traditionally they are the beans used in chili. They are also used in Louisiana's traditional red beans and rice. * Navy Beans (or small white beans) – These beauties are normally used in Boston Baked Beans. They are small, but pack a powerful taste.
* **Pink Bean** (or chili bean) – These small, pink beans are also a common ingredient in chili with beans and frijoles. They are smaller and rounder than the pinto bean. * Pinto Beans – Pinto beans have a mottled skin with a white background and dark speckles over the surface. They are the most common bean used in the United States, and are the requisite ingredient for refried beans (frijoles).
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Palestine Stew Recipe
This dish tastes as good as any chili I've eaten.
* 1 cup lentils
* 1 cup whole wheat (berries)
* 1 large can tomatoes, chopped (or 1 3/4 cups tomato powder and 3 1/2 cups water)
* 1 lb. hamburger, browned and drained (Hamburger TVP® will work here as well.)
* 1 large onion, chopped (or 1/4 cup dehydrated onions)
* 2 Tbs. brown sugar
* 2 Tbs. of Chile powder to taste
Cook lentils & wheat until tender, about an hour. In separate pan brown hamburger and chopped onion -- mix everything together, season to taste, then let simmer 1/2 hour.

Meatless Lentil Chili
* 5 Cups water
* 1 teaspoon salt
* 1 lb. dry lentils
Cover and simmer for 30 minutes. Do not drain.
Add
* 1 lb. can tomatoes or tomato sauce (or 2 cups water and 1 cup tomato powder) * 1 package dry onion soup
* 1 1/2 teaspoon chili powder * 1/2 teaspoon cumin

Simmer 30 minutes more
Serve over rice, pasta, or corn chips.

Pea Bean Soup Recipe

* 2 cups dried lima beans
* 2 cups dried split peas
* 1 cube butter or use substitute
* 1 teaspoon salt
* 1/2 teaspoon pepper
* 2 or 3 cups onions (or substitute with onion flakes)
* Ham, if you have it.

Soak beans and peas overnight. Boil for 1 hour. Add onions, butter, salt and pepper,

ham or any other spices and seasoning you wish. Cook 15 more minutes or until beans are tender.

Cream of Chicken Soup from Beans
Here's a way to make cream of chicken soup from beans. The kids love the stuff.
* 1 Cup Navy Bean Flour (Lima beans or Garbanzo beans will also do the trick.)
* 4 Cups Water or Milk
* 1 Tablespoon Chicken Bouillon
* 1/8 teaspoon pepper
* 1/4 cup dehydrated onions or 1 small onion optional
Grind the dry beans in a wheat grinder. Usually, 3/4 cup of beans will make a cup of flour. Add the other dry ingredients to the bean flour. Stir 1/2 cup of water or milk into the bean flour until it is mixed then add the rest of the water or milk and heat it in a medium sized sauce pan, constantly stirring. As it reaches the boiling point it will thicken. Boil it for about a minute. If it gets too thick add a bit more water/milk until your soup thins down to what cream of chicken soup should be. If it lacks flavor, add a bit more chicken bouillon. Garnish with dry parsley flakes. Serves 4.

Lentil Soup
Makes 8 to 10 servings
* 2 cups lentils
* 1 1/2 quarts water and 6 chicken bouillon cubes (or 3-14 1/2oz cans chicken broth and 3 cans water)
* 1 large can (no. 2 1/2) stewed tomatoes
* 1 bay leaf
* 3 carrots cut in chunks
* 1 onion, cut up
* salt and pepper to taste
* 1 pound cooked hamburger (may substitute beef TVP®)
Put all ingredients except hamburger in a 4-quart kettle, bring to a boil, and let cook until tender. Add cooked hamburger and heat. A ham hock may be cooked with above ingredients instead of hamburger, or pieces of ham may be added at the last.

Split Pea Soup with Sausage Balls Makes 12 servings

* 1 pound (2 1/4 cups) green split peas
* 3 quarts water
* 2 tsp salt
* 1/2 tsp pepper
* 1/4 tsp marjoram
* 1 pound bulk pork sausages (may substitute sausage TVP®)
* 1 cup diced celery
* 1 cup diced potatoes
* 1 cup diced onion
* 1 cup diced carrots
* salt to taste

Wash split peas and sort.In a large saucepan combine water and seasonings and bring to a boil. Add peas gradually so water does not stop boiling. Shape sausage into 1 inch balls (about 28 of them) and roll in flour. Drop into soup, cover, and simmer until sausages are well done and peas are tender. About 20 minutes before time to serve, add vegetables and cook until tender.

NOTE: You may wish to cook and drain sausage before adding it to soup.

Cream of Split Pea Soup
Makes 8 servings
* 2 cups split peas
* 4 1/2 cups boiling water
* 1/2 cup celery, diced
* 1/2 cup carrots, diced * 1 onion, chopped
* 2 tsp salt
* 2 1/2 cups milk (2/3 cup powdered milk and 2 1/2 cups water)
* season to taste (may add chunks of ham, bacon Etc. May substitute TVP®)

Wash split peas and sort. In a large saucepan combine water, split peas, vegetables, and salt. Simmer until peas are soft, about 45 minutes, stirring occasionally. Put through a sieve or a blender. Add powered milk and seasonings, chunks of meat, then reheat and serve. ----------

Barbequed Lima Beans
Makes 8-10 servings
* 2 cups large dried lima beans
* 8 cups water
* 1/4 cup bacon cut into 1/2 inch pieces (If desired cook and drain before adding. May substitute bacon TVP®)
* 1 small onion chopped
* 1 clove garlic, minced
* 1/2 cup margarine
* 1 tsp prepared mustard
* 2 tsp Worcestershire sauce
* 1 1/2 tsp chili powder
* 1 8oz. can tomatoes
* 2 Tbsp brown sugar
* 2 Tbsp vinegar
* 1/4 pound bacon slices (If desired cook and drain before adding. May substitute bacon TVP®)

Sort and rinse beans; do not soak.In a 4 quart saucepan, combine rinsed beans, water, and 1/4 lb diced bacon. Bring to a boil; reduce heat. Cover and simmer until beans are almost tender (1-1 1/2 hours), checking several times. Add hot water as needed to keep beans just covered while cooking. Drain, reserving 1/2 cup liquid. Cook onion and garlic in margarine until soft. Add remaining ingredients except drained lima and bacon slices. Cook 5 minutes add to lima beans. Place in a greased 2-quart casserole; top with sliced bacon. Cover, bake for 2 hours at 350 deg., Adding reserved bean liquid if needed.

Three Bean Stew
Makes 6 servings
* 1ea 8oz. package of dry navy beans
* 1/2 cup dry baby lima beans
* 1/2 cup dry red kidney beans
* 1 Tbsp salad oil
* 1 med. green pepper, cut up
* 1 med. onion, diced
* 1 garlic clove, minced
* 1 1/2 Tbsp brown sugar
* 2 tsp salt
* 1/4 tsp pepper

* 1/8 tsp ground cloves
* 6 cups water
* 1ea 14oz. can tomatoes
* 1ea 6oz. can tomato paste
* 1 pound smoked polish sausage, cut in 1/2 inch chunks.(may substitute sausage TVP®)

Use boiling water as a quick soaking method to prepare beans; drain water. In a heavy saucepan or dutch oven, heat salad oil over medium heat. Add green peppers, onions, and garlic. Cook until tender, stirring occasionally. Add beans. Stir in brown sugar, salt, pepper, cloves, and water. Heat to boiling, reduce heat to low, cover, and simmer about 1 hour or until beans are tender, stirring occasionally. Stir in tomatoes with their liquid, tomato paste, and polish sausage chunks. Stir to mix well. Cover and simmer 30 minutes.

Lentil Roast

* 1 1/2 C. cooked lentils
* 1/4 C. cooked lima beans
* 1/2 C. rolled oats
* 2/3 C. dry milk powder
* 1 1/2 C. fine bread crumbs
* 2 C. water
* 1/4 C. vegetable oil
* 1 egg
* 1 C. chopped nuts
* 1/2 tsp. sage
* 1 tsp. vegetable or chicken base
* 1 C. grated celery
* 1 tsp. grated onion
* 1 C. grated fresh carrots

Combine all ingredients and mix thoroughly. Add more bread crumbs for a drier loaf. Spoon into a 9"x13" baking dish coated with a non-stick vegetable spray. Bake at 350 degrees F. for 30-40 minutes. Serve with white bean gravy, if desired. Serves 8-10

Baked Beans Without Pork Recipe

Instructions

1. Soak one quart of medium pea beans over night or twelve hours, then parboil till the skin cracks when taken up on a spoon and exposed to the cool air. 2. Put a beef bone with marrow into the pot and fill with beans, adding two teaspoons of salt, and water to cover.
3. Bake slowly for twelve hours, adding more water as it evaporates.
4. Before serving take off the hard beans on top.

Baked Beans, Vegetarian Recipe

* 1 pint pea beans
* ¼ teaspoon baking soda
* ½ tablespoon salt
* ¼ teaspoon pepper
* ¼ teaspoon dry mustard
* 1 small onion, minced
* ½ cup corn syrup
* 1/3 cup corn oil

Instructions
1. Vegetarian Recipe, Soak the beans over night. 2. In the morning, drain and boil till the skins begin to loosen, in water containing the soda. 3. Drain, combine with the other ingredients in an earthenware casserole.
4. Cover, bake slowly two hours, adding water as necessary; uncover to brown.

Baked Corn And Beans Recipe
Instructions
1. It is an old dish with us, yet I find few who have heard of it. 2. It is in no sense succotash.
3. In sweet corn time prepare a pot of Boston baked beans in the usual way. 4. About half an hour before they are to be served take from the oven, remove the pork and thoroughly stir in the corn, which has previously been cut from the cob, then replace in the oven. 5. Use plenty of corn.
6. Canned corn may be used.

Beans With Dumplings Recipe
Instructions
1. Wash and cook 1-1/2 cups navy or Lima beans, with water to cover, and salt to taste. 2. Drain, and add enough water or potato water to make 2 cups liquid.
3. Mix together in a small saucepan over the fire 2 teaspoons vegetable butter and 2 teaspoons flour, add a little of the broth, and stir smooth. 4. Add the rest of the liquid, and when it is brought to a boil, add dumplings as given for potato stew and dumplings.
5. Cover and let boil gently from 15 to 20 minutes; then add the cooked beans, shake together, reheat, and serve.

Boston Baked Bean Loaf Recipe

* Boston baked beans (leftover), passed through meat
* Grinder
* Onion, peeled, chopped fine
* Bread crumbs
* Egg, whole, or leftover white
* Tomato ketchup
* Seasonings to taste

Instructions
1. Mix all ingredients together and shape into a loaf. 2. Place in a small buttered baking pan.
3. Bake in moderate oven for about 25 minutes.

Boston Baked Beans Recipe 1
Ingredients for Boston Baked Beans
* 1 pint of pea beans
* 2 tablespoons of molasses
* 1 teaspoon of bi-carbonate of soda
* 1 teaspoon of mustard
* 1 teaspoon of salt
* ¼ pound of salt pork

Instructions
1. Let the beans stand in cold water over night; wash and rinse in several waters. 2. Parboil until a pin will pierce the beans.
3. Change the water during the parboiling, adding the soda with the last water. 4.

Rinse thoroughly.
5. Put half the beans in the bean pot. 6. Pour scalding water over the pork, scrape the rind thoroughly, wash in the water, then score the rind in half inch strips (for cutting in slices when cooked). 7. Put the pork on the beans in the pot, and pour in the rest of the beans.
8. Mix the molasses, salt and mustard with hot water to pour and turn over the beans. 9. Then add boiling water to cover.
10. Bake about eight hours in a moderate oven. 11. Keep the beans covered with water and the cover on the pot until the last hour. 12. Then remove the cover, and bring the pork to the top, to brown the rind.
13. Less than a pint of beans can not be baked very successfully.

Boston Baked Beans Recipe 2

Ingredients for Boston Baked Beans

* 1 pint pea beans
* 1 small onion
* 1/8 pound salt pork, part fat and part lean
* ½ teaspoon salt
* ½ teaspoon dry mustard
* 2 tablespoons molasses

Instructions

1. Soak beans in cold water overnight; in the morning place them in fresh water to cover and simmer gently until skins begin to burst, being careful that they do not cook long enough to break. 2. When they are soft turn them into a bean pot.
3. Beans may be put into the pot without this preliminary cooking. 4. Pour boiling water over the salt pork.
5. Scrape the rind until white, score it in half inch strips, and bury the meat in the beans, leaving only the rind exposed. 6. Mix together salt, mustard and molasses.
7. Place these in a cup, fill the cup with hot water, stir until well mixed, and pour the liquid over the beans and pork. 8. Add enough water to cover the beans and bake eight hours, adding water to keep them covered, until the last hour, when the pork should be raised to the surface to crisp. 9. If pork is disliked, it may be omitted, but more salt must then be used, together with one-third cup of butter or butter substitute or drippings, or half a pound of fat and lean corned beef may be subs

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Bean (lima) And Sweet Potato Soup Recipe

Ingredients for Bean (lima) And Sweet Potato Soup Recipe

* 2/3 cup lima beans, shelled
* 2 sweet potatoes, peeled, diced
* 6 cups water
* 1 tablespoon butter
* Seasonings to taste

1. Put all ingredients in a kettle. 2. Cover.
3. Cook slowly for about 35 minutes. 4. Then serve.

Beans (lima) And Onions Recipe

Ingredients for Beans (lima) And Onions

* 4 cups lima beans, shelled
* 3 onions, peeled, sliced
* 4 tablespoons butter
* Seasonings to taste

Instructions

1. Boil the lima beans in salted water for 20 minutes. 2. Drain off water.
3. While the beans are cooking, put butter and onions in a frying pan. 4. Let cook for 15 minutes, stirring occasionally.

5. Put lima beans and seasonings in the frying pan with the onions. 6. Mix well.
7. Let cook for 3 minutes together. 8. Then serve.

Beans (lima) And Potatoes Recipe

* 3 cups lima beans, shelled
* 4 potatoes, peeled, sliced
* 2 cups milk, scalded
* 1 cup water, boiling
* 2 tablespoons butter
* Seasonings to taste

Instructions

1. Put all ingredients together in a sauce pan. 2. Cover.
3. Let cook for about 25 minutes. 4. Then serve.

Beans (lima) And Vermicelli Recipe

* 2 cups lima beans, shelled
* 2 cups vermicelli, broken in pieces
* 4 tablespoons butter
* Seasonings to taste

Instructions

1. Boil separately in salted water the lima beans for 25 minutes, and the vermicelli for 15 minutes. 2. Drain off water.
3. Mix together with a fork, add the butter and seasonings, and serve.

Beans (lima), Rice And Milk Recipe

* 1½ cups lima beans, shelled
* ¾ cup rice, washed
* 4 cups water
* 1½ cups milk, scalded
* 2 tablespoons butter
* Seasonings to taste

Instructions

1. Rice And Milk Recipe, Put all ingredients, except the milk, in a kettle. 2. Cover.
3. Let cook for about 15 minutes. 4. Then add the scalded milk.
5. Let cook together for about 10 minutes. 6. Then serve.

Beans (wax, String And Lima), Boiled Recipe

* 2 cups string beans, strung, cut in pieces
* 1 cup wax beans, strung, cut in pieces
* 1 cup lima beans, shelled
* 3 tablespoons butter
* Water
* Seasonings to taste

Instructions

1. String And Lima), Boiled Recipe, Place all the beans, butter and seasonings in a stew pan. 2. Pour in enough water just to cover.
3. Place cover on stew pan.
4. Cook slowly for about 30 minutes. 5. Then serve.

Curried Lima Beans Recipe

Instructions

1. Chop 1 onion finely and fry it for a few minutes in 2 tablespoons vegetable shortening, add 1 tablespoon curry powder, 1 teaspoon salt, 1 teaspoon flour, 1 teaspoon lemon juice, and 1 cup water, allow to cook slowly for 20 minutes, then add 1 1/2 cups cooked lima beans, mix well and serve hot.

Ingredients for Lentils And Lima Beans
* 3 cups lentils (soaked 6 hours)
* 2 cups lima beans, shelled
* 1 onion, peeled
* 1 carrot, peeled
* 3 tablespoons butter
* Seasonings to taste

Instructions
1. Boil the lentils, carrot and onion in salted water for 45 to 50 minutes. 2. Remove from water.
3. While the lentils are cooking, boil the lima beans in salted water for 25 minutes. 4. Drain off water.
5. Remove carrot and onion from lentils. 6. Mix lentils, lima beans and seasonings. 7. Place them in a stew pan.
8. Add the butter and let cook very slowly for about 10 minutes. 9. Then serve.

Lima Beans Baked With Salt Pork Recipe 1

Instructions
1. Parboil one quart of lima beans with half a pound of salt pork. 2. Take out the pork, and score it in slices for serving.
3. Then turn the beans into a baking-dish.
4. Set the pork in the center, and bake until the beans are tender. 5. Do not have the beans too moist when ready for the oven.
6. Cover the dish for a time with an agate plate, then remove the plate to crisp the beans and pork. 7. Use with the pork beans that are rather old and require at least two hours' cooking.
8. Dried beans soaked over night in cold water may be used after an hour of parboiling. 9. Parboil young, tender beans about twenty minutes.
10. Add butter, pepper, and salt, and bake nearly an hour. 11. Do not use pork with young beans, unless it be first cooked by itself two or more hours.

Lima Beans With Ham Recipe

Instructions
1. Take three-quarters of a pound of lima beans, very tender young ones. 2. Put them in boiling water for about five minutes to whiten them.
3. Then put into a saucepan one heaping tablespoon of butter, some chopped parsley, and one small onion chopped up fine. 4. When the onion is fried, add three ounces of raw ham, also chopped up.
5. When the ham is fried put in the lima beans, and a little while before they are cooked add two or three tablespoons of stock. 6. Serve with dice of fried bread.

BARLEY, BAKED

1 c Barley
1 Onion, chopped fine
2 c Vegetable stock

Mix barley and onion with 1 cup boiling stock in pan or casserole with tight fitting cover. Bake in 300 degree F oven for 45 minutes. Add second cup of hot stock and

continue baking 30 to 40 minutes or until barley is soft and mixture is almost dry. Makes 4 to 6 servings. Variation: Add 2 tablespoons minced parsley; 1/2 to 1 teaspoons of your favorite herbs.

BARLEY, SPLIT PEA SOUP

3/4 Cup Split Peas
1/2 Cup Barley
2 Tablespoons Carrots, Dehydrated
1 Tablespoon Celery Flakes
2 Teaspoons Vegetable Broth Powder
2 Teaspoons Onion Flakes
1 Teaspoon Salt
1 Teaspoon Parsley Flakes
1/8 tsp. Garlic Granules
1 Bay Leaf
1 tbsp. Oil
5 C Water
6 oz Ham, Canned -- cubed, optional
1. Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover.2. Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened.3. If used, add pre-cooked meat cook for the last 15 minutes.

BEANS, BAKED

1 lb Great Northern or Navy beans soaked overnight in cold water
1 c Onion; chopped
4 sl Bacon; diced or comparable amount of Bacon TVP
2 tb Sugar
1 tb Dry mustard
1/2 ts Cayenne pepper
2/3 c Molasses
2 tb Cider vinegar
1 1/2 c Tomato juice or reconstituted tomato powder.Salt

Drain the beans and place them in a large saucepan. Add fresh water to cover the beans. Bring the water to a boil over medium heat. Reduce heat and simmer uncovered, until beans are almost tender, about 45 minutes to an hour. Drain. Preheat oven to 250 degrees. Place the beans in a baking pot or casserole. Stir in the onions, bacon, sugar, dry mustard, cayenne molasses, vinegar, tomato juice, and 1 cup water. Bake the beans uncovered until very tender, about 4 hours. Check the beans occasionally while baking and add more water if necessary, to prevent the mixture from drying. Season with salt to taste.

BEAN SOUP

Makes about 2 qts.
2c. navy beans or dried limas (dried limas cook really fast and will cook down to almost nothing, so 1 meaty ham or beef bone be careful not to end up with mush, unless that's what you want)
1c. cubed potato
1c. chopped celery
1c. finely chopped onion
1 clove garlic, minced
1 c. cubed carrots
1 small bay leaf

Bring beans to a boil in 2-1/2 qts.. water for 2 minutes. Remove from heat, cover, and let stand for 1 hour. Add meaty bone, garlic, and bay leaf to beans. Cover and let simmer 1 hour or more. Remove bone and trim meat. Dice meat and add to beans. Reheat almost to boiling. Remove bay leaf. Serve.

LENTIL ROAST

1 1/2 C. cooked lentils
1/4 C. cooked lima beans
1/2 C. rolled oats
2/3 C. dry milk powder
1 1/2 C. fine bread crumbs
2 C. water
1/4 C. vegetable oil 1 egg
1 C. chopped nuts
1/2 tsp. sage
1 tsp. vegetable or chicken base
1 C. grated celery
1 tsp. grated onion
1 C. grated fresh carrots

Combine all ingredients and mix thoroughly. Add more bread crumbs for a drier loaf. Spoon into a 9"x13" baking dish coated with a non-stick vegetable spray. Bake at 350 degrees F. for 30-40 minutes. Serve with white bean gravy, if desired. Serves 8-10.

RICE AND LENTILS, ASIAN

Amount Measure Ingredient:
1/2 Cup Brown Rice
1/2 Cup Lentils
2 Tablespoons Butter
1 Onion -- chopped
1/2 Teaspoon Salt
1/2 Teaspoon Cinnamon
1/2 Teaspoon Ginger
1/2 Tsp. Cardamom
2 Whole Cloves
1 Bay Leaf
1 pinch Cayenne Pepper -- optional
2 1/2 C Water

1. Melt butter in cook pot and add all dry ingredients. Sautee a few minutes and then cover with water.2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder.

Notes:a. Substitute 1 tbs. Onion flakes for the fresh onion for a trail meal.b. Add meat of your choice if desired.

Pea Bean Soup

2 cups dried lima beans
2 cups dried split peas
1 cube butter or use substitute
1 teaspoon salt
1/2 teaspoon pepper
2 or 3 cups onions (or substitute with onion flakes)
Ham, if you have it.

Soak beans and peas overnight. Boil for 1 hour. Add onions, butter, salt and pepper, ham or any other spices and seasoning you wish. Cook 15 more minutes or until beans are tender.

White Bean Soup
2 cups white beans (pea beans or great northern)
4 strips bacon, diced
1 carrot, shredded
1/4 cup dried minced onion 5 cups water
1/2 teaspoon dried ginger Salt and pepper to taste

Fry bacon slowly in bottom of bean pan until just golden. Pour off fat. Add water and stir brownings off bottom. Add the rest of the ingredients and simmer until beans are very tender. Mash some of the beans to thicken soup. Milk can be added if desired (Just enough to lighten soup.). Serve with crackers or fresh bread and chopped green onions. 4 servings.

Soups (28)

Delicious Turkey Soup With Dry Soup Mix Makes 6 servings

* 8 cups of chicken or turkey broth (may use reconstituted chicken bouillon)
* 3/4 cup dry soup mix*
* salt and pepper to taste
* 1 cup diced celery
* 2 cups diced turkey or chicken (may substitute chicken TVP®)
* 1 tall can evaporated milk

Mix broth, soup mix, salt and pepper and celery and simmer for 45 minutes. Stir in diced turkey and can of milk. Heat and serve. You may thicken with flour or cornstarch.
* Dry soup mix can be purchased from food storage companies and in some grocery stores.

Ham Hock and Soup Mix
Makes 6 servings
* 1 ham hock
* 3/4 cup soup mix*
* about 7 cups water
* salt and pepper to taste
Simmer all ingredients for 45 minutes or until tender. remove ham hock, returning meat to soup. Serve.
* Dry soup mix can be purchased from food storage companies and in some grocery stores.

Hamburger Soup
Makes 6 servings
* 2 cans beef broth and 1 cup water (or 4 cups water, 4 bouillon cubes)
* 1/2 cup soup mix*

Bring to a boil and simmer 45 minutes or until tender.
ADD:
* 1 quart tomato juice or tomatoes
* 1/2 pound browned hamburger (may substitute beef TVP®)
Simmer 5 minutes and serve.
* Dry soup mix can be purchased from food storage companies and in some grocery stores.

