

COOKING  
WITH  
BASIC FOOD STORAGE

Updated November 2000 by Michael J. Goodwin, Rockford Illinois Stake

Includes several versions of the BSH cookbook and other food storage recipes received from various Church sources and is all inclusive of the recipes found therein. Also contains recipes from Essentials of Home Production and Storage booklet and the instructions for the dry pack commodities available at the Bishops' Storehouse. This is not my cookbook so wherever a recipe or suggestion uses the word 'I', it's not Me! Good Luck and Happy Cooking.

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## FOREWORD

In June of 1988, the First Presidency counseled Church members as follows:

"We continue to encourage Church members to store sufficient food, clothing and where possible, fuel for at least one year...we suggest that members concentrate on essential foods that sustain life, such as grains, legumes, cooking oil, powdered milk, salt, sugar or honey and water."

This booklet has been developed to assist you in using and rotating your basic food storage items. We encourage you to incorporate these and any other foods you may wish to store into your daily diet.

The Lord expects us to care for our bodies through wise eating habits, exercise, and adequate rest. Many health problems can thus be avoided or minimized.

We encourage you to eat wisely and properly care for yourselves and your families during both times of plenty and times of emergencies.

"If ye are prepared, ye shall not fear." (D&C 38:30)

## ROTATION

Some foods can be stored for longer periods of time under proper conditions. Most food items, however, lose quality over time and need to be used regularly.

Dry pack canning is one of several excellent methods for storing foods with low moisture content. However, their shelf life, as with most storage methods, is limited.

Rotation of food storage is the key to a successful storage plan. You may wish to follow these suggestions:

Inventory your present storage.

Decide which foods you wish to store and the quantities required for a one-year supply .

Set goals--monthly, six months, a year.

Make a plan for regular acquisition.

Be consistent in accomplishing your goals.

The recipes that follow will assist you in the rotation of your basic food storage, and they can become favorites for your family.

## MOTIVATION

Store what you eat. Eat what you store.

The best way to rotate foods is to use them. If you develop favorite recipes using foods in your storage, you will be prepared to use and enjoy what you have stored.

'preparations ... in the area of home production and storage will enable us to be generous with our substance if needed and bring greater security to individuals and families."

Barbara B. Smith. former General Relief Society President  
Nov. 1976

... self-reliance is not the end, but a means to an end. June 1984

... the more self-reliant one is, the more able to serve he becomes...

... We will see the day when we will live on what we produce." April 1975

Marion G. Romney, former counselor in the First Presidency of The Church of Jesus Christ of Latter-Day Saints

## GRINDERS

An important part of the food storage program is having a hand grinder or a convertible power grinder to use for cracking or grinding grains in case of a power outage.

Carefully select the grinder that will meet your needs. You will find grinders in large and small sizes at hardware, health, and other stores. Some grinders are hard to turn; others may not grind as fine as you would like.

Use your grinder and make your favorite recipe with wheat you grind so that you will be sure it will meet your needs. You may then wish to continue to use your electric grinder or whole wheat flour until the time comes that you need to use the hand grinder.

## SEASONINGS AND SPICES - or - ADDING VARIETY

Seasonings and spices are especially important when it comes to basic food storage.

Beef, chicken, or ham bouillon granules are excellent secondary storage items. Wheat and rice, either brown or white, cooked in bouillon, take on wonderful new flavors, as does barley. In fact, bouillon is an excellent base for many soups, sauces, and casseroles.

Soy sauce, with its Oriental flavor, is another excellent seasoning. Fried wheat or rice with fresh vegetables and sprouts is enhanced with soy sauce. It also adds good flavor to a stir-fry or even to some stews or chicken or fish dishes.

Legumes respond well to seasoning salts and spice blends like chili powder, curry powder, poultry seasoning and celery, garlic, and onion salts.

It will be important to keep some "sweet" spices on hand, such as cinnamon, nutmeg, cloves, ginger, and allspice. Simple rice pudding, for example, is dependent on such spices for its unique flavor. The simplest cookies and cake are enhanced with their use.

Cocoa or sweet cocoa mix or a cereal drink like Postum is a good supplementary item to store along with the basic nonfat dry milk. Punch powder is a welcome flavor in lean times. Nor should we forget vanilla, almond, and lemon nor maple extract for making pancake syrup.

A year's supply of flavorings your family enjoys could make the difference between stark or satisfying eating.

## WATER

Perhaps the first item to think about in considering food storage is water. Water is more important than food in sustaining life during periods of emergency.

A two-week supply is recommended for storage. The approximate requirement per person for that length of time is fourteen gallons (seven gallons for drinking and seven gallons for other uses).

If water is free of bacteria at the time of storage and placed in clean, tightly-closed containers away from sunlight, it will remain safe indefinitely.

If the purity of water is in doubt, there are three ways to sterilize it.

1. Boil water vigorously for one to three minutes.
2. Add bleach solution to water in any clean container in which it can be thoroughly mixed by stirring or shaking.



For one gallon of water add drops of bleach (sodium hypochlorite - 5.25%) solution. For five gallons add 1/2 teaspoon.

3. Ordinary household 2% tincture of iodine can be used to purify small quantities of water. Add 3 drops of tincture of iodine to each quart of clear water, 6 drops for cloudy water.

It may be wise to store a supply of water-purifying agents as an added protection in times of emergencies.

#### WHOLE WHEAT BREAD #1

Makes 3 loaves

1 package dry yeast (1 tablespoon)  
1/4 cup warm water  
2 cups hot water  
2 tablespoons shortening  
1/2 cup brown sugar  
2 teaspoons salt  
1 cup cold water  
1/2 cup dry milk  
7-8 cups whole wheat flour

Mix yeast and warm water and set aside. Pour hot water over shortening, sugar and salt. Mix dry milk with 1 cup whole wheat flour, add hot water mixture and 1 cup of cold water, then add yeast mixture. Add 6-7 more cups of whole wheat flour. Knead until smooth and elastic and let rise almost double--then time as follows:  
Let rise

40 minutes - punch down  
20 minutes - punch down  
20 minutes - punch down

Shape in 3 loaves and place in 3 small greased bread pans. Allow to rise until double in bulk. Bake at 375 $\omega$  for 40-45 minutes.

#### SOFT AND DELICIOUS TWO-HOUR WHOLE WHEAT BREAD

Makes 4 loaves

5 cups warm water  
2 Tablespoons yeast  
1/3 cup honey  
1/3 cup oil  
2 eggs  
1/3 cup potato flakes  
6 cups whole wheat flour  
1 tablespoon salt  
4 to 5 cups unbleached flour

Dissolve yeast as per package instructions. Make a sponge using all ingredients down to, and including salt. Use bread mixer or hand-held electric beaters. Let rest about 10 minutes. Add remaining flour gradually as needed to make a soft dough. Knead on floured board; cover with plastic wrap and let rise until double. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double.

Bake at 350 degrees F. for 30 to 40 minutes. Put hot bread on a towel to cool for a soft crust.

#### BLENDER WHEAT PANCAKES

Makes 6 to 8 pancakes

1 cup milk (1/3 cup non-fat dry milk and 1 cup water)  
1 cup uncooked whole wheat  
2 eggs

2 tablespoons oil  
2 teaspoons baking powder  
2 tablespoons honey or sugar  
1/2 teaspoon salt

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey, and salt. Bake on hot griddle.

For waffles:

Add one additional tablespoon wheat  
Increase oil to 4 tablespoons

#### WHEAT WAFFLES

Makes 8 waffles

2 cups flour (1 cup white and 1 cup wheat)  
4 teaspoons baking powder  
1/2 teaspoon salt  
2 tablespoons honey or sugar  
1-3/4 cup milk (2/3 cup nonfat dry milk and 1-3/4 cups water)  
4 tablespoons salad oil  
2 eggs

Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs. Beat egg whites and carefully fold in.

#### HONEY BUTTER

1/2 cup butter or margarine  
1/4 teaspoon vanilla  
1 egg yolk  
1/2 cup honey

Whip softened butter or margarine. Add vanilla and egg yolk. Add honey gradually while whipping. Makes 1 cup.

## OATMEAL BREAD

Makes 2 loaves

1/2 cup warm water  
2 tablespoons active dry yeast  
3/4 cup water, boiling  
3/4 cup rolled oats  
1 cup buttermilk (1/3 cup dry milk, 1 cup water, 1 tablespoon vinegar or lemon juice)  
1/3 cup vegetable oil  
1/2 cup honey or molasses  
2 cups all-purpose flour  
1 tablespoon salt  
1/2 teaspoon soda  
3 to 3-1/2 cups all-purpose flour

In small bowl, stir yeast into 1/2 cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring 3/4 cup water to boiling; stir in oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, and honey or molasses.

Sift flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to rise until double in bulk, about 1 1/2 hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to rest 10 minutes.

Form into loaves and place in greased 8 x 4-inch pans. Cover and let rise until double in bulk. Bake at 350 to 375°F for 45 to 50 minutes or until done. Remove from oven and turn out to cool on wire rack.

## WHEAT MUFFINS

Makes 12 muffins

2 cups wholewheat flour  
1/4 cup brown sugar  
1/4 teaspoon salt  
1 teaspoon soda  
1 cup milk (1/3 cup powdered milk and 1 cup water)  
1 egg  
1 teaspoon vanilla

Mix dry ingredients together in a medium-sized bowl. (If you are using powdered milk, mix dry milk with dry ingredients.) In large measuring cup combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins and bake at 350 degrees F. for 15 minutes.

## GRAHAM CRACKERS (Recipe #1)

1 cup whole wheat flour  
1/2 cup oat flour (may grind rolled oats or put in blender)  
1/3 cup plus 1 tablespoon sugar  
1/2 teaspoon soda  
1/3 cup butter or margarine  
1 tablespoon honey  
1 tablespoon milk

Sift flours, sugar, and soda into a mixing bowl. Heat margarine, honey, and milk until margarine is melted. Pour into dry ingredients and stir until smooth. Let chill 1/2 hour to 45 minutes. Roll out dough to 1/4 inch. Cut in squares. Bake in 350 degree oven for 15 minutes. Prick crackers with fork as they come from oven.

## CORN BREAD

Makes one loaf

1-2/3 cups flour  
1/3 cup sugar  
5 teaspoons baking powder  
1 teaspoon salt  
1-2/3 cups yellow cornmeal  
2 eggs, beaten  
1-2/3 cups milk  
1/4 cup margarine, melted

Mix flour, sugar, baking powder, and salt in a large bowl. Stir in cornmeal until well blended. Add eggs and milk, stir to smooth batter. Stir in melted butter just until blended. Do not over stir. Pour into well-buttered 9 x 5 x 3 loaf pan. Bake at 425 degrees for 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes, loosen around edges and turn out to cool.

## OATMEAL GRIDDLE CAKE - or - DELICIOUS OATMEAL PANCAKES

Makes 8 to 10 pancakes

1/2 cup whole wheat flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
2 tablespoons sugar  
1/3 cup nonfat powdered milk  
2 eggs, separated  
1 cup water  
3 tablespoons vegetable oil  
1 cup rolled oats

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

Bake until cakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other sides. Serve with applesauce or jam or butter and maple syrup.

## CORNY BACON MUFFINS

Makes 12 muffins

6 to 8 slices bacon  
1 cup enriched flour  
1/4 cup sugar  
4 teaspoons baking powder  
3/4 teaspoon salt  
1 cup yellow corn meal  
2 eggs, beaten  
1 cup milk (1/3 cup powdered milk, 1 cup water)  
1/4 cup vegetable oil

Cook bacon until crisp; drain and cut in small pieces. Sift together the flour, sugar, baking powder, and salt. Stir in corn meal, then add eggs, milk, and vegetable oil. Stir until just smooth, add bacon bits and fill greased muffin pans 2/3 full. Bake at 425 degrees for 20 to 25 minutes.

## POPPED WHEAT TREATS

Boil whole wheat until kernels are plump, tender and begin to split. Drain and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360F. Put small amount of wheat (about 3/4 cups) in a wire basket or strainer and deep fry in hot oil for 1-1/2 minutes or until popping ceases. Drain on absorbent paper.

Variations:

Season with salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar or any combination you desire. These morsels are great on salads as a topping, mixed with trail mix, or as toppings for desserts or just as a snack.

## CRUNCHY WHEAT CEREAL

Makes approximately 5 cups cereal and 2 cups crumbs

6 cups whole wheat flour

1 teaspoon baking soda

1/2 teaspoon salt

1 cup brown sugar

2 cups buttermilk (2/3 cup powdered milk, 2 cups water, 2 tablespoons vinegar or lemon juice)

Mix ingredients thoroughly. Press evenly into two ungreased cookie sheets. Bake at 350 degrees until golden brown around edges. Turn over with spatula, break into small pieces and return to 200 degree oven to dry out thoroughly. Grind chunks in food or meat chopper on coarse blade. Put ground chunks in strainer and sift out small granular pieces. Larger pieces may be used for cereal and casseroles. Finer pieces may be used as you would graham cracker crumbs for pie crusts and other desserts.

Variations

Add cinnamon to the dough before baking. Add nutmeg to give a custard or eggnog flavor.

Poultry stuffing can be made by eliminating sugar and adding sage, poultry seasoning, celery salt and bouillon granules.

Make salad toppers by adding garlic salt, onion powder, salt, or other favorite condiments.

You can even make dog and cat food by reducing sugar and adding bouillon, then breaking up to the appropriate size.

## BREAKFAST CEREAL

Use wheat either whole or cracked with raisins, honey, or brown sugar. One cup of wheat makes 4 to 6 servings.

## THERMOS METHOD

1 cup whole wheat

2 cups boiling water

1/2 teaspoon salt

Place in quart-size thermos. Screw top lightly. Leave overnight.

## GAS RANGE METHOD

1 cup whole wheat

2 cups boiling water

1/2 teaspoon salt

Place ingredients in a pan over the pilot light all night.

1 cup whole wheat  
2-1/2 cups water  
1/2 teaspoon salt

#### CROCK POT METHOD

Cook 6 to eight hours or overnight on low.

#### CRACKED WHEAT METHOD

1 cup cracked wheat  
2-1/2 cups water  
1/2 teaspoon salt

Bring to a boil. Cook covered on low for 10 to 20 minutes.

Cook enough whole wheat to last a week. It may be tightly covered and stored in the refrigerator up to two weeks.

#### INSTANT OATMEAL PACKETS

Makes 10 packets of Instant Oatmeal

To make individual instant Packets:

Blend 1/2 cup of oats until powdery.

Into each of the 10 packets (perhaps individual ziplock sandwich bags), combine the following ingredients:

1/4 cup unpowdered oats  
2 tablespoons powdered oats  
1/4 teaspoon salt  
1 teaspoon sugar (optional)

Close the top and store in a dry place.

Microwave directions for cooking: Empty packet into microwaveable bowl. Add 2/3 cup water or milk.

Microwave at HIGH about 1-1/2 minutes; stir.

Conventional directions for cooking: Empty packet into bowl. Add 1/2 cup boiling water; cook and stir over heat until thickened.

#### GRANOLA

Makes about 2 quarts

6 cups rolled oats    1/4 cup sunflower seeds  
1/2 cup brown sugar    1/2 cup raisins  
1 cup coconut    1 cup chopped nuts  
1/3 cup sesame seeds

Mix all ingredients except raisins. Stir in and coat thoroughly with 1/2 cup oil, 2 teaspoons vanilla and 1/3 cup honey.

Spread on cookie sheet and bake at 350F for 30 minutes. Last five minutes add 1 cup raisins and other dried fruit.

#### OATMEAL RAISIN MUFFINS

1 egg                                    3 teaspoons baking powder  
3/4 cup milk                            1/2 teaspoon salt  
1 cup raisins                           1/2 teaspoon ground nutmeg  
1/2 cup vegetable oil                1/4 teaspoon ground cinnamon  
1 cup white or whole wheat flour 1 cup rolled oats  
1/3 cup sugar

Heat oven to 400F. Grease bottoms only of about 12 medium muffin cups or line with cupcake liners. Beat egg; stir in milk, raisins and oil. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

## MUESLI

4 cups quick cooking rolled oats  
1 cup wheat flakes  
1 cup chopped nuts  
1 cup Crunchy Wheat Cereal (optional)  
Dried apples, apricots, or other fruit.

Mix together and put in covered container. Keep fruit separated until ready to serve.

## HONEY SALAD DRESSING

Makes approximately 2 cups

1 teaspoon paprika  
1/2 teaspoon dry mustard  
1/2 teaspoon salt  
1/2 teaspoon celery salt  
1/2 cup melted honey  
3 tablespoons lemon juice  
1/4 cup vinegar  
1 cup salad oil

Mix dry ingredients. Add honey, lemon juice, and vinegar. Slowly add the salad oil, beating until well blended.

## French Salad Dressing #1

1 can (10 ounces or 300 milliliters) condensed tomato soup  
1 teaspoon (2 grams) pepper  
1 teaspoon (6 grams) salt  
1 teaspoon (2 grams) dry mustard  
1 teaspoon (5 milliliters) Worcestershire sauce  
1/2 cup (120 milliliters) vinegar  
1 cup (200 grams) brown sugar  
1 small onion, chopped  
1 cup (245 milliliters) salad oil

Combine all ingredients. Shake well and keep in refrigerator.

## FRENCH BREAD

Place 1/2 cup warmer than lukewarm water in a large bowl. Sprinkle 1 package dry yeast over the water and stir. Add 1 tbsp. sugar and two stingy tsp. salt - Stir until dissolved.

Add 1 cup warm water. Optional - 1/4 cup oil. Mix well. Add in 3 to 4 cups of flower, should not be too stiff. Knead, when dough can be handled without being too sticky, for approximately 5 minutes.

If you aren't too good with kneading, then throw the dough down about 50 times.

Place in ungreased bowl, cover and let rise until double in bulk (about 45 minutes). Punch down and let rise again. Punch down and form into loaf (French type - by rolling into long, skinny roll). Let rise until 2/3 of desired size. Place on ungreased cookie sheet and bake at 425 for 15 minutes, then reduce oven to 350 for 10 minutes. For crisp crust leave plain, for softer crust brush with melted butter. Bread is done if it sounds hollow when tapped on bottom.

## DROP BISCUITS

When time is short try this simplified biscuit recipe.

