

HILLBILLY SURVIVAL RECIPES

By Tony Lamb



DINNER TIME, COME AND GET IT

How to make bread, bean burgers, rolls, biscuits etc. from items on hand in a survival situation

SOURDOUGH STARTER RECIPE

2 Cups all-purpose Flour
2 Teaspoons Granulated Sugar
1 Packet (2 1/4 teaspoons) Active Dry Yeast
2 Cups Warm Water

Instructions

Mix flour, sugar and yeast together with a wooden spoon (never use metal) in a glass, glazed ceramic, or crockery pot with a 2-quart capacity.

Gradually stir in the warm water until the mixture becomes a thick paste.

Cover the container with a dishcloth and allow to sit in a 70 to 80 degree room without drafts.

Stir once a day for 2 to 5 days until it gives off a pleasant sour smell and is bubbly.

* Important Notes:

*If you use whole wheat, rather than all-purpose flour, the sourdough starter recipe will require a longer rising time.

*Adding the sugar kick-starts your sourdough starter because yeast feeds on sugar. If a dietary restriction disallows sugar, the recipe can be made without it.

* Use distilled or bottled water (if your water contains chlorine, it can stop the action of yeast.

* Temperatures of more than 100 degrees will kill yeast.

* Covering sourdough starter with a dish towel allows wild yeast to pass into the sourdough starter—and plastic wrap is not recommended.

* Form into loafs and place in bread pans, bake at 350 degrees until light golden brown.

Sourdough Biscuits

Sourdough biscuits were a delicacy whether on the trail or at the ranch. Once a cook got a good sourdough starter he cherished it like a baby. On the trail he would store it in a dark, cool place in his chuck wagon. Here is one cook's recipe for a sourdough starter.

2 cups of lukewarm potato water

2 cups flour

1 tablespoon sugar

Make potato water by cutting up 2 medium-sized potatoes into cubes, and boil in cups of water until tender.

Remove the potatoes and measure out two cups of the remaining liquid. (The potatoes can be used for the evening meal.)

Mix the potato water, flour and sugar into a smooth paste.

Set the mixture in a warm place until it doubles its original size.

SAVORY PINTO BEAN BISCUITS

* 1 cup mashed beans

* 2 TB butter

* 1 TB honey

* 1 TB molasses

* ½ tsp each of sea salt, pepper, garlic powder & onion powder

* 1 cup buttermilk or soured milk

* ½ tsp baking soda

* 2 cups and 2 TB flour

* 2 TB baking powder

Mix beans, butter, honey, molasses and seasonings.

Add soda to milk, let it stand for a minute or two, then add to beans. Add the flour and baking powder.

Stir it all together. Turn dough out onto well floured surface and gently knead 6 to 8 times, adding flour as you go, if needed. Pat down to ½ or ¾ inches, cut with pizza wheel, and place an inch apart on un-greased pan.

Bake for 12 to 15 minutes at 380 degrees till golden. Makes 16 to 18 biscuits.

by Christine M.

A SURVIVAL BREAD RECIPE

3 cups of flour
1 teaspoons of salt
1 tablespoon of sugar
3 to 5 teaspoons of yeast
1 1/8 cup of water

You also need a large mixing bowl and a bread pan.

Warm, 1 1/8 cup of water to roughly 80 to 90 degrees. Dump it in a large mixing bowl. Add 3 to 5 teaspoons of yeast. (at higher elevations you will need more yeast at lower elevations you need less) Gently stir the yeast until dissolved in the water.

When the yeast is dissolved add your 1 tablespoon of sugar and 1 teaspoon of salt.

Next, add 2 cups of flour and start working into the mix. As the flour and water mix add the 3rd cup of flour.

When everything is thoroughly mixed cover the bowl with a towel and place it in a warm spot for about an hour so the dough can rise. After an hour pinch the dough three or four times. This removes the air. Mold the dough into a shape that nicely fits into your bread pan. You should oil your pan before putting the dough in it (if you can).

Put the dough in the bread pan then place in a warm spot for about an hour. This again allows the dough to rise. After an hour your bread is ready for baking.

Place it in an oven for hour at 350 degrees. If you don't have a conventional oven you can bake over an open fire, in a BBQ grill, on the wood stove or in a solar oven when it's sunny.