Pioneer Stew

Makes 8 servings
* 1 1/4 cups (1/2 pound) dried pinto or kidney beans
* 3 cups cold water
* 1 tsp salt
* 1/2 to 1 pound ground beef (beef TVP® may be used)
* 1/2 cup chopped onion
* 1/2 cup finely diced green pepper
* 1 16oz. can whole kernel corn, undrained
* 1 16oz. can tomatoes, undrained
* 1/2 tsp chili powder
* 3/4 tsp salt
* 1/2 cup sharp American cheese
In a large saucepan place washed and drained beans, cold water and salt. Bring to a boil. Cover and simmer 1 hour and 15 minutes.In skillet cook ground beef, chopped onion and green pepper until meat is browned and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder, and salt to taste to beans. Simmer 20 minutes.Combine 1 Tbsp flour with 2 Tbsp water. Stir into stew. Cook and stir until thick and bubbly. Stir in cheese.

Lentil Sausage Soup

1 1/2 pounds mild Italian Sausage -- browned and drained
1 carrot -- chopped fine
1 rib celery -- minced
1/2 tablespoon onion powder
2 cups lentils
1 cup rice
1/2 teaspoon garlic powder salt and pepper oregano, basil, seasoning salt
2 8 oz cans tomato sauce

Instructions: Put the browned sausage (chop up finely or take off the casing before you fry it) into water (10 cups). Add carrot, celery, onion powder, and lentils. Boil/simmer for 35 minutes. Add in 3 more cups water and rice and boil/simmer 15 minutes more. Then add oregano, basil, a couple shakes of seasoning salt, two 8 oz cans of tomato sauce -- and you have my dinner!
(You can up the veggie amounts as much as you like)

Chicken, Lima Bean And Tomato Soup Recipe

Ingredients for Chicken, Lima Bean And Tomato Soup Recipe

* 1 small chicken (broiler)
* 1½ cups lima beans
* 4 tomatoes, or½ pint canned tomatoes
* 1 onion, peeled, sliced
* 6 cups water
* Seasonings to taste

Instructions

1. Lima Bean And Tomato Soup Recipe, Place all ingredients in a stew pan. 2. Cover.
3. Boil slowly for about 45 minutes. 4. Remove the chicken from the stew pan. 5. Remove skin and bones and cut chicken meat in small pieces. 6. Put back the chicken meat in the soup.
7. Bring to a boil and then serve.

Cream Of Pea Soup Recipe 1

Instructions

1. Turn off the liquor from a can of peas, and pour enough water over the peas to cover them well. 2. Let the peas soak for half an hour, drain; put them into a saucepan with a pint of water, and boil until they become soft. 3. Rub through a colander and add a teaspoon of sugar.
4. Cook in another saucepan 1 teaspoon of butter with 1 of flour. 5. Pour in a pint of rich milk, and when it is thickened add the pea puree. 6. Cook for a minute, season to taste, the turn into a heated tureen.
7. Drop a handful of dice of fried bread on the soup just before serving.

Cream Of Split Pea Soup Recipe 2

Ingredients for Cream Of Split Pea Soup

* 1 cup split peas
* 2½ quarts water
* 2 tablespoons chopped onions
* 3 tablespoons butter
* 2 tablespoons flour
* 1½ teaspoons salt
* 1 pint milk

Instructions

1. Wash the peas, and soak tem over night in cold water. 2. Drain, and rinse thoroughly, adding two and one-half quarts of cold water and the onion. 3. Cook slowly until soft, and press through a strainer.
4. Make a white sauce of the remaining ingredients, and add to the above. 5. Cook together five minutes.

Pea (dried) And Boston Bean Soup Recipe

Ingredients for Pea (dried) And Boston Bean Soup Recipe

* 2 cups dried peas (soaked 6 hours)
* 2 cups Boston beans (soaked 10 hours)
* 1 onion, peeled, chopped
* 10 cups water
* 2 tablespoons butter
* Seasonings to taste

Instructions

1. Boil slowly together the water, dry peas, Boston beans, onion and seasonings for about 1 1/2 hours. 2. Add the butter, then serve.
3. If too thick, add more water and bring to a boil before serving.

DUCK SOUP
1 large or 2 small ducks, cut into small pieces
8 cups water
2 stalks celery with leaves, chopped (optional)
1/2 cup carrot, (shredded)
1/2 cup onion, diced
1 teaspoon salt
6 chicken bouillon cubes thin noodles, rice or barley
Place all ingredients, except noodles, rice or barley, in a large kettle. Simmer gently 2–3 hours. If too thick, add 1 cup water. Add 2–3 ounces thin noodles. Rice or barley is also excellent for thickening the soup. Cook very slowly 1/2 hour longer. Like most soups, this one is improved by reheating.

Okra Soup
2 medium sized tomatoes, peeled
2 T diced onion
6 tender okra, cut up
Salt and Pepper to taste
1 T. shortening

Cook ingredients in 1 qt. water 'til tender. Then add 1 qt. milk. Heat, but not to a boil. Serve hot with soda crackers.

Onion Soup Mix
6 Tablespoons Onion Flakes
2 Tablespoons Parmesan Cheese -- optional
2 Teaspoons Corn Starch -- optional
2 Tablespoons Beef Bouillon
1 Tablespoon Soybean Flour
2 Tablespoons Vegetable Protein -- to 3 Tbl.
2 Tablespoons Instant Mashed Potatoes

Blend all of the above ingredients together until well blended. Shelf life-- 2 months.
TO RECONSTITUTE: Use 2 Tablespoons in 1-1/2 cups boiling water.

Peanut Butter Soup

1 Env Cream Of Onion Soup Mix -- makes 2-1/2 c soup
1/2 C Dry Milk
1/8 Tsp Nutmeg
3 Tbsp Peanut Butter
3 1/2 C Water

1. Put soup mix in pan, add 2 1/2 cups cold water. Heat to boiling, stirring frequently. 2. Mix milk powder with 1 cup water. Add to soup and turn heat to simmer, and cook for 5-10 minutes. 3. Blend in peanut butter while soup is simmering.
Makes about 4 cups.

Potatoes and Broth
2 lb new potatoes, well washed
6 c water

6 beef broth cubes
Heat water to boiling and add cubes to form broth. Place potatoes in broth and simmer 45 min or until potatoes are done. Serve as a soup with a potato.

Spicy Tomato Soup
2 Oz Tomato Crystals
2 Oz Chicken Bouillon Granules, Or 5 Ea Chicken Bouillon Cubes
1/2 Tsp Sugar
1/4 Tsp Basil 1 Tsp Instant Minced Onion, Or 1 Tsp Freeze-Dried Chives
1 Pkg Lemon Crystals
1 Tsp Dried Parsley
3 C Water

1. Add all ingredients to a bag and seal tightly. 2. To prepare add indgredients to a pot and gradually add 3-4 cups cold water. 3. Bring to a boil and simmer a few minutes to blend flavors.

Split Pea Soup 3
1. 1 ½ cups split peas
4 ½ cups water

Put the peas and water in a large soup pot, bring to a boil, and simmer for 2 minutes. Remove from heat, cover and let stand for 1 hour.
2. 6 cups water 1 onion, chopped 2 cups cooked ham, cubed, or shaved & finely chopped (approximately - more or less to your own preference) Chicken soup base (e.g.. OXO cubes or liquid - enough to give good flavor to the water in the pot) Add the additional water, onion, ham and soup base to the soup pot. Bring back to a boil, and simmer about 1 hour, or until peas are quite soft.
3. 3 tbsp butter 2 tbsp flour
1 ½ cup milk In a small saucepan melt the butter and stir in the flour. Cook for a minute or two and then add the milk, whisking to keep it smooth. Cook this sauce until it thickens, and then whisk it into the soup. Whisk the soup well, and cook it a couple of minutes more. (The whisking should result in the peas and onions becoming more or less pureed, which is what you want.)
Note: This soup is quite good, and makes a large quantity. For the ham, I used a small black forest ham, and cubed it into ½ inch pieces. The original Fanny Farmer recipe didn't call for ham, but used salt pork instead.

Taco Bean Soup
This recipe goes great with corn bread.
1/2 lb. ground beef, browned (You could use a meat substitute here. If so, add it just before serving.)
1 chopped onion (or 1 cup reconstituted onions)
1 lb. cooked kidney beans or pinto beans
1 lb. stewed tomatoes (or 2 cups water and 1 cup tomato powder, mixed)
8 oz tomato sauce (or 1 cup water and 1/2 cup tomato powder, mixed)
1/2 envelop taco seasoning
1 1/2 cup water
Cook onion with meat, add remaining ingredients. Simmer 15 minutes or more. Serve over corn or tortilla chips - or - it also makes a great meal all by itself if served with corn bread. Garnish with grated or powdered cheese if desired.

Western Fish Stew

3 Oz Dried Onions
2 Chicken Bouillon Cube
2 Beef Bouillon Cubes
1/4 Tsp Garlic Powder 1/2 Tsp Thyme
2 Pkg Lemon Crystals
1 Stick Cinnamon -- 1" pieces
2 Oz Tomato Crystals
1 Lb Fish Fillet
5 C Water
Salt -- to taste
1. Fillet the fish and cut into chunks.
2. Add everything except tomato and fish to 4 or 5 cups of water. Bring to a boil, reduce heat and simmer gently for 10 to 15 minutes.
3. Blend the tomato crystals with enough cool water to form a smooth paste. Add slowly to the simmering broth.
4. Add fish and cook until it flakes easily.

Shrimp chowder (Four large portions)
* 3/4 cup dry shrimps
* 8 tbsp dry leeks
* 8 tbsp dry onion
* 6 tbsp dry mushrooms
* 2 tbsp dry parsley
* 4 tbsp dry celery
* 4 tbsp dry carrots
* 2 tbsp dry red bell peppers
* 1 tbsp cumin powder
* 2 tbsp curcuma powder
* 1 pinch dry chili pepper
* 1 cup + 4 tbsp dry milk powder
* 8 tbsp dry cheese
* 8 tbsp dry potato flakes
* 6 cups chicken stock made with 6 tsp of chicken powder and water
* Salt and pepper to taste

PreparationPut all ingredients, except milk, potato and cheese in a large pot. Bring to a boil, cover and simmer for about 10 minutes. Add the remaining ingredients and simmer for 2 more minutes. Turn off the heat, cover and let stand 5 minutes before serving. Enjoy.

Vegetable Soup
* 4 cups water
* 3/4 to 1 cup dried vegetables (green beans, corn, peas, tomatoes, onions, etc.)
* 2 packages beef bullion granules or 4 cubes
* Seasonings to taste such as herbs, soy sauce, or curry

Bring water to a boil. Add dried vegetables, bouillon and seasonings.Simmer about 20 minutes or until vegetables are tender though chewy. (Freshly dried vegetables will not take as long to reconstitute as those that have been stored for a long time.)
As a variation, add 1/2 cup cooked rice, noodles or barley with the other ingredients, or add 1/4 to 1/2 cup dried jerky, cut in bite-size pieces. Using low-sodium soup granules or bouillon cubes will allow those on low-sodium diets to enjoy this versatile recipe.

Beef Vegetable Soup
* 1 soup bone (with some meat)
* 1 cup assorted dried vegetables (corn, peas, beans)
* If not among dried vegetables:
* 1 large celery stalk
* 2 carrots
* 1 medium onion
* 1 tablespoon dried parsley
* 1 tablespoon salt
* 1/4 teaspoon pepper

Cover soup bone with water. Cook 1 hour over medium heat.Pour boiling water over dried vegetables just to cover. Soak 1 hour. (Do not drain).Dice celery, carrots, and onion; add all vegetables, dried parsley and seasoning to beef bone. Simmer 1 to 1-1/2 hours.Remove bone, dice meat and return to pot. Season to taste and serve hot.

Instant Soup Cup
* 1 tablespoon powder from dried vegetables (such as peas)
* 1/4 cup dried milk
* 3/4 cup boiling water

Pulverize dried vegetables into powder in a blender or food processor at the highest speed.Mix powder with dried milk. Place in cup and add boiling water. Stir.
For better flavor, soup may be simmered. Dried potato flakes may be added, if desired, to thicken soup.

Taco Bean Soup Recipe 2
This recipe goes like hand in glove with the corn bread recipe.
* 1/2 lb. ground beef, browned (You could use a meat substitute here. If so, add it just before serving.)
* 1 chopped onion (or 1 cup reconstituted onions)
* 1 lb. cooked kidney beans
* 1 lb. stewed tomatoes (or 2 cups water and 1 cup tomato powder, mixed)
* 8 oz tomato sauce (or 1 cup water and 1/2 cup tomato powder, mixed)
* 1/2 envelop taco seasoning
* 1 1/2 cup water

Cook onion with meat, add remaining ingredients. Simmer 15 minutes or more. Serve over
corn or tortilla chips - or - it also makes a great meal all by itself if served with corn bread. Garnish with grated or powdered cheese if desired.

TVP Corn and Bean Chili

Makes 8 servings
* 1 1/4 cups (1/2 pound) dried pinto or kidney beans * 3 cups cold water
* 1 tsp salt
* 1/2 to 1 pound ground beef (beef TVP® may be used) * 1/2 cup chopped onion
* 1/2 cup finely diced green pepper * 1 16oz. can whole kernel corn, undrained * 1 16oz. can tomatoes, undrained
* 1/2 tsp chili powder
* 3/4 tsp salt

* 1/2 cup sharp American cheese
In a large saucepan place washed and drained beans, cold water and salt. Bring to a boil. Cover and simmer 1 hour and 15 minutes.In skillet cook ground beef, chopped onion and green pepper until meat is browned and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder, and salt to taste to beans. Simmer 20 minutes.Combine 1 Tbsp flour with 2 Tbsp water. Stir into stew. Cook and stir until thick and bubbly. Stir in cheese.

Lentil Sausage Soup
1 1/2 pounds mild Italian Sausage -- browned and drained
1 carrot -- chopped fine
1 rib celery -- minced
1/2 tablespoon onion powder
2 cups lentils
1 cup rice
1/2 teaspoon garlic powder salt and pepper oregano, basil, seasoning salt
2 8 oz cans tomato sauce

Instructions: Put the browned sausage (chop up finely or take off the casing before you fry it) into water (10 cups). Add carrot, celery, onion powder, and lentils. Boil/simmer for 35 minutes. Add in 3 more cups water and rice and boil/simmer 15 minutes more. Then add oregano, basil, a couple shakes of seasoning salt, two 8 oz cans of tomato sauce -- and you have my dinner!
(You can up the veggie amounts as much as you like)

Chicken, Lima Bean And Tomato Soup Recipe
Ingredients for Chicken, Lima Bean And Tomato Soup Recipe
* 1 small chicken (broiler)
* 1½ cups lima beans
* 4 tomatoes, or½ pint canned tomatoes
* 1 onion, peeled, sliced
* 6 cups water
* Seasonings to taste
Instructions
1. Lima Bean And Tomato Soup Recipe, Place all ingredients in a stew pan. 2. Cover. 3. Boil slowly for about 45 minutes. 4. Remove the chicken from the stew pan. 5. Remove skin and bones and cut chicken meat in small pieces. 6. Put back the chicken meat in the soup.
7. Bring to a boil and then serve.

Vegetable Consomme With Peas Recipe
Ingredients for Vegetable Consomme With Peas Recipe
* ½ cup diced carrots
* 1/3 cup diced turnips
* 1/3 cup chopped cabbage
* 1/3 cup chopped celery
* 1/3 cup sliced potatoes
* 1/3 cup sweet potatoes
* 1/3 cup chopped onions
Instructions
1. Bring the vegetables to a boil in one quart of water. 2. Then cook in double boiler three hours.

3. Reserve potatoes until one-half hour before serving. 4. Add one and one-third cups bean stock, salt, season with thyme, add one teaspoon butter, and serve. 5. To each serving, add a dessertspoon of canned peas.
6. This makes one quart soup.
7. Soak one cup of beans in one quart of water over night. 8. Put to cook in the same water in which they were soaked, and cook until thoroughly softened. 9. Let them stand until settled; then strain off the clear liquid.
10. Season with salt and pepper before adding to the vegetables.
11. There should be one and one-third cups of it.
12. If deficient in quantity, add sufficient water to make this amount.

Pea, Carrot And Rice Soup Recipe

Ingredients for Pea, Carrot And Rice Soup Recipe

* 3 cups green peas, shelled * 2 carrots, peeled, sliced thin * ½ cup rice, washed
* 6 cups water, boiling * 2 tablespoons butter
* Seasonings to taste

Instructions

1. Carrot And Rice Soup Recipe, Put all ingredients together in a stew pan. 2. Let boil for about 20 minutes.
3. Then serve.

Breads (37)

Everlasting Yeast

* 1 quart warm potato water
* 1/2 yeast cake or 1/2 Tbsp dry yeast
* 1 tsp salt
* 2 Tbsp sugar
* 2 cups of white or whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until ready to mix for baking. Leave a small amount of everlasting yeast for a start for next time. Between uses, keep in a covered jar in refrigerator until a few hours before ready to use again.
Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast started and remaking some each time, yeast can be kept on hand indefinitely.

Whole Wheat Bread Recipe

This recipe makes 5 loaves. When cut in half, makes 3 loaves. (8 1/2 X 4 1/2 X 2 1/2.) Use an electric mixer or knead by hand.
(Mix in bowl until flour is wet:)

* 5 1/2 C hot tap water (140 degrees F)
* 1/3 C honey
* 5 C whole wheat flour
* 1/2 C Gluten Flour

Add and mix for 15 seconds:

* 3 T dry yeast

Add:
* 2/3 C oil (olive or vegetable)
* 3 T lemon juice or 50 mg. ascorbic acid (Vit. C)
* 1 T salt

Continue adding flour (about 7 to 9 cups) until dough forms a ball and does not stick to sides or bottom of bowl. Knead with an electric bread mixer for 6 minutes or by hand about 10 minutes (300 kneadings).
With oil on your hands remove the dough from bowl and form into loaves. Before placing loaf size dough into pan, fold and pound with side of fist a few times to get air bubbles out and to make a tighter and more elastic-like loaf. Make a tight ball-shape loaf and put in center of greased bread pan then place in a 125 degree oven or let rise on countertop until double in bulk. Turn oven up to 350 degrees and bake for about 30 minutes or until top and bottom crust are brown. Place on wire rack to cool. Store in plastic bags.

