

Food Storage PLANNING

& Organization



MY FOOD STORAGE COOKBOOK

www.myfoodstoragecookbook.com

100% Food Storage Recipes
Low Fuel/ Powerless Cooking
Planning & Organization

Meals for an emergency can still taste Good!

Food Storage Planning and Organization

1

Planning to be self sufficient with a HOPE-centered mindset

My LDS faith based perspective: **WHAT** are we preparing for?

Six planning components for a dependable food storage plan

My three- binder organization system for food storage use

Cooking with Food Storage

2

Appetite fatigue and the importance of variety for survival

Five "lost art" essential recipes to add interest in a meal plan

Kitchen supplies I've used while cooking with food storage

7 smart ingredients you might not be storing

Powerless & Low Fuel Cooking

3

The foods you're storing vs the fuel required to cook them

Three methods to save fuel and meet most cooking needs

Solar, retained heat & biomass units: pro's & cons of each

How to cook and get the best results: each method

Retained Heat Cooking

4

Retained Heat Cooking: the powerless crock pot you need!

Timeless and Dependable: historical and modern approaches

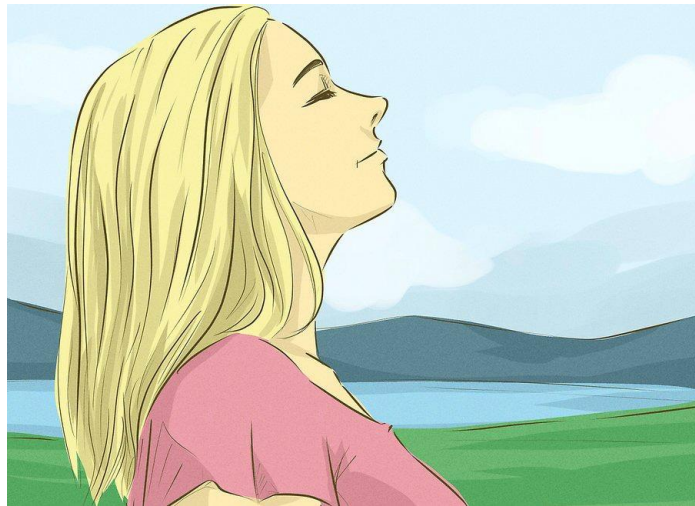
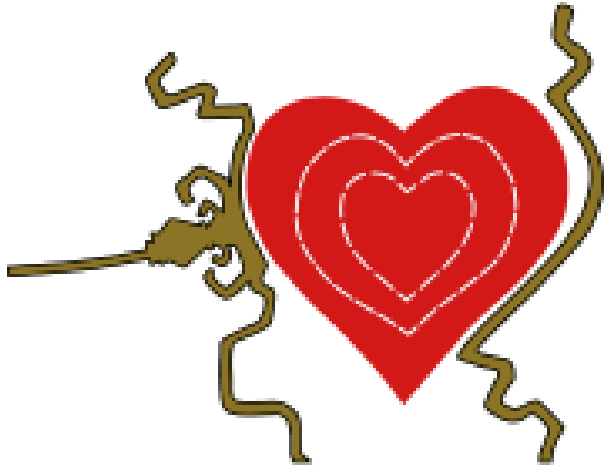
How to cook successfully: what works, what doesn't

Seven recipes with definitive instruction: see it work!

