

New Ideas
for
Cooking
with
Basic Food Storage



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This collection of recipes should provide some ideas on how to

incorporate food storage items into daily life. It includes ingredients found in the dry-pack canneries and those which are likely found in food storage.

TIPS . . .

USING LEAVENING AGENTS

A year's supply of dry yeast, baking powder and baking soda are essential in preparing baked foods. At high altitudes, less leavening is needed.

Everlasting Yeast

1 quart warm potato water* ½ yeast cake or ½ tsp. dry yeast
1 tsp. salt 2 tbsp. sugar
2 cups 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 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 start and remaking some each time, yeast can be kept on hand indefinitely.

*Strain excess water after boiling potatoes, refrigerate in air-tight container.

EGGS

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.

SEASONINGS/SPICES

Seasonings and spices are especially important when it comes to basic food storage.

Beef, chicken, or ham bouillon granules are excellent secondary storage items. Wheat and rice, either brown or white, cooked in bouillon take on wonderful new flavors, as does barley. In fact, bouillon is an excellent base for many soups, sauces, and casseroles.

Soy sauce, with its Oriental flavor, is another excellent seasoning. Fried wheat or rice with fresh vegetables and sprouts is enhanced with soy sauce. It also adds good flavor to a stir-fry or even to some stews or chicken or fish dishes.

Legumes (peas, beans, soybeans, lentils) respond well to seasoning salts and spice blends like chili powder, curry powder, poultry seasoning and celery, garlic, and onion salts.

It will be important to keep some "sweet" spices on hand, such as cinnamon, nutmeg, cloves, ginger, and allspice. Simple rice pudding, for example, is dependent on such spices for its unique flavor. The simplest cookies and cake are enhanced with their use.

Cocoa or sweet cocoa mix or a cereal drink like Postum is a good supplementary item to store along with the basic nonfat dry milk. Punch powder is a welcome flavor in lean times. Nor should we forget vanilla, almond, lemon, or maple extract for making pancake syrup.

A year's supply of flavorings your family enjoys could make the difference between stark or satisfying eating.

IDEAS FOR CUTTING SUGAR IN BAKED GOODS

Cut the sugar by ½ the amount called for. Replace the sugar with potato flakes (potato pearls canned at the cannery **will not work**). If you do this with cookies, they will not brown as well. In chocolate chip cookies, use all of the brown sugar called for in the recipe, but replace the granulated sugar. Works well with oatmeal cookies, applesauce cookies, and brownies.

BUTTER AND MARGARINE

Butter and margarine are virtually interchangeable. However, goods baked with butter will have a richer flavor than those baked with margarine.

MEAT SUBSTITUTES AND EXTENDERS

Cooked wheat, cracked or whole, can be fried with hamburger and used in sloppy joes, spaghetti, pizza, or in

WHOLE WHEAT

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 must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.

How to substitute whole wheat in your favorite recipes

Wheat flour 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 each 3 cups of whole-wheat flour.

Recipes using baking soda need not be adjusted.

In baked products using eggs, separate the eggs and beat the 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.

BULGUR WHEAT

Wash wheat in cool water and discard water.

Add enough water to cover wheat, simmer until all water is absorbed and wheat is tender.

Spread wheat thinly on cookie sheet or shallow pan and dry in oven at 200° . until very dry so that it will crack easily.

Wet surface of dried wheat slightly and rub kernels between hands to loosen and remove chaff.

Crack wheat in moderate size pieces, using a mill, grinder, or leave whole.

This processed bulgur when thoroughly dried is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5-10 minutes, it will approximately double in volume.

It makes an excellent meat extender when used in meat loaves, meat balls, chili and recipes where rice is used.

Soaked overnight in salt water, may be added to yeast bread recipes to give a nut like taste.

CRACKED WHEAT

Cracked wheat may be made in a blender by using the "chop" selection on the machine. Depending upon the coarseness desired, adjust the length of processing time. Cracked wheat may also be made by using various food processors or a nut chopper.

WHOLE-WHEAT BREAD

Makes 3 loaves

1 tbsp. dry yeast	¼ tbsp. warm water
2 cups hot water	2 tbsp. shortening
½ cup brown sugar	2 tsp. salt
1 cup cold water	½ cup dry milk
7-8 cups whole-wheat flour	

Mix yeast and warm water and set aside. Pour hot water over shortening, sugar, and salt. Mix dry milk with 1 cup whole-wheat flour, add hot water mixture and 1 cup of cold water, then add yeast mixture. Add 6-7 more cups of whole-wheat flour. Knead until smooth and elastic and let rise almost double--then time as follows: Let rise 40 minutes - punch down; 20 minutes - punch down; 20 minutes - punch down.

Shape into 3 loaves and place in 3 small greased bread pans. Allow to rise until double in bulk. Bake at 375° for 40-45 minutes.

SOFT AND DELICIOUS TWO-HOUR WHOLE-WHEAT BREAD

Makes 4 loaves

5 cups warm water	2 tbsp. yeast
⅓ cup honey	⅓ cup oil
2 eggs ⅓ cup potato flakes	
6 cups whole-wheat flour	1 tbsp. salt
4 to 5 cups unbleached flour	

Dissolve yeast as package suggests. Make a sponge using all ingredients down to, and including salt. Use bread mixer or hand-held electric beaters. Let rest about 10 minutes. Add remaining flour gradually as needed to make a soft dough. Knead on floured board; cover with plastic wrap and let rise until double. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double.

Bake at 350° for 30 to 40 minutes. Put hot bread on a towel to cool for a soft crust.

BLENDER WHEAT PANCAKES

Makes 6 to 8 pancakes

1 cup milk	1 cup uncooked whole wheat
2 eggs 2 tbsp. oil	
2 tsp. baking powder	2 tbsp. honey or sugar
1½ tsp. salt	

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey, and salt. Bake on hot griddle.

Variations

WAFFLES

Add one additional tbsp. wheat
Increase oil to 4 tbsp.

WHEAT WAFFLES

Makes 8 waffles

2 cups flour (1 cup white and 1 cup wheat)
4 tsp. baking powder ½ tsp. salt
2 tbsp. honey or sugar 1 ¾ cup milk
6 tbsp. salad oil 2 eggs

Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs. Beat egg whites and carefully fold in.

WHEAT CEREAL

1 cup wheat
2 cups water
1/2 tsp. salt

Mix above ingredients together. Put in shallow pan or slow cooker. Bake overnight at 200°. Or may soak overnight; then cook on top of stove for 2 hours. Serve with milk and sugar or dates. Wheat may be ground in food blender or grinder for a finer texture.

CRUNCHY WHEAT CEREAL

Makes approximately 5 cups cereal and 2 cups crumbs

6 cups whole-wheat flour 1 tsp. baking soda
½ tsp. salt 1½ 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 two ungreased cookie sheets. Bake at 350° until golden brown around edges. Turn over with spatula, break into small pieces and return to 200° 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 you would 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.

WHEAT FLAKES

2 cups coarse-ground whole-wheat flour
2 cups water
1 tsp. salt

Mix lightly with spoon until free from lumps. Beat just until mixed. Pour onto cookie sheet or jelly roll pan. Use 1/2 cup dough on a 12-inch by 15-inch cookie sheet. Tip sheet back and forth to cover entire surface. Drain excess (about 1/4 cup) from one corner, leaving a thin film.

