

30 days worth of storage recipes

I have prepared this for my daughters and the sisters in my stake to help them in gathering the 3 month supply. Just add your favorite storage recipes and times by 3 and you are own your way to obtaining the 90 day storage items.

We were told in the pamphlet to store comfort foods, foods that we normally eat. That leads me to believe we will have a way to prepare the foods we normally eat.

Feel free to use this in your wards.
Vickie (Dennis' mom)

These recipes were collected with the 3 month normal diet/rotation food storage in mind. There are over 30 recipes, one for every day of the month! These are fairly easy recipes that do not take a lot of time to prepare and are easy to rotate. Don't forget to add some recipes that are your family favorites! Additionally, these recipes can also be helpful in the planning of your year supply of food storage after you get your basics. We hope these will help you in your efforts to obey the council to provide for your family in times of need.

(The canned meats are those provided at the church wet pack cannery. You can purchase canned chicken and it is possible to can your own meat or purchase freeze dried meats. Canned cheese can be purchased online or believe it or not it is easily canned at home!)

Sprouting is the Missing Link in Food Storage!

In India, during 1938, severe crop failures and food shortages were responsible for thousands of deaths due to scurvy and famine. It wasn't until Jan of 1940 that a plan to solve the problem was announced. Each person was given an ounce of dried sprouted grain or chick peas twice a week. After 4 months there were no reported cases of scurvy. In addition to providing enough vitamin C (and other essential vitamins) sprouts can supply adequate amounts of protein to maintain health.

How to Sprout in a Canning Jar

Soak the seeds (any grain, beans or seeds) in water overnight. (3/4 c dry wheat)

The next morning drain and place the seeds in a quart jar.

Cover the opening of the jar with a square of nylon (cut from pantyhose) and screw on the canning jar band.

Rinse the seeds (let water run into the jar without taking off the nylon and band).

Drain

Place the jar upside down on an angle in your dish drainer for good drainage. Cover with a towel or just place in your cupboard. (In the dark)

Rinse 2-3 times a day.

Depending on the seed you will have sprouts in approx. 2-3 days.

6 can Chicken Tortilla Soup

1 15 oz. can whole kernel corn

3 (14.5 oz) cans or 30 oz. chicken broth

1 can chicken 1 15 oz. can black beans

1 10 oz. can diced tomatoes with green chili peppers

½ c. rice

1 t. cumin

1 T. dried cilantro

1 t. garlic powder

½ t. salt

1 t. chili powder

Toppings:

Tortilla chips, shredded cheddar cheese, sour cream

Open all cans and pour everything into a large saucepan or stock pot add spices.

Simmer over medium heat until chicken is heated through. Serve over tortilla chips and top with shredded cheese and sour cream.

Shepherd Pie

1 can ground hamburger 1 can corn

1 can green beans 1 can tomato soup

2 T. dried onions Salt & pepper to taste

3 c. prepared instant potatoes

Mix all ingredients except potatoes. Place in casserole dish. Top with potatoes. Bake 350 degrees for 30 min. or until heated through.

chicken and gravy over rice

2 ½ cups chicken gravy (make your own or use cream of chicken soup)

1 can chicken

4 cups hot cooked rice

Cook rice as directed. Add chicken to gravy and heat. Serve chicken gravy on rice.

Spaghetti

Spaghetti noodles

Spaghetti sauce

1 can ground hamburger if desired

Cook noodles as directed. Warm sauce (with cooked hamburger). Serve with canned green beans and other side dishes as desired.

Darlene's Homemade Corn Tortillas

1 c. flour

1 c. corn meal

1 egg (or powdered)

1 tsp. salt

3 T. oil

Add enough water to make a thin batter. THIN!!!! Cook on hot grill like a pancake.

Red and White Potato Soup

2 qt. boiling water

2 c. shredded potatoes or dry equivalent (1 c)

¼ c dry celery

1 t. dried parsley

3 T. chicken or veg. soup base

2 T. dry onion

1 can kidney beans

½ c. flour or white bean flour to thicken

Combine all ingredients except bean flour. Cook over med. high heat about 15 min until potatoes and celery are tender. Whisk bean flour into hot mixture.

