



Appendix II- SCA Cookbook

A challenge for both new and experienced crew leaders is selecting food that will satisfy the hunger of your program participants, provide variety, and offer good nutrition. At the same time, crew leaders don't want to buy and carry too much food.

To help you survive this task for the first time here is some starter information. There is a list of menu ideas for base camp and hiking meals, a complete food list including quantities for both 7 and 12 person crews on a five week program, and recipes that have been old stand-bys in the backcountry. This information is not the be-all and end-all of food for SCA programs. We assume that each crew leader will adapt this information to meet their program needs and their own style. For veterans, this appendix may offer a few new ideas, but even more important than that, consider it an open invitation to add your best ideas to the ever-evolving body of knowledge.

A few reminders:

- There are other food planning resources on the Crew Leader Website www.scacrewleaders.org.
- If your program will be packed in by stock, be sure you understand the needs and expectations of your packers. This method of backcountry transportation is unique and the type and amount of certain kinds of food will be altered by the way your food is brought to your base camp.
- Remember that although your program is a time to introduce new types of food and concepts of nutrition to your participants, extremes in food selection do not go over well. Remember that few of your participants eat like you do.
- If you are a vegetarian, you still need to bring meat with you. Some of your kids likely eat meat three times a day at home and will be completely out of their element without at least some chicken and tuna around.
- Remember that each program will have specific food constraints and needs. If you are adamant about very little refined sugar, remember the amount of calories being burned, the comfort level of the kids, and make compromises. Having ingredients to bake desserts instead of brownie/cake mixes will force participants to work for their pay-off. But there is just no substitute for M & M's when you need to motivate the crew to put in that final 10-hour day!

BASECAMP MENU IDEAS

BREAKFAST:

Bagels/Cream Cheese
Biscuits and Gravy
Cold Cereal
Dried Fruit
Eggs
Granola
Ham
Hash Browns
Hot Cereal
Muffins
Pancakes
Yogurt

LUNCH:

Crackers	Three Bean Salad
Egg Salad	Tuna Salad
Baked Bread	Tabouli
Beef Jerky	
Cheese	
Chips	
Cookies	
Coleslaw	
Granola Bars	
Gorp	
Hummus/Pita Bread	
Kippers/Sardines	
Pasta Salad	
Peanut Butter/Jam	
Pepperoni	
Potato Salad	
Rice Salad	
Salami	
Salmon Salad	
Smoked Clams	

DESSERTS/SNACKS

Applesauce
Brownies
Cakes
Cheesecake
Chips/Salsa
Gorp
Muffins
Pie
Popcorn
Pudding
S'mores

DINNER**Main Dish**

Burritos
Cheese-Rice Casserole
Chicken Curry
Chicken Noodle Soup
Chicken-Rice Casserole
Chili
Clam Chowder
Corned Beef Stew
Corned Beef and Cabbage
Enchiladas
Falafel/Pita Bread
Fish-Rice Casserole
Hash Browns
Lasagna
Lentil Stew
Macaroni and Cheese/Ham
Mushroom Casserole
Natures Burgers
Pesto/Pasta
Pizza/Calzones
Ramen Stew
Salmon Casserole
Scalloped Potatoes/Ham
Shepherd's Pie
Spaghetti
Spanish Rice
Split Pea Soup

DRINKS

Cocoa
Hot Cider
Iced Tea
Juice
Lemonade
Milk
Tang
Tea (black/herbal)

Stroganoff
Tamale Pie
Tuna Noodle Casserole

Side Dishes

Biscuits
Canned Vegetables
Corn Bread
Chapatis
Egg Rolls
French Bread
Green Salad
Mashed Potatoes
Quesadillas
Soup

See Also Lunch Menu

HIKE MENU

BREAKFAST

Dried Fruit
Granola/Milk
Hot Cereal
Oatmeal (instant)

LUNCH/SNACKS

Beef Jerky
Cheese
Crackers
Gorp
Granola Bars
Hard Candy
Instant Soup
Peanut Butter/Jam
Pepperoni
Salami

DINNER

Coos Coos and Lentils
Freeze - Dried Meals
Macaroni and Cheese (boxed)
Quick Brown Rice/Dried Vegetables
Ramen Casserole
 Tuna/Chicken
 Dehydrated Vegetables
Refried Beans(dried)/Instant Rice
Spaghetti
 Elbow Noodles/Dried Tortellini
 Spaghetti Mix/Dried Tomato Paste

DRINKS

Cocoa
Hot Cider
Milk
Tea

FOOD LISTS

These two food lists are one crew leader's approach to feeding a total number of 7 and 12 people respectively, for a **five-week** program. If your total program length is only four weeks or you have a total number of people between 7 and 12 you will need to adjust these amounts accordingly. While the food for your hike **is** included in this food list, it is recommended that you separate it out. To ensure hike food isn't eaten by accident at base camp, most crew leaders pack it separately, label the buckets, and set it aside from the general food stores.

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
BAKING INGREDIENTS		
Baker's Chocolate	8 oz	8 oz
Baking Powder	10 oz can	10 oz can
Baking Soda	1 # box	1 # box
Bisquik Mix (biscuits/pancakes)	6 #	9 #
Chocolate Chips	3 #	5 #
Coconut	1.5 #	2 #
Corn Starch	5 oz	8 oz
Cornmeal	4 #	6 #
Crisco	1 #	2 #
Flour (occasional baking, crackers for lunch)		
White	6 #	9 #
Whole Wheat	2 #	3 #
Flour (baking bread every day, no crackers)		
White	40 #	50 #
Whole Wheat	15 #	25 #
Milk (sweetened condensed, See Dairy)		
Muffin Mix (White brand)	3 boxes	4 boxes
Sugar		
Brown	5 #	8 #
White	3 #	
Vanilla	1 oz	2 oz
Wheat Germ	4 oz	6 oz
Yeast		
Occasional Baking	1 4-oz jar	1 4-oz jar
Baking Bread Every Day	2 4-oz jars	3 4-oz jars
BEANS		
Total #	7 #	12 #
Black Beans	1 #	2 #
Kidney Beans	1.5 #	2 #
Lentils	1 #	1.5 #
Navy Beans	1 #	2 #
Pinto Beans	1.5 #	3 #
Split Peas	1 #	1.5 #
BREADS		
Bagels	1.5 doz	2 doz
Boboli (expensive!)	4 16-oz rounds	6 16-oz rounds
English Muffins	1.5 doz	2 doz
French Bread	2 loaves	3 loaves
Kaiser Rolls	1.5 doz	2 doz
Pita Bread	1.5 doz	2 doz
Whole Wheat Bread	2 loaves	3 loaves

