

# 14 Food Storage Recipes

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This wonderful recipe is from my site ([eatwheat.com](http://eatwheat.com)), but I made it a tad easier for you here. Will give 2 versions: the first is with brown rice. The second one: if you have only white rice on hand. Store brown rice in fridge in a zip-loc bag or container with tight lid; it contains vital oils that go rancid easily. The joy of eating healthy without spending outrageous amounts of money....that is what whole grains, dry beans, lentils offer! Oh, by the way, this recipe is an excellent way to try brown rice, as the taste is hidden, but the extra fiber and nutrition will be there to offer real value towards a healthier eating style. **Food storage is fun!**

## Mexi Lentils and Rice

1/2 c. brown rice  
2/3 c. dry brown or green lentils, rinsed  
2 and 3/4 c. water\*\*  
1 tsp. garlic salt  
1/4 c. dry chopped onion  
2 to 3 tsp. chili powder  
1/2 tsp. ground cumin  
1/2 tsp. dried crushed oregano  
a pinch crushed red pepper (optional)  
grated cheddar cheese

In large saucepan, bring to rolling boil: rice, lentils, water. Reduce heat to lowest, cover, simmer 40 minutes. Stir in garlic salt, dry onion, chili powder, cumin, oregano, and optional crushed red pepper; (plus up to 1/2 cup water if needed) Cover, simmer 10 more minutes. Turn

off heat, keep covered for a few more minutes, until rice is tender. Spoon into shallow bowls, top with grated cheese. Serves 4.

\*\*if preferred, use a can of beef broth + water to equal the 2 and 3/4 cups. If using water only, add about 2 tsp. beef bouillon granules with the other seasonings.

Very tasty as is, or use this recipe to make delicious wraps: maybe add cheese, sour cream, chopped onion or green onion, salsa, and crushed corn tortilla chips to each wrap??  
Can also make tostados: smooth cooked lentil/rice on tostado shells, top with cheese, sour cream, salsa, shredded lettuce.

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## Mexi Lentils Over Rice

Cook white long grain rice (use rice recipe found in "Easy Black Beans Over Rice")

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2/3 c. dry brown or green lentils  
1 and 1/2 c. water

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1/4 c. dry chopped onions  
1 tsp. beef bouillon granules  
3/4 tsp. garlic salt  
2 to 3 tsp. chili powder  
1/4 to 1/2 tsp. ground cumin  
1/4 to 1/2 tsp. dried crushed oregano  
pinch crushed red pepper (optional)  
grated cheddar cheese

Bring lentils and water to boiling, cover, turn heat to low. Simmer 40 minutes. Add dry onions, beef bouillon, garlic salt, chili powder, cumin, oregano, crushed red pepper (optional), and 1/4 cup more water if needed. Stir well,

cover, cook 10 more minutes. Turn off heat, keep covered, let sit a few more minutes if needed. Place hot cooked rice in shallow bowls, top with lentil mixture, sprinkle with grated cheese.

Makes about 4 servings.

To make wraps or tostados: mix the cooked rice and lentil mixture, may need to add some salt; proceed with suggestions given above.

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### **Menu**

Hamburger Gravy over mashed potatoes  
green peas  
carrot sticks

### **Procedure**

Start cooking potatoes  
(or use instant mashed potato pearls/flakes from cannery)  
Start cooking frozen peas, or use canned peas  
Make hamburger gravy  
Cut carrot sticks

### **Hamburger Gravy Over Mashed Potatoes**

This could also be served over cooked rice, cooked noodles/macaroni, or over biscuits. This makes enough for 3 to 4 servings.

