

## LANCASTER STAKE PERSONAL AND FAMILY PREPAREDNESS

### **"Just Add Water...Cooking with Dried Foods"**

September 24, 2009

Presented by Debbie Kent

#### **BREADS**

##### **Applesauce (or Banana) Muffins**

2 c. whole wheat flour	½ t. salt	1 t. baking soda
½ t. cinnamon	½ t. allspice	½ t. nutmeg
¼ t. cloves	2 T. egg powder	½ c. honey
2 c. DH applesauce or DH bananas	1 c. chopped nuts (opt)	¼ c. water

Reconstitute applesauce or bananas. Mix with honey and water and refrigerate overnight. Sift together dry ingredients. Add the dry and add the wet. Fold together just until flour disappears. Spoon batter into greased muffin tins and bake at 400° for 20 minutes for large or 12 minutes for mini-muffins. Makes 12 regular or 24 mini muffins.

##### **Apple Fritters**

3. c. flour	2 t. sugar	1/3 c. dried eggs
2 T. oil	1 3/4 c. water	5 T. reg. powder milk
4 t. baking powder	1 c. dried apple slices	1 ½ t. salt

Break up apples and reconstitute, set aside. Sift together dry ingredients. Combine wet ingredients, including apples and add to dry ingredients. Mix until moistened. Heat 2" of oil in a skillet over medium heat and drop spoonfuls of batter into hot oil. Fry, turning once until lightly browned. Drain on a paper towel.

##### **Corn Cakes**

1 1/4 c. whole wheat flour	1 1/2 c. buttermilk, reconstituted	1/3 c. cornmeal
4 T. whole egg powder	1/3 c. granulated sugar	1 t. baking powder
1 t. baking soda	1/4 c. vegetable oil	1/2 t. salt
5 T. water		

Sift dry ingredients then combine with remaining ingredients in a bowl. Mix until smooth, but don't over mix. Preheat a skillet over medium heat.. Pour the batter by 1/4 - 1/3 cup portions into greased, hot pan and cook for 1 to 3 minutes per side or until brown.

##### **Peach Vanilla Muffins**

	The Dehydrator bible	
¾ c. dried peach slices (divided)	Pinch ground nutmeg	¾ c. boiling water
¾ c brown sugar	2 ½ c. flour	1 egg (1T. egg pdr +2T water
1 ½ t. baking powder	¾ c. plain yogurt	½ t. salt
¼ c. butter, melted, or vegetable oil	¼ t. baking soda	1 T vanilla

Combine ½ c. peaches and the boiling water. Let stand for 30 minutes or until peaches are soft and water has cooled to room temperature. In blender, puree peach mixture until fairly smooth.

Cut the remaining peaches into small pieces and stir into the puree. Set aside. Whisk together flour, baking powder, salt, baking soda, and nutmeg. Set aside. Whisk brown sugar, egg, yogurt, butter, and vanilla into peach mixture. Pour over dry ingredients and stir just until moistened. Spoon batter evenly into greased or paper lined muffin pan. Bake at 375° for 20 to 25 minutes. Let cool in pan for 10 minutes. Makes 12 muffins

### Quick Bread Mix

dehydrate2store.com

½ t. ground cloves	1 C powdered milk	½ t. allspice
1 ½ C brown sugar	3 t. ground cinnamon	8 C flour
5 t. baking soda	½ t. ground ginger	5 t. baking powder
2 t. salt		

Mix all dry ingredients together in a large mixing bowl and blend for several minutes. Place 3 ¼ cups of mix into three separate vacuum bags(each bag will make one loaf. or quart size jar). Put in one 100 cc Oxygen pack, vacuum seal and date. (Good for about 5 years).

### Quick Bread

dehydrate2store.com

3 ¼ c. Quick Mix	2 T egg Powder	1/3 c. oil
1 1/3 c. water	Mix-In (optional)	

Mix all ingredients until smooth. Spoon batter into well greased 9x5 loaf pan. Bake at 325° for 50 minutes.

**Hint:** If adding non-rehydrated fruits or vegetables, add ¼ c. more water.

### Mix-Ins Suggestions

**Apple:** Add 1 c. dry DH apple pieces and ¼ c. water to batter.

**Banana Nut:** Soak 1 c. broken banana chips in ¾ c. boiling water for 15 minutes, mix with fork and add to batter along with ½ c. chopped nuts.

**Carrot-Pineapple:** Blend ½ c. DH carrots and ½ c. canned pineapple in blender with 1 c. water (original recipe) plus ¼ c. water. Fold into bread batter.

**Cranberry White Chocolate Macadamia Nut:** Soak 1/2 c. cranberries in 1/2 c. boiling water for 10 minutes. Mix into batter with 1 c. white chocolate chips and ½ c. chopped nuts add to batter.

**Raspberry/Blueberry Nuggets:** Add ½ cup to batter.

**Pumpkin Chocolate Chip:** Add 1 c. rehydrated or canned pumpkin and 1 c. chocolate chips to batter.

## BREAKFAST

### Apple, Cranberry and Oat Breakfast Crumble

The Dehydrator Bible

1 ½ C dried apple slices	1 C. quick oats	1/3 C dried cranberries
2 T. whole wheat flour	¼ t. cinnamon	4 T. brown sugar
1 ¾ unsweetened apple juice		

Pour 1 ½ C apple juice (reserve ¼ C) over apples, cranberries and cinnamon. Cover and refrigerate for at least 8 hours. Pre-heat oven to 375°. Combine oats, flour, honey and remaining apple juice, stir until crumbly. Sprinkle over apple mixture. Bake for 20 minutes or until fruit is hot and bubbling. Serve hot or warm with a dollop of yogurt.

### **Apple Puff Pancake**

The Essential Food Storage Cookbook

1 DH Apple or 2 C. dried apple slices, reconstituted

½ t. flour

2 T. butter

½ C. milk

1 T sugar

½ t. salt

½ t. cinnamon

powdered sugar

3 eggs

In frying pan sauté apple, butter, sugar, and cinnamon. In blender whip eggs, flour, milk, and salt for 1 minute. Transfer hot apples to an 8 x 8 baking dish. Pour batter over apples. Bake in oven for 15 to 18 minutes. Generously dust with powdered sugar (or favorite syrup).