3 cups QUICK MIX, page 57  
3/4 cup milk or water

Preheat oven to 450°F (230°C). Grease a baking sheet. Combine QUICK MIX and milk or water in a medium bowl. Stir until just blended. Drop dough by tablespoonfuls onto prepared baking sheet. Bake 10 to 12 minutes, until golden brown. Makes 12 large drop biscuits.

Variations:

Cheese & Herb Biscuits: Add 1/3 cup grated Cheddar cheese and chopped parsley, chives or herbs to taste while stirring dough.

Buttermilk Biscuits: Substitute 3/4 cup buttermilk for milk or water.

Country Dumplings: Drop dough by tablespoonfuls over top of boiling beef or chicken stew. Boil gently 10 minutes, uncovered. Cover and cook over medium-high heat 10 more minutes, until cooked through. Makes 12 dumplings.

Orange Biscuits: Add 1 tablespoon grated orange peel. If desired, substitute 2 tablespoons orange juice for part of milk or water.

Fruit Cobbler: Spoon dough over top of hot, sweetened fruit or berries and bake in an 8-inch square pan about 20 to 25 minutes until golden brown.



## ROLLED BISCUITS

These light biscuits separate into layers.

3 cups QUICK MIX, page 57

2/3 cup milk or water

Preheat oven to 450°F (230°C). Combine QUICK MIX and milk or water in a medium bowl. Blend. Let dough stand 5 minutes. On a lightly floured board, knead dough about 15 times. Roll out to 1/2-inch thickness. Cut with a floured biscuit cutter. Place about 2 inches apart on unbuttered baking sheet. Bake 10 to 12 minutes, until golden brown. Makes 12 large biscuits.

### Variations

**Cinnamon Rolls:** Preheat oven to 400°F (205°C). Roll out dough to a rectangle. Brush with melted butter. Sprinkle with brown sugar and cinnamon. Roll dough like a jelly roll and cut into 1/2-inch slices. Bake 10 to 15 minutes. Glaze with mixture of powdered sugar and a few drops of water.

**Pizza:** Use dough as crust for 12 individual pizzas or two 12-inch pizzas. Pat dough to 1/8-inch thickness. Top with tomato sauce, spices, cheese, meat and choice of toppings.

**Meat Pinwheels:** Preheat oven to 450°F (230°C). Roll out dough to a rectangle. Chop cooked meat and combine with gravy. Spread over dough. Roll dough like a jelly roll and cut into 1/2-inch slices. Bake 10 to 12 minutes. Serve with gravy, soup or cheese sauce. **Pot Pie:** Use as the top crust of a chicken or meat pot pie.

## APPLE MUFFINS

The best way to have an apple a day.

2-1/3 cups MUFFIN MIX page 55 1 cup sweet applesauce

1/2 cup chopped nuts 1/4 cup milk

1/4 tsp cinnamon 1 egg beaten

Preheat oven to 400°F. Butter muffin pans. In a medium bowl, combine MUFFIN MIX, nuts and cinnamon. Combine applesauce, milk and egg in a small bowl. Add all at once to dry ingredients. Stir until just moistened; batter should be lumpy. Fill prepared muffin pans 2/3 full. Bake 15 to 20 minutes until golden brown. Makes 12 large muffins.

## MELT-IN-YOUR-MOUTH MUFFINS

A delicious addition to bacon and eggs.

2-1/3 cups MUFFIN MIX, page 55 1 cup milk

1 egg, beaten

Preheat oven to 400°F (205°C). Butter muffin pans. Put MUFFIN MIX in a medium bowl. Combine egg and milk in a small bowl. Add all at once to MUFFIN MIX. Stir until mix is just moistened; batter should be lumpy. Fill prepared muffin pans 2/3 full. Bake 15 to 20 minutes, until golden brown. Makes 12 large muffins.

### Variations:

**Jelly Muffins:** Fill each muffin cup 1/3 full with batter. Drop 1 teaspoon jelly on top of batter. Fill cups 2/3 full with batter.

**Butterscotch-Pecan Muffins:** Melt 6 tablespoons butter or margarine in a small saucepan. Stir in 6 tablespoons brown sugar. Place 1 tablespoon of brown sugar mixture and 2 to 3 pecans in bottom of each muffin cup. Fill cups 2/3 full with batter.

**Cheese Muffins:** Add 1 cup grated Cheddar cheese to Muffin MIX before adding liquid ingredients.

**Banana Muffins:** Add 1/2 teaspoon cinnamon to MUFFIN MIX. Mash 1 banana and add to liquid ingredients before adding liquid to MUFFIN MIX.

Apple Muffins: Add 1 chopped apple and 1/2 tsp. cinnamon.

### PERFECT PANCAKES

For variety, add your favorite fruit to the batter.

1-1/2 cups PANCAKE MIX, page 56 1 cup water  
1 egg, slightly beaten 3 tbsp vegetable oil

Put PANCAKE MIX in a medium bowl. Combine egg, water and oil in a small bowl. Add egg mixture to PANCAKE MIX. Add more water for thinner pancakes. Blend well. Let stand 5 minutes. Cook on a hot oiled griddle about 3 to 4 minutes, until browned on both sides. Makes ten to twelve 4-inch pancakes.

Variation:

Onion Rings: Preheat oil in deep-fryer to 375F. Make pancake batter with ice water. Dip thinly sliced, separated onion rings into batter, then fry about 2 minutes, until golden.

### PUFF OVEN PANCAKES

Makes a spectacular entrance whenever served.

4 tbsp butter 2/3 cup PANCAKE MIX, page 56  
4 eggs 2/3 cup milk

Preheat oven to 450°F (230°C). Put 2 tablespoons butter or margarine each in two 9-inch pie plates. Put in preheating oven to melt butter or margarine. In a blender, combine eggs, milk and PANCAKE MIX. Pour batter into pie plates. Bake about 18 minutes, until pancakes are puffy and browned. Do not open oven while pancakes are cooking. Makes 2 large pancakes.

### FRENCH TOAST

2 eggs, well beaten 6 day-old white-bread slices  
3 tablespoons milk 1/2 teaspoon sugar  
Butter or margarine Dash salt  
Maple syrup Dash nutmeg

1. In shallow dish, combine eggs with milk, sugar, salt, and nutmeg.
2. Add bread slices. one At a time, to egg mixture; let stand about 30 seconds on each side to coat completely.
3. In medium skillet, using about 1 tablespoon butter for each, saute bread slices until golden on both sides-- about 1-1/2 minutes in all.
4. Serve hot, with maple syrup.

MAKES 3 SERVINGS

### BULGUR WHEAT

Wash wheat in cool water and discard water.

Simmer wheat in excess water until all water is absorbed and wheat is tender.

Spread wheat thinly on cookie sheet or shallow pan and dry in oven at 200°F until very dry so that it will crack easily.

Wet surface of dried wheat slightly and rub kernels between hands to loosen and remove chaff.

Crack wheat in moderate size pieces, using a mill, grinder or leave whole. This processed bulgur when thoroughly dried is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5-10 minutes, it will approximately double in volume.

It makes an excellent meat extender when used in meat loaves, meat balls, chili and recipes where rice is used.

Soaked overnight in salt water, may be added to yeast bread recipes to give a nut like taste.

### SOURDOUGH STARTER #1

2 cups warm water    2 cups flour  
1 pkg dry yeast      1 Tbs. sugar

Put warm water into crock. Sprinkle yeast over water and stir with wooden spoon until dissolved. Add flour and sugar. Mix until smooth. Cover and set aside 36 to 45 hours. Stir each time you are in kitchen. Use 1-1/2 cups of the starter in bread recipe.

To store remainder, beat 2 cups flour and 2 cups warm water into remaining starter batter. Let stand in warm place at least 5 hours. Cover and store in refrigerator Allow water needed in bread to warm to room temperature before using. Never add anything to starter but the flour and water needed to keep it going. Do not use metal spoons or containers.

### SOURDOUGH BREAD

1 pkg dry yeast    1-1/2 cups sourdough starter  
2 Tbs. sugar      3-1/2 to 4 cups flour  
2 tsp salt        1 egg

Mix starter, yeast and 1 cup warm water. Let stand until yeast is dissolved. Add remaining ingredients, except egg. Punch down. Form into loaves. Cover and let rise until doubled. Beat egg and brush over unbaked loaves. Bake in 400W oven for 30-35 minutes.

### SOURDOUGH PANCAKES

1 cup sourdough starter    2 tsp baking soda  
2 eggs (beaten)            2 cups flour  
2 cups milk                3 Tbs. melted shortening  
1 tsp salt                 2 Tbs. sugar

About 12 hours before planning to serve pancakes, mix starter batter with the flour, milk and salt. Let stand in bowl, covered with cheesecloth in warm place.

Just before baking pancakes, remove 1 cup of batter to replenish starter in crock. To remaining batter in the bowl add soda, salt, eggs, shortening and sugar. Mix well. Bake on lightly greased hot griddle. For thinner pancakes, add more milk.

### SOURDOUGH ENGLISH MUFFINS

2 cups sourdough starter    6 tbsp yellow cornmeal  
3/4 cup buttermilk        1 tsp baking soda  
2-3/4 to 3 cups flour      1/4 tsp salt

Mix together sourdough starter and buttermilk. Combine flour, 4 tbsp of the cornmeal, soda. salt and add to the buttermilk mixture. Stir to combine using hands when necessary.

Turn onto lightly floured surface: knead until smooth, adding more flour if necessary. Roll dough to 3/8 inch thickness.

Cover and let rise a few minutes. Using a 3 inch cutter, cut muffins. Sprinkle sheet of waxed paper with the remaining cornmeal. Cover and let rise until very light, about 45 minutes. Bake on medium hot, lightly greased griddle about 30 minutes, turning often.

Cool and split. Toast and serve with butter. Makes 12 - 14 muffins.

### BAKING POWDER BISCUITS

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

Preheat oven to 425 degrees. Combine flour, baking powder and salt. Add shortening and use fork to cut in to resemble coarse meal. Add milk stir until blended. Transfer dough to lightly floured surface. Knead gently, 8-10 times. Roll dough 1/2 inch thick. Cut into biscuits with biscuit cutter or use drinking glass that is floured so the dough comes away from the glass. Bake on ungreased baking sheet for 12-15 minutes. Makes 12-16 biscuits.

### FRUIT AND CEREAL BRUNCH CAKE

2 cups granola or any corn flake type cereal  
1 cup orange juice      1/4 cup oil  
1 egg      2 medium bananas mashed  
1-1/2 cups gold medal flour      3/4 cup sugar  
1/2 cup raisins      1 tsp baking soda  
1 tsp cinnamon      1/2 tsp salt

Heat oven to 350 degrees. Grease square pan. Mix cereal and orange juice in large bowl; let stand until softened about 2 minutes. Mix in oil, egg and bananas. Stir in flour, sugar, raisins, baking soda, cinnamon and salt. Spread in pan. Bake until top springs back when touched, 40-45 minutes. Sprinkle Streusel Topping over warm coffee cake. Set oven control to broil and put cake pan bake in oven for about 1 minute until bubbly.

#### Streusel Topping

1/2 cup brown sugar, packed  
1/2 cup chopped nuts  
1/4(?) cup flour (could be 3/4?)  
1/4 cup butter  
1/2 tsp cinnamon

Mix all ingredients until crumbly.

### SURPRISE MUFFINS

3 cups flour      4 tsp baking powder  
1/4 cup sugar      1 tsp salt  
1/4 cup butter      3 eggs  
1 cup milk      1 cup raisins (optional)  
1/2 cup grape jelly or any flavor jam or jelly you have

Sift together flour, baking powder, sugar and salt. Add butter to mixture and cut in with fork. Mix eggs, milk and raisins; blend into flour mixture. Stir lightly just to dampen flour. (If too dry add a few drops more milk) Spoon into greased muffin tin. Push 1 spoonful of grape jelly down into batter of each muffin before baking. Bake in preheated oven 425 degrees. for about 20 minutes. Makes 12

## BANANA NUT BREAD

1-1/2 cups flour	2-1/2 tsp baking powder
1/2 cup sugar	1/2 tsp salt
1/2 tsp baking soda	1 cup crushed cereal
1/3 cup chopped nuts	1 egg, beaten slightly
1/4 cup oil	2 Tbs. water
1-1/2 cups mashed banana	1 tsp vanilla

Preheat oven to 350 degrees. Grease loaf baking dish. Stir together flour, sugar, baking powder, salt, baking soda, cereal, and nuts. Combine egg oil, water, mashed banana and vanilla. Add all at once to dry ingredients. Stir just until moistened. Spread evenly into pan. Bake 50 - 55 minutes or until knife inserted in center comes out clean. Let cool 15 minutes before removing from pan. Makes one loaf.

## CINNAMON APPLE ROLLS

3 cups flour	2 Tbs. sugar
4 tsp baking powder	1 tsp salt
1 cup milk	1/2 cup oil
2 cups chopped apples	1/2 cup brown sugar
1 tsp cinnamon	1 cup brown sugar
1/2 cup oil	1/2 cup chopped nuts

Combine flour, 2 Tbs. sugar, baking powder and salt. Add milk and 1/2 cup oil; stir just enough to hold dough together. Place on lightly floured surface and knead. Roll to 1/4 inch thick rectangle. Cover dough with combined apples, 1/2 cup brown sugar and cinnamon. Roll up jelly-roll fashion. Cut into 1 inch thick pieces. Combine 1 cup brown sugar, 1/2 cup oil and nuts in bottom of 13 x 9 x 2 inch pan. Place rolls in pan. Bake at 425 degrees for 15 to 20 minutes, until desired brownness. Immediately turn upside down onto large platter or cookie sheet. Serve warm. Makes about 8 rolls.

## CINNAMON ROLLS

5-1/2 - 6 cups flour	1/4 cup butter
2 packages yeast (2 Tbs.)	2 eggs
1/2 cup sugar	1/3 cup butter, melted
1-1/2 tsp salt	3/4 cup sugar
1 cup milk	1-1/2 tsp cinnamon
1 cup water	1/2 cup chopped nuts

### Glaze

3 Tbs. butter melted	2 cups powdered sugar
1/2 tsp maple or vanilla flavoring	

Preheat oven 375 degrees. In large bowl, combine 2 cups flour, yeast, 1/2 cup sugar and salt. Mix well. In saucepan heat milk, water, butter until warm. Add to flour mixture. Add eggs. Mix until moistened; Then beat 3 minutes at medium speed. By hand, gradually stir in enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic, about 5 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until light and doubled in size, about 1 hour. Punch down dough. Divide into 2 parts. On lightly floured surface, roll or pat each half into a 12 x 9 inch rectangle. Brush each part with melted butter. Combine 3/4 cup sugar, cinnamon and nuts. Sprinkle over buttered surface. (can also add raisins if desired) Starting with shorter side, roll up lightly, pressing dough into a roll with each turn. Pinch

edges to seal. Cut each roll into 12 pieces. Place cut-side down in greased 13 x 9 inch pans Cover; let rise in warm place until almost doubled, about 30 minutes. Bake at 375 degrees for 20 minutes until golden brown. Combine Glaze ingredients; blend until smooth. Drizzle over hot rolls. Makes 24 rolls

#### PANCAKE AND WAFFLES MIX

	6 pancakes	12 pancakes	20 pancakes
mix	1 cup	2 cups	3 cups
water	3/4 cup	1-1/2 cups	2-1/4 cups
oil	2 Tbs.	1/4 cup	6 Tbs.
egg	1	2	3

Mix ingredients together until dry ingredients are moistened (batter will be lumpy). Bake on hot griddle or lightly greased skillet.

#### Apple Pancakes

Stir in 1/2 cup finely chopped apples to prepared pancake batter. Sprinkle with cinnamon or nutmeg to taste.

#### Nutty Pancakes

Sprinkle 2 Tbs. broken nuts over cake before tuning.

#### Waffles

2 cups pancake mix  
1/4 cup oil  
1 egg  
1-1/2 cups milk

Mix all ingredients together until dry ingredients are moistened. Pour batter onto center of hot waffle iron. For even baking or waffles, close lid quickly. Wait for signal light or until steam stops. Makes 6 waffles.

#### Orange Waffles

Add 1 Tbs. grated orange peel to batter.

#### HOT OATMEAL CEREAL

	1 serving	2 servings	6 servings
water	1 cup	1-1/2 cups	4 cups
salt	1/2 tsp	1/4 tsp	3/4 tsp
oats	1/3 cup	2/3 cup	2 cups

Bring water and salt to a boil. Add oatmeal and stir. Cook 2 minutes, stirring occasionally. Serve with milk and sugar. Can add brown sugar and cinnamon. Add raisins with the oatmeal to the boiling water, Add fruit such as berries. sliced bananas as you serve the cereal.

#### CREAMY WHEAT

3-1/4 cups water  
1/2 cup creamy wheat (germade)  
1/2 tsp salt

In a two quart pan bring water and salt to a rapid boil. Slowly add creamy wheat and stir occasionally until mixture thickens. Lower heat to simmer, and cover. Continue cooking 10 to 15 minutes. Stir occasionally. Serve with milk, sugar. Serves 4.

## BREAD RECIPES

It takes more time to make whole wheat bread than a bread made with all-purpose flour. Since stoneground whole wheat flour is coarser and heavier, the dough must be kneaded for 10 to 15 minutes to produce loaves with an even texture. Each rising also takes longer.

### One Rise Whole Wheat Bread

3-1/2 cups scalded milk  
1 1/2 T salt  
2 T molasses  
3 T shortening  
2 T yeast  
1/2 cup warm water  
1/4 tsp sugar  
5-1/2 - 6 cups whole wheat flour  
4 T honey  
2-1/2 cups white flour

Dissolve yeast in warm water and sugar. Add salt, honey, molasses and shortening to scalded milk and cool to lukewarm. Stir in 2 cups flour and beat with a mixer. Add yeast and mix well. Add rest of flour 1 cup at a time (just enough so you can handle it). Knead 15 minutes. Put in pans and let rise 45 minutes (doesn't need to rise twice). Bake at 425 for 15 minutes then turn down to 325 for 45 minutes. Makes 3 small loaves.