1/2 lb. ground beef  
1/3 c. finely chopped onions  
(or 3 T. dried chopped onions soaked in 3 T. warm water. Don't drain, just use all when re-hydrated)  
2 c. milk (use reconstituted: just shake in a jar with a lid: 1/2 c. dry milk powder + 2 c. water)  
2 T. butter or margarine

1 cube beef bouillon, somewhat crushed  
1/4 to 1/2 tsp. sage  
garlic salt to taste  
pepper to taste  
3 T. unbleached flour

Cook ground beef and onions on medium heat in a large saucepan. When well browned, add 1 and 1/2 cups milk, butter, bouillon, sage, garlic salt, pepper. Stir constantly/cook 3 to 4 minutes. Mix the flour with remaining 1/2 cup milk by shaking together in the jar used for mixing the milk, slowly pour into mixture, stir constantly. Simmer/stir until thickened. Take off heat, cover to keep warm while mashing the potatoes and cutting carrot sticks.

### **Beef or Chicken Soft Tacos**

1 large can chunked roast beef, undrained  
(or a large can of chicken, undrained)  
4 T. dried chopped onions  
1 can (4.5 oz.) diced green chilis  
1 tsp. garlic salt  
1/4 tsp. cumin  
1/2 tsp. dried oregano (optional)

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flour tortillas\*\*

### **Toppings:**

grated cheese (optional)  
sour cream  
salsa  
chopped fresh cilantro  
shredded lettuce  
chopped tomatoes

Simmer uncovered on medium-low heat, in a saucepan, for 10 to 15 minutes: undrained meat, dried onions, diced green chilis, and spices. Next, shred meat with a fork right in the saucepan. If it seems to have too much liquid, turn up heat and simmer longer (do not let it

burn). Serve on flour tortillas with your choice of toppings.

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Just add whole wheat bread or rolls for a simple meal. Makes 6 servings.

Reheats and/or freezes well, if you have leftovers.

### **Easy and Delicious Chicken Barley Soup**

2 c. chicken broth \*\*  
3 to 4 c. water  
1 c. pearled barley  
1 tsp. garlic salt  
1/3 to 1/2 c. dried chopped onions  
(or 1 small onion, finely chopped)  
1/4 c. dried carrots  
(or one medium small carrot, finely chopped)

Bring all to boiling, then lower heat and cover.  
Cook 50 to 60 minutes, until barley is tender.  
Take pan off heat. Add:

1 can chicken chunks, do not drain  
salt and pepper to taste  
Cover, let sit 5 to 10 minutes.

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\*\*use a can of chicken broth + water to equal 2 cups (one pint). Or use a pint of homemade chicken broth.

NOTE: optional, add 1 T. of butter or chicken fat when adding the undrained canned chicken

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Pearled Barley will store for several years, keep tightly covered and in a cool/dry/place.

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### **Easy Black Beans Over Rice**

1 c. dry long grain white rice + 2 c. water  
1 small onion, finely chopped

(or use 4 T. dried chopped onions)  
1/4 to 1/2 lb. sausage (Jimmy Dean when on sale is a good kind in my opinion)  
1 can black beans, do not drain  
(or use 2 c. cooked black beans, undrained)  
1 can tomato sauce (8 oz.)  
1 tsp. garlic salt  
1 tsp. crushed dried oregano  
salt and pepper to taste  
grated cheddar cheese

Bring rice and water to boiling, turn heat to low, cover; cook 14 minutes. Take off heat, let sit covered, for 10 more minutes. Tip lid, cool 5 minutes.

Meanwhile, in medium-sized saucepan, on medium-high heat: brown onions/sausage. Add beans (undrained), tomato sauce, garlic salt, dried oregano, salt, pepper. Turn heat to low, let simmer 20 to 25 minutes. Stir occasionally. To serve: put hot cooked rice in shallow bowls, spoon hot black bean mixture over rice, sprinkle grated cheese over top. Very good! Serves 4 to 6. On smaller plates, place 5 to 6 carrot sticks in a sunburst design with corn muffin in middle.

### **Corn muffins**

Mix the dry ingredients ahead, put it in a zip-loc baggie, keep in fridge. Saves time when making dinner!