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
CANNED FRUITS		
Fruit Cocktail	3 16-oz cans	4 16-oz cans
Peaches	3 16-oz cans	4 16-oz cans
Pears	3 16-oz cans	4 16-oz cans
Pineapple	3 16-oz cans	4 16-oz cans
CANNED VEGETABLES		
Bamboo Shoots	2 8-oz cans	3 8-oz cans
Coconut Milk	1 14-oz can	2 14-oz cans
Corn		
Baby Corn	1 7-oz can	2 7-oz cans
Corn Kernels	9 16-oz cans	12 16-oz cans
Cream/Mushroom Soup (concentrate)	1 51 oz can	2 51-oz cans
Enchilada Sauce	2 10-oz cans	4 10-oz cans
Green Beans	5 16-oz cans	8 16-oz cans
Green Chilies	2 4-oz cans	3 4-oz cans
Mushrooms (bulk up stews)	10 4-oz cans	15 4-oz cans
Olives	5 6-oz cans	8 6-oz cans
Peas 3 16-oz cans	5 16-oz cans	
Refried Beans	12 16-oz cans	18 16-oz cans
Tomato Crushed	7 29-oz cans	10 29-oz cans
Tomato Paste	5 12-oz cans	8 12-oz cans
Tomato Sauce	7 28-oz cans	10 28-oz cans
Water Chestnuts	2 8-oz cans	3 8-oz cans
CEREAL		
Cold		
Cheerios	2 50-oz boxes	2 50-oz boxes
Granola	35 #	50 #
Grape Nuts	3 24-oz boxes	5 24-oz boxes
Raisin Bran	2 50-oz boxes	3 50-oz boxes
Hot		
Cream of Wheat/Zoom	1 28-oz box	2 28-oz boxes
Grits	1 box	1 box
Oatmeal (instant for 7 day hike)	50 pckgs	75 pckgs
Oats (quick)	6 #	9 #
Polenta	1 #	1.5 #
Seven Grain	1.5 #	2 #
CONDIMENTS/MISCELLANEOUS		
A-1 Sauce	1 5-oz jar	1 5-oz jar
Applesauce	2 23-oz jar	4 23-oz jar
Bacon Bits	5 oz	8 oz
Curry Paste	1 4-oz can	1 4-oz can
Freeze-Dried Meals (hike, 2 meals)	4 pckgs	6 pckgs
Honey (buy 1 honey bear dispenser)	3 #	5 #
Jelly	10 #	14 #
Ketchup (plastic, squeeze kind)	17 oz bottle	30 oz bottle
Lemon Juice	8 oz bottle	12 oz bottle
Marinated Artichoke Hearts	2 6.5-oz jar	3 6.5-oz jar
Mayonnaise (use jar in 1 serving)	12 8-oz jar	18 8-oz jar
Mustard (plastic, squeeze kind)	2 8-oz bottle	3 8-oz bottle
Oil (pour into sm squeeze bottles)		
Cooking	1 gal	1.25 gal

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
Olive	8.5 oz	17 oz
Pickles	2 22-oz jar	3 22-oz jar
Relish	1 10-oz jar	1 10-oz jar
Salsa (buy 0.5 gal or smaller)	0.75 gal	1.0 gal
Seeds to Sprout		
Alfalfa	3 oz	5 oz
Mung Bean	1 oz	2 oz
Radish	1 oz	2 oz
Soy Sauce	8 oz bottle	10 oz bottle
Syrup	1 qt	1.5 qts
Tabasco Sauce	2 oz bottle	2 oz bottle
Tofu (buy boxed/non-refrigerated)	7 10.5-oz boxes	12 10.5-oz boxes
Vinegar (red wine)	16 oz bottle	24 oz bottle
CRACKERS		
Total boxes	26	35
Hi-Ho	3 32-oz	3 32-oz
Rye Crisp	2	3
Saltines	3 32-oz	4 32-oz
Triscuits	3	4
Wasa Bread	2 8.8-oz	3 8.8-oz
Waverly	5	6
Wheat Thins	4 1-#	6 1-#
Wheat Worths	4 1-#	6 1-#
Goldfish Crackers	1 bag	1 big bag
Graham Crackers	1 #	2 #
Onion Rings	1 bag	2 bags
Party Mix	10-oz	2 10-oz
Potato Chips (Pringles)	4 6.8-oz cans	6 6.8-oz cans
Pretzels	2 #	3 #
Rice Cakes	3 bags	4 bags
Tortilla Chips	3 #	5 #
Tortillas (flour)	2 doz	3 doz
Tostada shells (flat, for hike)	1.5 doz	2 doz
DAIRY		
Cheese-Total #	23 #	35 #
Cheddar	9 #	14 #
Colby	3 #	4 #
Cream	5 pckgs	8 pckgs
Jack	2 #	3 #
Mozzarella	5 #	8 #
Parmesan	2 1-# cans	3 1-# cans
Swiss	2 #	3 #
Eggs		
Fresh	9 doz	13 doz
Powdered (for hike)	1 pckg	2 pckgs
Margarine		
Squeeze bottles (for hike)	1 bottle	2 bottles
Tubs (for base camp)	7 #	10 #
Milk (buy powdered MILKMAN*)		
Bulk (for base camp)	45 qts	60 qts
One Quart Packets (7 day hike)	14 qts	24 qts
Sweetened Condensed	2 8-oz cans	3 8-oz cans

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
Yogurt (for first day/s)	1 qt	2 qts
* MILKMAN instant powdered milk has 2% milk-fat and actually tastes like real milk.		
DESSERTS		
Brownie Mix	2 21-oz boxes	4 21-oz boxes
Cake Mixes		
Chocolate	1 box	2 boxes
Gingerbread	1 box	2 boxes
Candy (total # for hike)	4.5 #	6 #
Caramels	2 #	3 #
Sunkist fruit chews	2.5 #	3 #
Cheese Cake Mixes (no bake)	1 box	2 boxes
Cookies (total)	11 boxes	18 boxes
Chocolate Chip	2 boxes	3 boxes
Fig Bars	3 boxes	4 boxes
Fortune Cookies	7 count	12 count
Mother's Assorted	2 bags	3 bags
Oatmeal	1 box	2 boxes
Oreos	2 pckgs	4 pckgs
Pecan Sandies	1 box	2 boxes
Granola Bars (for hike)	28 bars	48 bars
Hershey Bars	21 bars	36 bars
Marshmallows	1 bag	2 bags
M & M's	12 #	20 #
Pie Filling		
Apple/Peach/Pumpkin	1 30-oz can	2 30-oz can
Popcorn	2 #	3 #
Pudding Mixes (2 meals)	6 3.9-oz boxes	8 3.9-oz boxes
DRIED FRUIT		
Total #	27 #	38 #
Apples	4 #	5 #
Apricots	3 #	5 #
Banana Chips	3 #	5 #
Figs 1 #	1 #	
Papaya	1 #	1 #
Peaches	2 #	2 #
Pears	1 #	2 #
Pineapple	2 #	2 #
Raisins	10 #	15 #
DRIED VEGETABLES		
Carrots	0.3 #	0.5 #
Green Peppers	0.3 #	0.5 #
Mixed Vegetables	2 #	3 #
Onion	6 oz	9 oz
Potatoes (flakes)	1.5 #	2 #
Refried Beans (powdered for hike)	3 boxes	5 boxes
Spinach	0.3 #	0.5 #
Tomato Paste (for hike)	6 oz	10 oz
Textured Vegetable Protein (TVP)	1.5 #	2 #