Half and Half Bread Recipe
This recipe uses half white flour and half whole wheat flour. If you are having trouble getting the 100% whole wheat recipes to work for you, this is a much more forgiving recipe. The author suggests you "be sure you have enough of the essential items listed above in your Food Storage to make bread for a minimum of 6 months. Remember, Wheat is the staff of life. Once your system is accustom to it, you can use it as the base for many a meal." Wise counsel, I'd say.
Servings: 48 Prep. Time: 3:00
* 2 packages Dry yeast
* 1/2 cup Warm water
* 1 teaspoon Sugar
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* 2/3 cup Honey or brown sugar
* 2/3 cup Oil
* 2 tablespoons Salt * 5 cups Warm water
~~~~~~~~~~~~~~~~~~~~~~~~~
* 7 cups Wheat flour
* 7 cups White flour
Instructions:
In a bowl, sprinkle yeast on 1/2 cup warm water and 1 teaspoon sugar. Stir slightly and set aside in a warm place.
Combine honey, oil, salt and warm water in a large ceramic bowl. Add wheat flour and mix thoroughly.
Add yeast mixture, which should be light and fluffy by now. Stir slightly. Add half of the white flour and mix a little bit; then work in the rest of the white flour. Turn out on floured surface; knead about 10 minutes. (Add only enough flour so you can touch the dough without sticking to it.)
Return dough to lightly oiled bowl, cover with damp towel. Let rise in a warm place until double in size.
Punch down and shape into 4 loaves. Place loaves in GREASED bread pans. Cover and let rise in a warm place for 25 to 30 minutes.
Bake at 350 deg F. for 35 minutes. Remove from pans to cooling racks. Butter or oil top. Allow to cool before slicing. (Bill's note: That is if you can resist warm bread with Peanut Butter on it)
Serving: Approx. 12 slices per loaf. (Bill's note: I'm lucky to get 10 slices. I like 'em thick.)
HINTS:-Product turns out best if all ingredients and equipment are at a warm-room temperature.-Ceramic bowls are best when allowing the yeast and dough to rise.

-When converting to an all wheat flour recipe, adjust white flour no more than two cups at a time.

Yeast Rolls, Doughnuts or Long Johns Recipe This recipe makes light, fluffy and delicious rolls.
* 4 eggs (or equivalent powdered eggs)
* 1 cup sugar
* 2 cups mashed potatoes (or equivalent potato flakes and extra water)
* 4 cups milk, scalded (can be reconstituted milk)
* 14 cups white flour
* 1 tablespoon salt
* 4 tablespoons of active dry yeast
* 1/2 lb margarine or butter

For sweet rolls, use 2 cups of sugar and 3 tablespoons of yeast. The softer the dough, the lighter the rolls will be. The dough should be much gooier than regular bread dough.
Let rise 2 hours, or until the bulk increases 3 or 4 times. Punch down, then form into rolls. Let rise again. When this has risen up extremely light and fluffy it is ready to cook.
Bake 375 to 400 degrees F until golden brown (about 10 minutes).

Quick Rolls Using 100% Whole Wheat Flour
The first time I tasted these rolls it was hard to believe they had no white flour in them. They were as light and fluffy as any rolls I've eaten made from white flour. A sure pleaser for any special dining occasion.
* 4 C warm water
* 1 C cooking oil
* 3/4 C honey (Could substitute 1 C sugar)
* 6 T yeast
* 2 1/2 tsp. salt
* 3 eggs (Can substitute 1/4 C powdered eggs plus 1/2 C water)
* 15 C whole wheat flour (or until workable)

Hint: Use oil on hands and kneading surface for easier handling. Mix water, oil, honey and yeast. Set aside 15 minutes. Add rest of ingredients and mix well. This dough should be a little stiffer than normal. Form into desired shapes and let rest 20-30 minutes or until double. Bake 15 minutes at 400 degrees. Makes 3 dozen.

Carrot and Cornmeal Bread
Ingredients:
* 2 Cups shredded raw carrots
* 2 Cups ground yellow cornmeal
* 1 and 1/2 Cups milk (I have made this with powdered, reconstituted milk, too)
* 1 Cup honey
* 4 eggs slightly beaten
* 2 Cups white, OR 1 and 3/4 Cups whole wheat flour
* 1/4 Cup vegetable oil
* 2 Tablespoons Baking Powder
* 2 teaspoons or less of salt
Instructions: Preheat oven to 400 degrees F. Grease a 10" X 13" baking pan. (You could use two, 8" square pans or two muffin pans.) Combine shredded carrots and cornmeal in a large bowl. Heat milk in a saucepan to boiling and immediately add to

carrot and cornmeal mixture. Cool to almost room temperature. Add honey, eggs, oil. In a separate bowl, mix together white or wheat flour, baking powder and salt. Then dump it all into the carrot mixture. Pour into baking pan(s) or muffin tins. If doing muffins, fill each cup 3/4 full. They rise nicely. Bake in 400 degree oven 20 min for muffins, 35-45 min. for cake pans. You want them nicely golden brown and springy to the touch in the center. The oven rack should be in the center, not on the top level or you may burn the tops of the muffins or bread. Honey in the recipe will make it brown easily, so you don't want to overdo the browning too long. A telephone call diverting your attention at the finish time could give you a DARK brown-- but no less delicious-- finish.

Buckboard Bread Recipe

For those of you who are afraid to start in making yeast bread, give this one a try. Just make sure you have a fresh supply of active baking powder.
Preheat oven to 400 degrees F.

* 4 cups flour
* 2 T. salt
* 2 1/4 tsp. baking powder
* 2 cups water

Mix dry ingredients. Add wet ingredients. Press into baking pan. Bake 25 minutes at 400 degrees.

Beer Bread Recipe

Ingredients:

* 3 Cups Self-rising flour
* 3 Tbsp. White sugar
* 1 12oz. can Regular beer at room temperature (Do not use Light Beer)

Kitchen Oven Method:
1. Mix ingredients in a bowl. Pour batter into greased loaf pan. 2. Bake in 350 deg F preheated oven for 1 hour.
3. Remove from loaf pan at end of baking time. Allow to cool 10 minutes. 4. Coat all sides with butter.* Slice and serve.

Note: Store in plastic wrap or plastic bag to maintain softness. Dutch Oven Method:
1. Mix ingredients in a bowl. Pour batter into a preheated greased 10" Dutch oven. 2. Bake for 1 hour at 350 deg F. Remove from heat.
3. Remove lid and allow to cool 10 minutes.
4. Remove from Dutch oven and coat all sides with butter 5. Slice and serve.

Note: Store in plastic wrap or plastic bag. This will keep it soft.
Heat Placement: 10" Dutch oven
-8 briquets underneath + 12 briquets on top = 350degF. -Use 2/3rds rule: After 2/3rds of the total baking time, remove the coals from the bottom and place on top.

Basque Sheepherder's Bread Recipe

Ingredients:

* 3 cups Very hot tap water
* 1/2 cup Butter, margarine or shortening
* 1/2 cup Sugar
* 2 1/2 tsp. Salt

* 2 pkgs Active dry yeast*
* 9 1/2 cups All-purpose flour
1. Combine water, butter, sugar and salt. Stir until butter melts; let cool to warm. 2. Stir in yeast, cover and set in a warm place until bubbly.
3. Add 5-cups of flour and beat with a wooden spoon to form a thick batter. 4. Stir in enough of the remaining flour (about 3-1/2 cups) to form a stiff dough. 5. Knead until smooth, about 10 minutes, adding flour as needed.
6. Place dough into a Dutch oven (well greased) and cover.
7. Set in a warm place to rise until doubled, punch down and knead on a floured board. 8. Return to Dutch oven and let rise until dough pushes up the lid about 1/2 inch.
9. Bake covered with lid in a 375 deg F. oven for 12 minutes.
10. Remove lid and bake for 30 to 35 minutes or until loaf is golden brown and sounds hollow when tapped.
* Use 2 packages of yeast if you are using a 12" Dutch oven or 1 package for a 10" Dutch oven.
NOTE: May be enhanced by adding seeds and/or chopped nuts to the dough.

Whole Wheat Potato Bread Recipe
* 8 cups whole wheat flour
* 1 Tbls. salt
* 4 Tbls. either raw or white sugar, honey, or molasses
* 4 Tbls. melted shortening or oil
* 2 Tbls. yeast dissolved in 1/2 cup warm water.
* 1 med. potato (about 1 cup) cooked until soft in 2 cups water.
Mash or beat potato-water mixture until smooth. Cool. Add 1 3/4 cups water to potato water. Add yeast and shortening. Pour this mixture gradually into flour. Mix 7 minutes with electric mixer or by hand until dough is smooth and stretchy. Dough will be soft. Let rest 10-15 minutes on greased surface. Knead and fill 2 1/2 size cans half full. Let rise until it has doubled in size and bake at 400 degrees for 45 minutes. Will make 6 small (can loaves) or 4 medium pan loaves.
For a quick process use 1/2 cup of dehydrated potato flakes instead of fresh potato. Simply mix dry potato in flour and add total of 3 3/4 cups water.
This delicious bread is much finer and lighter in texture than ordinary wheat bread. For a new taste treat, slice thin, butter on one side and grill in pan or grill. Much tastier than toasting in toaster.
Ideal dough for scones.

Oatmeal Bread
Makes 2 loaves.
* 1/2 cup warm water
* 2 Tbsp active dry yeast
* 3/4 cup water , boiling
* 3/4 cup rolled oats
* 1 cup buttermilk (or 1/3 cup powdered milk, 1 cup water, 1 Tbsp vinegar or lemon juice)
* 1/3 cup vegetable oil
* 1/2 cup honey or molasses
* 2 cups all-purpose flour
* 1 Tbsp salt
* 1/2 tsp soda
* 3 to 3 1/2 cups all-purpose flour
In a small bowl, stir yeast into 1/2 cup warm water; allow to stand until yeast dissolves and bubbles up. In medium sauce pan, bring 3/4 water to a boil; stir in

oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, honey or molasses.
Sift flour, salt and soda into a large mixing bowl. Add yeast mixture and oat mixture and beat with a wire whip or slotted spoon; let stand 5 minutes. Gradually add enough remaining flour until dough is soft enough for kneading. Turn out onto floured surface and knead 8-10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow it rise until double in bulk, about 1 1/2 hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to rest 10 min.
Form into loaves and place in greased 8 by 4 inch pans. Cover and let rise until double in bulk. Bake at 350 deg. to 375 deg. for 45 to 50 min. or until done. Remove from oven and turn out to cool on wire rack.

Essene Bread This is a sprouted bread recipe - very old, and said to have been created back in the biblical days. Also, this recipe literally, takes days to make. Your efforts and time will be well rewarded with a couple of the most singular breads; solid, sweet, and moist. Traditionally, Essene bread was probably baked on hot rocks under scorching sunlight, but where I and most of us live, this is not possible. Baking at the oven temperatures which I suggest might destroy the sprout enzymes, but monitoring baking loaves for much longer than 2 hours is too long for me. Guaranteeing the preservation of the enzymes might require baking at a very low temperature for perhaps 4 hours. If you have the stamina, then go for it.
Ingredients:
* 3 cups wheat berries
* 3 cups water to cover
* 1 tablespoon cornmeal
Directions:1. Beginning several days before you hope to be eating this bread, rinse the wheat berries in cool water, drain and submerge the berries with cool water in a large bowl. Cover the bowl with a plate or cloth, and allow the berries to soak at normal room temperature overnight or for about 12 hours. The berries will soak up a considerable amount of water. Drain the berries in a colander, cover the colander with a plate to prevent the berries from drying out, and set it in a place away from light and where the sun won't shine on it. Rinse the berries about 3 times a day, and they will soon begin to sprout. In a couple of days the sprouts will reach their optimum length of about l/4 inch. Growth depends on moisture and temperature so be patient.
2. Grind in a food mill or in a food processor.
3. After grinding, dump the mushed up grain onto a clean work surface. Squeeze and knead the grain for about 10 minutes, and then form up 2 small round, hearth-style loaves with your hands. Sprinkle an insulated cookie sheet with a little bran or cornmeal, and put the loaves on it.
4. Preheating the oven is not necessary. Cover the loaves with clothes, and bake at 350 degrees F (175 degrees C) for 30 minutes. Then turn the oven down to 325 degrees F (165 degrees C), and bake for approximately 2 hours and 15 minutes more. Allow the breads to cool thoroughly on cooling racks for several hours, and then, because of the high moisture content, store in the refrigerator. For best results, slice this bread thinly, or break with hands
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Soft and Delicious Two-Hour Whole Wheat Bread Makes 4 loaves

* 5 cups warm water
* 2 Tbsp. yeast
* 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 unbleached flour

Dissolve yeast as per package instructions. Make a sponge using all ingredients including salt. Use bread mixer or hand held electric beaters. Let rise 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. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double. Bake at 350 deg. for 30 to 40 minutes. Put hot bread on a towel to cool for a soft crust.

Mom's Favorite Corn Bread

* 1 C. cornmeal
* 1 C. flour
* 2 T. sugar
* 1 T. baking powder
* 1 tsp. salt
* 1/3 C. oil
* 1 egg
* 1 C. milk

Measure milk and put in a bowl. Add egg, oil and sugar. Beat. Sift flour, baking powder, salt. Stir into milk mixture and add cornmeal. Mix well. Pour into baking pan and bake at 400 degrees F. for 25 minutes. It's excellent to serve with beans. The two combined make a complete protein. My children especially like it with hot chocolate for breakfast.

Indian Bean Bread (Early Settlers)

* 4 C. cornmeal
* 2 C. hot water
* 2 C. cooked beans
* 1/2 tsp. baking soda

Put cornmeal in a bowl and mix in the drained beans. Make a hole in the middle and add soda and water. Mix. Form into balls and drop into a pot of boiling water. Cook abut 45 minutes or until done.

100% Honey Whole Wheat Bread

* 1 1/2 C. warm water
* 3 T. honey
* 1 can evaporated milk
* 1 T. salt
* 1/3 C. oil
* 2 eggs beaten
* 2 T. yeast
* 7 C. flour

Mix in order and raise in greased bowl, 35-45 minutes. Punch down, divide into 3 loaves. Raise for 20 minutes. Bake at 350 degrees F. for 45 minutes. This dough can be used for dinner rolls and cinnamon rolls.

Zucchini Bread

* 3 eggs
* 2 C. Zucchini*
* 1 1/2 C. honey
* 2 tsp. baking powder
* 3 tsp. cinnamon
* 1 C. chopped walnuts
* 2 tsp. vanilla
* 1 C. oil*
* 1 tsp. baking soda
* 4 1/2 C. wheat flour
* 1 tsp. salt

__Note__ I cut the zucchini in cubes and put in blender with oil and blend until smooth. Beat eggs until light. Add next four ingredients and mix well using electric mixer. In a separate boll, mix 4 1/2 C. whole wheat flour, cinnamon and salt. Blend the dry ingredients with the egg mixture and 1 C. chopped walnuts. For variety add any combination of the following ingredients.
* 1 C. raisins * 1 C. dried cherries * 1 can crushed pineapple (increase flour by 1/2 C.) Bake at 325 degrees for 1 hour. Makes 2 loaves. This freezes very well!

Easy Tortillas
* 1 C. yellow cornmeal
* 1/2 tsp. salt
* 1/2 C. bread flour
* 1 egg, lightly beaten
* 2 C. water

Combine cornmeal, salt and flour in bowl. Stir in egg and water until smooth. Heat lightly greased 6-inch nonstick skillet over medium heat. Spoon 3 to 4 tablespoons batter into hot pan. Turn and twist immediately to cover bottom of pan. Cook 30 seconds, then flip and cook other side. Do not brown tortilla. Layer cooked tortilla with paper towels. Makes about 20 tortillas.

Graham Crackers

* 1/2 C. evaporated milk
* 2 T. lemon juice or vinegar
* 1/2 C. honey
* 2 tsp. vanilla
* 1 tsp. salt
* 6 C. whole wheat flour (approx.)
* 1/2 C. water
* 1 C. packed brown sugar
* 1 C. vegetable oil
* 2 eggs, beaten lightly
* 1 tsp. soda

Mix together milk, water and lemon juice. In separate bowl beat well, sugar, honey, oil, vanilla and eggs. Combine mixtures with dry ingredients. Divide in 4 equal parts. Place each on a greased and floured cookie sheet and roll to about 1/8" thick. Prick with fork. Bake at 375 degrees for about 15 minutes or until light brown. Remove from oven and cut in squares immediately
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Danish Dumplings (Pioneer Recipe)

* 1/4 C. butter, melted
* 1C. white or wheat flour
* 2 eggs
* 1 C. hot broth or liquid

Stir all ingredients together and cook in a pan until thickened. Cool slightly and add 2 eggs, one at a time beating until a dough forms. Salt and pepper to taste. Drop by spoonfuls into hot soup. Do not boil. Dumplings are done when they float to the top of the soup.

Whole Wheat Bread in a Dutch Oven

* 1 pkg. dry yeast
* 3 tsp. shortening
* 4 tsp. molasses
* 3 C. scalded milk
* 1/3 C. lukewarm water
* 4 tsp. honey
* 3 tsp. salt
* 6 C. whole wheat flour

Dissolve yeast in water. Melt shortening and combine with honey, molasses, salt and milk. Cook to lukewarm and combine with yeast mixture. Add flour, enough to make a soft dough and knead thoroughly, using extra flour as needed. Shape in rolls and place in Dutch oven. Let rise not quite double. Bake at 350 degrees F. with 6-8 coals on bottom and 15-18 coals on top for 12" oven. Bake about 30-35 minutes or until done.

ACORN BREAD, HONEY

4 cups flour 2 eggs, beaten
2 tsp baking powder
2 tsp ginger
1 cup honey
2 cups milk 2 tsp salt
1 cup chopped acorns margarine
2 tsp baking soda
1 tsp cinnamon:

Grease two loaf pans with margarine. Mix together all dry ingredients, thoroughly. Beat eggs, gradually adding milk. Add egg mixture alternately with honey to dry ingredients. Beat well. Stir in acorns and pour evenly into loaf pans. Bake in cardboard oven at 350 for 45 minutes or until golden. If bread is done, it will come out of pan easily when pan is turned over and tapped gently. If not, bake for another 10-15 minutes. Remove bread from pan immediately when done and cool. This spicy bread always tastes better the second day when its flavors have had a chance to mellow and blend.

ACORN BREAD 2

This holiday black bread must become a tradition in any house where it has once been tried! Mix a cup of the ground acorn meal with 3 teaspoons. of baking powder, a tsp of salt, 3 tablespoons of sugar or honey, and a cup of white flour. Separately, to a beaten egg add a cup of milk and 3 tablespoons of oil. Stir this gently into the dry mix, then pour into a well-greased pan. Bake your dough at 400°F for 30 minutes. Top with butter when it comes out of the oven. Serve anytime, but there exists no flavor

quite like fresh hot, homemade bread!
NOTE: Pour the dough about 2/3 deep in muffin tins for some tasty muffins. Bake them for 20 minutes and serve them with elderberry or dewberry jelly (if you still have any!).

ACORN PANCAKES
Mix half a cup of white flour with a cup of acorn meal, 2½ teaspoons of baking powder, and ¾ teaspoon of salt. Separately mix a beaten egg with 1¼ cups of milk and 3 tablespoon of oil. Pour just enough liquid into the flour mix to make a good batter. Spoon the batter into a greased frying pan. Fry till golden, flipping once. Top your pancakes with your favorite syrup and serve hot!

SUGARED (HONEYED) ACORNS
Use either sugar or honey for a sweet acorn treat. Dip the acorn meats (which have been leached and dried as described above) into boiling syrup or a 2:1 sugar to water solution. Thoroughly dry them on a greased pan. These will keep pretty well in a tin or glass jar and make nice holiday treats or gifts.

BREAD, HOPI INDIAN FRY
2 cups flour
1/2 cup nonfat dry milk
1 tbs. baking powder
3/4 teaspoon salt
3/4 cup lukewarm water
Stir and knead dough on floured board - cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt crisco or comparable vegetable oil in a dutch oven so there is about 2 inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar.

BREAD, INDIAN BEAN
4 C. cornmeal
2 C. hot water
2 C. cooked beans
1/2 tsp. baking soda
Put cornmeal in a bowl and mix in the drained beans. Make a hole in the middle and add soda and water. Mix. Form into balls and drop into a pot of boiling water. Cook abut 45 minutes or until done.

BREAD, INDIAN FLAT
This is an unleavened bread, so there is no yeast involved. Here is the recipe.
5 C.s all-purpose flour (white or whole wheat)
2 T.s of baking powder
1 1/4 tsp. salt
2 C.s of milk (substitute dry milk powder)
1 1/2 T.s melted butter
oil for frying the bread
This is a good amount for two people on a weekend hike. If your hiking alone divide the recipe in half.
PreparationIn a large bowl mix together the flour, dry milk powder, baking powder, and salt. Stir all the ingredients together making sure that the baking powder is well distributed throughout the flour. After doing this store the flour mixture in a zip lock

bag. Use Carnation Instant milk powder and follow the directions on the back of the package to figure out how much milk powder is needed. It doesn't have to be exact just close. This is all the preparation required. when you mix the dough you will only have to add water and melted butter or margarine (the butter is optional).
You will need some kind of bowl to mix the flour mixture and water. Pour the flour mixture into your mixing bowl and slowly add water to the flour and melted butter (optional), while kneading the dough. You should end up with a stiff workable dough that is not sticky. Now that your dough is made your ready to fry some Indian flat bread. Take your dough and divide it into small balls. The size of the balls is up to you . Next take the balls and flatten them out into patties Try to flatten them so that they are about 1/4 inch thick. This will make the bread cook fast and evenly. Heat up some oil in a frying pan and cook them for a few minutes on each side until they turn golden brown and puff up like pancakes. Don't try to fry bread with margarine or butter because it will burn in the frying pan. One more closing note. If you mix your dough and don't fry it all right away don't worry the dough will keep for a few days, just keep it out of direct sunlight. You can mix all your dough for a few meals all at once. ----------

BREAD, MONKEY
2 cups milk
2 tbs. sugar
2 to 3 tsp. salt
1 tbs. shortening
2 packages dry yeast
1/2 cups warm water
6 to 7 cup flour
Melted margarine
Scald milk and add sugar, salt, and shortening. Cool mixture to lukewarm. Sprinkle yeast into warm water and stir until dissolved. Stir yeast into milk mixture. Gradually add flour to milk mixture, mixing well. Add enough flour to make dough stiff enough to be handled easily. Turn onto lightly floured surface and knead until smooth. Shape dough into a 8x3in loaf. Oil surface lightly. Cover and let rise until doubled (1 hour). Place large pot lid on bottom of Dutch oven, then line with foil. Cut loaf crosswise into 32 slices and dip slices into melted margarine. Place 8 slices to each layer in oven. Let rise again until doubled (1 hour). Bake until golden and crusty
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BREAD, MOUND
2 cups whole wheat flour
1/4 cup sugar
1/4 cup shortening
2 tsp. salt
2 pkg. dry yeast
2 cups very warm water
3 to 4 cup flour

Mix whole wheat flour, sugar, shortening, salt, and yeast in large pot. Stir in warm water. Whisk slow for 1 minute, then rapid for 1 minutes. Stir in flour, 1 cup at a time, to make dough easy to handle. Turn dough onto lightly floured surface and knead until smooth. Place in greased medium pot. Lightly oil top of dough. Cover and let rise until double (1 hour). Punch down dough and divide into 1/2's. Let rest 5 minutes. Shape each 1/2 into round, slightly flat loaf. Place on lid of large pot cover and let rise again (45 min). Make 1/2 inch slashes in top of loaf. Sprinkle with 1 tsp. flour. Bake in Dutch oven or cardboard oven until loaves are golden brown --30 to 45 minutes.

CALZONE
Dough:2 cup warm water
1 Tbs. sugar
1 packet yeast (approx. 1 Tbs..)
1 tsp. salt
6 cups all purpose flour
1/4 cup olive oil
Filling:
Your choice
Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes. This is also good with chili beans and with curries.

CAMPFIRE BANNOCK
4 cups flour
8 tsp. baking powder
1 tsp. salt
1 tsp. sugar about
3 cups cold water
Mix dry ingredients thoroughly and stir in enough water to make a thick batter that will pour out level. Mix rapidly with spoon until smooth. Pour into large greased frying pan and set on hot coals. Turn when bottom is brown. Cook until no dough sticks to a sliver of wood poked into the middle.

DUMPLINGS, DANISH
1/4 C. butter, melted
1C. white or wheat flour
2 eggs
1 C. hot broth or liquid
Stir all ingredients together and cook in a pan until thickened. Cool slightly and add 2 eggs, one at a time beating until a dough forms. Salt and pepper to taste. Drop by spoonfuls into hot soup. Do not boil. Dumplings are done when they float to the top of the soup.

DUMPLINGS, NEVER FAIL
3 tsp Baking Powder
1 c Flour
1 md Egg