### **Banana Almond Pancakes**

The Dehydrator Bible

½ C. dried banana slices

½ C toasted almond

2 C. milk

2 eggs

1 ¾ C. all-purpose flour

1 T. brown sugar

2 t. baking powder

¼ C. butter or vegetable oil melted

¼ t. salt

Microwave on medium the banana slices and milk for 3 minutes. Remove from heat and allow to cool almost to room temperature. Whisk together flour, baking powder and salt. Add almonds to banana mixture and puree in blender until fairly smooth. Pulse in eggs, sugar and butter(or oil) until blended. Pour over dry ingredients and stir just until moistened. Heat a large nonstick skillet ( medium heat) , pour ¼ C. batter(per pancake), cook 1 to 3 minutes on each side until golden brown.

### **Hash Browns with Sausage and Eggs**

Backpack Gourmet

10 med baking potatoes

2 T. olive oil

2 large onions

10 oz sausage, minced

1 t. salt

1 t. pepper

8 eggs, beaten

½ c. Parmesan cheese

Scrub potatoes, grate, then drain in a colander, pressing out moisture. Heat Dutch oven over medium heat, then add oil. When the oil is hot, add the potatoes and onions, pressing them into the pan and stirring occasionally, for 10 minutes. Stir in sausage, salt and pepper. Reduce heat to very low, cover, and cook for 10 minutes, stirring occasionally. Preheat oven to 350 degrees. Oil a 10-by-13-inch casserole dish. Stir into the potato mixture. Spread the mixture in the casserole dish. Bake for 20 minutes, or until golden brown. Spread on covered dehydrator trays and dehydrate for 4 1/2 hours at 145 degrees.

**To rehydrate:** cover desired amount with warm water 1/2 inch above level of food in pot, boil, stir, and serve.

### **Instant Oatmeal Packets**

The Essential Food Storage Cookbook

¾ C. rolled oats

½ C. sugar (white or brown)

1 ½ C quick oats

1 t. salt

½ C powdered milk

½ t. cinnamon

Blend rolled oats in a blender, pulsing until oats are powdery (not flour). Combine powdery oats and the remaining ingredients. Put ½ C. instant oatmeal into zipper lock bags. For variety you can add toppings to each bag. (raisins, diced dehydrated apples, or other dried fruit) Makes 6 instant oatmeal packets. To cook add 2/3 C. water and microwave on high for 1 ½ minutes.

### **Pancake Mix**

Mix-a-Meal, Deanna Bean and Lorna Shute

8 c. white or whole wheat flour	3/4 c. shortening powder	3/4 c. powdered milk
3/4 c. sugar or 1/3 cups fructose	2/3 c. dehydrated whole eggs	1/3 c. baking powder
1 T. salt		

Mix and store in airtight container.

### **Pancakes**

1 scant cup Pancake Mix                      1 cup water

Stir together. Let stand a minute and cook on a hot oiled griddle. Turn when bubbles break on top. Makes six 4" pancakes.

**Apple Pancakes:** Use apple juice for water (omit sugar if desired)

**Maple Syrup:** Combine 2 c. white sugar, 1 1/2 c. water, and 1 tsp. maple flavoring in saucepan. Bring to boil and simmer 2-3 minutes.

### **Scrambled Egg Mix**

1 c. egg powder	1 T. chopped dried onion	1/4 c. powdered milk
1 T. chopped dried green pepper	1/4 c. imitation bacon bits	

Combine all ingredients and store in a sealable, plastic freezer bag. To serve, blend with 1/2 c. water. Let stand for 10 minutes. Beat with a fork and cook over hot coals in a skillet in which 1 T. butter or margarine has been melted. Serves 4

### **Strawberry Banana Smoothie**

2 C. milk	5 Ice cubes	1/4 C. DH strawberries
1/4 C. Yogurt	1/2 C. DH banana chips	3 T. sugar

Mix milk, bananas, and strawberries together and place in refrigerator for 15 min. Put into blender with the rest of the ingredients and blend. You can change the fruit to any other dehydrated fruit (except citrus) as long as it equals 3/4 C. dehydrated fruit.

### **Whole Wheat Buttermilk Pancakes**

Marlene's Magic

3 C. whole wheat flour	3 T eggs powder	3 t. baking powder
3 T. Water	1/3 C. oil	3 C. buttermilk or DH, made

Mix all ingredients together with a whisk. If dough is too thick, add 1/2 C water.

## MAIN DISHES

### 5 Bean Mix

internet.-grocer.net

1/2 c. ea 5 kinds of beans	1/2 C. mixed peppers	1/4 c. chopped onion
1/2 C. tomato powder	1/2 c. diced carrots	broth or water to cover
1/2 c. diced celery	black pepper	1 c. cabbage/spinach flakes
2 t. salt		

Rehydrate peppers, onions, carrots and celery. Sauté reconstituted onion, carrot, celery, and peppers in olive oil until softened. Place everything except the cabbage, tomato powder, and salt into a crockpot. Cook on high for 3-4 hours or low for 6-8 hrs. Add salt, tomato powder, and cabbage and cook for an additional 10 minutes. Add water if necessary.

### Beans au Gratin

internet-grocer.net

2 c. dried beans, soaked	water or chicken broth	1/4 C. tomato powder
1/4 C. DH chopped onion	1/2 C. DH carrot dices	1/4 C. DH celery dices
1 t. garlic powder	1 t. olive oil	2 t. dried summer savory
2 t. dried sage	1 t. dried thyme	1 bay leaf
<b>SAUCE:</b>	2 T butter or olive oil	1/4 C. soft wheat flour
1/2 C. rehydrated mushrooms	2 t. salt	1/4 t. cayenne pepper
<b>TOPPING:</b>	1 c fine bread crumbs	1/2 C parmesan cheese

Sauté reconstituted onion, carrots, celery with garlic powder in 1 T. olive oil until soft. Put sautéed veggies, herbs, and soaked beans into a crock-pot, cover with water or broth and cook on high for 2-3 hours. Make the sauce right after you sauté the veggies, using the same pan. Sauté the mushrooms, in the 2T butter or olive oil. Stir in the flour continuing to sauté for 5 minutes. Add the reserve tomato sauce, salt, and cayenne. Put this in the fridge until approximately 45 minutes before you are ready to serve the beans. Mix the beans and sauce into a baking dish that will hold it well. Blend the bread crumbs and the parmesan cheese together. Sprinkle it over the beans and bake for approximately 30 minutes.

