

# *One- Month Food Storage Kits*

*Will it really feed me for an entire month?  
That's 90 meals (breakfast, lunch and dinner)*

## *Important Notes:*

- It takes 3 cups of wheat flour to make a loaf of bread
- It takes 2 ¼ cups of macaroni to make 5 medium servings of a casserole
- It takes 1 ½ cups of wheat to make 6 servings of hearty wheat salad

## *Possible Meals:*

- ❖ Granola (4 meals)
- ❖ Cooked Oatmeal (10 meals)
- ❖ Oatmeal Muffins (3 meals)
- ❖ Wheat Toast with Jam and/or Peanut Butter (4 servings minimum)
- ❖ French Toast (with wheat bread)
- ❖ Wheat Pancakes
- ❖ Wheat Waffles
- ❖ 1 oat quiche casserole(5 meals)
- ❖ Banana-soy-oat Breakfast Bars (4 servings)
- ❖ Cooked Wheat Cereal (10 meals)
- ❖ Hearty Wheat Salad ( 4 meals)
- ❖ 2 batches of Hearty Oat and Wheat Breakfast Cookies (6 servings)
- ❖ Macaroni and Cheese (5 servings)
- ❖ Macaroni with Sauce (5 servings)
- ❖ Macaroni Salad (4 servings)
- ❖ Rice Pudding (4 servings)
- ❖ Whole Wheat Bread Pudding (4 servings)
- ❖ Rice Pilaf (if fruit and veggies have been stored, 4 meals)
- ❖ Chile with Rice (add beans and meat or veggies)
- ❖ Cream of Rice Cereal
- ❖ Rice and Seafood Salad (2 servings)
- ❖ Side Dishes of White Rice, Wheat, and Beans (12-20 servings)

## **IMPORTANT NOTE:**

Your 1 can of powdered milk is only enough for drinking and some cooking. It is not sufficient to make yogurt (need 4 cups dry for 1 gallon of fresh yogurt) or soft cheese (8 cups of milk for 1 ½ pints of soft cheese or cottage cheese)

Susan Taylor Ailing 2003 ©

***In order to use the one- month kits to produce actual meals, what do I need?***

- Yeast
- Baking powder and baking soda
- Powdered Eggs
- Bouillon: Chicken, beef, vegetable
- Honey—optional
- Canned stewed tomatoes (8 cans)
- Canned or bottled spaghetti sauce (4 bottles)
- Sprouting seeds and sprouting jar
- Dried carrots, onions and 1 other veggie
- 1 Jam or Jelly
- 1 Jar of Peanut Butter
- Brown sugar (for baking)
- Canned vegetables (5 cans, preferably at least 2 whole corn)
- 1 mayonnaise
- 1 sweet pickle relish
- 2 cans tuna
- Raisins and chocolate chips
- Nuts (optional) to add protein to breakfast bars and granola
- 1 bottle salad dressing
- small bottle vinegar
- 1 or 2 small cans of chicken
- Seasonings for cooking and baking (cumin, curry, cinnamon, Italian seasoning, garlic, herbs de province + family favorites)
- 2 cans of clams (clam chowder with macaroni and dried milk)
- Vanilla flavoring
- 2 bottles of fruit juice or Tang
- Popcorn for grinding and for popping (snack and cornbread muffins)
- Small tin of baking cocoa (cookies, hot chocolate with powdered milk and sugar, cocoa wheat bread)
- Herbal tea/ Postum (optional)
- Fresh or dehydrated cheese (casseroles or soups)
- 2 small boxes of pudding or Jello for treats/comfort foods
- 1 cake mix for a special event

Susan Taylor Ailing 2003

©

## ***One- Month Food Storage Kits***

***Will it really feed me for an entire month?  
That's 90 meals (breakfast, lunch and dinner)***

### ***Important Notes:***

- It takes 3 cups of wheat flour to make a loaf of bread
- It takes 2 ¼ cups of macaroni to make 5 medium servings of a casserole
- It takes 1 ½ cups of wheat to make 6 servings of hearty wheat salad

### ***Possible Meals:***

- ❖ Granola (4 meals)
- ❖ Cooked Oatmeal (10 meals)
- ❖ Oatmeal Muffins (3 meals)
- ❖ Wheat Toast with Jam and/or Peanut Butter (4 servings minimum)
- ❖ French Toast (with wheat bread)
- ❖ Wheat Pancakes
- ❖ Wheat Waffles
- ❖ 1 oat quiche casserole(5 meals)
- ❖ Banana-soy-oat Breakfast Bars (4 servings)
- ❖ Cooked Wheat Cereal (10 meals)
- ❖ Hearty Wheat Salad ( 4 meals)
- ❖ 2 batches of Hearty Oat and Wheat Breakfast Cookies (6 servings)
- ❖ Macaroni and Cheese (5 servings)
- ❖ Macaroni with Sauce (5 servings)
- ❖ Macaroni Salad (4 servings)
- ❖ Rice Pudding (4 servings)
- ❖ Whole Wheat Bread Pudding (4 servings)
- ❖ Rice Pilaf (if fruit and veggies have been stored, 4 meals)
- ❖ Chile with Rice (add beans and meat or veggies)
- ❖ Cream of Rice Cereal
- ❖ Rice and Seafood Salad (2 servings)
- ❖ Side Dishes of White Rice, Wheat, and Beans (12-20 servings)

### ***IMPORTANT NOTE:***

Your 1 can of powdered milk is only enough for drinking and some cooking. It is not sufficient to make yogurt (need 4 cups dry for 1 gallon of fresh yogurt) or soft cheese (8 cups of milk for 1 ½ pints of soft cheese or cottage cheese)

## *The Four-Season Garden*

### *How to Supplement Your One-Month Kits to Make Actual Meals*

#### ❑ **Mixed Lettuce Types**

(Plant seeds every two weeks from May through April, cover with plastic from October through April). Chinese Greens, Winter Provencal Mix, Johnny's Mixed Lettuce Seeds work the best in our climate.

#### ❑ **Sprouting Seeds Mixes**

(from October through May to ensure proper anti-oxidants and greens) good source from Walton Feed (on line) or Grandma's Country Foods (on line).

#### ❑ **Yellow Squash and Zucchini Squash**

Look at the recipes attached to this board for some ideas that have worked for our family.

#### ❑ **Cucumbers (lemon, picking and regular cucumbers): June through September**

#### ❑ **Pumpkins**

Delicious soups, pumpkin bars, pumpkin bread and pies. Plant in May and harvest in October.

#### ❑ **Tomatoes (Cherry, Yellow Pear, and Early Girl) have had the most success in our climate. We grow them in parts of recycled water barrels with only 12-14 inches of soil. We canned 150# two years ago and dried about 40#. Yum!**

#### ❑ **Berries (blackberries, blueberries, strawberries and raspberries):**

We freeze most of our berries to use in smoothies and fruit shakes for breakfast throughout the winter. We use our blueberries for Blueberry Buckle (leftovers are great for a special breakfast), muffins, and for eating direct from the freezer.