Hot and Spicy Black Beans and Rice

2 cans or 3 c. cooked black beans

3 T. dehydrated onion

1/4 c. DH green pepper

2 T. chicken or veg. soup base

2 c. water or bean broth
1/8 t. cumin
1/2 t. oregano
2 T. white vinegar
1/8 t. red pepper flakes
1/8 t. garlic powder
4 c. hot cooked rice

Combine all ingredients except rice and cook over medium heat for 10 minutes to blend flavors and thicken sauce. Serve over hot rice. Serves 6-8.

Goolosh

1 lb. or can ground hamburger
2 c. elbow macaroni
1 qt. Canned/stewed tomatoes or tomato soup
2 t. salt & 1/2 t pepper or to taste
3 T. dry onions dry green peppers
6c. water 1 garlic clove, minced
2 t. beef boullion

Brown hamburger with onion, drain. (if needed) and add additional ingredients. Stir to blend. Bring to a boil. Lower heat and simmer for 20 minutes or until macaroni is tender.

Navajo Tacos

1 pint salsa
2 c. chili beans
2 c. canned tomatoes
1 lb. or can hamburger
2 t. chili powder

Mix together and simmer about 10 minutes.

Or use Ranch Beans (Great Value from Wal-Mart)

Use this or chili as a topper on Navajo fry bread (Scone).

Chicken/Beef Pot Pie

1 can desired meat
2 cans cream of chicken or celery soup or 2 c. gravy
Salt and pepper to taste
1/4 t. thyme
2 cans mixed vegetables

Mix together. Place ingredients in a double pie crust. 11x7 casserole dish. Bake at 350 for about 30 minutes until top crust is golden brown. Or can be topped with biscuits.

Pot Pie

2 pie crusts
2 cans mixed vegetables (Veg-All)
2 cps of chicken gravy
1 can of chicken

Prepare the gravy according to the pkg. directions. Mix in the vegetables and chicken. Put in unbaked pie crust and top with pie crust. Flute the edges, vent and bake @ 350 approx. 40 min. Watch for the crust to be browned.

Super Sprout Chili

6 c. cooked kidney bean sprouts 1 c. cooked wheat sprouts

3 8 oz. cans tomato sauce 2 c. chopped onions or ½ c. dry onion
2 T. chili powder (to taste) salt and pepper to taste
1 lg. green pepper (if available or equivalent dried) 1 can olives
3 qt. bottled tomatoes 3 T. beef bouillon
2 T. powdered cumin

Combine all ingredients and cook over med. heat for 25 min. If thicker chili is desired, use cornstarch to thicken. (Mix 4 T. cornstarch with ½ c. water, stir into chili. Boil 3 min. until thick.

Bean and Ham Soup

1 8 oz. tomato sauce 1 c. water
3 cans Ham&Beans (from cannery)
(or 2 cans great white northern beans, undrained and 1 c. ham cubed)
3 T. dry onion
1 tea. Beef bouillon 1 tea. Salt
1 clove garlic, minced 2 cans carrots
2 c. mashed instant potatoes 3 med. celery stalks, cut (if available)
½ tea. Pepper

Heat tomato sauce, water, ham, onion, bouillon, salt, pepper, garlic and celery in large pot to boiling. Reduce heat, cover and let simmer till celery is tender, 15-20 min. Stir in beans, carrots, and potatoes. Heat to boiling. Reduce heat, cover, and simmer for 10 min. to blend flavors. To thin soup use evaporated milk to desired consistency.

Southern Beans and Rice

2 c. water 3 c. cooked small red beans or 2 cans
3 stalks celery, chopped 1-2 T. Chicken or veg. soup base
½ c. chopped mushrooms or 1 can Tabasco/Picante sauce to taste
2 T. green pepper, chopped (frozen or dried) 1 T. Worcestershire sauce
1 lg. onion, chopped (3 T. dried) 4 c. cooked rice

In sauce pan, bring all ingredients except rice to boil, then turn to low. Simmer, covered, for 15-25 min. Serve over hot rice. Serves 4-6.

