



## *“FOOD Stores, Not Grocery Stores”*

*Teresa C. Hunsaker, Utah State University Extension Educator*

With rising fuel prices(both home and auto), severe weather conditions, crop failures, unemployment, world crisis, a potential pandemic, and overall inflation, it seems many homes may be in trouble if they are not prepared.

Planning a food storage program will help many individuals and families be self-sustaining and self-reliant in whatever situation they may find themselves. Whether accident, unemployment, trucking strikes, or floods, as someone once said, *“The dawning hope of tomorrow lies in the preparations made today”*.

### GETTING STARTED

1. Inventory your current stores.
2. Plan budget for accumulating storage.
3. Devise a program/foods that work for you and your family.
  - a. Buy two or three months at a time and use one.(See *“How to Start”* chart)
  - b. Every time you buy something, buy two.
  - c. Save and buy in large quantities—case lots, 50 lb. bags, etc.
- c. Menu plan and shop according to frequency of meal repetition.  
(See *“Sample Planner”* chart)



### AVOID COSTLY MISTAKES

1. Storing poor quality food.
2. Saving food for use only in an emergency.
3. Storing what someone else outlines (not personalizing).
4. Storing foods family does not like.
5. Not rotating stored foods.
6. Not developing habits or skills necessary to use storage.
7. Placing storage in inaccessible locations.
8. Placing storage in adverse storage conditions.

### USING STORED FOODS

1. Keep and maintain an inventory for meal planning purposes.
2. Find and experiment with recipes that use the basics(wheat/grains, dry milk, beans, fats, sugars)
3. Adjust other family favorites to include the “hard to use” basics—like wheat or beans.
4. Consider ways to help you use it:
  - a. Make it accessible
  - b. Start small and keep going—try not to get discouraged
  - c. Make it convenient
  - d. Bring it to mind—have it built into your menus
  - e. Make it what you eat!



#### Courtesy of:

**Utah State University**  
**Weber County Extension**  
**1181 N Fairgrounds Drive**  
**Ogden, Utah 84404-3100**  
**(801) 399-8200**  
**<http://extension.usu.edu/weber>**

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## TORTILLA CASSEROLE

1 lb extra lean ground beef 2 cups salsa  
½ pound lean sausage 1 cup sour cream  
1 onion, finely chopped 1 can cream of  
1 can (15 oz) black beans, chicken soup  
drained (2 cups) 8 corn tortillas  
1 can (4 oz) green chilies, 1 cup cheese, grated  
diced

Brown meats with chopped onions; drain. Add beans and chilies. Spread ½ cup salsa on bottom of microwave safe casserole dish. Cut tortilla in half and arrange half of the tortillas in casserole; spread with half of meat mixture. Combine 1 cup salsa with sour cream and chicken soup; spread half of sauce over meat. Sprinkle layer with half of cheese. Add a second layer of tortillas and repeat. Cover and microwave on **High** for 10-15 minutes or until hot and bubbly. Allow casserole to stand for 10 minutes before serving. *May freeze for later use.* Garnish with fresh tomato and sliced olives if desired. ***\*May use conventional oven – bake at 350 degrees F. for 30 to 40 minutes.***

## BURRITO MIXTURE

1 pound pinto beans  
½ cup butter or margarine  
1 pound ground beef  
1 pound ground turkey or pork  
1 package taco seasoning mix  
1 large onion, chopped  
1 teaspoon MSG  
1 pint salsa  
1 pound Monterey jack cheese, grated  
½ pound cheddar cheese, grated  
2 cans diced green chilies  
Flour tortillas

Soak beans overnight; drain; cook beans next morning in 4 quarts fresh water. Salt to taste. Mash well - blending in butter. Brown meats with onion, taco seasoning, and MSG. Drain. Add chilies & salsa; stir into beans. Stir in grated cheeses; mix well. Spoon onto flour tortillas and fold. May serve immediately or wrap in aluminum foil and freeze for later use.

## BROCCOLI WHEAT BAKE

2 lbs broccoli, cooked slightly and chopped OR  
20 oz frozen, thawed  
½ cup onion, chopped  
1 tablespoon butter, melted  
1 can cream of chicken soup  
¼ cup dairy sour cream  
1 cup grated carrot  
½ cup milk  
1 cup cheddar cheese, grated  
2 cups cracked wheat, soaked

Sauté onion in butter. Add soup and heat to boiling; reduce heat and stir in remaining ingredients. Turn into a 2-quart casserole. Bake at 350 degrees F. for 30 minutes.