### Beef and Potatoes

2 c. dried beef cubes	1 T. beef broth powder	2 c. dried potato slices
1/8 t. dried garlic	1/2 c. dried peas	salt and pepper
1 T. dried onions	6 c water.	

Combine all ingredients well, except salt and pepper. Let soak for 15 minutes. Bring to a boil and then simmer for 30 minutes, adding more water if needed.

### Beef Stew

1-1½ cups beef TVP dices	1/2 c. DH onion	1½ -2 c. DH stew blend
1/2 c. barley	8 cups water	1/2 cup rice
Salt, pepper and seasonings to taste	3-4 Tbsp flour + 1 cup water	

Combine ingredients in 2-quart kettle or saucepan. Simmer 35-40 minutes, making sure rice and barley are cooked. Make a paste out of flour and water, mixing until smooth. Put into stew, stir until juice thickens.

### **Blackeyed Peas and Rice**

internet-grocer.net

2 c. Blackeyed Peas, soaked	Water or broth to cover	1/4 c. chopped onion
1 c. spinach flakes	t. salt	
1/4 - 1/2 c. brown rice per person, uncooked, reserved		

Rehydrate onion and spinach flakes. Sauté onion. Place everything except the spinach and salt into a crock pot. Cook on high for 3-4 hours or low for 6-8 hours. Approximately 1 hour before serving time, cook the rice. Add salt and spinach to beans. Cook for an additional 10 minutes. When rice is ready, put a scoop on each plate. Pour a ladleful or two of beans over the rice in each bowl.

### **Campfire Beans and Ham**

1 1/2 c. dried navy beans	1 T. chicken bouillon	1/2 c. chopped dried ham
1/4 c. dried onions	1 t. salt	2 T. dried green pepper
1/8 t. black pepper	1/4 c. grated dried carrots	

Store beans separately from other ingredients in sealable, plastic freezer bag. To serve, soak beans in 3 quarts of water for 1 hour. Add remaining ingredients. Simmer over hot coals or medium heat on camp stove for 2 to 3 hours, or until beans are tender, stirring occasionally and adding water, if necessary.

### **Campfire Stew**

1 c. dried beef cubes	2 T. all-purpose flour	1/2 c. dried potato slices
1 T. beef bouillon	1/2 c. carrot slices	1/2 c. dried onion slices

Salt and pepper to taste

Combine all ingredients and store in a sealable, plastic freezer bag. To serve, add to 2 quarts water in a stewing kettle. Simmer over hot coals or on a camp stove over low heat for 1 1/2 hours or until dried foods are tender. Season with salt and pepper.

### **Chicken or Turkey Casserole**

Debbie Kent

4 Servings Mashed Potatoes	2- 12 oz can Turkey	1 1/2 c. Turkey Gravy
1 small box or pkg Stuffing mix		

Prepare potatoes and stuffing according to directions. Layer in casserole dish in this order: Potatoes, spread out to cover bottom of 8x11 pan; sprinkle meat around; evenly pour gravy for next layer and top with stuffing. Cover, bake at 350° 30 minutes.

### **Chicken Taco Soup**

Internet-grocer.net

1/4 c. DH onion	1 T. chicken bouillon	1 c. dry red beans, soaked
1 pkg taco seasoning	1 c. dry black beans, soaked	2 c. chicken or TVP
1 c. dry sweet corn	3 c. water	1/2 c. tomato powder

Rehydrate corn. Place all ingredients in a saucepan and cook/simmer for 45 minutes.

*Serving options* over: rice or with shredded cheese, sour cream, crushed tortilla chips

### **Chicken Dumpling Stew**

Dehydrate2store.com

¾ t. Rosemary	½ C DH peas	½ t. Tarragon
½ C DH mushrooms	¼ C DH onions	¼ C powdered milk
¼ C DH celery	2/3 C flour	½ C DH cubed potatoes
4 Half chicken breast cubed	½ C DH mixed peppers	4 t. chicken bouillon cubes
½ C carrots	2 C Quick Mix	

In crock pot blend flour and powdered milk in 10 cups water until lump free. Add the rest of the ingredients EXCEPT Quick Mix. Put lid on and cook on high for 5 ½ hours. Mix 2 C Quick Mix in a separate bowl with 1 C. water and stir. Add Quick mix one heaping tablespoon at a time ½ hour before you are ready to serve dinner. These will cook into large dumplings.

### **Chow Wagon Beef Stew**

1 c. beef TVP or hamburger	2/3 c. beef bouillon	2 c. dried potatoes
½ c. flour	2/3 c. DH carrots	½ t. pepper
½ c. DH peas	10 c. water	1/2 c. dried onions

Bring water to a boil in a large kettle. Add the vegetables, bouillon, flour, and pepper. Cook on medium until the vegetables are tender and the stew is smooth and thick. Add the meat or TVP the last 10 minutes of cooking time. The hamburger needs to be browned and crumbled.

### **Gnocchi**

1 c instant Potato Buds	1 c hot water	1/2 t salt
1 egg	1 c flour	

Combine Potato Buds and hot water. Add rest of ingredients, in order given. Mix well. Form into 2" fingers or balls\* with hands. Flour hands occasionally so dough doesn't stick. Cook in boiling salted water till they rise to top. Remove dumplings from water with slotted spoon and place in buttered casserole dish.