SIMPLE HARDTACK RECIPE

Hardtack is nutritious and will keep for years if stored properly

You can make hardtack almost identical to what sailors, troops, and pioneers have been eating (minus the weevils!) by following this simple recipe

4-5 cups of flour

2 cups of water

3 tsp. of salt

Mix the flour, water and salt together, and make sure the mixture is fairly dry.

Then roll it out to about 1/2 inch thickness, and shape it into a rectangle. Cut it into 3×3 inch squares, and poke holes in both sides.

Place on an un-greased cookie or baking sheet, and cook for 30 minutes per side at 375° (or 350° if you have a convection oven).

BLACK BEAN "HAMBURGER" PATTIES

I love this recipe for black bean patties because it's easy to make as well as tasty, two of my favorite qualities in a recipe!

They aren't quite firm enough to toss on the backyard grill, but are good for an everyday meal. This veggie burger recipe is both vegetarian and vegan.

You can spice these up with chopped peppers or hot sauce if you like yours spicy.

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

- * 1/2 onion, diced
- * 1 can black beans, well drained
- * 1/2 cup flour
- * 2 slices bread, crumbled
- * 1 tsp. garlic powder
- * 1 tsp. onion powder
- * 1/2 tsp. seasoned salt
- * salt and pepper to taste
- * oil for frying

Preparation:

Sauté the onions till soft, about 3-5 minutes.

In a large bowl, mash the beans until almost smooth. Add sautéed onions and the rest of the ingredients, except the oil, adding the flour a few tablespoons at a time to combine well. Mixture will be thick.

Form bean mixture into patties, approximately 1/2 inch thick and fry patties in a small amount of oil until slightly firm. Make veggie burgers and enjoy!

SURVIVAL BUSCUITS

1 cup flour

1/4 tsp. salt

2 tsp. Baking Powder

1/4 cup shortening or oil

1/2 cup milk or buttermilk or mixed ready to drink powdered milk

Mix flour, salt & baking powder then mix in shortening or oil until mixture resembles corn meal, let stand 1 minute.

Knead for 1 minute on a floured board, then roll out and cut with a biscuit cutter and place on a greased baking sheet

Bake at 400 deg. or until light golden brown, can be baked in a Dutch Oven.

Flour will not store a long time but IF you have wheat

wheat will store for years, you can grind the wheat and then you have your flour.

BUTTERMILK BISCUITS

2 cup self rising flour

1/4 tsp. baking soda

1/4 cup shortening

7/8 cup buttermilk

Heat oven to 450 degrees, cut shortening into dry ingredients until mixture resembles coarse meal. Add buttermilk and stir with a fork until dough leaves sides of bowl.

Turn dough onto lightly floured board. Knead just until smooth. Roll dough out to 1/2" thickness, cut with a floured cutter. Place on a lightly greased baking sheet.

Bake 10 to 12 minutes. Makes 12 to 14 2" biscuits.

By Bettye Martin

CAMPFIRE STEW

1/2 lb. Ground Chuck
1 small onion (chopped)
1 small green pepper (chopped)
Salt & Pepper to taste
2 cans of Vegetable soup

Brown beef with onion and green pepper in skillet, until all pink color disappears. Stir in remaining ingredients. Cook until heated though, stirring frequently.

Yields 4 servings
by Bettye Martin

BEEF "OR VENISON" JERKY

3 lbs. meat strips
2/3 tsp. garlic powder
2/3 tsp. onion powder
2/3 tsp. black pepper
1/2 cup soy sauce
1/2 cup Worcestershire sauce
2 tsp. seasoned salt
2 tsp. accent seasoning
1/4 cup of Vinegar
2 Tablespoons Cajun seasoning
A few hot pepper seeds

Mix all ingredients and pour over meat strips. Marinate for 24 hours. Drain and place in dehydrator for 8 hours. Can be done in low oven overnight.
by Nancy Thomas

BEST EVER WHITE BREAD

2 Cups of milk
2 Tablespoons of Sugar
2 tsp. Salt
1 Tablespoon lard or shortening
1 pkg. dry yeast
1/4 cup warm water (110 to 115 degrees)

