

**FOOD STORAGE RECIPES**  
**PROVIDENT LIVING PRESENTATION (APRIL 30, 2000)**

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## YOGURT BY THE GALLON

**6 c. warm water**  
**4 c. dry milk powder**  
**2 1/2 qt. lukewarm water**

**2 capsules freeze-dried acidophilus**  
**1/2 c. plain yogurt**

Spray large saucepan with non-stick pan spray. Blend dry milk powder and *warm water* into two batches (3 c. of water at a time, using blender, egg beater or wire whip), then heat to 180°F, stirring constantly. Pour into a gallon container. Add remaining water to milk mixture. Temperature should not be hotter than 110°F. If mixture is too hot, add cold water or ice cubes. Add opened acidophilus capsules and stirred yogurt. Mix well. Pour into quart jars and keep in a warm place where it will not be jiggled or moved. Choose one of the methods below for incubating.

- ❑ Put a heating pad on a countertop and set to medium. Place folded bath towel on top. Place quart jars on towel and cover with another towel, tucking in edges to form a warm “nest.”
- ❑ Put quart jars in a large bowl of hot water and cover with a bath towel. After about 2 hours add boiling water to reheat cooled water.
- ❑ Put quart jars in oven that has been heated to 100°F, then oven turned off and pilot light or oven light on.

After 4-6 hours, the mixture should be set. Test with a spoon, rather than jiggling. Set yogurt should be refrigerated in the jars. This recipe will set up more firmly as the yogurt cools.

Use yogurt in fruit “shakes”, on granola, in any bread recipe calling for milk, in individual bowls with frozen orange juice concentrate or honey jam stirred in, or to make yogurt cheeses. Makes 1 gallon.

SOURCE: *Natural Meals in Minutes*, p. 134.

## APPLE CRISP

**4-5 c. dried apple slices**  
**1 c. flour**  
**3/4 c. quick oats**  
**1/3 c. regular oats**

**1 t. cinnamon**  
**1 c. brown sugar**  
**3/4 c. butter powder**  
**water**

Fill 9”x13” pan with dried apple slices. Add water until the water level is between 1/2-3/4th the height of the apples. Let soak while mixing the remaining ingredients. In medium size bowl, mix butter powder with 1 1/2 T. water. Add flour, oats, cinnamon and sugar. Mix well. Crumble over apples. Bake at 350 degrees for 30 minutes.

SOURCE: Loretta Buckley

## HONEY COOKIES

<b>1 1/2 c. shortening or margarine</b>	<b>3 t. cinnamon</b>
<b>2 c. sugar</b>	<b>3 t. baking soda</b>
<b>2 eggs, beaten</b>	<b>1 t. baking powder</b>
<b>1/2 c. honey</b>	<b>1/2 t. salt</b>

Blend shortening, sugar, eggs, and honey. Add dry ingredients. Mix well. Roll in balls, then roll in cup with sugar and cinnamon mixture. Bake at 325 degrees for 10 minutes. Looks like a ginger snap. Keeps well. Do not overbake.

SOURCE: Kathy Slater

## HONEY-NUT GRANOLA

<b>1/2 c. vegetable oil</b>	<b>3/4 c. sliced almonds</b>
<b>1/2 c. honey</b>	<b>3/4 c. shredded coconut</b>
<b>1/2 c. brown sugar</b>	<b>3/4 c. wheat germ</b>
<b>1/2 c. peanut butter, crunchy</b>	<b>3/4 c. dried fruit (optional)</b>
<b>4 c. quick oats</b>	

Preheat oven to 325 degrees. In a two-cup glass measurer, add oil, honey, brown sugar, and peanut butter. Mix well. (Hint: To make this easier to mix, place it in a microwave oven and cook on High for 1 minute.) In a large bowl, add oats, almonds, coconut, and wheat germ. Mix well. Add liquid mixture. Mix well. Place in a greased 9x 9x 2 casserole dish. Bake at 325 degrees for 30 minutes, stirring every 5 to 10 minutes to prevent granola from burning. Remove from oven and add dried fruit if desired. Pour granola onto a sheet of aluminum foil or wax paper to cool and harden. Then break it into the size of pieces you desire and store in an airtight container.

