

## ***Preparedness: One Step at a Time*** **TASTING TABLE RECIPES**

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### **DRINKS**

**Barley Water Sports Drink** – see *Barley Water* handout

**Chocolate Milk** (from Dry Pack Cannery – store many cans)

### **Fruit Punch**

Barbara Fjeldsted

1 c. powdered Dry Pack punch mix  
6 oz. can frozen orange juice, undiluted  
(You could add other canned or frozen fruit juices, any  
freshly juiced fruit, or blended canned fruit.)  
Enough cold water to make 2 quarts

Mix all together and chill.

### **BEANS (Legumes)**

See *A Pot Full of Beans Is a Pot Full of Nutrition* handout

### **SALADS**

#### **“Crunchy” Sprouted Lentil Salad ©**

Melonie Turley

3 celery stocks, julienned  
1 yellow or green bell pepper or combo, diced small or pulsed in food  
processor  
½ c. red onion, diced  
1 c. or more of sprouted red (soaked overnight) and/or green lentils  
(2 day spout)

*Optional:* Can add diced avocado right before serving. Stir in carefully.  
Serve with Italian dressing of choice.

## Orange Fruited Jell-O

Rea Rader

- 1 (6 oz.) pkg. orange Jello
- 1 (20 oz.) can pineapple tidbits
- 1 (15 oz.) can mandarin oranges

### Topping:

- 1 (3 oz.) pkg lemon instant pudding
- 1 envelop Dream Whip
- 2 c. milk
- (Can replace Dream whip & milk with G-box whipped cream)

## Orange Zest Rice Salad©

Melonie Turley

- 2 c. raw rice, cooked and cooled: white, brown, or mixture
- ¼ c. raw wild rice, cooked and cooled
- 3 diced green onions
- ½ c. Craisins
- ½ c. or more cashews
- 1 can Mandarin oranges

### Dressing:

- ¼ c. mayo
- ¼ c. vanilla yogurt or plain yogurt
- 2 T. honey
- 2 T. maple syrup
- 1 t. orange zest

## Seafood Salad/Dip/Filling©

Melonie Turley

### Mix well and serve with tortilla chips or as a sandwich filling:

- 2 c. cooked cracked wheat, chilled (or Kamut or Spelt)  
(or 1 c. raw cracked grain cooked in 1¾ c. water, chilled)
- 1 can tuna or other seafood, drained
- ½ c. mayo
- ¼ c. catsup
- 1 pkg tortilla chips

### Variations:

- 1 diced tomato
- ½ c. diced green pepper
- ½ c. cottage cheese
- ½ c. diced celery
- ¼ c. chopped green onions

## **Sprouted Kamut Apple Salad ©**

Melonie Turley

4 diced apples  
2 stalks diced celery  
1 c. sprouted Kamut or Spelt (2 day sprout)  
1 c. raw coconut flakes  
½ c. raw pecan pieces  
½ c. raisins

### Dressing:

¾ c. mayo (can use ½  
yogurt)  
½ c. honey  
1 t. vanilla

## **Tabouli Salad or Spread©**

Melonie Turley

### Cook Grain:

1 c. raw cracked grain: Wheat, Kamut, Spelt or fine bulgur  
1 ⅔ c. boiling water (stir in grain, turn off heat, cover & let stand 1 hr  
or overnight until grain is tender & water is absorbed = abt. 2 c. grain)

### Mix with dressing and chill for at least one hour:

2 c. cooked grain (see above)  
2 T to ½ c. fresh parsley, rough chopped (or 2 T dried)  
6 dried tomato slices\*, coarsely chopped in food processor

### Dressing: (Or could serve with favorite Italian Dressing)

3 T olive oil  
1 t. sea salt, or to taste  
Juice of ½ lemon – abt 2 T  
¼ t. pepper  
(or 1 t. lemon pepper)  
Pinch allspice (optional)  
½ t minced garlic

Variations: Can add any of the following chopped fresh veggies if you want more of a salad than a dip or spread:

1 diced tomato (if don't have the dried tomatoes)  
½ c. chopped green onions or ¼ c. diced red onions  
½ to 1 diced cucumber  
½ c. chopped celery  
½ c. chopped peppers  
¼ c. minced mint leaves

\*(At harvest time, slice tomatoes 3/8" thick and lightly sprinkle with sea salt. Dehydrate at 112° F, 18-24 hrs, till dry but flexible. Can dry a half bushel at a time. Store in glass jars and use within 2 yrs.)

