

WHOLE WHEAT BREAD

Makes 3 loaves

1 Tbs. dry yeast 1/4 cup warm water
2 cups hot water 2 Tbs. shortening
1/2 cup brown sugar 2 tsp salt
1 cup cold water 1/2 cup dry milk
7-8 cups whole wheat flour

Mix yeast and warm water and set aside. Pour hot water over shortening, sugar and salt. Mix dry milk with 1 cup whole wheat flour, add hot water mixture and 1 cup of cold water, then add yeast mixture. Add 6-7 more cups of whole wheat flour. Knead until smooth and elastic and let rise almost double--then time as follows: Let rise 40 minutes - punch down; 20 minutes - punch down; 20 minutes - punch down.

Shape in 3 loaves and place in 3 small greased bread pans. Allow to rise until double in bulk. Bake at 375o for 40-45 minutes.

SOFT AND DELICIOUS TWO-HOUR WHOLE WHEAT BREAD

Makes 4 loaves
5 cups warm water
2 Tbs. yeast
1/3 cup honey
1/3 cup oil
2 eggs
1/3 cup potato flakes
6 cups whole wheat flour
1 Tbs. salt
4 to 5 cups unbleached flour

Dissolve yeast as per package instructions. Make a sponge using all ingredients down to, and including salt. Use bread mixer or hand-held electric beaters. Let rest about 10 minutes. Add remaining flour gradually as needed to make a soft dough. Knead on floured board; cover with plastic wrap and let rise until double. Punch down; shape into four loaves; place in greased bread pans. Cover and let rise again until double.

Bake at 350o for 30 to 40 minutes. Put hot bread on a towel to cool for a soft crust.

TORTILLAS

2 cups flour
1 tsp salt
1/4 cup shortening
1/2 cup warm water

Mix flour and salt. With fork cut in shortening. Add water and mix with fork to make stiff dough. Form a ball and knead on lightly floured surface. Divide dough into 10 pieces and shape into balls. Roll out to paper thin. Bake on very hot ungreased griddle until freckled about 20 seconds on each side. Serve warm with refried beans, tomato sauce, sprouts, cheese, fajitas or use to make enchiladas.

BLENDER WHEAT PANCAKES

Makes 6 to 8 pancakes

1 cup milk
1 cup uncooked whole wheat
2 eggs
2 Tbs. oil
2 tsp baking powder
2 Tbs. honey or sugar
1 1/2 tsp salt

Put milk and wheat in blender. Blend on highest speed for four or five minutes or until batter is smooth. Add and blend on low, eggs, oil, baking powder, honey, and salt. Bake on hot griddle.

Variations

WAFFLES

Add one additional Tbs. wheat
Increase oil to 4 Tbs.

WHEAT WAFFLES

Makes 8 waffles

2 cups flour (1 cup white and 1 cup wheat)
4 tsp baking powder
1/2 tsp salt

2 Tbs. honey or sugar
1 3/4 cup milk
6 Tbs. salad oil
2 eggs

Mix dry ingredients together, including nonfat dry milk. Stir in remaining ingredients. For lighter waffles, separate eggs. Beat egg whites and carefully fold in.

BULGUR WHEAT

Wash wheat in cool water and discard water.

Simmer wheat in excess water until all water is absorbed and wheat is tender.

Spread wheat thinly on cookie sheet or shallow pan and dry in oven at 200° F. until very dry so that it will crack easily.

Wet surface of dried wheat slightly and rub kernels between hands to loosen and remove chaff.

Crack wheat in moderate size pieces, using a mill, grinder or leave whole.

This processed bulgur when thoroughly dried is easily stored and may be used in many wheat recipes. If the recipe calls for cooked wheat or bulgur, simply boil in water for 5-10 minutes, it will approximately double in volume.

It makes an excellent meat extender when used in meat loaves, meat balls, chili and recipes where rice is used.

Soaked overnight in salt water, may be added to yeast bread recipes to give a nut like taste.

HONEY BUTTER

1/2 cup butter or margarine
1/4 tsp vanilla
1 egg yolk
1/2 cup honey

Whip softened butter or margarine. Add vanilla and egg yolk. Add honey gradually while whipping. Makes 1 cup.

CORN BREAD

Makes one loaf

1-2/3 cups flour
2/3 cup sugar
5 tsp baking powder
1 tsp salt
1-2/3 cups yellow cornmeal
2 eggs, beaten
1-2/3 cups milk
1/3 cup margarine, melted

Mix flour, sugar, baking powder, and salt in a large bowl. Stir in cornmeal until well blended. Add eggs and milk, stir to smooth batter. Stir in melted butter just until blended. Do not over stir. Pour into well-buttered 9 x 5 x 3 loaf pan. Bake at 425° for 40 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan 10 minutes, loosen around edges and turn out to cool.

SOURDOUGH STARTER

2 cups warm water 2 cups flour
1 package dry yeast 1 Tbs. sugar

Put warm water into crock. Sprinkle yeast over water and stir with wooden spoon until dissolved. Add flour and sugar. Mix until smooth. Cover and set aside 36 to 45 hours. Stir each time you are in kitchen. Use 1 1/2 cups of the starter in bread recipe.

To store remainder, beat 2 cups flour and 2 cups warm water into remaining starter batter. Let stand in warm place at least 5 hours. Cover and store in refrigerator. Allow water needed in bread to warm to room temperature before using. Never add anything to starter but the flour and water needed to keep it going. Do not use metal spoons or containers.