SOURCE: Linda Gonda (Fredericksburg Ward)

## MRS. FIELD'S OATMEAL COOKIES

<b>1 c. brown sugar</b>	<b>1/2 t. baking soda</b>
<b>1 c. white sugar</b>	<b>1 t. vanilla</b>
<b>1 c. butter</b>	<b>2 c. flour</b>
<b>2 eggs</b>	<b>2 c. quick oats</b>
<b>1/2 t. salt</b>	<b>1 lb. chocolate chips (optional)</b>
<b>1 t. baking powder</b>	<b>1 1/2 c. chopped nuts (optional)</b>

In large bowl, cream sugars and butter. Add eggs and beat well. Add salt, baking powder, baking soda, and vanilla. Mix well. Add flour and oats. Mix well. Fold in chips and nuts. Refrigerate dough overnight. Remove from refrigerator and mold into

balls at least 1 to 1 1/2 inches in diameter. Place balls on an ungreased cookie sheet at least 2 inches apart. Press balls down slightly. Bake at 400 degrees for 6-8 minutes or until cookies are slightly golden brown. Cool on pan. Remove and store in an airtight container.

SOURCE: Kari Halliday

### OATMEAL CAKE

#### Cake

**1 c. quick oats**  
**1 1/2 c. boiling water**  
**1/2 c. vegetable oil**  
**1 c. brown sugar**  
**1 c. white sugar**  
**2 eggs**  
**pinch of salt**  
**1 t. baking soda**  
**1 t. cinnamon**  
**1 1/2 c. flour**

#### Icing

**1/2 c. butter**  
**1 c. brown sugar**  
**2 T. milk**  
**1/2 t. baking powder**  
**1 c. shredded coconut**  
**pinch of salt**  
**1/2 c. chopped pecans or walnuts**

Cake: Preheat oven to 350 degrees. Pour oats into boiling water. Set aside. Cream oil and sugars. Add eggs and mix well. Add oatmeal mixture. Mix well. Add salt, baking soda, and cinnamon. Mix well. Add flour. Mix well. Pour mixture into a greased and floured 9x13 pan. Bake at 350 degrees for 25-30 minutes or until toothpick comes out clean. DO NOT REMOVE CAKE FROM PAN.

Icing: In a medium saucepan, add butter, sugar, milk, baking powder, coconut, and salt. Mix well. Bring mixture to boil. Fold in nuts. Pour hot mixture over cake in pan. Serve.

SOURCE: Kari Halliday

### PINTO BEAN FUDGE

**1 c. cooked, drained, mashed pinto beans**   **1 T. vanilla**  
**1/2 c. milk**   **6 T. butter or margarine**  
**6 oz. unsweetened chocolate**   **1 c. nuts (optional)**  
**2 lbs. powdered sugar**

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes. Stir in vanilla. Melt chocolate and butter and stir into bean mixture. Gradually stir in powdered sugar. Knead with hands to get it well blended. Spread into lightly buttered 9-inch baking dish or form into two 1-1/2 inch rolls. Chill 1-2 hours.

SOURCE: *New Ideas for Cooking with Basic Food Storage*, p. 15.

### WHOLE WHEAT ICECREAM SANDWICHES

<b>1/2 c. evaporated milk</b>	<b>1 c. brown sugar</b>
<b>2 t. lemon juice</b>	<b>6 c. whole wheat flour</b>
<b>1 c. oil</b>	<b>1 t. salt</b>
<b>1/2 c. honey</b>	<b>1 t. soda</b>
<b>2 t. vanilla</b>	<b>1 qt. icecream (any flavor)</b>
<b>2 eggs</b>	

Mix milk and lemon juice together. Add oil, honey, vanilla, eggs, and sugar. Mix well. Add flour, salt, and soda. Mix well. Divide dough into two equal parts. Place each part on a greased cookie sheet. Cover with a sheet of plastic wrap. Roll out dough 1/8 inch thick under the plastic. Remove plastic wrap and score dough into squares with a pizza cutter. Prick dough with a fork. Bake at 350 degrees for 10 minutes or until brown. Cool. Break crackers into squares along score lines. Place two scoops of icecream between two crackers. ENJOY!

SOURCE: Adapted from *The Amazing Wheat Book*, p. 190.

