

Cooking with Food Storage Ingredients



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Cooking with Food Storage Ingredients

Why store food?

We never know when an emergency may happen and we may not be able to obtain food or drink. The emergency may be loss of a job or natural catastrophes such as floods, earthquakes, or storms. The Civil Defense and Red Cross have recommended storing food and drink for your family. Certain religious organizations have recommended their members have on hand a year's supply of food, clothing, and where permitted, fuel, as well as some accessible cash.

How do we store it?

It is important to understand what to store and how to store it. Learning how to cook with your food storage ingredients as well as learning how to rotate them is important.

Using food storage in your menu planning can save money, add nutrition to your diet and expand your family's menu choices.

If food storage is not used and rotated with fresh items, it will become a waste of time, money, and resources.

How much of what should be stored?

A recommended amount of water to store is 1 gallon per person per day for about 2 weeks. One pound of dry matter per person per day is recommended. Dry matter may consist of dried beans and legumes, wheat, flour, rice, sugar, dried fruits and vegetables, pastas, dried milk, etc.

When should we start storing?

To minimize financial burden, food storage should be built over a period of time, a little at a time as quickly as possible. Wise storing of food and using food which has been stored will result in savings of time, money and resources.

In order to insure that there is no waste, all items should be labeled and the oldest should be used first. In other words, rotate your food supply to maintain the highest quality possible.

When should we start rotating our food storage?

Immediately. Unfortunately, even the best stored items do not last forever. The longer they are stored, the poorer the quality, the less desirable they are, and the greater the likelihood they will be discarded. In addition, the food could also lose color, texture, flavor and nutritional value.

It is an investment to store these food resources, but today our insatiable desire for convenience, speed, and refined taste often push these food items to the back of the storage shelf where they sit and wait for the disaster that will force them to be consumed. The sudden use of food storage items in an emergency can also cause great distress to the stomach. It's better to ease into using them and continue their use on a permanent basis. This also is known as rotating your food supply.

How do I incorporate basic life sustaining storage items into our diet/menu?

We eat the same main dishes about 80% of the time because of taste, habit, awareness, familiarity, etc. Using your food storage can be as simple as creating a list of dishes eaten and liked by your family. The created list should be at least 10-20 dishes long.

Which of the dishes could include the addition of basic food storage items? Make small adjustments to recipes and increase changes as taste preference allows.

For Example:

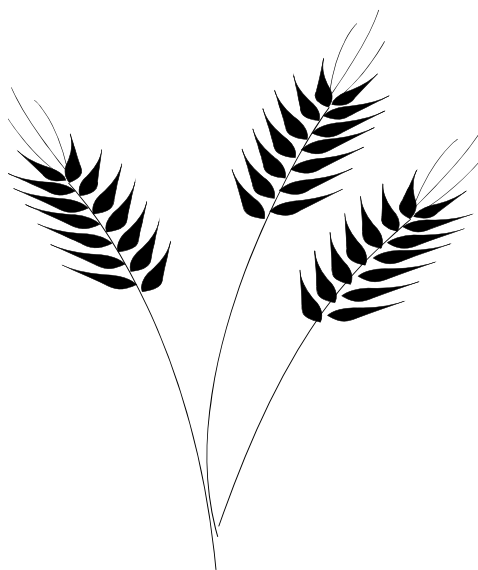
Meat Loaf	Add rice and/or wheat berries and/or dry beans.
Chili	Add wheat and/or rice.
Tuna Noodle Casserole	Add wheat.
Stroganoff	Serve over rice. Add wheat berries to sauce.
Hamburger Macaroni	Add dry beans.
Stuffed Green Peppers	Add rice and/or wheat.
Chicken Tonight	Add cooked dry beans.
Chicken Enchiladas	Use dry milk base.
Shepherd's Pie	Add cooked dry beans.
Chicken Noodle Soup	Add rice and wheat.
Chicken Divan	Add wheat. Serve over rice.
Ham Fried Rice	Add wheat.
Choc. Chip Cookies	Add oatmeal and wheat flour.
Pancakes	Make mix using dry milk, wheat flour, and oatmeal.
Cream Soup	Use dry soup mix.
Vegetable Soup	Add rice and wheat berries

For best results:

- Choose familiar recipes your family likes.
- Avoid creating abnormal dishes. The further from a “normal” dish the recipe becomes the greater the chance the dish will be rejected and considered undesirable.
- Add new dishes and recipes to the master menu which use basic storage.
- Make a conscious effort to use the master menu and basic storage items.
- Start out slowly to avoid gastrointestinal problems

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.

Whole Wheat and Whole Wheat Flour: Recipes and Storage Recommendations



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Use It or Lose It: Stored Wheat

This handout will not attempt to describe all the ways wheat may be used, but rather to share ideas and tips to aid in the rotation of wheat by incorporating it into the daily diet in a practical manner. If the wheat is to be ground into flour, invest in an electric or hand operated wheat grinder.

Varieties

Red Wheat Varieties

Hard red wheat varieties grown in Utah and other states are desirable for home storage and bread making. Some of the spring-planted and fall-planted hard red wheat varieties commonly grown in the Intermountain States are listed below.

Spring-planted varieties

- | | |
|------------|------------|
| 1. Bannock | 5. Pondera |
| 2. Borah | 6. Rick |
| 3. Fremont | 7. Vandal |
| 4. Mckay | 8. WB 936 |

Fall-planted varieties

- | | |
|---------------|---------------|
| 1. Bonneville | 5. Promontory |
| 2. Garland | 6. Ute |
| 3. Hansel | 7. Weston |
| 4. Manning | |

White Wheat Varieties

Recently some new varieties, considered in a new category known as hard white wheat, have been developed. They are suitable for making bread and some people feel that these grains are more acceptable in whole wheat bread than red wheat. Most hard white wheat are spring planted, but some new varieties of hard white winter wheat are being developed. Golden 86 and Klasic are two varieties of hard white spring wheat that may be commercially available.

Make it More Convenient

We are in a society where convenience is the norm. We want everything to be fast and require little work. Wheat takes a little time to prepare. Making it more convenient will increase the likelihood that it will be used. For example: cooked wheat kernels will store in the refrigerator about 1 week.

1. Bulgur (wheat berries), a dried form of cooked wheat will store for several months. Bulgur shortens preparation time because it only needs to be re-hydrated rather than cooked. A recipe for preparing wheat berries is included with the recipes in this booklet.

2. Freeze cooked wheat: Place cooked wheat in a thin layer on cookie sheet. Partially freeze, then place in freezer bags and store in freezer. Freezing it in this manner will allow you to remove the amount desired for use without thawing the entire container.

Make it Accessible

You can store wheat in smaller usable quantities in or near the pantry. We often use the most accessible items first. Make it accessible.

Bring it to Mind

Make menus (a list of meals your family will eat) with notes to the side of the list indicating which dishes may be easily converted to a partial or complete wheat dish. Post the list of menus where they are easy to see (on the fridge, cupboard door, etc.).

Start Small and Keep on Going

Do not try to make changes or conversion to a wheat diet overnight. We eat the foods we do because of habit, taste preferences, and familiarity. Allow time to make changes. Make changes small and gradual, to avoid intestinal discomfort.

Use with Strong Flavored Foods

Wheat is a strong, nutty flavored grain. When becoming accustomed to eating wheat, use it in strong flavored dishes (which will compliment other flavors rather than compete with or overpower mild flavors).

Mellow it by Removing the Bran

Removing the bran from whole wheat flour will mellow flavor, lighten color, and smooth the texture. Sift the flour and remove the bran remaining in the sifter (save the bran and add to cereal, soups, stews, etc.).

Do it

Set a goal to use more wheat and stick to it. The goal may be as simple as making one meal or dish a month using whole wheat.

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.

Whole Wheat Berries

These whole kernels need soaking or steam cooking to become tender. When cooked, they have a sweet, nut-like flavor and a slightly chewy texture. There are many ways to prepare dishes with wheat berries, and many ways haven't been discovered yet - so experiment!

The versatility of wheat berries is demonstrated in recipes from cereals to breads, to casserole and to stuffing for fowl. These recipes call for cooked wheat berries. Wheat berries can be prepared ahead of need and the ready-to-use cooked wheat may be stored in an airtight container in the refrigerator for about 1 week.

Wheat berries are probably the easiest whole wheat food to prepare, and certainly ranks as one of the most versatile foods in use. None of the measurements are critical, and there's no fussing with stirring, continual watching, etc.

Wheat berries can be made from whole wheat kernels or cracked wheat and can be used to replace rice in most dishes; they can also be substituted for mashed potatoes.

To make wheat berries: In a pot with a fairly tight lid, combine 3 cups of water, and 1 cup of wheat. Bring to a boil. Allow to simmer ½ hour. Turn off the heat and allow the wheat to stand 8-12 hours. Drain any remaining liquid. Use or store in refrigerator, tightly covered, for no more than one week.

Thermos cooked: Put wheat and 2½ cups boiling water in a quart-sized thermos. Screw the top lightly and leave until morning.

Slow cooker method: Simmer ingredients on high for approximately 2-3 hours. Turn off the slow cooker and let it sit overnight untouched.



Wheat Recipes

Wheat and Bean Chili

1 cup uncooked dry beans	1 large can (46 oz.) tomato juice
1 cup uncooked wheat	1 (15 oz.) can Mexican-flavored stewed tomatoes*
1 quart water	1 tsp. chili powder
1 onion, chopped	Salt and paprika to taste
1 lb. ground beef	2 tsp. brown sugar
1 clove garlic	½ tsp. cumin
2 tsp. canola or olive oil	

Cook wheat and beans together in one quart of water (may be soaked overnight before cooking). Cook until almost tender. In a separate pan, sauté meat and onions and garlic in canola or olive oil. Drain. Add to beans. Add other ingredients. Simmer for 1 hour. Season to taste.

*Fresh tomatoes may be added in place of canned stewed tomatoes. Use about 8 skinned tomatoes. Adjust spices for flavor.

Meatloaf Mix

2 eggs, beaten	¼ tsp. ground marjoram
2 (8 oz.) cans tomato sauce	¼ tsp. celery salt
2 Tbsp. dried chopped onion	2 lbs. lean ground beef*
1 tsp. salt	½ cup bread crumbs (optional)
2 tsp. Worcestershire sauce	½ cup regular oatmeal (optional)
¼ tsp. ground sage	½ cup wheat berries (optional)
¼ tsp. ground oregano	½ cup cooked rice (optional)

In a large bowl, combine eggs, tomato sauce, onion, salt, Worcestershire sauce, sage, oregano, marjoram, and celery salt. Add in ground beef and any/all optional ingredients as desired and mix well. Spoon evenly into three 2-cup freezer containers with tight-fitting lids. Attach lids. Label containers with date and contents. Store in freezer. Use within 3 months. Makes 3 packages or about 6 cups MEAT LOAF MIX.

*use only fresh (not frozen and unthawed) ground beef

Mini Meat Loaves

1 pkg. MEATLOAF MIX
2 tsp. tomato sauce
1 tsp. brown sugar

Preheat oven to 375°. Shape meat mix into two mini-meatloaves. Place in shallow baking pan. Top with tomato sauce mixed with brown sugar, if desired. Bake 30 minutes or until done.

Stuffed Green Peppers

1 pkg. MEATLOAF MIX
2 green peppers, halved, seeded
½ cup tomato sauce

⅛ tsp. garlic salt
½ cup cooked rice

Cook green pepper halves in boiling water for 2 minutes. Drain well. Combine tomato sauce (reserve 4 Tbsp. for topping) and rest of ingredients with the meat mixture. Fill each pepper half. Place in glass baking dish. Top each pepper with 1 Tbsp. tomato sauce. Bake uncovered at 375° F. for 45 minutes or until done.

Casserole Pizza

1 pkg. MEATLOAF MIX
½ cup tomato sauce
¼ tsp. oregano leaves, crushed
⅛ tsp. dried sweet basil leaves, crushed
1 (4 oz.) can sliced mushrooms

6 green pepper rings
1 cup shredded mozzarella cheese
1 Tbsp. grated Romano cheese
Sliced black ripe olives for garnish
2 parsley sprigs for garnish

In medium bowl, combine tomato sauce, oregano, basil and mushrooms; set aside. Preheat oven to 375° F. Turn MEAT LOAF MIX evenly into two 4-inch pie pans, or individual casserole dishes. Spoon tomato sauce mixture evenly over mix. Bake 15 minutes in preheated oven. Remove from oven and top each with 3 green pepper rings. Sprinkle evenly with mozzarella and Romano cheese. Bake 10 minutes longer. Garnish with black olives and parsley sprigs.