Bake at 350° for 15 minutes. Break into bite sized pieces.

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 2 cups boiling water
½ tsp. salt

Place in quart-size thermos; screw top lightly. Leave overnight.

Gas Range Method

1 cup whole wheat 2 cups boiling water
½ tsp. salt

Place ingredients in a pan over the pilot light all night.

Crock Pot Method

1 cup whole wheat 2 ½ cups water
½ tsp. salt

Cook 6 to eight hours or overnight on low.

Cracked Wheat Method

1 cup cracked wheat 2 ½ cups water
½ tsp. salt

Bring to a boil. Cook covered on low for 10 to 20 minutes. Cook enough whole wheat to last a week. It may be tightly covered and stored in the refrigerator up to two weeks.

CHINESE FRIED WHEAT

Makes 8 servings

1 cup cracked wheat (strain out flour before cooking)
2 ½ cups water ½ tsp. salt
3 tbsp. vegetable oil 1 beaten egg
1 onion, minced ¼ cup celery, diced
2 tbsp. soy sauce or to taste Bacon or ham

Bring wheat, water, and salt to a boil and cook for 20 to 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 heavy skillet. Slowly add beaten egg, stirring rapidly with fork so egg is light and fluffy. Set aside. Add to skillet 2 tbsp. of oil, minced onion and celery and cook until tender. Then add wheat, soy sauce, bacon or ham, and egg. Heat through and serve with extra soy sauce, if desired.

Gravy

Makes 1 cup

2 tbsp. vegetable oil or drippings 2 tbsp. flour

1 cup liquid (may use the liquid drained from wheat, vegetables, 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.

Variations for fried wheat

ITALIAN FRIED WHEAT

Makes 8 servings

Wheat	2 tbsp. oil
Italian Seasoning 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.

SPANISH FRIED WHEAT

Makes 8 servings

1 chopped onion	Wheat
Chili powder	Salt
Beef bouillon powder	Chopped fresh green onions

Prepare wheat the same as for Chinese fried wheat. Heat oil in skillet, cook chopped onion until golden brown, then add wheat. Toss lightly then add remaining ingredients.

CRACKED WHEAT CASSEROLE

Makes 6 servings

1 lb. ground beef	½ cup chopped onion (1 medium)
1 small garlic clove	1½ cups water
½ cup uncooked cracked wheat	1 tsp. beef bouillon
2 tbsp. chopped parsley	¼ tsp. oregano leaves
¼ cup Parmesan cheese	½ tsp. salt
¼ tsp. pepper	
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 remainder of ingredients except cheese and tomato. Bake in tightly covered 1 ½ quart casserole dish 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.

WHEAT MUFFINS

Makes 12 muffins

2 cups whole-wheat flour	1 cup brown sugar
¼ tsp. salt	1 tsp. soda
1 cup milk (⅓ cup powdered milk and 1 cup water)	
½ cup melted margarine	1 egg
1 tsp. vanilla	

Mix dry ingredients together in a medium-sized bowl. (If you are

using powdered milk, mix dry milk with dry ingredients.) In large measuring cup combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins and bake at 350° for 15 minutes.

POPPED WHEAT TREATS

Boil whole wheat until kernels are plump, tender and begin to split, about 30 minutes (wheat will triple in volume). 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°. Put small amount of wheat (about 1 ½ cups) in a wire basket or strainer and deep fry in hot oil for 1 ½ minutes or until popping ceases. Drain on absorbent paper.

Variations

Season with salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar or any combinations you desire. These morsels are great on salads as a topping, mixed with trail mix, or as toppings for desserts or just as a snack.

HONEY WHEAT

1 tbsp water
1 cup honey

Boil to hard crack stage and pour over Popped Wheat Treats.

WHOLE-WHEAT BROWNIES

1 cup melted shortening	4 tbsp. cocoa
4 eggs beaten	2 cups whole wheat
1 cup sugar	

Beat together, spread in greased and floured 9 x 13 inch pan. Bake at 350° for 25 minutes.

Frosting

½ cup melted butter	2 tbsp. cocoa
2 cups powdered sugar	1 tsp. vanilla

Mix above ingredients with a few drops of milk to spreading consistency.

WHEAT THINS

1¾ cups whole-wheat flour	⅓ cup oil
¾ tsp. salt	1 cup water
1 ½ cup flour	

Mix dry ingredients. Add oil, salt, and water mixture. Knead as little as possible to make a smooth dough. Roll dough very thin. Score with a knife and desired size. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt. Bake at 350° until light brown and crisp, about 30-35 minutes.

GRAHAM CRACKERS

1 cup whole-wheat flour	½ cup oat flour
⅓ cup + 1 tbsp. sugar	½ tsp. soda
⅓ cup butter	1 tbsp. honey
1 tbsp. milk	

Sift flours, sugar, and soda into a mixing bowl. Heat butter, honey, and milk until melted. Pour into dry ingredients and stir until smooth. Let chill ½ hour to 45 minutes. Roll out dough to ¼ inch thick. Prick crackers with fork as they come out of oven.

WHEAT AND RAISIN CHOCOLATE-CHIP COOKIES

Makes 6 dozen cookies

- 1 ½ cups butter or shortening
- 1 ½ cups firmly packed brown sugar
- 1 ½ cups sugar
- 4 eggs
- 2 ½ cups whole-wheat flour
- 2 tsp. baking soda
- 1 cup chopped nuts
- 1 package (12 oz.) chocolate chips
- 2 tsp. vanilla
- 2 ½ cups all-purpose flour
- ½ tsp. salt
- 2 tbsp. hot water
- 1 cup raisins

Preheat oven to 350°. Beat margarine in 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 in a bowl. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed.

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

DATE-FILLED WHEAT COOKIES

Makes 3 dozen cookies

- 1 cup shortening
- 2 eggs
- 1 tsp. vanilla
- 1 tsp. baking soda
- 2 cups wheat flour
- 2 cups brown sugar, packed
- ¼ to ½ cup water
- 1 tsp. salt
- ¼ tsp. cinnamon
- 1 ½ cups white flour

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

Filling:

- 2 cups chopped dates (or chopped raisins)
- ¾ cup sugar
- ½ cup chopped nuts
- ¾ cup water

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 teaspoon of filling and place another round on top. Do not need to pinch down. Bake on ungreased cookie sheet 375° for 10 to 12 minutes.

WHOLE-WHEAT BREAD PUDDING

- ½ cup sugar
- 1 ½ tsp. salt
- 2 eggs
- 4 or 5 cups broken wheat bread crumbs
- ½ cup powdered milk
- 3 cups milk
- 1 tsp. vanilla

Mix together sugar, powdered milk, salt and set aside. Beat together 2 ½ cups milk, eggs, and vanilla until smooth. Add the sugar mixture and add rest of milk while stirring well. Add bread

crumbs. Mix well and pour into greased baking dish. Sprinkle top with nutmeg or cinnamon and sugar. Bake at 325° for 45 minutes or until knife stuck in middle comes out clean. Serve with sauce or whipped cream.

CRUNCHY WHEAT PIE CRUST

- 1 ½ cups Crunchy Wheat crumbs
- 2 tbsp. sugar
- ⅓ 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 the shell and refrigerate until firmly set.