## Tapioca Fruit Salad

Claudia Bracken

- 2 (3 oz.) pkg. tapioca pudding (Jello Brand – to cook type)
- 1 (3 oz.) pkg. vanilla pudding (to cook type)
- 2 (20 oz.) cans pineapple tidbits
- 1 can (desired oz.) Mandarin oranges (I used 2 of the larger cans)
- 2 good sized bananas, sliced
- 3 T. orange juice concentrate
- 1 bottle Maraschino cherries, rinsed and drained

Drain juice from pineapple and mandarin oranges into a 4 cup measuring cup and add 3 T orange juice concentrate. Add water to measure 4 cups liquid. In a pan, mix puddings and liquid together and cook till thick. Chill and fold into fruit just before serving. Add whole cherries if desired but not juice (drain and rinse the cherries so no juice gets into the salad).

*Hint:* Drain fruit well. Put in strainer over a bowl and chill in fridge. Pour off remaining juice from time to time and again just before adding the glaze.

## SOUPS

### Chicken Tortilla Soup

Claudia Bracken

Corn Tortillas, cut in strips, fry in 2 T oil, drain & set aside,  
(or use tortilla chips)

In lg soup pan, sauté together in 2 T veg. oil for 5-7 min. till brown:

- 6 boneless, skinless chicken breasts cut in 1" pieces  
(if use canned chicken, add last 10 minutes)
- 1 c. onion, chopped
- 2 garlic cloves, chopped or minced

Add, cover & simmer 10 min.:

- 1 32 oz. pkg. chicken broth (or water & chicken bouillon)
- 1 10 oz. can diced tomatoes w green chilies
- ½ c. water
- 1 can diced tomatoes (or fresh)

Add and simmer 5 min.:

- 1 c. frozen corn
- 1 jar nacho cheese dip
- ¼ c. cilantro, 1 t ground cumin, 1 T lime juice

## Food Storage Soup

Kathy Carter

- 2 cans tomatoes
- 2 cans beef broth
- 2 cans sliced potatoes, (drained)
- 1 can sliced carrots (drained)
- 1 can green beans (drained)
- 2 cans stew meat

Simmer together. Top with grated cheese.

## Taco Soup ©

Melonie Turley

- 6 c. water, heated to boiling
- 2 T. bouillon
- 2 T. miso (optional)
- 3 cans of beans: black, small red, or pinto (abt. 4 c.)
- 1 c. refried beans
- 3 c. corn, fresh or frozen
- 2 T. Taco seasoning (Old West Port spices are good)
- 2 t. chili powder
- ½ c. cilantro

Simmer until ingredients are proper temperature to serve.

Serve hot and garnish with the following as desired:

avocados      green/red onions      crumbled tortilla chips  
tomatoes      salsa

*Hint:* Cook a large pot of beans, package measured quantities in freezer bags, and freeze. Use in a variety of recipes. Cheaper/fresher than canned beans!

