

FIRST EDITION

BUG-IN RECIPES

A CROWD-SOURCED
COOKBOOK BY THE
PREPAREDNESS COMMUNITY



Bug-In Recipes

A Preparedness Community Crowd-Sourced Project

Community is powerful! When others can come together, they can accomplish really great things. History is filled with such times when regular people came together for the good of others. The Preparedness Community is filled with these types of people.

And although the curation of this recipe book doesn't mark a huge sacrifice of a generation, it was put together during a very uncertain time in the history of the world.

As the threat of the Coronavirus started to knock on the doors of countries other than China, the thought of many preppers would turn to the possibility of bugging-in. This has been realized to some degree in all parts of the world.

But this world is in a different place than it was during the last pandemic. With processed foods and Just-In-Time delivery systems, many people don't stock food in their pantries, much less know how to cook it.

It was my desire to create a book of easy to make recipes that preppers, but also non-preppers, could use to come up with ideas if they had to hunker down.

This recipe book/ cookbook is crowd-sourced. This means that many people in the Preparedness Community contributed recipes. In this first edition, there are 45 recipes.

The mechanism for contributing to further editions will stay in place and as more recipes are provided, they will be added to this cookbook. If you would like to contribute a recipe, please [CLICK HERE](#) for instructions.

This recipe book/ cookbook is offered free. At no point should anyone require anything to download it. If you find a copy that is not downloadable, you can [visit this LINK to download a free copy](#). With that said, please feel free to send this PDF to anyone who might value the recipes within.

The recipe book won't win any awards for formatting and style, but it was put together with a heart to serve and see others get better prepared.

Todd Sepulveda

[Ready Your Future](#)

Formally - Owner of [Prepper Website](#)

March 2020

Recipe Name: Chunky Soup and Rice

This easy recipe “stretches” a can of Chunky Soup with cooked rice.

Ingredients:

- 2 cans of Vegetable Beef Chunky Soup
- 6 cups of cooked white rice (2 cups uncooked)
- Hot Sauce (optional)

Preparation:

- Cook 2 cups of uncooked rice
- Heat up 2 cans of Chunky Soup
- Place a cup of cooked rice in a bowl and pour over a cup of Chunky Soup
- Add Tabasco or hot sauce to taste

Goes great with a slice of hot bread or a biscuit.

Number of Servings: This recipe will easily feed a family of 4.

Contributed by: Todd Sepulveda - [Prepper Website](#), [The Prepper Website Podcast](#), [Prepared Christians](#)

Recipe Name: Spaghetti with Sauce

This is a super easy meal and easy and affordable to stockpile. And the kids love it!

Ingredients:

- Spaghetti Noodles
- Spaghetti Sauce

Preparation:

- Cook noodles as described on the package
- Heat up sauce and serve

Number of Servings:

Determined by how much noodles and sauce are made.

Recipe Name: Not Your Mama's Tuna Casserole

Ingredients:

- 1 package dried pasta; typically a pound or 4 cups of dry rice, cooked (about 8 cups cooked)
- 1 can of tuna or canned chicken; can be doubled
- 1 can condensed cream soup; mushroom or chicken; can be doubled
- 1 cup cheddar or other type of cheese; rehydrated freeze dried cheese okay
- Breadcrumbs or cracker crumbs, depending on what you have
- Odd and ends from your refrigerator or pantry

Preparation:

- Cook the pasta or rice. The exact amount does not matter. I happen to like whole wheat spaghetti so that is what I use. I have made this casserole using less than a full package of pasta and more than a full package. I have also used cooked rice and canned beans. This recipe allows for flexibility to use whatever you happen to have on hand.
- Spray a 9 x 13 baking pan, 12" cast iron skillet or your Dutch oven with cooking spray or rub with some other fat.
- Preheat your cooking source to about 350 degrees. If using a grill or open fire, get it hot.
- Combine all ingredients, holding back half of the cheese.
- Add your dibs and dabs of leftover veggies, additional cheeses, meats or what-have-you.
- Mix well then pour into your pan.
- Sprinkle the remaining cheese plus the breadcrumbs over the top.
- Bake for about 25 minutes until bubbly.

Number of Servings: 8 to 12 people, depending on how hungry they are

Contributed by: Gaye Levy - [Strategic Living Blog](#) and the [Strategic Living Facebook Page](#)

Recipe Name: Indian Bread

Ingredients:

- 3 cups Flour
- 1 tsp. Salt
- 1 Tbsp baking powder
- water

Preparation:

- Mix enough water into dry mixture to make dough stretch like elastic.
- Shape into small flat cakes and fry in deep fat or fry pan.
- Eat while hot, buttered with cinnamon and sugar or sprinkle with garlic.
- You can use your imagination and add some spices to the dry ingredients – like sugar and pumpkin spice, or perhaps oregano to compliment spaghetti.