### CHEDDAR GARLIC CRACKERS

<b>2 c. flour</b>	<b>1 c. cheese powder</b>
<b>1/2 t. baking powder</b>	<b>1/2 t. garlic salt</b>
<b>1/2 t. baking soda</b>	<b>3/4 c. cold water</b>
<b>1/3 c. oil</b>	

Cut flour, baking powder, baking soda, and oil with a fork or pastry cutter until it resembles cornmeal. Add cheese powder and garlic salt. Mix well. Add water. Mix well. Place dough in the center of a greased cookie sheet. Cover entire cookie sheet with plastic wrap. Roll out dough under the plastic wrap to desired thickness. Remove plastic wrap. Score dough into squares with a pizza cutter and prick squares with a fork. Bake at 350 degrees for 10–12 minutes. Let cool. Remove crackers from pan and break them apart at the score line. Store in an airtight container.

SOURCE: Adapted from *The Amazing Wheat Book*, pp. 146-147.

### CRACKED WHEAT CHICKEN CASSEROLE

<b>1 1/2 c. cooked diced chicken</b>	<b>1 can cream of chicken soup</b>
<b>2 T. margarine or butter</b>	<b>1 c. shredded sharp cheddar cheese</b>
<b>2 c. cooked cracked wheat</b>	<b>1/2 c. chopped onions</b>

**1/2 c. buttered bread crumbs**  
**1/2 c. milk**

**1/2 c. chopped veggies (optional)**

Saute onion in butter. Stir in all ingredients except 1/4 cup cheese and bread crumbs. Sprinkle these on top. Bake uncovered at 350 degrees for 30 minutes.

SOURCE: Susan Matthews

### **DELICIOUS OATMEAL PANCAKES**

**1/2 c. whole wheat flour**  
**1/4 t. salt**  
**1/3 c. nonfat powdered milk**  
**1 c. water**  
**1 c. rolled oats**

**2 t. baking powder**  
**2 T. sugar**  
**2 eggs, separated**  
**3 T. vegetable oil**

In medium bowl, combine flour, baking powder, salt, sugar, and powdered milk; stir until well blended. In small bowl, beat egg whites until stiff; set aside. In large mixing bowl, combine yolks, water, oil, and oats; beat slightly and let stand 5 minutes. Then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. For small pancakes, drop 2 T. batter onto griddle. For larger pancakes, pour 1/4 cup onto griddle.

Bake until pancakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other side. Serve with applesauce, jam, or butter and maple syrup. Servings: 8–10 pancakes

### **GLUTEN (WHEAT MEAT)**

**12 c. whole wheat flour**

**7 c. lukewarm water**

Add water to the flour. Mix well. (It should take about 20 stirs.) The mixture should resemble bread dough. Let rest 1/2 hour or more. Refrigerate dough mixture if more than 24 hours. Pour 1/4 of the dough into a large strainer. Rinse under cold running water until only gluten remains. (Gluten is the protein part of the wheat. It is medium brown and resembles bubble gum.) Pour gluten into a separate bowl. Repeat until all of the dough has been rinsed. Roll the gluten into one large ball. Rinse one more time really well. Drain well.

Cook the raw gluten using any of the following methods:

- ❑ Baked: Roll out raw gluten onto a greased baking sheet and bake at 350 degrees for 30 minutes. Use fork to puncture air bubbles.
- ❑ Steamed: Place raw gluten into a greased steamer, double broiler, or pressure cooker. Steam for 30 minutes or until firm.

Prepare the cooked gluten in any of the following ways:

- ❑ Baked Gluten: Grind up baked gluten in a meat-grinder, food processor, or food chopper. Season as desired to make ground beef or sausage.
- ❑ Steamed Gluten: Simmer steamed gluten in a seasoned broth as desired. BASIC BROTH: 1 c. water and 2 T. flavored base. Slice or cube gluten to make chicken, turkey, beef, veal, or fish.

SOURCE: adapted from *The Amazing Wheat Book*, pp. 5-69.

### GLUTEN ITALIAN SAUSAGE

<b>6 c. unflavored ground gluten</b>	<b>5 beaten eggs</b>
<b>6 T. white bean or wheat flour</b>	<b>1 T. sausage seasoning</b>
<b>6 T. olive oil</b>	<b>3 T. water</b>

Mix gluten and flour. Mix oil and eggs. Add to gluten mixture. Mix seasoning and water. Add to gluten mixture. Spread onto a greased cookie sheet. Bake at 350 degrees for 15-20 minutes.