## Taco Soup

Claudia Bracken

Mix together and simmer 30 min:

- 4 chicken breasts, browned and diced  
or 2 cans chicken (or left-over turkey)
- 6-8 c. chicken broth (or bouillon & water)
- 1-2 c. corn: fresh, frozen, or canned & drained
- 1 can green beans, rinsed well & drained
- 2 cans diced tomatoes with jalapenos or Italian style
- 2 cans small white beans (or pinto or kidney beans) drained
- 1 can black beans, rinsed & drained
- 2-3 T Taco Seasoning

Garnish individual bowls with:

- Crumbled tortilla chips (abt ½ bag for family)
- Dollop of sour cream (abt.1 c. sour cream for family)
- Shredded cheddar cheese (abt. one 8 oz. pkg for family)

# TREATS

## Emergency Oatmeal Cookies

- 2 c. brown sugar (can substitute part or all Honey)
- 1 c. butter
- 2 eggs
- ¼ c. milk
- 2 c. oats
- 2 c. flour
- ½ tsp. salt
- 1 c. chocolate chips, raisins, or chopped nuts (according to taste)
- 1 tsp. baking soda
- 1 tsp. allspice
- 1 tsp. cinnamon
- 1 tsp. cloves
- 1 tsp. nutmeg

Cream together butter and shortening. Add eggs and milk and mix very well. Then add oats. Sift together dry ingredients and mix in until all is smooth. Stir in chocolate chips. Drop on cookie sheet and bake at approximately 375 degrees F for 10 min. or until lightly browned. On wood fire bake at 12" above flame.

Makes 5 to 6 dozen

## Granola Bars

Leisa Firth

- ¾ c. melted butter
- 1 c. packed brown sugar
- ½ c. honey
- 1 tsp. vanilla
- ½ tsp. cinnamon
- 4 c. uncooked oats (not instant)
- ½ c. raisins (optional)
- ½ c. shredded coconut
- 1 c. chopped nuts (cashews, sunflower seeds, almonds, peanuts are all good!)

Combine ingredients in a large bowl. Mix well with greased hands. Press into a well greased jelly roll pan. Bake at 350 degrees for 8-15 min. Cool for one hour. Cut into bars. Store in airtight container to keep chewy.

\*will look soft, but sets up as it cools.

## Peanut Butter Balls

Joyce Loosle

- 2 c. powdered sugar
- 2 cubes margarine, room temp
- 1 ½ c. graham cracker crumbs
- 1 c. peanut butter (crunchy is best)

Mix all ingredients together thoroughly. Take heaping tablespoon of batter & roll into a ball. Roll in additional powdered sugar. Place on plate or cookie sheet. Chill. You can refrigerate these for weeks.

Makes about 30

## **Peanut Butter Kisses**

2 c. powdered milk  
1 c. peanut butter  
½ to ¾ c. honey

Mix powdered milk and peanut butter together. Add honey and roll into balls, and then roll in powdered sugar.

## **Party Mix**

Tanlee Willis

1/2 lg. box corn Chex cereal  
1/2 lg. box or 1 sm box of original Golden Graham cereal  
2 c. ribbon coconut  
1 pkg. sliced almonds or mixed nuts

Bring to a boil and boil 2 minutes:

1 c. Karo syrup  
1 c. sugar  
¾ c. butter

Pour over cereal mixture, stir to coat. Spread on greased cookie sheet or on waxed paper. Let the mix sit over night. Break it up and put it in a sealed container or Zip Loc bag.

## Beans

### “A Pot Full of Beans is a Pot Full of Nutrition”

*Beans have been part of the human diet for thousands of years.* They are perhaps nature’s most perfect food—loaded with protein, a powerhouse of vitamins and minerals, low in calories, sodium, fat and cholesterol—and they even taste good! Beans are very versatile and can be used in place of other kinds of proteins.

#### **Beans are loaded with protein**

The bean’s protein punch is high enough to be included in meat and other protein food groups. Although an “incomplete protein,” serving beans with other foods such as rice, grains, pasta, tortillas, or just a glass of milk completes it.

#### **Beans are high in complex carbohydrates**

Beans are an exceptional source of complex carbohydrates which are digested and absorbed into the body more slowly than simple carbohydrates and satisfy hunger over longer periods of time.

