Cook With Your Food Storage

22+ Recipes Every Prepper Should Know

BY MORGAN ROGUE

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You have all this food stored for emergencies, now what? How do you cook with it?

If you've purchased this book then you realize the importance of knowing how to cook with your food storage. It's not as basic as just beans and rice. We're preppers, so let's prep the food we like to eat (explore new foods) and cook food that everyone will enjoy, even in times of crisis.

If you'd like to learn more about the types of foods to store as well as alternative cooking methods, head over to my website and take my 'Food & Water Storage 101' online course.

As you continue to cook with your food storage, I hope you'll start to make up your own recipes and learn to cook on the fly with whatever you have on hand. Of course, recipes are important to have around, so I hope these will be useful to you.

I apologize in advance, there are no pictures in this cookbook. I'm the first to scream how I think cookbooks need pictures. However, get comfortable with not knowing how something is going to come out; also sometimes the picture isn't appealing at all. It may not look good, but it sure TASTES good!

Follow the instructions and you'll be good to go.

Let's dive right in.

Thanks for reading!

Breakfast

Breakfast Hash

Ingredients:

1 box of just add water hash browns
Ovaeasy eggs or any dehydrated or freeze dried eggs
1 can of Vienna sausages (or spam or chicken or really any kind of canned meat)
Spices (salt, pepper, paprika, onion powder, garlic powder and whatever you like)
1 can of spinach
*Optional, 1 can of diced tomatoes

Instructions:

Follow the instructions on the 'just add water' hash browns to reconstitute them. Also follow the instructions to reconstitute about 4 eggs.

Open the canned meat, drain if necessary.

Open the canned spinach and drain.

Open the diced tomatoes and drain.

Cut up the meat into bite sized pieces.

Heat up a pan.

Add the meat in the pan to warm it up.

Add the spinach. (at this point, you'd also add the diced tomatoes)

Add in the hash browns.

Finally, add in the eggs and mix together.

Add in the spices. Then enjoy!

Dehydrated Smoothie

This is something that's done ahead of time and stored in a mylar bag to preserve and eat at a later time. This requires a blender and a dehydrator. This recipe doesn't make a lot, so you may want to double or triple it.

Ingredients:

1 Banana
2 Tablespoons oats
1 tablespoon peanut butter
1 teaspoon ground flaxseed
3/4 cup milk

Instructions:

Combine all the ingredients in a blender.

Process at high speed until smooth and frothy.

Spread on a dehydrator tray covered with a non-stick sheet or parchment paper.

Dehydrate at 115F/46C for about 6-12 hours until completely dry and brittle.

Remove from the dehydrator and let cool to room temperature.

Grind dried smoothie mixture in a coffee grinder into a fine powder.

Pack in a small zip lock bag.

To reconstitute:

Pour smoothie powder into a mug or wide-mouth bottle
Add 2/3 cup water and stir/shake well.
Let stand for 5-10 minutes to rehydrate. Stir again and enjoy.

Peanut butter balls

These can be eaten any time of the day, but they're great for a quick meal in the morning.

1 1/2 cups oats
1/2 cup peanut butter
1/4 cup raisins
2 tablespoons honey
1 teaspoon cinnamon
*optional, chocolate chips

Instructions:

Combine until it's a stiff consistency. If it's too sticky, add some more oats. If it's falling apart, add some more peanut butter and/or honey.

Roll them out in your hands to create medium sized balls. No need for refrigeration, but you can refrigerate if you're able.

Oatmeal

Oatmeal is a staple among preppers. But there's no need to eat it bland!