AMAZING LEMON CREAM PIE

(or pudding)

- 1 cup water
- ½ cup water
- ⅓ cup dry milk powder
- ½ cup water
- 2 tbsp. cold water
- 1 package lemonade Kool-aid (without sugar)
- Dash of salt
- ⅓ cup wheat flour
- ⅔ cup sugar
- 1 tsp. Knox gelatin (⅓ envelope)

Bring to a boil the one cup of water and salt. Make a paste with ½ cup water and wheat flour. Slowly pour mixture into boiling water, stirring constantly. Let cook on low heat for 7 to 8 minutes, stirring frequently. Remove from heat. In small mixing bowl combine dry milk powder, sugar, and ½ cup cold water. Set aside. Soften gelatin in 2 tbsp. 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 water and wheat flour mixture and mix well. Pour into 8 inch Crunchy Wheat pie crust and serve with whipped topping.

Variations of pie recipes :

CHOCOLATE CREAM PIE

- 1 tbsp. cocoa
- ½ tsp. vanilla

Make as for lemon cream pie except add cocoa and vanilla to wheat mixture instead of lemonade Kool-aid at end of cooking time.

COCONUT CREAM PIE

- 1 tbsp. small cracked wheat
- ¼ tsp. coconut flavoring (or to taste)

Make as for lemon cream 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. Do not add lemonade Kool-aid.

PUDDING

- ¼ cup milk added to lemon, chocolate, or coconut cream pie fillings

The lemon, chocolate and coconut cream pie fillings make an excellent pudding by adding ¼ cup milk and putting in blender and beating slightly.

LEGUMES

COOKING BEANS

Soaking and cooking beans before mixing with other recipe ingredients helps to get the right tenderness and can minimize final cooking time.

Overnight soaking:

For each 1 pound beans, dissolve 2 tsp. salt in 6 cups of water. Wash beans, add to salted water, and soak overnight.

Quick soaking:

For each 1 pound beans, bring 8 cups of water to boiling. Wash beans, add to boiling water, boil for 2 minutes. Remove from heat, cover and soak 1 hour.

To cook soaked beans:

For each 1 pound dried beans, dissolve 2 tsp. salt in 6 cups hot water, bring to a boil. Add soaked beans, boil gently, uncovered, adding water if needed to keep beans covered, until tender. Yield 6 to 7 cups.

To cook old hard beans:

Wash and sort to remove any discolored beans or foreign material. For each cup of dry beans, add 2 ½ cups of hot tap water and 2 tsp. of baking soda and soak overnight. Drain and rinse two times, then add water to cover and cook until tender and soft, about two hours, adding more water as needed.

Adding a tbsp. of oil will cut down on foam as beans cook. Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.

WHITE BEANS REPLACE FAT IN MOST BAKING

Method 1: Cover beans with water and cook until very soft. Mash until consistency of shortening (use blender) Replace in recipes cup for cup. **Example: Recipe calls for 1 cup margarine - use 1 cup mashed beans.** Liquid may be added to adjust the consistency. Mashed beans do not keep long in the fridge, so freeze them.

Method 2: Grind beans in your wheat grinder. Store in air-tight container. Replace fat in the recipe cup for cup as above. You will need to add liquid since the ground beans will be part of the dry ingredients.

CHILI

1 lb. chili beans (about 2¼ cups)
2 lbs. hamburger
3 - 4 ribs of celery
3 - 4 tbsp. chili powder
1 large onion (chopped)
1 can tomato juice (46 oz.)
½ tsp. cumin

Soak beans overnight. Bring beans to boil and simmer until tender. Leave the water in the pot that should cover the beans and add the tomato juice to it. Brown hamburger. Add hamburger, onion, celery, chili powder and cumin. Let simmer until flavors blend. Adjust the amount of chili powder to taste.

PINTO BEAN CASSEROLE

1 15 oz. can pinto beans (use juice)

1 lb. hamburger
1 cup grated cheese
sauce

1 package corn tortillas
1 15 oz. can Italian style marinara

Butter tortillas and layer and cover bottom of oblong cake pan. Brown hamburger and drain. Put beans over tortillas, then sauce and hamburger and grated cheese. Bake at 350° for 30 minutes.

BARBECUED LIMA BEANS

Makes 8 to 10 servings

2 cups large dried lima beans
¼ pound bacon cut into ½ inch pieces (if desired, cook and drain before adding)
1 small onion, chopped
½ cup margarine
2 tsp. Worcestershire sauce
1 can (8 oz.) tomato sauce
2 tbsp. vinegar
8 cups water
1 clove garlic, minced
1 tsp. prepared mustard
1 ½ tsp. chili powder
2 tbsp. brown sugar
¼ lb. bacon slices (if desired, cook and drain before adding)

Sort and rinse beans, do not soak. In 4-quart saucepan, combine rinsed beans, water, and ¼ pound diced bacon. Bring to a boil; reduce heat. Cover and simmer until beans are almost tender (1 to 1½ hours), checking several times. Add hot water as needed to keep beans just covered while cooking. Drain, reserving ½ cup liquid. Cook onion and garlic in margarine until soft. Add remaining ingredients except drained limas and bacon slices. Cook 5 minutes, add to lima beans. Place in greased 2-quart casserole, top with sliced bacon. Cover, bake for 2 hours at 350°, adding reserved bean liquid if necessary.

BAKED BEANS (WHITE BEANS)

2 cups white beans
1 onion chopped
¾ cup brown sugar
1 tsp. dry mustard
1 cup reserved liquid
1 tsp. salt
1/8 lb. bacon diced
1/4 cup catsup
1 tbsp. soy sauce

Cover beans with cold water and add salt. Simmer until tender. Keep liquid. Add remaining ingredients. Place in greased casserole or bean pot. Top with 1/8 bacon strips. Bake at 275° for 6-8 hours.

REFRIED BEANS (from pinto beans)

Fill crock pot ⅓ full of pinto beans (sorted and rinsed). Fill with water until ¾ full. Cook beans until tender. Add more water if needed. Takes approximately 4 hours on high. In a sauce pan cook 1 clove garlic and 1 small onion in 1 tbsp.p of shortening or oil. Add beans, mashed. Add oregano and salt to taste. Can be frozen.

PIONEER STEW

Makes 8 servings

1 ¼ cups (½ pound) dried pinto or kidney beans
 3 cups cold water 1 tsp. salt
 * ½ to 1 pound ground beef ½ cup chopped onion
 ½ cup finely diced green pepper
 1 can (16 oz.) whole kernel corn, undrained
 1 can (16 oz.) tomatoes, undrained
 ½ tsp. chili powder ¾ teaspoon salt
 ½ cup shredded sharp American cheese

In large saucepan place washed and drained beans, cold water, and salt. Bring to a boil. Cover and simmer 2 minutes. Remove from heat and let stand for 1 hour. Return to heat 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 thickened and bubbly. Stir in cheese.

* or 1 can of chunk turkey or beef

SPLIT PEA SOUP WITH SAUSAGE BALLS

1 lb. (2 ¼ cups) green split peas ¼ tsp. marjoram
 3 quarts water 1 cup diced celery
 2 tsp. salt 1 cup diced onion
 ½ tsp. pepper Salt to taste
 1 lb. bulk pork sausage 1 cup diced potatoes
 1 cup diced carrots 1 cup flour

Wash split peas and sort. In 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 sausage is 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 the soup. Makes 12 servings.