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
DRINKS		
Cocoa (ADD WATER kind)		
Cans (for base camp)	3 50-oz cans	5 50-oz cans
Packets (for 7 day hike)	55 pkts	100 pkts
Coffee (instant, NO COFFEE BAGS)	8 oz	12 oz
Cider (hot)	50 pkts	100 pkts
Drink Mix (Wylers/Country Time)		
Fruit Punch	1 No. 10 can	2 No. 10 cans
Lemonade	2 No. 10 cans	3 No. 10 cans
Gookinade	2 containers	3 containers
Milk (See Dairy)		
Tea		
Black	30 bags	50 bags
Herbal	50 bags	80 bags
Iced	20 oz	28 oz
FRESH FRUIT/VEGETABLES		
Apples	1 case	1 case
Bananas	7 singles	12
Broccoli (doesn't last long)	1 bunch	2 bunches
Cabbage	3 heads	4 heads
Carrots	6 #	10 #
Cauliflower	2 heads	4 heads
Celery	3 bunches	5 bunches
Cucumbers	2	3
Garlic	6 bunches	8 bunches
Green Onions	1 bunch	2 bunches
Lettuce	1 heads	2 heads
Onions	15 #	20 #
Oranges	24 #	40 #
Potatoes	15 #	20 #
Squash (summer)	3	4
Tomatoes	4	6
GRAINS		
* Total #	16.5 #	24 #
Barley/Millet (2 meals)	2.5 #	3.5 #
Bulgur (1 meal)	1.5 #	2 #
Coos Coos (1 meal)	2 #	3 #
Rice		
Brown (2 meals)	3 #	5 #
Instant (2 meals)	1 28-oz box	1 42-oz box
White (5 meals)	7 #	10 #
Mixes		
Falafel (1 meal)	1.5 #	2 #
Hummus (1 meal)	1 box	2 boxes
Nature Burger (1 meal)	1.5 #	2 #
Tabouli (2 meals)	2 boxes	3 boxes

*** Total # refers to the # of grains excluding Instant Rice and Mixes of Grains.**

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
MEAT/FISH		
Bacon (Long's brand)	1 # can	2 # can
Beef Jerky (some for hike)	3 #	5 #
Chicken	14 12.5-oz	21 12.5-oz
Clams, chopped	2 30-oz cans	2 51-oz cans
Corned Beef	1 can	2 cans
Ham (sm cans don't need refrig.)	2 3-# cans	4 3-# cans
Kippers	4 4-oz cans	6 4-oz cans
Pepperoni Sticks	2 #	3 #
Salami (non-refrigerated)	3 #	4 #
Salmon	2 1-# can	3 1-# can
Sardines	1 4.5-oz can	2 4.5-oz cans
Shrimp	2 6-oz cans	4 6-oz cans
Smoked Clams	1 3.8-oz can	2 3.8-oz cans
Tuna	12 12.5-oz	18 12.5-oz
NUTS		
Total #	22 #	33 #
Almonds		
Plain	2 #	3 #
Smoked	2 #	3 #
Cashews	2 #	3 #
Peanuts		
Spanish	4 #	6 #
Dry Roasted	4 #	6 #
Honey Roasted	2 #	3 #
Pecans	1.5 #	2 #
Sunflower Seeds	3 #	5 #
Walnuts	1.5 #	2 #
Assorted		
Peanut Butter	9 #	14 #
Sesame Seeds	2 oz	4 oz
Tahini	1 sm can	1 sm can
PASTA		
* Total #	15.5 #	25 #
Chow Mein Noodles (casser. topping)	2 5-oz cans	4 5-oz cans
Lasagna Noodles	1 #	2 #
Macaroni (2 meals)	4 #	6 #
Macaroni/Cheese (boxed, 2 meals)	10 boxes	18 boxes
Ramen (24 packages/case)	1 case	2 cases
Spaghetti (3 meals)	6 #	9 #
Spinach Fettucini (1 meal)	2.5 #	3.5 #
Tortellini (cheese, 1 meal for hike)	2 7-oz bags	3 7-oz bags
Vegetable Pasta (1 meal)	2 #	3 #
* Total # refers to pounds of pasta excluding Chow Mein Noodles, Ramen and Tortellini.		
SOUPS/SAUCES MIXES		
Bullion Cubes (flavor soups/stews)		
Chicken	6 cubes	8 cubes
Vegetable	8 cubes	12 cubes
Enchilada Sauce	1 pckg	2 pckgs
Gravy (Mushroom, for soups/stews)	4 pckgs	6 pckgs

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
Instant Soup (for hike)	30 pckgs	45 pckgs
Soup Mixes (total)	10 pckgs	16 pckgs
Cheddar Cheese	2 pckgs	3 pckgs
Chicken Noodle	4 pckgs	6 pckgs
Tomato	2 pckgs	3 pckgs
Vegetable	2 pckgs	4 pckgs
Sour Cream	1 pckgs	2 pckgs
Spaghetti Sauce	2 pckgs	3 pckgs
Pesto Sauce	2 pckgs	3 pckgs
Taco Sauce	1 pckgs	2 pckgs

SPICES

DO NOT USE FILM CANISTERS TO STORE YOUR SPICES IN! There have been many reports of chemical residues in these canisters that are harmful if ingested.

It is much cheaper to buy spices at a CO-OP in the bulk department than buying a pre-packaged jar of each. 0.5 oz of each spice was purchased except those with an * indicating that 1 oz was purchased.

Basil*, Bay Leaves, Caraway Seeds, Cayenne, Chili Powder, Cinnamon, Cumin, Curry Powder, Dill, Garlic*, Ginger, Nutmeg, Oregano*, Paprika, Parsley, Pepper- 2 shakers, Salt- 2 shakers, Thyme

*** Buy 1 oz**

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
NON-FOOD ITEMS		
Aluminum Foil	1 roll	1 roll
Dr. Bronner's/Ivory Dish Soap	16 oz	24 oz
Burlap Sacks (big/carry cans & bottles)	4	6
Chlorox	1 pt	1.5 pt
Dishtowels	4	6
Flame Wand	1	2
Paper Towels	1 roll	2 rolls
Plastic Squeeze Bottles		
Large	2	3
Small	2	3
Propane (28 # tank, 8" dia x 24" high)		
Occasional Baking	3	4
Daily Baking	5	8
Scrubbies	4	6
Sponges	4	6
Toilet Paper	18 rolls	30 rolls
Trash Bags	24	35
Vitamin C	250 tablets	500 tablets
White Gas (for hiking stoves)	4 qts	6 qts
Wooden Matches	1 box	2 boxes
Ziplock Bags (buy name brand not imitation)		
2 qt	150	200
1 gal	150	200