Source: *Quick Wholesome Foods Video*

### GLUTEN ITALIAN SAUSAGE LASAGNA

<b>1 4.3 lb. jar of Prego spaghetti sauce</b>	<b>6 beaten eggs</b>
<b>4 c. gluten Italian sausage</b>	<b>5 lb.s shredded mozzarella</b>
<b>2 c. rennet cheese</b>	<b>1 lb. box lasagna noodles</b>

Prepare gluten italian sausage. Add to spaghetti sauce. Mix. Prepare rennet cheese. Add to cheese and eggs. Mix. Cook lasagna noodles according to package directions. Drain. In two large greased 9x13 pans, layer ingredients as follows: noodles, cheese mixture, and spaghetti sauce mixture. Repeat. Bake at 350 degrees for one hour. Let cool 15 minutes. Servings: 24.

SOURCE: Jillyne Keene

### GRAHAM CRACKERS

<b>3 c. whole wheat flour</b>	<b>2/3 c. brown sugar</b>
<b>3/4 t. baking soda</b>	<b>3 T. oil</b>
<b>1 t. baking powder</b>	<b>1/2 c. honey or molasses</b>
<b>1/2 t. salt</b>	<b>1/2 c. sour cream</b>
<b>3 T. soft butter</b>	<b>1 t. vanilla</b>

Stir together the first four ingredients and set aside. Cream together butter, sugar, oil, and honey. Then blend in sour cream and vanilla. Add dry ingredients and stir just until blended. Roll between wax paper to 1/8 inch thick. Pull off top paper and invert onto well-floured cookie sheet. Peel off paper and mark into squares with knife. Prick squares with fork. Bake at 375 degrees about 8 minutes. Remove from oven and separate while warm.

SOURCE: Olivia Kulbeth

### ITALIAN SAUSAGE SEASONING FOR GLUTEN

<b>1 T. white pepper</b>	<b>1 t. nutmeg</b>
<b>1 T. black pepper</b>	<b>1 t. savory</b>
<b>2 T salt</b>	<b>1/2 t. garlic powder</b>
<b>2 t. thyme</b>	<b>1/2 t. red pepper</b>
<b>1 t. sage</b>	

Mix well. Store in an airtight container.

Source: *Quick Wholesome Foods Video*

### MULTIGRAIN PANCAKES

<b>1 c. white flour</b>	<b>1 t. salt</b>
<b>1 c. whole wheat flour</b>	<b>2 c. milk</b>
<b>1/2 c. quick oats</b>	<b>1/2 c. plain yogurt</b>
<b>4 T. yellow cornmeal</b>	<b>2 T. vegetable oil</b>
<b>4 T. brown sugar</b>	<b>2 large eggs</b>
<b>3 t. baking powder</b>	

Mix all ingredients well. Cook as you would regular pancakes.

SOURCE: Kristi Sumner

### SWEET WHOLE WHEAT QUICK BREAD

<b>2 T. shortening</b>	<b>1/2 t. salt</b>
<b>4 c. buttermilk</b>	<b>2 t. baking soda</b>
<b>2 c. brown sugar or honey</b>	<b>6 c. whole wheat flour</b>

Pour buttermilk into large bowl. Add sugar, salt, and baking soda. Mix well. Stir in flour. Mix only until moistened, mixture will not be smooth. Pour into prepared pans. Sprinkle tops of loaves with wheat germ if used and lightly pat with back of tablespoon. Bake at 325 degrees for 1 1/2 hours or until bread pulls slightly away from pan.

SOURCE: Kristi Sumner

### **WHEAT BERRY SALAD**

<b>3 cups wheat</b>	<b>1 c. fresh, chopped parsley</b>
<b>2 diced tomatoes</b>	<b>1 pkg. Good Seasons Salad Dressing Mix</b>
<b>2 cups shredded cheddar cheese</b>	

Day before Serving: Soak wheat overnight in large bowl of water. (Water level should be 2 inches above wheat.)

Day of Serving: Drain wheat. In large pot, heat 14 cups of water to boiling. Add drained wheat berries. Heat to boiling again. Reduce heat to low. Cover pot with lid and simmer for 2 hours or until wheat is tender. Drain wheat and place in large bowl. Add tomatoes, cheese, and parsley. Toss. Make up salad dressing mix. Add to bowl to taste. Toss and serve.