CREAM OF SPLIT PEA SOUP

2 cups split peas 4 ½ cups boiling water
 ½ cup celery, diced ½ cup carrots, diced
 1 onion, chopped 2 tsp. salt
 2 ½ cups milk (¾ cup powdered milk and 2 ½ cups water)
 Season to taste (may add chunks of ham, bacon, etc.)

Wash split peas and sort. In 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 powdered milk and seasonings, chunks of meat, then reheat and serve. Makes 8 servings.

CALIFORNIA BEAN SOUP

2 cups white beans (rinsed) 2 ½ quarts water (10 cups)
 1 quart tomatoes
 ¼ cup dried onion or ½ cup chopped onion
 ¼ cup dried diced carrots or ½ to 1 cup chopped carrots
 ½ cup dried celery chopped or 1 cup chopped celery
 1 or 2 ham hocks or 5-7 tbsp. ham soup base or bouillon

Soak beans in water overnight or boil 5 minutes and soak 1 hour. Add tomatoes. Cook 2 hours. Add remaining ingredients and cook until beans are soft.

LENTIL SOUP

2 cups lentils
 1 ½ quarts water and 6 chicken bouillon cubes
 (or 3 - 14 ½ oz. cans chicken broth and 3 cans of water)
 1 large can (No. 2 ½) stewed tomatoes
 1 bay leaf 3 carrots, cut in chunks
 1 onion, cut up Salt and pepper to taste
 1 lb. cooked hamburger

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. Makes 8 to 10 servings.

PINTO BEAN FUDGE

1 cup cooked soft pinto beans (drained and mashed)
 ¼ cup milk 1 tbsp. vanilla
 6 oz. unsweetened chocolate 6 tbsp. butter or margarine
 2 lbs. powdered sugar Nuts (optional)

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter or margarine and stir into bean mixture. Gradually stir in powdered sugar. Knead with hands until well blended. Spread into lightly greased 9-inch baking dish or form into two 1-½ inch rolls. Chill 1-2 hours.

NAVY BEAN BUNDT CAKE

1 ¾ cups cooked navy beans 1 cup butter (softened)
 1 cup sugar ¾ cup brown sugar (firmly packed)
 1 tbsp. vanilla 2 eggs
 2 cups flour 1 ½ tsp. baking powder
 1 tsp. baking soda 1 ½ tsp. nutmeg
 2 tsp. cinnamon ½ cup evaporated milk
 ⅓ cup water ½ cup chopped pecans or walnuts
 1 ⅓ cups flaked coconut

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla, beat until creamy. At high speed, add eggs. Stir in beans. In medium bowl, combine flour, baking powder, baking soda, nutmeg and cinnamon. Stir one half of dry ingredients until blended. Add nuts and coconut, blend. Pour into greased bundt pan. Bake at 350° for 50-55 minutes, pour into 13 x 9 x 2 greased pan and bake for 25-30 minutes.

REALLY GOOD PINTO BEAN PIE

½ cup granulated sugar 1 cup brown sugar, packed
 2 eggs, beaten 1 stick (½ cup) butter, softened
 1 heaping cup mashed, cooked pinto beans
 1 unbaked 9-inch pie shell
 Whipped cream, whipped topping, or scoop of 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° for 20 minutes. Reduce heat to 350° and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with whipped cream, whipped topping, or scoop of ice cream.

CHOCOLATE CHIP OATMEAL COOKIES

(Made with white beans)

½ cup cooked white beans	1 cup brown sugar
4 eggs	1 tsp. vanilla
2 ¼ cups flour	1 tsp. baking powder
½ tsp. baking soda	½ tsp. salt
2 cups chocolate chips	1 cup pecans (or walnuts) chopped

Beat beans and sugar together. Add eggs, vanilla. In separate bowl sift together flour, baking soda, baking powder and salt. Add flour moisture to bean/sugar mixture. Stir until well blended. Stir in chocolate chips, and nuts. Cover and refrigerate dough for 1 hour. Preheat oven to 350°. Drop by tablespoonfuls onto greased cookie sheet. Bake 10-15 minutes depending on size of cookies. Makes 4 dozen.

RICE

USING RICE

Cook rice in beef or chicken broth instead of water.

Mix cooked rice with a variety of things--sliced mushrooms, sauteed onions, crumbled pieces of bacon, slivered almonds or grated cheese.

Try sour cream and chives mixed into cooked rice.

Substitute ½ cup fruit juice (orange, apple, cherry) for ½ cup water when cooking. Vegetable juice cocktail or tomato juice may also be exchanged for 1 cup of the water used in cooking.

Add one of the following herbs to the cooking water when preparing rice:

⅓ tsp. dried thyme, oregano, sage, rosemary, basil or savory
½ tsp. celery seeds or dried dill
Seasoned salt instead of salt
¾ tsp. dried marjoram
1 small bay leaf

To cook rice:

One cup of uncooked rice equals 3 cups of cooked rice, or four servings. Combine:

1 cup uncooked rice	1 tsp. salt (optional)
2 cups of boiling water	

Combine the ingredients. Bring to a boil in a covered pan, stirring several times. Lower the heat to simmer. Cook about 15 minutes without removing the lid or stirring, or until the liquid is absorbed and the rice is tender.

FRANKFURTER SOUP

2 frankfurters thinly sliced	2 tbsp. chopped onions
1 tbsp. butter	1 can tomato soup
1 soup can water or milk	½ cup cooked rice (optional)

Brown the frankfurters and onions in butter. Add soup, liquid and rice. Heat and serve. Makes 2 - 3 servings.

RICE PILAF

Makes 8 servings

2 cups rice	⅔ stick margarine
4 cups liquid (chicken broth if served with fowl; beef broth with beef)	
¼ cup chopped celery	¼ cup chopped carrots
¼ cup chopped green onions	1 cup slivered almonds
Salt and pepper to taste	1 can chunk turkey or beef (opt.)

Brown rice lightly with butter in skillet. Place in casserole with boiling broth. Cover and bake for one-half hour at 375°. Take from oven and add vegetables and nuts, stirring and mixing well with fork. Return to oven for one-half hour.

BROWNE RICE

Makes 6 to 8 servings

1 cup rice	¼ cup shortening
¼ cup chopped onion, meat, celery, or other vegetables	
1 tsp. salt	3 ½ cups water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated.

RICE PUDDING

Makes 8 servings

3 eggs	2 tbsp. honey
6 tbsp. sugar	½ tsp. nutmeg
1 tsp. cinnamon	½ tsp. vanilla
1 cup milk (½ cup non-fat dry milk and 1 cup water)	
¼ cup evaporated milk (⅔ cup nonfat dry milk to ¼ cup water)	
1 ½ cups cooked rice	½ 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 325° for 45 minutes. Stir after 25 minutes.

OATS

Regular oats and quick oats are basically interchangeable. However, when using regular oats in a recipe that calls for quick oats, it is advisable to soak the regular oats in water for about 5 minutes to soften them.

OATMEAL BREAD

Makes 2 loaves

½ cup warm water	2 tbsp. dry yeast
¾ cup water, boiling	¾ cup rolled oats
1 cup buttermilk (or ⅓ cup powdered milk, 1 cup water, 1 tablespoon vinegar or lemon juice)	
⅓ cup vegetable oil	½ cup honey or molasses
2 cups all-purpose flour	1 tsp. salt
½ tsp. soda	3 to 3 ½ cups all-purpose flour

In small bowl, stir yeast into ½ cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring ¾ cup water to boiling; stir in oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, and honey or molasses.