<u>Item</u>	<u>7 People</u>	<u>12 People</u>
RESUPPLY		
Fresh Items		
Broccoli	2 heads	3 heads
Carrots	3 #	5 #
Cauliflower	1 heads	2 heads
Celery	1 bunch	2 bunches
Lettuce	1 head	2 heads
Tomatoes	4	6
Possible Needs		
Cheese	10 #	15 #
Onions	5 #	8 #
Potatoes	10 #	15 #
Propane (28 # tank, 8" dia x 24" high)		

COOKING TIPS

Baking on a Stove

There are two methods to baking on a stove. One is to place a Coleman oven on the burner and the second is to place a cast iron skillet directly on the burner. When using a Coleman oven remember to secure baking racks, monitor heat and baking progress, and seal the heat in the oven by using a fire blanket (see Basecamp chapter). Some crew leaders place rocks in the bottom of the oven to help spread the heat evenly, if you do this **DO NOT USE RIVER ROCKS - THEY EXPLODE**. If you have two racks, switch pan placement midway through the baking time. Hover close by, monitoring temperature and progress.

Cast iron skillet baking lends itself to cake mixes, biscuits, cornbread, nut breads, muffins and cobblers. Pour the batter to a depth no thicker than 2", any thicker and the edges will burn before the insides can cook. Put the lid on the pan (one that seals heat in) and turn the flame as low as possible on the stove. Stay with the pan and move it around on the flame so that center doesn't burn. Keep the lid in place to prevent heat from escaping. Breads and cakes take about 10-15 minutes, cookies less time.

Using a Pressure Cooker

Pressure cookers, especially those made for backcountry use, can speed your meal preparation. Due to the low temperature at which water boils at high elevation, they can be especially helpful in mountain camps. A good cooker from suppliers like R.E.I. will run about \$75.00.

If improperly used, a pressure cooker is very susceptible to damage. A nick or deep scratch in either the pot or the lid can hinder the cooker's ability to maintain a tight seal, destroying its effectiveness. Keep your cooker clean and away from sand, dirt, and grit. Also familiarize yourself with the removable parts of the cooker--gaskets, rocker knobs, etc.-- and take care not to lose them. The rubber ring inside the lid needs to be removed and carefully washed now and then, then lightly coated with vegetable oil to help it fit snugly.

To use a pressure cooker, measure beans or grains into the pot. Keep the trivet plate in the bottom so the food will not stick. Pour in an amount of water equal to 3 or 4 times the volume of the pot contents, but NEVER FILL A PRESSURE COOKER MORE THAN 2/3 FULL. Otherwise the vent pipe may clog and a multi-megaton DISASTER will occur.

Bring the water to a boil, then cover the pot with the lid, seal it, and return the cooker to the burner. When the regulator rocker knob begins to jiggle, reduce the heat until the knob rocks gently. Note the time. From the moment the regulator knob begins to jiggle, beans will take about 40 minutes, lentils 20-25 minutes, and rice 10-15 minutes. Times will be slightly longer at high elevations.

When the time is up, remove the cooker from the heat. DO NOT ATTEMPT TO OPEN THE COOKER UNTIL IT IS COOL. To cool the pot quickly, run cold water over the side and bottom of the pot. WHEN THE SILVER KNOBS DROPS DOWN LEVEL WITH THE LID, you can remove the regulator knob. If the pot is sufficiently cooled, no steam will emit from the vents. If steam is still coming out, run more cold water over the pot. When the pot is completely cooled, tilt the cooker away from yourself and slowly open the lid.

Pressure Cooker Guide

Barley: 3/4 c. barley and 3 c. water yields 3 c. cooked barley. Takes 1.5 hours on a stove and 40 minutes in a pressure cooker.

Coos Coos: 1 c. coos coos and 2 c. boiling water. Let stand 5 min. covered.

Kidney Beans: 1 c. beans and 3 c. water. Wash, soak beans overnight, drain. Cook 1.5 hours on stove and 50 minutes in a pressure cooker.

Pinto Beans: 1 c. beans and 4 c. water. Wash, soak beans overnight, drain. Cook 1.25 hours on stove and 40 minutes in a pressure cooker.

Potatoes: Wash and cut up potatoes. Place in pressure cooker, fill with water to 2/3 full. Cook for 15 to 20 minutes.

Rice: 1 c. rice and 2 c. water. Bring to boil, simmer 45-50 minutes on a stove and 15-20 minutes in a pressure cooker.

Split Peas: 1 c. peas and 3 1/2 c. water. Cook 1 hr. on stove or 35 minutes in a pressure cooker.

Textured Vegetable Protein (TVP): To hydrate: soak 1 c. TVP in 7/8 c. boiling water for 10 minutes. Can fry to brown, if desired.

RECIPES

Breakfasts

Cheese Grits

5 c. water	1-1/4 c. hominy grits
1 tsp. salt	2-1/3 T. butter
1-1/4 c. diced cheese	

Bring water to boil. Add grits and salt. Simmer until grits are soft. Take off heat and add butter and cheese. Stir until cheese melts.

Corncakes

6 c. cornmeal	6 c. Krusteaz pancake mix
6 c. water	2 eggs
1-1/2 c. milk powder	

Combine all ingredients. Fry batter like pancakes on a hot griddle or skillet. Serve with butter, syrup, honey, applesauce.

French Toast

Beat together 1-1/2 dozen eggs.

Add 4-1/2 cups milk and 3/4 tsp. vanilla.

Dip each slice of bread in the egg mixture so that both sides are coated, then fry until brown on a hot buttered griddle or frying pan. This much egg mixture should cover two loaves of bread.

Oatmeal

Use about 5-6 c. oatmeal and 10-12 c. water to make 12 servings. Add 2-3 chopped apples or 2-3 handfuls dried apples into boiling water. Serve with raisins, brown sugar, honey, cinnamon, canned fruit.

Pancakes

Note: feeding pancakes to a group of people takes a long time. Plan to eat pancakes when there is lots of time to waste. The batter can also be used for frying onion rings.

1 c. cornmeal	3 c. flour
2 c. milk powder	9 T. oil
2 tsp. salt	3 T. brown sugar
6 tsp. baking powder	

Mix all ingredients, then add enough water to make a consistency of batter. Fry in HOT oiled skillet. Top with desired topping.

Sourdough Pancakes

let sit overnight in non-metal bowl:

10 c. flour

1 c. sourdough

In the morning, put 1 c. of above back in sourdough starter batch. Then add the following to the bubbly sourdough mixture in bowl:

3-1/2 tsp. salt

2-1/2 tsp. soda

4 eggs

dash sugar

2 c. vegetable oil

milk to make thick batter, not too much! Spoon onto

hot greased fry pans.