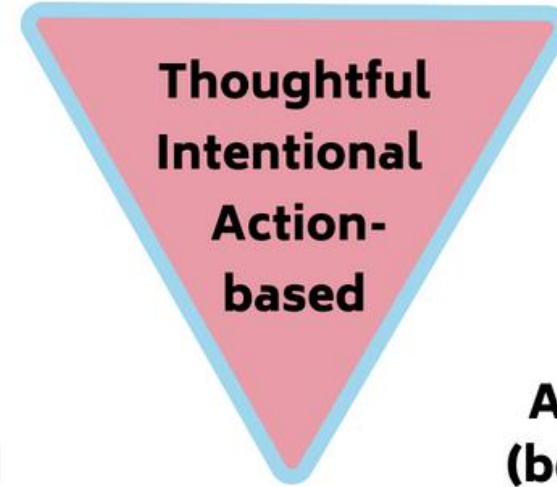
HEART



Hope



HOPE - CENTERED



**Partnership
with the Lord**

**Accepts the future
(both good and bad)
and prepares
accordingly**

**Efforts ALIGN
with daily life**



FEAR - CENTERED

**Prepares
to extremes**

**Reactive
Preparedness**

**Preparedness
interferes
with daily life**

**Excessive
Wasteful**

**Priority: other
people's lists**





INCLINED TO DOUBT

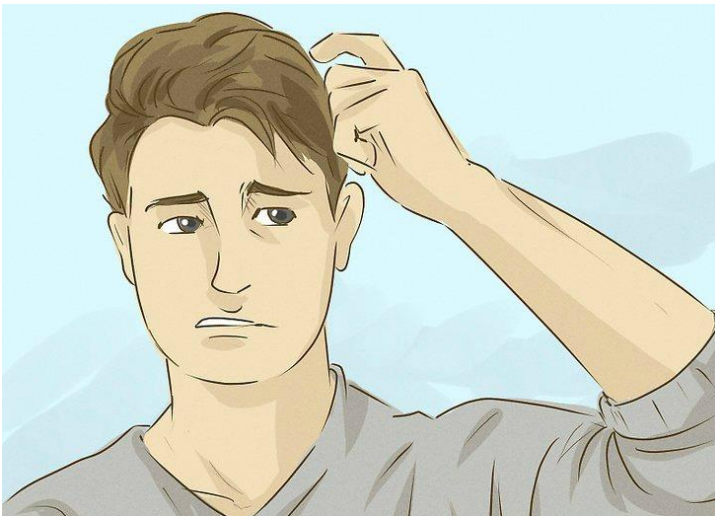
**Resists being
like those who
"fear" prepare**

Denial

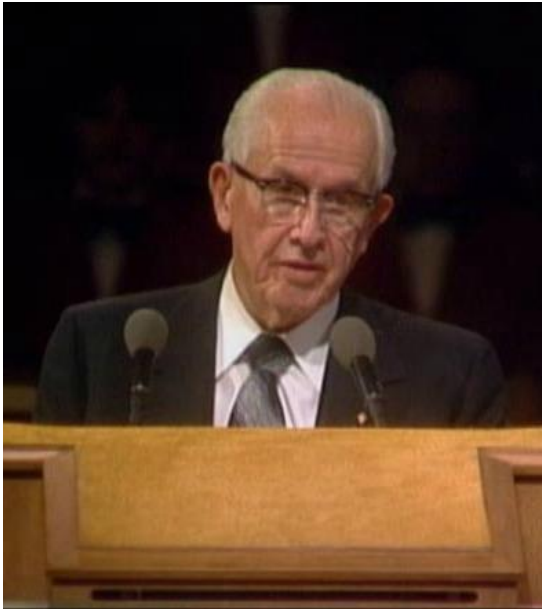
**Fall into
false positive
expectations**

Disinterested

**Insufficient
Results**







Work Alone Brings Life's Necessities

Forewarned to be Prepared

The Lord wants us Independent

Don't Think Calamities Won't Happen to You

34 And the ^asaints also shall ^bhardly ^cescape; nevertheless, I, the Lord, am with them, and will ^dcome down in heaven from the presence of my Father and ^econsume the wicked with unquenchable fire.

35 And behold, this is not yet, but ^aby and by.

36 Wherefore, seeing that I, the Lord, have decreed all these things upon the face of the earth, I will that my saints should be assembled upon the land of Zion;

37 ^aAnd that every man should take ^brighteousness in his hands and ^cfaithfulness upon his loins, and lift



Ether 2:16

And the Lord said: **Go to work
and build...**









“Master” planning

HOW

WHAT



FUEL

Components



Convenience



Physical Binders



Calendared Plan



Water



Flexibility

Tools & Supplies





Physical Binders





Calendared Plan



CHICKEN RECIPES INDEX

3 Month

1	Chicken Cacciatore with Herbed Polenta	10	Bourbon Chicken over rice
2	Chicken & Broccoli Italian Cannelloni	11	Italian Chicken
3	Chicken Pot Pie	12	Chicken Tetrzzini
4	Arroz con Pollo	15	Chicken & Rice Italiano
5	Creamy Chicken Enchiladas w/Mexican Rice	17	Chicken a la King
		19	Sun Dried Tomato Pasta
6	Chicken Stuffed Shells	20	Cheesy Chicken
7	Chicken Homemade Ravioli	21	Chicken and Veggie Filled Biscuits
8	Chicken Stove Top Dressing Casserole	22	Chicken Broccoli Casserole
9	Creamy Chicken Parmesan	23	Hawaiian Haystacks

