

My Food Storage Concoctions

Dried Soup Mix

This is used as a base to make various types of soup.

Recipe makes about 13 cups. (Enough to fill a #10 Can.)

2 ½ Cups Lentils
2 ½ Cups Split Peas
2 Cups Long Grain Rice
1 ¼ Cups Dehydrated Onion
3 ¼ Cups Dehydrated Carrot

Cold Day Soup

This works for me on warm days too!

Use any kind of meat that you like. It is good without as well.

8 Cups of Broth (Chicken, Beef, etc.)
¾ Cups of Dried Soup Mix
2 Cups (1 lb) of Meat (Ground Turkey, cut up beef sausage, etc)
12 oz Evaporated Milk*
1 tsp Italian Seasoning
½ tsp Garlic
Salt and Pepper to taste. (Warning! Don't use much pepper!)

Simmer for 1 ½ hours. Towards the end, add the milk and cooked meat.

*Evaporated milk can be made from powdered milk. Begin with the instructions for making 1 cup of milk. Triple the amount of powder required for that. Add to 1 1/3 cups of water rather than 1 cup.

Refried Beans

My favorite item at the Sandy Home Storage..

These instructions are for 1 serving.

½ Cup Refried Bean Flakes
1 ½ Tsp Dehydrated Onion
½ Tsp Taco Seasoning
Sprinkle of shredded cheese
Squirt of enchilada sauce

Combine the bean flakes, onion, and taco seasoning in a small 1 cup or 2 cup microwavable bowl. Just barely cover ingredients with water and stir. Put in microwave until you can see the mixture climbing up the sides of the dish. Open microwave and stir. Allow to sit for a couple of minutes. Sprinkle cheese and return to microwave again until it starts to climb the bowl. Remove and Squirt with some enchilada sauce. (I keep a squeeze bottle filled with this in the refrigerator.

MRE Potato Soup

MRE's are Meals Ready to Eat and are intended for backpacking, camping, emergency kits. This one makes a particularly good potato soup. The potato pearls, dehydrated onion, and dehydrated milk are all available from the LDS Homes Storage Centers in #10 cans. The milk is also available in Mylar pouches.

2 Cups Potato Pearls

1 1/3 Cup Powdered Milk – Note you need enough powder to make 4 cups of milk. If your dry milk uses different measurements to get there, please adjust the amount of powder accordingly. My milk calls for 1/3 cup of milk per cup of finished milk.

2 Tbsp Dehydrated Onion

2 tsp Chicken bouillon granules. My granules call for 1 tsp per cup of finished broth. You will want to follow your recipe to make 2 cups of finished broth.

1/2 tsp Granulated Garlic

1/2 tsp Black pepper. Note – this recipe has a slight kick of heat to it. If you are not a fan of black pepper, cut this back to a pinch or leave it out altogether.

1/4 tsp salt.

To make mix, combine all ingredients and mix well.

To make soup, add 1 cup boiling water for each cup of soup you are making and stir with a fork until well blended and beginning to thicken. This could take a minute or two.

This recipe makes a half gallon of soup. To make an MRE for a 2 cup meal, split into 4 equal parts. To make for a 1 cup side dish, split into 8 equal parts.