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Simply Sausage

Ingredients:

- Smoked sausage
- Choice of fresh vegetables
- Choice of cooking oil

Preparation:

- use light oil or butter and saute ingredients.
- This tastes good with just about anything.

Number of Servings: 2 per package of sausage

Recipe Name: Simple Spam

Ingredients:

- Spam
- Hydrated onions and powder
- Sharp cheese
- Oil

Preparation:

- Fry spam till light brown with onions.
- When it's light brown sprinkle with cheese.

Number of Servings: 4

Recipe Name: Black Bean, Rice & Avocado Bowls

Ingredients:

- 1/2 onion, chopped
- 1 tbsp. olive oil
- 1–2 cups cooked rice
- 1 can black beans, drained and rinsed
- 1 can Rotel Diced Tomatoes & Green Chilies, drained and rinsed
- 1–2 cups arugula or spinach, chopped
- 2 6 oz. jars pesto sauce
- 1 avocado, chunked
- salt & pepper to taste

Preparation:

- Saute onion in oil
- Add the next 5 ingredients to the pan and heat through. Add salt & pepper.
- Place mixture in bowls, top with avocado and serve.

Number of Servings: 6

Recipe Name: 5 can Mexican Soup

Ingredients:

- 1 15 oz can Whole Corn (Undrained)
- 1 14.5 oz can Chicken Broth
- 1 11 oz can Cream of Chicken soup
- 1 10-16 oz can Chunk Chicken
- 1 10 oz can Ro-Tel

Preparation:

- Mix everything together and heat.
- Add more water if needed for a thinner broth.

Recipe Name: Sauerkraut and Sausage with Mashed Potatoes

Ingredients:

- 32 oz. packages / jars of sauerkraut (or more according to the number of people dining)
- your favorite sausage or low fat turkey sausage. (Amount of sausage is determined by your love of sausage)
- Optional: favorite brand of beer to replace the sauerkraut juice.

Preparation:

- Large pot or Crockpot for the amount of sauerkraut & sausage to be prepared.
- Open 32 oz. sauerkraut packages and drain the juice if beer is to be substituted for sauerkraut juice.
- Place the sauerkraut into the pot along with “approximately” 12 oz. of beer per container of sauerkraut. (You know how to handle any excess opened beer!)
- Pre-cook the sausage and cut into bite sized pieces and place into the sauerkraut.
- Cook on medium heat until sauerkraut and sausage is tender.
- Time will be determined by the amount prepared.
- While the sauerkraut and sausage is cooking, in another pot, prepare mashed potatoes in a sufficient amount to go with the sauerkraut and sausage.
- You can add butter and garlic seasoning to the potatoes if you like. The sauerkraut “juice” is the gravy!

Number of Servings: - The number of servings will be about four per 32 oz. package / container of sauerkraut. Leftovers, if there are any, are a great warmed up meal.

Recipe Name: Bannock Drops (Fry Biscuits)

Ingredients:

- 3 cups flour
- 1 tsp salt
- 1 tbsp sugar
- 3 tbsp baking powder

Preparation:

- Mix and add 1 1/2 - 2 cups water to make goopy.
- Heat 1/2" oil (was taught to use lard but I use oil sometimes).
- Bring oil to 175 degrees, (medium high heat).
- Drop dough by large spoonfuls and cook until golden brown, turn and cook other side. A few minutes per side.

Servings: 6-8 depending on drop size

Notes: Bannock was taught to me by a First Nations Lady many years ago.

Contributed by: William Maugans



Recipe Name: Chicken Bean Vegetable Soup

Ingredients:

- chicken breast, grilled, skinless, boneless, 2 lbs, diced
- fat free chicken broth, 10 cup(s)
- frozen mixed vegetables 1 ½ cups
- Kroger Black beans no salt added, 1 cup, rinsed and drained
- Kroger Cannellini Beans, 1 cup, rinsed and drained
- Ro-Tel Original diced tomatoes and green chilies no salt added ¾ cup
- Del Monte Tomato Sauce, ⅛ cup
- Uncooked whole wheat penne, 5 oz
- Spice Hunter Herbes de Provence, Blend, 4 tsp, dried and chopped

Preparation:

- Pour chicken stock into a large stock pot and heat to a simmer
- Open canned beans and thoroughly rinse. Add to the pot.
- Open the can of Rotel Tomatoes and Green Chiles and add the entire can to the pot.
- Add all remaining ingredients except spices to the pot and stir together.
- Bring to a gentle boil and boil for 20 minutes
- Reduce heat to simmer and add spices. Simmer 20 minutes.
- Serve hot with optional sprinkling of grated cheese on top.