## HAM SALAD

1 head lettuce, chopped  
¼ cup onion, chopped  
2 cups ham, chopped  
1 cup wheat sprouts, chopped  
1 cup cooked wheat  
1 cup salad dressing

Mix all ingredients, serve chilled.

## WHOLE GRAIN BISCUIT MIX

2 cups whole wheat flour  
2 cups all purpose flour  
1 cup shortening  
2 tablespoons baking powder  
½ cup cornmeal  
½ cup quick-cooking oats  
1 teaspoon salt

In large container, mix dry ingredients, then blend in shortening. For every six biscuits desired, combine 1 cup of biscuit mix and ¾ cup of milk. Turn out on floured board and knead 1 minute. Roll app. 3/8" thick and cut with biscuit cutter. Bake on ungreased cookie sheet at 450 degrees for 12 minutes. Unused mix can be stored in refrigerator.

## GOLDEN HARVEST MUFFINS

2 1/3 cup all-purpose flour  
2 cups whole wheat flour  
2 cups sugar  
4 teaspoons baking soda  
4 teaspoons cinnamon  
1 teaspoon salt  
1/2 teaspoon powdered cloves  
4 cups (5 medium) apples, shredded  
1 cup each carrots, coconut, raisins and nuts  
1 1/4 cups oil  
1/2 cup milk  
4 teaspoons vanilla  
3 eggs, beaten

Combine flours, sugar, baking soda, salt and cloves.  
Add apples, carrots, raisins and nuts; mix well.  
Add the rest of the ingredients; stir until moistened.  
Fill muffin cups 3/4 full. Bake at 350 degrees F. for  
20-25 minutes. Makes 36.

## HOMEMADE "CREAM" SOUP MIX

2 cups powdered nonfat milk  
3/4 cup cornstarch  
1/4 cup instant chicken bouillon  
2 tablespoons dried onion flakes  
1 teaspoon basil leaves  
1 teaspoon thyme leaves  
1/2 teaspoon pepper

Combine all ingredients, mixing well. Store in air-tight container until ready to use. Yield: 9 cans

### **TO USE:**

**\*Cream of Chicken Soup:** Combine 1/3 cup of dry mix with 1 1/4 cups of cold water in saucepan. Cook and stir until thickened. Add to casserole as you would the canned product. Substitute for 1 can.

**\*Cream of Mushroom Soup:** Add a 4 oz. can of mushrooms, undrained, as part of liquid in *Cream of Chicken Soup* above for cream of mushroom (10% fat)

## PUDDING MIX

1 1/2 cups sugar    3/4 cup cornstarch  
1 teaspoon salt    2 1/2 cups nonfat dry milk

Mix all ingredients together, store in tightly covered container in a cool place. Makes 24 servings.

### **TO USE:**

**\*Vanilla Pudding:** Combine 1 1/4 cups pudding mix and 2 1/2 cups warm water in top of double boiler. Place over boiling water. Cook until thickened, stirring constantly. Add 1 tablespoon butter, remove from heat. Beat half the mixture into 1 beaten egg. Blend slowly into remaining hot mixture. Stir in 3/4 teaspoon vanilla; chill. Serves 4-6.

**\*Chocolate Pudding:** Add 3/4 cup cocoa and 1/4 cup additional sugar to vanilla pudding recipe.

**\*Caramel Pudding:** Substitute 1 1/2 cups packed brown sugar for granulated in the PUDDING MIX recipe. Make as for vanilla pudding.

**\*Fruited Lemon Pudding:** Add 1/2 cup fruit of choice and miniature marshmallows and make as for vanilla pudding.

## PINTO BEAN FIESTA CAKE

1/4 cup butter	1 teaspoon cinnamon
1 cup sugar	1/4 teaspoon nutmeg
2 eggs, beaten	1/2 teaspoon allspice
2 cups cooked pinto beans, mashed	1/2 teaspoon cloves
1 cup flour	2 teaspoons vanilla
1/4 teaspoon salt	2 cups raw apple, diced
1 teaspoon baking soda	3/4 cup raisins
	1/2 cup nuts

Cream butter and sugar; add eggs and mashed beans; mix well. Combine all dry ingredients; add to sugar mixture. Fold in apples, raisins, nuts and vanilla. Pour into well greased 10" tube pan and bake at 375 degrees F. for 45 minutes. May glaze if desired.

