

**EVERYTHING UNDER THE SUN**  
**Putting the Foods You Love Into Food Storage**  
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**everythingunderthesunblog.blogspot.com**

What's for dinner? An age old question. But in times of crisis, that question becomes even more significant. Experience has shown that when disasters hit, having a supply of food and water can be life saving. But it doesn't take a natural disaster to need food storage. Personal economic disasters happen every day and the choice to pay the mortgage or buy food becomes a reality. It is essential for every family to have food storage in order to survive whatever crisis may be ahead.

There are many questions and concerns about food storage. What should you buy? What will it cost? Where do you store it? How do you cook it? What about rotation? The following information answers all of these questions and more. It will give you the knowledge you need to put the foods you love into your food storage.

**THE SYSTEM**

This system is based on what I call a survivable worst case scenario, meaning there would be no running water or electricity and no stores to run to. This scenario also assumes that families will be on their own and will not be banding together at churches or schools. There are many circumstances that would require isolation from other people, not banding together. Don't put your family at risk by assuming you can eat someone else's food.

**Organization:** How much food do you need? This system answers that question down to the last teaspoon of salt. Take 14 note cards and write down 7 breakfasts and 7 dinners that you would like to have once a week for one year. These will be your recipe cards. With 52 weeks in the year, you will be having these meals 52 times. Write down the left side of your card everything it takes to make your meal and down the right side all those items multiplied by 52. Don't forget to add spices **and the water** you will need for cooking. My personal food storage has 14 dinners (x 26 weeks) 7 breakfasts (x 52 weeks) a daily loaf of bread (x 365 days) and a variety of desserts. This is a very simple system that saves time and money because you only store what you need and like. It can easily be adapted from a years' supply to a 3 months' supply or even a 2 weeks' supply. The individuality of this system is also helpful for people with food allergies.

Organize all of the information from your recipe cards into a shopping list. This will be a table that alphabetically lists all the foods from your recipe cards. Make 5 columns. The first column lists the food item. The next lists all the meals that food item is in. The third column lists how many cups, cans, teaspoon, etc. you need for the year. The fourth lists how much of that item you currently have and the fifth, how much you need to buy.

ITEM	Meals	Need	Have	Buy
Raisins	Oatmeal 20c, rice pudding 20c = 40c	10 quarts	5 qts. 2/07 mstr. bed	5 qts.
Rice	Salmon/rice 35c, Sweet & sour 35c rice pudding 50c = 120c	12 - #10 cans	10 cans 1/06 bedroom 3	2 cans
Salmon	Salmon & rice = 26 pints	26 pints	26pts 3/07 mstr. bed	0

For rotation purposes, list in the "have" column when the food was purchased (or when it expires) and what room it is in. Carry this list when you go shopping and shop the sales.

The equivalency pages give you the information you will need to create your shopping list. These pages are an alphabetical listing of common foods, their shelf life and how they translate into pounds, quarts, cans, etc. (Things like: 2 c sugar = 1 pound or 12 c rice / #10 can and 1 c raw rice = 3 c cooked.)

**Cost:** The cost of using this system depends upon your menus and how large your servings are, but it can cost as little as one dollar per day per person if you shop wisely and bottle your own meats.

**Storage:** One person's year supply will usually fit under a twin size bed. Remember that heat and moisture can lessen the shelf life or destroy your food so keep it safe inside your home.

**Rotation:** Food storage rotation is a once a year event with this system. Your shopping list shows how much food is stored, where it is stored and when it was purchased or will expire. Once a year, check every item on your shopping list to see if anything is expiring that year. If anything is close to expiration, take it out, put it in your kitchen pantry for daily use and immediately replenish your storage with fresh food. Be sure to date the new food and record it in your shopping list before putting it in your food storage. I don't take things from my food storage; it stays under the beds or in the closets until I'm ready to put it in my pantry for daily use. This way I have a full year's supply at all times. Because long shelf life is important to me, the shortest shelf life in my food storage is 3 years. Most of it will last 10, 20 or 30 years. Many items last indefinitely. For vacuum sealed foods, visually check each jar to be sure it is sealed. Open one jar of each vacuum sealed item to check for freshness and then reseal it. Because you're storing foods you like and eat, the cost of replacing your food storage is offset by the food (that you like and eat) you've just put into your pantry.

**Meat Rotation:** If you are storing one pint (or quart) of meat per day, you will bottle 365 jars of meat. While this sounds like a lot, I once used 3 pressure canners to bottle 150 pints of meat in 12 hours. You could easily bottle 50 jars in a day. To rotate, place 50 jars of bottled meat in your kitchen pantry and place the rest in your food storage. If you use 2 jars per week, the 50 jars in your pantry will be gone in about 6 months. You will then bottle 50 more jars, place those jars in your food storage and take out another 50 for your pantry. Your entire stock will be rotated in about 3 years. If you use 3 jars per week, it will take about 2 years to rotate your supply.

## BOTTLING MEATS

(Caution: If you have a glass-top stove, you may want to use a propane camp stove outdoors to bottle meats. I have a glass top stove and have had no problems, but I still need to caution you.)

Bottling your own meats is extremely easy and it's what makes this food storage system so unique. It's real chicken in your sweet and sour and real beef stew. The meat is tender, juicy, ready to eat and needs no freezing or refrigeration...just like your tuna fish from the store. The shelf life is at least 3 years, but the process is so easy, you may want to rotate your meats more often to be sure the nutritional quality is high. You can bottle any kind of meat; chicken, turkey, beef, hamburger, fish, ham...I've even had moose.

**Pressure Canners:** You must use a pressure canner to bottle meats. Pressure cookers will not safely can meats. Canners come in quart sizes, meaning they hold a certain amount of liquid quarts, but don't purchase anything smaller than a 15 quart canner, which will usually hold 7 quart jars.

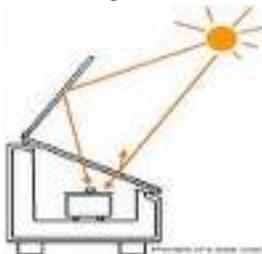
For used canners, check the internet. If you buy a used canner, be sure to have the gauge tested at your County Extension Center or buy a new gauge. This will ensure that you are cooking at the right pressure and your food will be safe. Try to avoid canners with the rubber gasket in the lid because the gasket will eventually leak. A good canner will have a metal to metal lid, a pressure gauge, a pressure release valve, wing nuts to hold the lid down and an inside tray. A canner is a great investment even if you're not doing food storage because canning meat will save time (no more defrosting chickens) money (shopping the sales) and a good canner will last forever. I have one that is over 70 years old and it still works.

**Canning Meats:** A pint bottle will hold 1 pound of meat, a quart will hold 2 pounds. Jars from thrift stores or yard sales are fine for vacuum sealing dry foods, but not for bottling meats. Old jars might crack under the pressure. Invest in some new jars when you first start canning and reuse these jars over and over.

Many books will tell you to cook the meat before you bottle it. With the exception of ground meats, I prefer the raw pack. Put your raw meat and ¼ to ½ tsp of salt into a clean jar. Jars do not need to be sterilized. Fill jars to ½" from the rim. No other spices should be added. With the exception of ground meats, no water is added to the meat. In a small pan, boil the lids for about 2 minutes to soften the rubber seal. Make sure the rim of the jar is

completely clean before you put the heated lid and ring on. Tighten the ring down finger tight. Pour about three inches of water into your canner and place the tray inside. Place your jars in the canner on the tray, screw down the canner lid, making sure the top is even, and turn your stove on high. Don't put the weight on the pressure valve until steam has spouted out of the valve for about 10 minutes. This expresses the air out of the jars and the canner. After expressing the air, put the weight onto the pressure valve. In desert altitudes, can meats at the 10 pound mark. For other altitudes, check your manual. If you have an older canner, there may not be a weight but there will be some kind of pressure release mechanism. Keep this mechanism open to express the canner then close it to begin building pressure. When the gauge gets to the correct pressure, (according to your altitude) begin timing...75 minutes for pints and 90 minutes for quarts (Fish is 15 min longer). This is the formula for all meats. You will need to immediately start turning down the heat to keep the pressure stable and continue turning it down over the allotted time. **Keep the gauge at the correct pressure.** When the pressure drops or increases, a vacuum effect causes the juices in the jar to be pulled out. **Do not leave your canner.** At the end of the 75 or 90 minutes your heat should be at a very low level and you will then turn the heat completely off. Don't move the canner; just let the pressure go down on its own. When it's back to zero, release the pressure valve (or remove the weight) take off the lid, put the jars on the counter away from cool drafts and wait for them to seal. You'll hear a "plink" when the lids seal correctly. If a jar doesn't seal, you can either refrigerate it for later use or re-bottle it using a new lid. When they are cool, wipe the bottles clean, remove the ring and put them back in the box for storage. Ground meats have a better texture if you brown them first, pack loosely in the jars, cover with water and process. When canning cooked meats like leftover turkey, add a soup broth before canning. Ham makes very little juice, so don't worry if the juice doesn't cover all the meat. Don't bottle spiral cut hams, use a shank cut and don't add salt. Turkey hams or other processed meats like bologna or hot dogs lose their texture and don't bottle well.