Notes:

- Dice chicken to 1/8 inch size
- Use Kroger or Food Lion frozen mixed vegetables, very convenient.
- Add pepper and/or paprika for a little added "kick"
- May need to add more chicken stock to account for that sucked up by the whole wheat pasta in cooking
- Very filling and very low WW points

Number of Servings: 4-6

Recipe Name: Depression Bread

Ingredients:

- 4 Cups Flour
- 2 Cups Warm Water
- 2 Tbsps. Yeast

Preparation:

- Pour flour into a large bowl and create a hole in the center.
- Pour the yeast and warm water in the center, then combine with the flour until you form a ball.
- Cover with a towel and allow to rise for 30 minutes, or until it's doubled in size.
- Knead the dough and split into two loaves.
- Then allow to rise one more time.
- Bake at 300 degrees until golden.

Number of Servings: 10-15

Contributed by: Mike Poynter

Recipe Name: Soda Bread

Ingredients:

- 2 cups All Purpose Flour
- 1tsp Baking Soda
- 3/4tsp Salt
- 1Tbsp Sugar
- 1 Cup Buttermilk
- Extra Flour, for kneading

Preparation:

- Preheat a dry skillet or griddle over medium-high heat while you make the dough.
- Combine all dry ingredients in a large mixing bowl, and whisk to blend.
- Stir in buttermilk, forming a sticky dough.
- Turn dough out onto a floured surface and gently knead until dough is no longer sticky and fairly smooth (about 1 minute).
- Shape dough into a ball and press it out into a disc about 1/2-inch thick.
- Transfer dough to skillet and cook for about 8-10 minutes, until bottom is golden brown.
- Turn dough over, and cook for another 8-10 minutes until bottom is golden brown and bread is set.
- Check for doneness by gently pressing the sides of the dough to see if the bread springs back into place. If not, reduce heat slightly (to prevent over-browning) and cook for another 2-3 minutes.
- Cut bread into quarters to serve. Bread is best when it is fresh.

Note:

- If no access to buttermilk, a substitute can be made by adding 1Tbsp lemon juice to 1cup Milk and letting stand for 15 minutes

Number of Servings: 4

Recipe Name: Spicy Chicken and Rice

Ingredients:

- 2) Cups of Rice
- 2) Cans Chili Beans or Red Beans
- 2) Cans (10-12oz each) Chunk Chicken

Preparations:

- Boil all in a large pot until rice is tender.
- You may need to add spices(Cajun/Creole yum!) to plain Red Beans.
- Dollar General Chili Beans are pretty good without any needed spices.

Servings: apx. 8 bowls

Contributed By: John Clark

Recipe Name: White Chicken Chili

Ingredients:

- ½ med. Onion, chopped
- 1 12 oz. can of chicken
- 1 can white beans
- 1 cup green salsa
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 2 cups of cooked rice

Preparation:

- Saute onion until translucent.
- Stir in cumin, garlic powder and oregano.
- Stir in chicken, beans and salsa and heat.
- Serve over rice.

Number of Servings: 4

Contributed by: Krista

Recipe Name: Hurricane Food

Ingredients:

- 1 can black beans
- 1 can corn
- 1 jar salsa
- Doritos or corn chips
- Grated cheese (optional)

Preparation:

- Mix together beans, corn and salsa.
- Sprinkle grated cheese over the top if using.
- Serve with Doritos as a dip or over corn chips.

Number of Servings: 2 or 3

Contributed by: Krista

Recipe Name: Dumplings

Ingredients:

- 1 ½ Cups regular flour
- ¼ cup of dried milk (approx.)
- 2 teaspoons of baking powder
- ¾ teaspoons of salt
- 3 tablespoons soft butter (I don't measure, I scoop a chunk out of the butter dish)
- ¾ cup of water

Preparation:

- Measure dry ingredients.
- Cut in the butter with a utensil (I use my hand) till it looks like meal, or till it appears blended.
- Stir in water.
- I heat gravy that I made using bouillon, about 4 cups of water and some extra herbs if needed. I thicken the gravy by mixing approx 2 tablespoons of flour in about a ½ cup of water put in a jar and shake it well until it's blended. Add to the gravy that is boiling on medium heat. Stir/whisk it till it thickens. If it is a bit thin, don't worry about it, it is better that way, cause once you add the dumplings to cook they will absorb a lot of the liquid.
- Dip your metal tablespoon into the bubbling gravy and scoop out some of the dumpling dough, slightly larger than the size of a golf ball, and put it in the gravy. Keep going till all the dough has been used up and hopefully the large 10 inch cast iron fry pan will be filled.
- Lower the temperature to medium/low and set the timer for 10 minutes.
- When the timer goes off, cover the fry pan and the dumplings and set the timer for another ten minutes. NO PEEKING! Peeking will cause the dumplings to drop!
- The dumplings can be served with most any type of meat. I often use boneless skinless chicken thighs and I dice the meat, brown it slightly in a separate fry pan with oil or chicken fat and onions. After slightly browned I added diced vegetables and cover to cook about 10 to 15 min. Sometimes I serve the dumplings with sliced beef sausage.