#### ❑ **Fruit Trees (apple, pear, plum seem to do best in our climate). Our friends have had good luck with one Liberty Apple and one Melrose Apple tree in their back yard (Raintree Nursery). The Liberty apple is short-lived, thin-skinned and makes great apple sauce. The Melrose apple is a good keeper, smaller and more dense, and keeps well in the garage or root cellar until about February.**

## *Zucchini Pancakes*

2 cups shredded zucchini, unpeeled but drained  
2 eggs, slightly beaten  
½ tsp onion powder  
salt and pepper to taste  
½ cup pancake mix  
1 oz grated parmesan cheese.

CANNOT DOUBLE BATCH or it gets gloppy! Delicious in small batches as a side dish.

Mix all ingredients together and fry immediately in a non-stick pan or spray pan with a vegetable spray. Makes 6 pancakes. Equal to 2 vegetables, 3 meats, and 3 bread exchanges if you're on the diabetic exchange program.

## *Cheesy Squash Chowder*

Vegetable cooking spray  
1 cup chopped celery  
1 cup chopped onion  
1 ½ c coarsely chopped yellow squash  
1 ½ cups coarsely chopped zucchini  
1 can chicken broth (or 11 oz)  
¼ tsp pepper  
3 T. butter  
3 T. flour  
1 ½ cups milk  
1 T. prepared mustard  
2 cups cheddar cheese  
1 can whole kernel corn, drained (16 or 17 oz size)

Recipes  
tailored to  
our garden's  
harvest!

Spray the dutch oven with cooking spray; place over medium-high heat until hot. Add celery and onion; sauté until crisp tender. Stir in squash, zucchini, chicken broth, and pepper. Bring to a boil.

Cover; reduce heat and simmer 20 minutes. Melt butter in a heavy saucepan over low heat. Add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add the milk. Cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Add mustard and cheese, stirring until the cheese melts. Add cheese mixture to corn and vegetable mixture; stir well. Cook over medium heat until thoroughly heated through. Yield: 8 cups

## *Zippy Corn and Squash Chowder*

1 pound yellow squash, thinly sliced  
salt and pepper to taste  
1 cup water

1 onion, finely chopped  
½ cup chopped green pepper  
½ tsp minced garlic or 2 cloves grated  
1 large tomato, chopped  
15-oz can of creamed corn  
4 oz can diced green chiles (mild, medium or hot according to your taste) DRAINED  
1 (12 oz) can of evaporated milk, whole milk or half and half  
3 slices of cheddar cheese cut into 1 inch dice for melting

In a medium pot, cook the sliced squash, salt, pepper in the water for about 5 minutes. Drain and break up with a fork.

In a pot sprayed with non stick, sauté the onion and green pepper over medium heat until tender, about 5 minutes. Add the garlic and tomato, and sauté for 2 minutes. Stir in the corn, green chiles, squash, and milk. Bring to a boil, reduce the heat, and add the cheese; stir until the cheese is melted, and serve. Add salt and pepper as desired.

This looks weird as you're cooking it but we really liked its light and chunky taste and texture. We serve it with Savory Zucchini-Parmesan Bread. Salad is optional since this soup is full of veggies. Makes 4 generous servings.

## ***Wheat Salad (Basic Recipe)***

2 cups cold cooked wheat (hard red or hard white wheat)  
1 tin tuna, drained and flaked  
¾ cup frozen peas (or fresh in season)  
1 cup chopped celery  
3 chopped green onions or 1/3 of a yellow onion  
sea salt

Combine all ingredients. Use any creamy dressing you prefer on the salad. We use mayo mixed with a tarragon vinegar. Add freshly ground pepper, dill, other spices and seasonings as you prefer. Serve with salad greens, cucumbers in season and a wedge of corn bread. Some of our children like to put their wheat salad in a pita bread half, add shredded lettuce and a tomato wedge. This recipe makes 4 large servings. This recipe may be doubled and tripled with no harm to the recipe.

## ***Honeyed Barbecued Beans in Spicy Adobo Sauce***

This recipe is for 4 main dish servings. You may triple this recipe except for one thing: Don't add three times the chipotle chiles or you will burn your mouth. For chipotle chiles, Add twice the initial recipe. If you want it spicier, add more chiles after you've cooked it.

2 cups of dried pink or pinto beans, soaked overnight or use the quick-soak and boil method.  
Cook beans in 6 cups of water. Use NO SALT at this point. Cook beans at a simmer for about 45 minutes after soaking until al dente, slightly soft but not mushy. Save at least 2 cups of the drained off bean juice in case you need it later.

---

### ***Now prepare your sauce from scratch:***

2 onions, thinly sliced  
2 garlic cloves or ½ T. minced garlic  
28 oz tomato puree  
½ c brown sugar, firmly packed or ½. cup honey

1 T. heaping Tablespoons chipotle peppers in adobo sauce (at Haggen, Embasa brand)  
1 T. chile powder  
2 tsp. Dried oregano  
salt and black ground pepper

### ***Substitute for home made sauce:***

½ bottle of Kraft Thick and Spicy Honey Barbecue Sauce  
2 onions  
2 garlic cloves  
1 heaping T. chipotle peppers in adobo sauce  
2 tsp dried oregano  
salt and black pepper

Preheat the oven to 300 degrees F. Combine the beans with your chosen sauce. Bake up to 2 hrs until beans are completely done or flavors are blended (about 75 minutes minimum). If the beans get a bit dry during baking, add some of the saved bean juice or a ½ cup water. Serve hot.

Calories per serving: 540 Protein per serving: 25 grams Fat 1-3 grams depending upon whether you make your own sauce or use the Kraft pre-made sauce as a base.

## ***15-Minute Barbecued Beans***

Makes 4 side-dish servings

Excellent with scrambled eggs and whole wheat toast on a Sunday night supper.

1T. olive or canola oil  
1 small onion, diced  
1 small green pepper, diced  
2 green chile peppers, diced  
2 garlic cloves, minced  
1 tsp chile powder  
1 tsp cumin  
1 ½ cups cooked pinto or pink beans  
¾ cup tomato-based barbecue sauce  
1 tsp sugar or moreto taste  
salt and freshly ground black pepper

Heat the oil in a medium saucepan over medium heat. Add the onion, bell pepper, chile peppers, garlic, chile powder, and cumin. Saute all this until the onion is limp, about 4 minutes. Add the beans and barbecue sauce. Taste and ad the sugar, if desired, and the salt and pepper. Simmer for 10 minutes to allow the flavors to blend and the beans to heat through. Serve hot.

Calories 226 per serving

Protein 6 grams

Fat 4 grams

Compliments of Andrea Chesman, [366 Delicious Ways to Cook Rice, Beans, and Grains](#)

### ***Dilly Casserole Bread***

1 T. dry yeast, dissolved in ¼ cup warm water  
1 cup cottage cheese (heated to lukewarm)  
2 T. sugar  
1 T butter or margarine, melted in the cottage cheese  
1 T. minced onion  
1 T. dill seed or ½ T. dill weed  
¼ tsp baking soda  
1 tsp salt  
1 unbeaten egg  
2 ¼ cup flour

Mix all ingredients in one large bowl. Let rise until double in bulk and light. Takes about 50-60 minutes. Turn into well greased 2 quart casserole dish. Let rise again in warm place until light, about 30-40 minutes. Bake at 350 F for 40-50 min, until crust is rich golden brown. Brush with soft butter. Store in fridge the next day if there is any left. It's moist so could mold if you leave it on the counter in a plastic bag.