## SOLAR OVEN COOKING



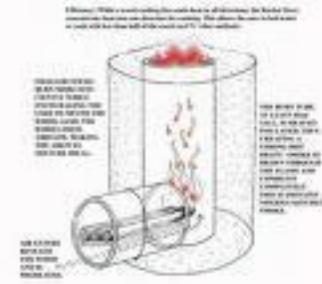
It is not uncommon in emergency situations for the power to be out. With a solar oven, if the sun is shining, you can cook. Have backup sources of fuel, such as wood (use the Rocket Stove!) or propane, but in sunny climates your solar oven will be your main source of cooking. Solar cooking is clean, it keeps the heat out of your kitchen, it's delicious and best of all, it uses a free source of energy...the sun. You don't want to waste precious food when times are bad, so you should practice cooking with your solar oven now. Recipes have been included in this booklet to show the variety of foods that can be stored and how to cook them in a solar oven.

With solar cooking, you can't start dinner at 5 pm because you've lost your source of fuel. Your best cooking hours are midday. You may want to do what our ancestors did; have breakfast in the morning, a big meal in the afternoon and a light snack before bed. My daily loaf of bread with honey or jam will be my evening meal. If possible, have two solar ovens so you can be cooking dinner in one and baking breads or desserts in the other. Cooking times and temperatures are always approximate and will depend upon how your oven is placed, the time of day and cloud cover. A general rule is that foods will cook in about twice the usual amount of time. Don't try to cook too much at one time. Larger amounts of food will cook faster if you divide it up and put it into smaller pots or cut foods into smaller pieces. Grains and beans need about  $\frac{1}{4}$  less liquid because very little moisture escapes in solar cooking. There are other uses for your solar oven such as pasteurizing water, killing infestations in grains or dried foods, sanitizing dishes, drying firewood, sprouting foods, and decrystallizing honey or jams. Safety rules: germs can't grow at 120 degrees, water is pasteurized at 150 degrees and boils at 212, foods will cook at 180. Remember, no matter how you do your cooking, there is a danger zone for foods. Some foods left at temperatures between 50 and 120 for 3 or 4 hours can grow harmful bacteria and carry a risk of food poisoning.

**Solar Cookware:** Measure the inside of your oven before buying any pots or pans. Using dark pots with tight fitting lids will absorb the heat and your cooking will go faster. In addition, your foods won't have to be stirred as often. This is important because opening your oven drops the temperature by 50 to 100 degrees in just seconds.

Smoked glass cookware is good because you can see your food without opening the oven. Cast iron is great on partially cloudy days because it holds the heat. Cloudy days are good times to cook foods that just need a gentle simmer. The intermittent sun will provide enough heat to simmer soups and stews. Don't use stainless steel or shiny aluminum pans which reflect the heat instead of holding it in. If all you have is aluminum, you can cover it with a dark cloth. Mason jars painted black work well. Put a strip of masking tape from the top of the jar down to the bottom and up the other side. Paint the jar and remove the tape. This allows you to see inside the jar while cooking. Always use pot holders and wearing sunglasses will help you avoid the glare from the sun.

## ROCKET STOVES



Rocket stoves, because of their design, allow you to use 75% less fuel (wood) than a normal fire and will be invaluable in your food storage. I was able to boil 2 cups of water for 20 minutes using just a handful of small sticks and a match. Rocket stoves come in all sizes but the idea is the same. You can buy them or make your own. Making your own will cost under \$20. A version of the one pictured in the center can be made for almost nothing. (Notice the large flame being created with just a few sticks.)

You will need:

A number 10 can (#10 can)

4 (10 ounce) soup cans...like chicken noodle or tomato soup

Ashes or vermiculite for insulation

A small grate or rack

Tin snips and gloves

Using a can opener, open the #10 can and empty the contents, keeping the lid you cut off. Cut a hole the exact size of the soup can into the side of your #10 can near the bottom. (This is where the elbow will come out.) Make all of these holes as exact as you can.

To make the elbow, take a soup can and cut off the top. Take a 2nd soup can and cut off the top and bottom. Carefully cut a hole in the side of the 1st can (at the bottom) and slip the 2nd can into the hole. Put your elbow inside the #10 can and bring the end of the elbow (2nd can) out of the hole you have cut into the side.

To extend the elbow upwards, take a 3rd soup can, remove the top and bottom, cut it completely up the side and squeeze it together to fit it into the top of the 1st can. Adjust it so it comes to an inch from the top of the #10 can. Fill the can around the elbow with your insulation to about 2 inches from the top.

Take the lid that you cut from the #10 can and cut a hole in the center just large enough for your soup can to come through. Push this lid over the soup can and onto the insulation.

To make the "shelf" for your wood, take your 4th soup can and cut off the top and the bottom. Cut it up the side, flatten it out and cut it into a 3" x 3 3/4" piece. Shape this piece into a small "T", making the top of the T 3" wide and the bottom 2 1/4" inch wide so it can just fit inside your 2nd soup can. Making it into a "T" keeps the shelf from going all the way into the soup can.

The small grate or rack goes on top of your #10 can to hold your pots or pans as you cook.

To start your fire, push a small amount of paper under the shelf and place twigs on top of the shelf. Light the paper with a match. When the twigs start to burn, put your larger sticks on top of the twigs. Push them through as they burn and add more wood as necessary. You may want to make a larger rocket stove or more than one so you can cook several things at once. Unlimited ideas can be found online if you Google rocket stove.

## **JAR CAKES AND JAR BREADS**

Jar cakes and breads are for emergency use only...NOT for long term storage. If you are in food storage mode or in a “worst case scenario” and don’t have electricity, you can bake up some cakes and breads in jars to keep on your shelves for a few weeks or even a few months. This method of baking has been done for years, but there has been some discussion as to its safety. Because the eggs were exchanged with unflavored gelatin in all of these recipes, it is unlikely that the ingredients used could support bacteria if prepared and cooked properly. If you feel at all uncomfortable with this method, don’t use it.

Jar cakes are great in an emergency, but you must be sure to sanitize all your jars and lids to be sure they are free from bacteria. Foods such as breads, cakes, muffins, cornbread, brownies, cookies and cinnamon rolls are cooked and sealed in mason jars and can be kept on the shelf. Using a pastry brush, grease the inside of your jar with shortening (no Pam or Baker’s Secret) and fill it ½ to 2/3 full with batter or dough and bake. No lid is used at this time. Let your breads rise in the jars and then bake them. If it bakes too high, cut the top of your bread or cake off before sealing the jar. Just be sure your jar edge is clean and your lids are hot. Immediately after the food is cooked, place a heated lid on the hot jar and tighten with the ring (Use hot pads). Within a few minutes, the lid will “plink” and the food will be sealed. The food will slip out of the jars easily if you use the straight sided “jelly jars” but any kind of mason jar will work. With this method, you can do your baking on your bright sunny days and have fully cooked baked goods waiting on your shelves for that rainy day.