6 tb Cold water
1 tb Oil
1 tsp Salt
Beat the egg well then add the 6T of cold water. Measure the Water carefully. Add the oil and salt and whisk together. Mix the baking powder and flour together. Blend the two mixes into a smooth batter quickly. Drop into boiling stew and cover continuing to boil for 15- 20 mins. Yield: 8 Dumplings.

Soda Crackers
4 cups flour 1 cup butter (or margarine)

3/4 cup milk
1 teaspoon vinegar
1/2 teaspoon baking powder
1/2 teaspoon salt

Work the butter into the flour with a pastry cutter or fork. Next, stir the vinegar, baking soda, and salt into the milk, and add this to the butter-flour mixture. Form the dough into a ball. Roll out to a thickness of about 1/5 inch...very thin. Lightly score the dough in the size of the cracker you desire. I've come up with an easy way to do this. I roll out the dough directly onto a flat baking sheet. Next, placing a ruler on the dough, I perforate the dough along the side of the ruler with a fork. Sometimes I make squares, sometimes diamonds. I think you could cut out the crackers with cookie cutters for special occasions, but you will have a lot of waste unless you gather up the fragments and re-roll and re-cut them. Now bake the crackers at 375* for about 20 minutes or until crisp. The crackers should not get too brown, just a sprinkling of brown on top.

Easy Tortillas
1 C. yellow cornmeal
1/2 tsp. salt
1/2 C. bread flour
1 egg, lightly beaten 2 C. water

Combine cornmeal, salt and flour in bowl. Stir in egg and water until smooth. Heat lightly greased 6-inch nonstick skillet over medium heat. Spoon 3 to 4 tablespoons batter into hot pan. Turn and twist immediately to cover bottom of pan. Cook 30 seconds, then flip and cook other side. Do not brown tortilla. Layer cooked tortilla with paper towels. Makes about 20 tortillas.

Whole-Wheat Trail Bread
2 1/4 C Warm Water -- about 155 degrees F 1 Tbsp Active Yeast
2 Tsp Salt
1/2 C Dry Milk 2 Tbsp Honey
2 Tbsp Molasses
1/4 C Sugar, White
1/2 C Vegetable Shortening
2 Eggs
3 C Flour, All-Purpose
2 C Whole-Wheat Flour
1/2 C Wheat Germ

1. Combine water and yeast and let set for about 5 minutes. 2. Mix in salt, milk, honey, molasses, sugar, shortening and eggs. 3. Add the white flour and blend in well.
4. In another large bowl add the whole-wheat flour and wheat germ. Pour the yeast mixture over this flour and blend very thoroughly. Cover and let rise in a warm place for about an hour. 5. Turn dough out onto a well-floured surface and knead vigorously. Divide dough into 6 equal portions and shape into loaves.
6. Grease 6 small bread pans (3 x 5 in.) and place dough into them. Brush tops of loaves with oil and let rise for about an hour. 7. Bake in a pre-heated oven at 375° F. for about 30 minutes. Turn loaves out onto a rack to cool.

Dairy Recipes (12)

CANNING CHEESE
While hard cheeses can be coated with paraffin, soft cheeses can be stored in jars. These instructions yield a product that is similar to "Cheese Whiz". Why can cheese? Especially when you can buy products like cheese whiz already in the jar. Time may tell if we need to can our own cheese or not, until then, my motto is "Learn whatever you have opportunity to learn..."
Ingredients: 1 (3 0z.) can evaporated milk
1 T. vinegar
1/2 tsp. salt
1 lb. Velveeta cheese or any processed cheese
1/2 tsp. dry mustard

Melt milk and cheese in double boiler. Add rest of ingredients and mix well. Fill pint jars about 3/4 full and seal. Place in Boiling Water bath for 10 minutes.

CHEESE, PRESERVATION
Hard cheeses can be stored by dipping them in melted paraffin. Remove any wrapping from the cheese.
Melt the paraffin in an old pan. Dip the cheese in the melted stuff or get a paint brush and paint the paraffin on the cheese. Allow the paraffin to dry completely, and dip again.
After about 4 coats of paraffin, you may add a layer of cheese cloth for extra protection. Continue dipping and drying until the paraffin has formed a smooth, thick, bubble free surface. Store cheeses that have been coated in paraffin in the coolest spot you can find, as in a cellar or unheated room.
Cheeses that have been stored this way will last a very long time, almost indefinitely. If the paraffin ever gets a crack or blister, re-coat it with melted paraffin.

Bakers Cheese
Makes about 1 pound(Tastes like Ricotta or cream cheese, may be used in any recipe calling for either cheese)
* 1/4 rennet tablet* (junket)
* 2 quarts warm water
* 3 cups non-instant (5-1/3 cups instant) dry milk
* 1/2 cup buttermilk

Dissolve rennet tablet in warm water. Thoroughly mix in dry milk. Add buttermilk and mix well. cover and allow to stand at room temperature until set (about 5-10 hours). Pour into a cheesecloth covered strainer, close the cheesecloth and squeeze out as much whey as possible. The whey must be saved for use in bread. Place the cheese in the refrigerator until well chilled (usually overnight). Knead cheese until the texture is smooth. Cheese will freeze well for up to 6 months.
*Rennet in available in most grocery stores near the gelatin section. Rennet is the enzyme rennin.NOTE: The above recipe is from USU extension service.

Mayonnaise Recipe

* 1 teaspoon salt
* 1 tablespoon Dijon mustard
* 2 eggs
* 2 tablespoons honey
* 2 tablespoons vinegar
* 1 cup oil 2 tablespoons lemon juice
* 1 cup oil

Put everything into a blender except the oil and blend it well. Then Very Slowly add the cup of oil. There is a saturation point where if too much oil is added it will break down and the oil will separate back out. If this happens start over again with an egg or two and add this separated mess back into the blender very slowly. The egg acts as an emulsifier to emulsify the oil. If you don't put in more than this one cup of oil this recipe should work just fine for you.

Honey Butter

Makes 1 cup

* 1/2 cup butter or margarine
* 1/4 tsp vanilla
* 1/2 cup honey

Whip softened butter or margarine and add vanilla. Add honey gradually while whipping.

Egg substitute-(for use in baking)

Before starting recipe for cookies, cake etc.... Combine 1 tsp unflavored gelatin with 3 Tbsp cold water and 2 Tbsp plus 1 tsp boiling water. This mixture will substitute for 1 egg in a recipe.

Ghee - Preserving Butter.

If made properly ghee has a VERY long shelf life of many years, even without refrigeration. In fact, the older it gets, but better it is supposed to be. I have used ghee that was several months old with no degradation of quality and it had never been in the refrigerator. Ghee comes from ancient India, I believe the first reference to ghee comes from the Ayurveda text which dates back a couple thousand years. Ghee can be used in place of butter (it has a nutty more intense flavor). It can also be used for stir frying as the ghee making process removes the protein solids permitting it to be used in high temperature cooking.

Stove top method:

Melt butter in a heavy saucepan over medium heat. When butter turns liquid and froth forms turn heat to low. Simmer on low for 45 min. to an hour skimming off the foam frequently. After the ghee turns a golden yellow and the solids on the bottom are light brown it is ready to be strained. I use a sieve lined with a few layers of cheesecloth. You could use coffee filters, just be sure the ghee is hot otherwise it will take forever.

If the solids on the bottom start to burn the flavor will be ruined and you will have to start all over.

Oven method:

1. Preheat the oven to 300 degrees. Place the desired quantity of unsaltedbutter, in 1/4 pound portions, in a heavy-bottomed, thick-walled pan. Allow the butter to melt and slowly clarify, uncovered and undisturbed, until there is a layer of solid foam on the surface, clear amber-gold ghee in the middle and lumps of pale gold solids on the

bottom. Remove from oven. Depending on quantity, 1 pound could take as little as 1 hour; 30 pounds could take 12 hours or more.2. Skim off the crusty foam on the surface with a fine mesh skimmer or a large metal spoon.
3. Ladle the clear ghee into a bowl using a strainer lined with several layers of cheese cloth. When you have removed as much as you can without disturbing the solids, skim off the last 1 inch with a large spoon. When the ghee has cooled somewhat, pour it into storage containers, then when at room temperature, cover with a tight fitting lid. ----------

OATMEAL MILK
1 banana
1 cup of cooked oatmeal
2 cups of water

Blend ingredients. You can add a tsp. of vanilla if desired. Blend until smooth. Put in a pitcher, and refrigerate.
It will keep approx. the same time as milk.

OAT MILK
4 cups (cold) water
1 ripe banana
2 cups cooked oatmeal
1 tsp. vanilla
Pinch of salt (optional)
1 tsp vanilla (optional)
Sweetener to taste (if desired)
Place all ingredients in blender and process until smooth about 2-3 minutes. Refrigerate. Shake before using.

Trail Milk Shake
1/2 C Whole Dry Milk, Or -- for more fat
1/2 C Nonfat Dry Milk -- for more protein
1 Tbsp Flavoring -- as needed
1 Tbsp Malted Milk Powder
1 C Water

Fill the one-cup chain shaker with cool water, shake and serve. Flavorings:
Blueberry syrup mix Cocoa or carob + 1/4 tsp pumpkin pie spice Instant coffee
Kool-Aide fruit flavors Fruit jam
Rum, sherry For extra-high protein add 1 tbs dry egg white to mix using non-fat dry milk.

SOY MILK
The recipe is basically as follows: Soak 1 cup of soy beans overnight in 4 cups water. Drain. Puree drained beans in 1 cup batches, adding 1 1/2 cups water to each cup of beans. Process each batch for 2 minutes. In 4 quart saucepan, stir together pureed beans and 5 cups water, bringing mixture to boil. Simmer 10 - 15 minutes. Ladle mixture into cheesecloth-lined colander that is set over bowl. Strain out as much liquid as possible. Swish cheesecloth - wrapped residue (okara) in a bowl of cold water to prepare okara for next step. Place cheesecloth-wrapped okara back in colander, pour 2 cups water through okara. (Okara is the meat replacement) Press, squeeze, and twist cloth to drain water into bowl. Sweeten milk to taste or use unsweetened for baking.

Canned Butter

Ingredients and Instructions

1. Use only highest quality butter (Land O Lakes or equivalent).
2. Heat jelly jars in 250 F.-degree oven for 20 minutes, without rings or seals.
3. While jars heat, melt butter slowly until it comes to a boil. Reduce heat, cover and simmer for 5 minutes.
4. Pour melted butter carefully into heated jars, being careful not to get any butter on rim of jar.
5. Add lid and ring and close securely. They will seal as they cool. Shake jars a few times during cooling to prevent separation, although this step is optional.6. Put into refrigerator or other cool place until butter hardens. After hardening, butter will store for 3 years.

Salads (9)

Cracked Wheat Salad Recipe

* 1 C sifted cracked wheat
* 2 C water
* 1/2 tsp. salt
* 4 T mayonnaise or salad dressing
* 2 T chopped green pepper
* 1/4 C chopped green onions
* 3/4 C chopped celery
* One 6 oz can tuna, flaked
* Lettuce leaves; Parsley

Cook wheat, cool. Place in large bowl. Mix in lightly the remaining ingredients. Place in lettuce-lined bowl. Garnish with parsley. Keep cool. Flavor is much improved if salad is made ahead of time and let chill several hours or overnight. Use this as a basic recipe. Many different combinations can be used with cracked wheat, bacon bits, shrimp or corned beef. Try your favorite potato salad recipe, using cracked wheat in place of potatoes.

Wheat Salad- Surprisingly Scrumptious

1 1/2 cups wheat
8 ounces cream cheese 3 tablespoons lemon juice
12 ounces whipped topping (Cool Whip)
2 4 serving vanilla instant pudding (dry) packets
1 12 ounce can fruit cocktail with juice

Instructions: Wash and soak overnight 1 1/2 cups whole un ground wheat. Simmer in 4 cups water until tender, about 2 1/2 hours. Drain and cool thoroughly. Once the wheat is cooled, whip the cream cheese and lemon juice. Mix in remaining ingredients except whipped topping. The pudding will firm up the mixture after the whipped topping is added. Fold in the whipped topping. If you have the will power you can chill the salad in the refrigerator. Can use a can of crushed pineapple instead

of the fruit cocktail. For variety, you can use cooked and rinsed cracked wheat or even rice or very small fine noodles (like acini de pepe).

Macaroni Salad
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..)
* salad dressing

Bring water and salt to a boil. Add macaroni. Boil until tender; (10 minutes) Do not overcook. Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish and vegetables. Marinate with salad dressing to taste (approx. 1/3 cup).

Honey Salad Dressing

Makes approx. 2 cups
* 1 tsp paprika
* 1/2 tsp dry mustard
* 1/2 tsp salt
* 1/2 tsp celery salt
* 1/2 cup melted honey
* 3 Tbsp lemon juice
* 1/4 cup vinegar
* 1 cup salad oil

Mix dry ingredients. Add honey, lemon juice, and vinegar. Slowly add the salad oil, beating until well blended.

TGI Friday's Mandarin Orange Sesame Dressing
Ingredients:

* 1/3 C. orange marmalade
* 1/2 tsp. cayenne pepper
* 1/4 tsp. ground ginger
* 1/4 tsp. garlic powder
* 1/4 C. white vinegar
* 2/3 C. vegetable oil
* 2 Tbsp. soy sauce
* 3 Tbsp. sesame oil
* 2 Tbsp. honey
* 1/4 C. mandarin orange sections, chopped
* Mixed greens
* Grilled chicken breasts

Preparation:Measure marmalade, cayenne pepper, ginger, garlic powder, vinegar, oil, soy sauce, sesame oil and honey into a blender container. Cover and blend on medium speed for 30 to 45 seconds. Transfer to a small bowl and add the chopped orange sections. Stir to mix, cover and refrigerate for up to 3 days. Serve over a bed of mixed greens, topped by sliced grilled chicken breasts.

CAESAR SALAD DRESSING MIX

1 1/2 Teaspoons Grated Lemon Peel
1/8 Teaspoon Dried Garlic Granules
1/2 Teaspoon Pepper
1 Teaspoon Oregano
2 Tablespoons Grated Parmesan Cheese
1. Combine all ingredients in a small bowl; stir until well blended. 2. Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool dry place and use within 3 to 4 months. Makes One 3/4 cup serving (3 Tablespoons)

CAESAR SALAD DRESSING:
Combine 1 pkg of mix,
1/2 cup vegetable oil, and 1/4 cup lemon juice in a glass jar. Shake until well blended. Chill before serving. Makes about 3/4 cup of Salad Dressing. (Author's note: You can substitute vinegar for lemon juice.)

Classic Macaroni Salad

Ingredients:
* 1 C mayonnaise
* 2 T vinegar
* 1 t sugar
* 1 t salt
* 1/4 t pepper
* 8 oz elbow macaroni, cooked,drained (about 2 1/2 C dry)
* 1 C sliced celery
* 1 C chopped green or red pepper (sub. dried green or red pepper)
  1/4 C chopped onion (sub 1 tbs dried onion)

Method

Combine dressing ingredients, mix with remaining pasta and vegetables. Chill.

Pasta & Bean Salad

Ingredients:

* 3/4 pound small shell pasta
* 2 15-ounce cans red kidney beans (rinsed & drained)
* 1 1/2 cups sliced radishes
* 2 bunches green onions or scallions, chopped (replace with dried scallions)
* 3/4 Cup nonfat sour cream (or regular)
* 3/4 Cup nonfat mayonaise
* Juice of 1/2 lemon
* 2 Tablespoons olive oil
  Salt and pepper to taste

Method

Cook and drain pasta. Mix pasta, beans, radishes, and scallions in large bowl. In small

bowl combine remaining ingredients. Whisk until smooth. Add to pasta mixture and refrigerate at least 4 hours or overnight. Gently stir salad a couple times during chilling. Serve with additional fresh ground pepper and garnish with parsley sprigs.

Corn recipes (27)

Corn Fritters Recipe 1

Ingredients for Corn Fritters
* 1 egg, beaten light
* ½ cup of pastry flour
* 1 cup of corn pulp (fresh or canned)
* ½ teaspoon of baking powder
* ½ teaspoon of salt
* Salt pork fat or olive oil
* 1/3 cup of milk or cream

Instructions
1. To the beaten egg add the corn pulp and milk or cream.
2. Sift together the flour, salt and baking powder and mix thoroughly.
3. Fry as griddle cakes in a little salt pork fat or olive oil.
4. Or, have hot fat in a Scotch bowl, dip a tablespoon in the hot fat, drain carefully, then take up a spoonful of the mixture and with a second spoon push it into the hot fat; fry to an amber color.

Corn Fritters Recipe 2
Ingredients for Corn Fritters
* 1 tablespoon melted vegetable shortening
* 1 can crushed corn
* 1 cup flour
* 1 teaspoon baking powder
* 2 teaspoons salt
* ¼ teaspoon white pepper
* 3 tablespoons milk

Instructions
1. Put corn into bowl, add vegetable shortening, salt, pepper, flour, baking powder, and milk.
2. Mix well and drop in spoonfuls on a vegetable shorteninged griddle.
3. Fire brown on both sides.
4. These fritters are a palatable accompaniment to roast chicken. 5. Sufficient for twelve fritters.

Corn Fritters Recipe 3
Ingredients for Corn Fritters

* 1 egg, beaten light
* ½ cup of pastry flour
* 1 cup of corn pulp (fresh or canned)
* ½ teaspoon of baking powder
* ½ teaspoon of salt
* Salt pork fat or olive oil
* 1/3 cup of milk or cream

Instructions
1. To the beaten egg add the corn pulp and milk or cream. 2. Sift together the flour, salt and baking powder and mix thoroughly. 3. Fry as griddle cakes in a little salt pork fat or olive oil.
4. Or, have hot fat in a Scotch bowl, dip a tablespoon in the hot fat, drain carefully, then take up a spoonful of the mixture and with a second spoon push it into the hot fat; fry to an amber color. 5. CORN CHOWDER
6. 1 slice of fat salt pork 1 1/2 cups of hot milk 7. 1 small onion 3 tablespoons of butter
8. 1 1/2 cups of corn pulp 3/4 teaspoon of salt 9. 1 cup of sliced potatoes Black pepper
10. Cut the pork in tiny bits and cook the fat from it in a frying pan; add the onion, peeled and cut in very thin slices, and let cook until yellowed. 11. In the meanwhile pour boiling water over the potatoes, heat quickly to the boiling point and let boil three or four minutes, then drain, rinse in cold water and drain again. 12. Pour a cup of boiling water over the onion and pork and let simmer three or four minutes, then strain this water over the potatoes, squeezing out all the juice; then discard the onion and pork. 13. After the potatoes have been boiling five minutes add the corn and let the whole boil till the potatoes are tender, then add the hot milk, salt, pepper and butter.
14. Serve with crackers.

Corn Fritters Recipe 4
Ingredients for Corn Fritters
* 1 can corn
* 1 cup flour
* 1 teaspoon baking powder
* 2 teaspoons salt
* ¼ teaspoon paprika
* 2 eggs

Instructions
1. Chop corn, drain, and add dry ingredients mixed and sifted, then add yolks of eggs beaten until thick, and fold in whites of eggs beaten stiff. 2. Cook in a frying-pan in fresh hot shortening.
3. Drain on paper.

Corn Meal Dumplings Recipe
Ingredients for Corn Meal Dumplings Recipe
* 2 cups corn meal
* 1/2 cup self-rising flour
* 3 green onions chopped
* 1 teaspoon salt
* 1/2 teaspoon Coleman's dry mustard
* 1 tablespoon melted butter
* Broth from cooked greens

Instructions
1. Combine dry ingredients. 2. Add enough hot liquid from cooked greens (turnips, mustard, collards, etc. to make stiff dough. 3. Moisten hands with water and spoon dough into hand. Mold into a patty and lay in boiling liquid (Pot Likker) of the greens. Be sure dumpling is submerged in liquid. 4. Cover and cook on slow boil for 10 to 12 minutes.

Corn Meal Gems Recipe

Ingredients for Corn Meal Gems Recipe
* ½ cup corn meal
* 1 cup flour
* 3 teaspoons baking powder
* 1 tablespoon sugar
* 1 tablespoon melted butter
* ½ teaspoon salt
* ¾ cup milk
* 1 egg

Instructions
1. Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter; bake in hot oven in buttered gem pans twenty-five minutes.

Corn Meal Muffins Recipe

Ingredients for Corn Meal Muffins Recipe
* 2 cups sour milk
* 1 cup meal
* 1 tablespoon flour
* 1 teaspoon soda
* 2 eggs beaten separately
* 1 tablespoon butter
* 1 scant spoon salt

Instructions
1. Sift meal and flour, mix yolks, add milk and soda, then milk, add whites beaten last Cook in hot muffin rings or greased griddles

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Corn Meal Mush Recipe

Ingredients for Corn Meal Mush Recipe
* 4 cups boiling water
* 1 cup corn meal
* 1 teaspoon salt

Instructions
1. Add corn meal and salt to boiling water. Mix well. 2. Boil for 10 minutes, stirring constantly.
3. Steam in a double boiler for 30 minutes.

Corn Meal Rolls Recipe 1

Ingredients for Corn Meal Rolls
* Sift together
* 1½ cups breads flour
* ¼ teaspoon soda
* ¾ cup corn meal
* 3 teaspoon baking power

* 1 teaspoon salt and
* 1 tablespoon sugar. Cut in
* 2 tablespoons shortening with a case knife. Beat 1 egg, add
* ½ cup sour milk and combine mixtures. Roll½ inch think, cut with oval cutter, brush with

Instructions

1. Melted butter, double over and place on greased baking sheet. 2. Bake 12 minutes at 45 degrees F.

Corn Meal Rolls Recipe 2

Ingredients for Corn Meal Rolls

* 1½ cups wheat flour
* ¾ cup corn meal
* 3 teaspoons baking powder
* ½ cup milk
* 1 teaspoon salt
* 2 tablespoons butter

Instructions

1. Sift together the flour, baking powder and salt, and mix with the meal. 2. Rub the butter into the dry ingredients; add the milk to the dry ingredients. 3. Add more milk if necessary to make a soft dough.
4. Roll out on a floured board, handling lightly.
5. Cut with a round biscuit cutter, fold like Parker House rolls, and bake in a quick oven.

Corn Parker House Rolls Recipe

Ingredients for Corn Parker House Rolls

* ¾ pound white-bread flour
* ¼ pound cornmeal
* 1 cup and 1 tablespoon lukewarm water
* 1 cake compressed yeast
* 1½ teaspoons salt
* ¼ cup sugar
* 3 tablespoons cooking oil

Instructions

1. Mix the flour and cornmeal. 2. Put the lukewarm water in another dish, crumble the yeast cake into it, and stir till the yeast is entirely dissolved. 3. Mix the liquids, then stir in the sugar, salt, and oil.
4. Turn this mixture into the flour and meal, and stir it to a dough with a spoon. 5. Then take the dough out onto a bread board, and knead till it is perfectly smooth. 6. Knead thoroughly and proceed as in making plain buns.

Corn Pudding Recipe

Ingredients for Corn Pudding

* 2 cups popped corn, finely pounded
* 3 cups milk
* 3 eggs, slightly beaten
* ½ cup brown sugar
* 1 tablespoon butter
* ¾ teaspoon salt

Instructions

1. Scald milk, pour over corn, and let stand one hour. 2. Add remaining ingredients,

turn into a buttered dish, and bake in a slow oven until firm. 3. Serve with cream, or maple syrup.

Corn Pone Recipe

Ingredients for Corn Pone

* 1 pint cornmeal
* 1¼ cups boiling water
* 1 teaspoon sugar
* ½ teaspoon salt
* 2 tablespoons butter

Instructions

1. Dissolve the sugar and salt in the water; work the butter into the cornmeal, then add the boiling water; cover and stand ten minutes; shape into oblong cakes two and one-half inches long. 2. Bake in a quick oven twenty to thirty minutes.

Corn Soup Recipe

Ingredients for Corn Soup Recipe

* 1 can corn *
2 tablespoons butter *
1 pint boiling water *
2 tablespoons flour
* 1 pint milk
* 1 teaspoon salt *
1 slice onion
* Few grains pepper

Instructions

1. Chop the corn, add water, and simmer twenty minutes; rub through a sieve. 2. Scald milk with onion, remove onion, and add milk to corn.
3. Bind with butter and flour cooked together.
4. Add salt and pepper.
5. Serve with popped corn.

Corn, Carrot And Leek Soup Recipe

Ingredients for Corn, Carrot And Leek Soup Recipe

* 1 ear corn, off the cob
* 1 carrot, peeled, sliced
* 3 leeks, cut in pieces, washed
* 5 cups water
* 1 cup milk
* 1 tablespoon butter
* Seasonings to taste

Instructions

1. Put all ingredients in a stew pan. 2. Let cook slowly for about 35 minutes. 3. Then serve.

Indian Cornmeal Puff Recipe

Ingredients for Indian Cornmeal Puff Recipe

* 3½ tablespoons cornmeal
* 2 cups milk
* 3 tablespoons sugar
* ½ teaspoon nutmeg
* 3 eggs, beaten

Instructions

1. Boil the milk. When boiling, sprinkle into it the cornmeal. 2. Add the sugar and nutmeg. Let cook, stirring constantly, for about 2 minutes. 3. Add gradually the beaten eggs, stirring all the time.
4. Pour into a pudding dish. Set pudding dish in a pan of water. 5. Bake in moderate oven for about 30 minutes.

Pop Corn Balls Recipe

Ingredients for Pop Corn Balls
* 1½ cups of sugar
* 2 tablespoons of butter
* 1/3 cup of corn syrup
* ½ teaspoon of salt
* 2/3 cup of water
* About 5 quarts of hot popped corn
* ½ cup of dark molasses

Instructions
1. Put the sugar, glucose and water over the fire and stir till the sugar melts; wash down the sides of the pan, cover and let steam five minutes, then uncover and cook without stirring to 280 deg F. 2. Or test in the same way as peanut brittle.
3. Add the other ingredients and cook until very brittle when tried in cold water. 4. Stir occasionally at first, then constantly.