SOURCE: Shirley Emerson and Sue Garcia

### **WHEAT CHILI**

<b>3 c. water</b>	<b>1/2 T. brown sugar</b>
<b>3 T. beef broth</b>	<b>1 bay leaf</b>
<b>1 1/2 c. whole wheat</b>	<b>1/2 t. sweet basil</b>
<b>1 chopped onion</b>	<b>1/2 t. ground cumin</b>
<b>1 c. tomato sauce</b>	

Place all ingredients in a crockpot. Cook on high for 6-8 hours.

SOURCE: <http://www.lds.net/ldslife/families/emergency/wheatchili.htm>

### **100% WHOLE WHEAT BREAD**

<b>5 1/2 c. water</b>	<b>1 1/2 T. salt</b>
<b>3/4 c. oil or butter</b>	<b>4 1/2 T. instant active yeast</b>
<b>3/4 c. honey</b>	<b>12 c. whole wheat flour</b>
<b>1 1/2 c. instant potato flakes or crushed pearls</b>	

Pour water, oil, and honey in a medium sized saucepan. Place on medium heat until the temperature of the liquids inside the saucepan reaches 120-130 degrees F—usually 10 minutes. While liquids are heating up, add salt, yeast, and 5 cups of flour in an extra large mixing bowl. Mix well. Add liquids when they are the right temperature and beat with an electric mixer for 2 minutes on low speed. Then add 1 1/2 cup more flour. Beat another 2 minutes on medium speed. Using a wooden spoon, add enough of the remaining flour to make dough soft and pliable (like bubble gum.)

Knead dough on a floured surface for 10 minutes—adding flour as needed to keep the dough from sticking to your hands and to the surface. When finished, place dough back into the extra large mixing bowl. Cover with a towel and place in a warm location that is free from cold drafts of air. Let dough rise until it is double in size—usually 45-60 minutes.

Punch down raised dough. Place onto an oiled surface. Divide dough into 6 portions. Oil your hands and knead each portion to remove air bubbles. Then shape into a round ball and place in a greased bread pan. Cover pans with a towel and place in a warm location that is free from cold drafts of air. Let loaves rise until they are double in size—usually 45-60 minutes. Preheat oven to 350 degrees.

Bake in oven for 25 minutes. Cool bread for at least 10 minutes before removing loaves from bread pan. Place loaves on a dish towel or paper towel to cool. EAT! Makes 6 loaves.

SOURCE: Jillyne Keene

### **CREAM OF CHICKEN SOUP SUBSTITUTE**

**1 3/4 c. water**

**4 t. chicken bouillon or soup base**

**5 T. white bean flour**

Bring water and base to a boil. Whisk in bean flour. Mixture will thicken 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 1/4 c. chicken chunks can be added, if desired, after blending.

SOURCE: *Country Beans*, p. 80.

### **GARBANZO BEAN SANDWICH SPREAD**

**1 c. cooked garbanzo beans**

**2 T. minced green onion**

**2 T. fat-free mayonnaise**

**salt or vegetable soup base to taste**

**1 T. pickle relish**

Mash beans and whip with mayonnaise. Add remaining ingredients. Serve on toasted bread.

SOURCE: *Country Beans*, p. 55

### **“INSTANT” REFRIED BEAN MIX**

<b>1 1/2 c. pinto or black bean flour</b>	<b>1/2 t. cumin</b>
<b>1 1/2 t. chili powder</b>	<b>1 1/2 t. salt</b>
<b>1/8 t. garlic powder (optional)</b>	<b>1 t. instant minced onions (optional)</b>
<b>1/2 c. salsa (optional)</b>	

Mix and store in airtight container. To prepare, whisk 3/4 c. of mixture into 2 1/2 c. boiling water. Cook, while stirring, over medium heat for 1 minute, until mixture thickens. Don't worry about lumps--they taste great too! Reduce heat to low, cover pan and cook 4 minutes. Add salsa if desired. (Mixture thickens as it cools and will stay thick even after heating.)

SOURCE: *Country Beans*, p. 123.