## **VACUUM SEALING FOODS**

**Vacuum sealing foods:** Many foods with high oil, high moisture or high sugar contents cannot be stored in #10 cans because of the interaction with the metal (chocolate chips, nuts and raisins for example). You can significantly increase the shelf life of your foods by placing them in mason jars and using a Food Saver and a Jar Sealer attachment to vacuum the air out of the jars. Put your ingredients in a mason jar and put a lid on the jar. Attach the hose of your jar sealer to the port hole of your Food Saver. Place the jar sealer attachment over your lid and start the machine. The jar can be opened and resealed over and over. If you take the lids off carefully, they can be reused indefinitely. If a jar won’t seal, try placing one lid down and one facing up or you can heat the lid in boiling water. (If you heat the lid, it can’t be reused). You can seal nuts, raisins, chocolate chips, brown rice, cornmeal, candy bars, egg noodles, poppy seeds, dried apricots, malt-o-meal, cookies, granola bars...just about anything in the pantry. Shelf life should be 3 years or more if you keep the foods cool. Remember, the warmer the temperature, the shorter the shelf life.

**You cannot vacuum seal foods that need refrigeration...only foods that sit on your pantry shelves.**

Vacuum sealing fine powders will gum up the works of your machine. To avoid this, put a plastic or zip lock bag in your jar, fill the bag, express the air, zip lock it then vacuum seal. Or cut a round piece of paper towel to fit over your food, put the lid on and seal it. The paper towel should keep the fine particles out of your machine. A new Food Saver can be expensive. Used ones are easy to find online (Ebay, Craigslist) and are very inexpensive...around \$20. Just be sure it has the port hole on top of the machine where the jar sealer attaches. Jar Sealer attachments come in regular and wide mouth.

## **WATER**

There was no way to calculate how much water it would take for washing or cleaning so I have only calculated how much I’ll need to prepare all my meals. I store water in the 55 gallon plastic barrels. You can add 1 tsp of household bleach for every 5 gallons of water, but most city water supplies already add sufficient chlorine. 2 to 3 of these barrels per person will fill most water needs for cooking, but your shopping list should tell you exactly how much you will need. Store water barrels on the north side of the house or in the garage OFF the cement.

## RECIPES

The recipes in this booklet have been included for the sole purpose of showing the wide variety of foods that can be in your food storage and how they are prepared in a solar oven. Please use your own favorite menus when creating your menu cards. The system was meant to put the foods YOU love into your food storage.

While most of these recipes are “made from scratch” keep in mind that canned foods have a much longer shelf life than we first thought. This means you can save water and cooking time by using canned foods. According to the Canned Food Alliance and foodreference.com, “Canned food maintains its high eating quality for more than two years and is safe to eat as long as the container is not damaged in any way.” So, while the quality will diminish, it will still be safe to eat. Always toss out any damaged, bulging or weeping cans.

## BREADS

The question most often asked about solar cooked bread is, “Does it brown?” The answer is yes. It bakes and browns beautifully. As with all other foods, breads take almost twice as long to cook in a solar oven. They will bake in a cooler oven (200 ) but hotter ovens are best. Cooking times and temperatures will always depend on how hot your solar oven is. Pint references are connected to cooking in pint jars.

**Cinnamon and Raisin Bread** Makes 1 loaf or 3-4 pints.

1 recipe wheat bread (use white wheat if possible) 1/8 c butter, 2 tsp cinnamon, 2 Tb sugar, 1/4 c raisins.

Make the bread recipe and before you roll it into a loaf, spread the butter on the dough, sprinkle on raisins and a mixture of sugar and cinnamon. Roll it up, place in loaf pan or jars and bake until browned.

**Cornbread** Makes one 8x8 pan or 3-4 pints.

1 2/3 c flour, 1 2/3 c yellow cornmeal, 2/3 c sugar, 2 “eggs”, 5 tsp baking powder, 1/4 c dry milk, 1 tsp salt, 1/3 c melted shortening, 1 1/4 c water.

Make your “eggs”. Melt 1/3 c shortening. Mix the flour, sugar, baking powder, salt and dry milk in a large bowl. Stir in the cornmeal until well blended. Add “eggs” and water and stir until the batter is smooth. Gently stir in the melted shortening just until blended. Do not over-stir. Pour into your greased pan or jars and bake for 60 to 80 minutes or until browned.

**Oatmeal Raisin Muffins** Makes 12 muffins.

1 “egg”, 3 tsp baking powder, 1/2 c milk (1/8 c dry + 1/2 c water), 1/2 tsp salt, 1/2 c raisins, 1/4 tsp ground nutmeg, 1/2 c melted shortening, 1/2 tsp cinnamon, 1/3 c sugar, 1 c white or wheat flour, 1 c rolled oats.

Melt the shortening. Make your “egg”. Mix “egg”, milk, raisins and shortening. Stir in remaining ingredients and stir just until moistened. Fill muffin cups 3/4 full or mason jars just over half full. Bake until browned.

**Wheat Muffins** Makes 12 muffins.

2 c wheat flour, 1/2 c melted shortening, 1 c sugar (or brown sugar), 1 “egg”, 1/4 tsp salt, 1 tsp vanilla, 1 tsp baking soda, 3/4 c water, 1/3 c dry milk, 1/4 c raisins.

Melt shortening. Make your “egg”. Mix dry ingredients in a bowl. Mix liquid ingredients, raisins and “egg” and pour over the dry mixture. Stir just until moistened. Spoon into greased muffin tins or fill mason jars to just over half full. Bake until browned.

**Whole Wheat Bread** Makes one loaf or 3-4 pints.

1 Tb yeast, 1 c water, 3 c wheat flour, 1 1/2 tsp salt, 2 Tb applesauce or shortening, 1/4 c sugar or honey.

**Solar oven:** Warm 1/4 c of the water, stir in the yeast and set aside. Mix 2 c of the flour, the melted shortening, sugar, salt and the rest of the water in a large bowl. A little at a time, add enough of the rest of the flour, kneading until smooth and elastic. Cover the bread and let it rise until doubled in size. Punch down the dough, shape it into a loaf, place into a greased pan or jars, cover and let it rise again until doubled. Bake for 45-60 minutes or until browned. For a regular oven, bake at 350 for 25-30 min.

**365 Loaves of Bread** White wheat bread - 1 loaf per day  
 2 c white wheat (3 c flour) x 365=730 c (12 c / #10 can)  
 1 c water x 365 = 365 c (16 c / gal)  
 1 ½ tsp salt x 365=547 tsp (117 tsp/container)  
 2 Tb melted shortening x 365=730 Tb (17 Tb/c, 2 ¼ c/#)  
 ¼ c sugar x 365=91 c (2 c=1#)  
 or ¼ c honey =91 c (13 oz=1c) =75# honey  
 1 Tb yeast x 365 = 365 Tb (48 Tb/#)  
 Follow instructions for whole wheat bread.

**Total for One Year**  
 61 #10 cans wheat (354 pounds)  
 23 gal of water  
 4 2/3 containers of salt  
 19 # shortening  
 46# of sugar  
 (or 75 # honey)  
 8# of yeast

## CEREALS

If you want sugar and ½ c of milk with your cereals, you will need to add the separate serving of ½ c water + 1/8 c dry milk and 1 Tb sugar (or desired amount) to your totals.

**Granola** Makes 4 cups or 3 pint jars.

3 c oats, 1/3 c honey, ½ c sliced almonds, 1 tsp cinnamon, ¼ c shortening, ½ tsp salt, ½ c raisins.  
 Melt the shortening. Place all the ingredients (except raisins) in a large bowl and mix well. Spread onto a shallow pan (or put into 3 uncovered pint jars) and bake until browned (60 minutes or longer). It shouldn't have to be stirred but you can turn the jars half way through. Watch it closely so it doesn't burn. When it's browned, place the hot granola and the raisins in jars (if they're not already in jars) and screw the lid on. As the granola cools, it will seal the jar and keep the granola fresh for weeks.

**Grape Nuts** Makes 4 cups. (Option: buy Grape Nuts and vacuum seal in jars)

6 c whole wheat flour (4 c wheat), 1 c brown sugar, 2 c buttermilk (2 c water + 2/3 c powdered milk + 2 Tb vinegar or lemon juice.) 1 tsp baking soda, 1 tsp salt  
 Mix everything in a bowl, press onto 2 cookie sheets and bake until dry (1-2 hours) Grind with a meat grinder to the size of grape nuts and bake again until golden brown. Cool and store in airtight container. Serve with milk.

**Oatmeal** Makes 1 cup cooked.

½ c rolled oats (or quick), 1 c water, ¼ tsp salt.  
 Place salted water and oats in separate canning jars or covered pots and heat in solar oven. When hot, add oats to hot water and cook to desired consistency. Serve with milk and sugar. Add raisins or dried apples.

