Karen Hall

My Food Storage Cookbook’s Biggest Prepper Challenge: Weeks 1-4

**Navy Bean and Ham Soup**

**Cornbread**

**Deviled Eggs** (not a food storage recipe but one she used in practicing using her Wonder Oven to get the alternative cooking points)

**Fried Potatoes**

**Grandma’s potato salad**

**Flour Tortillas**

2 c. flour, 1 tsp salt, 4 TB coconut oil, 1/4 c. powdered milk, 3/4 c. warm water; cut coconut oil into flour and salt mixture. Rehydrate milk and slowly add to crumbly flour mixture until it forms a ball. Knead 2 min. Divide into 8 balls, cover with towel, let rest 10-20 min and roll out; fry on dry griddle over med. high heat.

**Chimichangas**

Cook 1 lb fd ground beef with 1/4 c. TVP, stirring well. Drain, add 2 cans diced green chiles, 1 tsp chile powder, 1 tsp cumin, 1 tsp onion flakes or powder (rehydrate flakes), 1 tsp garlic salt, 1 tsp beef bouillon powder.  Mix all well.  Add 2 c. cheddar cheese, fill tortilla, roll or fold, fry and top with cheese.

**Bean and Bacon Soup**

1 lb navy beans, soak over night, in am, boil in pot with lid on 10 min, set in wonder oven for 6 hrs. Rehydrate 2 TB dry celery, 2 TB dry carrots, and 1 TB dry onion flakes (or use powder) in 5 TB water.  When beans are tender, add 1/2 tsp thyme, 1/8 tsp liquid smoke, 1 bay leaf, dash crushed red pepper, 1 tsp garlic salt, 1 tsp chicken bouillon rehydrated with water to 1 c. chicken broth, 1 tsp salt, and 1 tsp tomato powder rehydrated with 1 tsp water. Puree 1/3 mixture and then boil in pot with lid 10 min, set in wonder oven 2-4 hrs. serve.

[**Sugar Donut Muffins**](http://myfoodstoragecookbook.com/2013/02/08/sugar-donut-muffins/)

**French Toast**

2 1/2 TB powdered eggs, 1/3 c. powdered milk, stir well; add 1 c. plus 2 1/2 TB water, stir well to remove lumps. Dip thickly sliced bread in batter, fry on greased griddle until golden; flip fry until golden, and serve.

**Eggs Benedict Casserole**

(not a 100% food storage recipe, but one where she did include some food storage in it and used it to practice cooking in her Wonder Oven for alternative cooking points.)

Boil 4 eggs and 8 spears of asparagus 10 min, cover pots with lids, set in wonder oven 20 min or until asparagus is tender. Drain, peel eggs, quarter. Make sauce: 6 TB butter, 6 TB flour,2 TB powdered milk rehydrated with 4 TB water, 1 tsp chicken bouillon in 1 c. water, 2 tsp yellow mustard, 2 c. chicken broth. Stir well and whisk to remove lumps. Add asparagus, quartered eggs, 1 c. diced ham, and sprinkle with 1 c. grated cheese.

**German Oven Pancake** (note from Megan: she also was able to cook this using her Rocket Stove – my kids love German Pancakes but I never thought I could get the heat hot enough alternatively to cook them, but here for Karen it worked!)

7 1/2 TB powdered eggs, 3 TB powdered milk, 1 c. plus 1 1/2 TB water, 1/8 tsp salt, blend well in blender; pour into greased dish in which you have melted 2 TB butter. Bake at 400\* 20 min. Serve with powdered sugar if desired.

**Ham and Potato Soup**

**Tostadas**

Mix scant 1/2 c. dehydrated refried beans with 1/2 c.warm water and allow to rehydrate. Heat in skillet. Spread 3 TB on homemade corn tortilla. Top with 2 TB cheddar cheese.

**Shredded Beef Tacos**

1 c. shredded beef, 1 can green chile, 1 c. cheese, 1 tsp chile powder, 1 tsp cumin, 1 tsp garlic salt, 1 tsp onion flakes rehydrated, stir mixture well and fill into homemade corn tortilla shell.

**Potatoes Au Gratin**