### Basic Whole Wheat Rolls

2 T yeast  
1/3 cup warm water  
1/3 cup vegetable oil  
1/3 cup brown sugar  
2 eggs, beaten  
1/2 tsp salt  
1/2 cup dry powdered milk  
4-1/2 - 5 cups whole wheat flour

Mix yeast and warm water, set aside for 5 minutes. Mix together oil, brown sugar, eggs and salt. Add enough flour to make a soft dough which leaves the side of the board. Turn onto well floured bowl, turn dough over to coat with flour and knead 10 minutes or until smooth and satiny. Place in a greased bowl cover and allow to rise until almost double in bulk (1-2 hours). Shape and place in greased pans. Let rise again then bake at 400 for 15 minutes.

### Basic French Bread

2 T dry yeast  
2-1/2 cups warm water  
3 tsp salt  
2 T shortening  
6-7 cups flour

Dissolve yeast in 1/2 cup warm water. While yeast is rising mix shortening, salt and remaining water. Add yeast mixture and mix. Gradually add flour to form stiff dough. Knead 5 to 10 minutes. Cover and let rise until double in bulk (1 hour +). Punch down and let rise again bowl until double in bulk (3/4 hour +). Punch down

again and remove from bowl and form two long loaves. Slash top and place on cookie sheets sprinkled with corn meal. Bake at 400 for 15 minutes and 350 for about 45 minutes longer.

### CHINESE FRIED WHEAT

Makes 8 servings

1 cup cracked wheat (strain out flour before cooking)  
2-1/2 cups water  
1/2 teaspoon salt  
3 tablespoons vegetable oil  
1 beaten egg  
1 onion, minced  
1/4 cup celery, diced  
2 tablespoons soy sauce or to taste  
Bacon or ham

Bring wheat, water, and salt to a boil and cook for 20 to 30 minutes. Put in a strainer and drain off thick liquid (save for gravy). Wash wheat with cold water to make it fluffy. Press wheat to remove all moisture possible. Set aside.

Heat 1 tablespoon oil in heavy skillet. Slowly add beaten egg, stirring rapidly with fork so egg is light and fluffy. Set aside. Add to skillet 2 tablespoons of oil, minced onion and celery and cook until tender. Then add wheat, soy sauce, bacon or ham, and egg. Heat through and serve with extra soy sauce, if desired.

### GRAVY - Makes 1 cup

2 tablespoons vegetable oil or drippings 2 tablespoons flour  
1 cup liquid (may use the liquid drained from wheat, vegetables, or meat stock; or reconstituted bouillon)

Heat vegetable oil or drippings; stir in flour. Remove from heat and stir in liquid. Cook over medium heat until smooth and thickened, stirring constantly. Season to taste.

### ITALIAN FRIED WHEAT

Makes 8 servings

Wheat  
2 tablespoons oil  
Italian blend to taste  
Left over roast or other meat  
Salt to taste

Prepare wheat the same as for Chinese fried wheat. Heat oil in skillet then add wheat, Italian blend, left-over roast, and salt to taste.

### SPANISH FRIED WHEAT

Makes 8 servings

1 chopped onion  
Wheat  
Chili powder  
Salt  
Beef bouillon powder  
Chopped fresh green onions



Prepare wheat the same as for Chinese fried wheat. Heat oil in skillet, cook chopped onion until golden brown, then add wheat. Toss lightly then add remaining ingredients.

Meat Substitute or extenders for all fried wheat meals:

Cooked wheat, cracked or whole, can be fried with hamburger and used in sloppy joes, spaghetti, pizza, or in casseroles.

#### TAMALE PIE

Serves 8 to 10

1 pound hamburger  
1 cup chopped green pepper  
1 chopped onion  
1 clove garlic, minced  
1 16 ounce can tomatoes  
1 6 ounce can tomato paste  
1 12 ounce can corn, drained  
1 can sliced ripe olives (optional)  
1 tablespoon sugar  
1 teaspoon salt  
2-3 teaspoons chili powder  
Dash of pepper  
1-1/2 cups sharp American cheese, grated  
3 cups cold milk  
1 cup yellow corn meal  
1 teaspoon salt  
1 tablespoon butter

Brown the first four ingredients together. Drain the fat and add tomatoes, tomato paste, corn, olives, sugar, salt, chili powder, and pepper. Simmer 20 minutes until thick. Add cheese and stir until melted. Pour into 9 x 13 inch baking dish.

Make corn meal topping by heating milk in double boiler; add salt and slowly stir in corn meal. Cook and stir until thick (about 20 minutes), add butter and spread over top of meat mixture. Bake at 375° for 40 minutes.

#### PIONEER STEW

Makes 8 servings

1-1/4 cups (1/2 pound) dried pinto or kidney beans  
3 cup cold water  
1 teaspoon salt  
1/2 to 1 pound ground beef  
1/2 cup chopped onion  
1/2 cup finely diced green pepper  
1 can (16 oz.) whole kernel corn, undrained  
1 can (16 oz.) tomatoes, undrained  
1/2 teaspoon chili powder  
3/4 teaspoon salt  
1/2 cup shredded sharp American cheese

In large saucepan place washed and drained beans, cold water, and salt. Bring to a boil. Cover and simmer 2 minutes. Remove from heat and let stand for 1 hour. Return to heat and simmer 1 hour and 15 minutes. In skillet cook ground beef, chopped onion, and green pepper until meat is browned and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder and salt to taste to beans. Simmer 20 minutes. Combine 1 tablespoon flour with 2 tablespoons water. Stir into stew. Cook and stir until thickened and bubbly. Stir in cheese.

## BARBECUED LIMA BEANS

Makes 8 to 10 servings

2 cups large dried lima beans 8 cups water  
1/4 pound bacon cut into 1/2 inch pieces (if desired, cook and drain before adding)  
1 small onion, chopped  
1 clove garlic, minced  
1/4 cup (1/2 stick) margarine  
1 teaspoon prepared mustard  
2 teaspoons Worcestershire sauce  
1-1/2 teaspoons chili powder  
1 can (8 oz.) tomato sauce  
2 tablespoons brown sugar  
2 tablespoons vinegar  
1/4 pound bacon slices (if desired, cook and drain before adding)

Sort and rinse beans; do not soak. In 4-quart saucepan, combine rinsed beans, water, and 1/4 pound diced bacon. Bring to a boil; reduce heat. Cover and simmer until beans are almost tender (1 to 1 1/2 hours), checking several times. Add hot water as needed to keep beans just covered while cooking. Drain, reserving 1/2 cup liquid. Cook onion and garlic in margarine until soft. Add remaining ingredients except drained limas and bacon slices. Cook 5 minutes, add to lima beans. Place in greased 2-quart casserole; top with sliced bacon. Cover; bake for 2 hours, adding reserved bean liquid if necessary.

## CRACKED WHEAT CASSEROLE

Makes 6 servings

1 lb ground beef  
1/2 C chopped onion (1 medium)  
1 small garlic clove  
1-1/2 C water  
1/2 C uncooked cracked wheat  
2 T chopped parsley  
1 t beef boullion  
1/2 t salt  
1/4 t oregano leaves  
1/4 t pepper  
1/4 C parmesan cheese  
1 C chopped tomato (fresh or canned)

Brown meat with onion and garlic until pink color is gone. Drain. Combine with rest of ingredients except cheese and tomato.

Bake in tightly covered 1-1/2 qt casserole for 45 minutes or until the cracked wheat is tender and water has been absorbed. Stir in cheese and tomato, let stand a minute and serve.

## RICE PILAF

Makes 8 servings

2 cups rice                      4 tbsp of butter  
4 cups broth (chicken or beef)   3/4 cup chopped celery  
3/4 cup chopped carrots            3/4 cup chopped green onions  
1 cup slivered almonds            Salt and pepper to taste

Brown rice lightly with butter in skillet. Place in casserole with boiling broth. Cover and bake for one-half hour at 375 degrees. Take from oven and add vegetables and nuts, stirring and mixing well with fork. Return to oven for one-half hour.

## BROWNED RICE

Makes 6 to 8 servings

1 C rice  
1/4 C shortening  
1/4 C chopped onion, meat, celery or other vegetables  
1 t salt  
3-1/2 C water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2-3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated.

## LENTIL SOUP

Makes 8 to 10 servings

2 cups lentils  
1-1/2 quarts water and 6 chicken bouillon cubes (or 3 cans chicken broth (14 1/2 oz. cans)  
1 large can (No. 2-1/2) stewed tomatoes  
1 bay leaf  
3 carrots, cut in chunks  
1 onion, cut up  
Salt and pepper to taste  
1 pound cooked hamburger

Put all ingredients except hamburger in a 4-quart kettle, bring to a boil, and let cook until tender. Add cooked hamburger and heat. A ham hock may be cooked with above ingredients instead of hamburger, or pieces of ham may be added at the last.

## SPLIT PEA SOUP WITH SAUSAGE BALLS

(A favorite of many) Makes 12 servings

1 pound (2-1/4 cups) green split peas  
3 quarts water  
2 teaspoons salt  
1/2 teaspoon pepper  
1/4 teaspoon marjoram  
1 pound bulk pork sausage  
1 cup diced celery  
1 cup diced potatoes  
1 cup diced onion  
1 cup diced carrots  
Salt to taste

Wash split peas and sort. In large saucepan combine water and seasonings and bring to a boil. Add peas gradually so water does not stop boiling. Shape sausage into 1-inch balls (about 28 of them) and roll in flour. Drop into soup, cover, and simmer until sausage is well done and peas are tender. About 20 minutes before time to serve, add vegetables and cook until tender.

NOTE: You may wish to cook and drain sausage before adding it to the soup.

## MACARONI SALAD

Makes 6 servings

1 C uncooked macaroni  
1 t salt  
4 C boiling water  
1 can tuna fish  
1 C chopped vegetables (celery, green pepper, onion, cooked peas, carrots, etc.)  
Salad dressing

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes); do not overcook. Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish and vegetables. Marinate with salad dressing to taste (approximately 1/3 cup).

#### CREAM OF SPLIT PEA SOUP

Makes 8 servings

2 C split peas  
4-1/2 C boiling water  
  
1/2 C celery, diced  
1/2 C carrots, diced  
1 onion, chopped  
2 t salt  
2-1/2 C milk (2/3 C pwr milk and 2-1/2 C water)  
Season to taste (may add chunks of ham, bacon, etc.)

Wash split peas and sort. In large saucepan combine water, split peas, vegetables, and salt. Simmer until peas are soft, about 45 minutes, stirring occasionally. Put through a sieve or a blender. Add powdered milk and seasonings, chunks of meat, then reheat and serve.

#### DELICIOUS TURKEY SOUP WITH DRY SOUP MIX

Serves 6

8 C chicken or turkey broth (May use reconstituted chicken boullion)  
3/4 C dry soup mix  
salt and pepper to taste  
1 C diced celery  
2 C diced turkey or chicken  
1 tall can evaporated milk

Mix broth, soup mix, salt and pepper and celery and simmer for 45 minutes. Stir in diced turkey and can of milk. Heat and serve. May thicken with flour or cornstarch.

#### HAM HOCK AND SOUP MIX

Serves 6

1 ham hock                      3/4 C soup mix  
about 7 C water                salt and pepper to taste  
Simmer all ingredients for 45 minutes or until tender. Remove ham hock, returning meat to soup. Serve.

#### HAMBURGER SOUP

Serves 6

2 cans beef broth and 1 C water (or 4 C water and 4 boullion cubes)

1/2 C soup mix

Bring to a boil and simmer for 45 minutes or until tender.

Add:

1 qt tomato juice or tomatoes  
1/2 pound browned hamburger

Simmer 5 minutes and serve.

### THREE BEAN STEW

Makes 6 servings

1 8-oz. package dry navy beans  
1/2 cup dry baby lima beans  
1/2 cup dry red kidney beans  
1 tablespoon salad oil  
1 medium green pepper, cut up  
1 medium onion, diced  
1 garlic clove, minced  
1-1/2 tablespoons brown sugar  
2 teaspoons salt  
1/4 teaspoon pepper  
1/8 teaspoon ground cloves  
6 cups water  
1 14-oz. can tomatoes  
1 6-oz. can tomato paste  
1 pound smoked Polish sausage, cut into 1 1/2 inch chunks (If desired, cook sausage and drain before adding to stew.)

Use quick-soaking method to prepare beans; drain water. In heavy pan or Dutch oven, heat salad oil over medium heat. Add green peppers, onions, and garlic. Cook until tender, stirring occasionally. Add beans. Stir in brown sugar, salt, pepper, cloves, and water. Heat to boiling. Reduce heat to low, cover, and simmer about one hour or until beans are tender, stirring occasionally. Stir in tomatoes with their liquid, tomato paste, and Polish sausage chunks. stir to mix well. Cover and simmer 30 minutes.

### LENTIL SALAD

Makes 6 servings

1 cup dried lentils  
1 quart water  
1 teaspoon salt  
1/3 cup salad oil  
1/4 cup vinegar  
1/2 teaspoon salt  
1/2 teaspoon dry mustard  
1/2 teaspoon paprika  
1/8 teaspoon pepper  
1/4 cup sweet relish  
1/4 cup sliced green onion  
2 tablespoons finely chopped dry onion

Rinse lentils well in cold water. In large saucepan, cover lentils with 1 quart of water and 1 teaspoon of salt. Bring it to a boil; simmer 20 to 30 minutes or until tender. Drain. Combine the remaining ingredients in large bowl. Add hot, drained lentils to dressing mixture. Toss until lentils are well coated. Refrigerate 2 hours.

### TUNA AND NOODLE CASSEROLE

8 ounces (220 grams) noodles  
1 can (6 1/2 ounces or 196 grams) tuna fish  
1 can (10 ounces or 280 grams) condensed mushroom or chicken soup  
2/3 cup (161 milliliters) milk (canned or reconstituted powdered milk)  
1/2 cup (70 grams) buttered crumbs

Cook noodles in 4 cups (approximately 1 liter) boiling water. Rinse and drain. Arrange noodles and tuna fish in layers in casserole. Combine soup and milk. Pour over noodles and fish. Top with buttered crumbs and a dash of paprika. Bake in moderate oven (375°F; 190°C) about 25 minutes or until browned. Makes about 6 servings.

### TORTILLAS

1 cup (146 grams) corn meal  
1 cup (143 grams) white flour  
Ground corn may be substituted for above two ingredients.  
1/2 cup (120 milliliters) water  
1/2 teaspoon (3 grams) salt

Mix ingredients together and knead well. Add small amount of water, if necessary. Let stand for 10 minutes. Knead and pat or slap into the shape of a thin pancake. Add more water or flour as needed. Cook on top of the stove in ungreased heavy iron or Teflon-coated skillet, turning so as to cook through but not to burn. Serve with a topping of mashed chili beans and grated cheese (optional).

### CHILI BEANS

2 cups (360 grams) dried beans (red kidney or pinto)  
4 cups (960 milliliters) boiling water  
1 teaspoon (6 grams) salt  
1 teaspoon (2 grams) dry mustard  
2 tablespoons (25 grams) sugar  
1 cup (240 milliliters) tomato sauce or catsup (optional)  
1 onion, chopped (optional)  
1 tablespoon (6 grams) chili powder

Soak beans overnight. Drain and add other ingredients. Cook for 1/2 hour on top of stove. Put in bean pot and cook in slow oven (200-250°F; 93-121°C) for 3 hours, or turn heat down and cook in a heavy saucepan on top of stove until tender.

### PEANUT BUTTER COOKIES

1/2 cup (92 grams) shortening  
1/2 cup (97 grams) white sugar  
1/2 cup (106 grams) brown sugar  
1 egg or egg substitute  
1/2 cup (120 grams) peanut butter  
1 1/2 cups (215 grams) white flour or (196 grams) wheat flour  
1/2 teaspoon (3 grams) soda  
1/4 teaspoon (1 gram) salt

Cream shortening. Gradually add sugars, beating until smooth and fluffy. Add egg and beat well. Add peanut butter and mix thoroughly. Sift flour, soda, and salt into mixture. Drop by teaspoonfuls onto ungreased cookie sheet. Press down with floured fork. Bake at 350°F (177°C) until lightly browned.

### SOY PATTIES

2 cups (400 grams) soybean pulp  
2 cups (400 grams) cooked brown rice  
2 tablespoons (23 grams) vegetable fat

1 onion, chopped fine  
1/2 tablespoon (8 milliliters) soy sauce  
1/2 teaspoon (3 grams) salt  
Flavor with garlic or sage  
1/2 cup (70 grams) whole wheat bread crumbs (buttered)

Mix all ingredients (except bread crumbs) together. Shape into patties. Roll in whole wheat bread crumbs. Bake in greased pan at 350°F (177°C) until brown, or warm in frying pan. Serve with gravy, if desired.

To make soybean pulp: Soak beans in water for at least 3 hours. Boil beans in water for 15 minutes. Drain. Mix beans thoroughly by pounding or in a blender with enough water to puree into a stiff paste.

## SOY MEAT

1 pound (545 grams) mashed soybeans  
1 cup (137 grams) whole wheat flour  
2 eggs or egg substitute  
1 tablespoon (18 grams) salt  
1 teaspoon (1.5 grams) garlic  
1 teaspoon (0.6 grams) oregano  
1 teaspoon (0.6 grams) basil

Mix all ingredients together. Spoon into hot oil in fry pan. Cook on medium heat for a few hours, turning occasionally until brown and crusty. Use in place of ground meat.

## CHICKEN AND DRESSING

Cook chicken in water with salt, pepper, 3 stalks of celery, and 1 diced onion. When chicken is done, remove from broth, save broth, cool chicken, remove from bone and dice.

Make dressing from about 1 1/2 loaves dry bread (tear into pieces and dry out for a day.) Dice 3 or 4 ribs of celery and 2 medium onions and saute in 1/4 lb. margarine until tender. Add to bread with enough chicken broth, salt & pepper and sage or poultry seasoning to hold bread together. Start with about 2 cups broth, then add more as needed until it is the right consistency.

Lightly grease a 9" x 12" pan or a casserole, put 1/2 of dressing in pan, then add diced chicken. Pat on rest of dressing and bake in 350 oven until done, about 45 minutes.

If gravy is desired: add 1/2 can chicken broth to 1 can cream of chicken soup.