Makes 6 muffins, or double recipe for 12.

1/2 c. cornmeal\*\*  
1/2 c. unbleached flour  
2 tsp. baking powder  
1/2 tsp. sea salt  
1 to 2 T. sugar  
2 T. dry milk powder\*  
2/3 c. water  
1 large egg

1/3 c. oil

Preheat oven to 425. Grease muffin tin, or use paper liners. Mix dry ingredients. Mix liquids. Stir all together JUST until moistened. Divide batter evenly into greased tins. Bake 12 to 15 minutes, until tops bounce back at touch of finger.

\*\*grind your own, or buy Bob's Red Mill stoneground cornmeal in a 24 oz. bag; keep refrigerated. This has more nutrition than regular cornmeal. \*can omit dry milk powder, and use 2/3 c. milk instead of the water.

**NOTE:** can use the corn muffin recipe for 6 muffins, to make batter for "Chili Bake".

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Though this soup is on eatwheat.com and in cookbook. I have added some tips using dried foods, and a recipe for inexpensive enchilada sauce..... This 'storage item' soup is extra tasty when each serving is topped with crushed tortilla chips and grated cheese. For crushed tortilla chips: save the tortilla chips in bottom of bag, crush, put in zip-loc baggie, keep in fridge, will stay fresh for several weeks.

### **Mom's Tortilla Soup**

1 small onion, diced  
(or use 2 to 3 T. dried chopped onion)  
1 tsp. minced garlic  
(or use 1/4 tsp. dried minced garlic)

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1 T. oil (only need if using fresh onion/garlic)

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1 can chicken broth\*  
1 can (15 oz.) pinto beans\*\*\*, do not drain

1 c. water

1 can (4.5 oz.) diced green chilis, do not drain  
1 can (10 oz.) enchilada sauce\*\*  
about 1 c. cooked cracked wheat  
1 can (10 oz.) chicken chunks, do not drain

In soup pot, heat oil on medium high. Add chopped onions and minced garlic, cook until browned. Add chicken broth, bring to boiling. Lower heat, cover; let simmer until onions are tender. Add undrained pinto beans, water, undrained green chilis, enchilada sauce, cooked cracked wheat (the wheat is optional, but I do hope you will use it, as it adds fiber/nutrition without changing the taste of this soup). Heat 10 to 15 minutes. Add undrained chicken right before serving. Makes 4 to 6 servings.

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\*use canned broth, or a pint of your own home-bottled chicken broth

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\*\*Never need to buy canned enchilada sauce again; here's a very easy/inexpensive enchilada sauce recipe (use 1 cup + 2 T. of this to equal the 10 oz. can of enchilada sauce in recipe):

2 c. water  
2 and 1/4 tsp. chili powder  
1/4 tsp. garlic salt  
1/8 tsp. onion salt  
1/8 tsp. ground cumin  
1/8 tsp. pepper  
1 T. masa harina

Bring water to boiling. Mix dry ingredients

together, then using a wire whisk, add all at once to boiling water. Cook until slightly thickened. When cooled, put in jar with lid. Will keep in fridge 2 to 3 weeks.

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\*\*\*if using your own cooked pinto beans instead of canned pintos: use 2 cups of beans in liquids (about 1 and 1/2 c. cooked beans plus 1/2 c. liquids)

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### **Menu**

Cheesy Mac  
cooked broccoli

### **Procedure:**

Start cooking the frozen broccoli first  
(choose either chopped or broccoli cuts)  
Cook the cheesy mac

### **Cheesy Mac**

1 box Western Family macaroni and cheese  
(buy a few when on sale, store in cool/dry/place)  
cheese packet found in box  
1 T. dry milk powder  
2 T. butter or margarine  
1/3 c. water  
1/3 c. grated cheddar cheese

Cook macaroni according to directions on box; drain; put back into pan. Mix dry cheese packet and dry milk; pour into drained macaroni. Add butter or margarine, water, grated cheese. Stir well; cover pan; let sit 5 minutes. Stir again and serve. Makes 2 to 4 servings.