***Susan Taylor Alling and Jill Hendricks***

## ***Chocolate Zucchini Cake***

½ c. butter  
½ c. oil or applesauce  
1 ¼ c. sugar  
2 eggs  
½ c. sour milk or buttermilk  
1 ½ tsp vanilla  
½ t. cinnamon (generous)  
½ tsp cloves (generous)  
1 ½ c. flour (white, whole wheat or a combination)  
1 tsp baking soda  
4 Heaping Tablespoons baking cocoa  
½ tsp salt  
1 to 3 cups of shredded zucchini (with green skin on )

Combine butter, oil and sugar. Beat eggs and mix well with sugar mixture. Beat in milk, vanilla and spices. SIFT together the remaining dry ingredients, add to wet mixture. Stir in zucchini. Pour into a greased and floured 13x9 inch baking pan. Bake 40 minutes at 350 F.

### ***Frosting:***

1 lb confectioner's powdered sugar  
½ butter (no substitutes)  
½ c. baking cocoa  
½ nuts (chopped, optional)  
1 tsp vanilla  
milk as needed

Combine frosting ingredients, adding enough milk to make spreading consistency. Frost cake while slightly warm if possible. Prepare to lick those beaters! Yum!

Tolovana Lodge, Nenana, Alaska

## ***Amish Sugar-Oatmeal Cookies***

1 c. sugar  
1 c. powdered sugar  
1 c butter, softened  
2 eggs  
1 c oil or ½ c oil and ½ c applesauce  
1 tsp vanilla  
¼ tsp salt  
1 tsp baking soda  
4 cups unbleached white flour  
1 tsp cream of tartar  
1 ½ cup regular oats

Cream together sugars and butter. Add eggs, oil and vanilla and mix well. Sift dry ingredients together and add to wet mixture. Then stir in rolled oats. Form into soft balls about 1 ½ inch wide. Lightly press with sugared glass or sprinkle brown sugar on top of mound and smush just lightly. Bake at 11-13 minutes at 350 F. Dough is very soft and spreads flat. Only necessary to lightly grease the cookie sheets every other or every third batch. Makes about 7 doz big cookies. Keep well in sealed container with wax paper in between.

Daybreak Bed and Breakfast, Fairbanks, AK

## *Pumpkin Bars*

2 cups sugar (white or brown)  
1 cup oil  
4 eggs  
2 cups mashed pumpkin  
1 tsp soda  
2 cups flour  
2 tsp baking powder  
1 tsp cinnamon

Combine and beat well sugar, oil, eggs and pumpkin. Sift flour, soda, baking powder, and cinnamon. Add to wet mixture. Grease and flour sheet pan. Bake for 30 min at 350 F. Cook and frost with a light cream cheese frosting. Compliments of Kwethluk Russian Orthodox Church Fund Raising Committee, Kwethluk, AK by hand of Susan Taylor Alling.

## *Christmas Mincemeat Bars*

1 ½ cups brown sugar  
2 T. molasses  
1 T. butter, softened  
2 eggs  
1 tsp vanilla  
2 cups sifted flour  
½ tsp salt  
1 tsp cinnamon  
½ tsp baking soda  
1 tsp cloves  
3 T. hot water  
¼ cup sliced almonds  
1 ½ cups prepared mincemeat  
Icing (recipe follows)

In mixing bowl, combine brown sugar, molasses, butter, eggs, and vanilla, mixing thoroughly. Sift together the sifted flour, salt, cinnamon, baking soda and cloves; stir into molasses mixture. Stir in hot water, then stir in almonds and mincemeat.

Divide mixture in half; spread evenly over bottoms of 2 greased 9 x 13 inch baking pans. Dough puffs and fills in any holes as it bakes.

Bake at 400 F until, when touched lightly by the finger, no imprint remains, about 12 to 15 minutes. Remove from oven and immediately spread with icing. When cold, cut into squares or diamonds. Makes 6 dozen, 1 ½ inch by 2 inch bars.

### *Icing:*

1 ½ cups sifted powdered sugar  
About 3 T. hot milk  
½ tsp vanilla  
½ tsp almond flavoring

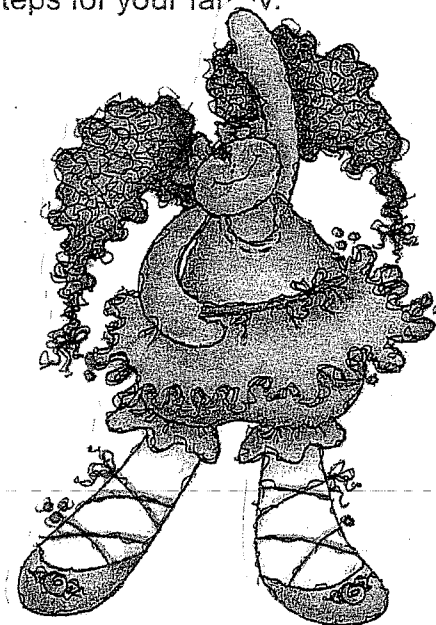
In small mixing bowl, combine powdered sugar, milk, vanilla and almond flavoring. Mix until smooth.

***How do I make my favorite recipes a little more healthy  
using my food storage?***

Lets examine this process step by step. Ive selected a traditional recipe for a carrot cake which is suitable for freezing as my illustration. Please use YOUR favorite recipes and follow the lightening up and add health steps for your family.

***Carrot Cake( or Muffins) to Make and Freeze  
32 servings of cake***

- 3 cups vegetable oil
- 8 eggs
- 4 cups sugar
- 1 T. vanilla
- 4 cups white flour
- 2 T. cinnamon
- 1 T. baking powder
- 2 tsp baking soda
- 1 tsp nutmeg
- 1 tsp salt
- 3 cups grated carrots
- 2 cans crushed pineapple (8 oz each) well-drained
- 3 cups chopped walnuts or pecans



***First Steps: Will not change flavor or texture of the finished product but will add valuable plant protein and reduce fat***

1. Grind white beans in your blender. Substitute up to 1 cup of the white flour with white bean flour, thus adding nutritious plant protein to your familys diet
2. Substitute your dehydrated carrots from your cannery supply. Chop or pulse the dehydrated carrot nuggets in your blender, add boiling water and let them reconstitute while you working on the rest of the recipe.
3. Substitute about 1/2 cup to 1 cup of the remaining white flour with whole wheat flour to enhance protein again.
4. Cut sugar by 33% or reduce from the called for 4 cups of sugar to about 2 3/4 cups of sugar.
5. Substitute unsweetened applesauce (3 cups) for the 3 cups of vegetable oil called for in this particular recipe.