5. Have the corn in a hot dish; stir while pouring the candy over it. 6. Mix thoroughly, then roll into balls.
7. Do not press the corn together too compactly.
8. Remove all hard kernels of corn before adding the candy.

Pop Corn Balls Recipe 2

Ingredients for Pop Corn Balls
* 1½ cups of sugar
* 2 tablespoons of butter
* 1/3 cup of corn syrup
* ½ teaspoon of salt
* 2/3 cup of water
* About 5 quarts of hot popped corn
* ½ cup of dark molasses

Instructions
1. Put the sugar, glucose and water over the fire and stir till the sugar melts; wash down the sides of the pan, cover and let steam five minutes, then uncover and cook without stirring to 280 deg F. 2. Or test in the same way as peanut brittle.
3. Add the other ingredients and cook until very brittle when tried in cold water. 4. Stir occasionally at first, then constantly.
5. Have the corn in a hot dish; stir while pouring the candy over it. 6. Mix thoroughly, then roll into balls.
7. Do not press the corn together too compactly. 8. Remove all hard kernels of corn before adding the candy. ---

Potato, Corn And Paprika Soup Recipe

Ingredients for Potato, Corn And Paprika Soup Recipe
* 3 cars corn, corn removed from cob
* 2 potatoes, peeled, diced
* 1 tablespoon paprika
* 2 cups milk, scalded
* Seasonings to taste
* 4 cups thin white sauce * (To make White Sauce: scald 1 pint of milk. Melt 1,2 or 3

tablespoons of butter, depending on desired consistency, in a saucepan. Add half a teaspoon of salt, and 1,2,or 4 tablespoons of flour, depending on desired consistency, and let cook for one minute, stirring constantly. Add the milk little by little, stirring gently until it boils. Let it boil for 3 minutes.)
Instructions
1. Corn And Paprika Soup Recipe, Boil the corn in the milk for about 3 minutes.
2. Make the white sauce, add the corn and milk and all other ingredients.
3. Let cook for about 30 minutes.
4. If too thick, add a little boiling water.
5. Then serve.

Corn Creole Recipe
Instructions
1. Put 2 cans corn into saucepan with 2 tablespoons chopped green peppers and 1 cup milk, and cook slowly 10 minutes; season with salt and pepper, add 2 tablespoons vegetable shortening and serve.
2. This may be put in baking dish, covered with breadcrumbs, and baked 15 minutes.

Corn Drop Cakes Recipe
Ingredients for Corn Drop Cakes Recipe
* 2 cups grated corn
* 2 eggs or 4 yolks, beaten
* ¼ cup flour
* 1 scant teaspoon baking powder
* 1 tablespoon melted butter
* Season with salt

Instructions
1. Beat eggs Add corn Sift baking powder with flour and fold into the mixture Add butter and drop by spoonfuls into hot fat and brown.

Corn And Noodles Recipe
Ingredients for Corn And Noodles
* 2 cups canned corn or freeze dried corn
* 3 cups noodles, broken in pieces
* 4 tablespoons butter
* Seasonings to taste
Instructions
1. Boil separately the corn and noodles in salted water for 20 minutes.
2. Drain off water.
3. Scrape corn from cobs.
4. Mix corn and noodles in a stew pan, add butter and seasonings, and serve.

CORNBREAD
3/4 C Cornmeal
1 Tbs. Dried Eggs, Equiv.
2 Eggs
3/4 C Flour
4 Tsp. Baking Powder
1/4 C Sugar
3/4 Tsp. Salt
2 T Dry Milk

1/4 C Shortening
Combine dry ingredients and store in a sealed container until ready to use.1. Grease a frying pan and shake a little flour in it.
2. Add 3/4 c. water and shortening to the dry mix and stir until just moistened.3. Cook in the covered pan in coals for 20 minutes or until done. (425 degrees. F.)

Creamed Corn(serves 6)

* 1 cup dried corn
* 4 cups boiling water
* 1 teaspoon sugar
* 1/2 cup cream
* 1 tablespoon butter
* 1/2 teaspoon salt
* 1/4 teaspoon pepper

Add dried corn to boiling water. Allow to stand for 20 minutes.Simmer corn until tender, approximately 1 hour. Drain off excess water (save for soup or gravy).Add sugar, cream, butter, salt and pepper to the drained corn.
Bring to a simmer, stirring frequently.

Corn Fritters
* 1 cup dried corn
* 4 cups boiling water
* 1-1/2 cups flour
* 1 teaspoon baking powder
* 1-1/2 teaspoons salt
* 2 eggs, beaten
* 1/2 cup milk

Rehydrate corn by adding to boiling water and allow to stand for 20 minutes.Simmer corn until tender, approximately 1 hour. Drain off excess water (save for soup or gravy).Sift flour, baking powder and salt into a bowl.
Combine the beaten eggs and milk, mixing well.
Add the liquid to the flour mixture all at once and stir the mixture until smooth.Fold in the corn.
Drop batter from a teaspoon into a well-greased frying pan and cook until brown on all sides.Remove and drain on absorbent paper. Serve hot.

Pork and Apple Bake
Rehydrate dried apple rings by soaking 1 hour or until soft in boiling water (just enough to cover). Brown pork chops, season, and pour off grease. Arrange, one layer deep in a casserole. Cover chops with apple slices, add water in which apples were soaked and enough more to barely cover chops. Bake at 350 degrees F for 35 to 40 minutes.
Winter Corn Pudding(serves 6)

* 3/4 cup dried corn
* 3 cups boiling water
* 2 eggs, slightly beaten
* 2 tablespoons butter, melted and slightly cooled
* 2 cups light cream

* 2 tablespoons onion, chopped
* 1 tablespoon sugar
* 1 teaspoon salt
* 1/8 teaspoon pepper

Rehydrate corn by adding to boiling water and allow to stand for 20 minutes.Simmer corn until tender, approximately 1 hour. Drain off excess water (save for soup or gravy).Preheat the oven to 325 degrees F and grease a 1 quart casserole.
In a large bowl, combine corn, eggs, melted butter, light cream, onion, sugar, salt and pepper.Pour into the greased casserole and bake for 35 minutes or until knife inserted in the center comes out clean.
Measure milk and put in a bowl. Add egg, oil and sugar. Beat. Sift flour, baking powder, salt. Stir into milk mixture and add cornmeal. Mix well. Pour into baking pan and bake at 400 degrees F. for 25 minutes. It's excellent to serve with beans. The two combined make a complete protein.

CORN CASSEROLE, INDIAN
1 C. dried sweet corn
1/4 C. dried onions
1 C. tomato powder
3 T. dried green peppers
1C. dry bread crumbs
2 T. dried cheese
1 T. shortening or margarine
Reconstitute vegetables. Add seasonings. Place in casserole dish. Dot with margarine or shortening. Sprinkle with cheese and crumbs. Bake at 375 degrees F for 30-35 minutes.

Wheat/wheat berries recipes (7)

Chinese Fried Wheat
Makes 8 servings
* 1 cup cracked wheat (strain out flour before cooking)
* 2 1/2 cups water
* 1/2 tsp salt
* 3 Tbsp vegetable oil
* 1 beaten egg
* 1 onion, minced
* 1/4 cup celery, diced
* 2 Tbsp soya sauce or to taste
* bacon or ham

Bring wheat, water an salt to a boil and cook for 20-30 minutes. Put in a strainer and drain off thick liquid (save for gravy). Wash wheat with cold water to make it fluffy. Press wheat to remove all moisture possible. Set aside. Heat 1 Tbsp oil in a heavy skillet. Slowly add beaten egg, stirring rapidly with a fork so egg is light and fluffy. Set aside. Add to skillet 2 Tbsp oil, minced onion, and celery and cook until tender. Then add wheat soya sauce, bacon or ham and egg. Heat through and serve with extra soya sauce if desired.

Italian Fried Wheat Makes 8 servings

* 1 cup cracked wheat (strain out flour before cooking
* 2 Tbsp oil
* Italian blend to taste
* left over roast or other meat
* salt to taste

Prepare wheat the same as for Chinese fried wheat. Heat oil in skillet then add wheat, Italian blend, left-over roast, and salt to taste.

Boston Baked Whole Wheat
* 4 C. whole kernel wheat
* 1 lb. bacon, cut in fourths
* 1/4 C. molasses
* 1/3 C. catsup
* 1/2 tsp. dry mustard
* 10 C. water
* 1 large onion, diced
* 1/3 tsp. pepper
* 2 tsp. salt

In a large roaster or Dutch oven, combine wheat, water, bacon, and onion. Combine remaining ingredients in bowl and pour into pan with wheat. Cover and bake at 200 degrees F. for 6 hours. Remove cover the last 1/2 hour of baking. Add a little boiling water if mixture becomes a little dry. Serve hot with bread. Makes 14 cups.

Mock Hamburger
* 1 C. wheat
* 1 can red kidney beans (or cooked beans)
* 1 egg
* salt and pepper to taste

Cook wheat 1 hour. Blend wheat in blender then add beans and continue to blend. Add egg and salt and pepper. This can be molded into patties and fried or used in any recipe calling for hamburger.

WHOLE WHEAT, BOSTON BAKED
4 C. whole kernel wheat 1 lb. bacon, cut in fourths
1/4 C. molasses
1/3 C. catsup
1/2 tsp. dry mustard
10 C. water
1 large onion, diced
1/3 tsp. pepper
2 tsp. salt

In a large roaster or Dutch oven, combine wheat, water, bacon, and onion. Combine remaining ingredients in bowl and pour into pan with wheat. Cover and bake at 200 degrees F. for 6 hours. Remove cover the last 1/2 hour of baking. Add a little boiling water if mixture becomes a little dry. Serve hot with bread. Makes 14 cups.

Whole Wheat Oatmeal Cake
Mix: 1 1/4 cup boiling water
1/4 cup margarine or butter
1 cup oatmeal

Set aside to soak:
Cream together: 1 cup brown sugar 1 cup sugar
2 eggs (or equivalent powdered eggs and water)
Add the cooled oatmeal mixture plus: 1 1/3 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt

Bake at 350 degrees for 35 minutes. While it is baking, Mix the topping: 1 cup chopped nuts
1 cup coconut
1/2 cup sugar 1 teaspoon vanilla 1/4 cup margarine or butter 1/4 cup canned milk

Spread mixture over the still hot cake and broil until brown.

Whole Wheat Chili
2 cups cooked wheat (soak wheat overnight, drain. Add 4 cups water, 1 tsp. salt, boil 15 minutes or until tender.)
Add all of the following you can:
1 lb ground beef (or substitute Beef flavored TVP)
1 chopped onion
1 cup chopped celery
1 tablespoon green pepper
1 10 oz can of tomato soup (or use 1 cup water and 1 cup tomato powder)
1 teaspoon chili powder

Cook hamburger then add other ingredients, stir occasionally or bake in casserole at 350 degrees F for 20 minutes.

Kids Recipes (36)

Play Dough
* 2 cups flour
* 1 cup salt
* 1/2 cup corn starch
* 1 Tablespoon oil
* 1 Tablespoon alum (You must have this if it is to hold up.)
* 2 cups water

Combine all the ingredients, mix well, cook it, then knead it. After it is done, store it in plastic bags. You can color all or small parts of it with food coloring.

Salt Dough
4 cups of flour
2 Cups of salt
2 cups of water
Mix all ingredients well and then shaped as desired.You can leave projects out to dry. Or bake in an oven 200 degrees for 1 hour.

Annie's Scented Dough
2 1/2- 3 cups flour2 cups boiling water1 pkg Kool-Aid (for scent and color)
3 Ybs. corn or veggie oil
1/2 cup salt
1 Tbs. Alum

Dissoulve salt and Kool-Aid in boiling water. Add oil,then mix with flour (made need more flour). Let cool then knead until smooth. Store in airtight container.

Play Dough
4 cups flour
2 cups salt
2 tsp. cream of tarter
4 cups water
4 Tbs. oil
4 tsp. vanillaFood Coloring

Combine dry ingredients and then add wet ingredients.Cook in heavy pan on medium-high heat for less than 5
minutes - until dough gets stiff. Stir continually.
Cool slightly. Knead and place in ziplock baggies.
This dough is very easily burned: expect some mild build-up on bottom of the pan. The vanilla gives it a great scent. Shelf life ofabout 4 weeks.

Kitchen Silly Putty
1 Tbs. Borax
1/2 cup water

_____
1/2 cup water
4 oz. glue
Food Coloring (if desired)
Mix borax and 1/2 cup water. Stir until blended. In a seperate bowl mix water and glue. Stir until
well blended. Add food coloring, if desired.
Stir borax mixture into glue mixture. Mix quickly. Knead.Store in airtight container.

The Best Bubble Brew
1 cup Joy liquid dishwashing detergent
2 cups warm water
3-4 Tbs. glycerine (found in drugstores)
1 tsp. sugar
Large Plastic Container"found" bubble makers (see below)
Gently stir all ingredients together in a big plastic container. Hunt for clever, unbreakable items that willmakes super bubbles.
Try: Plastic six-pack beverage holders, biscuit cutters,paper cups,plastic coat hangers,antique rug beater,jar rings,straws and funnels.
Store in airtight container.

Home made finger paints

Pudding Paint
What you need:• Instant Vanilla Pudding• Food Coloring
What to do:
Mix pudding according to directions.Add food coloring for desired color.Finger paint on paper plates.
Completely Edible!

Kool-Aid Finger Paint
What you need:
• 2 cups flour
• 2 packs unsweetened Kool-Aid
• 1/2 cup salt
3 cups boiling water
• 3T. oil
What to do:Mix wet into dry.

Jello Finger Paint
What you need:
• Any kind of flavored jello
• Boiling water
What to do:
Mix jello into boiling water until it is a goo consistency for fingerpaint. Use normal fingerpainting material or glossy paper. Kids love the smell and feel of it.

Original Fingerpaint
Ingredients
finger paint hand print from child craft
1/2 cup cornstarch
3 Tbsp. sugar
1/2 tsp. salt
2 cups cold waterfood coloring

Directions
In a medium pan, mix all the ingredients together to make the finger paint. Cook over low heat 10 to 15 minutes. Keep stirring the finger paint mixture until it is smooth and thick. After the finger paint has thickened take the pan off the stove and let the mixture cool.
After cooling, divide the finger paint into storage containers depending on how many colors you would like. Add a few drops of food coloring to each container. Stir the coloring in to the paint to determine the shade of color. You're ready to finger paint! Cover tightly when storing.

Cornstarch Fingerpaint
Ingredients
3 cups water
1 cup cornstarch
food coloring

Directions
In a medium saucepan, bring water to a boil. Dissolve cornstarch in a separate bowl with water. Remove boiling water from heat and add cornstarch mixture. Return to

heat, stirring constantly. Boil until the mixture is clear and thick (about 1 minute). Remove from heat.
As the mixture is cooling, divide into separate bowls and add food coloring. Let the children carefully mix in the coloring.
Hints:
1. Add 1 tbsp of glycerin to make the mixture shiny. You can find glycerin in most drugstores or pharmacies
.----------

Easy Fingerpaint
Ingredients
2 cups white flour
2 cups cold water
food coloring

Directions
Put water into a large bowl. Slowly add the flour, while the children are stirring. Once it's all mixed together, divide into smaller bowls and add food coloring.

Rock Candy

INGREDIENTS:
* 4 cups sugar
* 1 cup water
* Food coloring
* Clean glass jar
* String, cut into 6-inch lengths
* Pencil

PREPARATION:In a medium saucepan, heat 2 cups of the sugar and the water. Do not boil! Stir until the sugar is completely dissolved. Gradually add a few drops of the food coloring of your choice and the additional sugar, stirring continuously until all the sugar is dissolved.
Pour the solution into a clean glass jar and tie the pieces of string to the pencil and suspend them across the mouth of the jar so that the ends hang into the sugar water. Crystals suitable to eat will form in an hour and continue for several days to a week.Sponsored Links

Although you may see quick results in small measure, the larger rock candy crystals you're accustomed to seeing in the candy store will take some time to form.
Yield: 12 ounces

Cinnamon Dough Ornaments
* 3/4 cup applesauce - canned works best here.
* 1 cup cinnamon
* 1 T. ground cloves (optional)
* extra cinnamon for rolling the dough.
* ribbon or yarn for hanging.

Preparation -Mix applesauce with cinnamon to form a stiff but rollable dough. Adjust these amounts depending on the consistency of the applesaauce used. Roll to about 1/4 inch thickness. Use extra cinnamon for rolling the dough, as you would normally use flour.
Cut with cookie cutters. Use a drinking straw to make a hole at the top of each one for hanging.

To Dry - Place ornaments on a wire rack for 3 to 4 days, turning a few times each day for even drying. Decorate with acrylic craft paint if desired. String a piece of thin ribbon or yarn through the hole for hanging.

KIDS Recipes
Creamy Berry Burritos
You will need:
* 1 cup cold milk
* 1 small box instant vanilla pudding
* 1 – 8 ounce Cool whip, thawed
* 1 pint (pt.) strawberries, chopped or same amount of blueberries or raspberries
* 1/2 cup sugar
* 1 tablespoon (TBSP) cinnamon
* 10 flour tortillas (small – med)
* 1/2 cup butter or margarine

What you do:
Melt the butter in a microwave safe bowl. Heat for 30 seconds and check, heat for another 30 seconds if necessary. Set aside.
Pour milk into mixing bowl. Add pudding mix. Whisk until well blended. Let stand for 5 minutes.
Fold in 2 cups cool whip. Stir in the berries. Keep a few back to decorate the burritos.
Mix the sugar and cinnamon together. Brush both sides of tortillas with butter. Sprinkle one side with sugar mixture.
Bake tortillas on ungreased cookie sheet at 350° for 5 to 7 minutes. Let stand 5 minutes.
Put a spoonful of the pudding mixture into center of the cooled tortilla. Roll up. Top with extra berries and whipped topping.
Makes 10 servings

Cat's Eyes
Bananas
Ritz crackers
peanut butter
raisins

1.Slice your bananas at an angle so that they are long ovals, not round.
2. Spread your Ritz crackers with peanut butter and place the banana slices on top.
3. Put a dab of peanut butter on your raisins and place in the center of each banana.
These are very messy to make, but they taste great.

Ants on a Log
you will need :
* peanut butter * celery
* raisins * plate

How to make them:
Spread the peanut butter on the celery stick. Then put the raisins on the peanut butter.

Famous Hawaiian Nana Casserole
By Luci Marburger
Ingredients:
*
1 package of “Lil Smokies” sausages *

2 cups of large chunk pineapple *

2 cups of BBQ sauce (your favorite) *

1 red bell pepper (1/2 cut in strips for garnish, the other ½ in 1” squares) (optional)
What you do:
1. Mix ingredients together in a sauce pan, bring to a boil and simmer for 10 minutes.
2. Serve in a flat bowl garnished with strips of red peppers.

Cracker Candy
1/4 pound (one sleeve) soda crackers1 cup butter (margarine will not work)
1 cup sugar
1 (12 ounce) bag chocolate chips (optional)
Chopped almonds (optional)

Line cookie sheet with foil and butter well. Break the crackers and try to layer them evenly on the foil. If you are going to use the almonds, brown them in the butter. Boil the butter and sugar for exactly 3 minutes. Remove almonds from the butter and set aside. Pour butter-sugar mixture over the crackers and bake in the oven at 400 degrees F for 10 minutes.
Remove from the oven and sprinkle with the chocolate chips. As the chips melt, spread them evenly over the mixture. You can then sprinkle with the almonds if you wish. When cool, break into pieces.

Biscuit Pizza
1 small can pizza sauceGrated mozzarella cheese1 (10 count) can biscuits
On ungreased cookie sheet, place biscuits about one inch apart. Flatten biscuit with palm of hand, then put on one tablespoon of pizza sauce and sprinkle on cheese. Bake according to directions on biscuit can, usually at 450 degrees F for 8 to 10 minutes. You can add sliced pepperoni, chopped olives, sliced mushrooms, etc.

Dirt Pudding

Instant chocolate puddingChocolate wafer cookies
Gummi worms

OtherWooden spoonA cup or a new, medium-size plastic flower potAluminum foil
Plastic flower
Check with an adult before you start.
Make the instant pudding according to the instructions on the box.
Crush chocolate cookies into small bits using the back of a spoon.
Stir most of the crushed cookies into the pudding, mixing well.
If you are using a new, clean flower pot, line the bottom with heavy-duty aluminum foil.
Pour the pudding into the flower pot, then stick the fake flower into the pudding to make it look real.

Sprinkle the remaining cookie crumbs and a few Gummi worms over the top of the pudding.

Autumn Snack

This tastes like a Pay-Day candy bar!
1 bag high-quality candy corn1 can salted peanuts

Mix together and store in a plastic container with a tight-fitting lid.

Frozen S'mores
8 graham cracker squares (2 1/2 x 2 1/2 inches)2 tablespoons peanut butter
2 tablespoons marshmallow topping1 cup chocolate ice cream

Spread all crackers with peanut butter, then marshmallow topping. Top 4 with 1/4 cup ice cream each. Cover with remaining crackers, spread side down. Gently squeeze sandwiches until ice cream spreads to edge of cookies.
Serve immediately or wrap in plastic wrap and freeze up to 3 days.

Fudgesicles

1 large box instant chocolate pudding mixMilk as directed on box
1 additional cup of milk
Mix the pudding, milk called for on box and additional milk. Fill Popsicle molds or paper cups, then freeze.
NOTE: This can be made with any flavor of instant pudding mix.

Grilled Ranch Bread

1 stick (1/2 cup) butter or margarine1 packet (1 ounce) Hidden Valley Ranch Original Ranch Salad Dressing and Recipe Mix2 (1 pound) loaves French bread, cut in half lengthwise
Cream butter with ranch dressing mix. Spread mixture on bread. Place bread under broiler 2-3 minutes until golden brown. Makes 32 servings.
Tip: This recipe may be cut in half, reserving half of the butter mixture for use at another time.

Bismarks

Your parents must help you with this one!
1 can refrigerator biscuits
Jelly or jam
Vegetable oilConfectioners’ sugar
Cinnamon (optional)

Flatten each biscuit. Place 1/2 teaspoon jelly in center of biscuit. Fold over and seal edges with fork. Fry in heated oil. Drain on paper towels and sprinkle with sugar and cinnamon, if desired.
Makes 10.

Apple Lips
Core and slice apple into 4 or 6 wedges. Take half of the wedges and spread with peanut butter on the top side. Take 5 or 6 miniature marshmallows and place on top of peanut butter. Spread the other half of the apple wedges with peanut butter and place peanut butter side on top of the marshmallows.

Chinese Doughnuts

1 can biscuit dough
Oil for frying
Granulated sugar
Shape biscuits any way you like.
Fry in oil; drain. Dip into granulated sugar.

7th Inning Hot Dogs

2 (8 ounce) cans refrigerated crescent dinner rolls
8 cheese-filled or regular hot dogs, cut in half

Preheat oven to 375 degrees F.
Separate dough into 8 rectangles. Firmly press perforations to seal. Cut each rectangle in half lengthwise. Place a hot dog half lengthwise on 1 end of the dough strip. Fold dough in half over the hot dog. Press short edges to seal, leaving sides open. Please on an ungreased cookie sheet. Bake for 11 to 13 minutes or until golden brown.
Serve with catsup, mustard and pickle relish, if desired.
Yields 16 servings.

Aquarium Gelatin

1 small box blue or green gelatin
1 cup boiling water
1 cup cold water
24 gummy fish
1 cup whipped cream
Fish crackers (optional)
Make gelatin according to package directions. When it's slightly cooled, divide it among six plastic cups.
When gelatin is partially set, add three or more gummy fish to each cup. Place cups in refrigerator for 2 hours, or until gelatin is firm.
At serving time, top with whipped cream to form "surf." Serve with fish crackers, if desired.

7-11 Cherry Slurpee

2 cups cold club soda
1/2 cup granulated sugar
1/4 teaspoon plus
1/8 teaspoon cherry flavored unsweetened
Kool-Aid mix
1/2 teaspoon cherry extract
2 1/2 cups crushed ice

Pour 1 cup of the club soda into a blender.Add the sugar, Kool-Aid mix, and cherry extract. Blend this until all of the sugar is dissolved.
Add the crushed ice and blend on high speed until the drink is a slushy, smooth consistency, with no remaining chunks of ice.
Add the remaining club soda and blend briefly until mixed. You may have to stop the blender and use a long spoon to stir up the contents.
If necessary, put the blender into your freezer for 1/2 hour. This will help thicken it up.
After 1/2 hour remove blender from freezer and, again, blend briefly to mix.
Makes (1) 32 ounce drink or (2) 16 ounce drinks.

Cookies On A Stick

1 moist cake mix
1/3 cup oil
2 eggs
2/3 cup flour

In large bowl, combine all the ingredients and mix well. Shape into two-inch balls. Insert Popsicle stick into center of ball. With bottom of a glass or with palm of hand, flatten into a cookie on greased cookie sheet. Bake at 350 degrees F for 10 to 15 minutes depending on size of cookie. Cool and decorate.

Fruit Roll-Ups

6 to 8 slices white bread
1/2 cup (1 stick) margarine
6 to 8 teaspoons jam or jelly
Some cinnamon/sugar

Roll out bread slices until flat. Melt margarine. Brush both sides of each slice with margarine. Place on cookie sheet. Spoon on 1 teaspoon jam per slice spread evenly. Roll up bread; place seam side down on cookie sheet. Bake at 400 degrees F for 15 minutes. While hot, dust with a mixture of cinnamon and sugar.

Grilled Ranch Bread

1 stick (1/2 cup) butter or margarine
1 packet (1 ounce) Hidden Valley Ranch Original Ranch Salad Dressing and Recipe Mix
2 (1 pound) loaves French bread, cut in half lengthwise

Cream butter with ranch dressing mix. Spread mixture on bread. Place bread under broiler 2-3 minutes until golden brown. Makes 32 servings.