Hash Brown & Bean Casserole

2 cans cream of mushroom soup 1 can green beans
1 lb. or 1 can of ground hamburger 2 c. dehydrated hash browns or other
½ t. salt shredded potatoes
¼ t. pepper ¼ t. garlic powder

Brown the hamburger. Drain. Rehydrate hash browns. You can do this by putting the 2 c. of hash browns in 4 cups of water and microwaving them for 2-3 min. Drain the hash browns. Combine all the ingredients together and bake at 350 degrees for 30 min. or until warmed through

Olive Garden's Pasta e Fagioli

1 lb. or 1 can ground hamburger 1 small onion or 2T. dry onion
1 large carrot julienne (1 cup) or ½ canned carrots 3 stalks celery, chopped (1 cup) if available
1 qt. canned tomatoes 1 can red kidney beans, with liquid
1 15 oz. can tomato sauce 2 cloves minced garlic or powder
½ tsp thyme 1 12 oz can V-8 juice
1T. white vinegar 1 ½ tsp. salt
1 tsp. oregano 1 tsp. basil
½ tsp. pepper ½ pkg. ditali pasta (or whatever pasta)

Brown ground beef in large sauce pan over med heat. Drain off most of the fat. Add onion, carrot, celery and garlic and sauté for 10 min. (This step depends on if you have the raw ingredients) Add remaining ingredients, except pasta. Simmer for 1 hour. About 50 minutes into the simmer time cook the pasta in 1 ½ - 2 quarts of boiling water over high heat. Cook for 10 minutes or just until pasta is al dente or lightly tough. Drain pasta and add to soup. Simmer 5-10 minutes and serve.

Beef N' Noodles or Pork N' Noodles

1 can cream of mushroom soup 1 can beef broth (or use soup base)
1 can cream of celery soup 2 cans beef chunks or pork chunks
1 can onion soup (if using pork you may want to use chicken
3 c. egg noodles or veg. broth)

Mix all ingredients except noodles in large covered pan or covered baking dish. Add noodles. Mix. Bake 1 hour at 350 degrees or until noodles are tender.

Corn Bread

1 C. corn meal 1 c. flour (white or wheat)
1 tsp. salt 4 tsp. baking powder
1 c. water 4 T. powdered milk
½ c. sugar 2 eggs or powdered
¼ c. oil

Mix wet ingredients with dry ingredients. Pour in 11x 7 baking dish. Bake at 400 degrees for 20-25 minutes. Serves 6-8.

Tex-Mex Skillet Dish

1 lb. or can ground beef 1 pint salsa
1 can black beans 2 cloves minced or ½ tea powdered garlic
1 can small red beans salt & pepper to taste
1 quart tomatoes ½ cup water
2 cups rice 1 pkg. or 1 Tlbs. Taco seasoning (or to taste)
1 onion chopped or ¼ cup dry onion

In a large skillet brown ground beef (if needed) with onion. Drain. Add additional ingredients. Stir. Bring to a boil. Reduce heat to low and let simmer until rice is cooked. 10-15 min.

Chicken & Broccoli Casserole

2 c. cooked cubed chicken ¾ cup mayonnaise
1 ½ cups rice (cooked) 1 tsp. lemon juice
16 oz. pkg. broccoli (steam it until tender, but don't over cook)
2 cans cream of chicken soup
1 cup shredded cheddar cheese

Mix soup, lemon juice and mayonnaise together. Add broccoli, rice and chicken. Mix together. Top with grated cheese. Bake at 350 for 30 min. or until heated through.

Pork Chile Verde

2 lbs. or cans cubed pork 1 small chopped onion or dried
2 cans diced Ortega chilies 1 clove minced garlic or ½ tea. Powdered garlic
2 Tbl. Shortening or oil 1 Tbl. Flour
1 cup water 1 teas instant chicken bouillon
½ tea. Pepper 1 lg. granny smith tomato, chopped
(I would just use 1 cup of canned tomato)

Sauté meat in oil, add onion and garlic, cook until meat is soft. If using canned meat just make sure the onions and garlic are cooked. Add tomatoes and chilies; add

water containing flour and bouillon. Cook slowly until very tender about 1 hour. (Just heat through if you have canned meat.)

Use on rice or with enchiladas etc.

Taco Macaroni Casserole

1 lb ground beef or = TVP
1 pkg. taco seasoning or equivalent
2 c dry macaroni
1 can tomato soup
Dried onions
Grated cheese

Cook and drain beef. Add Taco Seasoning,
2 1/2 cps water, dry macaroni, onions and canned soup. Bring to a boil. Cover and simmer 8 minutes. Sprinkle cheese on top and serve.

Cooked Wheat

Bring 2 cups water and ½ t of salt to a boil. Add 1 cup of wheat. Cover with a tight lid and let simmer 10 min. Take off heat and let set 4 hours. Drain off any extra water.