Here are some ideas for oatmeal add ins that can be part of your food storage and be used for other purposes in addition to oatmeal:

Peanut butter
Maple syrup
Powdered fruits
Honey
Raisins
Nuts
Cranberries
Other dehydrated fruits
Powdered milk
Chocolate chips
Cinnamon
Nutmeg
Pumpkin pie spice
Coconut flakes
Brown sugar

General breakfast items to consider storing:

Just Add Water Pancake Mix
Canned Bacon
#10 Can of Freeze Dried Sausage
Mountain House Biscuits and Gravy
Powdered Milk
Powdered Eggs
Dehydrated/Canned/Freeze Dried Potatoes
Dehydrated/Freeze Dried Fruits
Dehydrated/Freeze Dried Vegetables
Dry Cereals (repackaged in mylar bags with oxygen absorbers)
Oats
Just Add Water Hashbrowns
Jams/jellies
Biscuit mix
Syrup
Spices
Coffee
Tea
Powdered juices or other drink mixes

Lunch & Dinner

I've lumped these two in together because honestly, these two meals can be interchangeable and many people don't eat lunch. Many of these recipes can be interchangeable between lunch and dinner.

Chicken Continental - Submitted by Julia West

Ingredients:

10 3/4 ounce can condensed cream of chicken soup
2 tablespoons dried minced onion
1 teaspoon salt
Dash ground black pepper
1 tablespoon dried parsley (or 3 tablespoons chopped fresh parsley)
1 teaspoon dried thyme, crushed
2 cups chicken broth
2 cups cubed cooked chicken (or 1 pint home-canned chicken, cubed)
2 cups instant rice

Instructions:

Preheat the oven to 375°F. Lightly butter a 2-quart casserole dish.

In a medium bowl, combine soup, onion, salt, pepper, parsley, thyme and chicken broth. Stir until well-blended.

Add chicken and instant rice. Pour mixture into the prepared casserole dish. COVER and bake about 30 minutes, until rice is tender.

Makes 8 servings.

No need to buy expensive instant rice! The next time that you have leftover cooked white rice, simply spread it onto a lined dehydrator tray. Run the dehydrator until the rice is crispy. Store the "instant" rice in a glass Mason jar with an oxygen absorber (and/or vacuum seal it).

Chicken & Potatoes - Submitted by Mountainghost556

Ingredients:

1 bag of Idaho instant potatoes (any flavor)
1 can of chicken

Instructions:

Using your preferred cooking method, follow the instructions on the instant potato bag to rehydrate. Add in chicken. Done!

*Morgan's notes:

I like to add in canned vegetables such as corn or peas. Spam or other canned meats can be used if there is no canned chicken.

Tuna & Rice

Ingredients:

1 can tuna
1 cup rice
1 can corn
1 can cream of mushroom soup

Instructions:

Cook the rice per package directions. (1 cup rice, 2 cups water, boil for 15-20 minutes) Once the rice is cooked, place the rice into a bowl then add in the tuna, corn and cream of mushroom soup. Stir it all together. Enjoy!

Pineapple Spam

Ingredients:

1 can spam
1 can pineapples
Soy or teriyaki sauce
Optional: rice
Optional: powdered eggs
Optional: peas
Optional: tortillas

Instructions:

Dice up a can of spam into small, bite sized pieces.

Dice up a can of pineapples into bite sized pieces.

Place the spam and pineapple bites into a pan. Add in 1-3 tablespoons of soy sauce or teriyaki sauce. Fry it up for about 5 minutes, consistently moving it around so nothing burns. This can be eaten straight or added to tortillas.

If you'd like to add rice and make it into a fried rice, you'll reconstitute about 3 eggs from powdered eggs, you'll need 1 can of peas and 1 cup of rice. Cook the rice, fry up the eggs and add it to the original mixture, then add the peas to the original mixture. Stir it up and eat it.

This recipe can be turned into fried rice or be added to a tortilla.

Shrimp and pasta

Ingredients:

1 can of shrimp
1 can of corn
1 can of peas
2 cups of pasta
1 can of cream of mushroom soup
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika

Instructions:

Boil the pasta for around 10 minutes.

Drain the can of shrimp, can of corn and can of peas.