#### **Beans are a fine source of dietary fiber**

Beans contain the soluble fiber that is an important part in a cholesterol-lowering diet. There is more fiber per serving in dry beans than in any other unprocessed food (including oat bran.)

#### **Beans are rich in vitamins and minerals**

Beans contain healthy doses of iron, potassium, calcium, zinc, magnesium, phosphorous and trace minerals and are the richest natural source of B-Complex vitamins. One cup of beans provides about one-fourth the recommended daily allowance (RDA).

#### **Beans have no cholesterol**

Plant-derived foods, such as dry beans, are cholesterol-free. The small amount of fat in beans (less than 2%) is vegetable in nature and, therefore, polyunsaturated. It does not raise the blood cholesterol level.

#### **Beans need to be soaked and cooked or sprouted**

Beans and some grains store well but need to be cooked to make them digestible. Beans also produce some unpleasant side-effects (natural enzyme toxins) that are eliminated by soaking and cooking. Soak overnight or, better yet, sprout them for 48 hours, rinsing two times per day. Sprouting cuts down on cooking time and increases nutrition.

#### Soak and Cook

Adzuki  
Black  
Garbanzo  
Pinto

#### Soak, Sprout and Eat

Garbanzo  
Lentil  
Mung

## Bean Cooking

The secret to cooking beans is to soak them in salt water overnight but not use salt during the cooking process. The salted soak water helps the beans absorb water. However, if you add salt during the cooking time, the beans will be harder. So, cook the beans and when cooked soft, add the salt for seasoning.

### Soaking

6 c. dry beans (any kind)

2 qt water

2 T salt

Pick over beans, removing dirt and bad beans, and wash with water. Put in large pan and cover with the 8 quarts of water. Soak overnight. The next morning, turn beans into colander and rinse with water.

### Cooking

Soaked beans

1 lg onion

2 t garlic

2 qt water

Place soaked beans in large crock pot and cover with the 2 qt water. Simmer 8 hrs or until soft. Season with 2 T. salt and ½ t. pepper

### Better option—Two Day Sprout

Soak sorted and washed beans overnight. In the morning, rinse beans and place in sprouting tray or large container. Rinse beans with water several times during the day. Repeat on sprouting day two. Then follow cooking directions above. Sprouting the beans first with make them cook up soft, will eliminate the undesirable side effects, and will improve the bean's nutrition.

**BARLEY WATER** – formatted to cut and paste on 4 x 6 card    Prepare Fair  
09Apr

**Barley Water** (for everything)

*Faye Packer Reeves*  
"Cookies for Dinner"

1 quart clean water, preferably distilled  
1 T. hulled barley (not pearled barley)

After pouring off the cooked liquid, add 1 t. cream of tartar.  
(Or add ¼ t. cream of tartar per cup when you drink it.)

Faye heats the water to almost boiling; pours it onto the barley; and lets it sit from 3 to 24 hours. Then she pours off the liquid and drinks it throughout the day. Sometimes she puts it in a thermos overnight. Sometimes she puts it in a crockpot and cooks it just under a simmer. *She uses the barley water in any recipe calling for water or drinks it throughout the day.* She uses the cooked barley in hotcakes, breads, etc. She says it "puffs things up." The cooked barley can be used whole or blended with water and added to hot cereal or waffles. She also puts it in the freezer to use in making soup.

**Barley Water** (sports drink substitute)

*Claudia Bracken*  
3/09

3 qt. filtered water, brought to boil  
3 T. hulled barley (not pearled barley)

Stir the barley into the boiling water and turn the element off. Cover the pan and let it sit overnight. You could place the pan in a Wonderbox or could put the barley in a thermos bottle and pour the boiling water into it.