Tip: This recipe may be cut in half, reserving half of the butter mixture for use at another time.

Dogs in a Sweater

1 (11 ounce) package refrigerated breadstick dough
8 hot dogs
8 Popsicle sticks
Catsup, mustard and/or ranch dressing

Separate dough; roll each piece into a 15-inch rope. Insert sticks into hot dogs lengthwise. Starting at one end, wrap dough in a spiral around hot dog; pinch ends to seal. Place 1 inch apart on a baking sheet that has been coated with nonstick cooking spray. Bake at 350 degrees F for 18 to 20 minutes. Serve with toppings of your choice.

Creamy Blue Jigglers

2 1/2 cups boiling water
2 (8 ounce) boxes blue Jell-O®
1 cup cold milk
1 small box Jell-O®
Vanilla Instant Pudding

Stir boiling water into gelatin in large bowl at least 3 minutes until completely dissolved. Cool 30 minutes at room temperature.

Pour milk into medium bowl. Add pudding mix. Beat with wire whisk 1 minute. Quickly pour into Jell-O®. Stir with wire whisk until well blended. Pour into 13 x 9-inch pan. Refrigerate 3 hours or until firm.
Dip bottom of pan in warm water about 15 seconds

Fluffernutter
This is a very old recipe.
Marshmallow Fluff
Peanut butter (smooth or creamy)
2 slices bread

Spread peanut butter onto one slice of bread. Cover with Marshmallow Fluff. Top with second slice of bread and enjoy!

Desserts: (59)

Brownie Pudding Recipe
The first time I tasted this I just knew it wasn't a "food storage" recipe as it was so delicious. Was I ever surprised with this no-egg treat...
Mix:
* 2 cups flour
* 4 teaspoons baking powder
* 1 teaspoons salt
* 1 1/2 cups sugar
* 4 Tablespoons cocoa (the kind without sugar or powdered milk)
Add and mix well:
* Mix 1 cup milk
* 2 teaspoons vanilla
* 4 Tablespoons oil
* Optional: 1 cup chopped nuts.
Spread into a well greased 9X13 inch pan.
Sauce:
* 1 1/2 cup brown sugar
* 8 Tablespoons cocoa
* 3 1/5 cups hot water
Mix well and carefully pour over batter.
At this point, with a 1/2 inch of watery liquid floating over the top of the batter you will be wondering if whoever made this recipe was "completely out to lunch." Don't fret. It will work.
Bake at 350 degrees F for 50 minutes.
As it cooks, the liquid topping will magically move from the top of the batter to the bottom - the reason the pan must be well greased. It can't float on the topping if the batter is stuck to the pan. As it cooks, most of this liquid is soaked up by the batter. If you like chocolate, you'll love this.

Carrot Cake and Icing Recipe
CARROT CAKE

* 1 1/4 C cooking oil
* 4 eggs
* 1 C raw bran
* 1 1/2 C sugar
* 1/2 C honey
* 3 C whole wheat flour
* 1/2 tsp allspice
* 2 tsp cinnamon
* 1/2 tsp salt
* 2 tsp soda
* 5 C finely grated carrots (In hard times you'll have to get these out of your garden.)
* 1 C raisins
* 1C chopped nuts

Combine and mix thoroughly (about 1 min on high speed with electric beaters) oil, eggs, bran, sugar and honey. Sift in flour, spices, salt and soda. Blend in grated carrots. Pour into greased 8" x 12" cake pan and bake at 350 degrees for 40--50 min.

ICING

* 4 oz cream cheese
* 1/2 stick butter
* 1 tsp vanilla
* 1 tsp maple flavoring
* 1 C powder sugar
* 1 C powder milk (non-instant)
* 1/4 C honey
* add halved walnuts and coconut (if desired)

Mix all together. Spread on cooled cake (add a little milk if necessary to spread easier).

Danish Rice Pudding Recipe

This recipe has been in the family for at least a hundred years. It's easy to fix, doesn't take many ingredients, and tastes really good hot or cold.

* 2 quarts milk (can use reconstituted powdered milk)
* 1 cup sugar
* 1/2 teaspoon salt
* 1 cup white rice
* (maybe 1 1/4 depending on the type of rice)
* 4-5 eggs (or equivalent powdered eggs)
* 1 tablespoon vanilla

Mix milk, sugar, rice and salt and heat to almost a boil. Let simmer 45 minutes or until the rice is soft.

Beat eggs.

Take rice off the heat and quickly stir in the eggs. If it doesn't immediately thicken up, reheat until it does thicken. This should happen before it boils.

Pour it all into a bowl, then add vanilla. Let sit for 20 minutes. Serve hot or cold.

Whole Wheat Oatmeal Cake

Mix

* 1 1/4 cup boiling water * 1/4 cup margarine or butter * 1 cup oatmeal

Set aside to soak

Cream together:

* 1 cup brown sugar

* 1 cup sugar
* 2 eggs (or equivalent powdered eggs and water)
Add the cooled oatmeal mixture plus:
* 1 1/3 cup whole wheat flour
* 1 teaspoon baking soda
* 1 teaspoon cinnamon
* 1/2 teaspoon nutmeg
* 1/2 teaspoon salt

Bake at 350 degrees for 35 minutes. While it is baking, Mix the topping:
* 1 cup chopped nuts
* 1 cup coconut
* 1/2 cup sugar
* 1 teaspoon vanilla
* 1/4 cup margarine or butter
* 1/4 cup canned milk

Spread mixture over the still hot cake and broil until brown.

Brownies Recipe Mix

* 1/2 cup melted margarine
* 2 heaped tablespoons of cocoa powder
* 1 cup sugar
* 1 teaspoon vanilla
Add and stir:
* 2 eggs (or equivalent powdered eggs)
* 3/4 cup flour
* 3/4 tablespoon baking powder.
Bake at 350 degrees F for 35 minutes. Sprinkle top with powdered sugar if desired.

Sugar Cookies Recipe
* 5 2/3 cups flour
* 1 tablespoon baking powder
* 1/2 teaspoon salt
* 1 3/4 cups sugar
* 3/4 cups margarine, shortening, or butter
* 2 large eggs (or equivalent powdered eggs)
* 1/3 cup milk
* Food coloring if you want colored sugar cookies
Cream shortening, add sugar, cream well. Add eggs, beat thoroughly, adding all other liquids. Add dry ingredients. Roll out and cut with a cookie cutter, jar top, etc. Bake at 350 degrees F for 9 minutes on a greased cookie sheet.

Lemon Squares Recipe
This recipe has been in the family for 100 years and is still frequently made by our families.
Crust:
* 1 cup margarine or butter
* 2 cups flour
* 1/2 cup powdered sugar
Mix and pat into a 9X13 inch pan. Bake 350 degrees for 15 minutes.
Filling:
* 4 eggs beaten well (or equivalent powdered eggs)

* 2 cups sugar
* 6 tablespoons lemon juice
* 1 teaspoon baking powder
* 1 tablespoon flour
* pinch of salt

Beat these ingredients together and pour over the crust. Bake for 25-30 minutes until it has set. This is very tasty and freezes well.

Oatmeal Pie Recipe
Here's a couple of good old depression era recipes for Oatmeal Pie. They use the basic ingredients that most food storage kitchens would have on hand. Most people here in our area have never heard of them. Enjoy!
OATMEAL PIE - Preheat oven to 350 degrees. You will need 1 unbaked pie shell.
* 2/3 cup regular oats, uncooked * 2/3 cup light corn syrup (or honey equivalent - maybe 1/4 to 1/2 cup) * 2/3 cup sugar, (white or brown, your choice)
* 1 tsp. vanilla, or your favorite flavor extract * 2 eggs beaten (or use equivalent egg mix)
* 2/3 cup melted butter, cooled (or use equivalent butter powder, reconstituted)
Mix all ingredients in the order they are given. Pour into pie shell and bake at 350 degrees for 1 hour.
OKLAHOMA OATMEAL PIE - Preheat oven to 375 degrees. This one is easier & quicker because it has no crust. My kid's like to make this one.
In a medium to large bowl, mix then set aside: 6 soda crackers, crumbled
* 1/2 cup quick cooking oats, uncooked * 1/2 cup nut meat (or just use another 1/2 cup oats) * 1/2 tsp. vanilla or your favorite flavor extract

In another medium bowl beat:
* 1/2 tsp. cream of tartar * 3 egg whites (or equivalent dry powder) * Add 1 cup of sugar gradually beating until mixture is stiff. Sugar can be white or brown, your choice.
Gently combine the two mixtures and spoon into a greased 9 inch pie pan. Bake at 375 degrees for 25 minutes. When pie has cooled serve with whipped cream or Dream Whip style Topping. This freezes well.
One thing I do is vary these recipes from one time to the next when I make them. One time I'll use sorghum for sweetener, another time it might be honey. One time I might use rum flavor extract and the next time banana. I've used dried fruit instead of the nuts. Play with it and have fun
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Raisin Cookies Recipe
* 2 cups raisins
* 1 cup water

Boil until water is gone- cool and add other ingredients
* 1 cup water
* 1 1/2 cups sugar
* 1cup oil or margarine
* 3 eggs (or 4 T egg powder and 1/2 cup water)
* 1 tsp soda
* 1 tsp vanilla
* 1 tsp salt
* 3 1/2 cups flour
* 1/2 cup chopped nuts
Mix together and refrigerate. Make into balls, roll in sugar then place on an

ungreased cookie sheet. Bake at 350 degrees for 12 min.

Wild Rice Pie Recipe Like Pecan Pie? Try this!
* 3 large eggs, beaten
* 4 ounces maple sugar or turbinado (raw sugar) (1/2 cup)
* 6 ounces molasses (3/4 cup)
* 12 ounces wild rice, cooked (about 1 3/4 cups)
* 1 (9-inch) pie crust

Preheat oven to 375 deg F.In a large mixing bowl, combine eggs, sugar, and molasses; blend thoroughly. Add wild rice and mix well. Pour into an uncooked pie crust. Bake for 40-50 minutes, or until the pie sets. Cool, slice and enjoy.
Great with homemade vanilla ice cream.

Whole Wheat Oatmeal Cake Recipe Soak for 20 minutes:

* 1 1/4 cup boiling water
* 1 square butter or margarine
* 1 cup oatmeal
* Set aside to cool.

Cream:
* 1 cup brown sugar
* 1 cup white sugar
* 2 eggs

Mix together:
* 1 1/3 cup whole wheat flour
* 1 tsp. soda
* 1 tsp.cinnamon
* 1/2 tsp. nutmeg
* 1/2 tsp. salt

Add mush mixture to creamed sugar mixture. Then add flour and dry ingredients.Stir to mix.
Bake in 9x13x2 1/2 inch greased pan.Bake at 350 degrees F. for 50 minutes
Topping - Combine:
* 1 cup chopped nuts
* 1 cup coconut
* 1/2 cup sugar
* 1 tsp. vanilla
* 1/4 cup canned milk
* 6 Tbls. margarine

At end of baking time, remove hot cake sprinkle at once with topping and return to 400 degree F oven for about 7 minutes to bubble topping. Watch not to over brown coconut in topping.

Whole Wheat Cookies Recipe
Preheat oven to 350 degrees F.
* 1/2 cup shortening or vegetable oil
* 1 cup raw or brown sugar
* 1 egg, beaten
* 2 cups whole wheat flour

* 1/2 tsp. salt
* 1/2 cup powdered whey
* 1 tsp. cinnamon
* 1/2 tsp. soda
* 1 tsp. baking powder
* 1 cup raisins
* 1 cup chopped nuts
* 1 cup unsweetened applesauce
* 1/2 tsp. vanilla

Cream sugar, eggs, shortening, and vanilla. Mix all dry ingredients together and add to creamed sugar alternately with applesauce. Add nuts and raisins.
Drop by spoonfuls on greased cookie sheet.Bake 15 minutes.
Makes 3 dozen large cookies

Popped Wheat Treats

Instructions: Boil as many whole wheat kernels as you want to pop until kernels are plump, tender and begin to split. drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.
In a heavy kettle, heat vegetable oil to 360 deg. Put a small amount of wheat (about 3/4 cup) in a wire basket or strainer and deep fry in hot oil for 1 1/2 minutes or until popping ceases. Drain on adsorbent paper.
Variations:Season with salt, seasoned salt, garlic, barbecue salt, onion salt, cinnamon and sugar or any combinations you desire. These morsels are great an salads as a topping, mixed with trail mix, or as toppings for a desserts or just as a snack.

Graham Crackers
* 1 cup whole wheat flour
* 1/2 cup oat flour (May grind rolled oats or put in blender)
* 1/3 cup plus 1 Tbsp sugar
* 1/2 tsp soda
* 1/3 cup butter or margarine
* 1 Tbsp honey
* 1 Tbsp milk

Sift flours, sugar, and soda into a mixing bowl. Heat margarine, honey, and milk until margarine is melted. Pour into dry ingredients and stir until smooth. Let chill 1/2 hour to 45 minutes. Roll out dough to 1/4 inch. Cut in squares. Bake in 350 deg. oven for 15 minutes. Prick crackers with a fork as they come from the oven
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Whole Wheat Brownies
* 1 cup melted shortening
* 4 generous Tbsp cocoa
* 4 eggs, beaten
* 2 cups whole wheat flour
* 1 cup sugar

Beat together: spread in greased and floured 9 X 13 pan. Bake at 350 deg. for 25 minutes.
It sets up after being out of the oven.
FROSTING:
* 1/2 cup melted margarine
* 2 Tbsp cocoa

* 2 cups powdered sugar
* 1 tsp vanilla

Mix with milk to spreading consistency.

Oatmeal Cookies Makes 3 dozen cookies
* 1 cup boiling water
* 1 cup raisins
* 1/4 cup butter or margarine
* 1 cup sugar
* 2 eggs, beaten
* 2 cups flour (1 cup whole wheat flour, 1 cup white flour)
* 1/2 tsp salt
* 1/2 tsp each, cinnamon, nutmeg, and cloves
* 1 tsp soda
* 1 tsp baking powder
* 2 cups oatmeal
* 1 cup nuts
* 1 cup chocolate chips (optional)

Pour boiling water over the raisins, butter or margarine, and sugar. When mix is cool, mix in beaten eggs and add the remaining ingredients. Drop by teaspoons onto cookie sheet. bake at 350 deg. for 12 minutes.

Missionary Candy
* 1/2 cup margarine
* 1/2 cup honey
* 1/2 cup brown sugar
* 1 1/4 cups oatmeal
* 1/2 cup toasted wheat germ
* 1/3 sesame seeds
* 1 cup flaked coconut
* 1 tsp cinnamon
* 1 cup walnuts, chopped
* 1/2 cup dried apricots or other dried fruit

Combine margarine, honey, and sugar in pan and heat. Stir in remaining ingredients. Spread in 9 x 13 pan. Bake at 350 deg. for about 25 minutes, stirring 2 or 3 times. turn onto greased foil. Break into pieces.

Amazing Lemon Cream Pie (or Pudding)
* 1 cup water
* dash of salt
* 1/2 cup water
* 1/3 cup wheat flour
* 1/3 cup dry milk powder
* 2/3 cup sugar
* 1/2 cup water
* 1 Tsp knox gelatin (1/3 envelope)
* 1 pack lemonade kool-aid (without sugar)

Bring the cup of water and salt to a boil . Make a paste with 1/2 water and flour. Slowly pour mixture into boiling water, stirring constantly. Let cook on low heat for 7-8 minutes, stirring frequently. Remove from heat. In a small mixing bowl combine dry milk powder, sugar, and 1/2 cup cold water. Set aside. Soften gelatin in water, put on low heat and stir until dissolved. Add gelatin to milk mixture and stir until thoroughly

mixed. To this add Kool-aid. Mix until dissolved. Combine with cooked wheat and mix well. Pour into 8 inch Crunchy Wheat pie crust and serve with whipped topping
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Crunchy Wheat Pie Crust
* 1 1/3 cup Crunchy wheat cereal crumbs
* 2 Tbsp sugar
* 1/3 cup melted margarine

Using the finer crumbs sifted from the crunchy wheat cereal, combine all of the ingredients, mix well and press firmly against sides and bottom of pie tin. Pour filling into shell and refrigerate until firmly set.
Variations of pie recipes:
Choclate Cream Pie
* 1 Tbsp cocoa
* 1/2 tsp vanilla

Make as for lemon cream pie except add cocoa and vanilla to wheat mixture at the end of cooking time. Eliminate lemonade Kool-aid.
Coconut Cream Pie
* 1 Tbsp small cracked wheat
* 1/4 tsp coconut flavoring (or to taste)

Make as for lemon pie except add small cracked wheat (tastes like coconut when finished) to water and wheat flour mixture before cooking. Add coconut flavoring when all ingredients are mixed together.
Pudding
* 1/4 cup milk

The lemon, chocolate and coconut cream pie fillings make an excellent pudding by adding 1/4 cup milk and putting in blender and beating slightly.

Rice Pudding
Makes 8 servings
* 3 eggs
* 2 Tbsp honey
* 6 Tbsp sugar
* 1/2 tsp nutmeg
* 1 tsp cinnamon
* 1/2 tsp vanilla
* 1 cup milk (2/3 cup non-fat dry milk to 2/3 cup water)
* 1 1/2 cups cooked rice
* 1/2 cup raisins

Beat eggs. Add sugar and spices. Mix well. Stir in vanilla, milk, rice and raisins. Place in a 2 quart casserole dish. Bake at 350 deg. for 45 minutes. Stir after 25 minutes.

Choclate Chip Oatmeal Cookies Makes 3 dozen

* 1 cup melted shortening, butter, margarine
* 2/3 cup granulated sugar
* 2/3 cup brown sugar, packed
* 2 eggs
* 1 tsp vanilla
* 1 1/2 cups flour, scooped and leveled
* 1/2 tsp soda
* 1 Tbsp hot water

* 2 cups rolled oats
* 1ea 6oz. package chocolate chips
* 1/2 cup nuts, coarsely chopped

In large bowl, cream shortening; add sugars and cream until fluffy. Beat in eggs and vanilla. Add flour salt and soda that has been dissolved in hot water; blend. Stir in rolled oats, chocolate chips and nuts. Drop by teaspoonfuls onto ungreased baking sheet about 1 1/2 inches apart. Bake at 375 deg. for 10 minutes or until barely brown and still a little puffy. For crisper cookies, bake until cookies flatten.
Variation:Coconut, raisins, and or peanuts may be added to this basic cookie dough. Or, 1 cup coarsely grated carrots, cooked in 2 Tbsp boiling water for 5 minutes may be added.

Wheat and Raisin Chocolate Chip Cookies Makes 6 Dozen

* 1 12/ cups margarine 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 Tbsp hot water
* 1 cup chopped nuts
* 1 cup raisins
* 1ea 12oz. package chocolate chips

Preheat oven to 350 deg. Beat margarine in a large bowl until soft. Gradually add sugars, beating until light and fluffy. Add vanilla. Add eggs one at a time, beating well. Blend both kinds of flour and salt on a sheet of wax paper. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed.
Dissolve baking soda in hot water and add to flour-sugar mixture. Stir in nuts, raisins and chocolate chips. Using 1 generous Tbsp of dough for each cookie, place on greased cookie sheet. Bake at 350 deg. for 12 minutes. Allow to cool.

Really Good Pinto Bean Pie
* 1/2 cup granulated sugar
* 1 cup brown sugar, packed
* 2 eggs beaten
* 1/2 cup butter
* 1 heaping cup mashed, cooked pinto beans
* 1 unbaked 9-inch pie shell
* whipped topping or ice cream

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

Orange Julius
Makes 3-6oz. servings
* 2 cups orange juice (or Tang)
* 2 Tbsp sugar

* 1/2 cup powdered sugar
* 1/2 tsp vanilla
* 1/2 cup crushed ice

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

Date Filled Wheat Cookies Makes 3 dozen

* 1 cup shortening
* 2 cups brown sugar
* 2 eggs
* 1/4 to 1/2 cup water
* 1 tsp vanilla
* 1 tsp salt
* 1 tsp baking soda
* 1/4 tsp cinnamon
* 2 cups wheat flour
* 1 1/2 cups white flour

Cream shortening and sugar. Add eggs and vanilla. Mix dry ingredients in another bowl. Alternate dry ingredients and water. Shape dough into 2 rolls about 2 inches in diameter. Refrigerate.

FILLING:

* 2 cups chopped dates or raisins
* 3/4 cup water
* 1/2 cup chopped nuts

Combine dates, sugar and water. Cook over low heat until thick. Remove from heat and stir in nuts. Cool. Slice dough into thin slices and place on cookie sheet; top with tsp of filling and place another round on top. Do not need to pinch down. Bake on ungreased cookie sheet at 375 deg. for 10-12 minutes.

Honey Mints

* 1 cup warm honey
* 4 drop oil of peppermint
* green food coloring
* 2 3/4 cups powdered milk (non-instant)

Mix ingredients and knead until all the milk is absorbed.

Pinto Bean Fudge

* 1 cup cooked soft pinto beans (drained and mashed)
* 1/4 cup milk
* 1 Tbsp vanilla
* 6 oz. unsweetened chocolate
* 6 Tbsp butter or margarine
* 2lbs. powdered sugar
* nuts (optional)

In a large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter and stir in bean mixture. Gradually stir in powdered sugar. Knead with hands to get it well blended. Spread into lightly buttered 9-inch baking dish or form into 1-1/2 inch rolls. Chill 1-2 hours.

Oh Harry Bars

* 1/2 cup melted margarine
* 1/2 cup corn syrup

* 1 cup brown sugar
* 1 tsp vanilla
* 1/2 cup peanut butter
* 4 cups oats
* 1ea 6 oz package chocolate chips

Mix together the first 5 ingredients. Heat until dissolved. Stir in oats and chips. Press into 9 x 13 inch pan. Bake at 350 deg. for 15 minutes. Don’t overbake. Cut in bars.

Tootsie Rolls

* 1 cup honey
* 1 tsp vanilla
* 1/2 cup cocoa
* 1 cup non-instant powdered milk

Cook honey to 255 degrees (hard ball). Do not overcook. Remove from heat. Add vanilla. Mix cocoa and powdered milk well and stir into honey. Pull like taffy until gloss is gone . Roll into rolls.

Peanut Butter Snap, Crackle And Pop

* 3/4 cup powdered sugar
* 1/2 cup powdered milk
* 1 cup peanut butter
* 1/2 square margarine (about 1/2 cup)
* 1 1/2 cups rice krispies

Mix powdered milk and powdered sugar thoroughly. Add peanut butter and melted margarine. Stir in rice krispies. Form into walnut-size pieces. For an added treat, dip in chocolate.

Eat-More Bars Recipe

1 cup honey
2 cups chocolate chips
1/2 cup peanut butter
1 1/2 cups bran
1 1/2 cups peanuts -- chopped

Melt first three ingredients, then add bran, then peanuts. Place in a lightly greased 9" x 13" pan.

CHOCOLATE SNACK CAKE

1 2/3 cups all purpose flour
1 cup packed brown sugar
¼ cup unsweetened cocoa
1 teaspoon baking soda
½ teaspoon salt
1 cup water
1/3 cup oil
1 teaspoon vinegar
½ teaspoon vanilla

Mix dry ingredients. Stir in liquid ingredients completely. Pour into an ungreased 8-inch square pan. Bake at 350°F for 35-40 minutes, or until a toothpick inserted in the center comes out clean. Cool. Dust with powdered sugar just before serving.
Applesauce Cake: Omit cocoa and vanilla. Stir 1 ½ teaspoons ground allspice into the

flour mixture. Reduce water to ½ cup and stir in ½ cup applesauce.
Chocolate Chip: Omit cocoa and vanilla. Stir in 1/3 cup chopped nuts into flour mixture. Sprinkle 1/3 cup mini chocolate chips over the batter in pan.
Double Chocolate: Sprinkle ½ cup semi-sweet chocolate chips over the batter in pan.
Maple Nut: Omit cocoa and vanilla. Stir ½ cup chopped pecans into the flour mixture and ½ teaspoon maple extract in with the water.

Bread Pudding (Pioneer Recipe)
Pudding:
* 1 egg
* 1/2 C. soft bread crumbs
* 1 1/4 C. milk
* 1 T. honey
* 1 T. sugar
* 1/4 tsp. each, cinnamon and nutmeg
* dash of salt

Sauce:
* 3 C. water
* 1 C. sugar
* 1/4 C. flour
* 1/4 C. water
* 1T. butter
* cinnamon, vanilla, salt

Beat egg. Combine with other ingredients. Put in a pudding dish or custard cups. Set in a larger pan of hot water. Bake slowly at 300 degrees F. for 25 minutes. Serve with sauce.
To make the sauce, melt the sugar in a pan. Add 3 C. water and dissolve by heating to boiling. Thicken it with a flour paste made from 1/4 C. flour and 1/4 C. water. Add 1 T. butter and cinnamon, vanilla, and salt to taste. Pour over pudding.

Apple Fritters (Dried Foods)
* 3 C. flour
* 1/3 C. dried egg powder
* 1 1/2 C. milk
* 4 tsp. baking powder
* 1 1/2 tsp. salt
* 2 tsp. sugar
* 2 T. oil
* 1/4 C. water
* 1 C. dried apple slices (reconstituted)

Sift together dry ingredients. Combine milk, oil, and water. Add to dry ingredients, mix well until moistened. Chop rehydrated apple slices and add to the batter. Mix. Heat 2" of oil in a skillet and drop batter by spoonfuls into hot oil. Fry, turning once until brown. Drain on a paper towel.
Note Reconstituted sweet corn can be added in place of apples to make corn fritters.

Hurricane Oatmeal Cake
* 1 C. oatmeal
* 1 1/4 C. boiling water
* 2 eggs

* 1 C. sugar
* 1 C. brown sugar
* 1/2 C. oil
* 1 1/2 C. flour
* 1tsp. baking soda
* 1 tsp. salt
* 1 tsp. cinnamon

Combine oatmeal and boiling water. Set aside. Beat together eggs, sugars, and oil until blended. Add sifted flour, soda, salt and cinnamon. Add in oatmeal mixture. Mix all and pour into a greased 9x13 pan. Bake 30-35 minutes at 350 degrees F.

Topping:

* 1 C. coconut
* 6 T. melted margarine
* 1/4 C. evaporated milk
* 1 C. brown sugar
* 1/3 C. chopped pecans or walnuts

Heat all ingredients together in a small saucepan until blended. Spread over cake and broil until crunchy, about 2 minutes.

Whole Wheat Oatmeal Cookies

* 2 eggs
* 1 tsp. vanilla
* 1 C. butter
* 3/4 C. honey
* 1/2 C. pure maple syrup or honey
* 1/2 C. fructose or sugar
* 1/2 C. chopped nuts
* 3 1/2 C. whole wheat flour
* 1/2 tsp. salt
* 1 tsp. baking soda
* 1 tsp. baking powder
* 4 1/2 C. rolled oats
* 1/2 C. carob or chocolate chips

Cream all wet ingredients together. Add to the dry ingredients and blend well. Add carob chips and nuts last. Stir. If the dough is too sticky, add 1/2 C. more flour and 1/2 C. more oats. Drop by spoonfuls onto an ungreased cookie sheet and bake at 350 degrees F. for 15 minutes. Do not overcook.

Old Fashioned Hardtack Candy

* 2 C. sugar
* 3/4 C. corn syrup
* 1 C. water

Mix and cook to 270 degrees F. or hard brittle stage with threads as it falls in cool water. Remove from the heat and add food coloring as desired and 1/2 tsp. flavoring (cinnamon, peppermint, etc.). Pour into a buttered dish and cool. Break into pieces and roll in powdered sugar.

APPLE NUT CAKE

* 1 cup sugar
* 1 egg
* 1 tsp ground cinnamon

* 1/2 tsp baking soda
* 1 cup peeled, sliced apple or reconstituted dreid apples
* 1/2 cup coarsely chopped pecans
* 1/2 cup applesauce
* 1 cup flour
* 1/2 tsp baking powder
* 1/4 tsp salt

Topping
* 1/4 cup brown sugar
* 1 tbsp butter, melted
* 1/4 cup chopped pecans
* 1/4 tsp cinnamon

Directions:In a bowl combine sugar, applesauce, and egg: mix well. Combine flour, cinnamon, baking powder, baking soda, and salt: add to applesauce mixture. Stir in apple and pecans. Spread in an 8 inch baking dish coated with nonstick spray. Ina a bowl, combine the brown sugar, pecans, butter,and cinnamon: sprinkle over apple mixture. Bake at 350 degrees 25-30 minutes or until toothpick comes out clean. Cool on wire rack.