This is a two loaf recipe, dough is easy to handle and loaves are plump

Scald milk, stir in salt and lard. Cool to lukewarm. Sprinkle yeast on warm water, stir to dissolve. Add yeast and 3 cups flour to milk mixture. Beat with spoon until batter is smooth and sheets off spoon, (or beat with mixer at medium speed until smooth, about 2 minutes) scraping bowl occasionally. Add enough remaining flour a little at a time to make a dough that leaves sides of bowl. Turn onto lightly floured board: cover and let rest for 10 minutes. Knead until smooth and elastic, 8 to 10 minutes. Gather into a ball and put into lightly greased bowl, turn dough over and grease top. Cover and let rise in a warm place until doubled, about 1 1/2 hours. Punch down, cover and let rise again until almost doubled, about 45 minutes. Turn onto

board and shape into rolls or loaves. Place on greased pans. I use 9x5x3 inch loaf pans. Cover and let rise until doubled, about 1 hour. Bake in 400 degree oven 35 minutes or until golden brown.

Place on wire racks and let cool, away from drafts, makes two loaves.

by Eloise Strother

FREAMON'S FRIED CATFISH

Catfish (fillets preferred)

White Cornmeal

Salt

Lemon Pepper

Peanut oil (this produces a light non-greasy fish)

Heat peanut oil about 4" deep in a cast iron kettle or Dutch Oven, place wooden kitchen match in oil. When match lights oil is hot enough. Don't worry match will put itself out. Sprinkle fillets generously with salt and lemon pepper. Roll in cornmeal, shake off excess. Drop fillets one at a time into hot oil. Do not over crowd as it needs room to float. Cook turning over once, until fish floats and is golden brown. Drain on paper towel or slice of bread.

By Freamon Martin

NEVER FAIL DUMPLINGS

1 1/2 Cup sifted flour
1/4 tsp. salt
3 Tablespoons shortening
5 Tablespoons cold water
1 well beaten egg

Mix all ingredients together to form a stiff dough. Roll out very thin. Let stand 20 minutes, cut into strips and drop into boiling Chicken Broth, Cook for 20 minutes. You can add these to a couple cans of Chicken Noodle Soup and wala you have Chicken and Dumplings

By Bettye Martin

NEVER FAIL QUICK DUMPLINGS

Cut flour Tortillas into strips

Add strips to boiling Chicken broth dunking one at a time until all are added. Turn off heat and cover, as soon as all are added. Let stand for 20 minutes. As above, you can add these to a couple cans of Chicken Noodle Soup and wala you have Chicken and Dumplings.

by Bettye Martin

HOT GERMAN POTATO SALAD

4 slices of bacon
1 Box Betty Crocker Scalloped potatoes
3 cups water
3 Tablespoons of Vinegar
1 hard boiled egg

In a large skillet fry bacon until crisp. Remove and drain on paper towel. Pour off drippings from pan saving 3 Tablespoons. Add potato slices and seasoned sauce mix in skillet; stir in water. Heat to boiling, reduce heat, cover and simmer, 25 minutes or until potatoes are tender, stirring occasionally. Crumble bacon and stir in with Vinegar and saved drippings. Garnish with chopped egg and serve.

By Pat H. she was the winner with this recipe of the Betty Crocker Homemaker of Tomorrow Award at Jonesboro High School in 1956, serves 4 to 5 people.

AMY'S BAKED BEANS

2 cans pork and beans
1/2 cup brown sugar
1/4 cup ketchup
2 Tablespoons of Mustard
1/2 cup of finely chopped onion
1/4 cup of finely chopped bell pepper
Bacon (enough to cover to of beans)

Mix all ingredients together. Layer bacon on top. Bake at 350 degrees for about 45 minutes

By Jeff and Amy S.

GRANDMA'S FAMOUS HUNGARIAN GOULASH

1 lbs. Ground Chuck
1 medium onion
1 small green pepper
1 large bar of extra wide noodles
2 cans stewed tomatoes

Chop half the onion in small pieces and half the bell pepper and add to skillet and then brown hamburger in skillet stirring occasionally so it will not burn then drain off any extra grease. In a separate large pot bring the pot nearly full of water to a boil and then add in the noodles. After the noodles are cooked soft, drain into a strainer and dump back into the empty pot. Now add the other half onion and bell pepper chopped small and add the two cans of stewed tomatoes stir in the ingredients along with salt and pepper to taste. If you like your Goulash spicy you can add in a can of mild Rotel or a small spicy pepper diced fine to spice it up (if you like) But I love it without the peppers. I find the stewed tomatoes spice it up just enough for everyone to love.