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Food Storage is easy and fun!

What to do with a can of chili (or 2 cups of leftover homemade chili)??

### **Chili Salad**

Heat one can of chili that you bought on sale and have in your food storage, divide into 2 or 3 shallow bowls. OR, heat leftover homemade chili. Top with grated cheese, crushed tortilla chips, shredded lettuce, sour cream, salsa; and maybe some olives. Will serve 2 or 3, depending upon hunger. That's it....enjoy!

### **Chili Bake**

Put a can of chili in a greased loaf pan, smooth evenly out to edges. Top with a prepared batch of purchased \*cornmeal muffin mix (the kind that makes 6 muffins). Bake at 350 for a few minutes, until cornmeal mix is done (test with finger, will bounce back when lightly touched). Makes 3 to 4 servings. \*or make your own corn muffin mix from scratch

### **Navajo Tacos**

Frybread: 1/3 c. whole wheat flour  
2/3 c. unbleached flour  
2 T. dry milk powder (optional)  
1 tsp. sugar  
1 tsp. baking powder  
1/4 tsp. salt  
1/2 c. cold water

Mix dry ingredients. Stir in water with a fork, it will be slightly sticky. Cover, let sit 1 to 3 hours. Heat oil on medium high. Divide dough in half. With oiled hands, gently shape one piece at a time (keep the other piece covered) into a flat bread about 6 inches in diameter. Fry one side at a time until golden. Put on paper

towel to drain. Cook second frybread and drain. Top with heated chili, and your choice of: grated cheese, sour cream, olives sliced, chopped tomatoes or salsa, shredded lettuce, jalapenos.

2 servings.....

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A tasty Jewish dish that was introduced into our family many years ago. We have even made them for company; most everyone is surprised that these are so good. An inexpensive comforting food that is high in protein, and filling. Hope you like them, too!

### **Matzo Ball Soup**

We love matzo balls. I came up with this soda cracker substitute one day, years ago, when we were out of matzo mix. Use a blender or food processor to make the cracker crumbs.

1 c. soda cracker crumbs\*

4 eggs\*\*

4 T. oil

3 or 4 dashes of garlic salt

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2 to 3 c. water + about 2 c. chicken broth or one can of chicken broth + lightly salt as preferred Mix cracker crumbs, eggs, oil, garlic salt. Cover, chill in fridge for 30 minutes. Form small walnut- sized balls with the chilled dough (can oil hands a bit if you wish). Bring water and chicken broth to boiling, turn heat to medium, but keep the broth boiling. Gently drop balls one at a time into boiling broth; make sure broth keeps at a gentle boil during this process. Cover, turn heat to medium low. Cook about 20 minutes, the matzos will expand, do not peek. Cut a matzo ball in half to check: done when matzos are light in texture all the way through, no 'heavy' middle. If not done, cover and continue cooking a few more

minutes. Makes 4 servings. (Will stay fresh in fridge, if covered, for 3 to 4 days). Can serve these with a leafy salad on the side.

\*one cup of cracker crumbs is equal to about one sleeve of single size soda crackers.

NOTE: take soda crackers before the date expires, make crumbs, freeze them in freezer-proof zip-loc baggies...you are now ready ahead of time, and have saved money.

\*\*warming eggs to room temperature: put uncracked eggs in a bowl, add hot water to cover, let sit a few minutes. This allows more of the egg white to easily leave the sides of eggshell.

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Another delicious way to use lentils; this also has some cooked wheat, but the taste won't be noticed. It was a big hit at our ward monthly preparedness class. Serve with easy garlic bread sticks made from pizza dough (see notes on Make Your Own Pizza); and maybe add a leafy salad too. Healthy food that tastes good....that is our goal.

