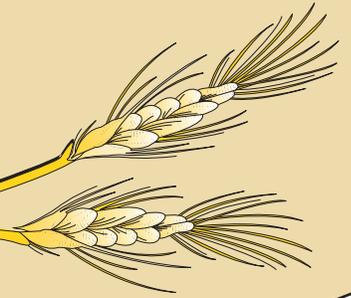


Cooking with Home Storage

SEPT, 11 2007 SALEM THIRD WARD RELIEF SOCIETY



HELPFUL HINTS IN COOKING WITH YOUR HOME STORAGE:

To introduce your family to whole wheat flour, use $\frac{1}{2}$ white flour and $\frac{1}{2}$ whole wheat flour in your favorite recipes. Examples: Breads, rolls, cakes, cookies, muffins, pancakes, waffles, pie crusts, and biscuits. Just remember wheat flour is heavier than white flour and needs more leavening. In yeast breads, use more yeast and/or let it rise longer. In baking powder leavened products, increase baking powder by one teaspoon for each 3 cups of whole wheat flour used. Recipes using baking soda need not be adjusted.

Cooked wheat will pick up the flavor of almost anything that you put with it: Ground beef, peppers, onions, spices, and so forth.

You can add $\frac{1}{2}$ C – 1C cooked wheat to everyday items that you cook:

- ☛ Ground beef taco mix
- ☛ Pizza topping
- ☛ Soups and stews
- ☛ Chili
- ☛ Casseroles (instead of adding noodles or rice try adding cooked wheat)
- ☛ Meatloaf
- ☛ Wheat steaks
- ☛ Tamales
- ☛ Pot pies
- ☛ Enchiladas
- ☛ Meatless burritos
- ☛ Lasagna
- ☛ Spaghetti sauce
- ☛ Empanadas
- ☛ Manicotti
- ☛ Breakfast cereals and much, much more, the possibilities are endless, do not be afraid to experiment.

HOME STORAGE RECIPES:

Cracked Wheat Cereal

- 1 C cracked wheat
- 4 C boiling water
- 1 tsp. salt

Add wheat gradually to boiling water so that the water continues to boil. Cover pan and turn stove down until wheat barely simmers. Then gently simmer 25 to 35 minutes. Stirring is necessary.

Cooked Whole Wheat

- 1 C whole wheat
- 1 tsp. salt
- 2 C boiling water

Bring water to boil, add wheat gradually. Turn heat down and simmer for 3 to 6 hours. If made the night before, it is very good mixed with cracked wheat cereal. Add more water if necessary.

Whole Wheat Candy

- 3 Tbsp. cocoa
- $\frac{1}{2}$ C milk
- 2 C sugar
- 1 C cooked wheat, drained
- $\frac{1}{4}$ tsp. salt
- 1 tsp vanilla
- 2 C quick oats
- $\frac{1}{2}$ C shredded coconut

Bring to a boil slowly, cocoa, milk, sugar, salt, and vanilla. Remove from heat and add oats, wheat, and coconut. Drop on waxed paper by teaspoonfuls. Put in refrigerator to set. Makes 30.

MORE HOME STORAGE RECIPES ON BACK



Hamburger And Wheat Casserole

- 2 C whole wheat
- 4 C water
- 2 lbs. hamburger or ground turkey
- ¼ C dried chopped onions, reconstituted
- ½ C chopped green pepper
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 clove garlic, chopped
- 1 tsp. cumin or oregano
- 1 qt. tomatoes
- 2 C tomato sauce
- 1 sm. can chopped olives
- 1 ½ C grated Jack cheese

Cook whole wheat in water for one and one half hours. Drain off any liquid.

Brown hamburger with drained onions and chopped green pepper. Add to drained wheat along with spices. Add tomatoes, sauce, and olives and simmer for 30 minutes. Place in a casserole dish and top with cheese. Bake on 350° F for 25 to 30 minutes or until cheese is melted. Serves 8.

Cracked Wheat Chili

- 2 onions, chopped
- 1 C celery, chopped
- 1 green pepper, chopped
- 2 Tbsp. olive oil
- 1 can tomato sauce
- 1 qt. jar canned tomatoes
- 1 Tbsp. chili powder
- ½ Tbsp. cumin
- Salt to taste
- 1 lb. ground meat, browned and drained (optional)
- 1 Tbsp. sugar
- 6 C cracked wheat, cooked

Saute onion, celery, and green pepper in olive oil until limp but not browned. Add tomatoes, and tomato sauce, spices, and sugar. Add meat if desired. Cook for 20 minutes to blend flavors together. Add cracked wheat and cook ½ hour, stirring occasionally. Top with grated cheese.

Information for this hand-out was obtained from the "Basic Food Storage Cookbook, Recipes, Ideas, Tips, & Information" book available for purchase (\$2.00 each) at the Idaho Falls Home Storage Center at 770 West Anderson in Idaho Falls for more information please call the cannery at 208-529-2201.

MORE HOME STORAGE RECIPES:

Bean Pizza

- 2 C cooked pinto beans
- ½ lb ground beef
- 1 C dried chopped onions
- 1 8-oz can tomato sauce
- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp salt
- ½ C chopped green pepper
- 1 sm can sliced olives
- 1 lb frozen bread dough thawed
- ½ lb grated Monterey Jack cheese
- Red pepper flakes to taste
- Guacamole

Mash 1 C beans and set aside remaining cup of beans. Brown the beef with onions in large skillet. Stir in mashed beans, tomato sauce, chili powder, cumin, and salt. Simmer 10 minutes. Pat or roll dough to cover bottom of greased 14 inch pizza pan or a cookie sheet. Spread with bean/beef mixture. Top with green pepper, olives, whole beans, and cheese. Sprinkle with red pepper flakes. Bake in preheated 400° F oven for fifteen minutes or until crust is browned. Cut into wedges. Top each serving with guacamole.

(To make this pizza meatless, omit the beef and increase the beans to 3 cups, mashing 2 of the cups).

Pinto Bean Pecan Pie

- ½ C sugar
- ¾ C brown sugar
- ½ C butter
- 1 heaping cup mashed cooked pinto beans
- 2 eggs
- ¼ C Karo syrup
- 1 tsp. vanilla
- ½ C chopped nuts, pecans or walnuts
- 1 9-inch unbaked pie shell

Blend sugars, eggs, and butter until creamy. Add pinto beans, Karo syrup, and vanilla. Blend well. Pour into unbaked pie shell. Top with chopped nuts. Bake at 375° F for 20 minutes then at 350° F for an additional 25 minutes. Can be served with whipped cream or ice cream. Can use as a tart filling.

Information was also taken from "Marlene's Magic with Food Storage" by Marlene Petersen. Published in 1991. For more information regarding this book or its recipes write to Marlene's Magic, P.O. Box 802, American Fork, and U.T. 84003.