Sift flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to rise until double in bulk, about 1 ½ hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to rest 10 minutes.

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

OATMEAL RAISIN MUFFINS

1 egg	3 tsp. baking powder
¾ cup milk	½ tsp. salt
1 cup raisins	½ tsp. ground nutmeg
½ cup vegetable oil	¼ tsp. ground cinnamon
1 cup white / whole-wheat flour	1 cup rolled oats
⅓ cup sugar	

Heat oven to 400°. Grease bottoms 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 ¾ full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

DELICIOUS OATMEAL PANCAKES

Makes 8 to 10 pancakes

½ cup whole-wheat flour	2 tsp. baking powder
¼ tsp. salt	2 tbsp. sugar
⅓ 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 small bowl, beat egg whites until stiff; set aside. In large mixing bowl, combine egg yolks, water, oil, and oats; beat slightly and allow to stand 5 minutes, then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. For small pancakes, drop 2 tablespoons batter onto griddle, or pour ¼ measuring cup full, if larger pancakes are desired.

Bake until cakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other side. Serve with applesauce or jam or butter and maple syrup.

INSTANT OATMEAL PACKETS

Makes 10 packets of Instant Oatmeal

To make individual instant packets:

Blend ½ cup of oats until powdery.

Into each of the 10 packets (perhaps individual reclosable sandwich bags), combine the following ingredients:

¼ cup unpowdered oats	2 tbsp. powdered oats
⅓ tsp. salt	1 tsp. sugar (optional)

Close the top and store in a dry place.

Microwave directions for cooking:

Empty packet into microwavable bowl. Add ⅔ cup water or milk. Microwave on high about 1½ minutes; stir.

Conventional directions for cooking:

Empty packet into pan. Add ½ cup boiling water; cook and stir over heat until thickened.

MUESLI

4 cups quick cooking rolled oats
1 cup chopped nuts
1 cup Crunchy Wheat Cereal (optional - found on page 4)
1 cup wheat flakes
Dried apples, apricots, raisins, or other fruit

Mix together and put in covered container. Keep fruit separated until ready to serve.

GRANOLA

Makes about 2 quarts

6 cups rolled oats	¼ cup sunflower seeds
½ cup brown sugar	½ cup raisins
1 cup coconut	1 cup chopped nuts
⅓ cup sesame seeds	

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

½ cup oil	⅓ cup honey
2 tsp. vanilla	

Spread on cookie sheet and bake at 350° for 30 minutes. Last five minutes add 1 cup raisins or other dried fruit.

GRANOLA BARS

Use the recipe for Rice Crispy Treats and substitute with granola cereal.

- ¼ cup butter
- 1 10-ounce package marshmallows or 4 cups miniature marshmallows
- 5 cups granola

Melt butter in saucepan over low heat. Add marshmallows and stir until completely melted. Cook over low heat for 3 minutes longer, stirring constantly. Remove from heat. Add granola. Stir until well coated. Press mixture evenly into buttered 13 x 9 x 2 inch pan. Cut into 2 inch squares when cool. Makes 24.

FRUIT AND CEREAL BRUNCH CAKE

- 2 cups granola or any corn flake type cereal
- 1 cup orange juice
- 1 egg
- 1 ½ cups gold medal flour
- ½ cup raisins
- 1 tsp. cinnamon
- ¼ cup oil
- 2 medium bananas mashed
- ¾ cup sugar
- 1 tsp. baking soda
- ½ tsp. salt

Heat oven to 350°. Grease square pan. Mix cereal and orange juice in large bowl; let stand until softened about 2 minutes. Mix in oil, egg and bananas. Stir in flour, sugar, raisins, baking soda, cinnamon and salt. Spread in pan. Bake until top springs back when touched, 40-45 minutes. Sprinkle Streusel Topping over warm coffee cake. Set oven control to broil and put cake pan bake in oven for about 1 minute until bubbly.

Streusel Topping

- ½ cup brown sugar, packed
- ¼ cup flour
- ½ tsp. cinnamon
- ½ cup chopped nuts
- ¼ cup butter

Mix all ingredients until crumbly.

OH HENRY BARS

- ½ cup melted butter
- 1 cup brown sugar
- ½ cup peanut butter
- 1 6-ounce package chocolate chips
- ½ cup Karo syrup
- 1 tsp. vanilla
- 4 cups oats

Mix together first five ingredients. Heat until dissolved. Stir in oats and chips. Press into greased 9 x 13 inch pan. Bake at 375° for 15 minutes. Don't over bake. Cut into bars.

CHOCOLATE CHIP OATMEAL COOKIES

Makes 3 dozen cookies

- 1 cup melted shortening, butter or margarine
- ⅔ cup granulated sugar
- 2 eggs
- 1 ½ cups flour
- 1 tbsp. hot water
- 1 package (6 oz.) chocolate chips
- ½ cup nuts, coarsely chopped
- ⅔ cup brown sugar, packed
- 1 tsp. vanilla
- ½ tsp. soda
- 2 cups rolled oats

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 ½ inches apart. Bake at 375° for 10 minutes or until barely brown and still a little puffy.

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.

OATMEAL CAKE WITH BROILED ICING

- 1 ¼ cups boiling water
- ½ cup (1 stick) butter
- ¾ cup brown sugar, packed
- 1 ½ cups sifted flour
- ½ tsp. salt
- ½ tsp. nutmeg
- 1 cup rolled oats
- ¾ cup granulated sugar
- 2 eggs, slightly beaten
- 1 tsp. soda
- 1 tsp. cinnamon
- Broiled Coconut Icing (recipe below)

Pour boiling water over rolled oats; let stand 20 minutes. (Makes 1 ½ cups thick oatmeal.) Cream together butter or margarine and sugars. Add eggs. Stir in oatmeal, then sifted dry ingredients. Bake in greased 9 x 13-inch pan at 350° for 40 to 45 minutes or until done when tested with tooth pick. Spread with Coconut Icing; broil until frosting bubbles, taking care not to burn.

Broiled Coconut Icing

- 6 tbsp. (¾ stick) butter
- ¼ cup cream or evaporated milk
- ¾ cups nuts, coarsely chopped
- 1 cup coconut
- ½ cup brown sugar, packed

Combine all ingredients. Spread over spice, oatmeal, or carrot cake. Broil until frosting bubbles and browns slightly, taking care not to burn.

POWDERED MILK

USE DRY MILK IN ANY RECIPE

Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk. Adding additional milk to the recipe will enhance the nutritive value of the recipe.

In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use ¼ to ½ cup per pound of meat.

In mashed potatoes: mash cooked potatoes, then add ¼ cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereals: add ¼ to ½ cup dry milk to each cup of cereal before cooking.

Instant and non-instant powdered milk are basically interchangeable. However, because of different consistencies, end product will vary when using other than what is called for in the recipe.

Non-instant powdered milk lasts longer than instant powdered milk.

BUTTERMILK

1 cup instant (1- $\frac{3}{4}$ instant) dry milk 3 cups slightly warm water
 $\frac{1}{2}$ cup commercial or previously made buttermilk

Shake or beat until blended. Cover and allow to stand at room temperature until clabbered (6-12 hours). Refrigerate after clabbering, makes 1 quart.