Porcupine Meatballs

1 pkg. MEATLOAF MIX

Form into balls, each about 2 inches in diameter. Place in casserole dish. Cover with sauce (below). Bake at 350° F for about 45 minutes. Makes 6 to 8 servings, 2 large meatballs each.

Sauce:

½ cup brown sugar
½ cup bottled barbecue sauce
½ cup catsup
1 can tomato soup

½ tsp. Worcestershire sauce
½ tsp. seasoning salt
½ tsp. chili powder
1 tsp. dry onion flakes

Combine ingredients and blend thoroughly. Heat and simmer about 3 minutes. Pour over meatballs.

Minestrone Soup

2 Tbsp. oil

1 lb. hamburger

¾ cup chopped onions
1 cup chopped celery
1½ quarts water
1 Tbsp. beef bouillon crystals
1½ tsp. salt
¼ tsp. pepper
¼ tsp. oregano

½ cup kidney beans
1 cup wheat berries
1 cup sliced zucchini
½ cup shredded cabbage
½ cup sliced carrots
½ cup minced parsley
1 (15 oz.) can Italian-flavored stewed tomatoes

1 cup green beans or peas

Heat oil; add ground beef and onion, sauté until onions are straw-colored. Drain grease from beef; add celery, water, and beef bouillon. Cover and simmer slowly until celery is tender. Add remaining ingredients. Cover and simmer 15 minutes. Yield: 8-10 servings.

Chocolate Zucchini Cake

2 cups flour
1 cup whole wheat flour
½ tsp. salt
2 tsp. soda
½ tsp. cinnamon
½ tsp. allspice
4 Tbsp. cocoa
1 cup brown sugar

½ cup white sugar
½ cup butter or margarine
½ cup oil
3 eggs
1 tsp. vanilla
½ cup buttermilk
2 cups grated zucchini
1 cup chocolate chips

Sift together white and wheat flour, salt, soda, spices, and cocoa. Set aside. In a large mixing bowl, cream together sugars, butter or margarine, and oil. Beat in eggs, vanilla and buttermilk. Add sifted dry ingredients. Add 2 cups of grated zucchini and 1 cup chocolate chips. Bake in greased and floured 9x13 pan for 45 minutes in a preheated oven at 350° F.



Feather Rolls

7 cups whole wheat flour, divided

2 to 3 cups white flour

2 to 3 Tbsp. dry yeast
1 cup nonfat dry milk powder
3 cups warm water
 $\frac{2}{3}$ cup oil

$\frac{1}{2}$ cup honey or sugar
4 large eggs
2 tsp. salt

Mix 5 cups whole wheat flour, dry yeast, and nonfat dry milk in large mixer bowl. Add water, oil and honey. Mix well for 1 to 2 minutes. Turn off mixer, cover bowl, and let dough *sponge for 10 minutes. Add remaining 2 cups of whole wheat flour. Add eggs and salt. Turn on mixer. Add white flour, 1 cup at a time, until dough begins to pull away from sides of bowl. Knead for 5 to 6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as you knead it. Dough may be used immediately or covered and stored in refrigerator for several days. Lightly oil hands and counter top if needed. Shape immediately into rolls. Let rise until very light. Bake at 350° F. for 18 to 20 minutes. Do not over-bake. Yield: 5 dozen large rolls.

*Sponge means to let it stand while yeast becomes active.

Honey and Wheat Mix

3 cups whole-wheat flour
6 cups all-purpose flour
1 cup instant nonfat milk powder, or whey
milk substitute, or dry buttermilk powder

$\frac{1}{3}$ cup baking powder
4 tsp. salt
 $\frac{1}{4}$ cup powdered honey* or $\frac{1}{2}$ cup sugar

In a large bowl, combine wheat flour, all-purpose flour, milk powder or buttermilk powder, powdered honey, baking powder, and salt. Spoon into 12-cup container with tight-fitting lid. Attach lid. Label container with date and contents. Use within 10 to 12 weeks if stored in refrigerator or within 6 months, if stored in freezer. Makes about 12 cups HONEY AND WHEAT MIX.

*($\frac{1}{2}$ cup liquid honey may be used. Drizzle over mixture while stirring with a wire whisk.)

Honey Wheat Waffles

3 eggs, separated
2 cups buttermilk
 $\frac{1}{4}$ cup butter or margarine, melted

3 cups HONEY AND WHEAT MIX
 $\frac{3}{4}$ tsp. baking soda
 $\frac{1}{2}$ cup canola oil

Preheat waffle iron. In medium bowl, combine egg yolks, buttermilk, and butter or margarine, beating with wire whisk to blend. In large bowl, combine HONEY AND WHEAT MIX and baking soda. Stir in buttermilk mixture until just moistened. Batter will be lumpy. Beat egg whites until stiff but not dry. Fold into batter. Bake in waffle iron according to manufacturer's instructions. Serve hot with syrup. Makes 4 large waffles.

Honey Wheat Pancakes

1 egg, slightly beaten
 $1\frac{1}{3}$ cups water

2 cups HONEY AND WHEAT MIX
3 Tbsp. canola oil

In medium bowl, combine egg, oil and water, beating with wire whisk to blend. Stir in HONEY AND WHEAT MIX until blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Stir in more water if a thinner batter is desired. Pour about $\frac{1}{3}$ cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about ten 4-inch pancakes.

Honey and Wheat Muffins

3 cups HONEY AND WHEAT MIX
2 Tbsp. packed brown sugar
1 egg, slightly beaten

1 $\frac{1}{2}$ cups water
 $\frac{1}{4}$ cup canola oil

Preheat oven to 400° F. Generously grease 12 large muffin cups. In large bowl, combine HONEY AND WHEAT MIX and brown sugar. In a small bowl, combine egg, oil and water, beating with wire whisk to blend. Add egg mixture all at once to flour and brown sugar mixture, stirring until just moistened. Batter will be lumpy. Fill each prepared muffin cup $\frac{2}{3}$ full with batter. Bake 15 to 20 minutes in preheated oven until golden brown and wooden pick inserted in center comes out dry. Makes 12 large muffins.

Buttermilk Biscuits

2 cups HONEY AND WHEAT MIX
 $\frac{1}{2}$ cup buttermilk, milk or water
 $\frac{1}{4}$ cup shortening

Preheat oven to 400° F. Pour HONEY AND WHEAT MIX into medium bowl. Cut in shortening. Add buttermilk, milk or water all at once. Stir with fork until dough follows fork around bowl. Turn out dough on lightly floured surface. Knead 10 to 12 times. Roll out dough to $\frac{1}{2}$ inch thick. Use 2-inch biscuit cutter to cut rolled-out dough. Arrange dough circles on ungreased baking sheet. Bake 10 to 12 minutes in preheated oven until lightly browned. Makes about 9 biscuits.

Pancake Mix

10 cups flour
2 $\frac{1}{2}$ cups instant nonfat dry milk
 $\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup baking powder
2 Tbsp. salt

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

Perfect Pancakes

1 $\frac{1}{2}$ cups PANCAKE MIX
1 egg, slightly beaten
1 cup water

3 Tbsp. canola oil

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

Cinnamon Oatmeal Pancake Mix

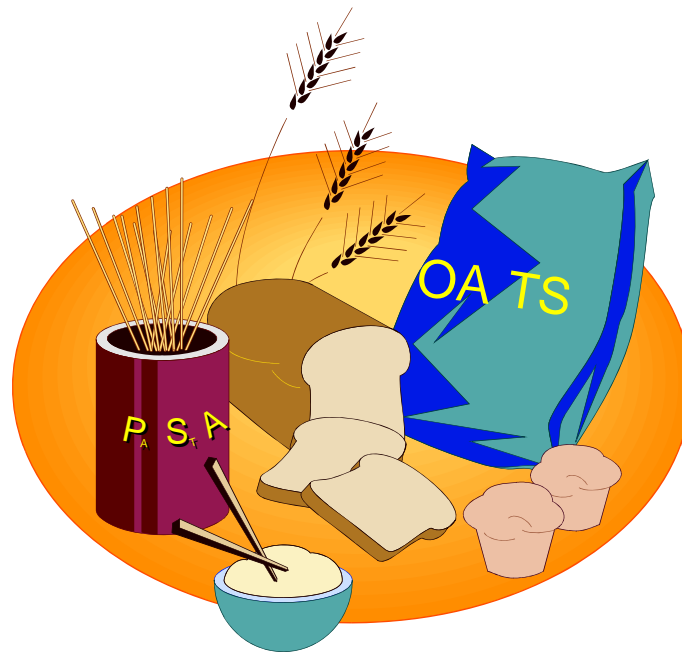
4 cups quick cooking oats
2 cups flour
2 cups whole wheat flour
1 cup non-fat dry milk
½ cup sugar

1 Tbsp. cinnamon
2 tsp. salt
3 Tbsp. baking powder
½ tsp. cream of tartar

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. oil gradually. Gradually stir in 2 cups pancake mix and 1 cup water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over. Cook about 2 to 3 minutes.



Rice: The Healthy Budget Stretcher!



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Use It or Lose It...Rice

Rice is a versatile, economical food for family meals. It is a good source of energy, and can supply vitamins and minerals to the diet. It is generally classified as a grain, but in family meals it can be used as:

1. A cereal
2. A vegetable
 - a. As a substitute for potatoes
 - b. As a base for meat
 - c. In soups
3. A dessert
 - a. Puddings
 - b. Custards

Rice has been commonly known and used since ancient times. It has been and still is a medium of exchange in some countries. The custom of throwing rice at weddings is a survival of the ancient Chinese religious belief that rice is the symbol of fertility. It is easy to store, takes little storage space, and has no waste since it is completely edible. Rice has been grown in America since 1668, and technological developments have kept pace providing the kind of rice needed for any purpose.

Even though there are 7,000 varieties of rice produced in the world, the consumer needs to be aware that generally there are only three different lengths of rice grain and five different kinds.

Lengths

Long grain rice is distinguished because its length is four to five times its width. The grains are clear and translucent. The grains remain distinct and separate after cooking.

Medium grain rice is about three times as long as its width. This type is less expensive than long grain rice. This is because it requires a shorter growing season and produces a higher yield per acre. It is also easier to mill than the long grained variety.

Short grain rice is only one and one-half to two times as long as it is wide. It is generally the least expensive of the three lengths.

Kinds

With five different kinds of rice to select from, it is important to be able to distinguish between the different varieties available.

Brown rice: the whole, unpolished grain of rice with only the outer fibrous, inedible hull removed. Brown rice requires more water and longer cooking time than white rice. It has a delightful, chewy texture, with a distinctive nut-like flavor. Brown rice shelf life is very short. It is not a good item for long term storage. Store brown rice for only six months.

Regular milled white rice: rice from which hulls, germ, outer bran layers and most of the inner

bran are removed in the milling process. The grains are bland in flavor and are fluffy and distinct when cooking directions are followed.

Parboiled rice: sometimes called processed or converted rice, it has been treated to keep some of the natural vitamins and minerals the whole grain contains. It has been cooked before milling by a special steam pressure process. It requires longer cooking time than regular milled white rice, but after cooking, the grains are fluffy, separate and plump.

Pre-cooked or instant rice: quick type that is completely cooked. It needs only to stand in boiling water to be ready for serving.

Fortified or enriched rice: This product is a combination of highly fortified rice with ordinary milled rice. A coating of vitamins and minerals—thiamin, niacin, iron, and sometimes riboflavin—is used to fortify rice. This coating adheres to the rice and does not dissolve with ordinary washing or cooking.

Wild rice: Wild rice is not rice at all, but the seed of a wild water grass found around the Great Lakes region. It is much more expensive than the types of rice described above. Many Americans have discovered this rice and developed a taste for it. The demand for it is almost greater than the supply.

Preparation

Some rules are a must in preparing rice. Due to the fact that the B vitamins are added to rice in the form of powder, much of the valuable nutrients are lost if the product is not handled properly.

- A. Do not wash rice before cooking or rinse it after cooking. Rice is one of the most sanitary foods. Rice grown and milled in the U.S. is clean. Nutrients on the surface of the rice are washed away if it is washed or rinsed before cooking.
- B. Do not use too much water when cooking rice. Any water drained off means wasted food value. Too much water makes soggy rice. Too little water results in a dry product.
- C. Do not stir rice after it comes to a boil. This breaks up the grains and makes the rice gummy.
- D. Do not leave rice in a pan in which it is cooked for more than 5-10 minutes or the cooked rice will pack.