Number of Servings: About 6 to 8 people depending on appetites

Recipe: Ham, Mac N Cheese w/ Pineapple

Ingredients:

- Water
- Deluxe Style Mac N Cheese
- Canned Ham
- Can pineapple

Preparation:

- Cook noodles as directed.
- Slice up ham into 1/2-inch squares
- Drain Juice from pineapple (save juice)
- Drain water from noodles, mix ham, cheese sauce, and pineapple together with hot noodles.
- Eat

Notes: Other items can be added to this example peas, mushrooms or small tomato sauce.

Number of Servings: 3-4 (depending on activity level and appetite)

Contributed by: S.N.

Recipe Name: Baking Powder Drop Biscuits

Ingredients:

- 1/3 cup shortening
- 1 3/4 cups flour
- 2 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 cup milk

Preparation:

- Mix flour, baking powder and salt.
- Cut in shortening with a pastry blender.
- Add milk and mix well with a fork until it forms a firm dough ball. (may need to add a bit more flour if too thin)
- Drop onto greased cookie sheet. Bake at 450 F. for 10-12 minutes.

Number of Servings: Not provided

Recipe Name: Grandpa's Soup

Grandpa's Soup is one of my favorite books. Sometimes books written to entertain children also confront an adult need. Grandpa's Soup is such a book. It is the story of a lonely widowed grandpa.

In order to sooth his pain, he makes a soup that his wife often made. The discovery is that when he shares the soup he becomes surrounded with new friends. The message is that serving others (servant hood) can be a powerful solution to loneliness.

Ingredients:

- 1 lb. of ground beef
- 4 Tbsp butter
- 8 cups of broth or water
- 1 small onion (diced small) or dried 1/4 cup dried onion
- 4 potatoes (diced)
- 1/2 cup carrots (diced)
- salt & pepper to taste

Preparation:

- Put butter in soup pot,
- roll meat into meatballs and cook thoroughly in butter.
- Add broth (water) and bring to boil.
- Add onions, potatoes, and carrots.
- Cook until tender.(I like to thicken it a bit. It's a pretty basic soup, but nice on a cold day.)

Number of Servings: HLisech - *Lisech Family Cookbook*

Recipe Name: Homemade Granola

Ingredients:

- 3 1/2 cups oats (regular)
- 1 cup oat bran
- 1/2 cup sesame seeds (unhulled)
- 1 cup unsweetened coconut
- 1/2 cup sunflower seeds
- 1 cup nuts
- *Mix dry ingredients in a cake pan.*
- 1/4 cup oil
- 3/4 cup honey
- 1 tsp. vanilla

Preparation:

- Mix liquid ingredients together and drizzle over the dry mixture.
- Mix thoroughly with a fork.
- Bake at 350°F. for 10 minutes.
- Stir and bake 10 more minutes.
- Stir again and bake for 5 additional minutes. (I add 1 cup chopped dates after baking.)

Number of Servings: Not provided

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Old Settlers Beans

Ingredients:

- 1/2 lb. ground beef
- 1/2 lb. bacon diced
- 1 med chopped onion
 - Combine ingredients in skillet.
 - Cook until done and drain off grease.
- Put in crockpot and add:
- 1/3 cup sugar
- 1/3 cup brown sugar
- 1/4 cup ketchup
- 1/4 cup BBQ sauce
- 1 Tbsp mustard
- 1/2 tsp. chili powder
- 1 can (16 oz) pork & beans (UNDRAINED)
- 1 can kidney beans (drained)
- 1 can butter beans or great northern (drained)
- 1 can pinto beans (drained)

Preparation:

- Cook in crockpot or in oven @ 350F. for 1 hour or until bubbling.
- Crockpot beans are more moist than baked ones.

Number of Servings: Not provided

Notes: Pioneer hint to avoid “gas” when eating beans - A lady at “Pioneer Days” offered us a bowl of brown beans being cooked in a huge pot over an open fire. We started to decline due to the possible “gas” problem. She told us that pioneers often peeled a white potato and cooked it with the brown beans. The “gas” is absorbed into the potato. Then she said “*Just don’t eat the potato!*” We tried it—It works.

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Baked Potato Soup

You can make this dish in two stages. One day, cook the potatoes, and the next day put the soup together.