**Rice Cereal or Rice Pudding** Makes 3 cups.

1 c rice, 2 c water, ¼ tsp salt, ¼ tsp nutmeg.  
 Place salted water and rice in separate canning jars or covered pots in solar oven. When water is hot, add warmed rice and cook for 40 to 50 minutes or until rice is done. Add milk, sugar and nutmeg.

**For pudding:** 2 tsp Knox + 1/3 c water =2 "eggs", ½ c raisins, ¼ tsp nutmeg, ¼ tsp vanilla.  
 Cook 1 c rice as directed above in 2 c water. Make 2 "eggs" with Knox and water. Add "eggs" to the cooked rice along with the sugar, raisins and nutmeg. Stir well and return to the oven, repeating the process until rice is thick like pudding. Add vanilla and stir. Add ½ c milk if desired.

**Wheat Cereal** Makes 1 ¼ cups.

½ c wheat + 1 c water. Soak overnight. (1 or 2 more c of water will be needed to cook the wheat) Place water, soaked wheat and pinch of salt in a jar or pot with tight fitting lid. Cook 2 hours. Add water as needed.

## MAIN DISHES

**Beef and Beans** Makes 8 cups. Start early....beans take a long time.

1 pound washed pinto beans (2 ½ c) 7 c water, 1 pint bottled beef (undrained), 2 tsp salt, 2-3 Tb dried onion, ½ tsp thyme, ¼ tsp garlic powder, ¼ tsp basil, 1 Tb parsley, ¼ tsp pepper, 1 bay leaf.  
 Place water in covered pot and heat to as close to boiling as possible. Add beans. Cover and soak out of the oven

for 1 hour. Do not drain. Add all other ingredients and simmer 4 -5 hours or until done.

**Beef Soup** Makes 12 cups.

1 pint bottled beef (undrained) 8 c water, 4-8 tsp (according to taste) beef soup base, 1 c dehydrated diced potatoes, 1 c dried carrots, ½ c dried celery, 3 Tb dried onion, 1-2 tsp salt, 1 tsp pepper, 1 bay leaf, 1 tsp thyme. Mix all ingredients in large covered pot and simmer for several hours.

**Beef Stew** Creamy or Tomato style. Makes 8 cups. 1 pint bottled beef, 1 recipe cream of mushroom soup; using beef soup base instead of chicken soup base. (Tomato style: 1 c tomato powder + 2 c water=2 c tomato sauce) 1 c dried carrots, 2 Tb dried onion, ½ tsp salt, ¼ tsp pepper, 1 bay leaf, 1 tsp thyme, 1 c diced potatoes. Use the beef juices and water to make the cream of mushroom soup or the tomato sauce. Place all ingredients in large covered dish and simmer in solar oven for several hours.

**Chicken Alfredo** Makes 10 cups.

1 recipe Alfredo sauce, 1 pint bottled chicken (drained) 1 pound spaghetti noodles, 8 c water, 1 - 2 Tb parsley, 1 tsp garlic powder, 1 tsp salt, ½ tsp pepper. Make the Alfredo sauce. Heat salted water and spaghetti in separate large covered pots (or canning jars w lids). Add warmed spaghetti to hot water, cook 15 - 20 min. and drain. Stir noodles, sauce, parsley, garlic, salt, pepper and chicken together gently and return to oven for 20 min. or until hot.

**Chicken Creole** Makes 10 cups.

1 ½ c rice + 3 c water + ½ tsp salt (= 4 ½ c cooked rice) 1 pint bottled chicken (drained) ¼ c dried celery, ¼ c dried carrots, 1 bay leaf, 1 c tomato powder + 2 c water, 2 Tb dried onion, ½ tsp sugar, ½ tsp seasoning salt, ¼ tsp pepper, 4 tsp Worcestershire sauce, 3 Tb cornstarch, 1 c water, ¼ c dried parsley optional: ½ c dried mushrooms. Place salted water and rice in separate canning jars or covered pots in solar oven. When water is hot, add warmed rice and cook for 40 to 50 minutes or until rice is done. Hydrate vegetables. In a large covered pot, put vegetables, tomato sauce, bay leaf, sugar, salt, pepper, and Worcestershire. Cook 30 - 45 min. Put the 1 c water or broth and cornstarch in another jar and shake until smooth. Add the pint of chicken and the cornstarch mixture to the vegetable mixture and cook uncovered until thickened. Serve over the rice.

**Chicken Delight** Makes 9 cups.

1 ½ c rice, 2 Tb beef soup base, 3 Tb dried onion, ½ recipe cream mushroom soup, ½ tsp salt, ¼ tsp pepper, 2 c water, 1 pint bottled chicken. Optional: ½ c dehydrated mushrooms. (May use broth and water to equal the 2 cups liquid.) Mix well all ingredients in a large covered pot. Cook in solar oven for 4 hours or until rice is cooked. Remove lid and cook another ½ hour or until browned.

**Chicken Fricassee** Makes 6 cups of broth and 8 cups of potatoes.

4 tsp chicken soup base + 4 cups water, 4 tsp dry onion, 1 tsp salt, ½ tsp pepper, ½ c cornstarch and water as needed, 1 pint bottled chicken (undrained) 6 c instant potatoes + 6 c water + 1 c milk (¼ c dry milk +1 c water) Combine the 4 cups of water, soup base, undrained chicken, onion, salt and pepper in a large covered pot. Place the 6 c of water + 1 c milk in another covered pot (or jars) and heat both pots in solar oven until hot. Take out the broth and slowly add the cornstarch and water mixture. Return to the oven to thicken. Take out the pot of hot water and stir in instant potatoes. (Make sure they're nice and thick) Place some potatoes on a plate, scoop the center to the sides, making a "bowl" of the potatoes and spoon some broth mixture into the "bowl".

**Chicken and Rice Casserole** Makes about 12 cups.

1 recipe cream of mushroom soup, 1 Tb lemon juice, ½ tsp salt, 2 c rice, 4 c water +1 tsp salt (Don't add salt if broth is used) 2 Tb dried onion, 1 pint undrained bottled chicken, ¼ tsp pepper, 1/3 tsp paprika Optional: 1/3 c dried celery and ½ c sliced toasted almonds. Add broth and water to make 4 cups. Add the rice to the liquid and cook in solar oven about 40 minutes or until done. In a large covered dish, mix the cream of mushroom soup, lemon juice, onion, paprika, pepper, salt, chicken and cooked rice. (And optional celery and almonds) Cover and bake until done.

**Chicken Soup** Makes 12-14 cups.

8 tsp chicken soup base + 8 c water, 4 tsp dried onion, 1 c dried carrots, ½ tsp salt, ¼ tsp pepper  
1 pint bottled chicken (undrained) ½ c dried celery, ½ c dry rice. Mix all ingredients and simmer.

**Chili** Makes 12 cups.

1 pound (or 2 ½ c) washed pinto beans , 7 c water, 1-2 tsp salt, ¼ c dried onion, ½ -1 tsp garlic powder, 3-4 Tb chili powder, 3 tsp cumin, ¼ tsp cayenne pepper, 1 Tb sugar, 1 pint ground beef, 2 c tomato powder + 5 c water. Place water in a large covered pot and heat to as close to boiling as possible. Add beans. Cover and soak beans out of the oven for 1 hour. (Use soaking water to cook beans) Cook beans in covered dish 4-5 hours. Add remaining ingredients and simmer until done.

**Chili-Mac** Makes 10 cups (add more water or broth if it's too dry)

2 c macaroni, 2 Tb dried onion, ¼ tsp garlic powder, 2 Tb chili powder, 1 ½ c tomato powder + 3 c water (3 c tomato sauce) ½ tsp salt, ¼ tsp pepper, 1 pint bottled ground beef.

Add beef broth and water to equal 3 cups of liquid. Add water and tomato powder to make tomato sauce. Add liquid, tomato sauce, macaroni, garlic, chili powder, salt, pepper and ground beef. Cook until macaroni is done.

**Goulash** Makes 14 cups.

3 c macaroni, 6 c water, 2 c tomato powder + 6 c water (6 c tomato juice) 2 tsp dried onion, ¼ tsp garlic powder, 1 tsp salt, ½ tsp pepper, 1 pint ground beef (undrained) 1 can of corn (undrained.)