By Marie Lamb

WORLD FAMOUS HILLBILLY BEEF STEW

1 large package of stew meat (or Venison pieces)
4 cans of Campbell's Beef Broth
1 bunch of Carrots
1 bunch of Celery
1 large onion

1 large Bell Pepper
5 lbs. of potatoes
1 package of frozen whole Okra (or canned whole Okra)
1 can of corn
1 can of green beans

In a large skillet brown your meat and be sure to add in half the onion and bell pepper chopped course. After the meat is good and cooked set aside. In another large pot 4 qt. Or larger add your 4 cans of beef broth and 4 cans of water and place on medium heat. Now Peel the carrots and dice them into one to two inch lengths and do the same with the celery and place in the pot of beef broth. Take the rest of your onion and bell pepper and chop up course (large pieces) and place in the pot. Open your cans of corn and green beans and place in the pot. Now add your saved and browned stew meat and cover and cook on a medium low heat, watch so the pot does not boil over, if it does turn it down until it does not boil over.

You should have saved your potatoes, now peel them and cut into large chunks and save in water so they will not turn brown. ONLY after your carrots are done and soft to eat then you add in the potatoes and about 15 minutes later you add the Okra. Simmer on low heat until the potatoes are soft (but not falling apart) and serve.

This will serve a small army about 6 to 8 people and they will go back for seconds.

By Marie Lamb

GRAVY

½ Cup bacon grease
(for breakfast gravy) or plain shortening for dinner gravy or melted butter for white gravy
5 Tablespoons of Flour
2 cups of milk (best made with 1 cup evaporated milk & 1 cup of water)

Heat bacon grease or butter in a skillet until very hot. Sprinkle flour into fat and stir with

a spoon until all lumps are gone.

For darker gravy cook the flour (stirring constantly) until it becomes very brown, turn off heat for a minute before adding milk to avoid a splash burn.

Heat and stir until gravy thickens (add more water if it is too thick). Salt and pepper to taste.

For added flavor add 1 tablespoon beef or chicken bouillon granules.

By Bettye Martin

MOUNT NEBO RICE

½ cup uncooked rice

1 lb ground chuck

¾ cup onion, chopped

2 ¼ cup water

1 beef bouillon cube

¼ cup tomato paste

1 tsp. Chilli powder

½ lb. Cheddar cheese, shredded

Salt and pepper to taste

Brown meat and onion in iron skillet or Dutch Oven. Add water and bouillon cube, heat.

Add rice and paste, stir. Add seasonings, simmer for 25 minutes, add cheese.

By Denise T.

VEGETABLE BEEF ROLL

2 lbs. ground chuck
1 lg. Box Bisquick
5 cans Vegetarian Vegetable soup

Drain 3 cans of the soup into a large pot holding back the vegetables and draining the juice into the large pot. This will be slow going as these soups are condensed.

Now take your other two cans of vegetarian soup and open these and pour into the pot along with 3 cans of water and set on low heat.

In a large mixing bowl add Enough Bisquick and water and knead into a large ball a little larger than a grapefruit. Place the ball of dough out onto a clean floured counter and spread the dough out in roughly a rectangular shape about $\frac{1}{4}$ to $\frac{1}{2}$ inch thick. You may need to sprinkle the dough ball with flour to shape it so it will not stick to your hands or rolling pin.

Now take your condensed vegetarian soup (that you drained off the extra juice from) and mix into your ground chuck. After it's mixed into your ground chuck then take that and spread it onto your rolled out pizza dough on the counter to within a $\frac{1}{2}$ inch of the edges.

Now that is done take one end of the dough (with the spread out vegetable and ground chuck mixture) and start rolling it up to form a big long log looking thing.

After that cut the ends off (at least until you see the meat mixture) and then start slicing at about 1 $\frac{1}{2}$ to 2 inches thick. These cut pieces can now be laid on their sides on a greased cookie sheet and baked at 375 degrees until light golden brown.

Now for the best part, (after cooking) take a spatula and scoop out one, two or three of these onto a deep plate and take and ladle out some soup you have in your pot onto the Beef Rolls. These are yum yum a little messy but well worth the trouble.