**Option:** For chocolate cake, add 4 tablespoons cocoa.

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## **CORNBREAD**

1 egg\*  
1 cup water  
2 ½ cups *Cornmeal Mix* (recipe below)

Preheat oven to 400° F. Lightly grease 8X8-inch baking pan. Mix egg and water; add to cornmeal mix. Stir until just moistened; pour into pan. Bake for 25 minutes or until center is firm.

\*May substitute 2 ½ tablespoons dried egg mix plus 1 tablespoon warm water.

## **CORNMEAL MIX**

2 cups cornmeal  
2 cups flour  
2 tablespoons baking powder  
2/3 cup instant nonfat dried milk  
¼ cup sugar  
1 teaspoon salt  
½ cup shortening

Combine dry ingredients; cut in shortening until it looks like fine crumbs. Store in covered container in refrigerator for up to 3 months.

## **CHICKEN ENCHILADAS**

1 cup *Homemade Cream Soup Mix* (recipe included)  
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 tablespoon 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 stove top 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 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.



## **EGG SUBSTITUTES**

### **Using Flax Seed**

This recipe is every bit as good as real eggs for use in your favorite baked goods.

For each egg needed, place in blender 1 heaping tablespoon of whole organic flax seed; blend until it becomes a fine meal. Add ¼ cup cold water and blend 2 to 3 minutes until thickened and has the consistency of eggs.

Each ¼ cup of flax seed mixture will replace one egg in baking.

### **Using Unflavored Gelatin**

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

## WHITE SAUCE MIX

2 cups instant nonfat dry milk OR  
1 ½ cups non-instant dry milk  
1 cup all purpose flour  
2 teaspoons salt  
1 cup butter or margarine

Combine dry milk, flour and salt; mix well. Cut in butter until it resembles fine crumbs. Store in airtight container (stores 2 months in refrigerator). Makes 8 cups sauce.

**\*TO MAKE SAUCE:** Combine ½ cup white sauce mix, 1 cup cool water and herbs to taste. Cook over low heat until smooth and thickened. Makes 1 ½ cups sauce.

**CHEESE SAUCE VARIATION:** Add ½ to 1 cup shredded cheese after mixture thickens; stir until cheese melts.

## EASTERN CORN CHOWDER

5 slices bacon  
1 medium onion, thinly sliced  
2 medium potatoes, pared and diced  
Water  
2 cups milk  
1 cup *White Sauce Mix* (above)  
17-oz. can cream-style corn  
1 teaspoon salt  
Dash pepper  
1 tablespoon butter or margarine

In large frying pan, cook bacon until crisp. Crumble and set aside. Reserve 3 tablespoons bacon drippings in a pan. Add onion and cook until light brown. Add potatoes and enough water to cover. Cook over medium heat 10-15 minutes, until potatoes are cooked. Combine milk and sauce mix in small saucepan. Cook over low heat until thick and smooth. Stir in corn, salt and pepper. Add to potato mixture and heat through about 10 minutes. Top with crumbled bacon and butter. Serves 6.

## HONEY STORAGE

*The following recipe will keep honey from crystallizing:*

8 cups honey  
8 teaspoons lemon juice  
1 oz. liquid pectin

Bring honey and lemon juice to a rolling boil; add pectin. Continue to boil for 1 minute. Place in storage containers. It will stay a spreading consistency.

*\*If honey is already crystallized, place in pan of warm water to soften and melt crystals.*

## WHOLE WHEAT ANGEL FOOD CAKE

2 cups whole wheat flour  
1 cup cold water  
½ teaspoon salt  
1 teaspoon almond flavoring  
8 eggs, separated  
½ cup cornstarch  
2 cups sugar  
1 ½ teaspoons vanilla  
1 teaspoon cream of tartar

Grind wheat on fine setting. Beat egg whites with cream of tartar until very stiff, set aside. Combine flour, cornstarch, salt and sift 3-4 times; set aside. Beat egg yolks in a mixer until light colored. Slowly add cold water and vanilla; beat 2 minutes. Add sugar and flour mixture; beat for 3-4 minutes. Fold egg whites into batter; pour into ungreased bundt pan. Bake at 325° F. for 75 minutes.

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