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Rice Recipes

To cook white rice:

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

- 1 cup uncooked rice
- 1 tsp. salt
- 2 cups boiling water



Bring water and salt to boil. Add rice; stir once or twice and return to boil. Reduce heat; cover and simmer. Cook about 20 minutes without removing lid or stirring, or until liquid is absorbed and rice is tender. If rice is not quite tender or liquid is not absorbed, replace lid and cook 2 to 4 minutes longer. Fluff with fork.

Tips for Using Rice:

Cook rice in beef or chicken broth instead of water.

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

Oriental Fried Rice

- | | |
|----------------------------|--------------------------|
| 2 Tbsp. canola oil | 2 Tbsp. soy sauce |
| 3 eggs, beaten | 1 tsp. seasoning salt |
| Dash of salt | 1 cup ham, diced |
| 4 cups cooked rice, cooled | 1 cup green onion, diced |
| 1 cup wheat berries | |

In large skillet or wok, heat oil. Pour in eggs and salt and cook as an omelet; remove to cutting board and chop. Heat more oil. Pour in rice, wheat, soy sauce, and seasoning salt. Sauté until hot. Remove. Do not add more oil. Put ham and onion into pan and sauté until hot. Combine all ingredients. Stir and cook until hot.

Chicken-Rice Bake

- | | |
|---------------------------------------|-----------------------------------|
| 1 (10 oz.) can cream of mushroom soup | 1 cup regular rice |
| 1 cup milk | 3 lb. chicken, cut up and skinned |
| 1 envelope onion soup mix | Paprika or seasoning salt |
| 1 (3 oz.) can chopped mushrooms | |

In bowl, stir together mushroom soup, milk, dry onion soup mix, and undrained mushrooms. Reserve 1/2 cup of the soup mixture and set aside. Stir uncooked rice into remaining soup mixture. Turn rice mixture into 9x13 inch baking dish. Arrange chicken pieces on top. Pour reserved soup mixture over chicken, sprinkle chicken pieces with paprika. Cover tightly with foil. Bake at 375° F. until rice is tender (approx. 1½ hours) or 250° F. for 3 hours.

Lion House Rice Pudding

2 cups cooked rice
2 cups milk
1 large can evaporated milk
½ cup raisins
2 Tbsp. cornstarch
¼ tsp. salt

½ cup plus 2 Tbsp. sugar
2 eggs, slightly beaten
⅛ tsp. nutmeg
⅛ tsp. cinnamon
1 tsp. vanilla

In heavy 2 or 3-quart saucepan, combine cornstarch, salt, and sugar and blend well. Add milks, stirring constantly over medium heat until thick and smooth. Add rice; reheat to a full boil. Remove from heat. Pour a little of the hot mixture into beaten eggs while stirring rapidly. Return egg mixture to hot milk and rice and stir until thickened. Remove from heat. Stir in raisins, spices, and vanilla. Chill. Makes eight ½-cup servings.

Wild Rice Pilaf

2 Tbsp. canola or olive oil
1 cup uncooked long-grain wild rice
¼ cup finely chopped onions
⅓ cup finely chopped celery

3 cups hot chicken
broth
2 Tbsp. chopped parsley
¼ cup slivered almonds



Heat oil in frying pan over medium heat. Add rice, onions, and celery; stir and cook until slightly brown. Add chicken broth. Reduce heat to low; cover and simmer until moisture has been absorbed and rice is tender, about 15 to 20 minutes. Just before serving, add parsley and almonds, toss lightly. Makes 8 servings.

South-of-the-Border Lasagna

1½ cups sour cream
1½ cups salsa
Vegetable cooking spray
6 cups cooked rice, divided

1 (15-16 oz) can black beans, drained and rinsed
3 cups shredded cheddar cheese, divided
2 cups crushed tortilla chips

In a medium bowl, combine sour cream and salsa, set aside. Coat 13x9 inch baking dish with cooking spray. Layer bottom of dish with 3 cups rice. Top with half of sour cream mixture, then with 1½ cup cheese. Add layer of beans, remaining rice, and remaining sour cream mixture. Bake covered at 350° F. for 15 minutes; remove from oven. Mix remaining cheese with chips and sprinkle on lasagna. Return to oven and bake for 5 minutes, or until cheese melts.

Porcupine Meatballs

1½ pounds lean ground beef

1 cup cooked, cooled rice

½ cup wheat berries
1 egg, slightly beaten
¼ cup finely chopped onion
1 (8 oz.) can tomato sauce

½ cup dry bread crumbs
¼ tsp. chili powder
½ tsp. seasoning salt
¼ tsp. black pepper

Combine all ingredients; mix well. Form into balls, each about 2 inches in diameter. Place in casserole dish. Cover with sauce (below). Bake at 350° F. for about 45 minutes. Makes 6 to 8 servings, 2 large meatballs each.

Sauce:

½ cup brown sugar
½ cup bottled barbecue sauce
½ cup catsup
1 (10½ oz.) can tomato soup

1 tsp. Worcestershire sauce
½ tsp. seasoning salt
½ tsp. chili powder

Combine all ingredients and blend thoroughly. Heat and simmer about 3 minutes. Pour over meatballs.

Stuffed Green Peppers

1½ pounds lean ground beef
1 cup cooked, cooled rice
½ cup whole wheat berries
1 egg, slightly beaten
¼ cup finely chopped onion
1 (8 oz.) can tomato sauce
½ cup dry bread crumbs

½ cup oatmeal
¼ tsp. chili powder
½ tsp. seasoning salt
¼ tsp. black pepper
4 green peppers cut in half lengthwise,
remove insides.

Combine all ingredients except green peppers; mix well. Place green peppers in casserole dish. Fill with meat mixture. Cover with sauce for porcupine meatballs if desired. Bake at 350° F. for about 1 hour.

Creole Beef and Rice

¼ pound country sausage
¼ pound ground beef
1 cup celery, chopped
1 onion, chopped
About 2 tsp. Cajun seasoning, to taste

1½ cups uncooked white rice
2 (14 oz.) cans stewed tomatoes
1 (12 oz.) vegetable juice, spicy
1½ cup frozen okra (optional)

Brown meat with onion, celery, and Cajun seasonings, stir frequently. Add remaining ingredients. Add 1 cup water. Bring to a boil, cover, reduce heat and simmer 20 - 30 minutes.

Got Leftover Rice?

The next time you're cooking rice, save time in the kitchen by preparing more rice than you need

for a single meal. Cooked rice is the quintessential fast food, quickly transforming simple ingredients into puddings, salads, skillet meals, or hearty soups in relatively no time at all.

Cooked rice can be kept in the refrigerator for up to six days or in the freezer for up to six months. To freeze, simply place rice in freezer bags and store flat, keeping storage space to a minimum. A quick zap in the microwave, with a couple of tablespoons of water, and you're halfway to dinner or dessert!

1. **Fried Rice:** For best results, fried rice should be prepared with chilled cooked rice (rice that has not been chilled will clump together when fried). Stir-fry rice with seasonal vegetables and leftover chicken or meat. Season with soy sauce and sesame oil. Green onions, scrambled eggs, frozen peas, and grated ginger are good additions to fried rice.
2. **Rice Pudding:** Simmer cooked rice in milk that has been sweetened or half and half. Stir in dried fruit (raisins, apricots, cranberries), vanilla extract, and ground cinnamon for a warm, comforting dessert. Chocolate lovers can skip the fruit and cinnamon, substituting chocolate chips instead.
3. **Rice Wraps:** Take a tip from the local fast food taco chains. Fill tortillas with rice, salsa, cooked chicken or beef strips, pinto beans, grated cheddar cheese and a dollop of sour cream.
4. **Soup:** Adding rice to cream or broth-based soups takes it from first course to main dish. For a quick meal, add cooked rice, your favorite vegetables, and canned chicken stock to store-bought roasted chicken.
5. **Stuffed Vegetables:** For a great fall or winter treat, use the following recipe to stuff squash or pumpkins:

Dinner in a Pumpkin

1 cooking pumpkin (3-4 lbs.)	¾ tsp. salt
2 Tbsp. canola oil	2 cups cooked rice
2 Tbsp. margarine, melted	2 cans cream of chicken soup
1 lb. lean ground beef	1 can sliced mushrooms, drained
½ cup celery, chopped	¼ cup soy sauce
½ cup onion, chopped	2 Tbsp. packed brown sugar
¼ cup green pepper, diced	

Using sharp knife, cut 3-inch circle around stem of pumpkin. Remove seeds and pulp; discard. Brush inside of pumpkin with margarine. Brush outside of pumpkin with salad oil; placed in center of a greased baking sheet. Bake at 375° F for 30 minutes.

While pumpkin is baking, brown ground beef. Stir in celery, onion, green pepper and salt. Cook over low heat about 10 minutes. Add cooked rice, soup, mushrooms, soy sauce, and brown sugar. Spoon mixture into pumpkin and replace pumpkin top. Bake at 375° F. for about 1 hour until pumpkin is tender.

6. **Hot Cereal:** Nothing is better on a chilly morning than a bowl of warm cooked rice that has been zapped in the microwave with a little milk or cream, drizzled with butter, and sprinkled with cinnamon and sugar. For variety, use brown rice, which has a nutty flavor and crunchy texture. Add fresh fruit, or substitute maple syrup for the cinnamon and

sugar.

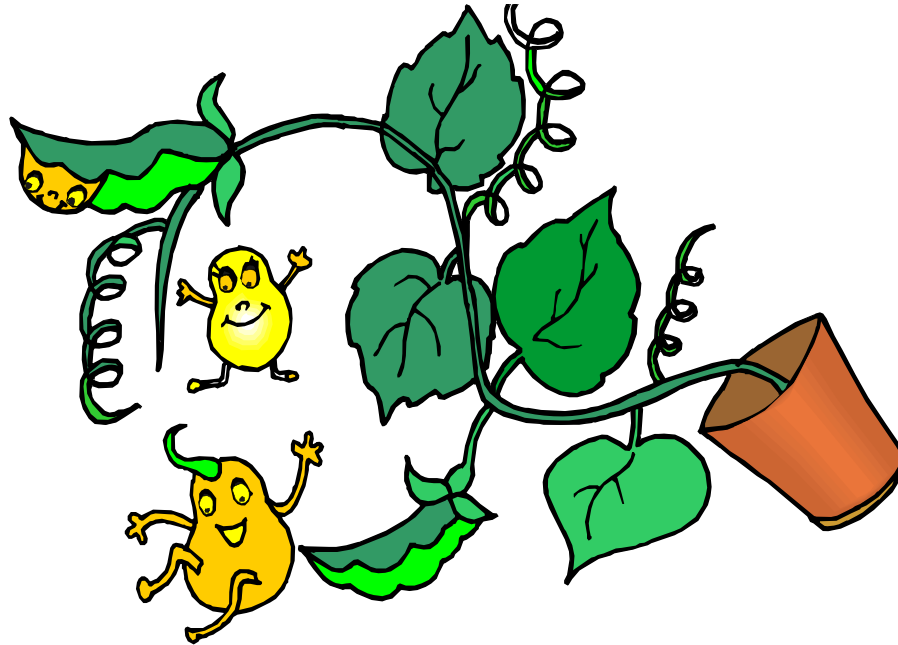
7. **Salad:** Hot or cold, the beauty of rice salads is simply their simplicity. Toss in your favorite fruits or vegetables, chicken, turkey, tuna or beef, and a fabulous salad dressing and you're good to go!

Rice . . . Stir it up!