## NO PEEK CHICKEN

3/4 cup rice (not Minute)  
1 cup milk  
2 onions, sliced  
2 cans cream of chicken soup

Put rice in pan first, then milk and soup. Put pieces of chicken in pan and cover with onions. Cover tightly with aluminum foil. Cook for 2 hours at 375 degrees. DO NOT PEEK! and also DO NOT OPEN OVEN BEFORE CHICKEN IS DONE!

## CHICKEN TETRAZINI

Cook 1 chicken in water with 2 ribs of diced celery and 1 diced onion with salt and pepper. When chicken is done, remove from broth - save broth. Cool chicken, remove from bone and dice.

Cook 1 lb. spaghetti. Mix with cut up chicken and 2 cans mushroom soup with 1 can milk. Add 1/2 to 3/4 cup shredded cheese and salt and pepper to taste.

#### BAKED CHICKEN #1

1 chicken, cut in pieces  
1 onion, sliced into rings  
1 can cream of chicken soup  
salt and pepper to taste  
1/2 cup water

In baking dish, put chicken pieces, pouring soup mixed with water over chicken. Add salt and pepper to taste. Top with onion rings. Bake at 350 degrees for 1 1/2 hours.

#### BAKED CHICKEN #2

Dip pieces of chicken in melted margarine and roll in crushed toasted oats. Season with salt, pepper and if you like, garlic powder. Put on foil in a shallow pan or cookie sheet. Bake for 1 1/2 hours at 350 degrees. Does not need to be turned. (An easy way to crush the cereal is to put it in a plastic bag and crush with a rolling pin.)

#### CHICKEN AND VEGETABLES

Brown cut up chicken in pan (seasoned with garlic and onion salt and salt) in margarine in oven at 400 degrees. Mix can of cream of mushroom and a can of cream of chicken soup with 1/2 can of water. Add diced carrots and cook at 350 for 1/2 hour. Add diced potatoes and peas and finish cooking. Serve with rice.

#### BEEF STROGANOFF

1. Heat together
  - 1 can beef chunks
  - 1 can mushroom soup
  - 1 diced and sauteed onion
2. Heat together and add 1 cup sour cream
3. Heat, without boiling and serve over rice or noodles.

#### TEN-MINUTE CASSEROLE

Yield: 4 servings

1 lb. hamburger            1 small onion, minced  
3 cups cooked spaghetti   1 can tomato soup

Brown hamburger and onion. Add cooked spaghetti and tomato soup. Mix well and heat thoroughly.

#### MACARONI CASSEROLE

Yield: Serves 6 to 8 people

Pour 2 cups macaroni into 3 qts. of rapidly boiling water, to which 2 heaping tsps. salt have been added. Boil 6 - 8 minutes, until tender. Drain and rinse with cold water. Peel and dice 1 large onion, saute in small amount of sausage grease or margarine. Dice 1/4 lb. of American cheese. Fry out most of the grease from 1/2 lb. Sausage. Open 2 cans tomatoes; cut up into small pieces. In a baking dish or pan, 9-1/2 x 13-1/2 x 2" combine macaroni, sauteed onions, diced cheese, and tomatoes. Salt and pepper. Arrange sausage over top, cover with aluminum foil and bake in 350 degree oven 45 minutes.



## SPANISH DELIGHT

1/2 lb. noodles  
1-1/2 lb. hamburger  
1 can tomato sauce  
1 can tomato soup  
1 can corn  
1-1/2 tsp. salt  
1/2 green pepper (optional)  
1 onion

Fry hamburger and onion. Add rest of ingredients and simmer until done. Cook noodles. Add together layer by layer. Cover with cheese and bake 45 minutes at 350 degrees.

## OVEN STEW

2-1/2 lbs. stew meat (cup up)  
8 carrots (pared and cut)  
8 potatoes (pared and cut)  
2 onions, sliced  
2 cans tomato soup

Don't add water and don't brown meat first

Put a layer of half the meat and vegetables in large pan. Then make another layer of the rest of the meat and vegetables. Spread soup over top. Cover and bake in oven at 250 degrees 6 to 8 hours.

## RICE HOT DISH

1 lb. hamburger  
1/2 cup rice  
1 cup chopped celery  
1/2 cup diced onion  
1 can chicken noodle soup  
1 can cream of chicken soup  
2 cans water

Brown hamburger, onions and celery. Add uncooked rice, soups and water. Bake 1 hour at 350 degrees.

## SEVEN-LAYER CASSEROLE

1 cup rice  
1 cup canned whole-kernel corn, drained  
1 can tomato sauce  
1/4 can water  
1/2 cup onion, finely chopped  
3/4 lb. ground beef  
salt and pepper to taste  
1 can tomato sauce  
1/4 can water  
1/2 lb. sausage - crumbled

Layer all ingredients in 2-quart baking dish; cover tightly. Bake at 350 degrees for 1 hour. Uncover; continue baking for 30 minutes or until sausage is browned.

## RICE CASSEROLE

Rinse 1-1/2 cup rice and set aside to drain. Grease medium casserole dish.

Layer:

rice  
chopped tomatoes  
salt and pepper  
chopped onion  
crumbled sausage  
cheese

REPEAT

Cover layers with water and bake uncovered at 350 degrees for about 1-1/3 hours.

#### MOCK CHICKEN CASSEROLE

1 loaf soft bread crumbs 1 pat butter or margarine  
1 can tuna salt and pepper  
1 can cream of chicken soup 2 medium onions, chopped  
1 tsp. poultry seasoning

Put seasoning into bread crumbs, fry onions until transparent in butter. Pour over bread and mix lightly with a fork. Place a layer of dressing mixture in a casserole dish. Place a layer of tuna then the can of soup. Top with remaining dressing. Bake 30 minutes at 350.

#### SUPER TUNA NOODLE BAKE

1/2 can chopped onion  
2 T. butter or margarine  
1 can cream of mushroom soup  
1/2 cup milk

1/2 can drained chopped canned tomatoes  
2 cups cooked medium noodles  
1 cup cooked peas  
2 cans (about 7 oz. each) tuna, drained and flaked

In saucepan, cook onion in butter until tender; stir in remaining ingredients. Pour into 2 qt. shallow baking dish (12 x 8 x 2"). Bake at 400 degrees for 20 minutes or until hot; stir. Top with sliced cheese, if desired. Bake until cheese melts. Makes about 5-1/2 cups.

#### RAGTIME TUNA

Prepare 1 box macaroni and cheese  
add 1 can tuna  
1 can peas

#### GERMAN NOODLE DINNER

1 pkg. noodles                      2 cups bread cubes

1 lb. bacon or sausage                      3 heaping T. cottage cheese

Cook noodles, then drain. Cut bacon into small pieces and fry, then drain. Take enough bacon grease to fry bread cubes. Mix noodles and cottage cheese together. Place on platter and cover with fried bread and bacon.

### POTATO CASSEROLE

2 lbs. potatoes, shredded or sliced and lightly fried  
1/2 tsp. pepper  
1 can cream of chicken soup  
2 cups grated cheddar cheese  
1 tsp. salt  
1/2 cup chopped onions  
1 pt. sour cream

Combine potatoes with sour cream. Blend with remaining ingredients. Put in greased 3 qt. casserole. Bake at 350 degrees for 45 minutes.

### SCALLOPED POTATOES

Peel and slice 6 potatoes. Combine with 2 diced onions, 4 slices cheese, 1 can mushroom soup, 1/2 cup milk, and salt and pepper to taste. Cover and bake at 350 degrees for 45 minutes or until tender.

### PORK AND RICE

Cut up 3 pork steaks in small pieces. Brown and cook with onions, salt and pepper. Add water to cover. Add diced carrots and cook at least 15 minutes. Add small can tomato sauce and some catsup. Simmer 1/2 hour then add diced potatoes. Serve with rice.

### INDIAN TACOS

1 pound lean ground beef  
1/2 cup chopped onion  
1 15-ounce can red kidney beans or chili beans, drained (reserve liquid)  
1 8-ounce can tomato sauce  
2 teaspoons chili powder or to taste  
1 teaspoon salt  
1/4 teaspoon pepper  
Indian or Cornmeal Fry Bread (recipes follow)  
4 to 5 cups coarsely shredded iceberg lettuce  
1/2 cup sliced onions  
2 tomatoes, chopped  
1-1/2 cups shredded sharp Cheddar cheese

In skillet, saute meat until lightly browned; add onion and saute until tender. Stir in beans, tomato sauce, chili powder, salt, and pepper. Add reserved bean liquid, if too thick; simmer 15 minutes. Remove and discard any grease that has accumulated. To serve, spoon meat mixture over rounds of Fry Bread and top with lettuce, onions, tomatoes, and cheese.

Serves 6 to 8

## INDIAN FRY BREAD:

4 to 5 cups unsifted all-purpose flour  
2 tablespoons baking powder (this is correct!)  
2 tablespoons vegetable oil  
1-1/2 teaspoons salt  
2 tablespoons sugar  
1 3/4 cups warm water  
Vegetable oil

Thoroughly mix together 4 cups flour, baking powder, 2 tablespoons oil, salt, sugar, and water. Mixture will be a batter, let stand at room temperature for 30 minutes. Use remaining flour to knead dough until smooth and elastic; let rest 15 minutes. Roll 1/4-inch thick and cut into 4-inch rounds. Make a slit in the center of each round with a knife to help bread fry faster and to keep from becoming soggy. Pour 1 inch vegetable oil in skillet; heat over moderate heat to 375°F. Dough dropped in will immediately begin to puff up and turn golden brown. Turn rounds of dough once and fry until puffy and golden brown. Drain on paper towels.

## CORNMEAL FRY BREAD:

2 cups unsifted all-purpose flour  
2 cups yellow cornmeal  
Use in place of 4 cups flour in Indian Fry Bread recipe. then proceed with that recipe.  
Makes 16 to 20 4-inch rounds

Comments: These are a favorite at American Indian festivals. Prepare either or both fry breads. Make extra to serve with honey.

## CHILI #1

Combine 2 cans chili with  
1 can tomatoes (chopped)  
Add 1/2 lb. browned hamburger with 1/2 diced onion.

## CORN CHOWDER

Chop and saute in kettle:  
2 oz. bacon                      2 onions  
Add, cover and simmer until potatoes are done:  
1-1/2 cup diced raw potatoes    3 cups hot water  
#2 can creamed corn  
Add and reheat  
3 tsp. butter                      1 cup evaporated milk  
2-1/2 tsp. salt                      pepper to taste

## HEARTY HAMBURGER SOUP

1 lb. hamburger                      1/2 cup carrots  
2 cups tomatoes                      1/4 cup rice  
2 cups cubed small potatoes    1-1/2 tsp. salt  
1/2 cup celery                      1-1/2 qt. water  
1/2 cup onions                      1/4 tsp. pepper

Brown beef. Add other ingredients. Bring to boil. Simmer 45 - 60 minutes. You may add green beans, corn, peas, etc. for flavor.

## HEARTY BEEF AND VEGETABLE SOUP

Yield: 12 hearty servings - 1 gallon of soup

1-1/2 lbs. lean ground beef  
3 onions, chopped  
2 ribs celery, diced  
1 qt. water  
2 medium carrots, diced  
5 potatoes, diced  
1 T. salt  
Pepper to taste  
garlic salt  
1 can (2-1/2 cups) tomatoes  
1 can whole kernel corn  
1 can kidney beans  
1 can green beans  
1 can tomato sauce  
1 cup bouillon (optional)

In heavy 6-quart kettle brown ground beef. Add onion, carrots, potatoes and celery and cook until tender. Add remaining ingredients. Cover and simmer until tender.

### TACO SOUP

Yield: 8 servings

1 lb. ground beef  
1 medium onion, chopped  
1 pkg. taco seasoning or chili powder to taste, about 1 T  
1 can Corn  
1 can Kidney beans or 1 can pork and beans  
1 can (28 oz.) tomatoes  
1 can tomato sauce  
tortilla chips - optional  
grated cheese - optional

Brown beef and onions, drain. Add everything but chips and cheese, simmer for 20 - 30 minutes. Serve topped with chips and cheese, if desired.

### CHILI #2

1 lb chili beans (about 2-1/4 cups)  
2 lbs ground beef  
3-4 ribs celery  
3-4 Tbsp chili powder  
1 large onion chopped  
1 can tomato juice (46oz.)  
1/2 tsp cumin

Soak beans overnight. Bring beans to boil and simmer until tender. Leave the water in the pot that should cover the beans and add the tomato juice to it. Brown ground beef and add it and onion, celery, chili powder and cumin. Let simmer until flavors blend. Adjust the amount of chili powder to taste.

### PINTO BEAN CASSEROLE

1-15 oz can pinto beans (use juice)

1 lb ground beef  
1 cup grated cheese  
1 pkg corn tortillas  
1-15 oz can Italian style marinara sauce

Butter tortillas and layer and cover bottom of oblong cake pan. Brown ground beef and drain. Put beans over tortillas, then sauce and ground beef and grated cheese. Bake at 350F for 30 minutes.

#### HUNGARIAN GOULASH

1-1/2 lbs. round steak, cut into 1/2 inch cubes (or 2 or 3 cans of beef chunks)  
1/4 tsp garlic powder  
3 Tbs oil      1 medium onion sliced  
1/3 cup flour    1 (1 lb can) tomato  
1 Tbs paprika    1/3 cup water  
1/2 tsp salt      1/3 cup evaporated milk

Brown meat in hot oil in large saucepan. Mix together flour, paprika, salt, pepper and garlic powder. Add onion, tomatoes and water. Cover. Simmer 1 hour, stirring occasionally. Gradually stir in evaporated milk into hot mixture. Simmer 15 minutes, stirring frequently. Serve over hot buttered noodles. Makes 6-1/2 cup servings.

#### MEAT PIE

6 Quarts or water    2 cups soup mix  
add  
2 lbs frozen hash browns (fresh potatoes should be diced)  
1 can tomatoes      1 can tomato soup  
1 can tomato sauce  
If desired, add left over vegetables, frozen carrots or corn. etc.  
Add  
2 lbs hamburger, fried well done and broken into tiny pieces. Allow to cool until just warm. Place in pie shell, and top with pie crust and seal edges well. Bake in oven 450 degrees for 25 minutes.

#### TACO CASSEROLE

1 lb ground beef                      1 cup Salsa  
1/2 cup mayonnaise                    2 tsp chili powder  
2 cups crushed tortilla chips    1 to 2 cups shredded cheese  
1 medium tomato, chopped        2 cups shredded lettuce

Brown ground beef; drain. Add salsa, mayonnaise, chili powder: mix well.  
In an ungreased 2 qt baking dish, layer half of the meat mixture, chips and cheese. Repeat layers. Bake, uncovered, at 350F for 20-25 minutes or until heated through. Just before serving, top with tomato and lettuce. 6 servings.

#### CREAMY VEGETABLE SOUP

1 cup diced carrots      1 cup diced celery  
1 cup diced cauliflower    1 cup diced broccoli  
2 cup diced potatoes      1/2 cup diced onion

Mix in blender or beat with fork until smooth, pour into vegetable mixture and add 1/4 cup butter. Season with salt and pepper. You can add 1 or 2 cups shredded cheese for a cheese flavored soup.  
Optional 1 Can Chunk Turkey or Beef

### CALIFORNIA BEAN SOUP

2 cups white beans (rinsed) 2-1/2 quarts water (10 cups)  
1 quart tomatoes  
1/4 cup dried onion or 1/2 cup chopped onion  
1/4 cup dried diced carrots or 1/2 to 1 cup chopped carrots  
1/2 cup dried celery chopped or 1 cup chopped celery  
1 or 2 ham hocks or 5-7 Tbs. ham soup base or bouillon

Soak beans in water overnight or boil 5 minutes and soak 1 hour. Add tomatoes. Cook 2 hours. Add remaining ingredients and cook until beans are soft.

### BASIC WHITE SAUCE

2 Tbs. butter      1/4 cup flour  
2 cups milk      1/2 tsp salt  
1/8 tsp pepper

Melt butter. Mix in flour, salt and pepper. Return to heat slowly adding milk, stirring constantly with whisk or spoon. When smooth, continue cooking and stir with spoon until thick. Season with desired spices. Can be added to soup recipes to make creamy flavor. Can add grated cheese to make cheese flavored sauce.

### CHICKEN SOUP

(made using Dry Soup Mix)

1 chicken cooked and deboned\*      2/3 cup soup mix  
7 chicken bouillon cubes      carrots, zucchini  
salt and pepper to taste

makes 1 gallon of soup

\* or use 1 Can Chunk Turkey or Beef

### FRANKFURTER SOUP

2 frankfurters thinly sliced      2 Tbs. chopped onions  
1 Tbs. butter      1 can tomato soup  
1 soup can water or milk      1/2 cup cooked rice (optional)

Brown the frankfurters and onions in butter. Add soup, liquid and rice. Heat and serve. Makes 2 - 3 servings.

### TUNA CHOWDER

3/4 cup chopped onion      3/4 cup sliced celery  
3 Tbs. butter      3 cups diced raw potatoes  
2-1/2 cups water      1-1/2 tsp salt  
1-1/2 Tbs. flour      2 cups milk  
2 cans tuna fish, drained and flaked

Brown onion, celery in butter for about 5 minutes or tender. Add potatoes, water and salt. Heat to boiling and cook over medium heat about 15 minutes. Mix together flour and milk. Stir into potato mixture and cook until thick, stirring constantly. Add tuna fish and serve at once. Makes 1-1/2 quarts.

### BAKED CHICKEN AND SPAGHETTI

10 oz. cooked & drained spaghetti

1 onion chopped      2 Tbs. shortening or butter  
1 can tomatoes      dash of pepper  
2 Tbs. sugar      2 C diced cooked chicken  
1/2 C grated cheese

Saute onion in shortening or butter, add tomatoes, sugar and pepper. Heat to boiling. Stir in chicken and spaghetti. Toss gently with fork. Pour into greased baking dish and sprinkle with cheese. Bake at 375 degrees for 20 minutes.