Sourdough note: Sourdough starter gives bread a yeasty flavor. Keep 2 cups worth of starter in a glass jar with a loose lid. Starter is simply 1-1/2 c. flour plus 2 tsp. dry yeast and enough warm water to make a pudding consistency. It'll produce yeasty gasses over the days which is good: The water will separate out and will darken. Its O.K.. Just stir things up, add a little flour to freshen things up, maybe a dash of sugar to "feed" the yeast. In the summer keep the jar in the shade or partly submerged in the water. The heat makes the yeast really work (produce gases that causes leavening action). It can also make the cap to your jar fly off, or explode plastic bottles. Damp days are difficult to make sourdough-based breads rise. Use baking powder or soda on these days.

Salads

Carrot Raisin Salad

9 carrots

2 c. raisins

Grate carrots, add raisins. Dressing: 1 c. mayonnaise, 1/4 c. milk and 2 T. honey. Mix thoroughly and pour over salad.

German Potato Salad

Cook until crisp: 1/2 lb. bacon

Cook in bacon fat until tender: 1 chopped onion

Blend in: 2 T. Krusteaz pancake mix

2 T. Honey

1/2 c. vinegar

1-1/2 tsp. salt

Stir until thick and bubbly. Add 6 c. diced cooked potatoes and crumbled bacon. Mix thoroughly, tossing lightly. Sprinkle with parsley.

Russian Potato Salad

Cook: 5 potatoes

Dressing: 3 T. vinegar

Dice: 2 apples

1/2 c. oil

1 onion

2 tsp. honey

Slice: 3 carrots

1/4 tsp. salt

1 green pepper

1/4 tsp. dill

1 can pickled beets

1 tsp. pepper

1 tsp. paprika

Mix well.

Taboule

2 c. uncooked bulgur

4 bunches parsley, chopped

4 medium tomatoes, chopped

2 cucumbers, diced

2 green peppers, diced

4 green onions, chopped

Juice of 2 lemons

1 1/2 olive oil

Salt to taste

Optional additions: wheat germ; replace up to 1 c. flour with it. Sunflower seeds or soaked, cooked wheat berries. Cooked grains, up to 1 c. Rye Flour--up to 1 1/2 c. (can't taste but provide extra nutrients) Milk powder (again, can't taste). Herbs or grated cheese.

Biscuits (Mix half of this recipe at a time)

8 c. flour	2 tsp. salt
7 tsp. baking powder	1 1/3 c. oil
enough milk or water to keep dough together but not sticky.	

Place dough ball on flat surface and knuckle it smooth until 3/4" thick. Cut out biscuits and place on greased baking pans. Bake in reflector oven by fire for 20 min. Turn pans around during process for even baking. Makes 24 biscuits, 2" across

Chapatis (Tortillas without cornmeal. Makes 15)

3 c. flour	2 T. oil
1 c. warm water	2 tsp. baking powder (optional)
1 tsp. salt	

Mix to make stiff dough. Knead until smooth and elastic. Pinch off balls and flatten very thin. Heat skillet and cook on one side, flip. May blow up with a few bubbles if you're lucky. When stacking uncooked chapatis/tortillas sprinkle some flour between them so they don't stick together. They make excellent pizza dough.

Cornbread

2 c. cornmeal	1 1/2 c. boiling water
2 1/2 tsp. baking powder	1/2 c. oil
1/2 tsp. salt	2 T. milk powder
1/2 c. flour	

Mix cornmeal, salt, and oil.. Pour in 1 1/2 c. boiling water. Stir well. Let sit until cool. Add flour, baking powder, milk powder. Mix well and pour into greased hot pot. Bake over flame on stove. See methods of cooking section. (One trick to making a superb cornbread is having the pan WELL greased and HOT before pouring in the batter).

Dumplings

The trick to good dumplings is to keep them steaming on top of a simmering liquid. NEVER boil. Don't crowd them in a pot. Keep the lid on the pot. A cup of dough makes about 14 small dumplings.

2 c. flour	1 c. milk
3 tsp. baking powder	2 T. oil
1 tsp. salt	

Mix ingredients, using enough milk to make a stiff dough. Pat out 1/2" thick. Dip spoon in water, then spoon dough into simmering soup. Cover and cook about 15 minutes. For zestier dumplings, add chopped onions, cheese, or try replacing 1/2 the flour with cornmeal.

Indian Yeast Rolls

2 packets yeast (2 T)	1 c. warm water
1/2 c. warm milk	5 tsp. liquid shortening
3 tsp. brown sugar	1 tsp. salt
1 c. cornmeal	6 c. flour (1/2 w/wheat 1/2 white)

Mix yeast and brown sugar with warm water and milk. Beat in 1 c. of flour. Let rise until mixture is spongy. Add liquid shortening. Beat well. Mix in remaining flour. Add salt last. Knead 2-5 minutes.

Cover, let rise to double. Punch down, form rolls about 1" x 3". Let rise. Dampen tops of rolls and sprinkle with additional corn meal. Bake at 375 degrees F until done.

Pumpkin Bread

1/2 c. oil	1 3/4 c. Krusteaz pancake mix
1 1/2 c. honey	1/2 tsp. cinnamon
2 eggs	1/3 tsp. salt
3/4 c. pumpkin	1/2 tsp. ginger
3/4 c. sunflower seeds	pinch cloves

Combine and bake in greased baking dish about 25 minutes.

Tortillas

Makes 24 torts.

2 c. cornmeal	3 c. flour
3 c. water	2 tsp. salt
6 T. oil	4 tsp. baking powder

Mix all ingredients, knead, and pat out as in chapatis or for a less grainy tort., bring water to a boil, stir in cornmeal and 1 T. oil and simmer 5 min. Stir in the rest of the oil and let sit until cool. Add the rest of the ingredients and knead then pat out. (Keep uncooked dough in a plastic bag for later. Store cooked torts/chapatis in clean bandanna and eat the next day.)

Dinners

Bulgur Cheese Casserole

3 med. onion	3 cloves garlic, minced
6 tsp. oil	3 c. uncooked bulgur
6 c. water	salt and pepper
3 large tomato or canned	3 c. sour cream or packets
Broccoli, spinach, zucchini, or...chopped--use what is on hand	
3 egg beaten with 1 1/2 c. water	6 tsp. parsley, fresh or dried
3 c. grated cheese, e.g. sharp cheddar.	

Saute onion and garlic; add bulgur. Add salt and pepper to taste, and boil the lot in the 6 c. water for 15 minutes. Then mix with remaining ingredients, reserving some cheese for the top. Bake for 30-40 minutes at 350 degrees F (or whatever temp you can get the oven to bake at).

Burritos

2 doz. flour tortillas	Serve with Calabasitas con Queso.
3 pkg. sour cream mix	6 1-lb. cans refried beans
1 can olives	fresh tomatoes, chopped
3/4 lb. grated cheese	1 can green chilies
salsa	lettuce, sliced thin
	2-4 cans roast beef, optional

Heat beans and beef, prepare sour cream mix and put out condiments.