NOTE: Buttermilk will keep in the refrigerator for 2-3 weeks. It may be frozen. It will be necessary to use a fresh start of buttermilk occasionally.

BAKER'S CHEESE

(Tastes like Ricotta or cream cheese, may be used in any recipe calling for either cheese.)

$\frac{1}{4}$ rennet tablet (Junket) 2 quarts warm water
3 cups non-instant (5- $\frac{1}{2}$ cups instant) dry milk
 $\frac{1}{2}$ cup buttermilk

Dissolve rennet tablet in warm water. Thoroughly mix in dry milk. 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 may 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. (Makes about 1 pound.)

(Rennet is available in most grocery stores near the gelatin section. Rennet is the enzyme rennin).

YOGURT

1 qt. lukewarm water
2 cups dry milk powder
2 tbsp. plain yogurt or dry yogurt starter

Mix all ingredients together. Pour into a thermos bottle and let stand overnight.

To make cream cheese: Hang the finished yogurt in a cheesecloth bag overnight. Add salt to taste.

To make salad dressing or sour cream substitute: Add salt and seasonings.

To serve as a dessert: Add sugar to taste.

WHOLE MILK

1 cup water $\frac{1}{3}$ cup powdered milk

EVAPORATED MILK

1 cup water $\frac{2}{3}$ cup powdered milk

WHIPPED EVAPORATED MILK

Makes 3 cups

1 cup evaporated milk 2 tbsp. lemon juice

Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten and flavor as desired.

WHIPPED TOPPING

1 cup ice cold water 1 cup powdered milk
1 cup powdered sugar

Whip at high speed until desired consistency is achieved. Store in refrigerator.

WHIPPED TOPPING

6 tbsp. instant (3- $\frac{1}{2}$ non-instant) dry milk
1 cup boiling water 2 tsp. unflavored gelatin
2 tbsp. cold water 2-4 tbsp. sugar
1 tsp. vanilla

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

CONDENSED MILK

$\frac{1}{2}$ cup hot water 1 cup sugar
1 cup powdered milk

Blend thoroughly in blender. Can be stored in refrigerator or frozen.

"EAGLE BRAND" SWEETENED CONDENSED MILK

1 cup hot water 2 cups sugar
4 cups powdered milk $\frac{1}{4}$ cup butter

Blend in blender very well. Can be stored in the refrigerator or frozen.

SWEETENED CONDENSED MILK

Makes about 14 ounces

$\frac{3}{4}$ cup non-instant (1- $\frac{1}{3}$ instant) dry milk
 $\frac{3}{4}$ cup sugar $\frac{1}{2}$ cup hot tap water

Place hot water in blender. With blender going add sugar and dry milk, blend until smooth.

SWEETENED CONDENSED MILK

1 cup plus 2 tbsp. powdered milk
 $\frac{1}{2}$ cup warm water

3/4 cup sugar

Stir all ingredients until dissolved. If necessary, set bowl in hot water to hasten dissolving. Although not as thick as regular sweetened condensed milk, this works well as a substitute.

BUTTERMILK OR SOUR MILK

1 cup water
1 tbsp. vinegar or lemon juice

1/3 cup powdered milk

DRINKABLE POWDERED MILK

To improve the flavor of powdered milk, mix it half and half with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla to enhance the flavor. Let it chill several hours before drinking.

COCOA MIX

Makes enough for 10 quarts or 40 one-cup servings

15 cups instant dry milk
1 cup cocoa
Mix well.

1-1/2 cups sugar
1-1/2 tsp. salt

To use: Mix 1/2 cup mix with 1 cup hot water.

RICH COCOA MIX

Makes enough for 8 quarts

10 2/3 cups instant dry milk
1/2 cup powdered sugar
1 pound can instant chocolate

1 jar (6 oz.) instant coffee
creamer

Mix well.

To use: Mix 1/2 cup mix with 1 cup hot water.

ORANGE JULIUS

Makes 3 6-ounce servings

2 cups orange juice
1/2 cup powdered milk
1/2 cup crushed ice

2 tbsp. sugar
1/2 tsp. vanilla

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

FRUIT SMOOTHIES

(A good way to use bottled fruit)

Serves 4

2 cups bottled fruit with juice
3/4 cup nonfat powdered milk (4 tbsp. non-fat dry milk to 3/4 cup of water)
1 to 2 drops almond flavoring or 1 tbsp. lemon juice

Put in blender and blend until smooth. Add 1/2 tray ice cubes and blend until smooth.

Variation

To use fresh fruit, use one cup of fruit and 1 cup water and sweeten

to taste.

(Use almond flavoring with cherries and large stone fruits, lemon juice with berries.)

PEANUT BUTTER CHEWS

1 cup powdered sugar
1 cup peanut butter
1 cup corn syrup or honey

2 cups instant (cup non-instant) dry
milk

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup mixture. You may need to knead it with your hands. Press into a cake pan or roll into walnut size balls.

Variations: Add nuts or Rice Krispies. Dip in chocolate.

HONEY MINTS

1 cup warm honey
Green food coloring

4 drops oil of peppermint
2 3/4 cups powdered milk (non-instant)

Mix ingredients and knead until all milk is absorbed.

TOOTSIE ROLLS

1 cup honey
1/2 cup cocoa

1 tsp. vanilla
1 cup non-instant powdered milk

Cook honey to 255° (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 and roll into rolls.

MAGIC MIX

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

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

Serves 4

4 cups water
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. chopped onion
1 can chopped clams
1 package chopped spinach, cooked
1 can cream-style corn and 1 tbsp. chopped onion

2 cups Magic Mix

Combine water, Magic Mix, and bouillon in saucepan. Stir over medium heat until slightly thick. Add desired ingredients. Heat

thoroughly.

WHITE SAUCE

Makes 1 cup

- 2/3 cup Magic Mix
- 1 cup water

In saucepan combine Magic Mix White Sauce and water. Stir rapidly over medium heat until it starts to bubble.

NOTE: Use Magic Sauce for all recipes calling for a white or cream sauce.

MACARONI AND CHEESE

Serves 4

- 1 cup white sauce from Magic Mix
- 1 cup uncooked macaroni
- 4 - 5 ounces grated cheese (about 1 cup)
- 1/2 - 1 tsp. salt or garlic salt (optional)

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
- 1 cup Magic Mix
- 1 tsp. vanilla
- 2-3 tbsp. cocoa (optional)
- 2 cups water

Combine Magic Mix, sugar, and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

FUDGESICLES (Puddingsicles)

1 pudding recipe (see above) 1/2 cup milk

Prepare pudding according to directions. Stir in milk and beat until smooth. Pour mixture into ice cube trays or small plastic cups. Insert plastic spoon and freeze until solid.

SOUP MIX

(from the dry-pack cannery)

MEAT PIE

- Combine in 6 quarts of water
- 2 cups dry soup mix
- 2 lbs. frozen hash browns (fresh potatoes should be diced)
- 1 can tomatoes
- 1 can tomato sauce
- 1 can tomato soup

If desired, add left-over vegetables, frozen carrots or corn, etc. Then add 2 lbs. hamburger, fried well done and broken into tiny pieces. Allow to cool until just warm. Place in pie shell, and top with pie crust and seal edges well. Bake in oven 450° for 25 minutes.