#### ITALIAN CHICKEN AND PASTA

2 T olive oil  
1/2 lb boneless chicken squares  
2 C (6 oz) mushrooms  
1 lg onion, diced  
2 26 oz cans or larger spaghetti sauce  
1/4 tsp dried basil, crushed  
1/4 tsp pepper  
2 tsp dried parsley flakes (2 T fresh)  
8 C hot cooked spaghetti (1 lb dry)

Cook chicken in 1 T olive oil until browned and fully cooked. Cool slightly, then cube. While chicken is cooling, use remaining 1 T olive oil and cook mushrooms and onions until tender and liquid is evaporated. Stir in sauce, basil, pepper and parsley. Cook until mixture boils then add chicken and reduce heat to simmer. Simmer 10 minutes before serving on top of spaghetti. Makes 7-8 servings. Sauce freezes well.

#### ZESTY SPAGHETTI

1/2 lb ground beef (or turkey or chicken)  
1 26 oz cans spaghetti sauce  
1/4 C grated Parmesan cheese  
1/2 tsp pepper  
8 C hot cooked spaghetti (1 lb dry)  
1 10 oz pkg frozen, chopped spinach, thawed and well drained (fresh also works well) Tip: drain thawed spinach in a colander and press spinach with the back of a spoon to remove excess water.

Cook meat until browned, stirring to separate meat. Spoon off fat. Stir in sauce, cheese and pepper. Heat to boiling then reduce to low and simmer for 10 minutes. Stir in spinach and serve immediately over spaghetti. Makes 7-8 servings. Does NOT freeze well.



## CHEDDARY SPAGHETTI AND VEGETABLES

8 cups hot cooked spaghetti (1 lb dry)  
2 C fresh broccoli flowerets  
4 medium carrots, sliced (about 2 cups)  
2 lg red or green peppers, coarsely chopped  
2 10-3/4 oz cans condensed cream of celery soup  
1 C shredded Cheddar Cheese  
1 C milk  
2 T prepared mustard

Cook spaghetti according to package. Add broccoli, carrots and pepper for last 5 minutes of cooking time. Drain all in colander. In same pan, combine soup, cheese, milk and mustard. Over low heat, heat until cheese is melted, stirring often. Add macaroni and vegetables, stirring occasionally. Makes 7-8 servings. Does NOT freeze well.

## CHEESY VEGETABLE MACARONI

2 T olive oil  
4 medium zucchini, sliced. about 6 cups  
2 26 oz cans Spaghetti sauce  
1 cups grated Parmesan cheese  
8 cups hot cooked macaroni (about 4 cups dry)  
1 cup shredded mozzarella cheese

Cook zucchini in hot oil until tender-crisp, stirring occasionally. Add spaghetti sauce and Parmesan cheese. Heat to Boiling, reduce heat to low and simmer for 10 minutes. Stir occasionally. Toss sauce with macaroni and sprinkle with mozzarella cheese before serving.

## GREEK STYLE BEEF AND MACARONI BAKE

1/2 pound ground beef  
1 medium onion, chopped  
1/4 tsp ground cinnamon  
1/4 tsp pepper  
1-1/2 cups condensed Golden Mushroom soup  
1/2 cup milk  
1/2 cup grated Parmesan cheese  
1 egg, slightly beaten  
3 cups cooked macaroni (about 1-1/2 C dry)  
1 small can chopped olives

Over medium high heat, cook beef, onion and cinnamon until beef is brown and onion is tender. Spoon off fat. Stir in tomato juice. Heat to boiling. Reduce heat to low and simmer 10 minutes. In medium bowl combine soup, milk cheese and egg. Add macaroni; toss to coat. In a baking dish, put in beef mixture, followed by macaroni mixture and top with chopped olives. Bake at 350 for 30 minutes or until hot. Makes 4 servings. Double for 8 servings

## HAM AND PASTA SKILLET

1 can condensed broccoli cheese soup  
1 cup milk  
1 tsp spicy brown mustard  
2 cups broccoli flowerets  
3 cups cooked macaroni  
8 oz ham cut in thin strips  
1 red bell pepper cut into thin strips

Combine soup, milk and mustard. Heat to boiling then reduce to low heat and simmer for 5 minutes. Add macaroni and ham and heat throughout, stirring occasionally. Garnish with red pepper.

## HAMBURGER/HOT DOG MEALS

For my hamburger night, a good hamburger with all the fixins is still a family favorite, however. we try these with a number of different twists, such as:

Meat Loaf hamburgers which has meat loaf seasoning, A-1, an egg, a cup of oatmeal

Veggie Burgers has alfalfa and bean spouts plus finely grated carrot and celery mixed in with the meat.

Hot Dogs and Sausages also merit special treatment.

A Quick Casserole has 1 10-3/4 oz can condensed creamy onion soup, 1 10 3/4 oz can condensed Tomato Soup, 1 cup water, 1 16+ oz can of beans, 3/4 pound sausage or hot dogs (kielbasa seems to taste best), 4 small potatoes (about 3/4 pound) peeled and quartered, 3 medium carrots, finely chopped. 1/2 tsp thyme, 1/2 tsp pepper, 1 bay leaf. Cook everything together for about 25 minutes or until vegetables are tender. Discard the bay leaf and garnish with thyme. Regular hot dogs become a special treat when wrapped in bacon and grilled.

Hamburger Night also means using Hamburger Helper. Try using half the ground beef the recipe calls for and instead use two boxes of the mix. For example, for two boxes of Hamburger Helper, 1 pound of ground beef is used (instead of the two called for).

Sloppy Joes are also an easy one dish meal. Since there is a lot of sauce, if you make a 2 pound serving of the mix, try using 1-1/2 pound ground beef mixed with 1 cup of oatmeal and 1/2 cup onion.

Many Mexican dishes, such as nachos, tostadas, chili and enchiladas are also easy to prepare. For Nachos and Tostadas: Cook 1 pound hamburger with 1/2 cup onion and Taco seasoning. Drain fat. Set out buffet style: 1 large bag restaurant style tortilla chips or Tostada shells, hamburger mix, grated cheese (Cheddar or Mexican mix works best), 1 can bean dip (you may also use 1 can refried beans, rewarmed), chopped tomatoes, guacamole, sour cream and chopped olives. I have each person prepare their own chips, beans, meat and cheese then microwave it for 90 seconds or until cheese is melted then have them complete the nachos with their cold items.

## SOUP NIGHT

Soup night doesn't have to be boring. I do start with condensed soup and choose the size of soup can which is best for my family. Some ideas to spark up soup night:

### BAKED POTATO SOUP

Start with condensed cream of potato soup prepared as directed, microwave 1 medium potato per person until cooked and chop in 1/2 inch cubes. Add 1 tsp pepper and simmer for 15 minutes. Serve with regular baked potato toppings on top: sour cream, cheese. bacon bits chives

### CHICKEN GUMBO SOUP

Start with condensed cream of chicken soup: add 1/4 pound per person cooked chicken and 1 or 2 packages Mahatma Long Grain and Wild Rice with Seasonings (this does not have to be pre-cooked and use 2 pkgs if cooking over 4 servings). I may add up to 1 cup of food storage (white) rice to get the consistency I want.

### TOMATO FLORENTINE SOUP

Cook condensed tomato soup as directed. Add 1/2 pound drained hamburger which was browned with 1/4 tsp rosemary, 1/4 tsp basil, 1/4 tsp pepper and 1/4 tsp oregano. Add 1 cup pasta or rice and 1 can mixed vegetable.

### VEGETABLE SOUP

I prepare the soup as directed but add a chicken ceasar salad or bacon, lettuce and tomato sandwich with it

### HEARTY CHICKEN NOODLE SOUP

Prepare soup as directed but add 1-2 cups dehydrated carrots from the bishop's storehouse. Simmer on low heat until carrots are tender.

### DINTY MOORE BEEF STEW

Yes, I use this but I add 1 large can vegetable soup (prepare as directed) to 'cut it' and add an additional cup of carrots and several small cooked potatoes which have been cubed. Simmer until all vegetables are soft.

TIP: any vegetables on hand work well here

## LEMON CREAM PIE - or - AMAZING LEMON CREAM PIE (or pudding)

1 cup water  
Dash of salt  
1/2 cup water  
1/3 cup wheat flour  
1/3 cup dry milk powder  
2/3 cup sugar  
1/2 cup water  
1 teaspoon Knox gelatin (1/3 envelope)  
2 tablespoons cold water  
1 package lemonade Kool-aid (without sugar)

Bring to a boil the cup of water and salt. Make a paste with 1/2 cup water and flour. Slowly pour mixture into boiling water, stirring constantly. Let cook on low heat for 7 to 8 minutes, stirring frequently. Remove from heat. In small mixing bowl combine dry milk powder, sugar, and 1/2 cup cold water. Set aside. Soften gelatin in water, put on low heat and stir until dissolved. Add gelatin to milk mixture and stir until thoroughly mixed. To this add Kool-aid. Mix until dissolved. Combine with cooked wheat and mix well. Pour into 8 inch Crunchy Wheat pie crust and serve with whipped topping.

## CRUNCHY WHEAT PIE CRUST

1-1/3 cups Crunchy Wheat crumbs  
1/4 cup melted margarine

Using the finer crumbs sifted from the Crunchy Wheat cereal, combine all of the ingredients, mix well and press firmly against sides and bottom of pie tin. Pour filling into the shell and refrigerate until firmly set.

## CHOCOLATE CREAM PIE

1 tablespoon cocoa  
1/2 teaspoon vanilla

Make as for lemon cream pie except add cocoa and vanilla to wheat mixture at end of cooking time. Eliminate lemonade Kool-aid.

## COCONUT CREAM PIE

1 tbsp small cracked wheat      1/4 tsp coconut flavoring (or to taste)

Make as for lemon cream pie except add small cracked wheat (tastes like coconut when finished) to water and wheat flour mixture before cooking. Then add coconut flavoring when all ingredients are mixed together.

## PUDDING #1

All of the above pie fillings make an excellent pudding by adding 1/4 cup milk and putting in blender and beating slightly.

## RICE PUDDING #1

Makes 8 servings

3 eggs  
4 tablespoons sugar  
1/2 teaspoon nutmeg

1 teaspoon cinnamon  
1/2 teaspoon vanilla  
1 cup milk (1/3 cup non-fat dry milk and 1 cup water)  
3/4 cup evaporated milk (2/3 cup nonfat dry milk to 3/4 cup water)  
1-1/2 cups cooked rice  
1/2 cup raisins

Beat eggs. Add sugar and spices. Mix well. Stir in vanilla, milk, rice, and raisins. Place in a 2-quart casserole dish. Bake at 325 degrees for 45 minutes. Stir after 25 minutes.

#### CHOCOLATE CHIP OATMEAL COOKIES

Makes 3 dozen cookies

1 C melted shortening, butter or margarine  
2/3 C granulated sugar  
2/3 C brown sugar, packed  
2 eggs  
1 t vanilla  
1-1/2 C flour, scooped and leveled  
1/2 t soda  
1 T hot water  
2 C rolled oats  
1 6 oz pkg chocolate chips  
1/2 C nuts, coarsely chopped

In large bowl, cream shortening; add sugars and cream until fluffy. Beat in eggs and vanilla. Add flour, salt, and soda that has been dissolved in hot water; blend. Stir in rolled oats, chocolate chips and nuts. Drop by teaspoonfuls onto ungreased baking sheet about 1-1/2 inches apart. Bake at 375F for 10 minutes or until barely brown and still a little puffy. For crisper cookies, bake until cookies flatten.

#### Variation:

Coconut, raisins, and/or peanuts may be added to this basic cookie dough. Or, 1 C coarsely-grated carrots, cooked in 2 T boiling water for 5 minutes may be added.

## OATMEAL CAKE WITH BROILED ICING

1-1/4 cups boiling water  
1 cup rolled oats  
1/2 cup (1 stick) butter or margarine  
3/4 cup granulated sugar  
3/4 cup brown sugar, packed  
2 eggs, slightly beaten  
1-1/2 cups sifted flour  
1 teaspoon soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
Broiled Coconut Icing (recipe below)

Pour boiling water over rolled oats; let stand 20 minutes. (Makes 1-1/2 cups thick oatmeal.) Cream together butter or margarine and sugars. Add eggs. Stir in oatmeal, then sifted dry ingredients. Bake in greased 9 x 13-inch pan at 350 degrees F. for 40 to 45 minutes or until done when tested with tooth pick. Spread with Coconut Icing; broil until frosting bubbles, taking care not to burn.

### Broiled Coconut Icing

6 tablespoons (3/4 stick) butter or margarine  
1/2 cup brown sugar, packed  
1/4 cup cream or evaporated milk  
3/4 cups nuts, coarsely chopped  
1 cup coconut

Combine all ingredients. Spread over spice, oatmeal, or carrot cake. Broil until frosting bubbles and browns slightly, taking care not to burn.

## REALLY GOOD PINTO BEAN PIE

1/2 C granulated sugar  
1 C brown sugar, packed  
2 eggs, beaten  
1 stick (1/2 C) butter, softened  
1 heaping cup mashed, cooked pinto beans  
1 unbaked 9 inch pie shell  
whipped topping or a scoop of ice cream

Beat until creamy the granulated sugar, brown sugar, eggs and butter. Add pinto beans; blend well. Pour into unbaked pie shell and bake at 375F for 20 minutes. Reduce heat to 350F and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with whipped topping or ice cream.

## WHEAT AND RAISIN CHOCOLATE CHIP COOKIES

Makes 6 dozen cookies  
1 cup regular margarine or solid all-vegetable shortening  
1 cup firmly packed dark brown sugar  
1 cup sugar  
2 teaspoons vanilla 4 eggs  
2-1/2 cups all-purpose flour  
2-1/2 cups whole wheat flour  
1/2 teaspoon salt  
2 teaspoons baking soda  
2 tablespoons hot water  
1 cup chopped nuts  
1 cup raisins  
1 package (12 oz.) chocolate chips

Preheat oven to 350 degrees. Beat margarine in large bowl until soft. Gradually add sugars, beating until light and fluffy. Add vanilla. Add eggs, one at a time, beating well. Blend both kinds of flour and salt on sheet of waxed paper. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed.

Dissolve baking soda in hot water and add to sugarflour mixture. Stir in nuts, raisins, and chocolate chips. Using 1 generous tablespoon of dough for each cookie, place on greased cookie sheet. Bake for 10 to 12 minutes. Allow to cool.

#### DATE FILLED WHEAT COOKIES

Makes 3 dozen cookies

1 C shortening  
2 C brown sugar, packed  
2 eggs  
1/4 to 1/2 C water  
1 t vanilla  
1 t salt  
1 t baking soda  
1/4 t cinnamon  
2 C wheat flour  
1-1/2 C white flour

Cream shortening and sugar. Add eggs and vanilla. Mix dry ingredients in another bowl. Alternate dry ingredients and water. Shape dough into 2 rolls about 2 inches in diameter. Refrigerate.

Filling:

2 C chopped dates (or chopped raisins)  
3/4 C sugar  
3/4 C water  
1/2 C chopped nuts

Combine dates, sugar and water. Cook over low heat until thick.

Remove from heat and stir in nuts. Cool. Slice dough into thin slices and place on cookie sheet; top with teaspoon of filling and place another round on top. Do not need to pinch down. Bake on ungreased cookie sheet 375F for 10-12 minutes.

#### OATMEAL COOKIES #1

Makes 3 dozen cookies

1 cup boiling water  
1 cup raisins  
1/4 cup butter or margarine  
1 cup sugar  
2 eggs, beaten  
2 cups flour (1 cup whole wheat flour, 1 cup white flour)  
1/2 teaspoon salt  
1/2 teaspoon each of cinnamon, nutmeg, and cloves  
1 teaspoon soda  
1 teaspoon baking powder  
2 cups oatmeal  
1 cup nuts  
1 cup chocolate chips (optional)

Pour boiling water over the raisins, butter or margarine, and sugar. When mixture is cool, mix in beaten eggs and add the remaining ingredients. Drop by teaspoons on cookie sheet. Bake at 350 degrees F. for 12 minutes.

#### HONEY CANDY

2 cups honey  
1 cup cream or evaporated milk

Combine ingredients and cook slowly until it reaches the hard ball or crisp stage when tested in cold water. Pour onto buttered platter. When cool enough to handle, grease or butter hands and pull candy until a golden color. Cut into pieces.

#### MISSIONARY CANDY

1/2 cup margarine  
1/2 cup honey  
1/2 cup brown sugar  
1-1/4 cups oatmeal  
1/2 cup toasted wheat germ  
1/3 cup sesame seeds  
1 cup flaked coconut  
1 teaspoon cinnamon  
1 cup walnuts, chopped  
1/2 cup snipped dried apricots or other dried fruit

Combine margarine, honey, and sugar in pan and heat. Stir into remaining ingredients. Spread in 13 x 9 pan. Bake at 350 degrees for about 25 minutes, stirring two or three times. Turn onto greased foil. Break in pieces. Good for missionary candy.

#### BASIC CAKE MIX

For the best results, cut in the shortening so the mix resembles cornmeal.

8 cups cake flour                      1-1/2 teaspoons salt  
6 cups sugar                            2-1/2 cups shortening  
1/4 cup baking powder

In a large bowl, sift together cake flour, sugar, baking powder and salt. Mix well. With pastry blender, cut in shortening until evenly distributed. Put in a large airtight container. Label. Store in cool, dry place. Use within 10 to 12 weeks. Makes about 16 cups of BASIC CAKE MIX.

#### BASIC COOKIE MIX

With this versatile mix you gain time, money and variety.

8 cups all-purpose flour              4 tsp salt  
2-1/2 cups granulated sugar        1-1/2 tsp baking soda  
2 cups brown sugar, firmly packed    3 cups shortening

In a large bowl, combine flour, granulated sugar, brown sugar, salt and baking soda until well blended. With a pastry blender, cut in shortening until evenly distributed. Put in a large airtight container. Label. Store in a cool, dry place. Use within 10 to 12 weeks. Makes about 16 cups of BASIC COOKIE MIX.

#### MUFFIN MIX

Make many tempting muffins from one mix!

8 cups all-purpose flour    1 tablespoon salt  
2/3 cup sugar                1 cup shortening  
1/3 cup baking powder

In a large bowl, combine flour, sugar, baking powder and salt. Mix well. With a pastry blender cut shortening into dry ingredients until evenly distributed. Put in a large airtight container. Label. Store in a cool, dry place. Use within 10 to 12 weeks. Makes about 10 cups of MUFFIN MIX.