By Marie Lamb

NO MILK, EGGS OR BUTTER CAKE

1 cup Brown Sugar
1 cup cold water
1 ½ cup of raisins
1/3 cup shortening
1 tsp. Cinnamon
¼ tsp. Nutmeg
½ tsp. Cloves
½ tsp. Salt

Boil the above ingredients for 3 minutes then let cool and then add the rest below

1 tsp. Baking soda
2 cups flour
½ tsp. Baking powder

Bake in a flat pan at 350 degrees for 35 minutes
Best eaten right out of the oven.

JOHNNYCAKES

1 beaten egg
3/8 cup milk
1/2 cup water
1 Tablespoon melted lard (vegetable oil)
1/2 teaspoon salt
1 cup yellow cornmeal
1/2 cup flour
1 Tablespoon sugar

Combine all ingredients and mix thoroughly. Drop by tablespoon onto hot greased griddle or skillet. Fry on each side until browned, about 2 minutes. Serve with butter and syrup. Makes about 12 small cakes.

RAMEN QUICK MEAL

1 package Ramen Noodles
any meat
any vegetable

Cook noodles according to directions. I crunch into smaller pieces while still in the package. Drain water from cooked noodles: add to cooked or fresh vegetables cooked in Microwave for 2 minutes (heated leftover chopped meat). Add 1 tablespoon cream cheese or butter if desired. If unsalted vegetables are used, then use entire contents of flavor pack included in your Ramen Noodles package. Otherwise use only half of flavor pack. Any flavor works well, but Oriental goes better with pork or beef and chicken goes best with Chicken Ramen Noodles, go figure.
By Freda C.

SODA BISCUITS

Take 1 lb. of flour, and mix it with milk enough to make a stiff dough; dissolve in a little milk 1 tsp. carbonate of soda; add this to the paste with a teaspoon of salt. Work it well together and roll it out thin; cut into round biscuits, and bake them in a moderate oven. The yolk of an egg is sometimes added. Bake them at 350 degrees.

TRAIL BEANS

Prepare 4 cups of beans by rinsing and placing in large pot, covering with water and letting stand overnight for at least 12 hours. Drain, then place in pot with 1/2 lb. ham hock or 1/2 lb. bacon, covering with fresh water to simmer on low fire for 3 hours. At start of 4th hour add these ingredients: 1/4 cup dark molasses, 2 tsp. salt, 1/2 tsp. cayenne, 1/2 tsp. ground pepper. Optional ingredients to add if you have them, and according to taste: 1 garlic clove, 1 tsp. mustard, 1 can chopped tomatoes. Stir and let simmer an additional hour, then serve. If additional liquid is needed, use the water beans soaked in.

This is an old cowboy recipe.

CORN BREAD

1 1/2 cup of milk
1 egg
1 Tablespoon of Sugar
1/4 cup oil
2 Cups Martha White self rising cornmeal
3/4 cup Martha White self rising flour

Preheat oven to 450 degrees. Prepare a 10" iron skillet by putting 1/4 cup oil in skillet, then sprinkle 1/2 cup meal in bottom over oil.

Place skillet in oven and let meal parch to a golden color. Remove skillet from oven (don't burn yourself, use potholders). Combine all ingredients for batter stirring well. Pour batter into prepared skillet, return to oven and bake

approximately 30 minutes. For a thinner corn bread make 1/2 recipe, with egg white only.

by Thelma Martin

MORMON JOHNNYCAKE

2-cups of yellow cornmeal

½-cup of flour

1-teaspoon baking soda

1-teaspoon salt

Combine ingredients and mix in

2-cups of buttermilk and 2-tablespoons molasses.

Pour into a greased 9" pan and bake at 425 degrees for 20 minutes.

To get a lighter johnnycake include two beaten eggs and 2 tablespoons melted butter.

CORN DODGERS

2 Cups yellow cornmeal

2 Tablespoons butter or margarine

1/2 Teaspoon salt

1 Tablespoon sugar

2 Cups milk

1 Teaspoon baking powder

Preheat Dutch oven to 400 degrees F.

