

Food Storage Recipes

From www.providentliving.org

Chili

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

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

Oatmeal Raisin Muffins

1 egg
3/4 cup milk
1 cup raisins
1/2 cup vegetable oil
3 tsp. baking powder
1/2 tsp. salt
1/2 tsp. ground nutmeg
1/4 tsp. ground cinnamon
1 cup white / whole-wheat flour
1 cup rolled oats
1/3 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 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

Rich Cocoa Mix

10 2/3 cups instant dry milk
1 jar (6 oz.) instant coffee creamer
1/2 cup powdered sugar
1-pound can instant chocolate
Mix well. Makes enough for 8 quarts. To use:
Mix 1/2 cup cocoa mix with 1 cup hot water.

Baked Chicken and Spaghetti

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

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Minestrone Soup

1 package(s) ground beef
3 clove(s) minced garlic
1 diced onion
2 large stalks celery
6 cups water
2 1/2 Tablespoon(s) beef bouillon
2 quartered lengthwise, sliced carrot 1 w/ peel,
prepare like carrot zucchini
2 bay leaves
1/4 cup(s) finely chopped fresh basil leaves
1 Teaspoon(s) dried oregano
1 Tablespoon(s) finely chopped fresh parsley
1/4 Teaspoon(s) black pepper
1/2 Teaspoon(s) hot pepper sauce
28 Ounce(s) chopped w/ juice canned tomatoes
1 Cup(s) orzo pasta
14 Ounce(s) canned w/ liquids kidney beans
3 Tablespoon(s) parmesan cheese

In pot, scramble fry ground beef until no pink remains. Drain. Add garlic, onion and celery. Sauté, stirring frequently, until onion and celery are soft. Add the next 11 ingredients. Bring to boil. Reduce heat. Cover and simmer for 45 minutes or until the vegetables are tender. Add the pasta and beans. Simmer for 10 minutes more or until pasta is cooked. Discard bay leaves. Sprinkle individual servings with parmesan cheese.

Whole Wheat Bread

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

Mix yeast and warm water and set aside. Pour hot water over shortening, sugar, and salt. Mix dry milk with 1 cup whole-wheat flour, add hot water mixture and 1 cup of cold water, and then add yeast mixture. Add remaining 6 to 7 cups of whole wheat flour. Knead until smooth and elastic, and let rise until almost double in size. Then time as

follows: Let rise 40 minutes, punch down; let rise 20 minutes, punch down; let rise 20 minutes, punch down.

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

Wheat and Raisin Chocolate Chip Cookies

Makes 6 dozen cookies

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

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

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