#### OATMEAL MIX

3 cups all-purpose flour      1 cup brown sugar  
3-1/2 tsp baking powder      1-1/2 cups veg. shortening  
1-1/2 teaspoons salt      3 cups rolled oats  
1/2 cup granulated sugar

In a large bowl, sift together flour, baking powder, salt and granulated sugar. Stir in brown sugar. Mix well. With a pastry blender, cut in shortening until evenly distributed. Stir in oats and mix well. Put in a large airtight container. Label. Store in a cool, dry place. Use within 10 to 12 weeks. Makes about 9 cups of OATMEAL MIX.

#### PANCAKE MIX

If pancakes are popular at your house, you'll appreciate this mix.

10 cups all-purpose flour      1/4 cup baking powder  
2-1/2 cups instant nonfat dry milk      2 tablespoons salt  
1/2 cup sugar

Combine all ingredients in a large bowl. Stir together to blend well. Put in a large airtight container. Label. Store in a cool, dry place. Use within 6 to 8 months. Makes about 13 cups of PANCAKE MIX

#### PUDDING MIX #4

This will be one of your favorites.

5-1/2 cups sugar      1 teaspoon salt  
2-3/4 cups all-purpose flour      1-1/2 cups instant nonfat dry milk

In a large bowl, combine sugar, flour, salt and dry milk. Mix well. Put in a large airtight container. Label. Store in a cool, dry place. Use within 6 to 8 months. Makes about 5 cups of PUDDING Mix.

#### Variation

if you prefer cornstarch puddings, substitute 2 cups cornstarch for all-purpose flour.



## QUICK MIX

The most versatile of all mixes!

8-1/2 cups all-purpose flour  
3 tablespoons baking powder  
1 tablespoon salt  
2 teaspoons cream of tartar  
1 teaspoon baking soda  
1-1/2 cups instant nonfat dry milk  
2-1/4 cups vegetable shortening

In a large bowl, sift together all dry ingredients. Blend well. With pastry blender, cut in shortening until evenly distributed. Mixture will resemble cornmeal in texture. Put in a large airtight container Label. Store in a cool, dry place. Use within 10 to 12 weeks. Makes about 13 cups of Quick Mix.

### Variation

Use 4-1/4 cups all-purpose flour and 4-1/4 cups whole-wheat flour instead of 8-1/2 cups all-purpose

## SUNNY YELLOW CAKE

This is the traditional cake that goes with many favorite frostings.

3-1/3 cups BASIC CAKE MIX, page 20      1 teaspoon vanilla  
3/4 cup milk                                  2 eggs, well beaten  
Orange Butter Cream Frosting, see below

### Orange Butter Cream Frosting.

1/3 cup soft butter                  1-1/2 tbsp grated orange peel  
3 cups sifted powdered sugar    3 tablespoons orange juice

Preheat oven to 375°F (190°C). Grease and lightly flour two 8-inch, round cake pans. In a large bowl, combine BASIC CAKE MIX and milk. Beat at medium speed 2 minutes. Scrape bowl and beaters. Add eggs and vanilla. Beat 2 more minutes. Pour into prepared pans. Bake 25 to 30 minutes, until a toothpick inserted in center comes out clean. Cool in pans 10 minutes, then cool on wire racks. Prepare Orange Butter Cream Frosting. Frost cooled cake. Makes one 2-layer cake.

### Orange Butter Cream Frosting:

In a medium bowl, cream together butter or margarine and powdered sugar. Add grated orange peel and orange juice. Beat until smooth. Makes enough frosting for one cake.

### Variation

To make orange cake, add 1 teaspoon grated orange peel to BASIC CAKE MIX. Substitute 1/2 teaspoons lemon extract for vanilla. Frost with Orange Butter Cream Frosting

## UPSIDE-DOWN CAKE

A light, moist cake with a tangy fruit topping.

Brown Sugar Topping, see below    3 eggs, slightly beaten  
3 cups QUICK MIX, page 10          1-1/2 teaspoons vanilla  
1-1/3 cups sugar                          1 cup milk  
1 (20-oz.) can apricots or peaches, drained

### Brown Sugar Topping:

1 cup brown sugar, firmly packed    1/2 cup butter  
Combine and mix until crumbly.

Lightly butter a 13" x 9" baking pan or two 8-inch square pans. Prepare Brown Sugar Topping and set aside. Preheat oven to 350°F (175°C). Combine QUICK MIX and sugar in a large bowl. Mix well. In a small bowl,

combine milk, eggs and vanilla. Add half of milk mixture to dry ingredients. Beat 2 minutes until batter is smooth. Add remaining milk mixture, and beat 2 to 3 more minutes. Pat Brown Sugar Topping evenly over bottom of pan. Spoon crushed pineapple smoothly over topping. Spread batter over pineapple. Bake 45 to 50 minutes, until center springs back when lightly touched. Cool in pan 10 minutes, then invert onto a serving plate. Serve warm with fruit side up.

#### CUP CAKES

Mix in bowl  
1-1/2 C flour  
1 C sugar  
1 tsp soda  
3 T. cocoa  
1/2 tsp. salt  
Make 3 holes and add  
1 tsp vanilla  
1 T vinegar  
1/3 C oil

Add 1 C. cold water and mix well. Put in papers in cup cake pan. Makes 12 cup cakes. The cups will look fuller than you are accustomed to. Bake at 350 for 20-25 minutes.

#### APPLE CRISP #1

Butter to grease casserole  
Toss: 6 large cooking apples, sliced  
Lemon juice  
2 T. butter, melted  
1/4 cup sugar  
1 tsp. cinnamon  
Topping: 2/3 cup flour, 2/3 cup sugar, 4 T. butter--Mix  
Put apples in baking dish. Sprinkle topping on top. Bake in 350 degree. oven until apples are done and topping golden brown, about 45 minutes.

#### PEACH COBBLER

Melt 1 stick butter in deep baking dish  
Add: 3/4 cup sugar  
1 cup milk  
1 cup QUICK MIX  
Stir just a few times then  
Add: 1 large can sliced peaches, undrained  
Bake at 350 for 1 hour.  
Other fruit may be used - Adjust sugar content.

#### SUGAR COOKIES

Delightfully tasty any way you bake 'em!

3 cups QUICK MIX, page 10 1 egg, slightly beaten  
1 cup sugar 1/2 cup milk or water  
1 teaspoon vanilla, lemon or almond extract

Preheat oven to 375°F (190°C). Lightly grease baking sheets. Combine QUICK MIX and sugar in a medium bowl. Blend well. In a small bowl, combine milk or water, egg and extract. Add to dry ingredients. Blend well. Drop by teaspoonfuls onto prepared baking sheets. Bake 10 to 12 minutes until lightly browned. Makes 30 to 36 cookies.

## Variations

Flavor Drop Cookies: Add 1 cup nuts, raisins, small gumdrops, chocolate chips, butterscotch chips or dates. For coconut cookies, add 1-1/2 cups shredded coconut. For peanut butter cookies, add 1/2 cup peanut butter. For orange cookies, omit extract and add 1 tablespoon orange peel and 1/2 cup raisins. For molasses cookies, substitute 3 tablespoons molasses for milk or water and add 1/8 teaspoon mace.

Shaped Cookies: Decrease milk or water to 3 tablespoons. Shape dough into 1-inch balls. Place about 3 inches apart on prepared baking sheets. Flatten each ball with the bottom of a glass dipped in sugar.

Rolled Cookies: Decrease milk or water to 3 tablespoons. On a lightly floured surface, roll out dough to 1/8-inch thickness. Sprinkle with sugar and cut into shapes. Place about 1 inch apart on prepared baking sheets.

## VANILLA COOKIES

Delicious in any flavor.

3 cups BASIC COOKIE MIX, page 21    1 egg  
3 tablespoons milk                    1-1/2 teaspoons vanilla  
Sugar or frosting, if desired

Preheat oven to 375°F (190°C). Lightly grease baking sheets. In a large bowl, combine BASIC COOKIE MIX, milk, vanilla and egg. Blend well. Drop by teaspoonfuls onto prepared baking sheets. Sprinkle with sugar, if desired. Bake 10 to 15 minutes, until edges are golden. Frost, if desired. Makes about 24 cookies.

## LOLLIPOP COOKIES

1/2 cup white or brown sugar  
1/2 cup butter  
1 teaspoon vanilla  
2 eggs  
2-1/2 cups sifted flour  
2 teaspoons baking powder  
1/2 tsp salt  
lollipop sticks  
frosting

cake decorations

1. Cream sugar and butter together, then stir in vanilla and eggs. Gradually blend in flour, baking powder, and salt. Mix well.
2. Shape dough into 1-1/2" diameter roll. Wrap securely with foil and chill for one hour
3. Remove dough from refrigerator. Cut dough into slices 1/4" thick and place on greased cookie sheet.
4. Bake at 375°F. for 7-12 minutes.
5. After cookies have cooled, frost and decorate.

## OATMEAL COOKIES #2

1/4 cup milk                    1 tsp. vanilla  
1 egg                            3 cups oatmeal mix  
1/2 tsp. cinnamon        1/2 c. raisins

Preheat oven to 350 degrees. Lightly grease baking sheet. Combine all ingredients - stir until blended. Drop by teaspoonful on baking sheet. Bake 10-15 minutes, until edges are browned. Makes 24 cookies.

## OATMEAL BUTTERSCOTCH WAFERS

3/4 C sifted flour  
3/4 C brown sugar  
1/4 C granulated sugar  
1/2 tsp salt  
1/2 tsp. cinnamon

1-1/2 C rolled oats  
1/2 C melted shortening  
1/4 C boiling water  
1 tsp vanilla  
1/2 t baking soda

Mix and sift flour, sugar, soda and salt and spices. Add rolled oats and nuts. add remaining ingredients and blend well. Chill thoroughly. Place teaspoonful of dough 3" apart on greases cookie sheet. Bake at 350 $\omega$  for about 10 min. Cool slightly before removing from pan.

## SNICKERDOODLES

1 C shortening, part butter or margarine  
1-1/2 C sugar  
2 eggs  
2-3/4 C flour  
2 tsp cream of tartar  
1 tsp soda  
1/4 tsp salt

Heat oven 400 $\omega$ , mix sugar, shortening, eggs thoroughly, measure flour and blend flour and cream of tartar, soda, salt, stir in. Shape dough in inch balls roll in cinnamon and sugar mixture (2 T sugar and 2 T cinnamon). Place balls 2 inches apart on ungreased pan, bake 8 to 10 minutes. These cookies puff up first then flatten.

## PASTRY BARS

3/4 lb. butter      1-1/4 cups sugar  
2 eggs              1 tsp. vanilla  
1 tsp. salt          3-3/4 cups all-purpose flour, divided  
1 ( 12 oz.) jar raspberry preserves or jam

Heat oven to 350 degrees. In large bowl cream together butter and sugar until light and fluffy. Beat in eggs and vanilla until combined. Gradually add 3-1/2 cups flour to butter mixture to form thick batter. Spread 3/4 of the batter evenly over surface of an 11 " x 17" jellyroll pan or cookie sheet with a rim. Spread jam in even layer on top. Blend remaining flour with rest of dough. Crumble on top. Bake 35 minutes or until crust is golden brown. Cool completely and cut into bars. Makes about 4 dozen bars.

## COOKIE BAR

2 T butter  
2 eggs  
1 C brown sugar, packed  
5 T flour  
1/8 tsp baking powder  
1 C nuts  
1 tsp vanilla

Turn oven on. Melt butter in 9 inch pan. Beat eggs slightly and add remaining ingredients to eggs. Pour over butter, do not stir. Bake 20 minutes. Cut into squares while warm and roll in powdered sugar, or leave plain and serve warm for breakfast. (350W oven)

## PUDDING #2

1-1/4 cups pudding mix            2-3/4 cups milk  
2 eggs, well beaten                1 tsp. vanilla  
2 Tbsp. butter

Combine pudding mix and 1 cup milk in saucepan. Stir until smooth. Gradually add 1-3/4 cup milk. Cook over medium heat about 5 to 7 minutes, stirring constantly, until mixture comes to boil and thickens. Remove from heat. Gradually add 1/2 of hot mixture to beaten eggs in medium bowl. Blend egg mixture slowly into remaining hot mixture in saucepan. Cook about 1 minute, stirring constantly until mixture begins to boil. Remove from heat. stir in vanilla and butter. Cool.

## FRUIT GELATIN SALAD

1 package (3 oz.) gelatin    1 cup boiling water  
1 cup fruit juice or cold water or 12 ice cubes

Dissolve gelatin in boiling water. Stir in juice or cold water or ice cubes. Refrigerate until partially set. Add 1 cup fresh fruit or canned fruit cut up. (Do not use fresh pineapple). Chill until firmly set.

## APPLE PIE FILLING

1-2/3 cups dry apple slices    2-1/2 cups water  
2 T cornstarch                2/3 cup sugar  
1/4 tsp salt                    2 tsp lemon juice (optional)  
1/2 tsp cinnamon              1/4 tsp nutmeg

Mix all dry ingredients together, then add water and mix well. Bring to a rolling boil, stirring occasionally. If baking in a pie, preheat oven to 425F, place in oven and bake 40 minutes or until golden brown in pastry shell.

## APPLE CRISP #3 (with pie filling)

Put pie filling in a greased square pan. Mix together:  
1/4 cup flour    1/4 cup butter  
1/4 tsp salt    1/4 cup rolled oats or oatmeal  
2 T sugar

Mix together thoroughly and spread over pie filling and bake in 375F oven for 25 minutes.

## APPLE CRISP #2

6 peeled apples            1/2 cup brown sugar  
1/2 cup sugar            1 cup rolled oats  
2 Tbs. water            1/2 tsp cinnamon  
4 Tbs. butter            1/2 cup chopped nuts (optional)  
1 tsp grated lemon peel

Slice 6 peeled apples and spread in greased 8 x 8 inch baking pan. Sprinkle onto apples water, and 1/2 cup sugar. Mix the remaining ingredients and spread over apples. Bake at 350 degrees for 45 minutes or until tender.

#### WHOLE WHEAT BREAD PUDDING

1/2 cup sugar            1/2 cup powdered milk  
1/8 tsp salt            3 cups milk  
2 eggs            1 tsp vanilla  
4 or 5 cups broken wheat bread crumbs

Mix together sugar, powdered milk, salt and set aside. Beat together 2-1/2 cups milk, eggs, vanilla until smooth. Add the sugar mixture and add rest of milk stirring well. Add bread crumbs. Mix well and pour into greased baking dish. Sprinkle top with nutmeg or cinnamon and sugar. Bake at 325 F. for 45 minutes or until knife stuck in middle comes out clean. Serve with sauce or whip cream.

#### NAVY BEAN BUNDT CAKE

1-2/3 cup cooked navy beans    1 cup butter (softened)  
1 cup sugar            2/3 C brown sugar (firmly packed)  
1 T vanilla            2 eggs  
2 cups flour            1-1/2 tsp baking powder  
1 tsp baking soda            1-1/2 tsp nutmeg  
2 tsp cinnamon            1/3 cup evaporated milk  
1/3 cup water            1/2 cup chopped pecans or walnuts  
1-1/3 cups flaked coconut

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla; beat until creamy. At high speed, add eggs. Stir in beans. In medium bowl combine flour, baking powder, soda, nutmeg and cinnamon. Stir one half of dry ingredients until blended. Add nuts and coconut; blend. Pour into greased BUNDT pan. Bake at 350F for 50-55 minutes, pour into 13 x 9 x 2 greased pan and bake for 25-30 minutes.

#### GRANOLA BARS

Use the recipe for Rice Crispy Treats and substitute with granola cereal.

1/4 C butter  
1 10-ounce package marshmallows or 4 cups miniature marshmallows  
5 cups Rice Krispies (substitute with granola)

Melt butter in saucepan over low heat. Add marshmallows and stir until completely melted. Cook over low heat for 3 minutes longer, stirring constantly. Remove from heat. Add granola. Stir until well coated. Press mixture evenly into buttered 13 x 9 x 2 inch pan. Cut into 2 inch squares when cool. Makes 24

## UPSIDE DOWN APRICOT CAKE

2 eggs  
2/3 C sugar  
6 Tbs. apricot juice  
1 tsp vanilla  
1 C flour

1/3 tsp baking powder  
1/4 tsp salt  
1/3 C butter  
1/2 C brown sugar  
2-1/2 C apricot halves

Beat eggs until thick. Gradually beat in sugar. Add apricot juice and vanilla flavoring. Sift dry ingredients together and beat into egg mixture. Melt butter in bottom of cake pan. Sprinkle brown sugar evenly over butter. Arrange-drained apricots halves in two rows, cut side up, over butter and sugar mixture. Pour cake batter over fruit. Bake at 350 degrees for 45 minutes or until done. Turn upside down immediately on serving plate. Do not remove pan for a few minutes. Serve warm or cold. May be topped with whipped cream or ice cream

## WHOLE WHEAT BROWNIES

1 cup melted shortening  
4 eggs beaten  
1 cup sugar  
4 Tbs cocoa  
2 cups whole wheat

Beat together; spread in greased floured 9 x 13 inch pan. Bake at 350 degrees for 25 minutes.

### Frosting

1/2 cup melted butter  
2 cups Powdered Sugar  
2 Tbs cocoa  
1 tsp vanilla

Mix with milk to spreading consistency.

## GRAHAM CRACKERS - #2

1 cup whole wheat flour  
1/3 cup + 1 Tbs sugar  
1/3 cup butter  
1 Tbs milk  
1/2 cup oat flour  
1/2 tsp soda  
1 Tbs honey

Sift flours, sugar and soda into a mixing bowl. Heat butter, honey, and milk until melted. Pour into dry ingredients and stir until smooth. Let chill 1/2 hour to 45 minutes. Roll out dough to 1/4 inch thick. Prick crackers with fork as they come out of oven.

## RICH COCOA MIX

Makes enough for 8 quarts

10-2/3 cups instant dry milk  
1 jar (6 oz) instant coffee creamer  
1 pound can instant chocolate  
1/2 cup powdered sugar  
Mix well.  
To use: Mix 1/2 cup mix with 1 cup hot water.

#### PEANUT BUTTER CHEWS

1 cup powdered sugar    2 C instant (1 C non-instant) dry milk  
1 cup peanut butter    1 cup corn syrup or honey

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup mixture. You may need to knead it with your hands. Press into a cake pan or roll into walnut size balls.