For imaginative chefs who love to cook, but don't like following directions, here are 17 fabulous rice recipe "ideas" that take you from ordinary to extraordinary! To hot rice, add:

1. Fresh mushrooms sautéed in butter, thawed frozen petite peas, and Parmesan cheese.
2. Diced tomatoes and fresh or dried basil.
3. Heavy cream or milk, sugar, cinnamon, and browned butter.
4. Sliced green onions, salted cashews, toasted sesame seeds, and rice vinegar.
5. Heavy cream, sliced bananas, chopped pecans, and chocolate chips.
6. Black beans, salsa, lite/fat free sour cream, shredded cheese, and chopped cilantro.
7. Crisp bacon, cheddar cheese, lite/fat free sour cream, and chopped olives.
8. Fresh green beans sautéed in butter, and toasted sliced almonds.
9. Granola, vanilla yogurt, and raisins.
10. Cashews, chopped roasted chicken, and chopped chives.
11. Grilled shrimp, corn, crisp bacon bits, and chopped sun-dried tomatoes in oil.
12. Diced tomatoes, sliced green onions, and shredded Monterey Jack cheese.
13. Zucchini and carrot "matchsticks" sautéed in butter, and Parmesan cheese.
14. Sliced apples sautéed in butter, cinnamon, brown sugar, chopped nuts, and vanilla yogurt.
15. Black beans, minced red onion, chopped bell pepper, chopped cilantro, and vinaigrette.
16. Fresh raspberries or sliced strawberries, heavy cream or milk, vanilla, and sugar.
17. Thawed frozen corn, mild green chiles, and lite/fat free sour cream.

Dry Beans



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Use It or Lose It...Dry Beans

Varieties

There are many different beans in the legume family. They store well, cost little, and provide a punch for the nutrition dollar. While the following is a partial list of legumes and a suggested cooking hint, beans may be interchanged in most recipes. Often names are interchanged.

Baby Lima – milk flavored. Serve as a vegetable or in casseroles.

Light Red Kidney- Excellent in any recipe calling for cooked beans.

Black-eye Peas – Dry form of the popular pea. Cook with pork or chicken.

Navy – Medium-sized white pea bean. Great for baked beans and soup.

Dark Red Kidney – Colorful salad bean mainly sold in canned form.

Pink – Great barbecue style or cooked with other spicy seasonings.

Turtle or Black Bean – A favorite in southern Mexico and Caribbean. Great with rice.

Garbanzo or Chick Peas – Nut-like flavor. Ideal for salads and appetizers.

Pinto- Popular in chili, refried beans, and other Mexican dishes.

Great Northern – Larger than small white or navy beans. Good for baking.

Red- Dark red, pea-shaped. Use in any colored bean recipe.

Large Limas- Rich, buttery flavor. Cook with smoked meat or cheese.

Small White – Firm texture holds up under long slow baking.

Anasazi or Ancient Ones – Cooks in about half the time, sweeter flavor, mealier, less gas.

Bean Nutrition

A serving of beans and legumes is considered to be 1 cup cooked. Legumes are considered high in fiber, low in fat, and a good source of protein, carbohydrates, folate, and many trace minerals. They are also low cost, thus providing good nutrition for reasonable money.

Food Safety

Dry legumes must be cooked completely before eating. For this reason it is not recommended to grind dry beans and then simply mix with hot water to make instant refried beans.

Gas

Gas is an undesirable side effect of eating legumes. The body lacks enzymes to digest some sugars in the beans. Since the sugars are not digested, they ferment in the digestive tract creating gas. Following are a few ways to help alleviate undesirable gas:

1. Soak beans a minimum of 3 hours (8-12 hours is better); change soaking and cooking water 2-3 times.
2. Sprout beans – soak beans 2-3 days, changing water 3-4 times, until beans begin to sprout.
3. Add the lacking enzyme to the diet in the form of tablets or liquid; one commercial product is called “Beano®.”

Soaking Beans

1. Quick Soak Method: hot soaking helps dissolve some of the gas-causing substances. Cover beans with twice as much water as beans, bring to a boil, boil 2 minutes, remove from heat and allow to soak at least 1 hour or up to 4 hours. Discard soaking liquid.
2. Traditional Overnight Soak: Cover with twice as much water as beans and soak 8-18 hours in

cool place, discard soaking water.

3. Do not salt soaking liquid. It will toughen the bean.
4. It is not necessary to soak split peas and lentils.

Cooking Legumes

1. Beans will double to triple in size during soaking and cooking. In other words, 1 cup dry beans will produce 2-3 cups of cooked beans.
2. The slower the beans are cooked the easier they are to digest. Slow cooker cooking on low for 6-10 hours is perfect.
3. If adding water to cooking beans is necessary, bring water to a boil before adding. Adding cold water to boiling beans will toughen beans and slow down cooking process.

Softening Old Beans

The older the bean, the tougher it is and less digestible. Following are a few tips to soften old beans.

1. Cook and freeze. The freezing moisture in the bean helps to rupture the cell wall and create a more palatable product.
2. Pressure cook. Follow manufacturer's directions for using pressure cooker. Increase cooking time as needed to produce a desired texture.
3. Pressure-can beans. This method makes a readily usable product as well as softens beans. Follow USDA canning instructions below for pressuring.

Increasing Consumption of Beans

You should eat beans about 2-3 times a week. (2½ to 3 cups per week)

1. Plan menus.
2. Puree cooked beans and add to baked goods (bread, cake, cookies, etc.). Substitute pureed beans for shortening or margarine, straight across. (equal amounts)
3. Prepare convenience foods such as home canned dry beans or cook and freeze for later use.
4. Add whole mashed beans to meatloaves, soups, stews, casseroles (in small amounts to begin with, then increase as desired, and as allowed by family taste preference.)

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.

Home Canned Dry Beans or Peas

USDA Complete Guide to Home Canning, Bulletin # 539, printed 1994

Use any variety of mature dry beans. Approximately 1¼ cups (dry measure) will be needed per quart. (Or, 5 pounds will produce 7 quart jars, 3¼ pounds will be needed for 9 pint jars.)

1. Wash and sort beans.
2. Hydrate by (1) Placing beans in a large pan and covering with water. Soak 12-18 hours in a cool place. Drain water; or (2) to quickly hydrate beans, you may cover sorted and washed beans with boiling water in a saucepan. Boil 2 minutes, remove from heat, soak 1 hour and

drain.

- Cover beans soaked by either method with fresh water. Boil 30 minutes. Add ½ tsp. of salt per pint or 1 tsp. per quart to the jar, if desired. Fill jars with beans and cooking liquid, leaving 1 inch head space.
- Adjust lids and bands and process in pressure canner 90 minutes for quarts or 75 minutes for pints at: 13 pounds of pressure for 4,000-6,000 feet elevations, 14 pounds of pressure for 6,000-8,000 feet elevations (if pressure canner has a weight only, process at 15 pounds of pressure.)

It is suggested that any home pressure canned foods be boiled for 10 minutes before tasting.

Cooked Beans

1 cup dried beans
Water for soaking
3 cups water
1 Tbsp. canola oil
1 tsp. salt

Sort and soak beans. In a medium saucepan, combine drained soaked beans, water, oil and salt. Bring to a boil; reduce heat. Cover and simmer until beans are tender.



Bean Cooking Times

Beans (Soaked)	In a Saucepan	In a Pressure Cooker at 15 Pounds Pressure
Black Beans	1 to 1½ hours	5 to 8 minutes
Garbanzo Beans	1 to 1½ hours	5 to 7 minutes
Great Northern Beans	1 to 1½ hours	5 to 7 minutes
Lima Beans, Large	45 to 60 minutes	Not recommended
Lima Beans, Baby	1 hour	Not recommended
Pea Beans	1 to 1½ hours	5 to 8 minutes
Small White Beans	1 to 1½ hours	5 to 8 minutes
Pink Beans	1 to 1½ hours	6 to 8 minutes
Pinto Beans	1 to 1½ hours	5 to 7 minutes
Red Beans	1 to 1½ hours	6 to 8 minutes
Red Kidney Beans	1 to 1½ hours	5 to 8 minutes
Soybeans	3 hours	12 to 15 minutes

Hints:

1. Rinse all beans and legumes in cold water. Remove all dirt, rocks, or bad beans.
2. Add $\frac{1}{8}$ tsp. baking soda and 1 Tbsp. cooking oil to each cup of beans while soaking. This will shorten the cooking time and decrease foaming.
3. Add meat, onions, celery, and herbs during cooking to add more flavor. Add tomatoes, catsup, vinegar and other acid foods after the beans are tender. The acid prevents softening of the beans.
4. Cooked beans freeze well and will keep up to 6 months in the freezer.

Bean Recipes

Fiesta Casserole

1 tsp. canola or olive oil	1 (4 oz.) can diced or chopped green chilies
2 cups drained, cooked pinto beans, <u>or</u>	$\frac{1}{4}$ tsp. garlic powder
1 (15 oz.) can pinto beans drained	$\frac{1}{2}$ tsp. ground cumin
$\frac{1}{2}$ lb. ground beef	1 tsp. chili powder
$\frac{1}{2}$ cup chopped onion	$\frac{1}{2}$ tsp. dried leaf oregano
1 tsp. salt	1 (8 oz.) can tomato sauce
$\frac{1}{4}$ tsp. pepper	6 corn tortillas
1 (28 oz.) can tomatoes, un-drained, diced	2 cups shredded cheddar cheese
1 (15 oz.) can Mexican stewed tomatoes	

In large skillet, sauté onions in 1 tsp. canola oil or olive oil until partially cooked. Add ground beef and brown with onion until thoroughly cooked. Add salt, pepper and beans; stir. In medium saucepan, combine tomatoes, green chilies, garlic powder, cumin, chili powder, oregano, and tomato sauce. Bring to boil; reduce heat. Cover and simmer 10 minutes. Preheat oven to 350° F. Spray 2 qt. rectangular baking pan with cooking spray. Spread thin layer of sauce on bottom of baking pan. Top with 3 cut-up tortillas. Spread half of bean-beef mixture over tortillas. Pour half of sauce over to cover. Sprinkle with half of cheese. Repeat layers with remaining ingredients, reserving some cheese for top. Bake 30 minutes. Sprinkle remaining cheese on casserole for last 5 minutes of baking. Cut into rectangles. Makes 4 to 6 servings.

Wheat and Bean Chili

1 cup uncooked dry beans
1 cup uncooked wheat
1 quart water
1 onion, chopped
1 lb. ground beef
1 clove garlic
2 tsp. canola or olive oil

1 large (46 oz.) can tomato juice
1 (15 oz.) can Mexican-flavored stewed tomatoes*
1 tsp. chili powder
Salt and paprika to taste
2 tsp. brown sugar
½ tsp. cumin

Cook wheat and beans together in one quart of water (may be soaked overnight before cooking). Cook until almost tender. In separate pan, sauté meat, onions and garlic in canola or olive oil. Drain. Add to beans. Add other ingredients. Simmer for 1 hour. Season to taste.

*Fresh tomatoes may be added in place of canned stewed tomatoes. Use about 8 skinned tomatoes. Adjust spices for flavor.

Minestrone Soup

2 Tbsp. canola or olive oil
1 lb. hamburger
¾ cup chopped onions
1 cup chopped celery
1½ quarts water
1 Tbsp. beef bouillon crystals
1½ tsp. salt
¼ tsp. pepper
¼ tsp. oregano

1 cup green beans or peas
½ cup kidney beans
1 cup wheat berries
1 cup sliced zucchini
½ cup shredded cabbage
½ cup sliced carrots
½ cup minced parsley
1 (15 oz.) can Italian-flavored stewed tomatoes

Heat oil; add ground beef and onion, sauté until onions are straw-colored. Drain grease from beef; add celery, water, and beef bouillon. Cover and simmer slowly until celery is tender. Add remaining ingredients. Cover and simmer 15 minutes. Yield: 8-10 servings.

Old Fashioned Split Pea Soup

1 lb. green split peas
1 cup chopped celery
1 cup chopped onion
1 garlic clove, minced
2 Tbsp. canola oil

1 (1 lb.) meaty ham shank,
cut in 3 or 4 pieces
1 medium potato,
peeled, diced
¼ tsp. pepper

8 cups water
2 chicken bouillon cubes
1 bay leaf
½ cup milk

Sort and rinse peas. In heavy 4-quart pot, sauté celery, onion, and garlic in oil until onion is tender but not browned. Add rinsed peas, ham shank pieces, potato, pepper, water, bouillon cubes and bay leaf. Bring to boil; reduce heat. Cover and simmer until peas are very tender, about 45 minutes. Remove and discard bay leaf. Remove ham shank pieces. Cut meat from bones and discard bones. Dice meat; set aside. Puree soup in blender or food processor and return to pot. Stir in diced meat and milk. Cook over medium heat 10 minutes, stirring frequently. Serve steaming hot in large soup bowls. Makes 6 to 8 servings.