***TURN OVER FOR MORE TIPS***

*Susan Taylor Ailing 2001*

**Next Steps: Will make the final product more dense, chewier, but still moist and yummy:**

1. Substitute bean and wheat flour for up to 75% of the 4 cups of flour called for in the original recipe.
2. See all those eggs? You can, of course use Egg Beaters or some other such product. But this is a very large cake recipe and there are other things we can do.

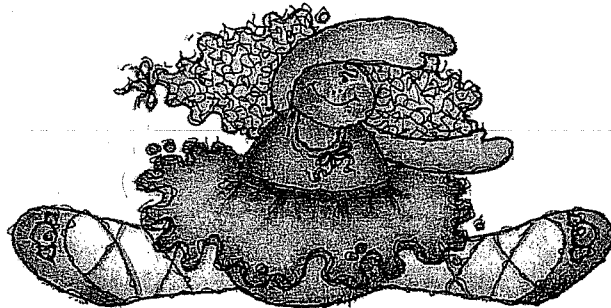
Use SOY FLOUR: 1 T soy flour mixed with 2 T. water is equal to one whole egg

Substitute 4 T. soy flour and 8 T. water for HALF of the 8 eggs in this recipe. Soy flour has an essential healthy oil that our bodies LOVE.

3. Cut the white sugar to less than half or substitute honey in a different ratio.
4. If you dont have pineapple you can use zucchini from your garden canned in pure pineapple juice for the canned pineapple which is quite expensive for many family budgets.

Got the idea? If we all just followed the FIRST STEPS in our baking, each of our family members would benefit.

Questions? Call Susan Alling at (425)-377-9544



In a very large mixing bowl, beat together oil and eggs w/ an electric mixer until light. Beat in sugar + vanilla.  
In another bowl. Stir together flour, cinnamon, baking powder, soda, nutmeg + salt. On low speed, mix flour mixture into sugar mixture just until blended. With a wooden spoon, fold in carrots, pineapple + nuts. Divide evenly among prepared baking pans. Springform 60-70 min at 350°F.  
Loaf pans 40-50 min. Lg lasagne pan 70-85 min until toothpick comes out clean



*What One Family of 5 Stores Per Year*

*(they live in a rural Wisconsin area and are often snowed in for weeks at a time until late Spring)*

***Fruit (Fresh, Bottled, Dehydrated and Frozen)***

**Applesauce:** 50-200 quarts

**Apples (dried slices):** 1 bushel per person in the family

**Apple Jam, Jelly or Syrup** for pancakes: 10 small jars per person

**Apple Juice or nectar:** 25-200 quarts depending on the yield from the tree

**Apple Peels (dried)** for tea, potpourri and boiling peels in poultices: 20#

**Bananas (dried):** 2# dry per person per year

**Banana puree in freezer:** 15 pints per person <sup>331# for</sup> 10 (for smoothies and baking)

**Strawberries:** 50-100# frozen for smoothies, jam, pies etc

**Cantaloupe:** frozen pieces and melon balls with ascorbic acid (as much as budget and sales allow)

**Cherries :** 10 qts for the family; if abundant, many pounds of dried for snacks and baking

**Peaches:** Minimum 50 qts canned

**Pears:** 25-50 qts/

**Plums:** 10-15 qts canned; more if plentiful from tree

**Berries and juice from berries:** 100-300 qts minimum for family

***Vegetables (bottled, dehydrated, frozen)***

**Beans, Green and Yellow:** minimum 25 pints per person

**Tomatoes (Stewed):** 25-50 qts per person

**Tomato Juice:** 25-100 qts for family

**Whole Tomatoes:** frozen 100# for pizza, winter salads, casseroles

**Whole Tomatoes (canned) :** 50-400 qts for family of 5

**Asparagus:** 20-25 pints for family

**Lima Beans:** 30 pints or more

**Beets (canned and pickled):** 30 pints or more as garden yield dictates

**Carrots:** minimum 25 qts canned; others stored in damp sand once the ones in the garden under the bales of hay are gone.

**Corn :** 50 pints canned; 250 ears frozen

**Peas, green:** 25-125 quarts canned or frozen

**Pumpkin:** 15-50 qts frozen; also some dehydrated

**Summer Squash:** kept in cool room in a basket for 3-4 months

**Spinach:** 15-50 qts canned or frozen

**Sauerkraut:** 25-50 pints

**Sweet Potatoes:** 25 pints or at least 25# stored. Max 150# for family

**Okra:** 10-30 pints canned or frozen

**Potatoes (fresh):** min 150# for family



**Vegetables (continued)**

**Kale, Mustard Greens, or Swiss Chard:** 3-10 pints per person, canned or frozen  
**Onions:** Dried chopped 2-5# per person plus lots stored fresh in cool room  
**Vegetable Soup:** 50 qts minimum for family canned or frozen

**Meat and Fish**

**Chicken (canned):** 50 qts or more if purchased very cheaply  
**Canned Chicken soup:** 50-100 qts  
**Tuna Fish:** 2-10 cases  
**Spam:** 1-2 cases  
**Mackerel or Salmon:** 1-2 cases  
**Hot Dogs and Beef Products:** no numbers mentioned

**Alternative Protein:**

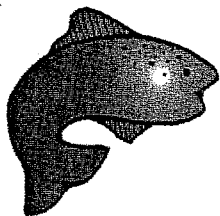
**Plain and flavored TVP:** 25# for family

For details about the basic condiments she stores, you can access her website:

Doris O'Connell  
tightwadmama@juno.com

[http://pages.prodigy.com/frugal\\_tightwad/](http://pages.prodigy.com/frugal_tightwad/)





## What Does Your Family Need For a Year's Supply?

### What Susan and Fred Store and Eat On a Regular Basis

**Vegetables:** (home bottled; dehydrated, or frozen in small quantities):

Beets, Green Beans, Yellow Beans, Asparagus, Beets, Carrots (diced, whole sticks, matchsticks, rounds); Green; Pumpkin (frozen and canned only); Zucchini (frozen); Corn (canned and ears in freezer); Kale and Chard (dehydrated only); Spinach (dried only); Onions (dried and fresh in cool room); Sweet potatoes and regular potatoes (stored in cool place only) Dehydrated sliced and diced potatoes commercially purchased;

Tomatoes (whole, stewed Mexican and stewed Italian; sauce made with cilantro and cumin for Mexican dishes; Italian pasta sauce bottled and frozen; organic in pints for fresh dishes and dried tomatoes for thickening sauces and for baking specialty breads and savory muffins) *Don't store a lot of beans and grains without lots of tomatoes!!! SALSA (pureed for casseroles)*

*and chunky for dipping etc.*

**Fruits:** (home bottled and dehydrated; only berries are frozen)

Apple slices; applesauce; apple juice; apple jelly and some with ginger to make sweet and sour sauces for stir fries throughout winter; dried banana slices; frozen bananas for smoothies and breads; strawberries in puree (frozen); peaches; nectarines; different kinds of pears; plums; store bought juices