Once pasta is cooked, drain then add to a bowl and add the cream of mushroom soup, shrimp, corn, peas and seasonings. Stir and enjoy! Add in more or different seasonings to your liking.

Apocalypse Burger

Ingredients:

1 can of chicken
1 can of creamed corn
Bread crumbs
Seasonings (use one of your favorite all-spice)
Oil
Optional: parmesan
Optional: bacon bits or canned bacon cut up into small pieces
Optional: pickles or other toppings

Instructions:

Drain the can of chicken, place into a bowl and begin to mash it up. Add in the cream corn and mix it up (the cream corn is taking the place of eggs, just fyi). Begin to add in bread crumbs. Add in a little bit of bread crumbs at a time until it reaches a combined, sticky consistency, you don't want it to be crumbly.

Heat up a pan and add a touch of oil in the pan.

Form the chicken mash into patties, as big or as small as you'd like. Add the patties into the pan. Fry up both sides until golden brown.

This can be eaten as is or it can be added to bread or buns to make a burger. Feel free to add in any toppings or condiments to it that you may have available.

Black bean burger

This can be made with any type of beans

Ingredients:

1 can of black beans (or any beans)
Bread crumbs
2 reconstituted powdered eggs
Oil
Seasonings of your choosing (salt and pepper are fine)

Instructions:

Drain and rinse the can of beans. Place the beans into a bowl and mash them up. Place the reconstituted eggs in with the beans. Begin to add in the bread crumbs but do it slowly and mix as you add it in. Make sure it comes out to a combined, sticky consistency, not a crumbly consistency. Add in any seasonings.

Heat a pan with some oil in it.

Press the bean mixture into round patties and place into the pan. Slightly brown on each side.

Can be eaten with rice, by itself or in between some bread or tortillas.

Mac & Cheese

Ingredients:

3 cups pasta
½ cup powdered cheese
¼ cup powdered butter
1 tablespoon water
⅓ cup powdered milk

Instructions:

Cook and drain pasta. Reconstitute the milk. Add cheese, butter, water and milk to the pasta. Enjoy!

Prepper Potpourri's Quick Cassoulet Soup - Submitted by Prepper Potpourri

Ingredients:

1 tablespoon oil
Optional: 4 slices bacon [Yoder's or home-canned]
2 cans smoked Vienna Sausages
¼ cup freeze dried or dehydrated onion or 1 tablespoon dehydrated onion powder
2 tablespoons dehydrated or freeze dried carrot dices.
½ teaspoon garlic powder
1 teaspoon dried Thyme
2 tablespoons tomato paste [substitute Ketchup if paste is not available]
4 cups chicken stock or equal amount mixed chicken bullion or ramen seasoning packet
1 15 ounce can of Northern White Beans, drained [May substitute kidney or other canned beans]
Optional: ½ cup white wine [if not available, add ½ cup additional broth]

Instructions:

Optional: Cook bacon and drain on a paper plate. Fry sausage slices in bacon fat [or 1 tablespoon oil if bacon is not available]. Add remaining ingredients and cook until vegetables are tender and broth is reduced.
Serve in bowls with bacon pieces as garnish.

Notes:
Vienna sausages can be used whole or in bite-size pieces. Dry beans can be used if soaked overnight. Canned tomatoes can also be added.

Goulash

Ingredients:

1 can of peas or green beans
1 can of corn
1 can of tomato paste
1 can of diced tomatoes
2 cups of pasta
1 can of spam or vienna sausages or freeze dried beef or sausage
Spices of your choosing, recommended would be onion powder, garlic powder and ginger

Instructions:

Cook the pasta then drain. In a large skillet, combine the pasta, tomato paste, can of diced tomatoes (with the water), corn, peas and/or green beans, your meat of choice and add in some seasonings to taste.

Stir then cover and let simmer for about 5-10 minutes.