### **TACO SOUP**

<b>1 1/2 lbs. browned, drained ground beef</b>	<b>1 can stewed tomatoes (Mexi-Style)</b>
<b>1 med. chopped onion</b>	<b>2 c. water</b>
<b>1 can pinto beans, undrained</b>	<b>3/4 pkg. taco seasoning mix</b>
<b>1 can light red kidney beans, undrained</b>	<b>1 pkg. ranch dressing mix</b>
<b>1 can corn, drained</b>	

Combine all the above ingredients in pot. Heat until boiling. Serve on top of corn chips and shredded cheddar cheese.

SOURCE: Anita Brenchley

### **HOMEMADE MACARONI AND CHEESE**

<b>5 c. dry macaroni</b>	<b>1/2 c. milk</b>
<b>10 c. water</b>	<b>1 c. cheese powder</b>
<b>1/4 c. melted butter</b>	<b>1 t. salt</b>

Cook macaroni in water. Drain. Pour into a large bowl. Toss with melted butter. In a separate small bowl, mix milk, cheese powder, and salt until smooth. Pour over macaroni and mix well. Makes 6 servings.

SOURCE: Jillyne Keene

### **SPAGHETTI/HAM CASSEROLE**

<b>1-2 lbs. spaghetti</b>	<b>1/2 c. cheese powder</b>
<b>1/2-1 c. freeze-dried ham</b>	<b>salt and pepper to taste</b>
<b>4 T. egg powder</b>	<b>water</b>

Cook spaghetti and drain. Soak ham in 1-2 c. very hot water. Let stand 10 minutes. Mix egg powder with 4 T. water. Mix cheese powder with 1/4 c. water. Pour all ingredients in a greased casserole dish and mix well. Bake at 350 degrees for 30-45 minutes.

SOURCE: Loretta Buckley

### **CHICKEN TETRAZZINI**

<b>4 cooked chicken breasts, cubed</b>	<b>1/2 lb. shredded mozzarella</b>
<b>1/2 lb. cooked spaghetti</b>	<b>3/4 lb. shredded monterey jack cheese</b>
<b>3/4 c. minced dry onion</b>	<b>1 c. milk</b>
<b>2 cups cream of chicken soup substitute</b>	<b>1 c. chopped green pepper</b>

Mix ingredients together well. Bake at 350 degrees for 30 minutes.

SOURCE: *What's for Dinner?*, p. 54.

### **SALSA**

<b>30 lg. tomatoes</b>	<b>2 lg. red bell peppers</b>
<b>10 lg. onions</b>	<b>2 lg. green bell peppers</b>
<b>15-20 hot peppers</b>	<b>1/3 c. non-iodized salt</b>
<b>1- 1 1/2 c. sugar</b>	<b>1 c. cider vinegar</b>
<b>2 buttons garlic</b>	<b>1/4 c. lemon juice</b>

Wash tomatoes. Dip in boiling water for 30-60 seconds or until skins split. Remove skins; core and dice. Place in a large pot. Chop up onions, garlic and bell peppers. Add to tomatoes. Add 1 c. sugar, salt, and vinegar. Chop up hot peppers. Add to tomatoes. Bring salsa to a boil, stirring constantly. Turn down heat and simmer until salsa reaches desired thickness. Meanwhile, heat quart jars. Add 1 T. lemon juice and 1 t. sugar into each jar. Swish around. Pour salsa into hot jars, leaving 1/8-inch headspace. Process in boiling water bath for 45 minutes.

SOURCE: Loretta Buckley and Virginia Cooperative Extension Service

## NAVY BEAN AND HAM SOUP

<b>5 c. dry white beans</b>	<b>2 1/2 T. chicken-flavored stock base</b>
<b>12 c. water</b>	<b>1 t. salt</b>
<b>2/3 c. dehydrated diced ham</b>	<b>2 crumbled bay leaves</b>
<b>1/2 c. dehydrated minced onions</b>	<b>1/4 t. ground cloves</b>
<b>1/2 c. dehydrated minced carrots</b>	<b>1/2 t. pepper</b>

In large pot, add beans and cover with at least two inches of water. Bring to boil. Boil for two minutes. Drain water. Pour beans into large crock pot. Add 12 cups water, ham, onions, carrots, chicken base, salt, bay leaves, cloves, and pepper. Cook on high for four hours or on low for eight hours.

SOURCE: Adapted from *Good Housekeeping Illustrated Cookbook*, p. 135.