We eat a combination of rice and wheat (1/2 and ½) which is a complete protein.

Sweet and Sour

1 lb chicken, beef or pork
1 T. oil
1 ½ cups water
1 can pineapple chunks
½ c brown sugar
4 T. cornstarch
3 T. soy sauce
1/3 c vinegar
½ t. salt
1/8 t pepper
1 can carrots
Dried onion

Cube the meat and cook in hot oil. Add water and bring to a boil. Drain pineapple reserving juice. Combine the sugar and cornstarch. Stir in the juice, vinegar, soy sauce, salt and pepper. Add to the meat and stir until the sauce thickens. Add pineapple, carrots and any other vegetables. Serve over rice or a combination of rice and wheat.

Taco Soup

1 lb ground beef or = TVP
1 T dry onion
Cook and drain. Then add without draining:
3 cans diced tomatoes with chilies
1 can corn
1 can kidney beans
1 envelop Taco Seasoning or equivalent
Simmer and serve

Alfredo

Cook and drain spaghetti noodles.
Heat a jar of Ragu Alfredo sauce and serve over noodles.

Whole Wheat Casserole

3 cps of cooked wheat 1 cup of cooked rice
1 lb of ground beef hamburger cooked and drained or = TVP
2 T dry onions ½ c green pepper
1 T chili powder 1 t garlic salt
1 can corn 16 oz can tomatoes or 1 qt jar
1 c grated cheese
Combine and heat thorough. Serve with cheese on the top.

Taco Bake

1 lb ground beef or = TVP
1 can tomato soup
1 c salsa
½ milk
4-6 flour tortillas
Brown 1 lb ground beef
Add 1 can tomato soup, 1 c salsa and ½ c milk.
Cut 4-6 flour tortillas in cubes. Layer tortillas and meat mix. Top with 1 c grated cheese
Cover with foil and Bake @ 350 for 30 min.

Chicken and Green Bean Casserole

3 cups cubed cooked Turkey or Chicken
¾ cup milk
1 pint/can green beans
1 box Stove top stuffing (made as per directions on box)
Mix beans and chicken together in a 12x 8 inch baking dish. Mix soup and milk in another bowl until smooth. Spoon stuffing evenly over the top and bake at 350 degrees for 30 minutes or until heated through. Makes 6 servings.

Green Bean Casserole

Prepare mashed potatoes (or instant)
Brown hamburger or = TVP
To the hamburger stir in 1 can of mushroom soup and 1 can of green beans.
Put in casserole dish and layer the potatoes on the top. Sprinkle grated cheese on top of the potatoes.

Rigatoni Casserole

1 pkg. rigatoni noodles
1 lb ground beef
8 oz cream cheese cubed
1 c mozzarella cheese
1 jar Prego
Cook and drain the noodles. Brown the hamburger. Stir in the Prego and the cheeses.

Frito Taco Dinner

Cooked rice and wheat combination
1 lb ground beef cooked and drained
1 can mild enchilada sauce
2 cans tomato soup
1 can olives

Grated cheese
Small bag of Frito Corn Chips
Lettuce, tomatoes, onions
Add the soup and enchilada sauce to the meat.
Serve over rice. Top with the vegetables and Fritos. (Build like a haystack)

Creamy Chicken Noodle Soup

5 cps boiling water
1 T chicken Bouillon
1 can carrots
2 cans cream of chicken soup
1 can evaporated milk
3 T dried onions
2 t salt
¼ t pepper
3 cps noodles
¼ c flour
½ c cold water
Canned chicken

Cook the noodles in the water until tender. Add the chicken. Mix the soup, evaporated milk, and spices together and add to water. Add the vegetables. Whisk the flour and cold water together stirring until smooth. Stir flour into soup and cook until thickened.

Pot Pie

2 pie crusts
2 cans mixed vegetables (Veg-All)
2 cps of chicken gravy
1 can of chicken

Prepare the gravy according to the pkg. directions. Mix in the vegetables and chicken. Put in unbaked pie crust and top with pie crust. Flute the edges, vent and bake @ 350 approx. 40 min. Watch for the crust to be browned.

