

# Easy Recipes from Basic Storage Items

*All these recipes can be easily divided in half*

## Alphabet Soup

4 cans beef broth  
1 c. water  
½ c. cannery soup mix  
2 carrots, peeled and sliced  
½ c. onion, diced  
½ c. celery, sliced  
14.5 oz. can beans and liquid  
14.5 oz. can tomatoes in juice  
1/3 c. corn  
½ c. green beans  
½ tsp. Italian seasoning  
½ tsp. garlic powder

Bring broth and water to a boil. Stir in soup mix. Add rest of ingredients and keep at a simmer with lid partially on for 50 minutes or until split peas and lentils are almost soft—you still want them to have a little “bite”. Makes about 10 cups.

## Summer Wheat Salad

### ***Basic Bulgur:***

1 c. wheat  
1 c. water  
½ tsp. salt

Put in a small crock pot overnight on low. Rinse in the morning and refrigerate. Will last in the refrigerator for up to 2 weeks. Bulgur has many uses!

### ***Salad:***

½ cup Basic Bulgur  
4 tomatoes, diced  
½ c. fresh parsley or 2 T. dried parsley  
1 c. chopped onion  
1 green pepper, diced

Combine all ingredients in a bowl and lightly toss with dressing. Refrigerate. Can add feta cheese, diced cucumber or any other vegetables you want.

### ***Dressing:***

1/3-1/2 c. lemon juice  
3 T. oil  
Salt and pepper to taste

1 tsp. oregano or Italian seasoning

Combine all ingredients. Whisk. Pour over salad and mix. Recipe serves 4.

## **Chewy Granola Bars**

In a large mixing bowl, mix well to a smooth paste:

2/3 c. smooth peanut butter

1/2 c. sugar

1/2 c. honey

1/4 c. softened butter

1/4 c. oil

2 tsp. vanilla

Add:

3/4 c. whole wheat flour

1 1/2 c. quick oats

2 c. regular oats

1 1/2 c. wheat flakes (or more oats or rice krispies)

\*can also add 1/2 c. chocolate chips, dried fruit or coconut

Work mixture with fingers until it clumps together. Using fingers, press into a 9x13 inch pan sprayed with Pam. Bake at 350 degrees for 15-20 minutes until edges turn golden. Cool. Cut 10x10 for 100 samples.

## **Refried Bean Dip**

### ***#1 Option:***

2 c. cooked (or canned) pinto beans

1/4 c. shortening

1 T. dried onion (or use fresh)

Drain beans, save liquid. In a large skillet, heat shortening until very hot. Add cooked beans, mashing with a potato masher as they cook. Continue cooking until all shortening is absorbed. Stir in reserved liquid in small amounts until desired (creamy) consistency is reached. Makes about 2 cups.

### ***#2 Option:***

1 c. Cannery refried bean mix

1 T. dried onion (or use fresh)

3/4 c. boiling water

1 T. oil

Mix first three ingredients together. Let stand 10 minutes. Stir in oil until creamy. Add a bit more water if needed.

## **Peanut Butter Balls**

2 cups peanut butter

1 c. honey (or part light corn syrup)

2 1/2 c. powdered milk

Mix peanut butter and honey together. Add 2 c. powdered milk. Mix well. Add more powdered milk in small amounts and knead with hands until mixture forms a non-sticky ball. Roll into 100 1 inch balls. Store in layers between waxed paper.

## Easy Creamy Rice Pudding

½ tsp. salt  
4 ½ c. water  
2 c. uncooked regular rice  
2 c. non fat powdered milk  
1 c. sugar  
2 c. water  
2 tsp. cinnamon  
2 tsp. vanilla  
1 15 oz. can evaporated milk

Spray pot with Pam to help prevent sticking. Add salt to 4 ½ c. water in pot. Bring to a boil and stir in rice. Bring back to a boil and turn heat down until water is just bubbling. Cover tightly and cook slowly for 20 minutes. Meanwhile, whisk together powdered milk, sugar and cinnamon and 2 c. water until well mixed. Stir into rice after the 20 minutes. Simmer for 10 minutes, stirring occasionally. Remove from heat and add vanilla and canned milk. Chill.

## Emergency Fudge

1 c. cooked, soft pinto beans, drained and mashed well\*  
UP TO ¼ c. milk  
1 T. vanilla  
6 oz unsweetened chocolate squares  
6 T. butter/margarine  
2 lbs. powdered sugar  
½ to 1 c. chopped nuts (optional)

In a large mixing bowl, stir and mash together beans and enough milk to look like mashed potatoes. Stir in vanilla. Melt chocolate and butter in microwave (or over very low heat). Stir into bean mixture. Sift powdered sugar and gradually add to chocolate mixture. Add nuts if desired. Roll into two 16-inch long rolls. Wrap tightly in plastic wrap and chill for at least 1 to 2 hours.

\*An easy way to cook dried beans is in a small crock pot. Place one pound dried pinto beans, rinsed, in crock pot just before going to bed. Cover with 5 cups water. Cook on low all night. Test for softness in the morning. Use one cup for recipe when they are soft all the way through. The rest can be frozen with liquid in 1 cup amounts for future use. Great in taco salad, refried beans, etc.

Go to **[providentliving.org](http://providentliving.org)** for more food storage recipe ideas!  
(Look in the Index under "**Family Home Storage**")

# Food Storage Recommendations for Two Adults 12 Month Supply

## **GROUP 1: GRAINS**

Wheat	305 lb.
Enriched white flour	31 lb.
Corn meal	57 lb.
Rolled oats	77 lb.
Enriched white rice	135 lb.
Pearled barley	7 lb.
Spaghetti or macaroni	67 lb.

## **GROUP 2: LEGUMES**

Dry beans	90 lb.
Dry lima beans	4 lb.
Dry soy beans	4 lb.
Dry split peas	4 lb.
Dry lentils	4 lb.
Dry soup mix	14 lb.

## **GROUP 3: FATS AND OILS**

Cooking oil	10 q.
Shortening	4 q.
Mayonnaise	2 q.
Salad dressing (mayonnaise type)	2 q.
Peanut butter	2 q.

## **GROUP 4: MILK GROUP**

Nonfat dry milk	28 lb.
Evaporated milk	24 12-oz can

## **GROUP 5: SUGARS**

Granulated sugar	80 lb.
Brown sugar	6 lb.
Molasses	2 lb.
Honey	6 lb.
Corn syrup	6 lb.
Jams or preserves	10 lb.
Powdered fruit drink	12 lb.
Flavored gelatin	2 lb.

## **GROUP 6: MISCELLANEOUS**

Salt	16 lb.
Dry yeast	1 lb.
Baking soda	2 lb.
Baking powder	2 lb.
Water	28 gal.

*\*This is just a starting point. You can find a food storage calculator for your specific family's needs, as well as many recipes and guidelines for using basic food storage items at [providentliving.org](http://providentliving.org). Check the Index under "Family Home Storage".*

**Fruits and vegetables in any form would enhance the nutritional value of this diet.**