General lunch and dinner food items to consider storing:

Canned fruits
Canned vegetables
Instant mashed potatoes
Rice
Canned beans
Canned meats
Canned tomatoes
Canned soups
Pasta
Bread crumbs
Oil
Seasonings/spices/salt/pepper
Powdered eggs
Powdered milk
Powdered cheese
Potted meats
Tuna, salmon and chicken individual packets
SPAM
Shrimp
Individual packets of condiments
Electrolyte drink mix or other flavored powders for your water

And don't forget to store water!

Snacks

Here are some snack ideas to add to your food storage, some of these may be shorter term storage, so make sure to store what you eat and rotate regularly.

Freeze dried or dehydrated fruits
Nuts
Tuna or chicken creations packets
Protein, nut, granola or energy bars
Protein shake (be sure it's the 'add water only')
Fruit snacks
Cereals
Jerky
Popcorn
Gold fish

Dessert

Do you love dessert? Hey, me too!

Rice Pudding

Ingredients:

6 cups reconstituted powdered milk
½ cup sugar
½ teaspoon salt
½ cup rice
2 teaspoons vanilla extract
Cinnamon (optional)

Instructions:

In a large saucepan, combine 5 1/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat.

Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.

Stirring occasionally, cook for 50 to 60 minutes. Mixture should thicken up to the consistency of yogurt.

Once thickened, remove from heat and stir in vanilla.

Let cool and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired.

Fried rice fritters

Ingredients:

1 cup flour
2½ tsp. baking powder
1 tsp. ground cinnamon
½ tsp. kosher salt
½ cups sugar
2 tsp. vanilla extract
3 eggs (reconstituted from powder or fresh)
1½ cups cooked long-grain white rice, at room temperature
Oil, for frying

Instructions:

Whisk together flour, baking powder, cinnamon, and salt in a bowl; set aside. In a bowl, beat together sugar, vanilla, and eggs with a hand mixer on high speed until thick and pale, 4—5 minutes. Add dry ingredients and rice; stir with a spoon until just combined. Cover bowl with plastic wrap and let batter sit for 30 minutes.

Pour oil into a pot to a depth of 2″; heat over medium-high heat until a deep-fry thermometer reads 360º. Working in batches, dip a large tablespoon into oil before dipping it into batter; drop balls of dough into hot oil and fry, tossing occasionally, until golden brown, 2—3 minutes. Using a slotted spoon, transfer calas to a paper towels to drain. While still hot, dust with confectioners' sugar and drizzle with cane syrup, if you like.

No bake cookies

Ingredients:

1/2 cup milk (1 1/2 TB powdered milk and 1/2 c. water),
2 cup sugar
1/2 cup butter
1/4 cup cocoa
3/4 cup peanut butter
1 teaspoon vanilla
3 cups oats

Instructions:

Boil together the milk, sugar, butter and cocoa for 1 minute. Remove from heat. Add 3/4 cup peanut butter. Mix till smooth. Add 1 teaspoon vanilla, 3 cups oats. Drop by teaspoon onto parchment or tin foil. Let cool.

Chocolate chip cookies:

Ingredients:

3/4 cup softened butter or powdered butter or shortening or coconut oil
1 1/2 cup brown sugar
1 (reconstituted) egg
1 tsp. vanilla
3/4 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 1/4 cup flour
1/2 cup chocolate chips

Instructions:

Mix everything together, set out on a baking sheet then bake at 350 for 10 minutes. Can be baked on your grill/BBQ.

Other dessert ideas:

Augason Farms Fudge Brownie Mix
Mountain House Raspberry Crumble or ice cream sandwiches
Biscotti cookies
Hard candies, chocolates and other types of candies

Breads

Homemade tortillas:

Ingredients:

4 cups all purpose flour
1 ½ teaspoons salt
1 ⅔ cup water
¼ cup oil

In a large bowl, whisk together the flour and salt.