ALL HONEY COOKIES
* 1 cup honey
* 1 cup shortening
* 3 3/4 cups flour
* 4 1/2 tsp baking powder
* 1/4 tsp soda
* 1/2 tsp each cinnamon, cloves and allspice

Directions:Heat honey and shortening together about minute. Cool. Sift flour, baking powder, soda, and spices together. Add flour to first mixture amd make a soft dough. Roll thin, cut, bake at 350 for 12 to 15 minutes.

Apple Pie
3 1/2 cups diced apples
2 c. water
3/4 c. sugar
1 tsp. cinnamon
1/4 tsp. nutmeg
Cook apples until tender. The apples will rehydrateduring the cooking and baking proccess. Add sugar,
cinnamon and nutmeg. Fill and top with pie crust andbake for 30 min. at 350 degrees.

BROWNIE PUDDING
Mix: 2 cups flour
4 teaspoons baking powder
1 teaspoons salt
1 1/2 cups sugar
4 Tablespoons cocoa (the kind without sugar or powdered milk)
Add and mix well:
Mix 1 cup milk
2 teaspoons vanilla
4 Tablespoons oil
Optional: 1 cup chopped nuts.

Spread into a well greased 9X13 inch pan. Sauce:
1 1/2 cup brown sugar 8 Tablespoons cocoa
3 1/5 cups hot water Mix well and carefully pour over batter. Bake at 350 degrees F for 50 minutes.

BROWNIES
Mix : 1/2 cup melted margarine
2 heaped tablespoons of cocoa powder
1 cup sugar
1 teaspoon vanilla
Add and stir: 2 eggs (or equivalent powdered eggs)
3/4 cup flour
3/4 tablespoon baking powder.
Bake at 350 degrees F for 35 minutes. Sprinkle top with powdered sugar if desired.

DROP CAKES

1 egg, beaten
1 tbs sugar
1 pint milk
1/8 tsp salt
2 tsp baking powder
Enough flour to make a stiff dough
Mix ingredients well and drop by teaspoons into hot oil. Roll in powdered sugar after browning.

CAKE, Molasses
1 cup sugar
3 eggs, beaten
1 tsp baking soda
1/2 tsp ginger
2 cups flour
1 cup light molasses
1/2 tsp salt
1/2 tsp ground cloves
1/2 tsp cinnamon
1 cup margarine, softened
Cream together margarine and sugar. Add eggs and blend well. Add molasses. Combine cloves, cinnamon, ginger, salt, and flour. Mix well. Add 1 cup boiling water to mixture. Then add baking soda and stir. Combine flour mixture slowly to margarine mixture. Batter will be thin. Don't add more flour. Pour batter into greased floured cake pan and bake in cardboard oven at 350 for 45 minutes. When still warm, turn upside down onto plate and serve.

CINNAMON CRISPS
3/4 cups sugar
1/3 cups shortening
1/3 cups margarine
1 tsp cinnamon
1/4 cups milk

2 tsp baking powder
1/2 cups flour

Cream together sugar, shortening, and margarine. Add rest of ingredients and mix well. Add a little more milk, enough to make a dough that can be rolled. Roll out very thin and cut. Bake in cardboard oven at 400 for 15 minutes.

CINNAMON ROLLS
2 cup lukewarm water
1 package dry yeast
2 tbs sugar
1 tsp salt
4-5 cups flour tub soft margarine
1 cup sugar
2 tbs cinnamon
8oz pecan pieces
Mix lukewarm water, yeast, 2 tbs sugar, and salt in medium pot. After yeast mixture is bubbly, add 2 cups flour and mix well. Add rest of flour slowly to make dough. Place on floured surface and knead until smooth. Oil surface well. Place in large pot, cover, and let rise (1 hour). Knead second time and roll into a thin sheet on a floured surface. Spread soft margarine, sprinkle on sugar, cinnamon, and pecan pieces. Roll into a log and pinch ends shut. Spiral log onto greased large pot lid and press down until log covers bottom of lid. Spread more margarine on top. Bake in pre-heated Dutch oven 30-45 minutes. Slice while warm but not hot.

DOUGHNUTS, HONEY
1 envelope dry yeast
1/2 cups warm water
3 cups flour
1 egg, beaten
1/2 tsp salt
1 tbs oil
1 tsp sugar cooking oil
cinnamon
honey

Dissolve yeast in warm water, mix with other dry ingredients. Knead or several minutes and set aside in warm place until dough doubles, about 2 hours. Roll flat, cut into 1 1/2in squares and allow to rise 1 hour. Heat 4in of oil in Dutch oven. Drop squares into oil and cook to golden brown. Drain and dredge in sugar & cinnamon mixture. Heat honey and drizzle over doughnuts and serve.

GRAHAM CRACKERS
1/2 C. evaporated milk
2 T. lemon juice or vinegar
1/2 C. honey
2 tsp. vanilla 1 tsp. salt
6 C. whole wheat flour (approx.)
1/2 C. water

1 C. packed brown sugar
1 C. vegetable oil
2 eggs, beaten lightly
1 tsp. soda

Mix together milk, water and lemon juice. In separate bowl beat well, sugar, honey, oil, vanilla and eggs. Combine mixtures with dry ingredients. Divide in 4 equal parts. Place each on a greased and floured cookie sheet and roll to about 1/8" thick. Prick with fork. Bake at 375 degrees for about 15 minutes or until light brown. Remove from oven and cut in squares immediately.

PUDDING, NATIVE AMERICAN
1/4 cups sugar
1 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp salt
1/4 tsp nutmeg
4 cups milk
1/2 cup yellow cornmeal
1/2 cup raisins
1/2 cup pancake syrup
2 tbs margarine, softened
2 eggs, beaten

Pre-heat Dutch oven. Mix together sugar, cinnamon, ginger, salt, and nutmeg. Blend well and set aside. Heat milk in medium pot. Stir in cornmeal. Cook over low heat, stirring constantly, until very thick (20min). Remove form heat. Stir in sugar mixture and remaining ingredients. Pour into large greased pot and bake in Dutch oven 1 hour or until knife inserted in center comes out clean. Serve warm.

OATMEAL, BAKED
5 Cups Oats -- Rolled (Raw)

2 1/2 Cups Milk -- Rice, Soy Or Dairy 4 Medium Eggs
1/2 Cup Honey
1 Tablespoon Baking Powder
1 Teaspoon Cinnamon
1 Pinch Salt
1 Teaspoon Vanilla Extract
1/2 Cup Raisins -- Seedless, Unsulphured (optional)
Mix together and pour into an ungreased 9 x 13 baking pan. Bake at 350 for 30 minutes or until golden brown. This re-heats well. You can assemble ahead (even overnight) and bake later.

OATMEAL BAKED, BREAKFAST TREAT
3 cups quick cooking oats
1 cup packed brown sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1 teaspoon salt
1 cup milk (can be reconstituted milk)
1/2 cup melted margarine or butter

2 eggs, beaten (or equivalent powdered eggs and water)
Mix together and pour into a 9 inch square greased pan. Bake at 350 degrees F for 40-45 minutes. Serve warm with milk.

OATMEAL, SUGAR OVERDOSE
8c water
1 tbs. salt
3 cups quick oatmeal
2 cups brown sugar
2 sticks margarine
Bring water and salt to boil. Add brown sugar and margarine. When at rolling boil, add oatmeal. Cook 5 minutes, stirring constantly. Cook 15 minutes if using non-instant oatmeal. Guaranteed to get you going and keep you going on a cold weather camp out.

RICE PUDDING, DANISH
This recipe has been in the family (Not mine LOL) for at least a hundred years. It's easy to fix, doesn't take many ingredients, and tastes really good hot or cold.
2 quarts milk (can use reconstituted powdered milk) 1 cup sugar
1/2 teaspoon salt 1 cup white rice
(maybe 1 1/4 depending on the type of rice) 4-5 eggs (or equivalent powdered eggs)
1 tablespoon vanilla

Mix milk, sugar, rice and salt and heat to almost a boil. Let simmer 45 minutes or until the rice is soft. Beat eggs. Take rice off the heat and quickly stir in the eggs. If it doesn't immediately thicken up, reheat until it does thicken. This should happen before it boils. Pour it all into a bowl, then add vanilla. Let sit for 20 minutes. Serve hot or cold.

Orange-Sesame Cake
1 1/2 C Whole-Wheat Flour
1/2 C Soy Flour
1 Tsp Salt
2 Tsp Baking Powder
1/4 C Sesame Seeds
1/4 C Whole Dried Egg
2 Tbsp Orange Peel -- grated
1/2 C Sugar
1/2 C Margarine 2 Tbsp Shortening Or Margarine -- to grease pan
3/4 C Water

Blend all the ingredients thoroughly, using the low speed of the electric mixer. Bag mixture and close top securely.
1. Grease the baking pan with margarine. 2. Blend water into the mix to make a stiff batter. Spread batter in pan and bake about 30 minutes, or until it's done. Serves 4.

Rice Pudding
1 C. of white rice
1 C. of sugar
about a 1/2 Gal of milk (whole or 2%)

Combine the rice and the sugar in a double boiler and cover with milk. Keep the double boiler going and continue to cover with milk (check it about every 1/2 hour). This whole process will take about 5 hours until it is tender, but it is definitely worth it!! Sprinkle with cinnamon and (if you want) raisins.

Stir Crazy Cake
2 1/2 cup flour
1 1/2 cup sugar
1/2 cup cocoa
2 tsp baking soda
1/2 tsp salt
2/3 cup oil
2 tbs vinegar
1 tbs vanilla
2 cups cold coffee
1/4 cups sugar
1/2 tsp cinnamon
Put flour, 1 1/2 cup sugar, cocoa, baking soda, and salt in a lined, ungreased Dutch oven. Stir with a fork to mix; form 3 wells in flour mixture. Pour oil into one well, vinegar in one, and vanilla in one. Pour cold coffee over all ingredients and stir with fork until well mixed. Combine remaining sugar and cinnamon; sprinkle over batter. Bake in Dutch oven for 34-45 minutes.

Apple Pie
* One 9-inch pie crust
* 1/4 lb. dried apple slices (3-1/2 cups)
* 2 cups water
* 1/3 to 1/2 cup sugar
* 1/2 teaspoon cinnamon
* **Crumb topping:**
* 1/2 cup flour
* 1/4 cup brown sugar
* 2-1/2 tablespoons butter or margarine
Cook dried apples in water until soft, about 1 hour. Add additional water, but not an excessive amount. Do not drain.Add sugar and cinnamon.
Pour into prepared pie shell.Mix topping until crumbly and sprinkle over pie.
Note: Either sweet or sour apples may be used in drying. Sweet apples such as Red Delicious are used for sweet schnitz (dried apples), and the peel is left on to ensure a rich flavor. If a tart flavor is preferred, use late fall or early winter fully matured apples. No research is available on the suitability of current commercial varieties of apples. Dry a small amount of a variety and test by using it in one of your favorite recipes before drying large amounts of that variety.

Apple Coffee Cake
(serves 18)

* 2 cups dried apples
* 1 teaspoon lemon juice
* 1/2 cup margarine
* 3/4 cup sugar
* 2 eggs
* 1-1/2 cups flour
* 1/2 teaspoon salt

* 2 teaspoons baking powder
* 1/2 cup milk
* 1 teaspoon vanilla
* Topping:
* 1/2 cup sugar
* 2 teaspoons cinnamon

Place dried apples and lemon juice in a bowl. Add enough water to cover and soak for 1 hour.Cream margarine and sugar.
Add eggs and beat well.
Sift together flour, salt and baking powder. Add to creamed mixture.Add milk and vanilla. Beat well.
Pour into two 9-inch greased and floured cake pans.Top with drained, rehydrated apple slices.
Combine sugar and cinnamon. Sprinkle evenly over apples.Bake at 375 degrees F for 35 to 40 minutes.

No-Bake Powerhouse Cookies Recipe
INGREDIENTS:
* 1 cup brown sugar
* 1/4 cup margarine
* 3 Tablespoons powdered milk
* 4 Tablespoons water
* 1 cup oatmeal
* 1 cup peanut butter
* 1/2 cup nuts
* 1/2 teaspoon vanilla
* 1/4 cup chocolate or carob chips

Mix sugar, margarine, powdered milk, and water in a pan.B
ring to a boil. Reduce heat and boil 3 minutes. Stir constantly to prevent scorching. Remove from heat and stir in oatmeal, peanut butter, nuts, vanilla, and chocolate chips.
Drop by spoonfuls onto a flat surface such as pan lids. Let sit for about 10 minutes to set. In hot weather, they might not set as well.
Yield: about 20 to 24 cookies

Herbal Medicinal Oil & Salve Recipes (16)

You must first begin by making a Medicinal Oil
Moisture tends to cause medicinal oils and salves to deteriorate and spoil quickly, so you will need to use dried herbs (like those we sell) rather than fresh herbs. Of course, you could dry your own herbs, as well. To Make a Medicinal Oil follow the steps below:
Solar Method
Place the herbs you choose in a glass jar, cover with extra virgin cold pressed olive or coconut oil and cover tightly.
Place this jar in a warm sunny spot: The warmer the spot, the shorter the time it will need to sit. Placing this jar in nice warm sand, or in the center of your garden in the sun, you will probably want to wait two weeks.
Now, you may strain the herbs. You may wish to add another batch of herbs, and repeat the first three steps... which will make an oil that is double the strength, but takes twice the time to prepare.

Place the bottled oil in a cool dark area.

Using Your Oven

Place the herbs in a glass canning jar and cover with extra-virgin, cold-pressed olive and/or coconut oil.
Put the jar(s) inside a pan half-filled with water.
Place in the oven and turn it on the lowest setting you can.
Remember: Lower heat + longer infusion = better quality oil.Most ovens display temperature markings starting at 175° or 200°. I hang a candy thermometer in the oven, placing the temperature dial just before the first indicated number, so the actual temperature is only 140° or so.
At 175-200 degrees you will need to wait a few hours for your herbs to infuse: At 140 degrees you'll need to wait longer. Check periodically: The oil will turn a deep color from the herbs as they infuse.
Strain, and keep in a cool, dark place until ready for use.

Using a Double Boiler
Place the herbs and extra-virgin, cold-pressed olive and/or coconut oil in a double boiler, covering them with a tight fitting lid.
Bring to a low simmer.
Slowly heat for 1/2 to 1 hour.
Check frequently to be sure the oil is not over heating.Be careful: You do not want french fried herbs!
Oil builds heat rapidly, and you can go very quickly from a nice herbal infusion to fried comfrey leaves.
Strain thoroughly and bottle for use in the salve.
Store in a cool, dark place.

Examples of Medicinal Oil Recipes:
Ear Oil
We use this for ear infections. Warmed to body temperature and dropped in the ear, it quickly relieves the pain. The oil has anti-viral and antibacterial properties, as well as herbs which reduce swelling and help to deaden the pain.
1/2 cup dried Mullein flowers 1/4 cup dried St. John's Wort herb 2-3 cloves of fresh garlic

Whiz the garlic in 1 cup of olive oil in your blender until the garlic is in tiny pieces. Pour this mixture over the herbs and use the solar method to extract the medicinal properties. Let it set for at least two weeks.

Insect Repellant Oil
Much safer than anything you buy from stores, this is as effective as anything commercially prepared at keeping those pesky insects away.
1 part Bay leaves 1 part Pennyroyal 1 part Rosemary
1 part Eucalyptus
Add enough oil to cover the herbs, plus an inch or two. Prepare using any of the methods above.
Add a few drops of essential oils of pennyroyal and/or eucalyptus to strengthen the scent.

Sports Massage Oil
2 parts St. John's Wort 1 part Hops
1 part Arnica 1 part Mullein leaves 2 parts camphor oil or crystals Essential Oil of

Wintergreen

Add oil to cover the herbs, plus an inch or two more. Prepare using any of the methods above.
Add the camphor oil or crystals, adding enough Wintergreen oil to create a strong, pungent odor.

More information on making Medicinal Oils...Moisture tends to cause medicinal oils and salves to deteriorate and spoil quickly, so you will need to use dried herbs (like those we sell) rather than fresh herbs. Of course, you could dry your own herbs, as well.
The oils with the longest shelf life are coconut and olive oil. Both are very healthy oils. The seed oils are unsaturated and the fatty acids less stable: They breakdown with heating, forming trans-fatty acid which has been shown to actually cause heart disease and cancer. They will still work for medicinal oils, but are not recommended.
Coconut oil is solid or semi-solid at any temperature below 78°. Olive oil will begin to solidify at temperatures around 40°. This make a difference in the consistency of the salve in most regions that experience significant seasonal temperature changes between summer and winter. You may wish to keep this in mind when making salves and lip balms. A salve made solely with coconut oil would be very soft during the summer if you prepared it during the winter, for example. The rich emollients and anti-microbial properties make coconut oil a highly desirable salve ingredient.

How to Make Salves from a Medicinal Oil...

1. Begin by making a Medicinal Oil (see instructions above), then follow these instructions:
Your pan and supplies must be moisture free.
Place the herbal oil in a pan.
Add 1/8th cup of beeswax for each cup of oil, and heat over very low heat until the beeswax is melted. If you wish for a softer salve, add a little more oil or a little less beeswax.
It is here that I add my liquid components such as Tea Tree Oil, Grapefruit Seed Extract, Vitamin E, etc.
Take a little of this liquid and pour into a container, allowing it to cool. (You can cool it quickly in the refrigerator.) This is like a jelly test. When it has set up, check its consistency and add more beeswax or oil to adjust.
Once you are satisfied with the consistency, remove it from the heat and immediately pour into small glass jars or tins.
It's as easy as 1-2-3!
1) Keep the jars out of the sunlight and heat.
2) Don't leave them in the car.
3)They will retain their deep, rich color and strong, herbal aroma and work wonderfully!
We prefer our salves to anything the medical system and drug stores have to offer.

Antifungal/Antibacterial Salve
(We use this for cuts, athlete's foot, diaper rash, infections, everything. You'll love this salve!)
1/2 cup Comfrey root (healing and soothing) 2 cups Plantain leaf (healing and soothing) 2-3 Tablespoons Goldenseal Root powder (antibacterial/antifungal)
Make this into an herbal oil. Then add to this oil:
2 Tablespoons Grapefruit seed extract (strong antibacterial/antifungal properties) 2 Tablespoons Tea Tree Oil (strong antifungal/antibacterial properties)

Now make the salve by melting beeswax into the warmed oil and pour into containers.

St. John's Wort Salve

This salve is healing and soothing for use for diaper rash, sunburn and skin irritations. It has now become our favorite salve and we use it for everything. It has taken care of Athlete's foot, all rashes and healed cuts, scratches, and abrasions. It is quite amazing how quickly things heal when we use this salve.

1 part St. John's Wort 1 part Comfrey leaf

1 part Calendula flowers

Follow the instructions above. First make the oil and then turn it into a salve!

Chest Rub

First make an herbal oil using equal parts of these herbs: Peppermint, Spearmint, Wintergreen, and 1 tsp. cloves. If you do not want to use the herbs you may use the essential oils.

Use about a Tbsp. of each oil and at least 2 or 3 cups of either extra-virgin, cold-pressed olive or coconut oil.

Once the oil has infused and is strained, warm the oil and add 1/2 tsp* menthol crystals (or menthol crystals with bees wax) to the desired consistency.

*in warmer climates you may need a little more; in cooler climates, less.

This salve is comparable to Vicks®, without all the petroleum hydrocarbons.

General Healing Balm

1 part lavender flowers1 part peppermint leavesSteep in 3 ounces of sunflower oil for 45 minutes.Strain. Melt 2ounces cocoa butter or coconut oil in microwave or double boiler. Add2 ounces of beeswax and melt together. Add strained sunflower oil andmix thoroughly. When mixture cools, add 2 tsp. essential oil of your
choice. (I use peppermint and lavender) Pour into small soap molds orsmall plastic container. Peppermint is cooling while the lavender is
topically healing.

Crack Salve

1 oz Beeswax1 oz Calendula infused olive oil1 oz Plaintain infused olive oil1 oz St. Johnswort infused olive oil Melt all together til beeswax is melted then add:6 drops Vit E
5 drops Pine needle e.o.5 drops Chamomile (german) e.o.5 drops Lavendar e.o.
5 drops Tea tree e.o. Cool a bit , then pour into clean jars.Enjoy!

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Becky's Itchy Salve (for help with itchies) : (I use a simple method, I don't measure, ;) so amountsare always approximate)

If using fresh herbs, gently spray clean and let wilt overnight in a dry place.1 handful of chickweed
1/2 handful of chamomile heads1/2 handful of calendula heads2 Tbs. of thyme
2 Tbs. comfrey root2 Tbs. marshmallow rootCover with olive oil, infuse over low heat (never get above 200) for 3hours.

Strain and add 1-2 oz.cocoa butter and 1-2 oz.beeswax, heat untilmelted and pour into containers. Just drop a little on a plate and seeif it hardens enough, if not add more beeswax only a little bit at a
time and re-test.

Chest Rub/Soreness

Olive oil 1 cup or enough to cover the herbs(I don't like tosubstitute, olive lasts a long time)
grated ginger root fresh 2 Tbs. dried about 4Tbs.dried or wilted peppermint leaves 1/4-1/2 cup
Put in crock pot or double boiler and simmer over low heat for 3hours. Strain out herbs, put back in pan over low heat and melt 1-2Tbs. of beeswax in the oil, depending on how hard you want to make it.When beeswax melts, remove from heat stir and pour into container, letsit until cool.
*I add poplar buds to the herbs for pain and inflammation, simmer asinstructed.

Easy Salve

Here is another easy salve recipe. Lemon Balm contains Eugenol whicheases pain and calendula is great for all types of skin conditions, verysoothing.
Most of you will remember that I don't always weigh my ingredients, sothese are approximate.
2 cups olive oil or sunflower oil (olive lasts longer)3/4 cup lemon balm and calendula. Just throw handfulls in the measuringcontainer until you get 3/4. Try to use equal amounts of each.
Mix together and place in top of double boiler. Simmer over low heat for2 hours. Remember to replace the water in bottom pot if it gets low.
Strain out herbs. In seperate pan or bowl if using microwave, melt 2tsp. beeswax and 1 tsp. cocoa butter or lanolin. Add to the infused oiland stir until cool. If you wanted to make this antibacterial, you wouldadd a few drops of tea tree or thyme eo when it cools. Put into jars andlabel!!!!! Add the date.....
You might think you'll remember what you made, but you won't....lol
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Melody's Herbal Infusion

Directions
Place your dried plant material in the top of a double boiler and cover withjust enough olive oil (or oil of your choice) to cover. Bring the temperatureup to 120-150 deg. F. and keep it there for 4 hours. Strain through
cheesecloth, squeezing all the oil out of the plant material. Pour thisinfused oil over another batch of dried material and repeat the process. Storein the refrigerator.

Tips:1. Use only dried plant material. Fresh contains water which will breedbacteria in your salves.
2. Use latex or other type of rubber glove when you squeeze the plant materialto keep from contaminating the oil with bacteria from your hands.
3. Make only what you can use in a week.
4. Don't make the fire too hot, as it will cause the temp to rise toodrastically. Remove from heat when the infused material reaches 120 deg. F.The temp will continue to rise. When it starts dropping close to the 120 markagain, zap it for a minute with the heat.
5. Keep in mind that once oil starts to heat, the temp goes up drastically.You don't want to burn the plant material.
6. Do not cover the pot. You don't want condensation to build up and dropback into the oils.

I've had better luck with this method than with the cold infusion on awindowsill, which always seemed to develop condensation inside the jar which inturn resulted in bacteria and mold growing in the final oil.

Making Herb Infused Oil

You can use this oil as is or in what ever recipe. This method works especially well with resiny herbs such as calendula or St. johnwort. Some active constituents in herbs are not very easily extracted in oil but come out just fine in alcohol.

1 part herb by weight (for example 1 0z)1 part grain alcohol (everclear) by volume(1 fl oz in this case)
Mix the two together in a glass jar and let sit covered for 24 hour, shaking every once in a while
The next day mix the wet herbs with 5-6 parts of oil, about 5-6 fl oz in this case (for medicinal salves we usually use extra virgin olive, but what ever you want to use is fine)Pour this into a blender and blend the whole thing on high speed until the sides of the blender feel warm.
Strain the oil through cheesecloth, pressing to get most of the oil out. Pour the oil in a pot and over very low heat, warm it until all the alcohol is evaporated. (you can check by holding a match close to the surface of the oil. If it catches fire there is still alcohol there...careful!)Now you can bottle the oil or used it right away.

How to make salves...

If using fresh collected plants, make sure to clean them. Shake them to remove dirt then lay the herbs out to air dry for several hours.
Measure the desired amount of herbs into an into a crock-pot or a double broiler. Cover with oil. Oil should be about an inch above herbs.
Heat the herbs and oil over low heat for about 3 hours. For roots cook about 5 hours. Turn off heat & allow to cool. Set up a strainer lined with cheesecloth & pour the oil through to strain. When most oil has filtered through the cheesecloth, pick up the cheesecloth, keeping the herbs enclosed, and squeeze as much oil as possible from the herbs and cloth.