Heat the 2 c water and salt in solar oven until very hot. Cook the macaroni in the water about 20 min or until done. Do not rinse. Add rest of the ingredients to the macaroni, return to oven and cook until done.

**Macaroni and Cheese** Makes 10 cups.

4 c macaroni, 8 c water, 10 Tb mac + cheese powder, 1 tsp salt, 1/3 c dry milk + 1 ½ c water, 2 Tb butter, ½ tsp salt, ¼ tsp pepper.

Heat the 8 c of salted water and the macaroni in separate containers. When the water is hot, add the macaroni and cook for 15 - 20 min or until done. Drain. Add butter, cheese powder, salt, pepper and milk.

**Rice-a-Roni** Makes 8 cups.

2 c rice, 1/4 - 1/3 pound spaghetti (1 cup of 1" broken pieces) 1 Tb. dried onion, 2 tsp dry parsley, ½ tsp dry ginger, ½ tsp garlic powder, 1 tsp salt, ¼ tsp pepper, 4 Tb shortening, 4 tsp chicken soup base + 4 c water, optional:

1 pint jar chicken, ½ c sliced toasted almonds and ½ c each dried carrots and celery.

In the solar oven, heat the shortening in a large pot. Dutch ovens are great but this can also be done in several canning jars with lids. Break the spaghetti into 1" pieces. When the shortening is hot, stir in the rice and broken spaghetti and cook until browned. (Jars can cook on their sides for this) Add the rest of the ingredients, cover and cook for 40 - 50 min. or until done.

**Shepherd's Pie** Makes 12 cups.

1 can corn (drained) 1 can green beans (drained) ½ recipe tomato soup, 2 Tb dried onion, 1 tsp salt, ¼ tsp pepper, 1 pint bottled ground beef (drained), 3 c instant potatoes + 3 c water (4 c potatoes)

Make the tomato soup. Heat 4 c water in jars or covered pot until very hot. Mix the ground beef, corn, green beans, tomato soup, onions, salt and pepper into a covered pot. Take the water out of the oven and wrap it in a dark cloth to keep it hot. Place the meat mixture in the oven and bake 45 min. or until hot. When it's done, mix the instant potatoes and the hot water and spread on top of the meat mixture.

**Spaghetti** Makes 10 cups.

1 pound spaghetti noodles, 1 recipe marinara sauce, 1 pint bottled ground beef or sausage (drained) 4 c water, 1 tsp salt.

Make marinara sauce and add drained meat . Heat salted water and spaghetti in separate covered pots (or use canning jars) add spaghetti to hot water and cook 15 - 20 min. Mix sauce and noodles.

**Sweet and Sour Chicken** Makes 7 - 8 cups.

1 pint chicken, 1 1/3 c rice, 2 2/3 c water, 1 can pineapple, 2/3 c vinegar, 1 1/3 c sugar, 4 Tb cornstarch,

4 Tb soy sauce, 1 tsp Molasses, 1 Tb. dried onion. (opt. ½ c sliced almonds, ¼ c dehyd. celery.)

Heat the rice and water in separate jars. When hot, combine and cook until done. (Heat bottled chicken at the same time.) Put the pineapple juice, vinegar, sugar, cornstarch, soy and molasses into a qt jar. Shake well and cook in solar oven. Cook and shake this sauce repeatedly until thickened. On the bed of cooked rice place the heated chicken, almonds, pineapple, and hydrated celery. Pour sauce over the top.

**Taco Soup** Makes 12 cups.

1 pint bottled ground beef or sausage, 1 can corn, 1 can kidney beans, 1 29 oz. can stewed tomatoes, 2 c water (OR 1 c water and 1 c tomato sauce) 2 - 3 Tb taco seasoning, 2 Tb onion, ¼ tsp garlic.

Place all ingredients in covered dish and let simmer.

**Tamale Pie** Makes 10 cups.

1 pint bottled beef or ground beef (drained) 1 c tomato powder + 2 c water = 2 c tomato sauce

½ pound (1 ¼ c) washed pinto beans + 3 c water + 1 tsp salt (3 c cooked beans) 2 Tb dried onion, ½ tsp salt, 1 tsp garlic powder, 1 tsp oregano, 2 Tb chili powder, ¼ tsp pepper.

Topping: 1 2/3 c cornmeal, 1 2/3 c white flour, 2/3 c sugar, 2 “eggs”, 5 tsp baking powder, ½ c dry milk + 1 c water, 1/3 c melted shortening, 1 tsp salt.

In large covered pot, heat 3 c water as close to boiling as possible. Add beans. Cover and soak out of oven 1 hour. Add 1 tsp salt to beans and cook in oven 4 -5 hours or until done. Melt the 1/3 c shortening and set aside in the sun. Put the beef, tomato sauce, cooked beans, onion, garlic, oregano and chili powder in a covered baking dish and bake 20 - 30 min. While it’s cooking, make the topping by stirring together the flour, sugar baking powder and salt. Stir in the cornmeal until well blended. Add “eggs” and milk and stir to a smooth batter. Fold in the melted shortening just until blended. When meat mixture is done, remove from oven, spoon topping over meat and bake again about 30 - 40 min. or until cornbread is done.

**Tomato Soup (Condensed)** Makes 2 cups.

1 c tomato powder + 2 c water = 2 c tomato sauce, 2 Tb dried onion, 3 Tb melted shortening, 6 Tb white flour, ¼ tsp pepper, milk if needed, ½ tsp seasoned salt, ½ tsp soda, 2 tsp sugar.

Melt 3 Tb shortening in a canning jar in the solar oven. Place the flour, milk, salt and pepper together in another jar, shake to mix well (no lumps!) and heat. Add heated flour mixture to the melted shortening and stir or shake well. Heat another 10 -15 min. Continue to shake and cook until thickened. Add the onion, soda and sugar to the tomato sauce and slowly blend the two sauces together. Add milk if needed to attain consistency of condensed tomato soup. Return to solar oven and gently heat. Do not boil. (For soup, add 3-4 cups of milk then stir and heat.)

## COOKING PASTAS

To keep pasta from getting pasty, use 2 pots with lids or jars with lids. Heat the dry pasta with a little oil or shortening in one; heat the salted water in another. When the water is hot, combine the two.

**Macaroni** Makes 5 c cooked.

2 c macaroni, 2 - 3 c water ½ tsp salt.

Heat water and salt until very hot. Add heated macaroni to the water and cook for 15 to 20 minutes.

**Spaghetti** Makes 4 c cooked.

½ pound spaghetti (break noodles to fit cookware) + 1-2 tsp shortening, 3-4 c water, ½ tsp salt.

Heat water and salt until very hot. Add heated spaghetti and cook 15 to 20 minutes.

## SAUCES

**Alfredo Sauce...almost** Makes 2 ½ cups.

½ c water + 1/3 c dry milk = ½ c evaporated milk, ¾ c Parmesan cheese, 1/8 tsp white or black pepper, pinch of nutmeg, ½ c dry milk + 2 c water (2 c skim milk.)

Place 2 cups of milk in a canning jar and cook until hot (20 min). Place the ½ c evaporated milk, pepper, Parmesan, and nutmeg in another canning jar and shake to mix. Slowly add a little of the evaporated milk mixture to the hot milk and shake. Repeat until it's all mixed together. Return the jar to oven for 15 to 20 min. to thicken. (You may have to add 1 Tb cornstarch and 1 Tb of water if it doesn't thicken.)

**Cream of Mushroom Soup (without the mushrooms)** Makes 4 cups.

½ c dry milk + 2 c water, 1 c white flour, 3 Tb shortening, ¾ tsp seasoning salt, 1/8 tsp pepper, ¼ tsp onion powder, ½ tsp thyme, ¼ tsp garlic powder, 2 tsp chicken soup base + 1 ½ c water.

Melt the shortening in a canning jar, add the milk and heat. Heat flour and seasonings in a second jar. Combine the two and shake well. Put soup base in a jar and place both jars in the solar oven. After 10 min. take the milk jar out and shake it well. Return to the oven for another 10 minutes. Repeat until thickened. Remove both jars from the oven and slowly begin to add the hot broth to the thickened milk mixture, stirring or shaking until you have the consistency that you desire...either condensed or as soup.