\* Sprinkle with bread crumbs and keep layering melted butter, dumplings and crumbs. Cover with foil and bake at 325° 5-10 minutes.

### **Macaroni Tuna Casserole**

The Dehydrator bible

½ c. DH mushroom slices	2 ½ c. milk	¼ c. DH celery
2 cans (6 oz.) tuna, drained	¼ c. dried onion	1 t. grated lemon zest
¼ c. DH green peas	2 T. lemon juice	1 ½ c. water
1 c. shredded cheese	8 oz. macaroni	Salt and black pepper
¼ c. flour	1 c. coarse dried bread crumbs	

In a saucepan, combine mushrooms, celery, onions, peas, and water. Let stand for about 30 minutes or until vegetables start to soften. In a large pot of boiling salted water, cook macaroni about 6 minutes according to package directions. Drain and rinse well and return to pot. Set aside. Bring vegetable mixture to a boil over medium heat. Whisk flour into milk and gradually whisk into saucepan. Reduce heat and simmer, whisking constantly, for about 10 minutes or until vegetables are tender and sauce is thickened. Remove from heat. Stir in tuna, lemon zest, lemon juice, and ¾ c. of the cheese. Add tuna mixture to the macaroni and toss gently to coat. Season to taste with salt and pepper. Spread in 8-inch greased square glass baking dish. Sprinkle casserole with bread crumbs and the remaining cheese. Bake at 350 degrees for 10 to 15 minutes or until bread crumbs are crispy and cheese is melted.

### Shepherd's Pie

1 can beef chunks	1 can Tomato Soup or Sauce	1 T Dehydrated onion
1 T. Italian Seasoning	salt and pepper to taste	1 can peas
Salt and Pepper to taste.	2-4 servings Mashed Potatoes	1/2 c. grated cheese,

opt

Make potatoes according to label directions. Mix meat, soup, vegetables and seasonings. Stir well. Place in bottom of a lightly greased large pie plate or casserole dish. Spread mashed potatoes on top, about 1 inch thick. Sprinkle cheese on top. Bake at 350° for 30 min. Serves 4.

### Spicy Bean and Rice Casserole

internet-grocer.net

1 tbsp oil	1 C rehydrated corn	2 tsp garlic powder
1 C. uncooked long grain rice	1/4 c. DH onions	1/2 C water or tomato juice
1/4 cup DH peppers (reconstituted)	1 T. chili powder	1/2 cup tomato powder
1 t. oregano	1 c. water	3/4 C. cheddar cheese powder
1 1/2 c cooked beans, black, kidney, pink, and/or pinto		dash cayenne pepper

In large skillet, heat oil. Add all ingredients and simmer covered for 20 min or until rice is tender.

### Squash Stew with Chiles and Quinoa

The Dehydrator bible

1 c. quinoa rinsed and drained	1/4 c. chopped dried tomatoes	2 t. ground coriander
1/4 c. dried green beans	1 t. ground cumin	1-2 jalapeno peppers
1 c. DH butternut squash/pumpkin	4 c. water or vegetable stock	1/2 c. DH potato cubes
1/2 t. salt	1/4 c. dried onion	black pepper

Grated zest and juice of 1 lime

Seed and chop peppers and set aside. Over medium heat, toast quinoa, coriander and cumin, stirring constantly, for about 2 minutes or until fragrant. Transfer to a bowl, and set aside. Add squash, potatoes, onions, tomatoes, green beans, jalapeno to taste and water to the pot and bring to a boil over medium heat, stirring often.. Reduce heat and boil gently for 15 minutes. Add quinoa mixture, salt, and pepper, return to a boil. Cover, reduce heat to low and simmer for 20 minutes. Stir in lime zest and juice . Season to taste with salt and pepper.

### Tomato Basil Pesto Sauce

By Keely budget101.com

1/4 c. dried tomatoes, crumbled	2-3 cloves minced garlic	1 T. extra virgin olive oil
1 T. dried basil	1/2 c. water	

Sauté garlic in olive oil -- do not brown! Turn down heat, add dried tomatoes and basil, stir to coat. Immediately add water and stir. Cover and steam 2-3 minutes until tomatoes are plumped. Serve with pasta. Keeps well in refrigerator. (Note: Omit basil for Dried Tomato Pesto.)



## DESSERTS

### Apple Crisp

1 2/3 c. Dry Apple Slices

1/4 t. Salt

2 t. Lemon Juice

#### **Topping:**

2 Tbsp. Sugar

2 1/2 c. boiling water

1/2 t Cinnamon

1/4 t nutmeg

1/4 c. Flour

1/4 c. Butter or Crisco

2 T. Cornstarch

2/3 c Sugar

1/4 tsp Salt

1/4 c. Rolled Oats

Let apples soak in for 30 minutes then add remaining ingredients and simmer about 30 minutes until apples are soft and sauce is thickened. Pour into bottom of greased 9x9 pan. Sprinkle with topping and bake at 375° for 25 minutes.

### Apple Pie

Michelle, ldsavow.com

2 pastry shells

1/4 tsp. salt

2 Tbsp. corn starch

2 1/2 c. dried apple slices

1/2 tsp nutmeg

1 1/2 tsp. cinnamon

2/3 c. sugar

3 1/4 cups water

3 tsp. lemon juice

Combine all ingredients except pastry, in a saucepan. Bring to a boil. Boil one minute. Let set for 30 minutes until apples have plumped up. Then pour into pastry lined pie pan. Cover with remaining pastry. Bake at 400° for 35-40 minutes, until gently browned.

**HINT:** I use coconut oil in it's solid form for my shortening or lard for my crust. It makes THE best, flakiest crust I've ever made!