*Pickles, relishes, Chutneys*

**Meat and Alternative Protein**

Chicken (home bottled, frozen); Chicken broth (dried powder and home bottled); Turkey slices and chunks (home bottled; frozen); Ground meat concentrate (home bottled) and ground beef (frozen); Beef Roast (home bottled); Beef Goulash and Chunks with vegetables (home bottled); Salmon (smoked and plain home bottled); Tofu; TVP in plain and chicken-flavored granules

*Tuna fish, Soy milk; Rice Milk*

**Grains (a sample)**

Rice (white and brown): Jasmine, Basmati, Lundberg blends; short grain and med grain; some long grain

Whole Popcorn

Whole Wheat: hard white and hard red

Millet; Whole Rye; Oat Bran; Cracked Bulgar Wheat; Couscous;

Regular Rolled Oats; Wheat and Rye Flakes; Bob Red Mill's Pancake Mix (10 grain); Triticale; Whole Oat Groats; Barley

*Make "Mock Pineapple" w/ zucchini packed in pineapple juice; some canned sops; water chestnuts etc*

*Dry Sprouting Seeds.*

*Beans and Legumes (Standard Varieties)*

White navy beans; Great Northern beans; cranberry beans; black beans; small reds; garbanzo beans; kidney beans; soybeans; chile bean mix; 13 bean mix; calico bean mix; pink beans; pintos; small baby limas; small whites; adzuki beans

Green and yellow split peas; lentils (brown, green, red and black varieties); soup mix

*Beans and Legumes (Heirloom Varieties)*

Canary yellow lentils; crimson lentils; Scarlet runner beans; Appaloosa beans; rattlesnake beans; Anasazi beans; Christmas lima beans; Soldier beans (when available); French provencal favas

*Pasta*

(every kind and variety; organic and not; all shapes and sizes)

*Baking Supplies (other than whole wheat berries)*

Unbleached white flour; Morbread (bread flour); rice and bean flours ground fresh before baking; white and brown sugar; brown rice syrup; stevia powder; dates, raisins, dried cranberries and apples; baking soda and powder; sea salt; canola oil; olive oil; yeast; soy flour (frozen) Dutch process baking cocoa; hot chocolate cocoa; chocolate chips; carob powder and chips. Maple syrup

*Dehydrated Products (long term packaging)*

Butter powder; shortening powder; broccoli; peas; corn; powdered eggs; chocolate pudding and jello; mixed peppers; germade; cheddar cheese powder; instant potatoes; Moos soy drink; apples, carrots; *Non-fat dried milk; Honey (liquid) and dehydrated honey crystals* *Other*

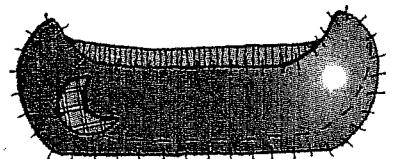
Non-Hybrid Garden Seeds, water, first aid medical supplies; tools, water purifiers, dehydrators, pressure cooker and pressure canner; rice cooker; water bath canners; propane cookers and stove etc garden tools; auto repair stuff + oil and transmission fluid

*Other Non-Food Supplies You Might Want to Consider*

Books; resource numbers (both computer, library, person to person); how-to publications; Standard dictionary, Thesaurus, calculator, Adult Basic Education materials, scriptures and Family Home Evening guide; simple clothing patterns; knitting patterns; yardage in basic fabrics for blankets, jackets, shirts, yarn for socks and hats and gloves; repair parts for all appliances; bike

*Susanalling @ hotmail.com*

*Need info? Call at Susan Alling  
at (425) ~~377-9577~~ OR 844-8571  
susanalling @ hotmail.com*



# 7 Mistakes of Food Storage

By Vicki Tate

If you are going to store food, make sure that the food you store is adequate for the need you and your family anticipate. This may not be as easy as to

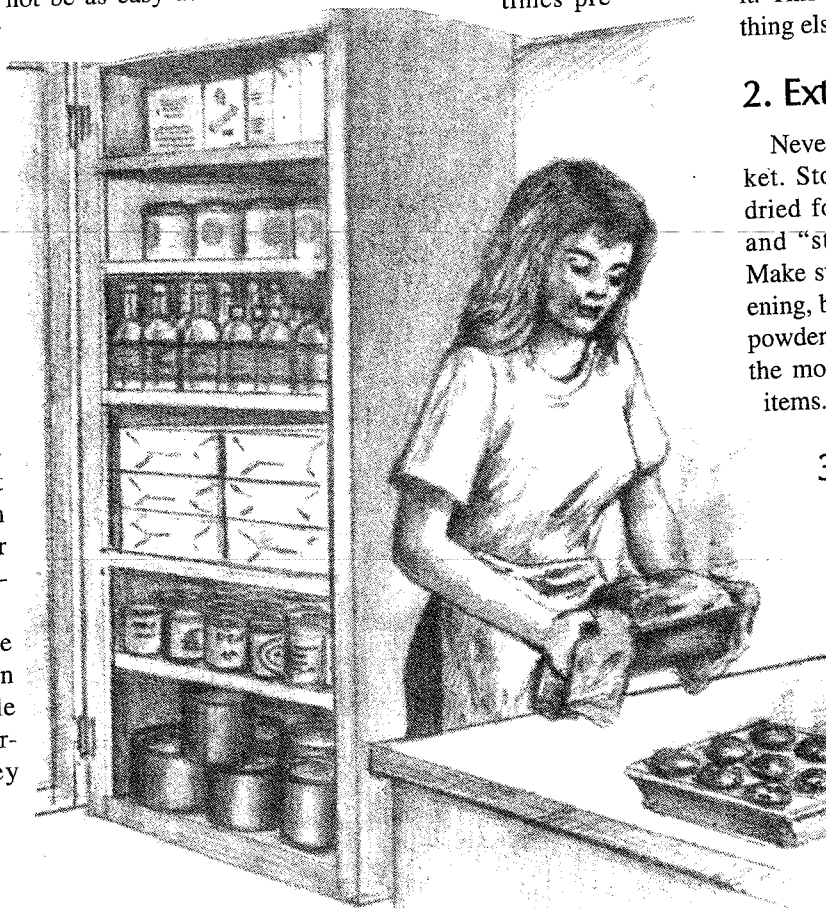
achieve as many people think, because the facts are that most people make serious errors when storing food—errors that will come back to haunt them when the food they've stored is the only thing that stands between them and their empty, dissatisfied, bellies.

There are seven common mistakes people make when storing food. They are:

## 1. Variety

Most people don't have enough variety in their storage. 95% of the people I've worked with have only stored four basic items: wheat, milk, honey, and salt. Statistics show most of us won't survive on such a diet for several reasons. a) Many people are allergic to wheat and may not be aware of it until they are eating it meal

after meal. b) Wheat is too harsh for young children. They can tolerate it in small amounts but not as their main staple. c) We get tired of eating the same foods over and over and many times pre-



fer to not eat, then to sample that particular food again. This is called appetite fatigue. Young children and older people are particularly susceptible to it. Store less wheat than is generally suggested and put the difference into a variety of other grains, particularly ones your family likes to eat.

Also store a variety of beans, as this will add color, texture, and flavor. Variety is the key to a successful storage program. It is essential that you store flavorings such as tomato, bouillon, cheese, and onion.

