

EASY FOOD STORAGE FOR 1-3 MONTHS

These ideas are taken from the book: The Prepper's Cookbook, by Tess Pennington

This is not MY list of recipes, but it is easy and doesn't require any canning, or dehydrating, or LARGE purchases. It is very manageable.

Here are some ideas for meals that would be easy to make. If you start with some basic canned goods, then added extra, you could expand your supplies to feed more people.

Buy 2 times each item, and you'll have a 3 weeks of groceries and meals. Buy 5 of each item and you'll have a good 3 months. This is NOT rocket science. You can do it.

Add something for breakfast: oatmeal, Cream of Wheat, cold cereal, instant pancake mix, maybe a can of eggs.

1. Beef Stew – Add 1 can mixed veggies and 2 cups of cooked barley
2. Beef Stew – Add 1 c. water and a packet of gravy mix. Serve over cooked egg noodles.
3. Chili Mac – Add ½ c. processed cheese spread and 2 c. cooked macaroni
4. Chili – Add 1 can kidney or black beans and 2-3 c. rice.
5. Chili – Add 2 prepared packages Mac & Cheese
6. Baked beans in Tomato Sauce – Add 1 can flaked ham, ¼ c. BBQ sauce, 2 c. cooked barley
7. Loaded Chicken Noodle Soup – Add 1 can peas, 1 can condensed Cream of Mushroom soup, 2 c. noodles cooked in chicken bouillon
8. Vegetable Soup – Add 3 c. cooked rice or barley for a tasty pilaf
9. Corn Chowder – 1 package instant potato flakes, 2 TB nonfat dry milk (or 3 TB instant), 4 c. water, 1 can Creamed corn. Makes a thick corn chowder.
10. Spaghetti – Add 1 can diced tomatoes and 1 can white kidney beans into spaghetti sauce. Serve over pasta
11. Tuna casserole – Add a can of peas to cooked macaroni, tuna, and Cream of Mushroom soup
12. Chicken Rice-A-Roni – Add 1 can chicken to 1 Box of Chicken Rice-A-Roni. Cook as directed.
13. Chicken Pot Pie – Mix 1 can chicken, 2 cans diced potatoes (drained), 1 can peas and carrots (drained). Make a white sauce with flour, butter, and chicken broth. Crust: 3 c. flour, cut in 1 c. shortening, 1 egg, ¾ c. milk, 1 tsp salt, ½ tsp baking powder. Flatten dough between your hands and lay on top of chicken and gravy mix. Bake 350 for 30 min. Recipe below:

Barley – 3 lb.

BBQ sauce - 1

Beef Stew – 2 cans

Butter – You can store several pounds in your fridge and rotate them. You can also buy dehydrated butter here: [amazon.com/Hoosier-Hill-Farm-Butter-powder/dp/B00DC5ZKQE/ref=sr_1_3?crd=1LM6CP6Z66Q8L&dchild=1&keywords=dehydrated+butter+powder&qid=1593827792&srefix=dehydrated+butter%2Caps%2C190&sr=8-3](https://www.amazon.com/Hoosier-Hill-Farm-Butter-powder/dp/B00DC5ZKQE/ref=sr_1_3?crd=1LM6CP6Z66Q8L&dchild=1&keywords=dehydrated+butter+powder&qid=1593827792&srefix=dehydrated+butter%2Caps%2C190&sr=8-3)

Chicken Bouillon

Chicken canned - 1

Chili – 3 cans

Cheese Spread

Creamed corn - 1

Gravy Mix – 1 packet

Ground Beef, freeze dried <https://www.mountainhouse.com/m/product/ground-beef.html>

This is expensive!!! \$69.00 It's much cheaper to can your own. Just sayin. But 1 #10 can of ground beef will make several meals. Might be worth it.

Ham, canned - 1

Mac & Cheese – 2 boxes

Macaroni – 2

Milk – instant or non-instant – 1 box.

Noodles – 1

Peas and Carrots – 1 can

Potato Flakes – 1 box

Potatoes, canned - 2

Rice – 5 lbs.

Rice-A-Roni – 1 box chicken flavor

Shortening – small container (although you can use shortening for a lot of things. In the old days, we didn't have "spray" shortening, so we used it to grease pans. It is also used to make biscuits for when you run out of bread and want something that tastes like bread but isn't bread. Hot biscuits are good with butter and jam. Mmmmm. We used melted shortening in place of vegetable oil sometimes. – And don't forget the cookies!)

Soup, Chicken Noodle

Soup, Cream of Mushroom 2

Soup, Vegetable 1

Spaghetti – 1

Spaghetti sauce – 1

Tuna - 2 cans

Veggies – 1 can

White kidney beans - 1

Some other suggestions to have on hand:

- https://www.amazon.com/Augason-Farms-Dried-Whole-Product/dp/B009615DJU/ref=sr_1_3?crd=3RQ83TP87JWUN&dchild=1&keywords=powdered+egg&qid=1593827095&srefix=powdered+egg%2Caps%2C197&sr=8-3

These are whole eggs. 1 can is about 90 eggs. You can use them in cooking, or eating. I made scrambled eggs for breakfast, and could NOT tell. The price fluctuates, so you can watch for it to come down. Many freeze dried companies are out of eggs entirely.

- 10 pounds of flour. If you don't use flour, just get 5. You might be surprised how much you will want it, and if history repeats, it will disappear from shelves for several months.
- 10 pounds of sugar. Just get it. Use it on your cereal. Make some cookies one day.
- 1 box cocoa
- 1 container salt
- 1 container baking soda
- 1 container baking powder