Variations: add nuts or rice krispies. Dip in chocolate.

#### HAVING FUN WITH DRIED APPLES

Dried apples are an excellent snack right out of the can.

To reconstitute them use equal parts of Dried Apples to boiling water. For example:

2 cups dried apples    2 cups boiling water  
Let this set at least 5 minutes.

If you put this mixture through the blender you will have applesauce. For variety add 3 Tbs Cinnamon Heart Candy to the mixture before you let it set or try some Cinnamon and Sugar mixture in it.

#### DUTCH APPLE PIE

One pie crust

Filling:

2 cups dried apples firmly packed    2 cups boiling water

Pour over apples and let set for at least 5 minutes.

Mix together:

1/3 cup sugar                            2 T flour

1/2 tsp cinnamon

Add to the apple mix and continue cooking until thick, stir constantly to prevent scorching. Pour mixture into Pie shell and dot with 1 Tbs butter.

Topping:

1/3 cup packed brown sugar    1/2 cup flour

1/4 cup butter

Cut in till crumbly. Sprinkle over the apple mixture and place in 350F oven for 55 minutes.

#### APPLESAUCE OATMEAL COOKIES

Cream:

1 cup shortening            2 cups sugar

Add:

2 eggs                            2 cups applesauce

(applesauce: 2 cups dried apples, 2 cup boiling water, let stand 5 minutes)

Add and mix well:

2 tsp soda                        1 tsp cinnamon

1 tsp nutmeg                    1 tsp cloves

1 tsp salt

Add:



3-1/2 cups flour                    2 cups oatmeal  
1 cup chopped nuts                1 cup chocolate chips (optional)  
1 cup raisins (optional)

Mix well and drop by spoonfuls on greased baking sheet. Bake at 350F 10-12 minutes.

#### APPLET (CANDY)

2-1/4 cups dried apples, break into small pieces approximately 1/3 inch by 1/3 inch, Do not grate: you do not want them to look like applesauce when cooked.

2 cups boiling water. Pour over apples and let set at least 5 minutes in a 2 quart sauce pan.

Add 2 cups sugar to this mixture and bring to a boil over medium heat.. Make sure you are stirring constantly to prevent scorching. Boil for 1 minute.

Turn the heat to simmer and simmer for 30 minutes. Stir occasionally. While this mixture simmers put 5 Tbs. cold water into a small bowl and add 3 envelopes Knox Unflavored Gelatin. Now chop a cup of walnuts and grease a square pan. At the end of the 30 minutes turn off the heat and add the gelatin to the apple mixture and stir until it is dissolved. Add 1 Tbs. vanilla and the cup of chopped walnuts, stir well and pour into the greased pan. Let cool for 2 hours. Cut into squares, roll in powdered sugar to coat and let set awhile before wrapping in plastic wrap. These will store up to two weeks in an air tight plastic container.

#### STEWED APPLES AND RAISINS

1 cup dried apples

Cover with 4 cups boiling water and let stand for 5 minutes in a sauce pan.

Add: 1 cup raisins and simmer till tender. You may wish to sweeten this with brown sugar. This could also be thickened with flour or tapioca and placed in a pie shell.

#### APPLE FILLED COOKIES

Filling:

Chop or break 2 cups dried apples into small pieces DO NOT RECONSTITUTE as in previous recipes.

Place in a saucepan then add:

3/4 cup water            1/2 c chopped nuts

1/2 cup sugar            1 T flour

Cook together slowly, stir constantly to prevent scorching until thick. Cool dough

Cream together:

1 cup butter                    2 eggs

1-3/4 cups brown sugar        1/2 cup water

1 tsp vanilla

Mix well:

1/2 tsp salt                    1 tsp soda

1/4 tsp cinnamon

Blend in

3-1/2 cups flour (wheat or white)

Drop by a teaspoon onto an ungreased cookie sheet. Make a depression in the middle of each drop and place filling in the depression and then place 1/2 tsp of dough on top of filling. Bake at 350 degrees about 12 min.

#### APPLE BROWN BETTY

Pour 2 cups boiling water over 4 cups dried apples

Let stand at least 5 minutes.

Topping: Mix the following ingredients well:

1/2 cup flour      1/4 cups oatmeal

1/4 tsp cinnamon      1/4 cup brown sugar

Then cut in 1/4 cup butter

Place the apples and liquid remaining in a greased 9 x 9 pan. Sprinkle the topping over the apples. Bake at 350 degrees for 55 minutes

#### APPLE SYRUP

3/4 cup boiling water      1-1/2 cups sugar

1 Tbs. corn syrup stir until sugar is dissolved.

Add:

4 Tbs. apple juice concentrate

You may thicken this with:

2 Tbs. corn starch be sure to cook it until it is clear

#### SPICY APPLE SYRUP

3/4 cup boiling water

1-1/2 cups sugar

1 Tbs. corn syrup

Stir until sugar is dissolved. Put in 1 quart sauce pan over med-low heat. Mix: 4 Tbs. apple juice concentrate and 2 Tbs. corn starch and add to the mixture in the pan, stir well to mix.

Add 2 Tbs. lemon juice

1/2 tsp cinnamon

1/4 cup butter

Cook and stir until clear.

#### Who Said Powdered Milk Isn't Good

#### USE DRY MILK IN ANY RECIPE

Adding additional milk to the recipe will enhance the nutritive value of the recipe. In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use 1/4 to 1/2 C per pound of meat. In mashed potatoes; mash cooked potatoes, then add 1/4 C dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereals: add 1/4 to 1/2 C dry milk to each cup of cereal before cooking.

#### MAGIC MIX

4 C instant (2-1/3 non-instant) dry milk

1 C flour or 2/3 C cornstarch

1 C (2 sticks) margarine

Combine dry milk, flour and margarine into a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. (Makes 5 C Magic Mix)

NOTE: Magic Mix can be used in many recipes to make food preparation easy and economical. Try a few of the following recipes.

CREAM SOUP - magic mix  
Serves 4

4 C water  
2 C Magic Mix  
1 cube or 1 tsp boullion granules  
Add one or more of the following:  
3 cooked carrots, mashed  
3 potatoes, cooked and chopped and  
1 T cooked, chopped onion  
1 can chopped clams  
1 pkg chopped spinach, cooked  
1 can cream-style corn and 1 T chopped onion

Combine water, Magic Mix, and boullion in saucepan. Stir over medium heat until slightly thick. Add desired ingredients. Heat thoroughly.

WHITE SAUCE - magic mix  
Makes 1 cup

2/3 C Magic Mix  
1 C cold water

In saucepan combine Magic Mix and cold water. Stir rapidly over medium heat until it starts to bubble.  
NOTE: Use Magic Mix for all recipes calling for a white or cream sauce.

MACARONI AND CHEESE - magic mix  
Serves 4

1 C white sauce from Magic Mix  
1 C uncooked macaroni  
4-5 oz grated cheese (about 1 C)  
1/2-1 tsp salt or garlic salt (optional)

Cook macaroni in boiling water until tender. Drain. Combine macaroni, white sauce, cheese and seasoning. Heat through.

PUDDING - magic mix  
Makes 4-1/2 C servings  
1/2 C sugar  
2-3 T cocoa (optional)  
1 C Magic Mix  
1 C water  
1 t vanilla

Combine Magic Mix, sugar and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and best. Cover and cool.

FUDGESICLES - magic mix

1 pudding recipe (see above)  
1/2 C milk

Prepare pudding according to directions. Stir in milk and beat until smooth. Pour mixture into ice cube trays and small plastic cups. Insert plastic spoon and freeze until solid.

### BAKERS CHEESE

(Tastes like Ricotta or cream cheese, may be used in any recipe calling for either cheese.)

1/4 rennet tablet\* (Junket)  
2 qts warm water  
3 C non-instant (5-1/3 C instant) dry milk  
1/2 C buttermilk

Dissolve rennet tablet in warm water. Thoroughly mix in dry milk. Add buttermilk and mix well. Cover and allow to stand at room temperature until set (about 5-10 hours). Pour into a cheesecloth covered strainer, close the cheesecloth and squeeze out as much whey as possible. The whey may be saved for use in bread. Place the cheese in the refrigerator until well chilled (usually overnight). Knead cheese until the texture is smooth. Cheese will freeze well for up to 6 months. (Makes about 1 pound)

\*Rennet is available in most grocery stores near the gelatin section. Rennet is the enzyme rennin.

### FRUIT SMOOTHIES

(A good way to use bottled fruit) Serves 4

2 C bottled fruit with juice  
3/4 C non-fat powder milk (4 tbsp non-fat dry milk to 3/4 cup of water)  
1 to 2 drops almond flavoring or 1 tablespoon lemon juice

Put in blender and blend until smooth. Add 1/2 tray ice cubes and blend until smooth.

Variation

To use fresh fruit, use one cup of fruit and 1 cup water and sweeten to taste.

(Use almond flavoring with cherries and large stone fruits, lemon juice with berries.)

### COCOA MIX

15 cups INSTANT powdered milk  
1-1/2 cups sugar  
1 cup cocoa  
1-1/2 teaspoons salt

Makes enough for 10 quarts or 40-1 cup servings. To use the mix, stir 1/2 cup of mix into 1 cup hot water for a warm drink or ice cold water for chocolate milk.

### ORANGE BANANA MILK

Serves 4

1 6 oz. can frozen orange juice concentrate 1 medium banana  
3 cups ice water  
1/2 cup milk (3 tablespoons non-fat dry milk to 1/2 cup water)  
1 tablespoon sugar or honey

Put in blender and blend until foamy. Try this nutritious drink for breakfast or as a great summertime snack

### ORANGE JULIUS

Makes 3 6-ounce servings

2 C orange juice  
2 T sugar  
1/2 C powdered milk  
1/2 t vanilla  
1/2 C crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

### HONEY MINTS

1 C warm honey  
4 drops oil of peppermint  
green food coloring  
2-3/4 C powdered milk (non-instant)

Mix ingredients and knead until all milk is absorbed.

### PINTO BEAN FUDGE

1 C cooked soft pinto beans (drained and mashed)  
1/4 C milk  
1 T vanilla  
6 oz unsweetened chocolate  
6 T butter or margarine  
2 lbs powdered sugar  
nuts (optional)

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

#### OH HARRY BARS

1/2 C melted margarine  
1/2 C Karo syrup  
1 C brown sugar  
1 t vanilla  
1/2 C peanut butter  
4 C oats  
1 6-ounce package chocolate chips

Mix together first 5 ingredients. Heat until dissolved. Stir in oats and chips. Press into greased 9 x 13 inch pan. Bake at 375F for 15 minutes. Don't overbake. Cut in bars.

#### TOOTSIE ROLLS

1 C honey  
1 t vanilla  
1/2 C cocoa  
1 C non-instant powdered milk

Cook honey to 255F (hard ball). Do not overcook. Remove from heat. Add vanilla. Mix cocoa and powdered milk well and stir into honey. Pull like taffy until gloss is gone and roll in rolls.

#### PEANUT BUTTER SNAP, CRACKLE AND POP

3/4 C powdered sugar  
1/2 C powdered milk  
1 C peanut butter  
1/2 Square margarine  
1-1/2 C Rice Krispies

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and melted margarine. Stir in Rice Krispies. Form into walnut-size pieces. For an added treat, dip in chocolate.

#### TIPS FOR USING WHOLE WHEAT FLOUR IN YOUR RECIPES

- Use wheat in recipes your family already likes. Then it is not totally unfamiliar and you know the recipe is good.
- Try wheat in desserts first--who can turn down a cookie?
- Do not feel you must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.
- How to substitute whole wheat in Your favorite recipes
- Wheat flour is heavier than white flour and needs more leavening.
- In yeast breads, use more yeast and/or let it rise longer.
- In baking powder leavened products, increase baking powder by 1 teaspoon for each 3 cups of whole wheat flour.
- Recipes using baking soda need not be adjusted.
- In baked products using eggs, separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.

#### TIPS FOR USING LEAVENING AGENTS

A year's supply of dry yeast, baking powder and soda are essential in preparing baked foods.

#### EVERLASTING YEAST

1 qt warm potato water  
1/2 yeast cake or 1/2 T dry yeast  
1 t salt

2 T sugar  
1-2 C white or whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until ready to mix for baking. Leave a small amount of everlasting yeast for a start for next time. Between uses, keep in covered jar in refrigerator until a few hours before ready to use again.

Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

#### EGG SUBSTITUTE - (for use in baking)

Before starting recipe for cookies, cakes, etc., combine 1 teaspoon unflavored gelatin with 3 T cold water and 2 T plus 1 t boiling water. This mixture will substitute for 1 egg in a recipe.

#### TIPS FOR USING POWDERED MILK IN ALL OF YOUR RECIPES

Recipes call for many types of milk: whole milk, evaporated milk, condensed milk, buttermilk, scalded milk. All of these milk products can be made from powdered milk. Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk.

#### WHOLE MILK

1 cup water  
1/3 cup powdered milk

#### EVAPORATED MILK

1 cup water  
2/3 cup powdered milk

#### WHIPPED EVAPORATED MILK

Makes 3 cups

1 cup evaporated milk  
2 tablespoons lemon juice

Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten and flavor as desired.

#### CONDENSED MILK

1/2 cup hot water  
1 cup sugar  
1 tablespoon butter (optional)  
1 cup powdered milk

Blend thoroughly in blender.  
Can be stored in refrigerator or frozen.

#### BUTTERMILK OR SOUR MILK

1 cup water  
1/3 cup powdered milk  
1 tablespoon vinegar or lemon juice

#### DRINKABLE POWDERED MILK

To improve the flavor of powdered milk, mix it half and half with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla to enhance the flavor. Let it chill several hours before drinking.

#### WHIPPED TOPPING

6 T instant (3-1/2 non-instant) dry milk

1 cup boiling water    2 tsp unflavored gelatin  
2 T cold water        2-4 T sugar  
1 tsp vanilla

Dissolve the milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolved gelatin and sugar. Stir and chill in the refrigerator until it sets. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

#### BUTTERMILK

1 cup instant (1-3/4 non-instant) dry milk  
3 cups slightly warm water  
1/2 cup commercial or previously made buttermilk

Shake or beat until blended. Cover and allow to stand at room temperature until clabbered (6-12 hours). Refrigerate after clabbering. (Makes 1 quart)

NOTE: Buttermilk will keep in the refrigerator for 2-3 weeks. It may be frozen. It will be necessary to use a fresh start of buttermilk occasionally.

#### TIPS FOR USING RICE

Cook rice in beef or chicken broth instead of water.

Mix cooked rice with a variety of things--sliced mushrooms, sauteed onions, crumbled pieces of bacon, slivered almonds or grated cheese.

Try sour cream and chives mixed into cooked rice.

Substitute 1/2 cup fruit juice (orange, apple, cherry) for 1/2 cup water when cooking. Vegetable juice cocktail or tomato juice may also be exchanged for 1 cup of the water used in cooking.

Add one of the following herbs to the cooking water when preparing rice:

1/8 tsp dried thyme, oregano, sage, rosemary, basil or savory  
1/2 tsp celery seeds or dried dill  
Seasoned salt instead of salt  
3/4 tsp dried marjoram  
1 small bay leaf

#### RICE

One cup of uncooked rice equals 3 cups of cooked rice, or four servings. Combine:

1 cup uncooked rice with 1 teaspoon salt and 2 cups of boiling water

Combine the ingredients. Bring to a boil in a covered pan, stirring several times. Lower the heat to simmer. Cook about 15 minutes without removing the lid or stirring, or until the liquid is absorbed and the rice is tender.

#### TIPS FOR COOKING BEANS

Soaking and cooking beans before mixing with other recipe ingredients helps to get the right tenderness and can minimize final cooking time.

#### OVERNIGHT SOAKING



For each 1 pound beans, dissolve 2 teaspoons salt in 6 cups of water. Wash beans, add to salted water, and soak overnight.

#### QUICK SOAKING

For each 1 pound beans, bring 8 cups of water to boiling. Wash beans, add to boiling water, boil for 2 minutes. Remove from heat, cover and soak 1 hour.

#### COOK SOAKED BEANS

For each 1 pound dried beans, dissolve 2 teaspoons salt in 6 cups hot water; bring to boiling. Add soaked beans; boil gently, uncovered, adding water if needed to keep beans covered, until tender. Yield 6 to 7 cups.

#### COOK OLD HARD BEANS

Wash and sort to remove any discolored beans or foreign material. For each cup of dry beans, add 2 1/2 cups of hot tap water and 2 teaspoons of baking soda and soak overnight. Drain and rinse two times, then add water to cover and cook until tender and soft, about two hours, adding more water as needed.

Adding a tablespoon of oil will cut down on foam as beans cook.

Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.

#### WHOLE-WHEAT CARROT CAKE

4 eggs  
1 C oil  
1-1/2 C sugar  
2 C whole wheat flour  
1 t baking soda  
1 t baking powder  
1 t salt  
2 t cinnamon  
1 C raisins (optional)  
3 C carrots, grated

Add beaten eggs to oil and beat well. Add dry ingredients, then fold raisins and carrots into mixture. Bake in greased 9 x 12 pan at 350F for 35 minutes.

#### HOPPIN JOHN - Serves 8

1 C dried black-eyed peas  
2 qts water  
1/2 pound bacon in 1 piece  
2 t salt  
1 C uncooked rice  
1 large onion, chopped fine

1. Soak dried peas overnight or a minimum of 8 hours in cold water, drain.
2. Put the water in a large kettle, add the bacon and boil over medium heat for 30-45 minutes. Add the drained peas and salt, continue cooking until the peas are tender, about 30 minutes.
3. Add the rice and onion and boil, covered, over low heat for 10 to 15 minutes longer or until the rice is cooked.
4. Remove the bacon and slice thin. Remove the pea and rice mixture to a serving dish or casserole; place the bacon slices on top and serve immediately. The mixture should be firm, not dry or mushy.