**Marinara Sauce** Makes 4 cups.

2 c tomato paste + 4 c water (4 c tomato sauce) 1 tsp garlic powder, 1-2 Tb dried onion, 1 ½ tsp dried basil, ½ tsp oregano, ¼ tsp salt, ¼ tsp crushed red pepper, 1 tsp sugar. Or use 2 - 3 tsp Italian seasoning in place of other spices. Mix all ingredients in 1 or 2 canning jars and let it simmer.

## SNACKS AND DESSERTS

**Apple Crisp** Makes (1) 9x12 pan.

2 c dry apples, 3 c water, 2 Tb + 1 tsp cornstarch, ¾ c sugar, 1/3 tsp salt, 1 tsp cinnamon, 1/3 tsp nutmeg, 2 Tb lemon juice.

**Topping:** 1 c rolled oats, 1 c brown sugar, 1 c flour, ¼ tsp salt, 1/3 tsp baking powder, ½ c shortening.

Mix dry ingredients for apple crisp in large covered pot, add water and lemon juice; mix well. Bake in covered dish 1 - 2 hours or until done. Mix the topping with pastry blender or fork, spread over cooked apples and return to oven for 30 - 40 min (uncovered) until browned.

**Brownies** Makes 1 8x8 pan or 4 pint jars.

1 c shortening, 2 c sugar, 2 c white flour, 1 tsp vanilla, 4 "eggs", 2/3 c baking cocoa, ½ tsp baking powder, ½ tsp salt. Optional: 1 c chopped walnuts.

Make your "eggs". Mix shortening, sugar, and vanilla. Add eggs and mix. Add flour, cocoa, baking powder, salt and vanilla and mix. Bake in 8x8 pan (or jars) about 45 min or until done.

**Frosting:**

6 Tb shortening, 6 Tb cocoa, 2 Tb corn syrup, 1 tsp vanilla, 2 c powdered sugar, 2-4 Tb milk.

**Chocolate Cake** Makes (1) 9x12 pan or 6 pints.

3 ¼ c white flour, 2 tsp baking soda, 1 tsp salt, 1 ½ c sugar, ½ c cocoa, ½ tsp baking powder, 2 c water, 2Tb vinegar, 2/3 c melted shortening, 5 tsp vanilla. ½ c chocolate chips, ½ cup walnuts.

Melt shortening. Combine dry ingredients in large bowl. Mix together melted shortening, water, vinegar and vanilla and stir into the dry mixture until smooth. Pour into 9x12 greased and floured pan (or greased jars) and bake for 30 - 40 min or until done.

**Chocolate Chip Cookies** Makes 3 dozen.

1 c shortening, 3/4 c sugar, 3/4 c brown sugar, 1 tsp vanilla, 2 “eggs”, 2 ½ c white flour, ½ tsp water, 1 tsp salt, 1 tsp baking soda, 1 c chocolate chips. 1 c nuts.

Mix shortening, sugars, vanilla, water, soda and salt until creamy. Add “eggs”, flour, nuts and chips.

Bake in oven on cookie sheets or in jars until done.

**Chocolate Pudding or Pie** Makes 7 cups.

3 c pudding mix, 5 1/3 c water (1/4 to 1/3 ratio)

In a container with a tight lid, combine mix and water and shake until blended. Let sit for 5 - 10 min until set.

Use as a pudding or make a graham cracker crust and have pie.

To make a pie crust, crumble enough crackers to equal 1 cup of crumbs. Add 1/3 c brown sugar and 1/4 cup melted butter and press into a pie pan. Use as is or you can bake the crust in the oven until browned.

**Graham Crackers**

1 ½ c white flour, 3/4 c wheat flour, ½ tsp salt, 1/3 c brown sugar, 1/3 c shortening, 1/3 c honey, 3 Tb water, 2 tsp cinnamon, 2 tsp sugar.

Combine all dry ingredients except cinnamon and sugar. Cut in shortening to consistency of cornmeal. Stir the honey and water into dry ingredients. Divide in half and roll each half out onto ungreased cookie sheet to ¼” thickness. Cut into squares and prick with a fork. Sprinkle with cinnamon and sugar and bake 15 - 25 min. Store in airtight container.

**Spice Cake** Makes 1 9x12 pan or 6 pint jars.

3 cups white flour, 2 c sugar, 1 tsp salt, 2 tsp baking soda, 1 ½ tsp ground cloves, 2 ½ tsp cinnamon, 2 ½ tsp nutmeg, 2/3 c melted shortening, 2 Tb vinegar, 1 ½ c water, 2 “eggs”, 2 Tb vanilla.

(grease pan with 1 tsp shortening + 1 tsp flour) optional: ½ c raisins and ½ c walnuts.

Melt the shortening in solar oven. Mix dry ingredients in a bowl. In another bowl, mix the melted shortening, water, vinegar, “eggs” and vanilla and stir into the dry mixture until smooth. Pour into a greased and floured 9x12 pan or greased jars and bake about 1 ½ hours or until done.

**Tapioca Pudding** Makes 9 cups.

1 c sugar, 9 Tb minute tapioca, 2 ¼ c dry milk + 7 ½ c water, 3 “eggs”, 1 Tb vanilla.

Put all ingredients except vanilla into your painted canning jar. Cook in solar oven for about 30 min. Remove, shake well and return to oven. Continue cooking and shaking jar every 15 - 20 min until tapioca swells up (total time: 60 -75 min). Add vanilla, shake and pour into dishes. Pudding thickens as it cools.

**Wheat Thins**

½ c wheat flour, ½ c white flour, ½ tsp salt, ¼ c shortening, 1 Tb dry milk + ¼ c water, 1 tsp molasses.

Melt shortening. Mix dry ingredients in large bowl. Combine milk and molasses and stir into dry mixture. Place a ball of dough the size of a tennis ball in the middle of a greased cookie sheet and cover with a sheet of waxed paper. Roll out thinly, covering sheet. Peel off the waxed paper and cut with pizza cutter into desired shapes. Bake 30 - 40 min or until browned. Salt while hot.

## RECIPE CARD IDEAS

Some of these recipes may not be suitable for the solar oven but can be made with the rocket stove.

## Breakfasts

Remember to add the milk, sugar and dash of salt to your breakfasts if needed. Vacuum seal cold cereal, Pop Tarts, granola bars, flavored instant oatmeal. They have a decent shelf life and kids love them.

**Malt-o-meal** (1 cup, once a week) 1/4 c M/M = 1 c cooked. 28 oz box = 4 1/2 c dry or 18 c cooked.

1/4 c x 52=13 c=..... **3 boxes Malt-o-meal**

1 c water per 1/4 c malt-o-meal=52 c (add salt)..... **3 1/4 gal. water**

**Oatmeal** (two cooked cups, once a week) 1 c raw oats=2 c cooked #10 can=24 c cooked

1 c oats x 52= 52 c =..... **4 1/3 #10 cans oats**

1/4 tsp salt x 52 =13 tsp..... **13 tsp salt**

2 c water x 52=104 c= ..... **6 1/2 gal water**

**Pancakes** (5-6 pancakes, once a week) 1 c Krusteaz=5-6 pancakes. A 10 lb bag Krusteaz = 40 c.

1 c Krusteaz x 52=52 c=..... **1 1/3 bags Krusteaz**

1/4 c syrup x 52=13 c=104 oz = ..... **104 oz syrup**

3/4 c water x 52=39 c= ..... **2 1/2 gal water**

**Scrambled eggs and sausage** (or ham) (4 eggs, twice a month)

4 fresh eggs x 26=104 eggs (add salt + pepper) ..... **8 - 9 doz eggs**

1 pint sausage (or ham) x 26= ..... **26 pints sausage**

## Dinners

**Chicken and rice** (makes 6 cups, once a week)

1 pint chicken x 52= ..... **52 pints chicken**

1 can cream of chicken or mushroom soup x 52= ..... **52 cans soup**

1 1/2 c rice (makes 4 1/2 c cooked) x 52=78 c= ..... **6 1/2 #10 cans rice**

1 Tb onion x 52=52 Tb=..... **3 1/2 c dry onion**

3 c water x 52=156 c= ..... **9 3/4 gal. water**

Cook the rice in the water. Add the rice, chicken, soup, onion and bake. Opt. top with cheese.