Cook cornmeal in a saucepan with butter, salt, sugar and milk until the mixture comes to a boil. Turn off heat, cover, and let stand 5 minutes. Add baking powder. Spoon the mix onto the Dutch oven in heaping tablespoon-size balls, then bake for 10 to 15 minutes. They are done when slightly brown around the edges.

QUICK CORNBREAD SILVER DOLLARS

½ cup of corn meal in a mixing bowl
add a pinch of salt
add 1 Tablespoon of sugar
add 1 Teaspoon of baking soda (if you have it)
add 1 Teaspoon of flour (if you have it)
add ¼ cup boiling water
mix well and use a Tablespoon to drop mixture onto a hot buttered or greased skillet.
Cook until light golden brown then turn over and do the same on the other side.
This recipe makes like miniature (silver dollar) cornbread flap jacks that are really tasty.

PANCAKES

Mix
1 cup flour
2 tsp. baking soda
2 Tablespoons of Sugar
1/2 tsp. salt
add
3/4 cup milk
2 Tablespoons of oil
1 beaten egg

Mix it all and you know how to make pancakes with this batter from here.
by Darren & Nancy Thomas

SLAPJACK

An Old Confederate Receipt

Take flour, little sugar and water,
mix with or without a little yeast, the latter better if at hand,
mix into paste and fry the same as fritters in clean fat.

WAGON WHEEL BEANS

Mix together one 16 ounce can of the following: Pinto beans, pork & beans, red kidney beans, lima beans, white northern beans and butter beans.

1 lb cut up bacon
1 chopped onion
½ tsp minced garlic
½ tsp prepared mustard
½ cup vinegar
1 cup brown sugar

Fry the bacon until done, but not crisp. Pour beans, bacon, onion and garlic into large pan and mix. Simmer for 15 minutes a combination of the mustard, vinegar and brown sugar.

Pour the liquid over the beans and bake at 350 degrees for 1 hour. Mix the beans a couple of times during the cooking process.

Simple and Quick, NO BAKE - Bake Beans

Open a large can of Van Camps pork & beans deposit in a strainer and strain off all excess juice. Now wash the beans with water and dump in a pan. Then add the following:

1 medium onion chopped fine
½ bell pepper chopped fine
a couple squirts of Mustard or (1/8 cup)
2 cups of Brown Sugar
Optional: add a couple slices of bacon (pre-cooked to well done) and crumble bacon into the pan of beans. Place pan on stove top cook on medium heat and stir occasionally until well warmed and serve. Taste like beans you make in the oven with half the work.

Fast & Easy Salmon Patties

Ingredients

- 1/3 cup finely chopped onion
- 1 egg, beaten
- 6 saltines, crushed
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (14-3/4 ounces) salmon, drained, bones and skin removed
- 2 teaspoons butter

Directions

- 1. In a large bowl, combine the first six ingredients. Crumble salmon over mixture and mix well. Shape into six patties.
- 2. In a large skillet over medium heat, fry patties in butter for 3-4 minutes on each side or until set and golden brown. Yield: 3 servings.

Pioneer Coleslaw

Coleslaw

1/2 head cabbage, shredded to make 4 cups (1 L)
2 tbsp vinegar
1/2 cup vegetable oil

3 tbsp sugar
1/2 tsp salt

In a jar shake together vinegar, oil, sugar, and salt. Add to cabbage and mix.
Refrigerate for several hours.

Serves 4 to 5.

Potato Cakes

This Recipe is an old Plains recipe and is over 100 years old

6 medium potatoes
2 teaspoons salt
1/2 cup milk
2 eggs
1 cup flour
Shortening

Wash and peel potatoes, then grate medium fine.

Combine with salt, milk, eggs, and flour.

Drop mixture by spoonfuls into hot shortening in skillet and fry to golden brown on both sides.

Buffalo Jerky

Slice buffalo meat along the grain into strips 1/8 inch thick, 1/2 inch wide and 2 to 3 inches long.

Hang them on a rack in a pan and bake at 200 degrees until dry.

To prepare outside, suspend them over a fire or drape them on bushes to dry in the sun.

EMERGENCY FIXINS

You have heard of Chili Mac where you take Chili and cook in noodles (or about any kind of pasta) and cook and wala you have a dish called Chili Mac. Did you know if you only have one can of chili and one box of Macaroni and Cheese. You can make the Chile like normal then add the noodles and when they are cooked soft you can add the Cheese topping and stir it in to make a Chili Mac & Cheese. You can do this with Ramen noodles with out the cheese.