Calabasitas Con Queso (Mexican style squash)

3 lbs. squash	1-2 onions, chopped
2-3 cloves garlic	2 cans tomatoes (or fresh)
chili powder	grated cheese

Fry onion and garlic in oil; when slightly browned, add squash. Cook for a few minutes, stirring frequently, add tomatoes and chili powder, cook 5-10 min. Stir in grated cheese before serving.

Chicken Cacciatore

2-3 cans chicken	#10 can tomatoes
1 can mushrooms	basil, oregano, pepper, parmesan cheese
2-1/2 lbs pasta or 6 c. rice	onion and garlic

Chop and fry onions and garlic; add tomatoes, chicken, spices; let simmer. Serve over prepared pasta or rice.

Chicken Fricassee

1 can chicken	4 10-oz. cans chicken broth
1-2 onions, chopped	soy sauce
1-1/4 c. flour	salt, pepper, etc.
a few cloves garlic	cooking oil

Saute onions and garlic in oil. Add broth and spices, simmer 10 min. Add water to flour to make thick, smooth paste and stir in. Stir constantly until thickened, add chicken, season to taste, and serve over rice, mashed potatoes, or coos coos.

Chili

8-10 c. dry beans (mixed pinto and kidney)	
3-4 28-oz. cans tomatoes	1 can green chilies
2-3 onions, chopped	4 cloves garlic, chopped
3-4 handfuls TVP	cayenne, cumin, chili powder, oregano, basil

Soak beans overnight. May use canned beans, dry beans take hours to cook. Pressure cook beans (1-3 hours to cook without a pressure cooker), using tomatoes for part of liquid. Meanwhile, saute onions and garlic in oil. When beans are done, drain partially if necessary. Add onions, garlic, chilies, TVP and spices. Serve with corn, cornbread, or chapatis.

Chinese Chicken

1 can chicken	3 8-oz. cans water chestnuts
3 5-oz. cans bamboo shoots	1 1-lb. can mushrooms
2 15-oz. cans baby corn	1 4-oz. can golden mushrooms
1 lb. carrots, sliced thin	2 onions, sliced thin
2 cloves garlic, diced	ginger and soy sauce
sprouts	cooking oil

Fry onions and garlic, then add carrots, canned goods, and sprouts. Season to taste. Serve with Chow Mein Noodles, Egg Drop Soup and rice.

Clam Chowder

1 51-oz. can clams	3/4 c. butter
3 c. water	3 large onions, chopped
6 c. milk (not powder)	8 large potatoes, peeled and diced

Drain clams, reserve liquid. Saute onions in butter. Add potatoes and clam liquid. Cover and simmer 15 min. until potatoes are tender. Add clams. Cook 3 min. Add water and milk then heat but do not boil. Season with salt and pepper to taste. Thicken with flour if desired.

Corn Chowder

6 T. margarine	1 med. onion, chopped
1/2 lb kielbasa sausage, diced (substitute ham, bacon, or omit for vegetarians)	
4 stalks celery with leaves diced	1 lb potatoes, unpeeled, diced
2 12-oz. cans corn kernels	4 c. 1/2 and 1/2 (thick solution powdered milk)
4 T. flour	salt and pepper
1/2 c. parsley (less if dried)	

Melt 2 T. margarine in dutch oven. Add kielbasa, onion, celery and saute until tender. Add potatoes and juice from canned corn. If necessary, add additional water to cover. Cover pot, simmer 8-10 minutes. Add corn, stir, cover and simmer 10 minutes. Add the half and half and simmer until chowder is just at the boiling point.

Meanwhile, prepare a roux by melting 4 T. butter in a small pan. Add flour and stir until smooth. Whisk roux into chowder and cook over medium high heat until thickened. Add salt and pepper to taste. Garnish with parsley upon serving.

Curry

1 can chicken	1/2 can curry paste
3 14-oz. cans coconut milk	onion, sliced thin
garlic, diced	potatoes, sliced thin
cauliflower, sliced	carrots, sliced thin
broccoli, sliced	peanut butter to thicken
cooking oil	

Fry onions and garlic in oil. Add curry paste and cook until thick. Add a bit more oil. Add coconut milk (shake well first). Add chicken. Stir fry vegetables until tender but still slightly crunchy. Can mix with sauce, or serve separately. Serve over rice.

Egg Drop Soup

3-4 11-oz. cans chicken broth
bean thread noodles
2-3 boxes tofu
2-3 eggs
spices

Heat broth. Add bean thread and sliced tofu. Season. Beat eggs and pour while stirring into soup.

Empanadas

(Puffy torts that can be stuffed with a filling and fried. Makes 10-12 empanadas)

2 c. flour	2 tsp. baking powder
1 tsp. salt	2 T. honey or 4 T. sugar
1/3 c. water	

Mix well and knead until smooth. Pinch off balls, pat into circles, place about 2 T. of filling in the center; fold over and pinch edges together, making sure a complete seal is obtained. Deep fat fry. Ideas for fillings:

Refried lentils and cheese	Bulgur, rice and veggies
Honey and cinnamon	Apricot fruit syrup
Stewed apples or figs	

Enchiladas, Rice and Bean

4 T. oil	1 tsp. salt
4 chopped onions	grated cheese
2 chopped peppers	6 tsp. chili powder
30 tortillas	6 c. cooked lentils with 1/2 c.
2 chopped carrots	lentil juice or water
3 c. cooked rice	1 c. oil

Heat skillet, add oil and veggies. Saute 5 minutes. Add rice and salt and heat. In another pot add chili, salt and lentils with juice or water. Fill tortillas with 1/2 c. rice and veggies. Sprinkle with cheese. Roll up like a log. Pour bean/lentil sauce over them and sprinkle with more cheese. Heat on low flame until hot.

Enchiladas, Cheese and Chicken

Make enchilada sauce (see package directions). Saute onion, then mix with grated cheese, chunk chicken, and chopped olives. Put cheese mixture into taco shells, lay taco shells down flat in baking pans, and pour the sauce over everything. Bake at 350 degrees F. for approx. 1/2 hour. (Sprinkle a little grated cheese over top before baking).

Falafel

For each 1 cup of falafel mix add 3/4 cup water. Mix and let stand for ten minutes. Form into small (1 inch) balls and deep fat fry in oil until golden brown. To make pita bread sandwiches, put falafel balls into pita bread, add chopped tomatoes, chopped cucumbers, sprouts, and ranch style dressings.

Lasagna

2 lbs. lasagna noodles	3 29-oz. cans tomato sauce
1 28-oz. can crushed tomatoes	1 12-oz. can tomato paste
3 lb. mozzarella cheese	parmesan cheese
onion, garlic, chopped basil, oregano, pepper	
dried spinach	1-2 eggs
3-4 handfuls TVP	1 5-oz. pkg dried cottage cheese

Saute onions and garlic in olive oil. Add TVP, tomatoes, and if necessary thin with water. Season to taste; cook about 30 min. Cook lasagna noodles. Reconstitute cottage cheese (see package) and mix with eggs, dried spinach, parmesan cheese and spices. Put some sauce in the bottom of the dutch ovens, then layer with noodles, mozzarella and cottage cheese filling. Top with parmesan cheese and bake.