### **Italian Lentil Stew**

1/4 to 1/2 lb. sausage

1 onion, finely chopped

(or 4 T. dried chopped onions)

1 clove garlic, minced

(or 1/2 tsp. dried minced garlic)

2 c. cooked lentils (brown or green)

1 and 1/4 to 1 and 1/2 c. cooked cracked wheat or cooked wheat kernels

1 can (14.5 oz) crushed tomatoes

1 can tomato sauce (8 oz.)

up to 2 c. of water (use the empty tomato sauce

can for this)

2 to 3 tsp. italian seasonings  
salt and pepper to taste

In a large pot: brown sausage, (fresh) onion and garlic. Add cooked lentils, cooked cracked wheat, crushed tomatoes, tomato sauce, water, seasons. Bring to a boil, turn heat to low, cover; let simmer 15 minutes. Makes 6 servings. Leftovers reheat and/or freeze well.

**TIP:** never freeze cooked foods while still warm, or even at room temperature. Chill in the fridge for several hours or overnight first, and then freeze in freezer proof containers.

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## **Make Your Own Terrific Pizza**

### **NOTES:**

1) This dough recipe will make one large 14" round pizza with a thicker crust, or you can use a 15x11x1 pan. Or it makes two medium 12" pizzas.

2) For thinner crust pizza: it will make two large 14". (will be using less sauce on these, so one recipe of sauce might cover 2 thin crust pizzas. Or this dough makes 3 to 4 medium sized thin crust pizzas (will most likely need extra sauce for these).

Bake at 375° until golden brown, for the following ideas:

3) This dough will make one batch of easy, terrific **garlic bread sticks**. Form and roll dough about the size of cigars, place 2 inches apart on large greased baking pan. Cover, raise 40 minutes. Bake until golden. While hot from oven: brush tops with olive oil or butter, sprinkle w/ garlic salt + dry parmesan cheese (optional).

4) Dinner rolls: form rolls, put on large greased baking pan about three inches apart; cover, raise 50-60 minutes before baking. Bake until medium-deep golden brown and sound hollow when tapped with finger.

### **The Best Pizza Dough:**

Can place dry ingredients into gallon zip loc bag; add water and oil; seal bag and knead with hands until dough is smooth ball; then knead about 15 times. Open bag, cover with towel, let dough raise right in bag.

1/2 tsp. sugar

1 T. dry yeast

1 tsp. salt

1 c. whole wheat flour

2 c. unbleached flour

3 T. vegetable oil (or olive oil)

1 c. warm water

Mix sugar, yeast, salt, whole wheat flour, unbleached flour. Add olive oil and water; mix thoroughly. Knead about 20 to 30 times. Cover, let rest 15 to 30 minutes,. Meanwhile make the pizza sauce, oil the pan(s) with 3 T. oil (generously). [\*can also use olive oil or shortening if you wish]. Preheat oven to 475°.

### **Simply Good Pizza Sauce:**

1 can tomato sauce (8 oz.)

1 tsp. garlic salt

pinch of crushed red pepper (optional)

1 to 2 tsp. italian seasonings

Mix well and let sit to meld flavors, until needed.

Note: this can also be used as a dipping sauce for breadsticks.

### **Pantry Pizza**

A decent pizza can be made without mozzarella cheese, so we keep the dry parmesan cheese in our fridge as a storage item for this recipe....

Spread rested dough on a generously oiled 14" round pizza pan, or 11x15x1 pan; turn dough a time or two to coat both sides with the oil while spreading. Let rest 5 minutes after dough is spread. Spoon on sauce, and spread evenly with the back of a spoon. Sprinkle top evenly with 3/4 cup dry parmesan cheese. Bake (in preheated 475° oven) on lowest rack 10 to 12 minutes. Cool slightly before cutting.

Note: we like to put a little bit of cooked sausage/onion, sometimes sliced olives too, on top of the sauce, then sprinkle the dry parmesan over all.