Ingredients:

- 6 large baking potatoes
- 2/3 cup butter
- 1/2 cup flour
- 6 cups milk
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 4 green onions, chopped
- 12 slices bacon, cooked and crumbled
- 1 1/4 cups shredded cheddar cheese
- 8 oz. carton sour cream
- 1 heaping Tbsp chicken base

Preparation:

- Wash potatoes; prick several times with a fork.
- Bake in preheated 400 F. oven for 1 hour until done.
- Let cool.
- Cut potatoes into 1/2 inch cubes leaving skin on potatoes.
- Melt butter in a heavy saucepan over low heat.
- Add flour, stirring until smooth.
- Cook 1 minute, stirring constantly.
- Gradually add milk.
- Cook over medium heat, stirring constantly, until mixture is thick and bubbly.
- Add potato cubes, salt, pepper, green onions, crumbled bacon, cheddar cheese, and chicken base.
- Cook until thoroughly heated.
- Stir in sour cream.
- Add extra milk if necessary, for desired thickness.

Number of Servings: Makes 10 cups.

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Venison Jerky

Several pounds of deer meat (Note: catching the deer may be the hard part)

Ingredients:

- Slice thin and cut into strips.

Marinate :

- 1/3 cup soy sauce
- 1/2 cup A-1 sauce
- 1/4 cup worcestershire sauce
- 1/4 cup hot sauce
- 1 Tbsp black pepper
- 1 1/2 Tbsp meat tenderizer
- 1 1/2 Tbsp salt
- 1 Tbsp garlic powder
- 1/3 cup liquid smoke
- 4 hot peppers (optional)

Preparation:

- Marinate meat strips 24 hours.
- Put on wooden skewers or kabob toothpicks and lay on tinfoil.
- Put into oven at 100 F. for 4-6 hours.
- After 2 hours check them out to make sure they are drying correctly.

Number of Servings: Not provided

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Baked Oatmeal Recipe

Ingredients:

- 1/2 cup oil
- 3/4 cup sugar (I now use half honey and half sugar)
- 2 eggs
- 3 cup oatmeal (old fashioned)
- 1/2 Tbsp baking powder
- 1 tsp. salt (I use only a pinch)
- 1 cup milk
- 1/2 tsp. cinnamon

Preparation:

- Mix oil, sugar, honey, and eggs.
- Add remaining ingredients and pour mixture into 9x9 greased pan.
- Bake 40 minutes at 325 F. (The 9x13 pan of baked oatmeal was 1 1/2 times the above recipe.)

Number of Servings: Not provided

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Zela's Miracle Whip Cake

As crazy as this sounds this is a wonderful moist cake that I remember growing up – Howard L

Ingredients:

- 1 cup Miracle Whip Salad dressing or mayonnaise
- 1 cup sugar
- 4 Tbsp cocoa
- 2 cups flour

Preparation:

- Add last–2 tsps. soda dissolved in 1/4 cup warm water.
- Mix well, pour into an 8x8 pan and bake at 400 F. for about 30-35 minutes or until knife comes out clean.
- Double this recipe if you use a 9x13 pan.

Number of Servings: Not provided

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe Name: Kristi's Best Zucchini Bread

Ingredients:

- 1 cup oil
- 1 cup brown sugar
- 1 cup white sugar
- 3 eggs
- Blend all well.

In another bowl combine:

- 2 1/2 cups flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. baking powder
- 3 tsp. cinnamon

Preparation:

- Add this to previous ingredients.
- Mix in 3 tsp. vanilla.
- Fold in 2 cups grated zucchini and 1 cup chopped nuts (opt.)
- Mix well but do not beat.
- Bake in 2 greased loaf pans at 325 F. for 1 hour or until done.

Number of Servings: Not provided

Contributed by: HLisech - *Lisech Family Cookbook*

Recipe: Bean Cakes

Ingredients:

- Oil
- Cooked beans drained very well
- Onion
- Green Peppers
- Salt & pepper to taste

Preparation:

- Mash cooked beans (pintos are what I use).
- Add chopped onion and peppers to whatever amount you want.
- Add Salt and pepper. The texture should be moist enough to scoop out in spoonfuls and not runny.
- You can also form these into patties if you wish.
- Drop the bean mix into hot oil and fry.
- If your mix breaks up, don't worry just stir it into a mix. Once done (about 5 minutes). Take off of heat and serve.
- Note: We add a little hot sauce before eating.

Number of Servings: Depends on amount of bean mix cooked.