Also, include a good supply of the spices you like to cook with. These flavorings and spices allow you to do many creative things with your grains and beans. Without them you are severely limited. One of the best suggestions I can give you is buy a good food storage cookbook, go through it, and see what your family would really eat. Notice the ingredients as you do it. This will help you more than anything else to know what items to store.

## 2. Extended staples

Never put all your eggs in one basket. Store dehydrated and/or freeze-dried foods as well as home canned and "store bought" canned goods. Make sure you add cooking oil, shortening, baking powder, soda, yeast, and powdered eggs. You can't cook even the most basic recipes without these items.

## 3. Vitamins

Vitamins are important, especially if you have children, since children do not store body reserves of nutrients as adults do. A good quality multi-vitamin and vitamin C are the most vital. Others might be added as your budget permits.

## 4. Quick and easy and "psychological foods"

Quick and easy foods help you through times when you are psychologically or physically unable to prepare your basic storage items. "No cook" foods such as freeze-dried are

wonderful since they require little preparation, MREs (Meal Ready to Eat), such as many preparedness outlets carry, canned goods, etc. are also very good. "Psychological foods" are the goodies—Jello, pudding, candy, etc.—you should add to your storage. These may sound frivolous, but through the years I've talked with many people who have lived entirely on their storage for extended periods of time. Nearly all of them say these were the most helpful items in their storage to "normalize" their situations and make it more bearable. These are especially important if you have children.

## 5. Balance

Time and time again I've seen families buy all of their wheat, then buy all of another item and so on. Don't do that. It's important to keep well-balanced as you build your storage. Buy several items, rather than a large quantity of one item. If something happens and you have to live on your present storage, you'll fare much better having a one month supply of a variety of items than a year's supply of two or three items.

## 6. Containers

Always store your bulk foods in food storage containers. I have seen literally tons and tons of food thrown away because they were left in sacks, where they became highly susceptible to moisture, insects, and rodents. If you are using plastic buckets make sure they are lined with a food grade plastic liner available from companies that carry packaging supplies. Never use trash can liners as these are treated with pesticides. Don't stack them too high. In an earthquake they may topple, the lids pop open, or they may

crack. A better container is the #10 tin can which most preparedness companies use when they package their foods.

## 7. Use your storage

In all the years I've worked with preparedness one of the biggest problems I've seen is people storing food and not knowing what to do with it. It's vital that you and your family become familiar with the things you are storing. You need to know how to prepare these foods. This is not something you want to have to learn under stress. Your family needs to be used to eating these foods. A stressful period is not a good time to totally change your diet. Get a good food storage cookbook and learn to use these foods! It's better to find out the mistakes you'll make now while there's still time to make corrections.

It's easy to take basic food storage and add the essentials that make it tasty, and it needs to be done. As I did the research for my cookbook, Cooking with Home Storage, I wanted to include recipes that gave help to families no matter what they had stored. As I put the material together it was fascinating to discover what the pioneers ate compared to the types of things we store. If you have stored only the basics, there's very little you can do with it. By adding even just a few things, it greatly increases your options, and the prospect of your family surviving on it. As I studied how the pioneers lived and ate, my whole feeling for food storage changed. I realized our storage is what most of the world has always lived on. If it's put together the right way we are returning to good basic food with a few goodies thrown in.

(Vicki Tate is the author of the popular book, Cooking With Home Storage, available through *Backwoods Home Magazine*. Vicki also lectures on preparedness subjects. You can reach her by calling (435) 835-8283.) Δ

# hope for the best plan for the worst

## Emergency Preparedness and Survival Guide

- food
- water
- fuel
- warmth
- medical
- electricity
- vehicles
- firearms

both for  
\$18

## Emergency Preparedness and Survival Guide

- food
- water
- fuel
- warmth
- medical
- electricity
- vehicles
- firearms

### The Book

- 100 pages of practical preparedness information.
- The best of 12 years of BHM expertise.
- Comprehensive, accurate, and exciting to read.
- This is an exhaustive analysis of what needs to be done and how to do it. \$9.95 + \$3 S&H

### The CD-ROM

- Even more comprehensive than the book. Dozens of articles comprising hundreds of pages. A preparedness library on CD-ROM. \$9.95 + \$3 S&H

**800-835-2418**

*Backwoods Home Magazine*

P.O. Box 712, Gold Beach, OR 97444

Order on page 359.

Visit the  
**BHM**

website at

[www.backwoodshome.com](http://www.backwoodshome.com)

## *Nutritional Soups from Bean Flour*

### ***3-minute "Cream of Chicken" Soup***

This practically perfect substitute for canned Cream of Chicken soup is made without milk or fat, so can be used freely on any weight reduction diet.

6 cups boiling water  
1 cup fine white bean flour  
2 T. chicken or vegetable soup base  
1 cup diced chicken pieces (optional)

In a medium saucepan over medium heat, whisk bean flour into boiling water and add base. Stir and cook 3 minutes. Blend for 1-2 minutes. Add chicken if used. Serves 3-4.

### ***Cream of Chicken Soup Substitute***

In any recipe calling for concentrated Cream of Chicken Soup, the following can be substituted.

1  $\frac{3}{4}$  cup water  
5 T. white bean flour  
4 teaspoons chicken bouillon or soup base

Bring water and base to a boil. Whisk in bean flour. Mixture will be thick in 1 minute. Reduce heat and cook over medium low for 2 more minutes. Blend 2 minutes on high speed. Mixture thickens as it cools. This mixture can be refrigerated up to 1 week and used in place of canned soup. Up to  $\frac{1}{4}$  cup chicken chunks can be added, if desired, after blending.

### ***Instant Pea Soup***

2 cups boiling waater  
3 T. pea flour (green or yellow)  
2 teaspoons chicken or vegetable soup base

Using dried peas (whole or split), grind up to a fine flour. (This bean flour can be made in large quantities, then frozen until ready for use). In medium saucepan over medium high heat, whisk chicken or vegetable soup base and pea flour into boiling water, stirring for about 1 minute. Turn heat to low, cover and cook 2 minutes. Serves 2. For a thicker soup, use up to  $\frac{1}{3}$  cup pea flour.

NOTE: If desired, add  $\frac{1}{4}$  cup each grated carrots, grated potatoes, and minced celery to boiling water and cook 3 to 4 minutes or until crunchy/tender. Then, add pea flour and proceed as above.

### ***Fantastic Instant Corn Chowder***

3  $\frac{1}{4}$  cup hot water  
1/3 cup fine corn flour or masa  
23 T. pea flour  
2 T. chopped pimentos  
1 T. chicken or vegetable soup base  
8-10 drops Tabasco sauce (optional)

In medium saucepan, whisk flours into hot water and cook, stirring, for 1 minute over medium high heat. Cover and turn heat to low; cook 2-3 minutes. Serve with broken corn chips. Serves 2.