Add the water and vegetable oil and using your hands, mix together the dough until it is a cohesive ball and all of the liquid has been absorbed. If the dough is too sticky, add more flour 1 tablespoon at a time, as needed. (The dough should be soft and Playdoh-like in texture, but not sticky.)

Transfer the dough onto a floured surface and knead about 10 times until it becomes smooth all over.

Divide the dough into 12 equal balls then flatten each ball into the shape of a hockey puck. Flour each piece of dough on both sides then set them aside and cover them with a towel.

Heat a large nonstick pan over medium-high heat.

Roll out a piece of dough into a thin circle then transfer it to the hot pan. Cook the tortilla for about 1 minute then flip it once and continue cooking it an additional 30 seconds or until golden brown spots appear on both sides. Transfer the tortilla from the pan into a towel and cover it while you roll out and cook the remaining tortillas.

Easy flatbread

This recipe makes about 10 flatbreads.

Ingredients:

2 cups flour
½ tsp salt
¼-½ cups of water

Instructions:

Dump most of your flour into your mixing bowl. Keep a small amount aside to use when rolling out the dough. or grab extra flour when you reach that step.

Add a small amount of water and stir. Then add a bit more and stir. Continue until your flour takes on a crumbly appearance, or starts to clump together.

Using your hands, knead the dough against the bottom of the bowl until it feels smooth and elastic. At this point, all the flour should be absorbed into the dough, and there should be no residual stickiness. If the dough feels sticky, add a bit more flour and continue kneading.

Cover your ball of dough and let it rest for 15-30 minutes. This permits the gluten to relax, which will make rolling out the dough easier and enable you to roll the dough quite thin.

Start heating your cooking pan.

Divide your dough into walnut sized lumps, or slightly smaller. With two cups of flour, you should get 8 - 10 pieces.

Spread flour on your rolling surface and press the first lump of dough into a flat circle. Using your rolling pin, roll out the dough until it is as thin as you can make it. This is usually reached when the dough springs back when you try to make it thinner. The thinner it is, the quicker it will cook.

Check the temperature on your frying pan, it should be hot enough to make a drop of water dance when dropped on it. When your pan is up to temperature, flip your first tortilla onto it and start rolling the second one.

After placing the flat bread on the frying pan, keep a close eye on it. When the edges start to curl up or appear dry, flip it. When the second side starts to bubble, flip it again.

At this point, bubbles should start forming and the bread will “roil.”

When it slows, flip it and more bubbles should appear. With the correct heat, the bubbles can all join into one massive “pita pocket” bubble. The more bubbles, the lighter your bread will be.

When you see some bubble growth, and hopefully has a bit of nice browning on each side, flip it onto a plate, and cover with a towel. Continue to roll and cook the rest of the batch.

Hardtack

Ingredients:

2 cups flour
½ tablespoon salt (optional)
½-¾ cups water

Instructions:

Preheat the oven to 250 degrees F. Combine flour with salt in a mixing bowl.

Add water and mix with hands until the dough comes together.

Roll out on a table to about 1/3 inch thickness. Use a knife to cut 3×3 squares from the dough.

Place on a baking sheet, and use a dowel to make 16-ish evenly-spaced holes in each square.

Bake for at least four hours, turning over once half-way through baking.

Cool on a rack in a dry room.

Simple no yeast bread

2 ¼ cup flour
1 tablespoon baking powder
½ teaspoon salt
3 large eggs (can use reconstituted powdered eggs)
1 ½ cup milk (can use reconstituted powdered milk)
6 tablespoon oil

Instructions:

Preheat your oven to 350 degrees F and prepare a 9"x 5" loaf pan with pan spray or lined with parchment paper.

In a large mixing bowl whisk together the flour, baking powder and salt.

In a separate mixing bowl, whisk together the eggs, milk and oil.

Pour the liquid ingredients into the dry ingredients. Stir the two together until combined. This will be a batter, not a dough.