Six-Bean Barbecued Beans

8 slices bacon, diced, and browned until crisp	2 cans pork and beans
½ lb. ground beef, browned and drained	1½ cups ketchup
1 chopped onion, sauté and add to beef	½ cup brown sugar
1 can kidney beans	1 tsp. hickory smoke flavor
1 can pinto beans	1 tsp. salt
1 can Great Northern beans	1 tsp. vinegar
1 can butter (Lima) beans	1 tsp. prepared mustard
1 can navy beans	Other seasonings, to taste

Place all ingredients in a 5-6 quart slow cooker. Cook on low 4-6 hours.

Quick and Easy Bean Pot

½ lb. bacon, fried until crisp, then crumbled	1 cup tomato catsup
1 onion, chopped	¼ cup brown sugar
½ lb. ground beef	1 tsp. Worcestershire sauce
4 (16 oz.) cans pork and beans	

Sauté onion in bacon drippings until tender. Add ground beef. Fry until ground beef is cooked through. Add remaining ingredients. Simmer in large heavy pan on stove for at least one hour or simmer in a slow cooker for 2-3 hours. You may add seasoning salt, chili powder, or other spices to your taste.

Bean Puree

1 cup dried large lima beans, Great Northern beans, or pinto beans
Water for soaking
3 cups water
1 tsp. salt
1 Tbsp. canola oil

In medium saucepan, combine drained soaked beans, 2½ cups water, salt and oil. Bring to boil; reduce heat. Cover and simmer until beans are tender 1 to 1½ hours. Drain beans, reserving cooking liquid. Put 1 to 2 cups beans in blender with ¼ cup to ½ cup reserved cooking liquid. Blend on medium speed until smooth, stopping blender occasionally to scrape sides and stir puree up from bottom. Bean mixture should circulate slowly. Makes about 2 cups of puree.

Apple Surprise Cake

1 cup Bean Puree made with pinto beans
½ cup shortening or applesauce
1 cup sugar
1 egg
½ cup apple butter
1½ cups flour

2 tsp. baking powder
½ tsp. salt
1 tsp. ground cinnamon
½ tsp. ground cloves
½ tsp. ground allspice
1 cup diced, peeled apple

Prepare bean puree (see page 29). Grease 9x13 inch pan. Preheat oven to 350° F. In medium bowl, cream shortening and sugar until light and fluffy. Add egg; continue beating until light. Stir in Bean Puree and apple butter. Sift together flour, baking powder, salt, cinnamon, cloves, and allspice into medium bowl. Stir flour mixture into bean mixture until blended. Mix in diced apple. Pour into greased pan. Bake 40 to 50 minutes. Cool cake in pan. Cover top of cooled cake with icing.

Spicy Zucchini Bread

1 cup Bean Puree made with pinto beans
3 eggs
1½ cup sugar
½ cup canola oil
1½ cup shredded zucchini
1 tsp. vanilla

2 cup sifted flour
1 tsp. salt
1 tsp. baking soda
2½ tsp. baking powder
2 tsp. ground cinnamon

Prepare bean puree (see page 29). Grease two 9x5 inch loaf pans. Preheat oven to 350° F. In large bowl, combine eggs, sugar and oil. Beat with electric mixer until smooth. Add zucchini, Bean Puree and vanilla. Sift together flour, salt, baking soda, baking powder, and cinnamon. Add to bean mixture. Stir until blended. Pour into greased pans. Bake 40 to 50 minutes or until wooden pick inserted in center comes out clean. Remove from pan. Cool on a rack. May be stored in an airtight plastic bag at room temperature or in the refrigerator.

Awesome Oatmeal Cookies

½ cup white beans, mashed
1 cup brown sugar
½ cup granulated sugar
1 egg
1 teaspoon vanilla

¼ cup canola oil
3 cups oats
1 cup whole wheat flour
1 tsp. salt
½ tsp. soda

Preheat oven to 350° F. Beat mashed white beans, brown sugar, granulated sugar, egg, and vanilla until smooth and creamy. Combine remaining ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely. Yield: approximately 36 cookies.

Nuts, coconut, raisins, and/or chocolate chips may be added with dry ingredients.

Banana Bread

2 ripe bananas

2 eggs

¼ cup mashed white beans
¼ cup Smart Balance® margarine
(or more beans)
1¼ cups white sugar
1½ tsp. vanilla extract

1¾ cups flour (at least half of this should be whole wheat)
1 tsp. baking soda
½ tsp. salt

Preheat oven to 300° F. Grease one 9x5 inch loaf pan. In medium bowl, mash bananas and stir in eggs until well blended; set aside. In large bowl, beat beans and Smart Balance together, and gradually add sugar. Stir in vanilla and banana mixture. Wisk together the flour, baking soda, and salt; blend into batter. Add walnuts if desired. Pour into pan. Bake for 1 hour 15 minutes (check after 50-60 minutes), or until toothpick inserted into center of loaf comes out clean.

Carrot Cake

4 eggs or equivalent egg substitute
2 cups sugar
⅔ cup white beans,
pureed until smooth paste
1 tsp. vanilla
1 (8 oz) can crushed pineapple, drained
2 (14.5oz) cans sliced carrots,
drained and mashed

2 cups all purpose flour
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. salt
1 cup walnuts, chopped
(reserve 1-2 Tbsp. to sprinkle on top)

Prepare 9x13 inch pan with cooking spray and dust lightly with flour. Preheat oven to 375° F. Beat eggs thoroughly in large bowl. Add sugar and beat well. Beat in beans and vanilla. Add pineapple and carrots. Combine dry ingredients and stir gently into batter. Fold in walnuts. Pour into prepared pan. Bake 35 – 45 minutes or until sides pull away from pan and toothpick inserted in middle comes out clean. Cool completely before frosting.

Cream Cheese Frosting

1 (8 oz) package cream cheese, softened,
(fat free or reduced fat)
1 Tbsp. butter

1 tsp. vanilla
3½ to 3¾ cups powdered sugar

Combine cream cheese and butter until smooth. Add vanilla and enough powdered sugar until mixture is of spreading consistency. Spread on cooled cake and sprinkle a few chopped walnuts on top. Cut into 24 pieces. Yield: 24 servings.



Oatmeal – More Than Just Mush!



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Oatmeal Recipes

Awesome Oatmeal Cookies

½ cup mashed white beans
¼ cup canola oil
1 cup brown sugar
½ cup granulated sugar
1 egg
1 tsp. vanilla

3 cups old fashioned
rolled oats
1 cup whole wheat flour
1 tsp. salt
½ tsp. soda



Preheat oven to 350° F. Beat mashed white beans, brown sugar, granulated sugar, egg, and vanilla until smooth and creamy. Combine remaining ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

Yield: approximately 36 cookies

Nuts, coconut, raisins, and/or chocolate chips may be added with dry ingredients.

Oatmeal Cake

1½ cup boiling water
1 cup old fashioned rolled oats
½ cup canola oil
1 cup brown sugar
1 cup sugar

2 eggs, well beaten
1½ cups flour
1 tsp. cinnamon
½ tsp. baking soda
½ tsp. salt

Pour boiling water over oats and let stand until cool. Cream canola oil with sugars and eggs until fluffy. Add oats and water mixture. Sift flour with other dry ingredients and blend into creamed mixture. Pour into greased and lightly floured 9x13 inch pan. Bake at 350° F. for 35 to 45 minutes or until cake tests done. Spread topping (below) on cake as soon as it comes from the oven.

Topping

½ cup (1 cube) butter or margarine
1 cup brown sugar
½ cup evaporated milk
1 cup coconut
1 cup nuts, chopped
1 tsp. vanilla

Melt butter and add sugar. Blend. Add remaining ingredients and spread on baked hot cake. Place under broiler for a minute or two, if desired.

Revel Fudge Bars

Filling:

1 cup chocolate chips
½ cup margarine
1 can (14 ounces) sweetened condensed milk (NOT evaporated milk)
¾ cup chopped walnuts, if desired

Crust:

1 cup butter, softened	2 cups flour
1 cup sugar	1 tsp. soda
1 cup packed brown sugar	3 cups quick oatmeal
2 eggs	

Heat oven to 350° F. Melt chocolate chips and ½ cup butter in the sweetened condensed milk over low heat in a heavy saucepan. Stir in nuts and set aside.

Cream 1 cup butter and sugars, mix in eggs. Stir in dry ingredients. Press two-thirds of crust mixture into a 13x9 inch pan. Spread with chocolate filling mixture. Crumble remaining mixture evenly over chocolate.

Bake 30 minutes or until golden brown. Cool. Cut into bars.

Food Storage Cookies

1 cup softened margarine	2 cups whole wheat flour
1 cup shortening or 1 cup pureed beans	2 cups old fashioned rolled oatmeal
1½ cups white sugar	2 tsp. salt
1⅔ cups brown sugar	2 tsp. baking soda
5 eggs	Optional: Raisins, Nuts, Chocolate Chips,
2 Tbsp. vanilla	spiced jelly drops, M&M's etc.
5 cups white flour	

Cream margarine and shortening (or beans) together. Add brown and white sugar. Cream together. Add eggs one at a time. Add vanilla. Beat well. In separate bowl, sift together dry ingredients. Add to creamed mixture. Drop dough on cookie sheet sprayed with non-stick cooking spray. Bake at 350° F. for 15 minutes.

No Bake Oatmeal Cookies

2 cups sugar	½ tsp. salt
½ cup milk	1 tsp. vanilla
½ cup margarine	4 cups quick oats
3 Tbsp. cocoa	

Mix all ingredients except oatmeal in large saucepan. Boil slowly. Remove from heat. Add oatmeal. Drop by teaspoons onto waxed paper. Let cool.

Granola

6 cups old fashioned rolled oats
½ cup brown sugar
¾ cup wheat germ
½ cup shredded coconut
¼ cup sunflower seeds

1 cup chopped nuts
½ cup vegetable oil
¼ cup honey
1½ tsp. vanilla
M&M's, optional*

Heat oats in ungreased 9x13 inch pan at 350° F. for 10 minutes. Combine dry ingredients with warm oats. Mix together oil, honey, and vanilla. Pour over oat mixture. Stir. Bake at 275° F. for 30 minutes.

(*I add a package of M&M's to this after the granola is completely cool. The kids will eat the candy first - but then they will eat the remainder.)

Granola Peanut Butter Bars

½ cup corn syrup
⅔ cup peanut butter
3 cups granola

Lightly grease a 9x9 inch pan. Heat corn syrup in a large pan. Boil 1 minute. Add peanut butter, stirring until smooth. Add granola and mix. Pat into pan. Cool then cut into bars.

24 Karat Cookies

6 - 7 cups flour
1 Tbsp. baking powder
1 Tbsp. baking soda
1 tsp. salt
2 cups old fashioned rolled oats
2 cubes margarine (1 cup)

1 cup shortening
4 eggs
3 cups sugar
1 tsp. vanilla
1 tsp. almond flavoring
3 cups raw carrots, grated, firmly packed

Preheat oven to 350° F. Sift together flour, baking powder, soda, salt and oatmeal. In the large bowl, cream the margarine, shortening, and sugar. Beat in eggs and flavorings. On low speed, add sifted dry ingredients, scraping bowl with rubber spatula and beating only until thoroughly mixed. Add the carrots. Drop by teaspoonful onto a greased cookie sheet. Bake 12-15 minutes. Cookies are done when they are golden colored and tops spring back if lightly pressed with a fingertip. With a wide metal spatula, transfer the cookies to racks to cool. If desired, ice the cookies with cream cheese or almond flavored icing.

Cinnamon Oatmeal Pancake Mix

4 cups quick cooking oats	1 Tbsp. cinnamon
2 cups flour	2 tsp. salt
2 cups whole wheat flour	3 Tbsp. baking powder
1 cup non-fat dry milk	½ tsp. cream of tartar
½ cup sugar	

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. canola or olive oil gradually. Alternately stir in 2 cups pancake mix and 1 cup of water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over. Cook about 2 to 3 minutes.

Refrigerator Oatmeal Muffin Mix

2½ cups whole wheat flour	2¼ cup boiling water
1¼ cup all-purpose flour	¾ cup canola oil
4 tsp. baking soda	1¼ cups packed brown sugar
¾ tsp. salt	3 eggs, slightly beaten
4 cups quick-cooking oats	3 cups fresh buttermilk



In medium bowl, combine whole-wheat flour, flour, baking soda and salt. Stir with wire whisk to blend; set aside. Measure oats into large bowl. Pour boiling water over oats. Let cool about 10 minutes. Add oil, brown sugar, eggs, and buttermilk. Beat vigorously by hand or with electric mixer about 1 minute to blend. Stir in flour mixture by hand until just blended. Pour into a 12-cup container with a tight fitting lid. Label container with date and contents. Store in refrigerator. Use within 6 weeks. Makes about 12 cups OATMEAL MUFFIN MIX or about 50 muffins.