Lentils, Monastery Style

In a large pot saute 3-5 minutes:

1/2 c. oil	4 large onions, chopped
2 carrots, chopped	salt to taste
1/2 c. parsley	2 lb. canned tomatoes

Add and sauté 1 minute more: 1-tsp. thyme and marjoram. Cook in covered pot until lentils are tender, about 45 minutes. Add: 6 c. stock or seasoned water 2 c. lentils, washed. Have ready: 1-1/2 c. grated cheese. To serve, place 2 T. of grated cheese in each serving bowl and top with soup. This is especially good with corn bread.

Macaroni and Cheese

4 c. water	2 c. macaroni
salt (1 tsp. per quart)	2 T. dried onions, or to taste
1 c. cheese, cut into chunks	4 T. butter, or to taste
1/2 c. milk	black pepper and garlic to taste

Boil water and add macaroni, salt, and onions. Cook at a gentle boil 10-15 minutes or until done. Drain all but 1/4 to 1/2 c. water. Add cheese and butter. Turn down to a simmer and stir often. Add milk if desired (mixed well to dissolve lumps) and seasonings to taste. Cook and stir until cheese is melted.

Meat (or Chicken) and Vegetable Pies

3 cans roast beef or 1 can chicken	3 12-oz cans corn
Potatoes, sliced thin	onions and garlic
carrots and mushrooms	biscuit dough

Basically, use anything that sounds good. Mix vegetables together and split between dutch ovens. Add beef to one and chicken to other, if desired. Pour some water over all. When partially baked, top with biscuit dough and continue baking.

Mexican Chicken

1 can chicken	3 10-oz cans mushroom soup
3 10-oz cans enchilada sauce	1 27-oz. can green chilies
2 17-oz bags corn chips	3 c. grated cheese
2 onions, chopped	

(continued)

Mix chicken, mushroom soup, enchilada sauce and green chilies in a pot and heat. Layer in dutch oven with chips, onion and cheese. Bake about 45 minutes.

Noodles with Cheese and Tuna

2-1/2 lb vegetable noodles	3 cans tuna, drained
1-1/2 lb cheese, grated	milk
flour or cornstarch	Dill, mustard, caraway, etc.

Bring lots of water to a boil and cook noodles until tender but not mushy. Drain, leaving some hot water still in. Add milk powder, cornstarch to thicken. Stir in cheese and spices. Could also use ham instead of tuna. Serve with green beans.

Pizza

Make quadruple of yeast or quick crust recipe

Yeast Crust:

1 tsp. dry yeast
1/2 c. lukewarm water
1/2 c. sugar
1/4 tsp. salt

Quick Crust:

1/2 c. biscuit mix
1/2 c. flour
1/2 c. cold water
1 c. flour

Dissolve yeast in lukewarm water, sugar and salt. Add flour, and mix into a stiff dough. Roll out dough with a water bottle or fishing rod case or pat into the bottom of a drying pan.

Sauce:

2 12-oz. cans tomato paste	basil, oregano, salt, pepper
butter	flour to thicken
onions and garlic	dried bell peppers

Sauté onions and garlic in olive oil. Stir in tomato paste, bell peppers and some water. Cook, using flour to thicken. Season to taste. Place dough in dutch ovens and square pans that fit into coleman ovens. Turn up edges to hold sauce in. This can be baked on the stove if low heat is used. Bake with a lid on. Spread crust with sauce and toppings:

Grated cheese	1 1-lb. can mushrooms
1 20-oz. can pineapple	1 6-oz can olives, sliced
12 oz. sliced pepperoni	parmesan cheese

Potato Soup

1/2 - 3/4 c. oil	6 c. chopped onions
3 c. diced carrots	3 c. chopped celery
15-18 med. potatoes diced	1 tsp. salt
3 qt. veg/chicken stock (12 veg/chicken bouillon cubes, 12 c. boiling water)	2 tsp. caraway seed
paprika	6 c. milk powder
3 tsp. oregano	Barley
Optional items:	Potato-leek soup mix
1 51-oz can mushroom soup	

Heat oil, saute onions, carrots, celery and potatoes until onions are transparent. Pour in stock, (barley), and seasonings, simmer for about 1 hr. until potatoes tender but don't fall apart. Dissolve milk powder in with cups or soup liquid. Return to pot and reheat (along with mushroom soup) - don't boil.

Scalloped Potatoes with Cheddar Cheese

9 c. potatoes, sliced thinly

3 large onions, thinly sliced

4 1/2 c. white sauce (see following ideas)

White Gravy, use a sauce packet, or make your own: 6 T. flour, 6 T. margarine, salt and pepper to taste, 4 1/2 c. milk. Heat margarine in pan over low heat until melted. Stir in flour, salt, pepper, Cook over low heat, stirring constantly until smooth and bubbly. Stir in milk, stirring constantly for 1 minute. Hint: use a wire whisk!

4 1/2 tsp. salt

1 1/2 tsp. pepper

nutmeg

4 T. margarine

5 c. grated cheese

6 c. milk or more

Layer potatoes, onion, white sauce and cheese in greased casserole dish. Dot with margarine. Add milk to top of mixture. Bake covered for 30 minutes, then uncovered for 30-40 more minutes, at 375 degrees F until done.

Shepherd's Pie

Pressure cook about 20 potatoes; mash with milk and butter. Line bottom and sides of dutch ovens with these:

2 12-oz cans corn

2 1-lb. cans

carrots

2 17-oz cans peas

1 28-oz can tomatoes

onion and garlic, sauteed

spices to taste

Drain the vegetables and mix all together. Pour into prepared dutch ovens. Top with grated cheese, if desired.

Spaghetti

1 #10 can tomatoes, crushed

1 1-lb. can mushrooms

onion and garlic

3-4 handfuls TVP

basil, oregano, pepper, etc.

2-1/2 lbs. spaghetti

Parmesan cheese

Saute onions and garlic in olive oil. Add tomatoes, mushrooms and TVP; simmer about 1/2 hour. Boil up a big potful of water, add spaghetti and cook 10-12 minutes. Serve with parmesan cheese.

Spaghetti with Pesto Sauce

Pesto mixes-- prepared according to directions

Pine nuts, chopped

2-1/2 lbs. spaghetti

Put spaghetti in big potful of boiling water; cook 10-12 min. Serve with sauce and pine nuts.

Spanish Rice

1 can chicken

Rice; scant 1/2 c per person

1 11-oz can chicken broth

1-2 29-oz cans tomato sauce

2-3 12-oz cans corn

onion and garlic

salsa

Saute onions and garlic in large pot. Add rice, chicken broth, tomato sauce and water to make balance of necessary liquid. When rice is done add chicken and corn. Serve with salsa.

