

FOOD STORAGE

Recipes

Whole Wheat Crepes

In blender, place:

- 1 c. wheat pastry flour (you can use flour from hard wheat as well, the crepes will just be heavier)
- 1/4 c. powdered sugar
- 1/2 tsp. salt
- 1 c. milk (3 T. dry powdered milk + 1 c. water)
- 2 eggs (2 T. dehydrated eggs + 1/4 c. water)

Blend until smooth, adding a little more milk if needed to thin. The batter will be very thin. Pour batter in small amounts into a greased frying pan, swirling pan to make batter into a circle. Fry crepes on both sides until light golden brown. It's a good idea to grease the pan before frying each crepe.

Vanilla Mousse Crepe Filling

- 1 large box of vanilla pudding, prepared
- 1 8 oz. package of light cream cheese, softened
- 1/2 small container of light Cool Whip (you could use Spiff-E-Whip from your storage)—use more if you'd like

Magic Mix

NOTE: Magic Mix can be used in many recipes to make food preparation easy and economical. Use Magic Mix for all recipes calling for a white or cream sauce.

- 2 1/3 cups powdered milk (#1109)
- 1 cup flour (or 1/2 cup cornstarch)
- 1 cup (2 sticks) margarine or butter (not spread)

Combine powdered milk, flour, and margarine in a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. (Makes 5 cups Magic Mix.)

WHITE SAUCE

- 2/3 cup Magic Mix
- 1 cup cold water

In sauce pan combine Magic Mix and cold water. Stir rapidly over medium heat until it starts to bubble. Makes 1 cup.

CREAM SOUP

- 4 cups water
 - 2 cups Magic Mix
 - 1 cube or 1 tsp. bouillon granules
- Add one or more of the following:*
- 3 cooked carrots, mashed
 - 3 potatoes, cooked and chopped
 - 1 tbsp. cooked chopped onions
 - 1 can chopped spinach
 - 1 can cream style corn
 - 1 tbsp. chopped onion

Combine water, Magic Mix, and bouillon in saucepan. Stir over medium heat until slightly thick. Add desired vegetables. Heat thoroughly. Serves 4.

Harvest Apple Bread



- 3 cups all-purpose flour
- 1 teaspoon Saigon cinnamon (#3626)
- 1 teaspoon apple pie spice (#1001)
- 1 teaspoon baking soda (#2848)
- 1/2 teaspoon baking powder (#2850)
- 1/2 teaspoon salt
- 1/2 cup vegetable oil (or 1/4 c. oil + 1/4 c. applesauce)
- 2 cups sugar
- 2 eggs, beaten (or 2 T. powdered eggs #1111 + 1/3 c. water)
- 1/2 teaspoon vanilla
- 2 cups apples - peeled, cored, and coarsely chopped (or 1 c. dehydrated apples #1960, broken into pieces and rehydrated)
- 1 cup walnuts, chopped (#3973)

In bowl, combine flour, spices, baking soda, baking powder and salt; set aside. In large mixing bowl, place oil, sugar, eggs, vanilla and apples. Stir into flour mixture. Add walnuts and mix. Divide mixture between two greased 8-in. x 4-in. bread pans (or use muffin tins). Bake at 350 degrees F for 40-45 minutes or until bread tests done. Cool for 10 minutes on wire rack before removing from pan.

Blender Wheat Pancakes

Blend together in blender:

- 1 cup milk
- 1 heaping cup ground white wheat flour

Add:

- 1/2 cup more milk
- 1/4 cup Canola oil
- 1/4 cup applesauce
- 1 egg
- 1/2 tsp. salt
- 1 Tbsp. of ground flax meal (if desired)

Blend well and then add 3 tsp. of baking powder and blend again. Pour onto hot greased griddle and cook.

Apple Pancake Topping

In a saucepan, boil 2 cups water. Remove water from heat and add 2 cups dehydrated apples (#1960). Cover, and let stand for 5 minutes; then fluff with a fork. Turn on the heat and add 2 tbsp. cornstarch, 1/2 cup brown sugar, and 1 tsp. cinnamon. Cook until thick, then top pancakes with apples and whipped cream (or Spiff-E-Whip #1679).

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Turkey Noodle Soup Mix

- 1 cup dry medium egg noodles
- 1 1/2 tablespoons chicken bouillon granules
- 1/4 teaspoon black pepper
- 1/8 teaspoon celery seeds
- 1/4 teaspoon dried thyme
- 1/8 teaspoon garlic powder
- 1 bay leaf



Place all ingredients in a cellophane bag or container for gift giving. You can adjust ingredients and include dehydrated celery, carrot and onion to your mix.

Yield: Mix for 1 pot of soup.

Instructions to write on gift tag:

Turkey Noodle Soup Yield: 10 cups Serving Size: 1 cup

- 1 package Turkey Noodle Soup Mix
- 2 stalks celery, finely diced (about 1/2 cup)
- 2 carrots, diced
- 1/4 c. minced onion (or 1 tablespoon dehydrated onion)
- 8 cups water
- 2-3 cups cooked, diced turkey breast (cooked chicken breast may be substituted)

In a large pan, combine 1 package Soup Mix, celery, carrot, and water; stir to mix. Bring to a boil over high heat, reduce to medium heat, and simmer for 15 minutes. Discard the bay leaf. Stir in turkey and simmer an additional 5 minutes.

Refried Bean Soup

Sauté in 1 tsp. olive oil:

- 1/2 cup chopped onions
- 2 whole cloves garlic, minced
- 1/3 cup celery, chopped

Prepare 4 cups dehydrated refried beans according to package directions.

Add:

- 1 can (10 oz.) tomato soup
- 4 cups water
- 1 cup canned tomatoes

Combine with sautéed vegetables. Bring to a boil and boil for five minutes. Serve with grated cheese, tortilla chips, sour cream and sliced fresh avocados.



Refried Bean Dip

Reconstitute 2 cups dehydrated refried beans and mix with 1/2 cup salsa. Top with grated cheese, and serve with tortilla chips.

Great Harvest Cookies

- 2 c. whole wheat flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1 c. butter
- 2 c. brown sugar, packed
- 2 eggs
- 2 c. rolled oats
- 2 Tbsp. molasses
- 1 Tbsp. milk
- 2 C. semisweet chocolate chips



Combine flour, baking powder, baking soda, and salt. Cream butter and brown sugar until well blended. Add eggs, oats, molasses and milk. Beat well. Add dry ingredients to beaten mixture and stir until blended. Using a 1/4 cup measuring cup (or muffin scoop), scoop dough onto ungreased cookie sheets about 3 inches apart. Bake at 350 F for 12-13 min., until they start to brown around the edges. Cool 2 minutes on the cookies sheets, then move to racks.

Black Bean Pork Tenderloin Chili

- 1 1/2 lbs. pork tenderloin, cut into 2" cubes
- 1 small onion (or 1-2 Tbsp. dehydrated chopped onions)
- 1 small red bell pepper, coarsely chopped (I used about 1/4 c. dehydrated bell peppers)
- 3 (15 oz.) cans black beans, with liquid (I like to use low-sodium since the liquid is used)
- 1 (16 oz.) jar salsa
- 1/2 c. chicken broth
- 1 tsp. oregano
- 1 tsp. ground cumin
- 1 1/2 tsp. chili powder



Combine all ingredients in slow cooker. Set cooker to LOW and cook for 8-10 hours. Gently break up pieces of cooked pork before serving.