Contributed by: F. Hubbard

Recipe Name: Campbell's Tuna Pie**Ingredients:**

- 1 - 5 oz Can Tuna
- 1 - 10-1/2 oz Can Campbells Cream of Mushroom Soup
- 1 Box Jiffy Corn Bread
- Milk 1/3 cup (condensed or powdered could be used)
- 2 Eggs (powdered eggs could be used)
- 1 Slice Bread
- Onion Sweet (approx. 1/2 cup diced) Dried onion could be used
- Lemon (if available) sliced as thin as you can

Preparation:

- Aluminum Pie Pan - Preheat oven to 375 F
- Place lemon slices in bottom of pie pan
- Mix 1 egg in small mixing bowl
- Drain tuna and place in a mixing bowl
- Tear bread up into small pieces and put in bowl
- Put soup and onion in bowl and mix
- Spread mix over lemon slices in pie pan
- Mix cornbread per directions and spread over top of contents of pie pan
- Bake at 375 F for approx. 45 minutes until crust is brown
- Test for doneness by inserting toothpick. Toothpick should be clean when inserted into and removed from pie.
- Place plate on top of pie and flip over to serve
- Remove lemons and dispose of before serving . Make a second one as dish is best served cold the next day

Number of Servings: 4 to 6 servings

Contributed by: S. Campbell

Recipe Name: Cranberry Pineapple salad

Ingredients:

- 1 can whole berry cranberry sauce
- 1 can pineapple in juice (whatever you have- chunks and rings will need to be cut into smaller pieces)
- Chopped nuts- optional- I use pecans
- Ground cloves- a little dab will do

Preparation:

- Drain pineapple, reserve juice to dress up a canned ham or make a beverage.
- Mix all together.

Number of Servings: Depends on who is eating it! Makes about 1 quart salad

Contributed by: Today's Tidbit from the Farm

Recipe Name: Sweet Nut Spread

Ingredients:

- Peanut butter powder or almond powder
- Honey or maple syrup

Preparation:

- Combine nut powder with the chosen sweetener until you have the consistency you want.
- I recommend peanut butter with honey, or the almond with maple syrup.
- Use on crackers, bread, pancakes, or just plain

Number of Servings: varies

Contributed by: Today's Tidbit from the Farm

Recipe Name: Panned corn

Ingredients:

- Corn- fresh (leftover), frozen, canned - depends on what you need to eat first
- Butter, lard, bacon grease or whatever is available. Olive oil is least preferred.
- Salt and pepper to taste
- Milk or cream if available
- Chopped onions or chives or green onion tops- optional

Preparation:

- Fresh leftover: cut off cob, canned: drain, frozen: rinse to separate
- Heat butter (or whatever) in skillet, add onions etc. if desired.
- Add corn, cook over medium low heat.
- Add milk or cream (cream is best).
- Cook over low heat until well glazed.
- Season to taste.

Number of Servings: Depends on how much corn you need to eat up before it goes bad.

Contributed by: Today's Tidbit from the Farm

Recipe Name: Hash of any Kind

Ingredients:

- Leftover beef, pork, or chicken, cut in small pieces
- Leftover potatoes, cubed
- Leftover gravy- or make your own
- Chopped onions to taste

Preparation:

- Mix all together in a heavy cast iron skillet and simmer awhile.
- Thicken gravy, if needed, with a little flour.
- Serve with biscuits.

Number of Servings: Depends on how far you need to stretch the leftovers.

Contributed by: Today's Tidbit from the Farm

Recipe Name: Tomato Gravy

Ingredients:

- ½ # bacon diced or crumbled after cooking
- 1 small onion diced
- 2 Tbsp flour
- Salt and pepper to taste
- 1 pt canned tomatoes with juice
- 3 c tomato juice
- Hot biscuits 6-8

Preparation:

- Cook bacon in skillet until crisp.
- Keep 2 Tbsp drippings in the pan, save the rest for another recipe.
- Cook onions in drippings until tender.
- Stir in flour, salt, and pepper; cook and stir over low heat until golden brown.
- Add tomatoes and tomato juice.
- Stir well over medium heat for 2 minutes.
- Reduce heat and simmer uncovered for 10-15 minutes until thickened, stirring occasionally.
- Stir in bacon.
- Serve over hot biscuits.

Number of Servings: 6-8 if everyone gets one biscuit, but that doesn't happen around here.

Contributed by: Today's Tidbit from the Farm

Recipe Name: Chicken Casserole

Ingredients:

- 4 ck. breasts cut in quarters
- Slices--or shredded--of mozzarella cheese
- 1 can Cream of chicken soup mixed with ½ cup of milk
- 1 box of dry Stuffing mix-or- make your own.

Preparation:

- Place chicken pieces in 13x9 pan.
- Cover with cheese.
- Pour soup/milk mixture over all.
- Top with dry stuffing mix. Bake 350° oven for approx. 1 hour.
- Check chicken doneness with a meat thermometer--165 degrees.
- Serve with fried potatoes and a veggie.

Number of Servings: 4 to 6 servings-or more-depending on ages and appetites!

Contributed by: Mary from Michigan.

