

## Food Storage Recipes Made From Only Pantry Items

<p><b>Flour Tortillas</b></p> <p>Ingredients:  3 cups all-purpose flour  3 teaspoons baking powder  1 teaspoon salt  Pinch of sugar (optional)  3 tablespoons vegetable oil (more for softer tortillas)  1 cup water</p> <p>Instructions:  Mix together flour, baking powder, salt, sugar and oil. Add water and mix with hands. Divide into 10 small balls. Roll each flat with rolling pin and cook on very hot ungreased griddle until lightly brown on each side.</p> <p>Makes 10 tortillas</p>	<p><b>Six Can Tortilla Soup</b></p> <p>INGREDIENTS (Nutrition)  * 1 (15 ounce) can whole kernel corn, drained  * 2 (14.5 ounce) cans chicken broth  * 1 (10 ounce) can chunk chicken  * 1 (15 ounce) can black beans  * 1 (10 ounce) can diced tomatoes with green chile peppers, drained</p> <p>DIRECTIONS  1. Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.</p>
<p><b>Fabulous, No Fail Dinner Rolls</b></p> <p>Mix:  2 1/2 cups warm water  3 Tbsp dry yeast  1/2 cup sugar  Stir until yeast dissolves. Let it set until bubbles form, 4-5 minutes</p> <p>Add:  1 cup instant mashed potatoes  1 cup water  1 Tbsp salt  1 tsp baking powder  7 cups flour (give or take a little)  Mix until you form a firm dough. Knead 10 minutes. Let rise until double, twice. Form into golf ball sized dough balls and place on a baking sheet. Let rise.  Bake at 375 degrees for 12 - 15 minutes. ENJOY!</p>	<p><b>Pie Crust Recipe</b></p> <p>INGREDIENTS (Nutrition)  * 1/2 cup shortening  * 1 1/2 cups all-purpose flour  * 1/2 teaspoon salt  * 1/2 cup cold water</p> <p>DIRECTIONS  1. Mix shortening, flour, and salt together with a fork or a pastry blender until very crumbly. Add as much water as needed to hold together, and mix lightly with a fork. To double this recipe, use 1 cup shortening, 2 1/2 cups flour, 1 teaspoon salt, and 1 cup cold water.  2. Roll gently, one crust at a time, on a floured pastry cloth, to about an inch larger than pie plate. Fold carefully in half. Lift to pie plate, and unfold. Fit into pan. For a single-crust pie, trim with a small knife to about 1/2 inch beyond rim. Fold up, and pinch so edge of pie is raised from rim. For a two-crust pie, trim bottom crust to edge of rim, fill, and top with crust about 1/2 inch larger than rim. Tuck top crust under bottom along rim. Seal with floured fork.</p>
<p><b>Chicken and Rice</b></p> <p>2 cups uncooked rice  1 (5 ounce) can chicken or tua chunks, drained  1 (10.75 ounce) can condensed cream of chicken soup</p> <p>Directions:  1. Prepare rice according to package directions.  2. When rice is ready, add chicken to pot and continue to stir over low heat. Mix in soup, and continue cooking until heated through.</p>	<p><b>Red Beans and Rice</b></p> <p>2 cups water  1 cup uncooked rice  16 oz. Kielbabsa cut diagonally or SPAM cut and fried  1 onion chopped  1 clove garlic  2 15 oz cans kidney beans, drained and rinsed  1 16 oz can diced tomatos with chili peppers  1/2 tsp. Oregano  salt to taste  1/2 tsp pepper</p> <p>1. In a saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.  2. In a large skillet over low heat, cook sausage for 5 minutes. Stir in onion, green pepper and garlic; saute until tender. Pour in beans and tomatoes with juice. Season with oregano, salt and pepper. Simmer uncovered for 20 minutes. Serve over rice.</p>
<p><b>Tuna-Au-Gratin</b></p> <p>1 can cream of mushroom  1/4 c. milk  2 Tlbs. flour  2 tbsl. Onion flakes  Frozen peas (use as many as you want)  1 can tuna  1 cup grated cheese  1 baked pie crust</p> <p>Combine in a saucepan over med heat soup, milk, flour and onion. Cook until thickened. Remove from heat. Add peas and tuna. Put filling into baked pie crust. Sprinkle cheese on top. Bake at 400 for 12-15 minutes.</p>	<p><b>Rainbow Soup</b></p> <p>1/2 cup or more of each of the following beans:  Dried red beans  Great Northern beans  Dried peas or yellow split peas or lentils  Black beans</p> <p>Created a Seasonings Packet with the following:  1 Tbsp. dried minced onion  1 Tbsp. beef bullion granules  1 Tbsp. dried parsley flakes  1 tsp. dried basil  1 tsp. powdered lemonade mix with sugar  3/4 tsp. chili powder  1/2 tsp. garlic powder  1/2 tsp. pepper  1/2 tsp. dried oregano</p> <p>Remove seasoning packet. Set aside. Rinse beans. Place beans in a large microwave safe dish. Cover with water 1" to 2" over top of beans. Cover dish loosely with plastic wrap. Microwave on high 10 minutes, rotating after 5 minutes. Drain and rinse beans very well. Place beans in a large pan. Add 4 cups of water and 1(14 oz) can crushed tomatoes and seasonings from packet. (you may choose to also add 1 small can of chopped ham.) Cover, bring to a boil. Lower heat, cover pan and simmer 1 1/2 hours or until beans are tender. Stir occasionally. Makes 12 cups of soup.</p>