Baking Instructions: Preheat oven to 375° F. Generously grease 12 muffin cups. Gently stir OATMEAL MUFFIN MIX. Fill prepared muffin cups about ¾ full. Bake about 25 minutes in preheated oven until golden brown. Makes 12 muffins.

Spiced Oatmeal Mix

8 cups quick-cooking oats	1 Tbsp. cinnamon
½ cup packed brown sugar	1½ tsp. ground nutmeg
2 tsp. salt	

Combine all ingredients in large bowl, stirring with wire whisk until evenly distributed. Pour into 10-cup container with a tight fitting lid. Seal container. Label with date and contents. Store in cool, dry place. Use within 6 months. Makes about 10 cups of mix.

Spiced Oatmeal

1 cup water
1 cup SPICED OATMEAL MIX
Milk

In a small saucepan, bring water to a boil. Stir in SPICED OATMEAL MIX. Stirring occasionally, simmer over medium-low heat 1 to 2 minutes. Serve with milk. Makes 1 serving.

Spicy Oatmeal Pancakes

2 cups SPICED OATMEAL MIX	2 eggs, slightly beaten
2 cups hot milk	½ cup flour
½ cup canola oil	2 teaspoons baking powder

In medium bowl, combine SPICED OATMEAL MIX, hot milk and canola oil, stirring with wire whisk to blend. Set aside to cool. Beat in eggs one at a time until blended. Stir in flour and baking powder until just blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Pour about ⅓ cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubble form. Turn with wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about 18 3-inch pancakes.

Spiced Peach Cobbler

1 large can sliced peaches
2 cups SPICED OATMEAL MIX
1 cup lemon, yellow, French vanilla, or spice cake mix
1 cube margarine (½ cup)



Preheat oven to 350° F. Spray a 3-qt. casserole dish with cooking spray. Pour canned peaches into dish including about half of the juice. In bowl, combine SPICED OATMEAL MIX and cake mix. Sprinkle over peaches. Slice pieces of margarine over cobbler. Bake 30 minutes at 350° F. Serve with ice cream or whipped cream.

Basic Oatmeal Mix

3 cups flour	1 cup brown sugar
3½ tsp. baking powder	1½ cups vegetable shortening
1½ tsp. salt	3 cups rolled oats
½ cup granulated sugar	

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

Oatmeal Muffins

1 egg
2/3 cup milk
3 cups BASIC OATMEAL MIX

Preheat oven to 400° F. Generously grease muffin pans. Put BASIC MUFFIN MIX in a medium bowl. Combine egg and milk in a small bowl. Add all at once to BASIC OATMEAL MIX. 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.

Oatmeal Pancakes

1 1/2 cups BASIC OATMEAL MIX
1 cup water
1 egg, slightly beaten

In medium bowl, combine BASIC OATMEAL MIX, water and egg. Blend well. Let stand 5 minutes. Cook on a hot oiled griddle about 3 to 4 minutes, until browned on both sides. Makes 12 to 15 4-inch pancakes.

Peach Blossom Dessert

2 1/2 cups BASIC OATMEAL MIX
1/2 cup brown sugar, firmly packed
1 (21 oz.) can peach pie filling
Ice cream or whipped cream, if desired

Preheat oven to 375° F. Lightly grease a 9-inch square pan. Combine BASIC OATMEAL MIX and brown sugar in medium bowl. Press half of mixture into prepared pan. Pour peach pie filling over top. Crumble remaining half of oatmeal mixture over the peach filling. Bake 30 minutes, until lightly browned. Cut in large squares. Serve warm with ice cream or whipped cream. Makes 8 to 10 servings.

Variations: Try cherry, blueberry, or apple pie filling instead of peach pie filling.



Carmelita Oatmeal Bars

Caramel Filling:

1 (14 oz.) pkg. caramels

¼ cup evaporated milk

Caramel Filling Instructions:

In a medium saucepan, melt caramels in evaporated milk. Cook over low heat about 5 to 10 minutes, stirring constantly, until caramels are melted. Keep warm.

Bar ingredients:

3½ cups BASIC OATMEAL MIX

1 (6 oz.) pkg. milk chocolate chips

½ cup sugar

½ cup chopped nuts

½ cup butter or margarine, melted

Bar Instructions: Preheat oven to 350° F. Combine BASIC OATMEAL MIX and sugar in a large bowl. Add melted butter or margarine. Press half of mixture into a 9x13-inch pan that has been sprayed with cooking spray. Bake about 10 minutes, until edges are browned. Sprinkle chocolate chips and nuts over oatmeal layer. Drizzle Caramel Filling evenly over chocolate chips and nuts. Sprinkle remaining oatmeal mixture over top. Press down slightly. Bake 15 more minutes, until edges are browned. Cool thoroughly. Cut into 2 inch squares. Makes about 24 to 30 bars.

Porcupine Meatballs

1½ lbs. lean ground beef

1 can tomato sauce

1 cup cooked, cooled rice

½ cup dry bread crumbs

½ cup wheat berries, optional

¼ tsp. chili powder

½ cup oatmeal

½ tsp. seasoning salt

1 egg, slightly beaten

¼ tsp. black pepper

¼ cup finely chopped onion

Combine all ingredients; mix well. Form into balls, each about 2 inches in diameter. Place in casserole dish. Cover with sauce (below). Bake at 350° F for about 45 minutes. Makes 6 to 8 servings, 2 large meatballs each.

Sauce:

½ cup brown sugar

1 tsp. Worcestershire sauce

½ cup bottled barbecue sauce

½ tsp. seasoning salt

½ cup catsup

½ tsp. chili powder

1 can tomato soup

Combine all ingredients and blend thoroughly. Heat and simmer about 3 minutes. Pour over meatballs.

Non-Fat Dry Milk Recipes and Storage Recommendations



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Use it or Lose it...Dry Milk

The Milk Facts

Besides being a delicious beverage, milk is important for a healthy diet. It is one of the richest sources of absorbable calcium. It is also high in protein, potassium, riboflavin, and vitamins A, D, and B12 – all essential to optimal health. Research has found that a diet rich in milk (low-fat) helps reduce high blood pressure, helps prevent osteoporosis (and reduce the consequences of this bone disease), and may help prevent colon cancer and suppress development of malignant tumors.

When dried, milk is a convenient and vital addition to the home food storage program. This information has been compiled to assist you in storing and rotating dry milk in home storage in order to maintain the optimum quality and usability of your investment.

Regular or Instant

Regular or instant non-fat dry milk is made from skim milk that has been dried by spraying into hot air. Instant milk is regular milk which has been further processed causing it to clump together resulting in a product easier to reconstitute with water. They both have the same nutrients.

Regular, or non-instant, is more compact and requires less storage space. Dried whole milk is available, but because of the higher fat content the shelf life is much shorter.

Purchasing Considerations

1. Buy milk which has been fortified with Vitamin A and D.
2. “No Preservatives” on the label is reassuring to consumers; however, preservatives are not legal and therefore no dried milk processed in the United States will contain preservatives.
3. Grade A indicates the quality of the milk used in the drying process. Essentially all processing plants producing dried milk use Grade A milk today.
4. “Extra Grade” on the label indicates the processing plant has met certain criteria and milk is slightly lower in butterfat and moisture content, more soluble, contains fewer bacteria, and contains fewer scorched particles.
5. The package should be waterproof and impermeable to air. Plastic food-grade buckets work well to store dry milk.
6. Do not buy more milk than you would normally use in a reasonable period of time. Once the package is opened, the milk will not keep as long. Purchase package sizes to accommodate the use required by your family.
7. Date and label the milk. Rotate milk. (See storage chart following)

Storage

Shelf life of milk is based on the quality of the product. Undesirable chemical changes occur in milk the longer it is stored affecting the flavor, odor, and color. Care should be taken to insure the best possible storage conditions for dry milk. The following factors should be considered.

1. **Temperature-** The temperature at which milk is stored is the most important factor in determining its shelf life. The storage temperature should be as cool as possible. Deterioration of dry milk will be considerably slowed down by a reduction of the storage temperature. As a general guide, the following storage times and temperatures are given. Following is a guide to shelf life for milk stored at different temperatures (in unopened packages) with either nitrogen or carbon dioxide used to replace the air in the package. Storage times will be shorter in paper or in cardboard packages.

50° F: 24 to 48 months
 70° F: 12 to 24 months
 90° F: 3 months

2. **Moisture-** Exclude as much moisture as possible by packaging in vapor-proof materials and storing in a dry area of the home, away from steam or areas where condensation could occur. Moisture causes caking and speeds up the undesirable changes in flavor.
3. **Oxygen-** Exclude the oxygen as much as possible to decrease the speed of chemical changes which cause flavor and odor changes. This can be accomplished by packaging in air-tight packaging materials, vacuum packing, and packing with nitrogen or carbon dioxide.
4. **Light-** Exclude as much light as possible. The chemical changes which cause changes in flavor and odor are accelerated by light.

Amount Needed

Assuming dry milk is consumed as a beverage as well as in cooking, the amounts needed for one year would be:

Fresh milk: adults (2 glasses per day): 45 gallons youth (4 glasses per day): 91 gallons

Dry milk: adults (2 glasses per day): 36 pounds youth (4 glasses per day): 73 pounds

Reconstituting

Amount Needed	Use this much dry milk		Water
	Instant	Non-Instant	
1 quart	1 1/3 cups	3/4 cups	3 3/4 cups
1 pint	2/3 cups	3/8 cup (about 1/3)	1 3/4 cups + 2 Tbsp.
1 cup	1/3 cup	3 Tbsp.	Scant cup
1/2 cup	3 Tbsp.	1 1/2 Tbsp.	1/2 cup
1/4 cup	1 1/2 Tbsp.	2 teaspoons	1/4 cup

Using Dry Milk in Recipes

In any baked goods recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend the milk, and then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk per pound of meat.

In mashed potatoes: Mash cooked potatoes, then add $\frac{1}{4}$ cup 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 $\frac{1}{4}$ to $\frac{1}{2}$ cup milk to each cup of cereal before cooking.

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.

Non-fat Dry Milk Recipes

Basic Sauce Mix

2 cups powdered instant non-fat dry milk
 $\frac{3}{4}$ cup cornstarch
 $\frac{1}{4}$ cup instant chicken bouillon

1-2 Tbsp. dried onion flakes
1-2 tsp. Italian Seasoning

Combine all ingredients in a plastic bag, mixing well. Yield: Equal to 9 cans of cream soup. Store in a closed plastic bag or airtight container until ready to use. It does not have to be refrigerated.

To Substitute for 1 can of cream soup:

Combine $\frac{1}{3}$ cup of dry mix with $1\frac{1}{4}$ cup cold water.

Cook and stir on stove top or in microwave until thickened.

Add thickened mixture to casseroles as you would a can of soup.

Basic Sauces and Soups

$\frac{1}{3}$ cup BASIC SAUCE MIX

$1\frac{1}{4}$ cups cold water

Add in one of the following soup items:

1 cup grated cheese	1 cup cooked potato cubes
1 (4 oz.) can of mushrooms	$\frac{1}{3}$ cup broccoli and 1 cup grated cheese
2 cups tomato juice	

Combine the mix with the water. Cook and stir on stove top until thickened. Add the soup item and stir until mixed well.

Chicken Enchiladas

1 cup BASIC SAUCE MIX
4 cups water
1 onion, chopped
1 can green chilies, chopped
1 pkg. flour or corn tortillas (12)

1 lb. cooked, diced or shredded chicken
1 Tbsp. canola oil
¾ cup cheddar cheese, grated
1 pint sour cream (optional)

Make sauce by combining dry sauce mix and water. Cook and stir on stovetop or in microwave until thickened. Sauté onion and green chilies in oil; add sauce and simmer for 10 minutes. If desired, let cool and add optional sour cream. Cut tortillas in quarters. Spray a casserole dish with cooking spray. Line bottom of casserole dish with tortillas. Add a layer of chicken and a layer of sauce. Top with cheese. Repeat. Bake at 350° F. for 20 minutes. Additional tortillas may be heated and served with casserole. If crisp tortillas are preferred, allow sauce to chill before using.

