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| *Recipe*  **Bean and Rice Fajita Casserole** (Serves 6-8)  1 cup quick cook beans 1/2 tsp paprika  1 cup long grain rice 1/4 cup tomato powder  1/2 cup bell peppers trio 1 tsp granulated garlic  1/4 cup dehydrated onion 1/2 tsp oregano  1 tsp cumin  Place 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 powder  1 tsp granulated garlic 1/4 cup parmesan cheese  2 Tbsp dried onion 1 tsp Italian seasoning  2 tsp chicken bouillon 1 cup freeze-dried chicken or TVP  2 cups elbow macaroni  1/2 cup freeze dried mixed vegetables  Place 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 salt  1 cup freeze-dried beef or TVP 2 tsp cumin  1/2 cup dried onion 2 Tbsp chili powder  1/3 cup freeze-dried peppers trio 1/4 cup tomato powder  3/4 cup freeze dried corn  Place 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 salt  1/3 cup dehydrated onion 1/4 tsp sugar  1 Tbsp Italian seasoning 2 cups macaroni noodles  1 cup freeze-dried beef or TVP 1/4 cheese powder  1/3 cup freeze dried mushrooms 1/4 cup parmesan  Place 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 chicken  1/2 cup freeze dried vegetables 1/2 cup dried mushrooms  1/3 cup cheese powder blend 1 Tbsp dried onion  1/3 cup instant non-fat milk 1 tsp Italian seasoning  1/4 cup powdered butter  Place 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 pasta  1 cup freeze-dried beef or TVP  1 cup mixed dried vegetables  1 cup dried potato dices  1/2 cup tomato powder  1 Tbsp beef bouillon  Place 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 macaroni  1/2 cup cheese powder 1/2 cup freeze dried beef  1/4 cup parmesan or TVP  1 tsp beef bouillon 1/4 cup dried onion  1 tsp granulated garlic  1/4 tsp all purpose seasoning  Place 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 macaroni  1/2 cup cheese powder 1/2 cup freeze dried beef  1/4 cup parmesan or TVP  1 tsp beef bouillon 1 Tbsp chili powder  1/4 tsp granulated garlic 1/4 tsp oregeno  1/4 tsp onion powder 1 1/2 tsp cumin  1/2 tsp paprika  Place 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 flour  2 Tbsp + 2 tsp baking powder  1 tsp salt  2 Tbsp dry egg powder  2 Tbsp + 2 tsp sugar  1/4 cup + 5 tsp non-fat dry milk  1/2 cup dried apples  1 tsp cinnamon  Pour 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. |