### Apple Streusel Cake

The Dehydrator bible

#### **Streusel:**

1/3 c. all purpose flour

2 T. butter, melted

1/2 t. cinnamon or ginger

1/3 c. brown sugar

#### **Cake:**

3/4 c. chopped dried apples

2/3 c. brown sugar

1 t. baking powder

2 t. vanilla

1/4 t. salt

1 1/2 c. all purpose flour

1 egg

1/2 t. baking soda

3/4 c. unsweetened applesauce

1/2 c. butter, softened

1 t. cinnamon or ginger

Streusel: mash together flour, brown sugar, cinnamon, and butter until crumbly. Set aside

Cake: combine apples and applesauce; set aside. In another bowl combine flour, baking powder, cinnamon, baking soda and salt. Set aside. Using mixer beat brown sugar and butter until fluffy. Beat in egg and vanilla until blended. Stir in flour mixture alternately with apple mixture. Spread batter in 9-inch springform pan, with parchment paper on bottom. Sprinkle streusel on top. Bake in 350 degree oven for 50 to 60 minutes. Let cool 20 minutes then run knife around the edge of cake and remove ring.

### Banana Chip Pudding

1/2 c. DH banana chips

1 pkg vanilla instant pudding 1/2 c. powdered milk

Mix ingredients well. Store in a sealable, plastic freezer bag. To serve, stir in water according to directions on pudding package. Beat with a fork. Divide into four dishes. Let stand 10 minutes.

### Cherry Pie

Dan at budget101.com

3 c. cherries

3 c. boiling water

½ c. flour

1 c. sugar

1-double pie crust

Cover cherries with water and let soak for 30 minutes. Simmer and add sugar and flour to thicken. Pour into a pie crust and add top crust. Cut slits in top. Bake at 400° for about 35 minutes.

### Chocolate Chip "Oaty" Cookies

¼ c. dry egg+1/4 c. & 1 T. water

1 t. baking soda

1 c. shortening

1 t. salt

¾ c. white sugar

1 t. water

¾ c. brown sugar

1 t. vanilla

1 c. WW flour, sift

1 c. quick oats

1 c. white flour

1 pkg. chocolate chips

Reconstitute and blend eggs. Cream sugars, shortening, and eggs until well blended. Add flours gradually. Dissolve baking soda and salt in water. Add to other ingredients. Add vanilla, oats, and chocolate chips. Drop by teaspoonfuls on ungreased baking sheet. Bake at 375 degrees for 10-12 minutes. About 3 dozen cookies.

### Dried Cherry Rice Pudding

The Dehydrator bible

½ c. short-grain white rice

¼ t. ground cinnamon

¼ c. dried cherries

1 ½ c. milk

¼ c. sugar

1 c. whipping cream(35 %)

¼ t. salt

1 t. vanilla

In a deep saucepan, combine rice, cherries, sugar, salt, cinnamon, milk, and cream; bring to a simmer over medium heat, stirring often. Reduce heat to low, cover and simmer gently, stirring occasionally, for about 25 minutes or until rice is very tender. Be careful milk doesn't burn on the bottom. Stir in vanilla. Let cool slightly and serve warm. The pudding will thicken considerably upon standing.

### Fruit Scones

Just Add Water

¾ c. DH apple/apricot/peach slices

1/3 c. sugar

½ c. water

Bring fruit and water to a boil; reduce heat and simmer gently for 10 minutes. Remove from heat and stir in sugar. Cool

#### Dough:

¾ c. all purpose flour

1 ½ T. sugar

3 T. dry milk + 1/3 c. water

¼ c. shortening

2 t. baking powder

¾ c. quick oats

½ t. salt

Sift flour, dry milk, baking powder, salt, and sugar together. Cut in shortening until consistency of coarse crumbs. Add rolled oats and mix lightly. Add water gradually, mixing until dough can be formed into a ball. Knead slightly on floured board and roll to 1/8 inch thickness. Cut into five inch circles (drinking glass may be used as cutter). Place approximately one teaspoonful of filling at one end of each half circle. Make a slash in the other end and fold over filling. Seal by pressing edges with fork. Brush tops with melted butter and sprinkle with sugar. Bake on ungreased cookie sheet at 425° for 15-18 minutes.

### **Old Fashioned Apple Crisp**

Cookin' w/ Home Storage

4 c. dried apple slices	8 c. water	1/2 c. sugar
2 t. cinnamon	1/2 c. margarine powder	3/4 c. brown sugar
1/2 c. oatmeal		

Bring water, apples, sugar and 1 t. cinnamon to boil. Reduce heat and cover, simmer about 25 minutes. Drain off liquid except for 1 c. Pour into a baking dish. Mix, oatmeal, margarine, brown sugar and 1 t. cinnamon. Sprinkle mixture over the top of apples and bake at 350 for 1 hour.

### **Peanut Butter Cookies**

Just Add Water

1/2 c. shortening	2 T. cream	1 c. raw or brown sugar
1 t. soda	2 T. dry egg+2 1/2 T. water (beaten)	
1 1/2 c sifted whole wheat flour	1/2 c. peanut butter	

Cream sugar and shortening. Add egg and peanut butter. Add cream and sifted dry ingredients. Form balls size of a marble and place on greased cookie sheet. Press both ways with fork dipped in sugar. Bake about 8 minutes at 350°.

### **Strawberry Rhubarb Tarts**

1/4 c. dried rhubarb slices	4 t. cornstarch	3/4 c. water, divided
2 T. lemon/orange juice	1/2 c. sugar	1/4 t. vanilla
1/4 c. dried strawberry slices	12 baked tart shells (each 2 1/2 inches)	

In a saucepan, combine rhubarb and 1/2 c. of water. Let stand for 30 minutes. Stir in sugar and strawberries; bring to a boil over medium heat. Reduce heat and boil gently, stirring occasionally, for about 8 minutes and liquid is reduced by about half. Whisk cornstarch into the remaining water (1/4 cup). Drizzle into sauce pan and cook, stirring, for about 1 minute or until sauce is thickened and clear. Transfer to a bowl and let cool. Cover and refrigerate for about 2 hours, until chilled. To serve, spoon fruit filling into tart shells.

### **Tropical Fruit Compote**

The Dehydrator bible

1 1/2 c. Chopped mixed dried tropical fruit	1 1/2 c. unsweetened pineapple juice
2 T. brown sugar or honey	1/2 t. vanilla

In a saucepan, combine fruit, brown sugar and juice; bring to a boil over medium heat. Reduce heat and simmer stirring often, for about 10 minutes or until fruit is tender and liquid is slightly syrupy. Remove from heat and stir in vanilla. Let cool slightly and serve warm or cool.