**Chile and fry bread** (6 fry breads covered with chile, once a week) Or have chile and cornbread.

1 - 15oz can chile x 52= ..... **52 cans chile**

1 1/2 c flour x 52=78 c= ..... **6 1/2 #10 cans flour**

1/2 tsp salt x 52=26 tsp=..... **26 tsp salt**

1 Tb shortening x 52 + 4 Tb for frying x 52=260 Tb ..... **7 # shortening**

1/2 Tb baking powder x 52=26 Tb=..... **3/4 # baking powder**

3/4 c (+ or -) water x 52=39 c= ..... **2 1/2 gal water**

Mix the flour, salt, 1 Tb shortening, baking powder and most of the water together and knead. (Add more water as necessary.) It should feel soft and elastic. Let this dough sit for 30 min. Pull off pieces of dough, flatten into disks and fry in hot shortening. Cover with the heated beans and optional cheese.

**Hamburger pie** (makes 5-6 cups, once a week)

1 pint bottled beef or hamburger x 52= ..... **52 pints beef**

1 can corn x 52 = ..... **52 cans corn**

1 can green beans x 52= ..... **52 cans green beans**

1 can tomato soup x 52=..... **52 cans tomato soup**

2 Tb dried onions x 52=104 Tb= ..... **7 cups dry onion**

1 1/2 potato flakes x 52=78 c= ..... **6 1/2 #10 cans potato flakes**

3 c water x 52 = 156 c= ..... **9 3/4 gal. water**

Place everything except the water and potato pearls in a casserole dish and heat in the solar oven. Heat the water

at the same time. When the mixture is hot and the water is hot, add the potato pearls to the hot water and top the mixture with the potatoes. (Top with cheese?)

**Parmesan chicken** (makes 7-8 cups, once a week) Make Italian bread crumbs for extra flavor.

- 1 pint chicken x 52= ..... **52 pints chicken**
- ½ pound spaghetti(4 c cooked) x 52=26 pounds=..... **6 #10 cans spaghetti**
- 1 jar Ragu x 52= ..... **52 jars Ragu**
- ½ c Parmesan cheese x 52=26 c= ..... **5 # Parmesan cheese**
- 3 c water x 52=156 c= ..... **9 ¾ gal water**

Cook the spaghetti in the water. Layer spaghetti, chicken, Ragu, bread crumbs, cheese and bake.

**Salmon and rice** (makes 6-7 cups, once a week)

- 1 pint salmon x 52= ..... **52 pints salmon**
- 1 ½ c rice (makes 4 ½ c) x 52= ..... **6 ½ #10 cans rice**
- 1 Tb lemon pepper x 52=52 Tb= ..... **13 oz lemon pepper**
- 1 can corn or other vegetable x 52= ..... **52 cans corn**

Cook rice in the water and serve salmon over the rice. Corn is a side dish.

**Sweet and Sour Chicken** (Makes 7 - 8 cups)

- 1 pint chicken x 52= ..... **52 pints chicken**
- 1 ½ c rice x 52=78 c= ..... **6 ½ #10 cans rice**
- 3 c water x 52=156 c= ..... **9 ¾ gal. water**
- 1 can pineapple x 52= ..... **52 cans pineapple**
- 2/3 c vinegar x 52 =35 c =280 oz= ..... **2 gal. vinegar**
- 1 1/3 c sugar x 52 =70 c= ..... **35 # sugar**
- 4 Tb cornstarch x 52 =208 Tb= ..... **4 ½ # cornstarch**
- 4 Tb soy sauce x 52=208 Tb= ..... **1 gal. soy sauce**
- 1 tsp Molasses x 52= ..... **12 oz molasses**
- 1 Tb dried onion x 52=52 Tb= ..... **4 c dried onion**

(opt ½ c sliced almonds, ¼ c dehyd. celery)

Cook the rice in the water in a qt jar or covered pot. (Heat the chicken in its jar at the same time). Put the pineapple juice, vinegar, sugar, cornstarch, soy and molasses into a qt jar. Shake well and cook in solar oven. Shake occasionally and cook until thickened. On the bed of cooked rice place the chicken, almonds, pineapple, and hydrated celery. Pour sauce over the top.

**Taco soup** (makes 9-10 cups, once a week)

- 1 pint ground beef or sausage x 52= ..... **52 pints meat**
- 1 can kidney beans x 52= ..... **52 cans kidney beans**
- 1 can corn x 52= ..... **52 cans corn**
- 1 29 oz can stewed or reg. tomatoes x 52= ..... **52 cans tomato**
- 2 c water x 52=104 c= ..... **6 ½ gal. water**
- 3 Tb taco seasoning x 52=156 Tb=9 ¾ c= ..... **2 ½ # taco seasoning**

**Other easy meal ideas:**

Bottled meat and barbeque sauce over rice, potatoes or bread.

Bottled meat with green chili, onions and Mexican spices on fry bread or tortillas.

Chicken, tuna, beef or peanut butter sandwiches on homemade bread(Use mayo and pickle packets). Chicken or tuna mixed with cooked noodles and cream of chicken soup.

Hamburger Helpers...add a pint meat.

Boxed macaroni and cheese.

Ragu or Prego and bottled sausage over spaghetti or on a homemade pizza crust...top with cheese. Tomato soup and oyster crackers with a toasted cheese sandwich. Ramen soup, Cup-a-soup, canned soups.

### **Freeze Dried Foods:**

The advantages of freeze dried foods are numerous: They take little space, are easily prepared with hot water, the taste is very good, there is a wide variety from which to choose, the cooking time is just 10 minutes and they have a 30 year shelf life. The disadvantages are the high cost and the fact that the industry considers a serving to be one cup of prepared food.

## **SOURCE LIST**

Shop around for your best prices. Use the internet...Ebay, amazon.com Google etc.

**Blendtec.com 1-800-253-6383** The LDS Church rarely endorses a product, but because 90% of those who have food storage don't have a wheat grinder, they have chosen to endorse the Blendtec electric and hand wheat grinders. I suggest getting the hand grinder first in case we have no electricity.

**Bulkfoods.com:** Buy unflavored gelatin, powdered molasses, dried fruits and vegetables, etc.

**Cost Co/Sams Club:** Good prices on chocolate chips, flour, sugar, nuts, Parmesan cheese and yeast.

**Food Saver and Jar Sealer Attachment:** Go to the internet (ebay or craigslist) to buy inexpensive new or used ones....around \$20.

**MREDepot.com** Freeze dried foods, canned cheddar cheese (\$2.75 / 8 oz can) canned butter (\$4.50 / 12 oz can) (Check online for promo codes that will give you a discount)

**Pressure Canners:** New: All American is good Used: Internet (ebay, craigslist, amazon)

**Spices: Sahuaro Spice Co.** Phoenix 602-272-8557. Fresh spices sold by the pound. Price list can be faxed. Store spices in mason jars to preserve freshness, but vacuum sealing is not necessary.

**Solar ovens:** Do some research on the internet or at the library. Global Sun Oven sells for about \$200 at [survivalunlimited.com/solar](http://survivalunlimited.com/solar) [aimdiscount.com/SOven](http://aimdiscount.com/SOven) or [kansaswindpower.net/solarcookers](http://kansaswindpower.net/solarcookers).

**Walton Feed** 1-800-847-0465. [waltonfeed.com](http://waltonfeed.com) Bulk food items (dehydr. celery, sweet peas, sour cream, etc)

## EQUIVALENCY INFORMATION

**Shelf life is included when possible. Shelf life will always be diminished by heat and/or moisture**

Letting foods “air out” in a large bowl will often take away that rancid or metallic smell they sometimes get.