Chicken Pot Pie

⅓ cup BASIC SAUCE MIX
1¼ cups cold water
1 cup cooked chicken, cubed
1 (10 oz.) package frozen mixed veggies

1 egg
½ cup milk
1 cup quick mix (see page 49)

Combine sauce mix with water. Cook and stir on stovetop or in microwave until thickened. In a 9-inch pie plate, combine sauce, vegetables, and chicken. Combine egg, milk, and baking mix. Pour over chicken mixture. Bake at 400° F. for 30 minutes or until golden brown. Yield: 6 servings.

Variation: Use pre-made pie crusts. Put thickened sauce, chicken, and veggies in bottom crust. Use another crust for the top. Make slits in the top crust with a knife so steam can escape during baking.

Tuna Noodle Skillet

1 (6 oz.) can tuna (drained)
3 cups water
⅓ cup BASIC SAUCE MIX
2 cups uncooked egg noodles

1 cup grated cheese
1 cup peas (frozen)
Potato chips, crushed

In skillet, combine water, sauce mix, cheese, tuna, and uncooked noodles. Stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Add peas and cook 5 minutes. Top with crushed potato chips if desired. Serve immediately.
Yield: 4-6 servings.

Chili Tomato Mac

1 lb. ground beef or turkey

1 cup water

1½ cup uncooked macaroni
1 (15 oz.) can chopped tomatoes

1 Tbsp. chili powder
⅓ cup BASIC SAUCE MIX

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, chili powder and sauce mix. Simmer uncovered about 20 minutes or until macaroni is tender.

Hamburger Stroganoff

1 lb. ground beef or turkey
3 cups water
⅓ cup BASIC SAUCE MIX

2 cups uncooked egg noodles
½ cup sour cream or plain yogurt

Brown meat and drain off the fat. Add water, sauce mix, and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered 15-20 minutes or until noodles are tender. Top with sour cream or yogurt. Serve immediately.

Taco Skillet

6 flour tortillas or 8 corn tortillas
1 lb. ground beef or turkey
⅓ cup BASIC SAUCE MIX
1¼ cup water

2 cups tomato sauce
1 cup salsa
1 cup grated cheese

Cut the tortillas into one-inch pieces. Brown meat and drain off the fat. Add sauce mix, water, tomato sauce, salsa, tortillas and stir. Bring to boil, reduce heat and simmer uncovered for 15 - 20 minutes or until tortillas are tender. Top with cheese and allow to melt. Yield: 6 servings.

Chicken Broccoli Alfredo

1 (8oz.) package Fettuccine noodles
1 cup broccoli (fresh or frozen)
2 Tbsp. butter or margarine
1 lb. boneless chicken breast
⅓ cup BASIC SAUCE MIX

1¼ cup water
½ cup milk
½ cup Parmesan cheese
¼ tsp. pepper

Cook Fettuccine noodles according to package directions. Add broccoli for last 4 minutes of cooking time. Drain. Heat butter in skillet and add chicken breast. Cook until browned. Cube chicken or use as a whole breast (it's your choice). Combine sauce mix and water in saucepan. Bring to boil and cook until thick. Add milk, cheese, pepper, Fettuccine, broccoli, and chicken. Heat through. Serve with additional Parmesan cheese. Yield: 4-6 servings.

Cheeseburger Skillet

1 lb. ground beef or turkey

2 cups water

1½ cup uncooked macaroni
1 (16 oz.) can chopped tomatoes

⅓ cup BASIC SAUCE MIX
½ cup grated cheese

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, and sauce mix. Cover and simmer for 20 minutes or until macaroni is tender. Remove from heat and add cheese. Yield: 4-6 servings.

Macaroni and Cheese

1 cup uncooked macaroni
⅓ cup BASIC SAUCE MIX
1¼ cup water

1 cup grated cheese
2 Tbsp. bread crumbs
1 tsp. margarine

Cook the macaroni according to package directions. Combine sauce mix with water. Cook and stir on stovetop or in microwave until thickened. Add cheese and macaroni to cooked sauce. If desired, place in square baking dish and top with breadcrumbs moistened with margarine. Bake at 350° F. for 15 minutes or until bubbly and golden brown. Yield: 4 servings.

Homemade Gravy

2 Tbsp. fat (from meat)
½ cup BASIC SAUCE MIX
2 cups liquid (drippings, water, vegetable broth or milk)

Remove cooked meat or poultry from roasting pan. Leave brown residue in the pan and pour the drippings into a bowl. Allow fat to rise to surface. Skim fat off and reserve it. (Remaining drippings in the bowl are meat juices that should be used as part of liquid in gravy.) Add fat to roasting pan (with brown residue); stir in sauce mix until smooth. Heat until bubbly. Stir in liquid and cook until sauce thickens; continue stirring and cooking 2 or 3 minutes longer, scraping bottom and sides of roasting pan to blend in the brown residue. Yield: 2 cups.

Pizza Sauce

⅓ cup BASIC SAUCE MIX
¼ cup water
1 cup tomato sauce

½ tsp. sugar
⅛ tsp. garlic powder

Combine all ingredients in a small saucepan. Mix well and cook until thick. Spoon sauce onto pizza dough. Sprinkle with mozzarella cheese and other toppings as desired. Bake at 375° F. for 18-20 minutes or until cheese is melted and pizza dough is browned. Yield: 1 medium pizza.

Proctor, D.G., Saunders, K., Serfustini, E., & Milligan, E. (2004). SOS: Soups or Sauces [Electronic Publication].

Alfredo Sauce

⅓ cup BASIC SAUCE MIX
1¼ cup water

½ cup sour cream
2 Tbsp- ¼ cup grated Parmesan cheese

or to taste

¼ tsp. pepper

Combine all ingredients, except sour cream, in a small saucepan. Mix well and cook until thick. Turn off heat. Add sour cream. Serve sauce over cooked noodles or on a pizza. Yield: 1½ cups sauce.

Honey and Wheat Mix

3 cups whole-wheat flour

⅓ cup baking powder

6 cups all-purpose flour

4 tsp. salt

1 cup instant nonfat milk powder, or whey
milk substitute, or dry buttermilk powder

¼ cup powdered honey* or ½ cup sugar

In a large bowl, combine wheat flour, all-purpose flour, milk powder or buttermilk powder, powdered honey, baking powder, and salt. Spoon into 12-cup container with tight-fitting lid. Attach lid. Label container with date and contents. Use within 10 to 12 weeks if stored in refrigerator or within 6 months, if stored in freezer. Makes about 12 cups HONEY AND WHEAT MIX. *(½ cup liquid honey may be used. Drizzle over mixture while stirring with a wire whisk.)

Honey Wheat Waffles

3 eggs, separated

½ cup canola oil

2 cups buttermilk

3 cups HONEY AND WHEAT MIX

¼ cup butter or margarine, melted

¾ tsp. baking soda

Preheat waffle iron. In a medium bowl, combine egg yolks, buttermilk, butter or margarine, and canola oil, beating with a wire whisk to blend. In a large bowl, combine HONEY AND WHEAT MIX and baking soda. Stir into buttermilk mixture until just moistened. Batter will be lumpy. Beat egg whites until stiff but not dry. Fold into batter. Bake in waffle iron according to manufacturer's instructions. Serve hot with syrup. Makes 4 large waffles.

Honey Wheat Pancakes

1 egg, slightly beaten

2 cups HONEY AND WHEAT MIX

1⅓ cups water

3 Tbsp. canola oil

In a medium bowl, combine egg, oil, and water, beating with wire whisk to blend. Stir in HONEY AND WHEAT MIX until blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Stir in more water if a thinner batter is desired. Pour about ⅓ cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about ten 4-inch pancakes.

Honey and Wheat Muffins

3 cups HONEY AND WHEAT MIX

1⅓ cups water

2 Tbsp. packed brown sugar

¼ cup canola oil

1 egg, slightly beaten

Preheat oven to 400° F. Generously grease 12 large muffin cups. In large bowl, combine HONEY AND WHEAT MIX and brown sugar. In small bowl, combine egg, water, and oil, beating with a wire whisk to blend. Add egg mixture all at once to brown sugar mixture, stirring until just moistened. Batter will be lumpy. Fill each prepared muffin cup $\frac{2}{3}$ full with batter. Bake 15 to 20 minutes in preheated oven until golden brown and wooden pick inserted in center comes out dry. Makes 12 large muffins.

Buttermilk Biscuits

2 cups HONEY AND WHEAT MIX
 $\frac{1}{2}$ cup buttermilk, milk or water
 $\frac{1}{4}$ cup shortening

Preheat oven to 400° F. Pour HONEY AND WHEAT MIX into medium bowl; cut in shortening. Add buttermilk, milk or water all at once. Stir with fork until dough follows fork around bowl. Turn out dough on lightly floured surface. Knead 10-12 times. Roll out dough to $\frac{1}{2}$ -inch thick. Use 2-inch biscuit cutter to cut dough. Arrange dough circles on ungreased baking sheet. Bake 10 to 12 minutes in preheated oven until lightly browned. Makes about 9 biscuits.

Pancake Mix

10 cups flour
 $2\frac{1}{2}$ cups instant nonfat dry milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup baking powder
2 Tbsp. salt

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 months. Make about 13 cups of PANCAKE MIX.

Perfect Pancakes

$1\frac{1}{2}$ cups PANCAKE MIX
1 egg, slightly beaten
1 cup water
3 Tbsp. canola oil

Put pancake mix in a medium bowl. Combine egg, water, and oil in small bowl. Add egg mixture to Pancake Mix. Add more water for thinner pancakes, if desired. Blend well. Let stand 5 minutes. Cook on hot oiled griddle about 3 to 4 minutes, until browned on both sides. This makes ten to twelve 4-inch pancakes.

Cinnamon Oatmeal Pancake Mix

4 cups quick cooking oats
2 cups flour
2 cups whole wheat flour
1 cup non-fat dry milk
 $\frac{1}{2}$ cup sugar
1 Tbsp. cinnamon
2 tsp. salt
3 Tbsp. baking powder

½ tsp. cream of tartar

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. oil gradually. Alternately stir in 2 cups pancake mix and 1 cup of water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over. Cook about 2 to 3 minutes.

Quick Mix

8½ cups flour	1 Tbsp. baking powder
or 5 cups white flour &	1½ cups instant nonfat dry milk
3½ cups whole wheat flour	1 Tbsp. salt
1 tsp. baking soda	2 tsp. cream of tartar

In large bowl, sift together all dry ingredients. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 10 to 12 weeks. Makes about 10 cups of QUICK MIX.

Millionaire Bars

1 (14 oz.) pkg. caramels	½ cup brown sugar, firmly packed
⅓ cup evaporated milk	½ cup margarine, melted
2½ cups QUICK MIX	⅓ cup evaporated milk
¾ cup canola oil	2 cups milk chocolate chips
⅓ cup cocoa	¾ cup chopped nuts
¾ cup granulated sugar	

Preheat oven to 350° F. Lightly grease and flour 9x13 inch baking pan. In medium saucepan, combine caramels and ⅓-cup evaporated milk. Cook over low heat about 10 minutes, stirring constantly until caramels are melted. Keep warm. In a medium bowl, combine QUICK MIX, canola oil, cocoa, granulated sugar, brown sugar, butter or margarine, and ⅓-cup evaporated milk. Stir until dough holds together. Press half of dough into prepared pan, reserving remaining dough. Press half of mixture into baking pan. Bake about 7 minutes, until edges are browned. Remove from oven and cool slightly. Drizzle caramel mixture evenly over baked crust and sprinkle with chocolate chips and nuts. Top with remaining dough. Bake 15 to 20 more minutes, until edges separate from pan. Cool thoroughly. Cut into 2-inch squares. Makes about 24 to 30 bars.

Sugar Cookies

3 cups QUICK MIX	½ cup milk or water
1 cup sugar	1 egg, slightly beaten
¾ cup canola oil	1 tsp. vanilla, lemon, or almond extract

Preheat oven to 375° F. Lightly grease baking sheets. Combine QUICK MIX and sugar in a medium bowl. Blend well. In small bowl, combine oil, 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 1½ cup shredded coconut. For peanut butter cookies, add ½ cup peanut butter. For orange cookies, omit extract and add 1 Tbsp. orange peel and ½ cup raisins. For molasses cookies, substitute 3 Tbsp. molasses for milk or water and add ⅛ tsp. mace.