### **Whipped Topping**

Just Add Water

1/2 c. powdered milk	2 T. lemon juice	1/2 c. ice water
Sugar and vanilla to taste		

Mix milk and water at high speed until stiff. Add lemon juice, sugar, and vanilla. Whip until fluffy.

## **Whole Wheat Carrot Cake**

From Karen Tolman

1 C. DH .carrot	1 C. cooking oil	1 C. granulated sugar
1 C. brown sugar	1 tsp. vanilla	2/3 c. water
1/3 C. dried whole egg powder	2 C. whole wheat flour	1/3 C. nonfat dry milk pdr.
2 tsp. ground cinnamon	1 tsp baking soda	1 t. baking powder
1 t. salt	1 C. chopped nuts	

Rehydrate carrots in 3 C. warm water, let set for about 20 minutes, and drain. (Should be about 3 C.) In a large mixer bowl, combine oil, granulated sugar, 2/3 c. water and brown sugar on low speed of electric mixer till mixed. Add vanilla. In another bowl, sift together egg powder, flour, milk powder, baking soda, baking powder, salt and cinnamon. Add to wet mixture till well blended. Stir in carrots and nuts. Pour batter into a greased and floured bundt pan. Bake in 350° oven for 50 to 60 minutes or till cake tests done. Cool in pan, and invert on serving plate. Sprinkle sifted powdered sugar on top.

**Hint:** Can substitute 3 c. fresh shredded carrots for dried.

## **POWDERS**

### **Fruit Powder**

Budget101.com

To use this powder in recipes, combine 1/2 c fruit powder to 1 c. of flour. Follow the recipe as directed. This not only adds nutrition, but huge amounts of flavor as well!

For Smoothie: Combine 1/2 c. fruit powder to water or milk, add a couple ice cubes and enjoy a delicious fruit smoothie or milk shake.

### **Other ideas for fruit powder:**

- add 1 T to yogurt for flavored yogurt
- add 1 T. Fruit Powder (any kind of fruit) to Homemade oatmeal packets & 1 T. of powdered coffee creamer for Fruit-n-cream oatmeal that your kids will beg for

Add flavor to your waffles & pancakes, sprinkle over your cereal in the morning.

### **Vegetable Powders**

Dry your fruits so they are extra crispy, then place them in a blender on high until powdered.

Vegetable powders can be used for: seasonings, as a burst of flavor in soups, stews and sauces and even as baby food.

## **SIDE DISHES**

### **Aunt May's Au Gratin Potatoes**

Cookin' with Home Storage

2 c. dried potato slices	2-3 c. water
1 T. margarine powder	1 T. onion flakes
¼ c. powdered milk	½ c. cheese powder

Salt and pepper to taste

Cook potatoes in water until tender. Saute onions in margarine until soft. Combine milk powder, cheese powder, and salt and pepper. Stir in enough water to make a sauce. Add to the potatoes and onions and mix well. Put in a casserole dish and bake until bubbly.

### **Aunt Susan's Simple Candied Carrots**

Cookin' with Home Storage

½ c. dried carrot slices	2 C. water
6 T. brown sugar	½ c. margarine

Cook carrots in water until tender. Add margarine and brown sugar. Heat until carrots are nicely coated.

### **Creamed Corn**

by Mike at [budget101.com](http://budget101.com)

1 c. dried corn	4 c. boiling water	2 t. sugar
½ c. milk	1 T. flour	1 T. butter

Add corn to water and let stand 30 minutes. Simmer until tender, this could take up to an hour. Drain, add additional ingredients, simmer 5 more minutes, stirring frequently to avoid scorching.

### **Crunchy Garlicky Mashed Potatoes**

3 c. water	1 c. milk	1 t. salt
1/2 t. minced garlic	3 c. instant mashed potato flakes	1/4 c. sour cream
1-2.8oz French fried onions, crush	1/4 c. grated Parmesan cheese	

Spray a shallow 1 1/2-quart casserole with cooking spray. In a saucepan bring water to a boil. Remove from heat and add the milk, salt and garlic; stir. Add the potato flakes and sour cream; mix well. Spoon potatoes into casserole. Sprinkle with onions and cheese. Broil 6 inches from heat source for 30 to 60 seconds until brown.

### **Hawaiian Fruit Salad**

Submitted by Mrs. C

1 – 11 oz. can mandarin oranges	1 – 20 oz. can sliced pineapple	¾ dried bananas
¼ c. unsweetened coconut	¼ c. cornstarch	

Drain fruit and reserve juice. Combine the two juices. Cut pineapple slices into wedges. This can easily be done inside the can with a sharp knife by cutting from the hole towards the can sides. Put bananas and coconut in a 1-cup liquid measuring cup and cover with water. Allow to soak for ½ hour. Alternatively, you can use 4 large fresh bananas, sliced and possibly omit the coconut. To make sauce, mix juice from pineapple and mandarin oranges, add liquid from the soaked bananas and coconut and some additional water if needed to make 1 ½ cups juice. Make a paste with cornstarch and 1/3 cup of the combined juice. Heat remaining juice to almost boiling. Stir in paste and continue to cook, stirring constantly, until sauce thickens. Allow to cool, then pour over fruit. Stir until all fruit is covered in sauce. Refrigerate. Serve 8.

### **Herbed Brown Rice**

1 Can (14oz.) chicken broth	¼ t. garlic powder	1 1/3 c. water
¼ t. ground thyme	2 T. butter	1/8 t. pepper
1 T. dried onion	1 bay leaf	1 t. dried parsley
1 1/3 c. brown rice		

Add all ingredients, except brown rice, to saucepan and bring to a boil over medium high heat. Add rice and return to boil. Turn to low, cover, and simmer for 45 minutes. Remove bay leaf.