### **Cheese / Toppings Pizza**

Spread rested dough on a generously oiled pan(s) of your choice. Let rest for 5 minutes after dough is spread. Spoon on sauce and spread evenly with the back of the spoon. Top with choice of meat/vegetables. Sprinkle 2 cups grated mozzarella over all (or use 1 and 1/2 cups grated mozzarella, plus 1/4 cup dry parmesan sprinkled on last). Bake, in preheated 475° oven on lowest rack, for about 10 to 12 minutes. Cool slightly before cutting.

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### **Crock Pot Chili**

Cook beans first, according to "Easy Method Crock Pot Beans" found on eatwheat.com:

1 and 1/2 c. dry pinto beans  
(or small red beans, or kidney beans if preferred)

4 and 1/2 c. water

When beans are almost tender, add:

1/2 lb. ground beef, well browned  
1/3 to 1/2 c. dried chopped onion  
(or 1 onion, chopped...brown with ground beef if using fresh onion)  
1 can (14.5 oz.) crushed tomatoes  
1 can (8 oz.) tomato sauce (optional, will depend upon taste, desired thickness, personal preference)  
2 tsp. garlic salt  
1/2 tsp. ground cumn  
1 to 3 T. chili powder, according to taste

Cover, continue to cook in crock pot another hour or so, until all ingredients are done. Serve chili in bowls. On small plates, place 5 to 6 carrot sticks in sunburst design and place a corn muffin in the middle.

Serve chili with **Corn muffins** made according to recipe given with 'Easy Black Beans over Rice'

NOTE: can use the 6-corn muffins recipe to make batter for "Chili Bake".

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### **Easy Chicken Stroganoff**

1 c. dry long grain white rice + 2 c. water  
1 basic recipe cream soup (see below)  
3 T. dried onion  
1/2 tsp. garlic salt  
1/2 to 2/3 c. sour cream  
1 can (10 oz.) chicken (do not drain)

Start rice: bring rice and water to boiling, turn heat to low, cover; cook 14 minutes. Take off heat, let sit

covered, for 10 minutes. Tip lid, cool 5 minutes. Mean- while, make cream soup, using garlic salt in place of salt and add the dried onion to dry mix before shaking all in jar. When cooked/thick, add sour cream and un- drained chicken, allow to heat, but DO NOT let it boil; remove from heat and cover until ready to serve. Spoon over cooked rice. Makes 2 to 3 helpings. Serve with buttered beets or green beans, and a side salad.

### **White Sauce in a Jar**

Makes 1 1/4 c. sauce (same as a can of cream soup):

#### Basic Recipe:

3 1/2 T. dry milk powder  
3 to 4 T. unbleached flour (using 4 T. makes it thicker)  
1/2 tsp. salt  
1 1/4 c. water

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1/2 to 1 T. vegetable oil (or butter, olive oil, margarine)

Put in glass jar with tight lid, shake until smooth: dry milk powder, flour, salt, water. When smooth, place in a sauce- pan. Cook over medium-high heat, gently stir constantly with a wire whisk, until sauce starts to thicken a bit. Turn heat to medium, cook/stir for 2 minutes (sauce gets thicker, keep cooking/stirring, the flour must be well-cooked). Remove from heat, cool a minute, add oil (or other choice); stir thoroughly. Ready to use. Can completely cool and refrigerate for up to 1 week; store in a tupperware-type- sealed container.

#### Ideas to enhance flavor:

~Part broth + part water to replace equal

amount of water above

~Add 1 tsp. beef or chicken flavor granules in place of the salt

~Use half salt + half garlic salt instead of all salt

~Cook with only 1 c. water; when cooled, add 1/4 c. cream

#### Ways to use:

~Can use in place of one can cream soup

~Add cooked mushrooms/veggies to replace flavored cream soups

~A base for potato-cheese soup

~A base for expensive concentrated cheese soup (and more flavor!!)

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