Long term

1	Chicken Cacciatore with Herbed Polenta	12	Chicken Tetrzzini
2	Chicken & Broccoli Italian Cannelloni	13	Sweet and Sour Chicken
3	Chicken Pot Pie	14	Potato Chicken Bake



Flexibility





Water

Beef & Sour Cream

Cans/Jars:

- 1 (14-oz.) can beef broth
- 1 (10- to 15-oz.) can beef
- 1 (15-oz.) can diced tomatoes
- 1 (12-oz.) can V-8 juice

Grain/Pasta:

- 8 oz. noodles (3 cups)

Dried:

- 1 cup sour cream powder
- ½ cup dried onion

Seasonings:

- 2 tsp. celery salt
- 2 tsp. Worcestershire sauce

Directions:

Dissolve sour cream powder in ¼ cup broth. Set aside. Combine all other ingredients. Simmer, covered, until noodles are done, stirring frequently. Stir in sour cream mixture and heat through.

FOR EVERYDAY MEALS: Replace dried onion with 1 cup fresh. Replace sour cream powder with 1 cup fresh.

Basil Tomato Soup

Cans/Jars:

- 1 (10-oz.) can tomato soup
- 1 (15-oz.) can diced tomatoes
- 2 (14-oz.) cans vegetable broth
- ¼ cup Parmesan cheese

Grain/Pasta:

- ½ cup corkscrew pasta

Seasonings:

- ½ tsp. basil
- 1 Tbsp. sugar

Directions:

Combine all ingredients except Parmesan. Simmer until pasta is done. Sprinkle Parmesan on each serving.

Chicken Stuffed Shells

- ½ package giant pasta shells, cooked & drained
- 2 cups cooked chicken, shredded or cubed
- ~~1 (6-ounce) box chicken flavored stuffing mix, prepared~~ use recipe below
- 2 (10.5 ounce) cans cream of chicken soup
- ½ soup can evaporated milk (use an empty cream of chicken can)
- 1 teaspoon dried parsley

Cook and drain pasta, set aside. Prepare the stuffing mix and place in a big bowl. Combine chicken, prepared stuffing, one can of cream of chicken soup, mix well. Stuff shells with chicken mixture and place in a 9x13 inch baking pan that has been greased. Once all of the shells are filled, mix the remaining can of cream of chicken soup and ½ can of milk together along with the dried parsley. Pour the soup mixture over the shells, cover with foil and bake in a 350° F oven for 30 minutes or until hot and bubbly.

Homemade seasoned stuffing mix

Yield: 3 cups

Ingredients:

- | | |
|--------------------------------------|--------------------------------------|
| 3 cups dried bread cubes and crumbs* | 1/2 teaspoon poultry seasoning |
| 1/4 teaspoon lemon pepper | dash celery seed |
| 1/2 teaspoon garlic powder | 2 teaspoons dried onions |
| 2 teaspoons dried parsley | 1/2 teaspoon seasoned salt |
| 1/2 teaspoon dried chives | 1/8 teaspoon turmeric |
| 1/4 teaspoon paprika | 1 teaspoon powdered chicken bouillon |

1. Cut bread into 1/2-inch cubes, or simply break apart and crumble into large crumbs.
2. Spread bread pieces on an ungreased cookie sheet and bake at 300 degrees for 20 minutes.
3. Reduce oven temperature to 200 degrees and continue baking for at least 2 hours, and as long as 6 hours. (Monitor bread if you've never done this before--my oven won't burn it at 200, even when left in overnight.)
4. Remove dried bread from oven and place cookie sheet on cooling rack until cool.
5. Add seasonings, stirring to mix. Store in a tightly sealed container or zipper freezer bag (will puncture light ziplock bags) until needed.

To make the stuffing:

Heat 1 3/4 - 2 cups of water to boiling. Add 4 tablespoons (1/2 stick) butter and stir until melted. Remove from heat, stir in 3 cups of stuffing mix (1 batch), cover, and let sit for 6-8 minutes. Fluff with a fork and serve, or use in a recipe.