### **Herbed Quinoa Pilaf**

Essential Food Storage

1 c. quinoa, rinsed and drained	1 ½ c. water	1 T. dried minced onion
1 T lemon juice	¼ t. dried basil	1 T. vegetable oil
½ t salt	¼ c. slivered almonds or pine nuts	

In a saucepan, combine quinoa, dried onion, basil, salt, and water. Bring to a boil. Reduce heat to low, cover, and simmer about 10 to 15 minutes, or until water is absorbed. Fluff with a fork. Stir in lemon juice, oil, and almonds. Serve immediately. Serves 6

### **Oven Baked Potatoes with Cheese**

3 c. Potato pearls(reconstituted)	½ t. salt	¼ c. dehydrated onion
¼ t pepper	3 ½ t. dried cheese powder	¼ t. garlic powder
1.4 t. paprika		

Soak the onions for 10 minutes. Add onions, spices, and ½ T. cheese to the potatoes. Mix well. Pour into a casserole dish. Rehydrate the remaining 3 T. cheese in 1 T. warm water. Spread over the potato mixture. Sprinkle with paprika. Bake at 350 degrees for 15 minutes.

### **Scalloped Potatoes**

2 c. DH potato slices	2 T. margarine	1 T. DH onion
¼ lb. grated cheese (or Dry Cheese)	½ c. bacon bits (optional)	2 T. dry milk + ½ c. water
2 – 3 c. water	Salt and Pepper to taste	2 T. flour

Rinse and reconstitute potatoes and onions separately. Saute´ onions in margarine until soft, but not browned. Stir in flour, salt and pepper. Add milk, cook until smooth and thick, stirring continually. Add cheese, stir until melted. Remove from stove. Mix potatoes, bacon bits, and cheese sauce. Bake in a casserole dish 20-25 minutes at 325°.

### **Sun-Dried Tomato Dip**

Submitted by Tami budget101.com

1/4 c. sun-dried tomatoes	balsamic vinegar	1/3 c. sour cream
1/3 c. mayonnaise	1/3 c. plain yogurt	2 cloves garlic, finely minced
1 t. dried basil	¼ c. green olives, chopped	

Place tomatoes in a small bowl and add balsamic vinegar until just covered. Allow to soak for about an hour. Remove tomatoes from vinegar and drain well. Chop finely and mix with other ingredients. Keep in refrigerator until ready to serve. Makes 16 Servings

### **Sweet Pepper Rice Pilaf**

1 T. Olive Oil	1 t. minced dried garlic	1 c. long grain white rice
¼ t. salt	¼ c. DH yellow bell pepper	¼ t. paprika
¼ c. dried red bell pepper	¼ t. ground black pepper	¼ c. dried onion
2 cans. chicken bouillon		

Heat oil in saucepan over medium heat. Add rice and sauté until lightly browned; add peppers, onions, garlic, salt, paprika, pepper, and chicken bouillon, bring to a boil. Cover, reduce heat to simmer and cook for 20 minutes, or until rice and vegetables are tender and liquid is absorbed. Remove from heat and let stand, covered for 5 minutes. Fluff with a fork and season with salt to taste.

## **SOUPS**

### **Autumn Soup**

(Debbie Kent)

½ c. barley	½ c. rice	½ c. dry split peas
½ c. dry lentils	2 T. dry, minced onion	2 T. parsley
2 ½ t. salt	½ t. lemon pepper	2 T. beef bouillon
¼ c. DH celery	¼ c. DH carrots	½ c. DH cabbage
1 can diced tomatoes	1 ½ c. rotini pasta, dry	13 c. water

Cover; bring to a boil, reduce heat, simmer 1 hour until veggies are tender, add water if needed.

### **Bean Soup**

2 c. dry white beans	½ tomato powder	½ c. Ham TVP
¾ c. potato dices or slices	¼ c. dry onion	¼ c. dry carrots
½ c dry celery	1 tsp. salt	1/8 tsp. pepper
¼ tsp. cayenne pepper		

Wash beans, add 6 cups water and boil two minutes. Remove from heat and let stand one hour. Drain and rinse. Add water to cover plus one inch. Bring to boil, reduce heat to simmer, cook until tender, about 2 hours, adding more water as necessary to keep beans covered. Add ham. Stir in remaining ingredients and simmer until potatoes are tender, about 20 minutes.

### **Chicken-Noodle Soup Mix**

¼ c. dried green peas	½ c. dried noodles	1 T. chopped dried onion
¼ c. dried carrots	2 T. chicken bouillon	¼ c. dried celery
1 can chicken chunks		

Combine all ingredients and mix well. Store in airtight container. To serve, simmer mix in 2 quarts boiling water until vegetables are tender, about 1/2 hour. Stir occasionally and add water as necessary, add meat last 5 minutes of cooking. Season to taste.

### **Cream Soup**

Cookin' with Food Storage

2 T salad oil	½ t. salt
2 T flour	¾ c. powdered milk
2 T butter or margarine powder	3 ¼ c. water

Add the flour to the oil and blend. Add the butter or margarine powder (real butter or margarine can be used) Stir in all remaining ingredients and cook on low heat until thickened. Serves 4

## Variations

Cream of celery soup: Add 1 c. rehydrated celery and 1 T. minced onion. (Fresh can be used)

Cream of Mushroom Soup: Add 1 c. rehydrated mushrooms and 1 T minced onion.

Cream of chicken soup: Add 1 c. small pieces of cut up chicken and 1 T minced onion.

Cream of potato soup: Add 1 ½ c diced cooked potatoes 1 T minced onion. Salt & pepper

## Instant Potato-cheese Soup

4 cans chicken broth                      2 c. evaporated milk                      4 c. shredded Cheddar cheese  
2 1/2 c. instant mashed potato flakes   1/2 t. black pepper                      2 scallions, thinly sliced

In a soup pot, combine the chicken broth, half-and-half, potato flakes, 3-1/2 cups cheese, and the pepper; mix well. Bring to a boil over medium-high heat and cook for 2 to 3 minutes or until thickened, stirring constantly.