The # sign before an item means “number” as in “#10 can” (number 10 can)

The # sign after an item means “pound” as in “2#” (2 pounds)

- Applesauce** (jars) ..... 5+ yrs 16 Tb / c 4 c / qt
- Apple slices** (dehydrated)..... 30 yrs 10 c / #10 can =1 ¼ # 1 c dry + ½ c water = 2 c fresh
- Baking powder** ..... 1 to 2 yrs (I also read indefinite) 32 Tb = 1# Test baking powder: add 1 tsp to 1/3 c hot water. Foams/bubbles= it’s good. 2 parts cream of tartar + 1 part baking soda = baking powder
- Baking soda** ..... Indefinite 32 Tb=1# Store in sealed container in cool dry place. To test: add to water....if it bubbles, it’s good
- Beans** ..... 30 yrs 12 c / #10 can 1 # =2 ½ c dry = 6 c cooked
- Butter (almost)**.....1 pound shortening + ½ tsp salt + 1 2/3 c condensed milk. Whip the shortening and salt until light. Add the condensed milk a little at a time and blend.
- Butter** (canned)..... 10+ yrs (indefinite?) 12 oz can=24 Tb or 3 sticks of butter
- Cake mixes**.....5+ yrs Includes cookie, cornbread, brownie and other mixes Vacuum seal in jars
- Candy**.....3 yrs / chocolates 6+ / jelly beans, hard candies, etc Vacuum seal in jars
- Canned foods**.....3+ yrs “Canned food maintains its high eating quality for more than two years and is safe to eat as long as the container is not damaged in any way.” Toss out any bulging or weeping cans
- Carrots** (dehydrated) ..... 25 yrs 12 c / #10 can=2 ½ # ½ c dry=1 c hydrated carrots
- Celery** (dehydrated) ..... 25 yrs 12 c / #10 can 2 oz=1 c ½ c dry=1 c hydrated celery
- Cheese** (canned) ..... 10+ yrs (indefinite?) Can be sliced. shredded or melted 8 oz per can
- Cheese powder** ..... 5+ yrs 4 c in 1 # of powder 96 Tb=1 # Vacuum seal /use for mac & cheese
- Chili** (canned).....10+ yrs (or as long as the can is still in good condition; no weeping/bulging)
- Cocoa** ..... 20 yrs 90 Tb =1# Vacuum seal in jars Will smell rancid when bad
- Cornmeal**..... 6+ yrs 4 c=1 # Vacuum seal in jars
- Cornstarch** ..... Indefinite 45 Tb=1# Vacuum sealing not necessary
- Corn syrup**..... Indefinite 1 c sugar + 2 c water. Cook til thick. (About an hour in solar oven.)
- Cream of tartar**.....Indefinite 3 Tbs = 1 oz 48 Tbs = 1# Vacuum seal in jars
- Eggs** (fresh).....1 yr Dip hands into warmed mineral oil and lightly coat eggs. Replace in carton with point down. In cold climates store in a cool, dark place. In warmer climates, place in fridge
- Eggs** (powdered) ..... 10 yrs 32 eggs=1# 2 eggs=1 oz Use gelatin (Knox type) as an egg substitute
- Egg substitute**.....See Gelatin
- Flour** (white)..... 10+ yrs 12 c / #10 can 19 c=5#
- Gelatin** (Knox type) ..... Indefinite 1# gelatin=192 eggs 1 oz unflavored gelatin=12 tsp=12 “eggs”  
Egg substitute: 1 tsp gelatin + 3 Tb cold water + 2 Tb hot water=1 “egg” Buy in bulk (bulkfoods.com)
- Grapenuts**.....10 yrs 6c in 24 oz box Vacuum seal in jars
- Honey**..... Indefinite 20 Tb=1 c=13 oz 6 c=5# Reconstitute honey by heating it
- Hot cocoa** ..... 2 to 3 yrs 12 c / #10 can #10 can=56 liquid c
- Krusteaz Pancake mix**.....3+ yrs 1c mix = 6 (4”) pancakes 10# bag makes 240 (4”) pancakes
- Macaroni** ..... 30 yrs 12 c / #10 can 4 c = 1 # 2 c dry=5 c cooked
- Malt-o-meal**..... 6+ yrs 28 oz box=4 ½ c dry= 18 c cooked ¼ c dry=1 c cooked Vacuum seal
- Meats**..... 3+ yrs 1 pint bottle holds 1# of meat 1 qt bottle holds 2#
- Milk** (nonfat dry)..... 20 yrs 12 c/#10 can 1/3# dry=1 c dry #10 can=58 liquid c ¼ c dry = 1 c milk  
**Buttermilk:** 1 c water, 1/3 c dry milk, 1 Tb vinegar or lemon juice. Let it sit 5 min.  
**Condensed milk:** ½ c hot water, 1 c sugar, ¼ c dry milk, 1 c water. Place in canning jar with lid & shake

**Eagle Brand:** 1 c hot water, 1/3 c corn syrup, 1 2/3 c sugar, 1/4 tsp vanilla, pinch of salt, 1/2 c butter, 2c dry milk. Place all ingredients except butter in canning jar with lid and shake until well blended. Gradually add the butter and shake each time until well blended.

**Evaporated:** 1 c water, 2/3 c dry milk.

**Shelf stable:** Whole, 2%, soy & rice. Real milk that sits on the shelf and has at least a 1 year shelf life.

**Skim:** 1c water + 1/4 c dry milk.

**Whole** 1 c water + 1/3 c dry.

**Mushrooms** (dehydrated).....20 yrs 4 c dehydrated=3 oz 20 c=1 # Vacuum seal in jars  
**Noodles** (egg).....6 yrs 4 c=8 oz 2 c dry=2 c cooked Vacuum seal in jars  
**Nuts**.....5+ yrs Vacuum seal in jars  
**Oats** (regular).....30 yrs 12 c /#10 can 1 c = 4 oz 1 c dry = 2 c cooked  
**Onion** (dehydrated).....30 yrs 12 c / #10 can=192 Tb 6 Tb dry = 1 c fresh onion 16 Tb dry/1 c  
**Parsley** .....10+ yrs 30 Tb = 1 oz  
**Peanut butter**.....2+ yrs unopened  
**Pepper**.....10+ yrs 6 Tb = 1 oz  
**Popcorn**.....Indefinite 12 c / #10 can 1 c popcorn=16 c popped If it doesn't pop well, sprinkle a little water over the kernels, shake, then let them set in an air tight container for at least a day.  
**Potatoes** (instant flakes).....30 yrs 12 c / # 10 can 1 1/2 c flakes + 1 1/2 c water + 1/2 c =2 c potatoes  
**Pudding mix** .....5+ yrs 12 c mix / #10 can  
**Raisins**.....3 to 5+ yrs 4 c = 1# Vacuum seal in jars  
**Rice** .....30+ yrs 12 c / #10 can 2 1/3 c / 1# 1 c raw=3 c cooked  
 If rice becomes rancid, air it out for 2 or 3 days and rinse with water  
**Salt** .....Indefinite 1 1/2 Tb=1 oz 26 oz container = 39 Tb or 117 tsp  
**Shortening** .....10 yrs unopened 38 Tb=1# 16Tb=1 c 2 1/4 c=1# 1 c + 6 tsp water=1 c "butter"  
 After opening, melt, pour into jars, place lid and ring on jar. As it cools, it will seal the jar and extend shelf life.  
**Soup base** (bouillon).....10 yrs 1/8 - 1/4 c dry makes 6 c broth  
**Soy Sauce**.....5+ yrs  
**Spaghetti noodles**.....30 yrs 4 # / #10 can 8 oz=4 c cooked  
**Spaghetti sauce**.(glass jars).....3+ yrs  
**Spices** .....10+ yrs 1 c=4 oz=16 Tb 64 Tb= 1# Vacuum sealing ok, not necessary  
**Sugar** (white) .....Indefinite 16 Tb/c 2 c=1# Store in plastic buckets...needs no vacuum sealing  
**Sugar** (brown).....Indefinite 1 1/3 c=1# Vacuum seal in jars  
**Syrup** (bottled).....3+ yrs  
**Syrup** (homemade).....indefinite 1 c water + 2 c sugar. Boil til thick; add maple flavor. Make just what you need as this will not keep without refrigeration.  
**Tabasco**.....5+ yrs  
**Tapioca** .....10+ yrs 40 Tb=1# 1 Tb=1 c cooked Vacuum seal in jars  
**Tomato powder** .....15+ yrs 1 c powder + 2 c water=2 c tomato sauce Vacuum seal in jars  
**Vanilla** (imitation).....10+ yrs  
**Vinegar**.....Indefinite  
**Wheat**.....30+ yrs 5.8 # / #10 can =12 c=18 c flour when ground  
 1 c wheat = 1 1/2 c flour 2 1/3 c wheat / 1# = 3 1/2 c flour  
**Yeast** .....5+ yrs in freezer (1 yr out) 2# Red Star compressed dry yeast = 96 Tb  
 Test yeast: add 1/2 tsp to 1/2 c warm water. It should bubble after a minute or two and smell good.

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