Pour the batter into the loaf pan and bake at 350 degrees F for 40-45 minutes or until a toothpick inserted in the center comes out clean.

Bannock

Ingredients:

2 cups flour
2 1/2 tsp baking powder
¼ tsp salt
¾-1 cup water
Oil (for frying)

Instructions:

In a large bowl, mix the flour, baking powder, salt, and water together to form a dough. If the dough is a bit dry, add more water 1 Tbsp at a time.

Turn the dough out onto a floured surface and roll out into a 9×12-inch rectangle about 1/4-inch thick. Cut into approximately 3×3-inch squares.

Heat about 1/4 inch of oil in a large frying pan over medium-high heat, and fry the bannock, be careful not to crowd them, until golden brown, about 2 minutes on each side.

Serve warm.

No Knead Artisan Style Bread - Submitted by Alaska Prepper

This can be made in an oven or dutch oven.

Ingredients:
3 ½ Cups of All Purpose Flour
1 TBSP Dry Active Yeast
1 Tsp Salt (Does Not Matter if Salt is Iodized or Not)
2 ½ Cups of Water Warmed to Between 115-120 Degrees F.

Instructions:

Place Flour, Yeast, and Salt in Large Bowl and Quickly Mix Dry Ingredients Well. Pour Warm Water in the Bowl of Dry Ingredients and Stir With a Fork Until a Dough is Formed. Depending on the Level of Humidity in The Air, You May Require a Bit More Water

if the mix is too dry.

Cover the Bowl With a Lid or Some Plastic Wrap and Allow the Dough to Rest For ½ Hour.

While the Dough is Resting, Preheat the Oven to 425 Degrees F; Ensure That Your Dutch Oven is Preheating Inside of The Oven as Well.

After the Dough is Done Resting Fold it Over Five to Six Times.

Place a Large Piece of Parchment Paper Inside of a Second Bowl and transfer the Dough.

Once the Oven Comes up to Heat Remove the Dutch Oven From the Range Oven, Being Careful Not to Get Burned as It Will Be Very Hot.

Take the Lid off of the Dutch Oven and Transfer the Parchment Paper With the Dough Into the Dutch Oven and Cover With the Lid.

Allow to Bake For 30 Minutes then Remove the Lid From Dutch Oven and Allow To Bake For Another 10-15 Minutes or Until the Top of the Bread is Nicely Browned. Remove From Oven, Remove the Bread and Place on a Cooling Rack.

Allow to Rest for 20 Minutes and Enjoy.

General baking items to consider storing:

Flour
White Sugar
Baking powder
Baking soda
Brown sugar
Salt
Vanilla extract
Powdered milk
Powdered buttermilk
Oil
Shortening (keep it unopened until you're ready to use and then it must be used within a year)
Powdered butter
Powdered eggs
Yeast (keep it in the freezer to keep it lasting forever)
Cornmeal
Honey

Pet Food Ideas

We can't forget our pets! Here are some ideas of things to store for your dogs or cats. If you have birds or other animals, be sure to store plenty of extra supplies of food for them and even consider storing alternative foods or growing your own for their needs.

Canned meats with no salt, such as tuna, salmon, beef, chicken, etc.
Canned potatoes
Canned vegetables such as peas and carrots
Rice (if your pets can handle grains)
Canned pumpkin
Peanut butter
Powdered eggs
Canned pet food
Extra bags of their existing pet food

Thanks for reading!

This is not a complete recipe guide, but I do hope it's been helpful to give you some ideas about what to add to your food preps and how to cook with your food preps. Of course, these are all just ideas and can be changed as needed to fit your needs or availability of items.

When it comes to cooking with our food storage, I want you to look at some recipes that you enjoy and try to recreate them with your food storage. You may have to use some substitutes or powdered or canned items, but if it works, it works!

Get creative!

Thank you for reading!

Happy cooking!

Conquer tomorrow, by preparing today!

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