#### ESSENTIALS OF HOME PRODUCTION AND STORAGE BOOKLET RECIPES

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WHOLE WHEAT BREAD #2

1 cup (240 milliliters) hot water  
1 cup (212 grams) brown sugar (or 1/2 cup [154 grams] molasses and 1/2 cup [97 grams] white sugar)  
6 tablespoons (70 grams) shortening  
1 cup (240 milliliters) warm water  
2 tablespoons (30 milliliters) honey  
1/2 ounce (14 grams) dry yeast (or substitute 1 cup [240 milliliters] everlasting yeast for water-honey-yeast mixture)  
3 cups (70 milliliters) warm water  
4 teaspoons (24 grams) salt  
6 cups (858 grams) white flour  
6 cups (822 grams) whole wheat flour  
1 cup (150 grams) cracked wheat (optional)

Combine first three ingredients; stir until dissolved. Let stand. Combine next three ingredients; let rise. Combine the above two mixtures. Add warm water, salt, and white flour. Beat vigorously to make a sponge. Mix in whole wheat flour and cracked wheat (if used). Knead, adding more white flour as needed. Let rise until double in bulk. Punch down. Form into loaves, and let rise until double in bulk. Bake at 400°F (204°C) for 45 minutes. Makes 6 loaves.

#### WHEAT CEREAL

1 cup (88 grams) wheat  
2 cups (480 milliliters) water  
1/2 teaspoon (3 grams) salt

Mix above ingredients together. Put in shallow pan or slow cooker. Bake overnight at 200°F (93°C). Or may soak overnight; then cook on top of stove for 2 hours. Serve with milk and sugar or dates. Wheat may be ground in food blender or grinder for a finer texture.

#### WHEAT THINS

1-1/4 cups (239 grams) whole wheat flour  
1-1/2 cups (212 grams) white flour  
1/3 cup (80 milliliters) oil, emulsified in blender with 3/4 teaspoon (4 grams) salt and 1 cup (240 milliliters) water

Mix dry ingredients. Add oil-salt-water mixture. Knead as little as possible. Makes a smooth dough. Roll dough as thin as possible on ungreased cookie sheet (not more than 1/8 inch [0.3 centimeters]).

Mark with knife to size of crackers desired, but do not cut through. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt as desired. Bake at 350°F (177°C) until crisp and light brown (30 to 35 minutes).

### GRAHAM CRACKERS (RECIPE #3)

Mix together: 1/2 cup (115 milliliters) evaporated milk (or 1/3 cup (22 grams) dry milk powder plus 1/2 cup (120 milliliters) water)  
2 tablespoons (30 milliliters) lemon juice or vinegar

Mix the following ingredients in the order listed. Blend well to keep oil in emulsion.

1 cup (212 grams) dark brown sugar  
1/2 cup (120 milliliters) honey or (97 grams) white sugar  
1 cup (240 milliliters) oil  
2 teaspoons (10 milliliters) vanilla  
2 eggs, beaten slightly

Combine above two mixtures. Add the following:

6 cups (822 grams) whole wheat or graham flour  
1 teaspoon (6 grams) salt  
1 teaspoon (6 grams) soda

Divide mixture into four equal parts. Place each part on a greased and floured cookie sheet. Roll from center to edges until about 1/9 inch (0.3 centimeters) thick. Prick with a fork. Bake at 375°F (191°C) for about 15 minutes or until light brown. Remove from oven and cut in squares immediately. Makes 60 crackers.

### WHEAT FLAKES

2 cups (274 grams) coarse-ground whole wheat flour  
2 cups (480 milliliters) water  
1 teaspoon (6 grams) salt

Mix lightly with spoon until free from lumps. Beat just until mixed. Pour onto cookie sheet or jelly roll pan. Use 1/2 cup dough on a 12-inch (30.5 centimeters) by 15-inch (38 centimeters) cookie sheet. Tip sheet back and forth to cover entire surface. Drain excess (about 1/4 cup) from one corner, leaving a thin film.

Bake at 350F (177C) for 15 minutes. Break into bitesized pieces.

### WHEAT TREATS

Soak wheat in cold water for 24 hours, changing water once or twice during this period; or boil wheat for 30 minutes. (Wheat will triple in volume.)

Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360°F (182°C). Put small amount of wheat (about 1-1/2 cups [130 grams]) in a wire basket or strainer and deep fry in hot oil for 1-1/2 minutes. Drain on absorbent paper.

Season wheat with salt or other seasonings as desired-garlic, celery, onion, or seasoned salts. This makes a crunchy treat.

### HONEY WHEAT

1 tablespoon (15 milliliters) water  
1 cup (240 milliliters) honey

Boil to hard crack stage and pour over Wheat Treats.

## SOURDOUGH STARTER #2

2 cups (286 grams) white flour or (274 grams) whole wheat flour  
2 cups (480 milliliters) warm water  
2 teaspoons (10 milliliters) honey or (8 grams) sugar

Mix well. Place in uncovered bottle or crockery jar. Allow mixture to ferment 5 days in a warm room, stirring mixture several times a day. This will aerate the batter and allow the air to activate the mixture. It will smell yeasty, and small bubbles will come to the top.

After using some yeast for baking, "feed" the starter (to replace the amount used in baking) by using equal parts of flour and water or potato water. In 24 hours the yeast will form and work and be ready for the next use. Store unused portion of yeast in the refrigerator in a glass or crockery jar with a tight-fitting lid. Shake the jar often. Activate the yeast again before using by adding 2 to 3 tablespoons (18 to 27 grams) of flour and the same amount (30 to 45 milliliters) of water and store. Homemade yeast can be used to replace all or part of the commercial yeast called for in a recipe; allow 24 hours for homemade yeast to rise.

## YOGURT

1 quart (960 milliliters) lukewarm water  
2 cups (134 grams) dry milk powder  
2 tablespoons (32 grams) plain yogurt or dry yogurt starter

Mix all ingredients together. Pour into a thermos bottle and let stand overnight.

To make cream cheese: Hang the finished yogurt in a cheesecloth bag overnight. Add salt to taste.

To make salad dressing or sour cream substitute: Add salt and seasonings.

To serve as a dessert: Add sugar to taste.

## SWEETENED CONDENSED MILK

In a small bowl combine  
1 cup plus 2 tablespoons (75 grams) nonfat dry milk and 1/2 cup (120 milliliters) warm water. Add 3/4 cup (147 grams) sugar, and stir until dissolved. If necessary, set bowl in hot water to hasten dissolving. Although not as thick as regular sweetened condensed milk, this works well as a substitute.

## RICE PUDDING #2

1 cup (198 grams) rice  
3/4 cup (147 grams) sugar  
3/4 cup (107 grams) raisins  
1 quart (960 milliliters) milk (reconstituted canned or powdered)  
1/2 teaspoon (8 grams) nutmeg  
Mix all ingredients together in a 1-1/2 quart (1-1/2 liters) ovenware casserole. Bake at 300°F (148°C) for 1 hour. Serve hot or cold. Serves 8.

## BEEF CONSUME SOUP

Serves 8

1 cans (10-1/2 oz each) condensed beef broth  
6 cans water  
1 cup soup mix  
1 cup sliced carrots  
1 cup sliced celery  
4 sprigs parsley  
1/4 tsp thyme

Heat all ingredients to boiling. Reduce heat, cover, simmer about 1-1/2 hours.

### AUTUMN QUICK SOUP

Serves 8

2 lbs ground beef  
2/3 cup soup mix  
2 cups diced carrots  
2 quarts tomato juice  
2 cups diced potatoes  
1 cup diced celery  
2 quarts water

Brown ground beef, add liquid and soup mix. Simmer 1/2 hour. Add vegetables and continue to simmer 1 hour.

### FAMILY DELIGHT SOUP

Serves 8

3 quarts water  
1 cup soup mix  
1-1/2 lb. beef stew meat in 1/2 inch cubes  
1/2 lb salt pork  
1/4 tsp dried marjoram, crushed  
1/8 tsp pepper  
3 cups chopped fresh spinach  
2 cups sliced celery  
1/2 tsp salt  
crushed basil to taste

Combine water, soup mix, beef cubes, salt pork, salt, basil, marjoram and pepper. Bring to boil. Cover and reduce heat. Simmer 1-1/2 hours. Remove from heat and discard salt pork. Add spinach and celery. Cover and cook until celery is tender. Serve with croutons.

### HEARTY SOUP

10 cups water  
2 envelopes onion soup mix  
1 cup soup mix  
1/2 cup barley  
1 large can V-8 juice  
many carrots sliced  
many chopped: celery, zucchini, etc.  
2 tsp seasoned salt  
1/8 tsp black pepper  
1 cup leftover roast beef or ground beef

Put water in large pot. Add soup mix, onion soup mix, barley, tomato juice, salt and pepper. Bring to a boil and reduce heat. Simmer for 1 hour. Test macaroni for doneness and add fresh carrots, meats and any other vegetables you like. Simmer approximately 1/2 hour more. Adjust liquid by adding more water if necessary. Serve. I like to add celery, zucchini, etc. just before I serve it...makes a pleasing texture. Also, the trick with the soup is to SIMMER it, so all of the ingredients get done at the same time, otherwise the macaroni is mush, before the legumes are done.

### AMERICAN HAMBURGER SOUP

Serves 4

1-1/2 lbs. ground beef  
2 cups potatoes, cubed  
3 carrots, diced  
2 T. minced parsley  
1 large bay leaf, crushed  
1/8 tsp garlic powder  
1 tsp Worcestershire sauce  
3/4 cup celery, diced  
1 T. sugar  
2 cups tomato juice  
2 quarts water  
2 tsp. salt  
3/4 cup soup mix  
pepper to taste

Brown ground beef. Mix all ingredients and simmer 1-1/2 to 2 hours.

### OLD FASHIONED VEGETABLE SOUP

Serves 8

3 lbs. beef shank cuts  
3 quarts water  
1/8 tsp pepper  
1 tsp salt  
2 cups potatoes, diced  
2 cups carrots, sliced  
1 cup celery, sliced

1 cup soup mix  
1 quart tomato juice  
1/4 tsp thyme

Cover shanks with water, heat to boiling. Add salt and pepper. Reduce heat, cover and simmer until meat is tender. Remove meat from stock, cut from shanks into 1-2 inch cubes. Let stock cool and skim off fat. Strain stock. Add all ingredients and meat and heat to boiling, cover and simmer about 1-1/2 hours.

### SUBSTITUTE SOUR CREAM #1

Yield: 1 cup

1. Combine and let stand 5 minutes...1 cup canned milk  
2 tablespoons lemon juice
2. Add and mix..... 1/4 cups mayonnaise

### SUBSTITUTE SOUR CREAM #2

Yield: 1 cup (each tablespoon 15 calories)

1/3 cup skim milk  
1 teaspoon lemon juice  
1/4 teaspoon salt  
1 cup cottage cheese

Mix all ingredients in blender until smooth and creamy. Refrigerate until serving time.

### SUBSTITUTE CREAM CHEESE

Yield: 2 cups

1-1/2 cup cottage cheese  
1/2 cup milk

1 teaspoon vinegar  
3-4 teaspoons instant nonfat dry milk

Combine in a blender. Blend until very smooth. Refrigerate covered. The mixture will thicken to a cream cheese consistency.

#### SUBSTITUTE EAGLE BRAND CONDENSED MILK (To use in place of sweetened condensed milk)

2 cups powdered milk  
1 cup sugar  
1/2 cup water

Put in blender, beat or mix well.

Use in any recipe that calls for Eagle Brand milk. Also, use above recipe and add one package chocolate chips and 1 teaspoon corn syrup. This makes a delicious fudge sauce.

#### FRENCH DRESSING #2

Mix the following ingredients in blender or with mixer:

1 can tomato soup  
1/2 cup sugar  
2 tsp. salt  
2 tsp. paprika  
1 clove minced garlic  
1 tsp. mustard  
3/4 cup vinegar  
1-1/2 cup oil  
1 small grated onion

#### SALAD DRESSING

1 cup salad dressing  
1/3 cup catsup  
2 or 3 tbsp. ground sweet pickle  
1 tbsp. sugar

Add canned milk to desired consistency.

#### YUMMY DRESSING

1 cup mayonnaise  
1/2 cup sugar  
2 tbsp. vinegar

#### HOT MAPLE SYRUP

Yield: 1 cup

1 cup firmly packed brown sugar  
1/4 tsp. maple flavoring

2 tbsp. butter or margarine  
1/2 cup water

Combine sugar and water - boil, uncovered 5 minutes. Add flavoring and butter. Stir until butter melts. Serve hot.

## BISHOPS' STOREHOUSE COMMODITY INSTRUCTIONS

### APPLE SLICES

1 cup dry apples to 1/2 cup water yields 2 cups fresh apples.

### BEANS, DRY

sort and rinse beans

boil 1 pound beans and 8 cups water for 2 minutes. cover and set aside to soak for 1 hour. Drain water and rinse beans. Add 6 cups water and simmer beans for 1-1/2 to 2 hours.

### CARROTS

To rehydrate: use 1 volume carrots to 1 volume ice water. Allow 20 minutes.

### COCOA

use 1/4 cup mix per 3/4 cup hot water or 1-1/4 cup mix per quart of hot water. Beat or blend until smooth

### FRUIT DRINK MIX

1 cup mix with enough water to make 2 quarts

### MILK, NON-FAT DRY

add 3/4 cup non-fat dry milk to 1 quart warm water. mix well and chill. Makes 1 quart.

### OATS - REGULAR

1. stir 1 cup oats into 1-3/4 cups rapidly boiling salted (1/4 t salt) water.
2. reduce heat to medium and boil five minutes, stirring constantly.
3. cover and let stand until desired consistency. Stir before serving.

### OATS - QUICK

1. bring 2 cups water to boil in 1-2 qt saucepan.
2. add 1 cup oatmeal, return to boil, then reduce heat and let simmer for 1-2 minutes, stirring frequently.

### POTATO PEARLS

1. add 2 cups very hot water (180+ degrees) to a pan containing 1 cup potato pearls while stirring.
2. allow to sit for 3-10 minutes, then serve.
3. makes 4 servings.
4. for creamier potatoes, add more hot water.

### PUDDING, CHOCOLATE (INSTANT)

Blend 1-1/2 cup pudding mix with 2-2/3 cup water until smooth. Refrigerate.

### PUDDING, VANILLA (INSTANT)

Add 1 cup mix to 2 cups water and blend. May use milk for richer flavor. Pour into small serving container and chill 15 minutes. Serves 4.



## RICE

mix 2 cups water, 1 teaspoon salt and one cup of rice to a boil. Turn down heat and let simmer covered for 15-20 minutes. (to retain vitamins, do not rinse before or after cooking)

## SOUP MIX

Mixing ratio: 1 part soup mix to 16 parts water. Put water in a covered pan and bring to a boil. Add soup mix, turn down heat and simmer for 1-1/2 to 2 hours. Add more water if soup is too thick. Add salt and spices as desired. Meat, potatoes, carrots, etc. may be added for additional flavors and wholesomeness. Contains: split green peas, ABC macaroni, enriched long grain rice, lentils, dehydrated onion flakes. (Recipe updated Nov 2000 by Welfare Services)

## SPROUTING

Rotate your seed storage, as fresh seeds tend to be more viable than those stored for long periods of time. When sprouting, place proper amount of seeds and water in a widemouthed bottle and soak at least 8 to 12 hours. After soaking, cover bottle with a piece of nylon stocking, net, or fiberglass window screening. Hold in place with an elastic band or a regular bottle ring so air and water can pass through freely. Pour water in jar and gently shake. Pour off water, and lay jar on its side in a dark place. Repeat this two or three times a day.

### Seeds Sprouting in Two Days

Use 2 cups per quart (approximately 1 liter).

Rye (500 grams)

Wheat (180 grams)

Beans (360 grams)

Rice (400 grams)

Oats (500 grams)

### Seeds Sprouting in Three to Five Days

Use the following quantities per quart (approximately)

Alfalfa (1 tablespoon [18 grams])

Lentils (2 tablespoons [30 grams])

Clover (2 tablespoons [30 grams])

Mung beans (2 tablespoons [30 grams])

Garbanzo beans (1/2 cup [120 grams])

Suggestions for Using Sprouts Mix sprouts into casseroles, nut loaves, meat loaves, poultry dressing, vegetable salads, gelatin salads, soups, stews, egg dishes, souffles, scrambled eggs. For bread dough, use sprouts from wheat, rye, or oats.

In soups, stews, and omelets, add sprouts just before serving. Navy bean, soybean, and pinto bean sprouts should be cooked.

Most sprouts make a fine crisp salad or sandwich filling when served with a dressing made from cream cheese, cottage cheese, yogurt, avocados, cooked sprouts, mashed beans, or cheese spread.

Alfalfa and lentil sprouts make an excellent salad when used alone or with leafy salad vegetables. Use the dressing of your choice on such a salad.

## DRY PACK COMMODITIES - Best if used by recommendation

20+ years

sugar

wheat

10 years

carrots

fruit drink mix

8 years

beans, dry

apple slices

spaghetti

macaroni

chopped dry onions

5 years

Hot cocoa

rolled oats

vanilla pudding

chocolate pudding

white flour

soup mix

4 years

rice

3 years

non-fat dry milk

instant potatoes

## FOOD GUIDE DAILY REQUIREMENTS

### FOOD GROUP

#### MILK

Adults - 2 servings

Children - 3 servings

Adolescents - 4 servings

#### Portion Size

Considered One serving

8 oz. (1 cup) milk, 1-1/2 oz. cheddar cheese, 1-1/2 slices American cheese, 1-1/2 cups cottage cheese

#### MEAT

2 servings

(meat, fish poultry, eggs, nuts, dry beans)

#### Portion Size

Considered One serving

2-3 oz. lean cooked meat, fish or poultry, 2 eggs, 4 tablespoons peanut butter, 1 cup cooked dry beans or lentils

### FRUITS AND VEGETABLES

4 servings

(One dark green or deep yellow vegetable,

One high in vitamin C such as oranges, grapefruit, cantaloupe, strawberries, tomatoes, etc.)

#### Portion Size

Considered One serving

1/2 cup cooked, 1 medium raw, 1/2 medium grapefruit or cantaloupe, 4 oz. (1/2 cup) fruit juice

## BREADS AND CEREALS

4 servings

(enriched or whole grain)

### Portion Size

Considered One serving

1 slice bread, 1 cup dry cereal, 1/2 cup cooked cereal, rice, noodles, macaroni, 1 tortilla

Use extra food from any of the above or from fats and starches as needed for activity.

Recommendation: get as much variety in each group as possible.

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