### ***Great Wheat Chips (Salt-Free)***

1 cup plus 2 T. water  
1 teaspoon white bean flour  
½ cup whole wheat flour  
½ teaspoon any no-salt seasoning blend

Blend water and flours until smooth. Stir in seasoning. Spoon batter onto a baking sheet lightly coated with cooking spray. Sprinkle each circle of batter lightly with sesame seeds, poppy seeds, or Parmesan cheese. Tilt baking pan to spread very thin. Try to maintain the circle shape. Bake at 350 F for 8 minutes or until edges curl and center is set. Turn over. Bake another 2-5 minutes until golden and crisp. NOTE: Thinner crackers cook faster, so if your crackers are not crisp following the above instructions, spread thinner or add a little more water to batter. This mixture thickens after standing for 15 minutes or more, so you may want to add more water to thin.

For Squirt Bottle Crackers: Place batter in an empty honey bear bottle with small nozzle opening. Squirt and spread dough in circles with the nozzle. Follow above instructions.

### ***Zippy Bean Dip***

2 cups cooked pinto beans  
2 T. fat-free mayonnaise  
1 teaspoon Worcestershire sauce  
2 T. lemon juice  
1 T. chopped green chiles  
¼ cup chopped green onions  
salt to taste

Mash beans. Mix with remaining ingredients, reserving 2 T. of onions for garnish. Serve with crisp raw veggies or corn chips.

All these recipes are courtesy of Sister Rita Bingham, Country Beans Cookbook, Bean Queen of the Ezra Taft Benson Agricultural Institute

You can order her cookbooks and nutritional materials at  
[www.naturalmeals.com](http://www.naturalmeals.com)

## Golden Split Pea Soup

3 c. chopped onions  
1 tsp vegetable oil  
1 1/2 tsp ground cumin  
1/2 tsp tumeric  
1 tsp ground coriander  
1 T. grated fresh ginger root  
1 c. dried yellow split peas  
7 c. water  
2 c. peeled and cubed sweet potatoes  
1 c. peeled, cored and cubed apples  
3-inch cinnamon stick  
2 tsp chili powder  
1/4 c. chopped tomatoes  
2 T. fresh or bottled lime juice  
1 T. soy sauce

nonfat yogurt  
minced cilantro (optional)

In a soup pot, saute the onions in the oil for about 8 minutes, until golden, stirring frequently. Add the cumin, tumeric, coriander and ginger and cook for another minute. Add the split peas, water, sweet potatoes, apples, cinnamon and chili powder, cover, and bring to a boil. Lower the heat and simmer for 40 minutes or until the split peas are tender.

In a bowl, combine the tomatoes, lime juice, and soy sauce. When the split peas are tender, add the tomato mixture. Puree all or part of the soup in a blender or processor (depending upon how much "chunk" you like in your vegetables), working in batches and adding more water if needed. Return the soup to the pot and gently reheat. Serve topped with nonfat yogurt and minced onion and minced cilantro if you like.

Per 9 oz serving: 138 calories; 4.4 gr protein, 28.9 carbohydrates, 0 mg cholesterol and 5.2 dietary fiber. Delicious served with fragrant jasmine rice and banana bundt cake. Marinated cucumbers are a nice side vegetable to accompany the particular flavors of this soup.

### ***Healthier Double Chocolate Muffins***

#### ***Ingredients:***

1 ¾ cups flour (see note)	1 tsp baking soda
1 cup white sugar	¼ cup baking cocoa
½ cup butter or margarine	1 egg
1 cup yogurt	½ cup milk
½ tsp vanilla	½ c – ¾ c chocolate chips

#### ***Directions:***

Sift the dry ingredients into a large mixing bowl. Melt the butter, add the remaining ingredients and mix until smooth. Add the combined liquids to the dry ingredients and fold together until the flour is dampened, but not smooth. Divide the mixture evenly between 12 medium-sized muffins pans that have been well coated with a non-stick spray.

Sprinkle with chocolate if desired before baking. Bake at 375 degrees F. for about 18 minutes or until their center springs back when pressed lightly. Leave to stand in the pans for about 3 minutes before removing and cooling on a wire rack.

#### ***Health Tips:***

- Grind small white beans in your blender into flour. Put ½ cup of white bean flour in place of ½ cup of flour in this recipe.
- Over time, reduce your white sugar to ¾ cup and then to ½ cup as your family's taste buds become more sensitive to sugar.

---

### ***Mexican Corn Bread***

***9 generous servings***

1. 1 cup yellow corn meal
2. 1 cup white or mixed flour
3. 1 T. baking powder
4. 1 tsp salt
5. 1 egg
6. 1 cup milk
7. 1 cup cream style corn
8. ¼ cup chopped onion
9. 2 T. chopped green chiles
10. 2 T. chopped pimento or red pepper (optional)
11. ¼ cup butter or margarine
12. ½ cup shredded Cheddar cheese

Combine dry ingredients in a bowl and mix well. Beat the egg and milk together. Add corn. Mix well again. Saute onion, chiles, pimentos (red peppers) in skillet until the onion is tender. Add the milk mixture, onion mixture, and cheese to the dry ingredients. Stir until just mixed. Pour into well-buttered or sprayed 8 inch square pan. Bake in hot oven (400 degrees F) for about 35 –40 minutes or until a toothpick inserted in the center comes out clean. Don't overbake.

## **Blueberry Oat Muffins**

**Makes 12**

**1/2 c. oats  
1/2 c. orange juice  
1 1/2 c flour (50 wheat/50 white fine)  
1/2 c. sugar  
1 1/4 tsp baking powder  
1/2 tsp salt  
1/4 tsp baking soda  
1/2 c. oil  
1 egg, beaten  
1 c. blueberries**

**Mix oats with orange and set sit. Combine all other ingredients except blueberries. Stir in oats with orange juice and stir. Will be lumpy. Stir in blueberries last and mix lightly. Pour into muffins cups. Top with a cinnamon and sugar mixture to your taste.**

**Bake 400 degrees for 18-20min.**

## ***Easy and Good Granola***

5 c. oatmeal  
1/4 c. powdered milk  
2 T. brown sugar  
1/3 c oil  
1/2 c. oil  
1/2 c. honey  
1 T. vanilla  
1 c. wheat germ  
1 C. coconut  
1 T. cinnamon

Combine powdered milk, brown sugar, oil, honey, vanilla, wheat germ, coconut and cinnamon and stir well. Pour over oatmeal to coat by stirring. Bake in a 250 degree oven for about 30 minutes, stirring twice to prevent burning. May serve cooled for snacks, for breakfast cereal or cooked slightly for a crunchy hot cereal. Quite sweet so no need to serve more sugar with breakfast!

---

--by hand of Doreen Thorn

### **Tannen's Pioneer Quick Bread**

We're all pioneers in our own hometown. This recipe, found in the Tannen woman's journal by Sis Wadsworth, is circa 1840. I've also included a simple variation which lightens the density of the bread.

4 cups whole wheat flour  
3 cups buttermilk  
1 1/2 cups brown sugar  
1 T. baking soda  
1/2 cup raisins or chopped apples (optional)

Stir with spoon. Pour into two 1 pound loaf pans. Bake at 325 degrees for 1 hour or in muffin tins for 20 minutes. Tastes like refrigerator bran muffins.