PROGRESSO SOUP MEAL FOR A FAMILY

Did you know you can take ONE can of soup either Campbell's Soup or Progresso Soup and make a family meal for 4 or 5 people and it's good eating too.

First heat the soup like normal and prepare a 2 quart pan of rice (or noodles or macaroni) After the rice (noodles) are cooked you should have about 1 quart of cooked rice or pasta. Now dish out the pasta onto 4 or 5 plates and then laddel the soup onto the rice or noodles and you have a GREAT tasting meal for a family of 4 or 5.

RICE-A-RONI EXTENDER

Your fist clue here is RICE. When you prepare a box of Rice -a-Roni just throw in a couple hands full of rice into the pan when you start preparing it. This will bulk it up making it go a lot farther. You can add some spice like Mrs. Dash, Season Salt, Onion powder or Garlic Powder to help spice it up a little in case you put to much rice in with the mix.

NOODLES & TOMATOES

Got a bag of Noodles or pasta? You can add a can or two of tomatoes and some spices to make a meal. Or better yet if you have a can or two of Stewed Tomatoes will be even better or if you like spicy try a can or two of the mild Rotel tomatoes into the noodles and serve. If you are using plain canned tomatoes you may want to spice it up with finely chopped peppers, onions, hot sauce etc. to give it a little kick.

As with anything spice with salt and pepper and anything else to YOUR taste.

BEANS 101 WAYS

Preppers say:

Monday it's Beans

Tuesday it's Rice and Beans

Wednesday it's Beans and Rice

Thursday it's Beans and Rice (without the Beans)

Friday it's Beans over Beans

There are a LOT more ways to make beans than just that. And a lot more spices you can add to beans. If you are buying small canned hams for storage you can add a 1 lb. canned ham to a large pot of beans (to add some meat to it). You can also add a can of Chili to a pot of beans to bulk it up or you can add a can of Rotel or Stewed Tomatoes to spice them up too.

I know a lot of people like cornbread or biscuits and beans, that's a good idea. Some people like a splash of pickle juice to jazz it up. Or you can try a splash of vinegar to your beans (not in the pot) this way if your idea is NOT for everyone you are the only one who has to pay for it. I personally like small diced hot peppers and cornbread or if you don't have hot peppers you can dash in a small amount of hot sauce to spice it up. I also like pickle juice and vinegar added to my beans. (The best thing about peppers, hot sauce and vinegar is they require no refrigeration and will keep a long, long

time). I know it's not for everyone, but it's what I like. And if all else fails you can mash them up and re-cook them and wala you have re-fried beans.

I have never tried this but I have heard of people who have added beans to cooked noodles and they love it, to each their own.

The object is there is NO wrong way as long as you or someone in your family likes it. And face it, who wants just beans every single night for a couple of years? I think I will try the bean burgers and bean rolls before I go that route.

There are all types of beans, Navy (white) beans, Black Eyed Peas (which are beans), Pinto Beans which are the cheapest and the one's everyone seems to be buying for storage. Pinto beans are the beans we are talking about for our Bean recipes and suggestions. Our bean recipe is as follows:

Pour out 4 lbs. of beans in a 6 qt. Pot and look through the beans for twigs, branches, rocks or any funny looking beans. Then pour water over the beans and wash them well, rinsing them several times and looking for any trash or dark or light colored beans to discard. After washing the beans pour water over the beans until they are covered with water then place a lid on the beans and sit on your counter for a minimum of 12 hours. After 12 hours drain the water and refill with water to within 2 or 3 inches of the top of the pot. Turn the burner on low heat (but hot enough to make it boil lightly) and stir every 15 minutes. If the pot starts to boil over turn the heat down a little. If the pot does not boil turn the heat up a little, but stir every 15 minutes. If the water boils down to near the tops of the beans add more water and stir. After 4 hours of cooking and stirring you will have BEANS... I am not hear to say mine is the only way to make beans, your Mom probably has a pretty good method to making beans too. If you want a larger pot of beans use more beans and a larger pot for a smaller portion use less beans and a smaller pot. As far as beans goes nothing is ever truly wrong – IF YOU LIKE IT THAT WAY.

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