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| *Recipe***Bean and Rice Fajita Casserole** (Serves 6-8)1 cup quick cook beans 1/2 tsp paprika1 cup long grain rice 1/4 cup tomato powder1/2 cup bell peppers trio 1 tsp granulated garlic1/4 cup dehydrated onion 1/2 tsp oregano1 tsp cuminPlace contents of jar in a 9x13 casserole dish. Add 6 cups of very hot water. Cover with foil and bake at 350 for 30-35 minutes.(Add-on suggestions: 1 cup salsa, top with cheddar cheese) |
| *Recipe***Cheesy Chicken and Veggies** (Serves 4-6)1/3 cup instant non-fat milk 1/4 cup cheese blend powder1 tsp granulated garlic 1/4 cup parmesan cheese2 Tbsp dried onion 1 tsp Italian seasoning2 tsp chicken bouillon 1 cup freeze-dried chicken or TVP2 cups elbow macaroni1/2 cup freeze dried mixed vegetablesPlace content of jar in large skillet. Add 5 cups hot water. Bring to a boil. Reduce heat and simmer covered for 10-12 minutes. Remove from heat and let set an additional 3-5 minutes. |
| *Recipe***Chili** (Serve 6-8)1 cup quick cook black beans 1 1/2 tsp garlic salt1 cup freeze-dried beef or TVP 2 tsp cumin1/2 cup dried onion 2 Tbsp chili powder1/3 cup freeze-dried peppers trio 1/4 cup tomato powder3/4 cup freeze dried cornPlace contents of jar in a large pot. Add 6 cups of water and bring to a boil. Reduce heat and simmer, covered, for 20-30 minutes, until corn is tender. (Add-on suggestions: 1 cup of salsa, top with cheddar cheese)*Recipe***Lasagna with Mushrooms** (Serve 4-6)2/3 cup tomato powder 3/4 tsp garlic salt1/3 cup dehydrated onion 1/4 tsp sugar1 Tbsp Italian seasoning 2 cups macaroni noodles1 cup freeze-dried beef or TVP 1/4 cheese powder1/3 cup freeze dried mushrooms 1/4 cup parmesanPlace contents of jar in large pot or skillet with 4 1/2 cups water. Bring to a boil. Reduce heat and simmer, covered, for 10-12 minutes, or until noodles are tender.(Add-on suggestions: top with cheddar cheese) |
| *Recipe***Chicken Noodle Skillet** (Serve 4-6)2 cups medium egg noodles 1 cup freeze-dried chicken1/2 cup freeze dried vegetables 1/2 cup dried mushrooms1/3 cup cheese powder blend 1 Tbsp dried onion1/3 cup instant non-fat milk 1 tsp Italian seasoning1/4 cup powdered butterPlace contents of jar in a large pot with 3 1/2 cups hot water. Bring to a boil. Reduce heat and simmer, covered, for 10-12 minutes. Remove from heat and let stand for another 3-5 minutes. |
| *Recipe***Alphabet Soup** (Serve 4-6)1 cup alphabet pasta1 cup freeze-dried beef or TVP1 cup mixed dried vegetables1 cup dried potato dices1/2 cup tomato powder1 Tbsp beef bouillonPlace contents of jar in large pot with 6 cups of water. Bring to a boil. Reduce heat and simmer, covered, for 20-30 minutes, or until vegetables are tender. |
| *Recipe***Double Cheeseburger Mac** (Serve 4-6)1/3 cup instant non-fat milk 2 cups elbow macaroni1/2 cup cheese powder 1/2 cup freeze dried beef1/4 cup parmesan or TVP1 tsp beef bouillon 1/4 cup dried onion1 tsp granulated garlic1/4 tsp all purpose seasoningPlace contents of jar in large skillet with 6 cups hot water. Bring to a boil. Cover and simmer for 12-15 minutes, or until noodles are tender. Allow to stand for 3-5 minutes. |
| *Recipe***Spicy Taco Mac** (Serve 4-6)1/3 cup instant non-fat milk 2 cups elbow macaroni1/2 cup cheese powder 1/2 cup freeze dried beef1/4 cup parmesan or TVP1 tsp beef bouillon 1 Tbsp chili powder1/4 tsp granulated garlic 1/4 tsp oregeno1/4 tsp onion powder 1 1/2 tsp cumin1/2 tsp paprikaPlace contents of jar in large skillet with 6 cups hot water. Bring to a boil. Cover and simmer for 12-15 minutes, or until noodles are tender. Allow to stand for 3-5 minutes. |
| *Recipe***Apple Cinnamon Pancakes** (Serve 4-6)2 cups flour2 Tbsp + 2 tsp baking powder1 tsp salt2 Tbsp dry egg powder2 Tbsp + 2 tsp sugar1/4 cup + 5 tsp non-fat dry milk1/2 cup dried apples1 tsp cinnamonPour contents of jar into bowl and blend well. Add 2 1/4 cups water and mix until smooth. Pour onto pre-heated griddle. Flip pancakes when bubbles begin to form. |