Serves 6

- 2 cans beef broth and one cup water (or 4 cups water, 4 bouillon cubes)
- 1/2 cup dry soup mix

Bring to a boil and simmer for 45 minutes or until tender.

- Add:
- 1 quart tomato juice or tomatoes
- 1/2 lb. browned hamburger

Simmer 5 minutes and serve.

DELICIOUS TURKEY SOUP WITH DRY SOUP MIX

- 8 cups chicken or turkey broth (May use reconstituted chicken bouillon)
- 3/4 cup **dry soup mix**
- 1 cup diced celery
- 1 tall can evaporated milk
- Salt and pepper to taste
- 2 cups diced turkey or chicken

Mix broth, dry soup mix, salt and pepper and celery and simmer for 45 minutes. Stir in diced turkey and can of milk. Heat and serve. May thicken with flour or cornstarch. Serves 6.

HAM HOCK AND DRY SOUP MIX

- 1 ham hock
- About 7 cups water
- 3/4 cup dry soup mix
- Salt and pepper to taste

Simmer all ingredients for 45 minutes or until tender. Remove ham hock, returning meat to soup. Serve.

HAMBURGER SOUP

HAMBURGER SOUP

- 1 1/2 lbs. hamburger
- 3 medium carrots, diced
- 1 large crushed bay leaf
- 1 tsp. Worcestershire sauce
- 1 tbsp. sugar
- 1 1/2 quarts water
- 3/4 cup dry soup mix
- 2 cups potatoes cubed
- 2 tbsp. minced parsley
- 1/8 tsp. garlic powder
- 3/4 cup diced celery
- 2 cups tomato juice
- 2 tsp. salt
- pepper to taste

Brown hamburger. Mix all ingredients and simmer 1 1/2 to 2 hours or you may put in crock pot and simmer several hours (to make creamy you can add cream of mushroom soup)

AUTUMN QUICK SOUP

- 2 lbs. hamburger
- 2 cups diced carrots
- 1 cup diced celery
- 2/3 cup dry soup mix
- 2 cups diced potatoes
- 2 quarts tomato juice

2 quarts water

Brown hamburger, add liquid, dry soup mix. Simmer 30 minutes. Add vegetables and continue to simmer 1 hour.

FAMILY DELIGHT SOUP

3 qts. water	1 cup dry soup mix
1 ½ lbs. beef stew meat or canned beef chunks	½ lb. salt pork
3 cup chopped fresh spinach	1/4 tsp. marjoram
½ tsp. salt	2 cup sliced celery seasoning to taste

Combine water, dry soup mix, beef, salt pork, seasoning. Bring to boil, cover to boil. Reduce heat. Simmer until peas and barley are tender about 1 hour. Remove from heat and discard salt pork. Add spinach and celery. Cover and cook until celery is tender.

AMERICAN HAMBURGER SOUP

1 ½ lbs. hamburger	3/4 cup diced celery
3/4 cup dry soup mix	2 cups potatoes cubed
1 tbsp. sugar	3 medium carrots diced
2 cups tomato juice	2 tbsp. minced parsley
1 ½ qts. water	1 bay leaf

BAKED CHICKEN AND SPAGHETTI

10 oz. cooked & drained spaghetti	
1 onion chopped	2 tbsp. shortening or butter
1 can tomatoes	dash of pepper
2 tbsp. sugar	2 cups diced cooked chicken
½ cup grated cheese	

Saute onion in shortening or butter, add tomatoes, sugar and pepper. Heat to boiling. Stir in chicken and spaghetti. Toss gently with fork. Pour into greased baking dish and sprinkle with cheese. Bake at 375° for 20 minutes.

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)	

2 tsp. salt	1/4 tsp. garlic powder
1 tbsp. Worcestershire sauce	pepper to taste

Brown hamburger. Mix all ingredients and simmer 1 ½ to 2 hours.

OLD FASHION VEGETABLE SOUP

3 lbs. cubed beef or canned beef chunks	2 qt. water
	1/4 tsp. thyme
1 cup sliced celery	2 cups sliced carrots
salt and pepper to taste	1 cup dry soup mix
1 qt. tomato juice	2 cup diced potatoes

Brown meat or if using canned beef chunks add all ingredients. Heat to boiling cover and simmer about 1 ½ hours.

CHICKEN SOUP

1 chicken cooked and deboned*	2/3 cup soup mix
7 chicken bouillon cubes	carrots, zucchini
salt and pepper to taste	

makes 1 gallon of soup
* or 1 can chunk turkey or beef

PASTA

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 (approximately 1/3 cup).

TUNA AND NOODLE CASSEROLE

8 ounces noodles
1 can tuna fish
1 can condensed mushroom or chicken soup
2/3 cup milk (canned or reconstituted powdered milk)
1/2 cup buttered crumbs

Cook noodles in 4 cups boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk. Pour over noodles and fish. Top with buttered crumbs and a dash of paprika. Bake in moderate oven, 375°, about 25 minutes or until browned. Makes about 6 servings.

DRIED APPLES

Dried apples are an excellent snack right out of the can. To reconstitute them use equal parts of dried apples to boiling water. For example:

2 cups dried apples	2 cups boiling water
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Let this set at least 5 minutes.

APPLESAUCE

If you put this mixture through the blender you will have applesauce. For variety add 3 tbsp. Cinnamon Heart Candy to the mixture before

CORNMEAL

CORN BREAD

Makes one loaf

1 $\frac{2}{3}$ cups flour
5 tsp. baking powder
1 $\frac{2}{3}$ cups yellow cornmeal
1 $\frac{2}{3}$ cups milk
 $\frac{2}{3}$ cup sugar
1 tsp. salt
2 eggs, beaten
 $\frac{1}{3}$ cup margarine, melted

Mix flour, sugar, baking powder, and salt in a large bowl. Stir in cornmeal until well blended. Add eggs and milk, stir to smooth batter. Stir in melted margarine just until blended. Do not over stir. Pour into well-buttered 9 x 5 x 3 loaf pan. Bake at 425° for 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes, loosen around edges and turn out to cool.

CORN TORTILLAS

1 cup cornmeal
1 cup white flour
Ground corn may be substituted for above two ingredients
1/2 cup water
1/2 teaspoon salt

Mix ingredients together and knead well. Add small amount of water, if necessary. Let stand for 10 minutes. Knead and pat or slap into the shape of a thin pancake. Add more water or flour as needed. Cook on top of the stove in ungreased heavy iron or

Teflon-coated skillet, turning so as to cook through but not to burn. Serve with a topping of mashed chili beans and grated cheese (optional).

TAMALE PIE

Serves 8 to 10

1 pound hamburger
1 chopped onion
1 16 oz. can tomatoes
1 12 oz. can corn, drained
1 tbsp. sugar
2-3 tsp. chili powder
1 tbsp. butter
1 $\frac{1}{2}$ cups cold milk
 $\frac{1}{2}$ cup yellow cornmeal
 $\frac{1}{2}$ tsp. salt
1 cup chopped green pepper
1 clove garlic, minced
1 6 oz. can tomato paste
1 can sliced ripe olives (optional)
1 tsp. salt and a dash of pepper
1 $\frac{1}{2}$ cups sharp American cheese, grated

Brown together the hamburger, green pepper, onion, and garlic. Drain the fat and add tomatoes, tomato paste, corn, olives, sugar, salt, chili powder, and pepper. Simmer 20 minutes until thick. Add cheese and stir until melted. Pour into 9x13 inch baking dish.