In the morning, pour the liquid into a pitcher and chill:

1 qt jar (for Dad) - add 1-2 T. of honey, or to taste

2 qt jar (for Mom) - add ½ - 1 t. cream of tartar, or to taste  
add honey or agave to taste  
add 1-3 c. pure fruit juice (grape, pomegranate, etc.)  
maybe could add a little salt

*Please let me know what works for you!*

**Barley Water** (for chest congestion/colds)

*Melora Bracken*  
5/07

1 c. hulled Barley (not pearled barley)  
8-10 c. pure water  
1/4 tsp Cream of Tartar  
Honey to taste

Bring water and barley to a boil, then reduce to a very low simmer; simmer for 2-3 hours. The more you simmer, the thicker it gets. Two hours seems to be plenty. You might need to add a cup or two of water as it simmers during those 2 hours.

After the mixture has reached a rich milky consistency, remove from heat and strain out the barley. Mix in 1/4 tsp Cream of Tartar, and enough honey to sweeten to taste. Chill in the fridge. Serve cold. It has a nice sweet milk flavor with the honey. May drink as often as needed.

## Barley Water Lemonade

Faye Packer Reeves

Juice of 2 lemons  
Barley water to 2 quarts  
Honey or agave to taste

Amazingly refreshing to sip on a hot summer day.

## Barley

From *Cookies for Dinner* by Faye Packer Reeves

“Nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.” D&C 89:17

There are three kinds of barley: hull-less for sprouting, especially in flats of dirt; hulled (de-hulled or covered) for sprouting in the kitchen or cooking; and pearled (pearled is as processed as white flour or white rice, and is not recommended).

Barley is excellent for the heart and bones, and helps people overcome alcoholism. It also has components that can inhibit fat and cholesterol adsorption in the intestines. This results in lower cholesterol, especially LDL (bad) cholesterol. Barley contains niacin, thiamine and potassium. Barley puts usable calcium and iron into the blood which helps us fight infection. Vit. D and Vit. C work with the calcium.

Faye reports that each of her sisters likes her own method of preparing barley water.

### Faye's method:

1½ t. to 1 T. barley  
1 quart clean water, preferably distilled  
After pouring off the cooked liquid, add 1 t. cream of tartar. Or add ¼ t. per cup when you drink it.

Faye heats the water to almost boiling; pours it onto the barley; and lets it sit from 3 to 24 hours. Then she pours off the liquid and drinks it throughout the day. Sometimes she puts it in a thermos overnight. Sometimes she puts it in a Crockpot and cooks it just under a simmer. She uses the barley in hotcakes, breads, etc. She says it puffs things up. It can be used whole or blended with water and added to hot cereal or waffles. She also puts it in the freezer to use in making soup.

### Anne's method:

Ann rinses the barley two or three times a day, and drinks the water. After the barley sprouts, she eats the sprouts on her salad.

### Catharine's method:

Catharine does not measure; she just puts some barley in some water, and drinks the water.

**Ruth's method:**

Ruth cooks her barley like rice, adds a gallon of water, keeps it in the refrigerator so she has a week's (or more) supply. Ruth drinks one cup of barley water with ¼ t. cream of tartar every morning and is now off her asthma medication.

Faye has a friend, Suzanne. Suzanne's mom is from Scotland and said that In England they always purchased barley water to treat anyone who was sick. It came in a bottle and was a white liquid. It is excellent for relieving congestion in the lungs. It relieves asthma.

Faye's sister, LoRane went to Malaysia on a mission. She reported that one of the drinks they purchased in heavy plastic bags was barley water.

Faye feels that drinking the barley water works better than simply eating the cooked grain. Barley water is cheaper than beer and better for the body. People who drink beer have stronger bones but barley water does the same thing.

Faye's friend, Elizabeth, says that the barley water has helped her new grandchild with digestive problems.

*For more stories on the health benefits of barley water, see the Grainmix ladies:*

1. "Cookies for Dinner" by Faye Packer Reeves. \$5 + \$1.50 shipping, [fayereeves@juno.com](mailto:fayereeves@juno.com), 2049 W 1835 N, Lehi, UT, 84043
2. Grainmix.com, the store which is run by Faye's sister, Ann Cerney.