Vegetable Beef Soup

1 lb hamburger
1 pkg. beef stew mix
1 qt tomatoes
6 cps water
2 t beef bouillon
4 potatoes (canned will work)
1 c chopped celery
1 can corn, drained
1 can green beans, drained
3 T dried onions
Salt and pepper to taste

Brown the hamburger. Add the remaining ingredients and simmer 30 minutes. (I frequently add pearl barley or cooked wheat to this.)

Chicken Quesadillas

1 lb. or 1 can chicken ½ cup salsa
1 can condensed cheddar cheese soup 10 flour tortillas (8")
Preheat oven to 425 degrees. Cook and cube chicken. Add soup and salsa to chicken

and heat through. Place tortillas on 2 baking sheets. Top half of each tortilla with about 1/3 cup soup mixture. Spread with in 1/2 inch of edge. Moisten edges of tortillas with water. Fold over and seal. Bake 5 minutes or until hot. Serves 4.

South of the Border Wraps

1 lb ground beef

Taco Seasoning

1 can black beans

1 pkg. Zataran's Dirty Rice

Grated cheese

Large flour tortillas

Brown the beef and add taco seasoning. Prepare the Zataran's according to the pkg.

Mix the rice, beef and beans together and spoon into the tortillas. Add cheese and wrap. Microwave 30 seconds until cheese melts.

Chicken and Rice Casserole

4 cps Cooked rice (add cooked wheat)

1 can chicken

1 cp mayo

1 can cream of chicken soup (if you want it creamier or have used more rice to extend it add another can of soup)

1 T dried onions

1 T lemon juice

1/2 t curry powder

Salt and pepper to taste

Mix together and heat through.

Flour Tortillas

3 cups unbleached flour

2 t baking powder

1 t salt

4-6 Tb vegetable shortening or lard

about 1 1/4 cups warm water

Mix dry ingredients in a large bowl. Add vegetable shortening or lard. Or use a combination of half lard, half shortening. Use a fork or a pastry cutter to cut in the shortening or just do it the old fashioned way and use your hands. Next add warm water a little at a time until your dough is soft and not sticky. You do not need very hot water. Knead the dough for a few minutes.

Now you will pull off pieces of dough to form about 12 small dough balls. Let them rest for at least 10 minutes, longer if you like. Now you can roll out the dough with your rolling pin. It is a good idea to dust each ball with a little flour just before you roll them out. It is good to lift the dough and turn it. Roll them out fairly thin.

Lay your tortilla on a med hot grill. It takes just a few seconds to cook. Flip to the other side. When they are done it should have lots of nice brown speckles.

Whole Wheat Pancakes

2 cups freshly ground flour (you can use white flour or try half white/half wheat flour)

1 Tbls. Baking powder

1 T. molasses or sugar

Dash of salt

1/4 cup powdered milk

2 eggs or equivalent of powdered eggs

1 ½ - 2 c. water

Mix dry ingredients together. Add water to desired consistency. Pour in individual portions on a hot griddle. Cook till golden brown on each side.

(For lighter pancakes separate your eggs. Use the yolks in recipe as directed. Beat whites stiff but not dry and then fold gently into your batter.)

Maple Syrup

2 cups sugar (or 1 cup Karo syrup and 1 cup sugar) this will make thicker syrup

½ tea. Maple flavoring

1cup boiling water

3 Tbls Butter or 1/8 tea butter flavoring (optional)

Bring water to boil in med. size sauce pan. Add sugar. Stir until dissolved. You may want to bring to boil again if you like a thicker syrup. If it thickens too much you can add more water. Add flavorings. Stir.

Baking Mix

10 ½ cups sifted flour 2 cups shortening

¼ cup baking powder 1 cup buttermilk powder or powdered milk

1 ½ Tbls. Salt 2 ½ tsp soda

½ cup sugar

Mix shortening, buttermilk or powdered milk, flour, salt, and soda together. Add baking powder and blend well. Mix until shortening particles are uniform in size.

Store mix in covered container. The above mix can be used to make the following:

Baking Mix Biscuits

2/3 cup milk

2 cups baking mix

Roll out to 1 inch thick cut with round cookie cutter or just form a ball and push down. Place on baking sheet. Bake at 450 degrees for 10 to 15 minutes. Makes one dozen.

Baking Mix Pancakes

2 cups baking mix

1 ½ cup milk

For richer pancakes add 1 ¼ c. milk, 2 eggs and 2 Tbls. Salad oil. Makes 18 pancakes.