**Variation:** Use 1 cup crushed raisin bran, 1 cup whole wheat flour and 2 cups of bread flour to substitute for the 4 cups of whole wheat flour (by hand of Susan Alling).

### **Soy Beans Printanier**

(Printanier means spring vegetables such as carrots, green peppers and onions. I love this as a main dish. Brook loves this as a hearty side dish).

1/2 cup chopped green onions or chives  
1/2 cup shredded or mini-cubed carrots  
1/2 cup chopped green peppers  
1 1/2 cup diced tomatoes (I use canned crushed tomatoes)  
1 T. oil  
2 cups cooked soybeans  
1/2 tsp dried basil or fines herbes  
2 T. margarine  
1/4 cup brown sugar  
Salt to taste

3/4 cup shredded cheddar cheese

1/2 tsp Herbes de Provence (optional)

Saute onions, carrots, green peppers and tomatoes in oil for 15 minutes over low heat. Mix with remaining ingredients except cheese. Pour into well-greased baking dish. Top with shredded cheese. Cover and bake at 325 oven for 25-30 minutes. Makes 4-6 servings. May be doubled for a main dish.

\*\*\*\*\*  
If you don't have fresh vegetables, use  
1 pint of chunky salsa from your storage.

## **Wheat and Lentil Spaghetti Sauce**

Make your Favorite meatless spaghetti sauce. Add 1/2 cup bulgur wheat and 1 cup red lentils to your vegetables while you are sauteeing them. Add to sauce while cooking. Boosts your protein. No meat is needed. Yummy!

## **Bulgur Wheat**

Bulgur is processed by soaking and cooking the whole wheat kernel, drying it, then removing 5% of the bran and cracking the remaining kernel into small pieces.

## **Basic Cooked Bulgur**

Combine 1 cup bulgur, 1/2 tsp salt, 2 cups cold water. Stir and cover pan. Bring to boil; reduce heat and simmer 15 to 20 min. You may add chicken or beef seasoning to water to serve as a side dish.

## **Bulgur Muffins**

Beat together 2 eggs, 1 cup milk, and 3 T. oil.

Sift together 1- 1/2 cups sifted flour, 3 T. sugar, 2 tsp baking powder and 1/2 tsp salt.

Combine liquid and dry ingredients. Stir in: 3/4 cup cooked bulgur, 1/2 cup raisins.

Do not overmix. Fill greased muffin cups 1/2 full. Bake 15 to 20 min in 425 degree oven.

Makes 12 large muffins.

Susan Taylor Alling  
9126 21st St. SE  
Everett, WA 98205

## **Basic Baked Beans**

Soak beans overnight or by the quick boil and sit method (boil for 2 minutes; let sit for 60 min with the lid on) we learned in Relief Society:

1 lb navy beans or other small white beans  
2 qts of water

In same soaking or quick boil method water, bring beans to a boil and simmer until tender, probably 60-80 minutes. Drain, reserving bean cooking liquid. Preheat oven to 275-300 degrees. If your family members get a lot of gas from beans, drain the bean water, add fresh water for the cooking portion. (NOTE: If you use SUMMER SAVORY LEAVES in your recipe you will reduce the digestive gas your family experiences).

Combine in a 2 qt casserole with a tight lid:

cooked drained beans  
1/2 c molasses  
1/4 cup ketchup  
1 tsp dry mustard  
2 tsp salt  
1 med onion, chopped  
2 slices bacon, chopped or 1/4 lb salt pork, chopped (optional)  
bean liquid to lightly cover beans.

Bake about 3-4 hours, adding liquid occasionally, as necessary. Cover during first half of cooking time, then uncover.

### **OPTIONS:**

Substitute soybeans or a calico bean mix for the beans.  
Add 2-3 heaping teaspoons chile powder.

### **A different baking sauce for your beans:**

1 1/2 cups chopped onions  
3/4 c brown sugar  
2 tsp salt  
1 tsp dry mustard  
1 heaping clove garlic, minced  
1/2 c vinegar  
1/2 c ketchup

### **A Sweet and Sour Sauce to Bake Your Beans:**

This is a standard Mennonite meal for Sunday evening. Use the 13-bean mix with the beans and legumes mixed together. Rinse your beans. Mix beans with water and bring to a boil for 2 minutes.

**Basic Baked Beans with Variations**  
**Page 2**

Let soak for 30 minutes since this particular mix has such tiny beans. After soaking, bring the beans to a boil and simmer for about 30-40 minutes until the larger beans are a dente but not mushy. Drain the bean mix, saving a few cups of the cooking liquid. Mix the ingredients listed below.

2 T. brown or white sugar

2T. corn syrup

1/4 tsp salt

2 tsp vinegar

Stir until blended. Gradually add 1 c cooking bean liquid. Bring to a boil and cook a few minutes. Pour over cooked beans and bake as desired --about 50 minutes at 350 degrees. **This is enough sauce for about 1/2 lb navy or mixed beans.** Double or triple as desired. Mennonites often add sliced kielbasa or smoked sausage to this recipe while you bake the beans. Easy to fix!

**PJ Jacobsen's TerrificT \_ \_ \_ Chocolate Chip Cookies**

Heat oven to 375 F. This is a large recipe so that you can make some and freeze tsome for later breakfasts or snacks.

Combine:

4 1/2 cups all purpose flour (some wheat, some bean, some soy)  
2 tsp baking soda and 1 tsp salt. Set this mixture aside.

In a large mixer bowl cream 1 cup butter, 1 pound of Tofu and 2 cups of honey. Add 4 eggs and 4 tsp vanilla and cream the mixture until smooth. Add the flour mixture in two parts. Now you'll probably have to put the mixer away and grab a big sturdy wooden spoon.

Mix in 2 cups of oats, 2 cups of broken nuts, and 4 cups of semi-sweetened chocolate chips.

Drop by tablespoon (they don't spread too much so they can befairly close on the pan) on to a lightly greased cookie sheet. Bake for 10-12 minutes. Don't tell your husband or kids about the four-letter "T" word. Three cookies are a great breakfast.

PJ Jacobsen  
Alderwood II Ward

# Laura's Granola

## WET

1/2 cup melted butter or Crisco  
3/4 cup packed brown sugar  
1 cup honey  
1/2 cup veg oil  
2 tsp cinnamon  
2 tsp vanilla

## DRY

10 cups regular rolled oats  
1 cup wheat germ  
2 cups nuts (I use walnuts and slivered almonds together)

Mix wet ingredients together. Mix dry ingredients together. Combine and mix well. Spread on two cookie sheets and bake for 6 hours at 170.

## OPTIONS

You can add 2 cups chopped apples BEFORE baking. It won't keep as long though, FYI.

You can also add 3/4 cups sunflower seeds

My favorite option is to add two or more cups dried fruit AFTER baking. I use dried cranberries and date bits together. Raisins are good also.

## MY NOTES

I've tried apples, I've also done the sunflower seeds with raisins. Those options are just OK in my opinion. I am planning on trying a tropical version with sweetened coconut and dried pineapple.

Laura