## Mushroom Soup

Budet101.com

1-1/2 c. dried mushrooms                      2 c. hot beef bouillon                      4 c. milk  
6 T. flour                      1/2 c. dried onions                      1/4 c. margarine  
1 tsp. salt                      parsley for garnish

Sauté mushrooms and onions in margarine in a heavy saucepan for 5 minutes, stirring occasionally. Combine bouillon, milk, salt, and flour. Blend until smooth. Add to sautéed mushrooms and onions. Cook over low heat until the mixture comes to a boil, stirring constantly. Garnish with parsley. Makes about 8 servings

## Potato Soup Mix in a Jar recipe

1 3/4 c. instant mashed potatoes                      1 1/2 c. dried milk                      2 T. instant chicken bouillon  
2 t. dried minced onion                      1 t. dried parsley                      1/4 t. ground white pepper  
1/4 t. dried thyme                      1/8 t. turmeric                      1 1/2 t. seasoning salt.

Combine all ingredients in a bowl; mix well. Put ingredients in a 1-quart jar.

**On gift tag write:** Place 1/2 cup mix in soup bowl; add 1 cup of boiling water; stir until smooth.

## Split Pea Soup

2 1/2 cups green split peas                      1 ½ lb meaty ham bone                      2 c. sliced onion  
1 t. salt                      1/2 t. pepper                      1/4 t. dried marjoram  
1/2 c. DH celery                      3/4 c. DH diced carrots

Rinse peas; combine with 2 quarts water, ham bone, onion, salt, pepper and marjoram. Bring to boil; cover, reduce heat, and simmer (don't boil) about 2 to 2 1/2 hours. Stir occasionally, till the peas are completely creamy. Remove bone; cut off meat and dice. While peas are cooking, soak celery and carrots. Return meat to soup; add celery and carrots. Cook slowly, uncovered, 30 to 40 minutes. Serves 6 to 8.

***To dehydrate:*** spread out a thin layer on trays and dehydrate till dry.

## Vegetable Beef and Barley Soup

1 lb stew meat                      1 can of tomatoes                      ½ cup dried onions  
½ cup dried carrots                      ½ c. barley                      3 T. dried celery  
1 t. basil                      1 t. oregano                      1 T. parsley

Place in Crock Pot then add whatever else you like or have in the fridge: corn, dried zucchini, or green beans. Add enough water to raise the level of crock pot to 3/4ths. Cook on low, 6-10 hours. Add Salt and pepper to taste.



### **Vegetable Soup with Barley**

internet-grocer.net

2 c. white beans, soaked	2 T. olive oil	1/4 c. pearled barley
1/2 C. tomato powder	1/4 c. chopped onion	4 C. broth or water
1/2 c. chopped celery, rehydrated	1/2 t. salt	
1/2 c. diced carrots, rehydrated	1/4 t. cayenne	
2 c. diced potatoes, rehydrated		

Add everything else except the salt. Cook on high for 4 hours. Add salt to taste.

## **RECIPES FOR BACKPACKING**

### **Wake Up! Omelet for 1**

2 T. powdered eggs	1 t. dried parsley
1 t. chopped dried tomatoes	pinch chili powder
1 t. chopped dried hot chili peppers	pinch ground cumin
1 t. chopped dried onions	pinch salt
1/3 c. water	Vegetable oil

In a sealable plastic bag, combine eggs, tomatoes, chile peppers, onions, parsley, chili powder, cumin, and salt. Seal and store at room temperature for up to 1 month. To serve: combine egg mixture and water. Let stand for 15 minutes or until vegetables are soft. Using a fork, whisk until frothy. In a skillet, heat a thin layer of oil over medium-low heat. Add egg mixture and swirl to coat pan evenly. Cook, without stirring for about 3 minutes or until eggs are just set.

### **Beef Jerky, Scrambled Egg and Mushroom Wrap for 1**

1/2 oz. beef jerky (torn into small pieces)	1 t. dried chives
3 T. powdered eggs	1/8 t. dried thyme
1 T. dried mushrooms crumbled	pinch salt
6 T. water	
2 small flour tortillas	

In sealable plastic bag, combine jerky, eggs, mushrooms, chives, thyme, and salt. Seal and store for up to 1 month. To serve: Combine jerky mixture and water. Let stand for 20 minutes. Whisk with a fork until frothy. Heat a thin layer of oil over medium-low heat. Add egg mixture and cook, stirring for about 2 minutes or until eggs are just set. Spoon half the egg mixture in the center of each tortilla.

### **Jerked Beef Hash with Potatoes and Peppers for 1**

The Dehydrator bible

1/2 oz Jerk Beef jerky, torn into small pieces	1 T. dried red peppers
1/2 c. dried potato cubes	1/2 t. crumbled dried cilantro or Oregano
1 T. dried onion	1/8 t. salt
1 T. dried green peppers	<b>To Serve</b> 1 1/4 c. water

In a sealable plastic bag, combine jerky, potatoes, onions, green and red peppers, cilantro and salt. Seal and store for up to 1 month. To Serve: in a skillet, combine jerky mixture and water. Cover and let stand for 30 minutes or until potatoes are soft. Bring to a boil over medium heat. Reduce heat, cover and simmer for about 15 minutes or until potatoes are soft. Uncover and simmer about 5 minutes or until liquid is evaporated and potatoes start to brown.

### **Peppered Beef and Noodles for 1**

The Dehydrator bible

½ oz Peppercorn Ground Beef jerky strips

2 T. dried red bell pepper slices

½ t. crumbled dried basil

1 c. broad egg noodles (about 2 oz.)

¼ t. salt and pepper(to taste)

¼ c. instant skim milk powder

To Serve: 1 ¼ c. water

In a sealable plastic bag, combine broken up jerky, noodles, milk, red peppers, basil, salt and pepper to taste. Seal and store for up to 1 month. To Serve: In a saucepan, combine beef mixture and water. Cover and let stand for 15 minutes so beef can soften. Uncover and bring to a boil over high heat. Reduce heat and boil gently, stirring often, for 5 minutes or until noodles and peppers are tender. Serves 1