Make corn meal topping by heating milk in double boiler, add salt and slowly stir in corn meal. Cook and stir until thick (about 20 minutes), add butter and spread over top of meat mixture. Bake at 375° for 40 min.

FLOUR BASICS

TORTILLAS

2 cups flour
 $\frac{1}{4}$ cup shortening
1 tsp. salt
 $\frac{1}{2}$ cup warm water

Mix flour and salt. With fork cut in shortening. Add water and mix with fork to make stiff dough. Form a ball and knead on lightly floured surface. Divide dough into 10 pieces and shape into balls. Roll out to paper thin. Bake on very hot ungreased griddle until freckled about 20 seconds on each side. Serve warm with refried beans, tomato sauce, sprouts, cheese, fajitas or use to make enchiladas.

BAKING POWDER BISCUITS

2 cups flour
1 tsp. salt
 $\frac{3}{4}$ cup milk
3 tsp. baking powder
 $\frac{1}{3}$ cup shortening

Preheat oven to 425°. Combine flour, baking powder and salt. Add shortening and use fork to cut in to resemble coarse meal. Add

milk; stir until blended. Transfer dough to lightly floured surface. Knead gently, 8-10 times. Roll dough $\frac{1}{2}$ inch thick. Cut into biscuits with biscuit cutter or use drinking glass that is floured so the dough comes away from the glass. Bake on ungreased baking sheet for 12-15 minutes. Makes 12-16 biscuits.

BASIC WHITE SAUCE

2 tbsp. butter
2 cups milk
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{4}$ cup flour
 $\frac{1}{2}$ tsp. salt

Melt butter. Mix in flour, salt and pepper. Return to heat slowly adding milk, stirring constantly with whisk or spoon. When smooth, continue cooking and stir with spoon until thick. Season with desired spices. Can be added to soup recipes to make creamy flavor. Can add grated cheese to make cheese flavored sauce.

HONEY

HONEY BUTTER

½ cup butter or margarine ¼ tsp. vanilla
1 egg yolk ½ cup honey

Whip softened butter or margarine. Add vanilla and egg yolk. Add honey gradually while whipping. Makes 1 cup.

ORANGE BANANA MILK

Serves 4

1 6 oz. can frozen orange juice concentrate
1 medium banana 3 cups ice water
½ cup milk (3 tbsp. non-fat dry milk to ½ cup water)
1 tbsp. sugar or honey

Put in blender and blend until foamy. Try this nutritious drink for

SOURDOUGH

SOURDOUGH STARTER

2 cups warm water 2 cups flour
1 package dry yeast 1 tbsp. sugar

Put warm water into crock. Sprinkle yeast over water and stir with wooden spoon until dissolved. Add flour and sugar. Mix until smooth. Cover and set aside 36 to 45 hours. Stir 3 - 4 times a day. Use 1 ½ cups of the starter in bread recipe.

To store remainder, beat 2 cups flour and 2 cups warm water into remaining starter batter. Let stand in warm place at least 5 hours. Cover and store in refrigerator. Allow water needed in bread to warm to room temperature before using. Never add anything to starter but the flour and water needed to keep it going. Do not use metal spoons or containers.

SOURDOUGH BREAD

1 package dry yeast 1 ½ cups sourdough starter
2 tbsp. sugar 3 ½ to 4 cups flour
2 tsp. salt 1 egg

Mix starter, yeast and 1 cup warm water. Let stand until yeast is dissolved. Add remaining ingredients, except egg. Punch down. Form into loaves. Cover and let rise until doubled. Beat egg and brush over unbaked loaves. Bake in 400 degree oven for 30-35 minutes.

SOURDOUGH PANCAKES

1 cup sourdough starter 2 tsp. baking soda
2 eggs (beaten) 2 cups flour

breakfast or as a great summertime snack.

HONEY CARROT CAKE

2 eggs 1 tsp. baking soda
½ cup oil ¼ tsp. salt
1 cup honey 1 ½ tsp. cinnamon
½ cup buttermilk 2 cups flour
1 cup chopped carrots or reconstituted carrots
Beat eggs. Add oil, honey, and buttermilk, mix well. Sift flour, soda, salt, cinnamon and add to egg mixture. Beat until smooth. Add carrots and mix well. Pour into greased 8 inch pan. Bake at 350° for 45 min.

2 cups milk 3 tbsp. melted shortening
1 tsp. salt 2 tbsp. sugar

About 12 hours before planning to serve pancakes, mix starter batter with the flour, milk and salt. Let stand in bowl, covered with cheesecloth in warm place.

Just before baking pancakes, remove 1 cup of batter to replenish starter in crock. To remaining batter in the bowl add soda, salt, eggs, shortening and sugar. Mix well. Bake on lightly greased hot griddle. For thinner pancakes, add more milk.

SOURDOUGH ENGLISH MUFFINS

2 cups sourdough starter 6 tbsp. yellow cornmeal
¾ cup buttermilk 1 tsp. baking soda
2 ¾ to 3 cups flour ¼ tsp. salt

Mix together sourdough starter and buttermilk. Combine flour, 4 tbsp. of the cornmeal, soda, salt and add to the buttermilk mixture. Stir to combine using hands when necessary.

Turn onto lightly floured surface; knead until smooth, adding more flour if necessary. Roll dough to ¾ inch thickness.

Cover and let rise a few minutes. Using a 3 inch cutter, cut muffins. Sprinkle sheet of waxed paper with the remaining cornmeal. Cover and let rise until very light, about 45 minutes. Bake on medium hot, lightly greased griddle about 30 minutes, turning often.

Cool and split. Toast and serve with butter. Makes 12 - 14 muffins.

Dry-Pack Product Directions (for selected items)

Apple Slices

1 cup dry apples to ½ cup water yields 2 cups fresh apples.

Beans

Soften beans by adding 3 cups hot water and 2 tsp. baking soda per cup of beans. Soak overnight, drain, rinse and cook.

Carrots

To re-hydrate: use 1 volume carrots to 1 volume ice water. Allow 20 minutes.

Fruit Drink Mix

Add 1 cup drink mix to enough cold water to make 2 quarts. Blend well.

Hot Cocoa

Use ¼ cup mix per ¾ cup of hot water; or 1 to 1¼ cups mix per quart of hot water. Beat or blend until smooth.

Potato Pearls

Add 2 cups hot water (+180 degrees) to 1 cup of potato pearls. Stir briefly, cover and allow to stand for 5 to 10 minutes before serving.

Rice, White

Use 2 cups boiling water and 1 teaspoon salt (optional) per cup rice. Cook covered about 15 minutes or until moist and tender.

Rolled Oats

Use 2 cups water per cup of oats with ¼ teaspoon salt (optional). Bring water and salt to boil. Add oats and stir. Cook two minutes, stirring occasionally.

Dry Soup Mix

Add 1 cup dry soup mix to 3 quarts water or meat broth. Add vegetables, meat, or bouillon as desired. Simmer for 45 minutes. Season to taste. Contains: split green peas, alphabets, pearl barley, lentils, rice, onions.

Nonfat Dry Milk

Add ¾ cup nonfat dry milk to 1 quart warm water. Mix well and chill.