Convenience



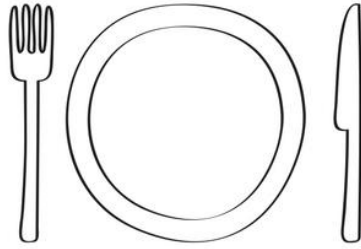
Pantry Meals



Tools & Supplies



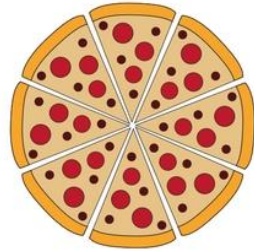
Components



**Appetite
Fatigue**



Food as Comfort



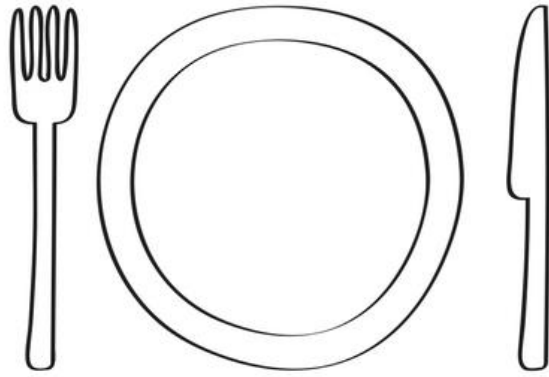
Familiarity



**Smart
Ingredients**



Tool Duplicates



Appetite Fatigue



Food as Comfort

Homemade Pasta



Tamales

Rice Pudding



Bread



Clam Chowder

Beef Empanadas



Lasagna Rolls



Deluxe Chocolate Cake



Bayou Chicken Pasta

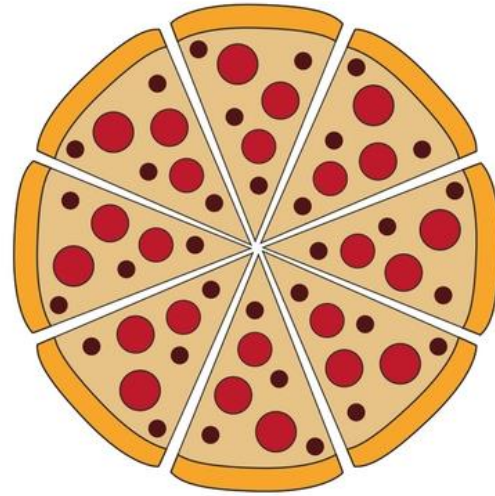


Quinoa Pizza Bites

Greek Lemon Chicken Soup



Crab & Ricotta Cannelloni



Familiarity

Homemade Ritz Crackers



Everything Chinese Noodles



Homemade Cool Ranch Doritos

Guilt-Free Macaroni & Cheese

Homemade Pringles



Homemade Cheese Ravioli



Homemade Instant Fruit & Cream Oatmeal

Homemade Chewy Granola Bars



Taco Shells



Homemade Saltine Crackers



Pizza



Smart Ingredients



Tool Duplicates

HOW

WHAT



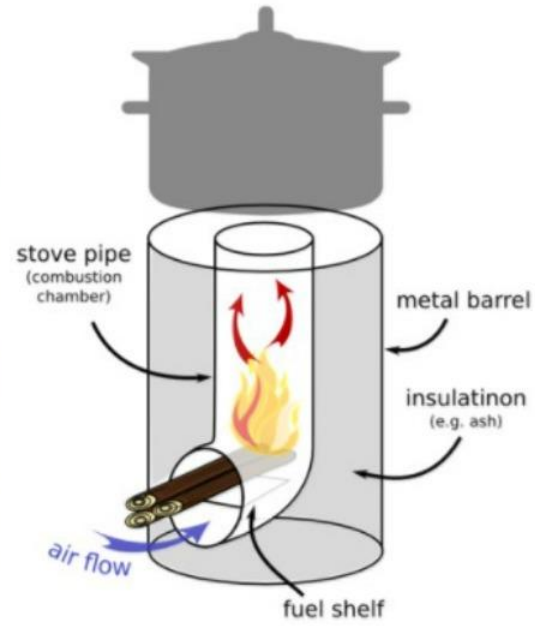
FUEL



Sun Oven = Zero Fuel



Retained Heat Cooking = Less Fuel



Biomass Cooking = Widely Available Fuel

**FROM OVERWHELMED
AND SCARED TO**

***TRUELY
PREPARED***

**YOU CAN DO
THIS!**

NO, REALLY....YOU CAN!



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Meals for an emergency can still taste **Good!**

Nothing is impossible if
we set our minds to it,
discipline ourselves
and work.