Recipe Name: Pumpkin Spice Cookies

Ingredients:

- 1 box of Spice Cake Mix
- 1 can pumpkin
- 1 C Chocolate chips/walnuts or whatever you want
- 1 egg (optional)

Preparation:

- Combine everything.
- Drop 2-3 T on cookie tray, 12 per tray
- Bake at 350F for 12-14 min. or until done.

Number of Servings: 12

Contributed by: Anne from Maine

Recipe Name: Knefla

Ingredients:

- 2 Cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup milk (I use dry milk and water)
- 1 egg
- 2 tablespoons oil
- 3 potatoes, peeled and diced
- Onion, peeled and diced or sliced

Preparation:

- Combine dry ingredients.
- Add egg and milk.
- Knead till smooth.
- Add flour if dough is sticky or add more milk if dough is too dry and crumbly.
- Make long cords about the circumference of a dime.
- Slice or cut with scissors, about ¼ to ½ inches in thickness.
- Dust with flour as you go along.
- Have a large kettle of water to boiling, add about a heaping teaspoon of beef or chicken bouillon.
- Add Knefla.
- Boil on medium heat for approximately 15 to 20 minutes.
- While the Knefla is cooking prepare the potatoes, place in the fry pan, add onion and a bit of bouillon to match along with some water (enough to barely cover).
- Cook till potatoes are tender. I sometimes add beef sausage and a favorite vegetable or two. A simple gravy can be made at this point, using some of the liquid the Knefla was cooked in and adding water and flour and bringing that to a boil so the flour cooks. If the flour doesn't cook it will have a raw taste.
- I use a slotted spoon to remove the cooked Knefla.
- Add the Knefla to fry pan, stir and serve.

Number of Servings: This serves between six and eight people

Contributed by: Mary Lou M

Recipe Name: Tortillas

Ingredients:

- 3 cups of flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/3 cup of softened butter
- 8 ounces of hot water (I boil the water & cool slightly before adding)

Preparation:

- Combine the dry ingredients.
- Add the butter and cut it in.
- Add the hot water.
- Mix. Knead about ten minutes.
- Cover with a moist towel and let rest for 10 to 15 minutes.
- Divide into 12 balls, and cover with damp cloth. Roll as thin as possible. Do not use much flour when rolling as excess flour makes the tortilla tough and it wants to spring back. Doing about 3 tortillas at a time, after rolling three out, hang the tortilla over the edge of the bowl and go to the fry pan.
- I use a cast iron fry pan.
- Heat on medium burner. Do not add any oil.
- Drop the tortilla onto the hot fry pan. When bubbles start to form, turn the tortilla.
- Estimated time is about 1-2 minutes on each side. Tortillas can be turned several times.

I store mine covered in a casserole dish on the counter, so they don't get tough like storing in the frig.

Tortillas are a good bread substitute when you can't get to the store or when you can only cook in the fry pan.

Number of Servings: Makes 12 Tortillas

Contributed by: Mary Lou M

Recipe Name: Sauerkraut

This isn't fast food, but shelf-stable food for later.

Ingredients:

- 5 lbs of fresh cabbage (2 to 3 heads, depending on size)
- 3 tablespoons sea salt

Preparation:

- Core and chop cabbage into thin strips
- Place shreds into a 3 gallon plastic (or ceramic, no aluminum) bucket.
- Sprinkle some of the salt in as you add shreds to help the salt get mixed in.
- Stir the salty shred a few times to ensure the salt is distributed.
- Press the shreds down firmly to squeeze out excess air.
 - (a ceramic dinner plate that fits in your bucket is good)
- When the shreds don't press down any further, place a weight on the plate.
 - (a plastic milk jug full of water works well)
- Cover loosely and set in a moderately warm place for two weeks.
- During the two weeks, the salt pulls out the natural water in the cabbage. The resulting brine encourages lacto-fermentation and inhibits the bad bacteria.
 - You may see foam around the edges of the plate. That's good
 - Scoop off any spots of mold form on the foam or any bits not in the brine.
- After two or three weeks, firmly press sauerkraut into clean jars pint jars.
- Add leftover brine to cover. Screw on lids.
- Can keep in a root cellar for over a year.

Number of Servings: Makes roughly 10 pints

Contributed by: Mic Roland

Recipe Name: Cacao Chia Pudding

A healthy dessert that serves up omega-3 fats and antioxidants.

Ingredients:

- 1 qt. coconut milk
- $\frac{2}{3}$ cup chia seeds
- $\frac{1}{4}$ cup cacao powder

Preparation:

- Fill a 1 quart mason jar about $\frac{2}{3}$ full with coconut milk.
- Stir the chia seeds into the coconut milk, then add the cacao powder.
- Seal the jar with a lid & ring and shake vigorously until the milk turns brown.
- Remove the lid, add coconut milk to the neck of the jar, reseal, and shake again.
- Place the jar in the frig to chill. Will thicken in about 2 hours, but overnight is better.
- Add stevia or powdered monk fruit if you prefer a sweet version.
- You can add cinnamon, mint, etc. for variation.