Shaped Cookies: Decrease milk or water to 3 Tbsp. Shape dough into one-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 Tbsp. On a lightly floured surface, roll out dough to ⅛-inch thickness. Sprinkle with sugar and cut into shapes. Place about one inch apart on baking sheets.

Hot Fudge Pudding Cake

1½ cups QUICK MIX	¾ cup brown sugar,	¾ cup chopped nuts
⅓ cup canola oil	packed	1½ cups boiling water
1 tsp. vanilla	2 Tbsp. cocoa	½ cup milk
½ cup granulated sugar	¼ cup cocoa	

Preheat oven to 350° F. In unbuttered, 8-inch square pan, combine QUICK MIX, granulated sugar, 2 tablespoons cocoa, nuts, milk, oil, and vanilla. Blend well. Combine brown sugar and ¼ cup cocoa in small bowl. Add to water. Bring to boil. Gently pour over top of cake mixture. Do not stir. Bake 35 to 40 minutes, until edges separate from pan. Cool in pan 15 minutes before serving. Makes one 8-inch cake.

Caramel-Nut Pudding Cake

2½ cups QUICK MIX	⅔ cup milk
½ cup chopped nuts	½ cup raisins, if desired
½ cup brown sugar, firmly packed	Brown Sugar topping, see below
½ cup canola oil	

Preheat oven to 375°F. Lightly grease an 8-inch square pan. In a medium bowl, combine QUICK MIX, brown sugar, raisins, if desired, and nuts. Mix well. Add oil and milk; blend well. Pour into prepared pan. Prepare Brown Sugar Topping. Gently pour over top of cake mixture without stirring. Bake 30 to 40 minutes, until cake springs back when lightly touched in center. Cool in pan 15 minutes before serving. Makes an 8-inch cake.

Brown Sugar Topping:

1 cup brown sugar, firmly packed
1 Tbsp. butter or margarine

2 cups boiling water

In small bowl, combine brown sugar, butter or margarine, and boiling water. Blend.

Hot Cocoa Mix

1 cup powdered sugar
½ cup unsweetened cocoa powder
¼ tsp. salt

½ cup non-dairy creamer
2¾ cups instant non-fat milk powder
1 cup miniature marshmallows, if desired

In sifter, combine powdered sugar, cocoa powder, non-dairy cream powder and salt. Sift into large bowl. Stir in milk powder and marshmallows, if desired. Pour into a 4-cup container with tight-fitting lid. Seal container. Label with date and contents. Store in cool dry place. Use within 6 months. Makes about 4 cups HOT COCOA MIX.

Hot Cocoa: Stir 3 to 4 Tbsp. mix into one cup hot water to make one serving.

Hot Chocolate Mix

1 (25.6-oz.) pkg. instant nonfat dry milk or
(10⅔ cups)
1 (6 oz.) jar powdered non-dairy creamer

2 cups powdered sugar
1 (16 oz.) can instant chocolate drink mix

Combine all ingredients in large bowl. Mix well. Put in large airtight container. Label. Store in cool, dry place. Use within 6 months. Makes about 17 cups of HOT CHOCOLATE MIX.

Hot Chocolate: Add 3 Tbsp. HOT CHOCOLATE MIX (see above) to 1 cup hot water. Stir to dissolve. Makes one serving.

Orange Float Mix

2 cups non-fat dry milk
2 cups powdered orange drink mix

1 cup sugar

Combine ingredients in large bowl. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 6 months. Makes about 6 cups of ORANGE FLOAT MIX.

Orange Float: Add ½ cup of ORANGE FLOAT MIX (see above) to 8 ounces of cold water in blender. Add 2 to 4 ice cubes and blend well. Serve immediately. Makes one serving.

Homemade Bread With Food Storage Ingredients



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Homemade Bread Recipes

Feather Rolls

7 cups whole wheat flour, divided	$\frac{2}{3}$ cup canola or olive oil
2 to 3 cups white flour	$\frac{1}{2}$ cup honey or sugar
2 to 3 Tbsp. dry yeast	4 large eggs
1 cup nonfat dry milk powder	2 tsp. salt
3 cups warm water	

Mix 5 cups whole wheat flour, dry yeast, and nonfat dry milk in large mixer bowl. Add water, oil and honey. Mix well for 1 to 2 minutes. Turn off mixer, cover bowl, and let dough *sponge for 10 minutes. Add remaining 2 cups of whole wheat flour. Add eggs and salt. Turn on mixer. Add white flour, 1 cup at a time, until dough begins to pull away from sides of bowl. Knead for 5 to 6 minutes. Dough should be very soft and manageable. Stiff dough produces heavy, dry rolls. If dough stiffens while mixing, drizzle a little warm water over dough as it kneads. Dough may be used immediately or covered and stored in refrigerator for several days. Lightly oil hands and counter top if needed. Shape immediately into rolls. Let rise until very light. Bake at 350° F. for 18 to 20 minutes. Do not over-bake. Yield: 5 dozen large rolls.

*Sponge means to let it stand while yeast becomes active.

Adrie's Bread

1½ cups of milk, scalded	$\frac{1}{3}$ cup sugar
1 cube of melted margarine <u>or</u>	2 Tbsp. yeast dissolved in $\frac{1}{2}$ cup warm
$\frac{1}{2}$ cup canola oil	water
4 eggs	7-9 cups flour
1 Tbsp. salt	

Beat eggs. Add scalded milk, melted margarine or canola oil, salt, sugar, and 2 cups flour. Mix. Add dissolved yeast and 2 more cups of flour. Mix. Add remaining flour 1 cup at a time until dough is workable consistency. Let rise until double. Punch down. Knead for 10 minutes. Let rise until double. Knead for 10 minutes. Let sit for 20 minutes. Shape into rolls or loaves. Makes a big batch (about 3-4 loaves or 5-6 dozen rolls).

Bread Machine Bread

1. $\frac{2}{3}$ cup warm milk
2. 2 eggs
3. 1 tsp. salt
4. 2 Tbsp. sugar
5. 2 Tbsp. margarine
6. 3 cups bread flour
7. 2 tsp. bread machine yeast

Layer ingredients in bread mixer in order listed. Start bread machine.

Bread Machine Bread (Food Storage Version)

2 Tbsp. oil	1 tsp. powdered honey or regular honey
2 Tbsp. sugar	1 cup very warm water
2 Tbsp. butter powder	3 cups white flour or
3 Tbsp. egg powder	2½ cups whole wheat flour
1 tsp. salt	2 tsp. bread machine yeast
2 Tbsp. non-fat dry milk	

Layer ingredients in bread mixer in order. Check consistency of dough. You may need to add more water or more flour.

Sunflower Bread

Roll one batch of Bread Machine Bread into large, even circle. Cut dough into sixths, leaving middle intact. Cut each sixth into three pieces. Braid each sixth. Roll one braid into middle. Roll other braids into circles at sides of inner circle. Let rise until double. Bake at 350° F. about 30 minutes or until golden brown. (Colored, raw eggs can be put in the center of each sunflower and baked right into the bread for a cute Easter bread.)

Butterscotch Butter Balls

1 batch bread machine dough	1 tsp. cinnamon
½ cup melted margarine	½ cup pecans, chopped
½ cup brown sugar	1 (3 oz.) pkg. regular butterscotch pudding

Coat bundt pan with shortening. Combine melted margarine, brown sugar, and cinnamon in a saucepan. Cut up dough into small pieces and layer in the bundt pan with the syrup mixture, dry pudding, and pecans. Bake 30 minutes at 350° F. or until golden brown.

Marshmallow Melt Rolls

Divide one batch of Bread Machine Bread into small balls about size of golf ball. Roll each ball into flat circle. Spread margarine in the middle. Sprinkle with sugar and cinnamon. Place large marshmallow or several small marshmallows in the middle of the circle. Bring dough up around marshmallow and pinch. Bake at 350° F about 20 minutes or until golden brown. Can be glazed with thin powdered sugar icing if desired.

For more information about yeast breads, contact the USU Extension/Cache County Office at 752-6263. We also have an excellent pamphlet titled “Enjoy Yeast Breads both Plain and Fancy.” This book describes in great detail how to make good bread – particularly at a higher elevation. The cost of the book is \$1.00 and it is available in our office.

WORK SHEET FOR FIGURING THE COST OF HOMEMADE BREAD

Volume per Commonly Purchased Quantities of Foods Used to Make Bread

Food Item and Form	Quantity Most Commonly Purchased	Volume per Commonly Purchased Quantity
Baking soda	1 lb.	112 tsp.
Baking powder	14 oz.	120 tsp.
Bananas (mashed)	1 lb.	1½ cups
Bulgur	1 lb.	2¾ cups
Butter	1 lb.	2 cups or 32 Tbsp.
Cheese: Cheddar (grated)	1 lb.	4 cups
Cheese: Parmesan (grated)	3 oz.	1 cup
Cocoa	1 lb.	4½ cups or 72 Tbsp.
Cornmeal, white	1 lb.	3½ cups
Cornmeal, yellow	1 lb.	3 cups
Fat, hydrogenated	1 lb.	2 ⅓ cups or 37⅓ Tbsp.
Flour		
rye		
light (sifted)	5 lb.	25 cups
dark (sifted)	5 lb.	17½ cups
soy		
full-fat (sifted)	2 lb.	15 cups
low-fat	2 lb.	11 cups
wheat		
all-purpose (sifted)	5 lb.	20 cups
all-purpose (spooned)	5 lb.	17½ cups
bread (sifted)	5 lb.	20 cups
cake (sifted)	2 lb.	9¼ cups
cake (spooned)	2 lb.	8¼ cups
self-rising (sifted)	5 lb.	16 ⅔ cups
whole-wheat (stirred)	5 lb.	16 ⅔ cups
Honey	1 lb.	1⅓ cups or 21⅓ Tbsp.
Lard	1 lb.	2 cups or 32 Tbsp.
Margarine, solid	1 lb.	2 cups or 32 Tbsp.
Margarine, whipped	1 lb.	3 cups or 48 Tbsp.
Molasses, cane	12 fl. oz.	24 Tbsp.
Nuts, shelled		
almonds (blanched)	1 lb.	3 cups
peanuts	1 lb.	3 cups
pecans (chopped)	1 lb.	3½ to 4 cups

English walnuts (chopped)	1 lb.	3½ cups
Oats, rolled	1 lb.	6½ cups
Oil, vegetable or canola	1 qt.	4 cups or 64 Tbsp.
Pumpkin, canned, mashed	16-17 oz.	2 cups
Raisins, seedless	1 lb.	2¾ cups
Salt	1 lb.	72 tsp.
Sugar		
brown, light or dark (packed)	1 lb.	2¼ cups or 36 Tbsp.
cane or beet		
granulated	5 lb.	11¼ cups or 180 Tbsp.
confectioner's (un-sifted)	1 lb.	3-4 cups or 48-64 Tbsp.
confectioner's (sifted)	1 lb.	4½ cups or 72 Tbsp.
Wheat germ	12 oz.	48 Tbsp.

OTHER EQUIVALENTS

3 tsp. = 1 Tbsp.

16 Tbsp. = 1 cup

8 fl. oz. = 1 cup

2 c. = 1 pint

2 pt. = 1 quart

4 qt. = 1 gallon

16 oz. = 1 lb.

References:

American Home Economics Association, 1975 *Handbook of Food Preparation* (Seventh Edition), Washington, D.C.; AHEA, pp. 13-109.

Kansas State University, 1966, *Practical Cookery*, New York; John Wiley and Sons, pp. 8-15

Work Sheet for Figuring Cost of Homemade Bread

Column 1	Column 2	Column 3	Column 4	Column 5	Column 6	Column 7
<i>Ingredients in Recipe</i>	<i>Quantity Used in Recipe</i>	<i>Quantity Purchased</i>	<i>Purchase Price</i>	<i>Number of Units Purchased (see Volume chart)</i>	<i>Price Per Unit (Col. 4 ÷ Col. 5)</i>	<i>Cost of Amount Used (Col. 2 ÷ Col. 6)</i>
Examples:						
Flour, all-purpose (sifted)	2 cups	5 pounds	\$1.69	20 cups	\$.085	\$0.17
Salt	2½ tsp.	1 pound	.89	72 tsp.	.012	0.12

Total Cost of Ingredients (does not count energy and time costs) \$ _____

Number of Loaves and Weight of Each _____

Number

Weight Ea.

Cost per loaf \$ _____

Cost of same size store-purchased bread \$ _____

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