Add beeswax to the oil now and heat it until all the wax is melted. To test to see if your salve is hard enough, put some on a spoon and set it in a cool place for a few minutes. If your salve is too soft, add more beeswax.
If you are using essential oils or Vitamin E you can blend them in now. Finally, pour your salve into containers and label.

Creamy, Dreamy Lotion
.33 oz glycerin1 oz stearic acid1.6 oz Ewax
.80 oz mango butter4.4 oz of oil
(any combination of oils you like will be fine. My favorite is avocado, jojoba, apricot kernel and soy)13.75 oz water
13.4 oz aloe
.2 oz preservative½ to 1 tsp of fragrance or eo
Put the first 7 ingredients (liquid glycerin to the aloe) in a large microwave safe bowl. Microwave on high for 4 minutes. After the 3 minutes stir the mixture and then put the bowl back into the microwave. Heat on high for 1 minute. Take the container out of the microwave and check them. You want to heat until all the ingredients are melted (about 5-10 minutes depending on your microwave). The ingredients in your bowl will look milky when they have melted completely. Do not heat to boiling. When the first 7 ingredients have melted you’re ready to mix! Mix with a stick blender or hand mixer for about 2 minutes. Let mixture sit for about 10 minutes then stick blend it for about 2 minutes. Let the mixture sit for 5 minutes then blend for 1 minute. About this time it should be starting to get thick and creamy. Let it sit for another five minutes and then blend in the vitamin e, preservative, fragrance and color. Spoon into jars.

Homeremedies
Old Fashioned Mustard Plaster(For Chest Colds)

Note: Be careful with this recipe. I've had people E-mail me saying this recipe burned the skin on their chest!
What follows is one of them...
Hi; I decided a few nights ago to apy a mustard plaster as I had heard my Mom talk about it years ago. Well I think I added 2 heaping tablespoons of powdered mustard, flour and water. Well I now have several blisters on my chest so I hope people will put several layers of fabric between the plaster and the skin. Still Burning...
* 4 T. flour * 2 tsp. oil * 1 T. dry mustard
Mix in lukewarm water to form a paste. Spread on a thin clean cloth and cover. Place on chest for 20 minutes (shorter time for small children). Be careful not to burn the skin. Remove the plaster and cover the chest with camphorated oil or Vicks. Then cover with warm fabric such as flannel or a towel. Repeat in 4 hours.

Burn Salve
* 1 bar of cocoa butter, melted * 2 T. myrrh gum powder
* 2 T. golden seal powder
Mix all together and place in a hot area for 3 hours. Strain. Keep in refrigerator.

Emergency Candles

* 2 C. fine sawdust * 1 lb. melted wax
Chip or cut up wax into small pieces, and melt over water, never directly over flame or burner. It can be melted in the same can you're going to use for the candle. Put the sawdust in a shoe box and pour the wax over it. Mix it until it holds together well when squeezed in your hands. Pack and press the mixture into the can tightly and firmly. Make a hole with a long knitting needle. Add the wick, all the way down. Pour melted wax over the top to secure.

Misc..Tips..etc (28)

Tips for Using Whole Wheat Flour
Use wheat in recipes your family already likes. Then it is not totally unfamiliar and you know the recipe is good.
Try wheat in desserts first, who can turn down a cookie?
Do not feel you have to use 100 percent whole wheat. Half white and half whole wheat gives excellent results.
How to substitute whole wheat in your favorite recipes
* Whole wheat is heavier than white flour and needs more leavening. * In yeast breads, use more yeast and/or let it rise longer
* In baking powder leavened products, increase baking powder by 1 tsp for every 3 cups whole wheat flour. * Recipes using baking soda need not be adjusted.
* In baked products using eggs, separate the eggs and beat whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added.

Good for waffles and especially cakes..

Four Buttermilk Mixes in One Recipe

Buttermilk Pancake Mix(Can be used to make pancakes, waffles, or use as coating for fried chicken or onion rings.)
* 1 pound can buttermilk powder (most often sold in 1 pound)
* 9 cups all purpose flour
* 1/2 cup granulated sugar
* 3 Tablespoons baking powder
* 4-1/2 teaspoons baking soda
* 2 teaspoons salt (can be omitted)

Combine all ingredients. Label and date container.

Buttermilk Pancakes
* 2 eggs
* 2 cups water
* 1/4 cup vegetable oil
* 3 cups buttermilk pancake milk

Combine egg, water and oil. Add to buttermilk pancake mix. Pour onto hot griddle and cook as usual. Buttermilk Waffles
* 3 eggs, separated
* 2 cups water
* 1/4 cup vegetable oil
* 2-1/2 cups buttermilk pancake mix

Mix egg yolks, water and oil. Stir into pancake mix. Beat until well blended. Separately whip egg whites until stiff peaks form. Fold whipped egg whites into pancake mixture. Cook on hot waffle iron according to directions from manufacturer.

Oven Fried Chicken
* 1 cup buttermilk pancake mix
* 2/3 cup hot water
* 2 Tablespoons vegetable oil
* Seasonings as desired (pepper, parsley, onion powder, etc.)

Combine all ingredients.
Dip chicken pieces into batter and place on a baking sheet. Bake in a 425°F oven for 40-50 mintues or until juice from chicken runs clear.
Variation: use buttermilk baking mix to dry coat chicken.

Onion Rings

* 1 cup buttermilk pancake mix
* 2/3 cup hot water
* 2 tablespoons vegetable oil
* onion rings

Combine pancake mix, water and oil. Set aside. heat oil in fryer to 360°F to 375°F. Dip rings in batter and deep fry until golden turning once.

Gravy Makes 1 cup
* 2 Tbsp vegetable oil or drippings
* 2 Tbsp flour
* 1 cup liquid (may use the liquid drained from the wheat, vegetables, or meat stock; or reconstituted bouillon)

Heat vegetable oil or drippings; stir in flour. Remove from heat and stir in liquid. Cook over medium heat until smooth and thickened. Stirring constantly. Season to taste.

Magic Mix
Makes 5 cups
* 4 cups instant (1 1/3 non-instant) dry milk
* 1 cup flour or 1/2 cup cornstarch
* 1 cup margarine

Combine dry milk, flour, and margarine into a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. NOTE: Magic Mix can be used in many recipes to make food preparation easy and economical.Try a few of the following recipes:

Cream Soup
`
* 4 cups water
* 2 cups magic mix
* 1 cube or 1 tsp bouillon granules
Add one or more of the following:
* 3 cooked carrots mashed
* 3 potatoes cooked and chopped and 1 Tbsp cooked chopped onion
* 1 can chopped clams
* 1 package chopped spinach, cooked
* 1 can cream style corn and 1 Tbsp chopped onion
Combine water, Magic Mix, and bouillon in saucepan. Stir over medium heat until slightly thick desired ingredients. Heat thoroughly.
White Sauce
Makes 1 cup
* 2/3 cup Magic Mix
* 1 cup cold water
In saucepan combine Magic Mix and cold water. Stir rapidly over med. heat until it starts to bubble.
NOTE: Use Magic Mix for all recipes calling for a white cream sauce.

Macaroni And Cheese
Serves 4
* 1 cup white cream sauce from Magic Mix
* 1 cup uncooked macaroni
* 4-5oz. grated cheese (about 1 cup, or use 1/4-1/2 cup powdered cheese)
* 1/2-1 tsp salt or garlic salt

Cook macaroni in boiling water until tender. Drain. Combine macaroni, white sauce, cheese and seasoning. Heat through.

Pudding
Makes 4 1/2 cup servings
* 1/2 cup sugar * 2-3 Tbsp cocoa (optional) * 1 cup Magic Mix
* 2 cups water
* 1 tsp vanilla
Combine Magic Mix, cocoa, and sugar in a saucepan and mix well. Add water, stir over med. heat until pudding bubbles. Add vanilla and beat. Cover and cool.

Fudgesicles
* 1/2 cup sugar
* 2-3 Tbsp cocoa (optional)
* 1 cup Magic Mix

* 2 cups water
* 1/2 cup milk
* 1 tsp vanilla

Combine Magic Mix, cocoa, and sugar in a saucepan and mix well. Add water, stir over med. heat until pudding bubbles. Add milk and vanilla and beat. Cover and cool. Pour mixture into ice cube trays or small plastic cups. Insert plastic spoon and freeze until solid.

Textured Vegetable Protein is a soy product also known as **TSP** or **Textured Soy Protein.**

Our customers enjoy it as a flavorful alternative to ham or bacon. You can use Mi Hamy in an omelette, in Eggs Benedict, in soup, on pizza, in pasta, in a sandwich (BLT), in a casserole, on a baked potato or you can use it as a substitute in any ham and bacon recipe.

Recipe Yields 1 Gallon

Mix together the following ingredients for the Marinade:

3 3/4 cup hot water
1/2 cup (vegetarian) chicken consomme - legout
6 tablespoons yellow mustard
9 tablespoons brown sugar (or your favorite sugar alternative)
1 tablespoon garlic powder
1 tablespoon onion powder
1/4 teaspoon cloves - ground
2 tablespoons liquid smoke
6 tablespoons soy sauce
1 teaspoon red food coloring

Then add:

3 quarts TVP - large chunks

Mix well.

Leave 2" of space at top of container to allow for expansion.Can be refrigerated for 3-4 days or stored in freezer up to 6 months.

Emergency Survival Bar

* 3 C. cereal (oatmeal, cornmeal, or wheat flakes)
* 1/4 tsp. salt
* 3 T. honey
* 2 1/2 C. powdered milk
* 1 C. sugar
* 1/2 C. Jello (optional)
* 1/4 C. water
* add raisons if you like

Place all dry ingredients except Jello in a bowl. Bring water, honey, and Jello to a boil. Add to dry ingredients. Mix well. Add water a little at a time until mixture is just moist enough to mold. Place in a small square dish and dry in the oven under very low heat. Wrap and store. This will make 2 bars, each containing approx. 1000 calories or enough food for one day. These will store for a long time if they are cooked until quite dry, and are excellent for emergency packs, etc. Eat dry, or cooked in about 3/4 C. water.

ENERGY BAR

Here's one that I'd like to share if you want it. It is a good replacement for those terribly expensive Energy Bars sold in health stores. It keeps well but I can't keep them long enough in my pick up to really test the life because I eat them within two weeks.

Raisins.....1 Cup Dried Blueberries.....1 Cup
Dates.....2 Cups Dried Apples.....2 Cups
Prunes.....2 Cups Dried Apricots.....2 Cups
Sunflower Seeds.....1/2 Cup
Rolled Oats.....8 Cups Pancake Mix.....12 Oz.
Almond Paste or
Peanut Butter.....1 Can, 8 Oz. Honey.....16 Oz.

1. Dice all of the fruit to the same size as the raisins. 2. Add fruit and almond paste or peanut butter to a large mixing bowl and knead. 3. Add sunflower seeds, rolled oats, and pancake mix and knead.
4. Add the honey and knead till all is mixed well.
5. Press the mix into a baking tin (cookie sheets work well) 3/8" to 1/2" thick and as even as possible. 6. Bake in a conventional oven at 375 degrees for about 20 min. or until the top is a light brown.
7. Remove from oven and allow to cool, then turn out on a large cutting board and cut into individual servings. NOTE: These energy bars will keep in the freezer for a very long time, allowing you to make up a batch some time before you plan a trip or have need for them. For convenience they may be individually wrapped in foil or plastic wrap.

POWER BARS
1/2 C Honey Or Molasses
1/2 C Peanut Butter
1 C Dry Milk, Non-Instant
Chocolate Chips
Raisins Or Dried Fruit Bits
Coconut
Cashew Butter --
* Almond Butter -- *
1. Kneed all ingredients together with your hands, adding enough milk powder to form a stiff but not crumbly dough. Optional ingredients can be kneaded in as well. 2. Shape into logs about 2-3 inches long and 1 inch in diameter.
3. Roll in powdered milk, confectioner's sugar or coconut.
* May be used in place of peanut butter.

PEANUT BUTTER
Peanuts may be ground in their raw state or roasted first for a tasty flavor. Put them unshelled, in a 300* F oven for thirty minutes. For a fully roasted taste, leave them in the oven for sixty minutes. Allow them to cool, then remove the shells and skins. You may want to leave the skins on for their nutritional value. Next, combine 1 cup peanuts and 1 Tablespoon peanut oil. For a creamier spread, add more oil. Put the peanuts and oil in a blender or food processor and blend, stopping periodically to scrape the sides of the blender. Add a bit of salt to taste.
Store your peanut butter in clean glass jars in the refrigerator. After some time, your peanut butter may begin to separate from the oil. Just stir it up and use it. You can make other simple and nutritious nut butters using the same methods, almonds and cashews for example. These particular nuts require no additional oil, they have sufficient oils of their own.

Batter Dip

1 Egg
1/2 Cup Milk or Water
1/2 Teaspoon Salt
1/2 Cup Flour (or corn meal, use a little less water)
1. Beat ingredients together in a mixing bowl.2. Dip fish, chicken, or meat in this mixture and fry in at least 1" of cooking oil.

BUTTER, CANNED
Sterilize jars in 250 f water for 20 minutes. Dry jars in 250 f oven for 3-5 minutes. Place lids in 180 f water for 20 minutes. Melt butter over very low heat, until it bubbles down. Cover and let gently simmer for 5 minutes. Pour hot butter into hot sterilized jars. Wipe off rims with a damp cloth. Place lids and rings on jars. After lids have popped and jars have cooled, turn them upside down and shake gently to reduce separation. Store in cool dark place.
As I said earlier, this is a new recipe to me, too. My dad said his mother used to can butter, but he didn't have her old recipe. Try this, but be careful. If you open a jar and it doesn't seem right to you, don't eat it. I only put up one jar this time. If it is okay after a month, I will put up more. I just wanted to start small, because this is an unproven recipe, and butter isn't as cheap as it used to be.

CANNING BUTTER/MARGARINE
GHEE- Melt butter in heavy saucepan over moderate heat. (I used 5 lbs.) Increase the heat after it's melted and bring the butter to a boil. When the surface is completely covered with foam, stir the butter gently and and reduce the heat to the lowest possible setting. Simmer UNCOVERED and UNDISTURBED for approx. 1 hr. or until the milk solids in the bottom of the pan have turned golden brown and the butter on top is transparent. Take off flame and let sit 5 mins. There will be a crust on top and this can be gently skimmed off with a slotted spoon. Strain the butter through a sieve lined with 4 layers cheesecloth or pc. of linen. If there are any solids in the ghee, no matter how small, strain it again until it is perfectly clear. Pour into hot sterilized oven dried jars. (250 degrees for 20 mins.) Wipe rims of jars and put on hot sterilized lids and rings. This should seal by itself. If not, I have put jars in boiling water bath for 20 mins. I have also put it in pressure canner at 8 lb. pressure for 5 min. The ghee will be a pretty yellow color. However, when it cools, it will be a light yellow opaque color and will not harden completely. I turn jars a few times before storing. This will supposedly last for 5-6 yrs.., if not longer. Should be kept Cold. This stuff is much better for you than reg. butter and will not burn if used for frying etc. as all of the solids have been strained out and the water boiled away. Believe me, it tastes GREAT spread on toast, potatoes, etc. By the way, I buy my sweet cream butter from my local dairy. 10 lb. tub runs $16 and has been freshly made. Tubs are food grade so they are good for storing dried fruits, etc. Sorry for the long post. Hope this helps you all. PS Do a search on Ghee and read the comments from doctors on the benefits of ghee. It has been used for centuries in India, etc. Chow----
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CHEESE, CANNING Found at Food Storage and Supplies
1 (3 oz.) can evaporated milk 1 tablespoon vinegar
1/2 teaspoon salt
1 lb. Velveeta cheese or any yellow cheese you have on hand, I've used all kinds with good results but processed cheese is the best
1/2 teaspoon dry mustard
Melt milk and cheese in double boiler. Add rest of ingredients and mix well. Place in

pint jars and seal. If desired place in water boiling bath for 10 minutes. Hope you can use this recipe.
Anyway Folks, I was just experimenting with this to see if I could pressure cook it. Yuck! I don't recommend it. The cheese turned brown. Like it was burnt. Otherwise, it was great. On another note, I found a #10 can of Cheddar Cheese Sauce, concentrated, in Wal-Mart. I added 32 oz. water as per the instructions. Then it called for 20 oz jalapeno, peppers removed, (I will also make a batch WITH peppers), and instead of adding the jalapeno juice I added 20 more oz. of water and salt to taste. Then I boiled my lids, filled my jars and processed in the pressure cooker for 20 minutes @ #10. My kids don't like the hot flavor to cheese but I added some jalapeno juice to a little I had left over and it was fantastic. The can said this cheese can be used for eggs, broccoli, hamburgers, hot-dogs, dipping etc... Anything you would normally use a cheese sauce for. Oh, yeah, I ended up with 10 pints.

COFFEE SUBSTITUTES
Found at misc.survivalism
In the mid 70's, there was a coffee shortage/huge price increase, and my wife and I were into the "subsistence mode". I believe we read about it in Mother Earth News, but wherever we got it, we tried roasting garbanzo beans. We voted with our feet; when coffee prices came back down, we fed the remainder of the garbanzo beans to the livestock; but they were better than nothing in the interim. The interim could last longer this time.

COFFEE SUBSTITUTES FROM PLANTS AROUND US, TWO
The American Beech Tree's nuts when taken out of the husks, roasted until dark and brittle, then ground, will make a fine coffee. Store this in an airtight container. They are best collected after the first hard frost when they normally drop to the ground. Once stored, they can be used all year round. You might have to fight the squirrels for them. Prepare normally.
Chicory coffee - remember that blue flower with almost leafless stalks that grow just about everywhere there's a road. They look like daisy's, but their petals are blue and are squared off at the ends. The white fleshy roots, roasted until dark brown and brittle, then ground, make an excellent coffee. Prepare like coffee. Use 1-1/2 tsp. per cup of water. Store in an airtight container. Use all year round.

FLOUR SUBSTITUTES
In standard recipes, one of the following may be substituted for one cup of wheat flour:
1 cup corn flour
3/4 cup coarse cornmeal
7/8 cup rice flour
1 scant cup fine cornmeal
5/8 cup potato flour

There are some problems in the use of substitutes for wheat flour. The following suggestions will improve the eating quality of the final product: 1. Rice flour and cornmeal tend to have a grainy texture. A smoother texture may be obtained by mixing the rice flour or cornmeal with the liquid called for in the recipe, bringing this mixture to a boil, and cooling it before adding the other ingredients. 2. Soy flour must always be used in combination with another flour, not as the only flour in a recipe. It has no gluten, and by itself has an unappealing taste.
3. When using other than wheat flour in baking, longer and slower baking time is required. This is particularly true when the product is made without milk and eggs. 4.

Because they have little or no gluten, substitutes for wheat flour do not make satisfactory yeast breads.
5. Muffins or biscuits, when made with other than wheat flour, are of better texture if baked in small sizes. 6. Dryness is common characteristic of cakes made with flours other than wheat flours. Moisture may be preserved by frosting or storing cakes in closed containers. ----------

HAMBURGER, MOCK
1 C. wheat 1 can red kidney beans (or cooked beans)
1 egg
salt and pepper to taste
Cook wheat 1 hour. Blend wheat in blender then add beans and continue to blend. Add egg and salt and pepper. This can be molded into patties and fried or used in any recipe calling for hamburger.

MARGARINE, HOME CANNED
Cut 2 lb., plus 2-3 pats of High Quality Margarine into a 1 1/2 qt. pan. Melt very slowly over low heat until it bubbles down. Cover, let simmer for 5 minutes. Pour hot Margarine into hot sterilized (20 min. at 250 f) oven dried jars. Fill jar to within 1 inch of top of jar. (Be careful not to get Margarine on the rim of jar.) Wipe rims with clean damp cloth, place lids and rings on jars. After lid has popped and jar has cooled (can place in refrigerator for a short time for this), to harden, turn upside down a few times before it hardens and it will not look separated. Shake it easily.
Use ONLY TOP BRANDS of Margarine. Do not use soft type, or inexpensive, or any margarine containing lard.
Stores for 3 years or longer.
It works for BUTTER, too.
That is the recipe I found. It looked a little fractured to me, so I talked it over with a few people who have put a few more pints in the pantry than I have, and this is what we came up with.

MARGARINE SUBSTITUTES

Use either applesauce or pureed prunes as a substitute in your baking.
A woman at church demonstrated oven canning and showed how she had been 'canning' margarine in jars with regular metal lid seal and it is good for a year on her shelves.
I read on another BBS last night that someone had substituted butter flavored crisco in her recipes and that it worked great...said she couldn't tell the difference except in one instance where her tollhouse cookies came out a little greasy, but she wasn't sure she hadn't screwed up the recipe on those. I'm gonna get a little and give it a try. She says she uses it in the same amount as the recipe calls for in using margarine. Man we're all gonna have major cardiac disease if we survive this...but maybe we'll at least survive! Guess that's what counts...
Crisco contains emulsifiers which are designed to give baked products it is used in a higher volume. If you use Crisco, or other shortening, in something like toll house cookies, they will be higher volume instead of flat. A pound cake will be lighter and raise more. Substitute it for direct amounts of margarine or butter.
I almost always use Butter Flavor Crisco instead of margarine when baking with very good results.
A post on another board said that butter and margarine can be stored in a salt water brine (make it salty enough to float an egg) in a covered crock or plastic bucket. The encyclopedia of country living tells how to do it also. I will be trying this and I think that you would have to keep a plate with a weight on top of the butter to keep it

below the water level. They say that butter will keep a long time like this if it is stored in a cool place.
Most grocery stores sell a powder substitute that I mix with a little extra-light olive oil, works well and can't really taste the difference.

SAUSAGE, COUNTRY GRAVY
6 servings
3 Tablespoons canola oil
1/4 cup unbleached flour
2 cups reconstituted dried milk
1 teaspoon salt
1/4 teaspoon black pepper1 teaspoon sage
1 teaspoon thyme1 teaspoon onion powderBrowned TVP sausage

Stir oil and flour together in a 2 quart pan. Stir in milk, salt and pepper. Whisk until bubbly. Whisk in seasonings. Add browned sausage last. Serve with biscuits or potatoes. ---

Potato Yeast

Boil one quart of Irish potatoes in three quarts of water. When done, take out the potatoes, one by one, on a fork, peel and mash them fine, in a tray, with a large iron spoon, leaving the boiling water on the stove during the process. Throw in this water a handful of hops, which must scald, not boil, as it turns the tea very dark to let the hops boil. Add to the mashed potatoes a heaping teacupful of powdered white sugar (I think that this is probably granulated sugar) and half a teacupful of salt; then slowly stir in the strained hop tea, so that there will be no lumps. When milk-warm, add a teacupful of yeast (a starter left from a previous batch, so that it will be ready sooner. Since you don't have a starter, it will take two or three days in a warm spot for this to start 'working') and pour into glass fruit jars, or large clear glass bottles to ferment, being careful not to close them tightly. Set in a warm place in winter, a cool one in summer. In six hours, it will be ready for use and at the end of that time the jar must be securely closed. This yeast will keep two weeks in winter and one week in summer.

Nutty Pumpkin Raisin Dip Recipe
INGREDIENTS:

* 1-1/2 cups solid-pack canned or homemade cooked pumpkin * 1 cup peanut butter
* 1/2 cup chopped roasted peanuts * 1/2 cup chopped raisins
* 2 Tablespoons honey
* 1/2 teaspoon ground cinnamon * Carrots, celery sticks, apple slices, and/or graham crackers for dippers
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