Stroganoff, Beef

4-6 cans roast beef

3 pkg. sour cream mix

1 50-oz. can mushroom soup

2 16-oz cans mushroom soup concentrate

2-1/2 lbs noodles, or potatoes

Onions, salt, pepper

Mix mushrooms, soup, and sour cream mix with salt and pepper. Brown beef and onions in butter and add. Serve over cooked noodles or mashed potatoes.

Stroganoff, Vegetable-Tofu

2-1/2 lb. noodles	3 boxes tofu
3 pkg. sour cream mix	1 50-oz can mushroom soup

Stir fry veggies (cauliflower, cabbage, carrots, potatoes, broccoli) with seasonings (onion, pepper, paprika, seasoned salt). Add soup, sour cream mix and sliced tofu. Serve over prepared noodles.

Sweet and Sour Curried Rice

3 c. water	1 tsp. curry powder
1 tsp. salt	1/4 tsp. black pepper
7 c. rice	1/4 c. vinegar
1/2 c. raisins/other dried fruit	1/2 c. brown sugar
2 T. dried onions	3 T. soy sauce
2 T. dried green pepper	1/4 c. water
1/4-1/2 c. butter	1/2 c. nuts and seeds

In salted water cook rice, fruit, and vegetables until rice is done. (Drain rice if necessary.) Melt butter in one or two frying pans. Spoon rice into pans. Add nuts and seasonings and fry 10-15 minutes. Mix vinegar, sugar, soy sauce and water and stir into the rice. Simmer 5 minutes with lid on.

Tamale Pie

4 1-lb. cans refried beans	1 can roast beef (optional)
1 6-oz can olives	2 12-oz cans corn
1 27-oz can green chilies	2 28-oz cans crushed tomatoes
onion and garlic	3 c. grated cheese
5 c. cornmeal	10 c. water
2 tsp. chili powder	2 T. crisco

Cook cornmeal with water and chili powder until thick. Line 2 dutch ovens with mixture. Mix crisco, chilies, corn, tomatoes, onions and garlic, salt and pepper. Layer with beans, cheese and olives in ovens; top one with roast beef. Bake 45 min.

Vegetable Stew

A catch-all recipe to use up whatever we have, such as:

Potatoes, cubed	Carrots, canned or fresh
onion and garlic. opt.	3 cans tomatoes
3 cans corn	barley, rice or coos coos
spices	TVP, optional

Cook all together with some water. Serve with dumplings, biscuits corn bread, or chapatis

Desserts

Apple Crisp

8 c. sliced tart apples	1 1/2 c. pkt brown sugar
1 c. flour	1 c. oats
1 1/2 tsp. cinnamon	1 1/2 tsp. nutmeg
2/3 c. margarine or butter	

Heat oven to 375 F. Arrange apples in greased square pan, 8" x 8" x 2". Mix remaining ingredients and sprinkle over apples. Bake until golden brown and apples are tender. Serve warm.

Applesauce Cake

2 c. flour	2 tsp. baking cocoa
3/4 tsp. salt	2 tsp. cinnamon
1/2 tsp. baking soda	1-1/2 tsp baking powder
1/2 c. crisco	1-1/2 c. sugar
2 eggs	1-1/2 c. applesauce
1 c. raisins	3/4 c. nuts (optional)

Mix dry ingredients. Toss raisins and nuts with half of flour mixture. Beat together crisco and sugar; add eggs and beat. Add flour and applesauce. Add flour and raisin mix. Bake in two pans about 50 min. at 350. (Could use dutch oven).

Brownies

1/2 c. baking cocoa	1 c. butter
2 c. sugar	4 eggs
2 tsp. vanilla	1 c. flour
1 c. nuts (optional)	

Melt butter. Stir in cocoa, sugar, eggs, vanilla, then flour and nuts. Bake in two pans at 350 for 25-30 min.

Chocolate Chip Cookies

2-1/4 c. flour	1 tsp. baking soda
1 tsp. salt	1 c. butter
1 c. brown sugar	1/2 c. white sugar
2 tsp. vanilla	2 eggs
2 c. chocolate chips	

Mix butter, sugars, eggs and vanilla. Stir together flour, soda and salt; add to butter-sugar mixture. Add chips. Bake in two pans at 350 degrees F about 30 minutes.

Fruit Cobbler

1 - 1 1/2 c. water (varies with type of fruit)	
Dried fruit, as much as desired	Sugar or honey to taste
1 c. biscuit mix	1/2 c. flour
Pinch of salt	1/2 c. water
1/4 c. powdered milk (opt)	

Boil fruit in water until re-hydrated and add about 1/2 c. extra water when fruit is hydrated. Add sugar, butter and cinnamon. Mix biscuit mix with flour, salt, water, and powdered milk if desired, and spoon over boiling fruit. Cover and boil 5-10 minutes until the dough is steam-cooked.

Funnel "Cake" - this is a super-fast delicious, easy dessert that keeps everyone occupied.

4 c. flour	1/4 c. sugar
1/2 tsp. salt	1 T. baking powder

Mix well and add to flour: 3 eggs, 2 c. milk

Batter should be runny. Put in a container with a spout or through a clean funnel. Take hot fry pan off fire. It should have 1/4" grease in it. Pour funnel cake batter into curly que designs into hot grease. Put back over fire and cook for a scant minute or until when edge is lifted with a fork you see golden color. Flip and cook briefly and take out and put on draining paper. Then toss in bag of confectioners sugar. You can really make some interesting pictures and designs with this batter, especially if you have a funnel or good spout to pour from. It'll keep the group occupied for hours. Better have several fry pans going at once.

Gingerbread

5 c. flour	1 tsp. salt
4 tsp. baking powder	2 tsp. baking soda
2 T. ginger root or powder	

Mix separately:

4 eggs	2/3 c. oil
2 c. molasses	1 1/2 c. hot water

Blend liquid into dry with few strokes. Bake 30 - 35 minutes.

Oatmeal Date Cakes

1 part oatmeal	Handful of chopped dates
3 parts flour	Sunflower seeds
3 tsp. baking powder	Pinch of salt

Mix ingredients with water to form a non-sticky dough, then form dough into wide thin pancakes. Put one into a greased pan and bake slowly. This cake is dense and will take a while, be patient.

Peanut Butter Bliss Balls

1 c. sesame seeds	2 heaping T. powdered milk
4 heaping T. peanut butter	6 heaping T. honey
Coconut to roll balls in	

Mix sesame seeds, powdered milk, peanut butter and honey together until a uniform ball can be formed. Break off spoon-sized hunks, form into balls, and roll balls in coconut. For a crunchy peanut butter delight, add 1 c. granenut cereal instead of sesame seeds. When made with sesame seeds, this food is a complete protein.