Number of Servings: Makes eight 4 ounce servings.

Contributed by: Phil from Fairbanks

Recipe Name: Westerns

This is an old family recipe and measurements are less than exact. I was later told it was a depression era recipe.

Ingredients:

- 4 large potatoes cooked and chopped into bite sized pieces (aka left overs. If you are cooking them for this let them cool so they are easier to handle and won't disintegrate)
- ¼ lb ham (ie fist sized) spam can be substituted. Diced
- Oil (enough to grease pan)
- Salt & pepper
- Optional Ingredients:
 - Cheese (grated)
 - Ketchup
 - Peas
 - Onion, diced

Preparation:

- Heat a skillet (fry pan) up and add the oil.
- If adding onions fry up the onions. They can stay in the pan for the next stage
- Cook the potatoes until golden and warm.
- Add the ham and continue heating until warm. If you have peas, throw them in.
- Serve
- Salt & Pepper to taste. If you have cheese add a sprinkle on top. It will melt in. You can also add some Ketchup at this stage as well.

When substituting spam for the ham it works better if you fry the spam first the ham just needs heating up.

Number of Servings: 4

Contributed by: Patricia from Vancouver

Recipe Name: Armenian Rice / Rice Orzo

A simple rice recipe.

Ingredients:

- ½ cup orzo
- 6 Tbsp. butter or oil plus
- One onion, chopped
- One cup white rice
- 2½ cups chicken broth (water will do in a pinch)

Preparation:

- Brown orzo in 4 Tbsp. butter/oil. Add onions if desired.
- Add one cup white rice.
- Add liquid and cook until liquid is absorbed. (In a cover pan, this should be about 15 minutes)
- Add remaining butter/oil and keep covered until ready to serve.

This recipe is flexible. I will often use brown rice instead of white rice. (The amount of liquid and cooking time need to be adjusted accordingly.) I will also omit adding the butter/oil at the end.

Number of Servings: 6

Contributed by: Robert Alexander

Recipe Name: Le Poulet Parisian in crock pot

(adapted from recipe on AllRecipes.com) The Grandkids favorite meal

Ingredients:

- Chicken breasts (1 per person)
- Jar button mushrooms,
- white wine
- Egg noodles

Preparation:

- I use frozen breasts for this recipe can use fresh ones just adjust cooking time per your crock pot instructions
- Put breasts in crock pot
- Add 1-2 Jars of button mushrooms with liquid (Can use regular canned mushrooms. We prefer the button ones)
- Add ¼ cup of white wine
- For Frozen cook on low 6-8 hours till breasts are @165 degrees
- For Fresh Cook on low 4-6 hours till proper temperature.
- Remove chicken
- Strain juices into a saucepan and thicken for gravy. I pull the shrooms out and add them to the noodles before serving.
- Cook egg noodles per package
- Drain, add a bit butter to your taste and serve with the chicken and a vegetable of your choice

Number of Servings: amount of chicken cooked I usually do 4-6 breasts depending on how many are at the table for dinner.

Contributed by: Granny O

Recipe Name: Prepper Pantry Beef & Veggies Over Rice

Ingredients:

- 1 can of Keystone beef
- 1 can of mixed vegetables (*can substitute with canned potatoes or other vegetables*)
- 1 cup of rice

Preparation:

- Mix and heat.
- Can be easily done outside over a fire pit or outdoor stove.

Optional: To make a great tasting gravy to top the dinner, pour the juice from the canned beef into a sauce pan and combine with a little water. Thicken the gravy with a slurry of equal parts cornstarch and either water or the beef juice (*Start with a tablespoon of each*). Once mixed well, add the slurry to the gravy and mix well.

Number of Servings: Feeds two with large servings -OR- 3 to 4 people eating light.

Contributed by: Brian D. Hawkins with [Next Step Survival](#)



Recipe Name: Tater tot Mexican Casserole

Ingredients:

- 1 lb ground beef (or whatever meat you choose)
- 1 package taco seasoning (or homemade)
- 1 can nacho cheese soup or other liquid cheese
- 1 bag tater tots
- Shredded cheese

Preparation:

- Brown ground beef in skillet.
- Drain.
- Add taco seasoning packet and cook per directions on the package.
- Mix in nacho cheese/soup. Mix well.
- Put in bottom of the casserole dish.
- Put tater tots on top.
- Bake 350 degrees for 35 minutes in 9 x 13 dish.
- Take out and sprinkle cheese over top.
- Bake for 5 more minutes.

Number of Servings: This can feed 4 people or more if having some sides to add to it. We usually cut in half as there are only 3 of us.

Contributed by: Carla in KS