SOURDOUGH BREAD

1 package dry yeast 1-1/2 cups sourdough starter
2 Tbs. sugar 3-1/2 to 4 cups flour
2 tsp salt 1 egg

Mix starter, yeast and 1 cup warm water. Let stand until yeast is dissolved. Add remaining ingredients, except egg. Punch down. Form into loaves. Cover and let rise until doubled. Beat egg and brush over unbaked loaves. Bake in 400 degree oven for 30-35 minutes.

SOURDOUGH PANCAKES

1 cup sourdough starter 2 tsp baking soda
2 eggs (beaten) 2 cups flour
2 cups milk 3 Tbs. melted shortening
1 tsp salt 2 Tbs. sugar

About 12 hours before planning to serve pancakes, mix starter batter with the flour, milk and salt. Let stand in bowl, covered with cheesecloth in warm place.

Just before baking pancakes, remove 1 cup of batter to replenish starter in crock. To remaining batter in the bowl add soda, salt, eggs, shortening and sugar. Mix well. Bake on lightly greased hot griddle. For thinner pancakes, add more milk.

SOURDOUGH ENGLISH MUFFINS

2 cups sourdough starter 6 Tbs. yellow cornmeal
3/4 cup buttermilk 1 tsp baking soda
2 3/4 to 3 cups flour 1/4 tsp salt

Mix together sourdough starter and buttermilk. Combine flour, 4 Tbs. of the cornmeal, soda, salt and add to the buttermilk mixture. Stir to combine using hands when necessary.

Turn onto lightly floured surface; knead until smooth, adding more flour if necessary. Roll dough to inch thickness.

Cover and let rise a few minutes. Using a 3 inch cutter, cut muffins. Sprinkle sheet of waxed paper with the remaining cornmeal. Cover and let rise until very light, about 45 minutes. Bake on medium hot, lightly greased griddle about 30 minutes, turning often.

Cool and split. Toast and serve with butter. Makes 12 - 14 muffins.

DELICIOUS OATMEAL PANCAKES

Makes 8 to 10 pancakes

1/2 cup whole wheat flour 2 tsp baking powder
1/4 tsp salt 2 Tbs. sugar
1/3 cup nonfat powdered milk 2 eggs, separated
1 cup water 3 Tbs. vegetable oil
1 cup rolled oats

In medium bowl, combine flour, baking powder, salt, sugar, and powdered milk; stir until well blended. In small bowl, beat egg whites until stiff; set aside. In large mixing bowl, combine egg yolks, water, oil, and oats; beat slightly and allow to stand 5 minutes, then beat until blended. Mix in dry ingredients, then fold in beaten egg whites. For small pancakes, drop 2 tablespoons batter onto griddle, or pour 1/4 measuring cup full, if larger pancakes are desired.

Bake until cakes are full of bubbles on top and undersides are lightly browned. Turn with spatula and brown other side. Serve with applesauce or jam or butter and maple syrup.

OATMEAL BREAD

Makes 2 loaves

1/2 cup warm water
2 Tbs. dry yeast
3/4 cup water, boiling
3/4 cup rolled oats
1 cup buttermilk (or 1/3 cup powdered milk, 1 cup water,

1 tablespoon vinegar or lemon juice)

1/3 cup vegetable oil
1/2 cup honey or molasses
2 cups all-purpose flour
1 Tbs. salt
1/2 tsp soda
3 to 3 1/2 cups all-purpose flour

In small bowl, stir yeast into 1/2 cup warm water; allow to stand until yeast dissolves and bubbles up. In medium saucepan, bring 3/4 cup water to boiling; stir in oatmeal and cook several minutes. Remove from heat; add buttermilk, oil, and honey or molasses.

Sift flour, salt, and soda into a large mixing bowl. Add yeast mixture and oats mixture and beat with wire whip or slotted spoon; let stand 5 minutes. Gradually add enough of remaining flour until dough is stiff enough for kneading. Turn out onto floured surface and knead 8 to 10 minutes or until a soft, elastic ball forms. Place dough in clean greased bowl, cover with plastic wrap and allow to rise until double in bulk, about 1 1/2 hours. Punch down dough and divide into two portions; cover with bowl or towel and allow to rest 10 minutes.

Form into loaves and place in greased 8 x 4-inch pans. Cover and let rise until double in bulk. Bake at 350o to 375o for 45 to 50 minutes or until done. Remove from oven and turn out to cool on wire rack.

WHEAT MUFFINS

Makes 12 muffins

2 cups wholewheat flour
1 cup brown sugar
1/4 tsp salt
1 tsp soda
1 cup milk (1/3 cup powdered milk and 1 cup water)
1/2 cup melted margarine
1 egg
1 tsp vanilla

Mix dry ingredients together in a medium-sized bowl. (If you are using powdered milk, mix dry milk with dry ingredients.) In large measuring cup combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins and bake at 350o for 15 minutes.

POPPED WHEAT TREATS

Boil whole wheat until kernels are plump, tender and begin to split. Drain wheat and rinse. Remove excess water by rolling wheat on a cloth or paper towel.

In a heavy kettle, heat vegetable oil to 360o. Put small amount of wheat (about 1 1/2 cups) in a wire basket or strainer and deep fry in hot oil for 1 1/2 minutes or until popping ceases. Drain on absorbent paper.

Variations

Season with salt, seasoned salt, garlic, barbecue salt, onion salt, celery salt, cinnamon and sugar or any combinations you desire. These morsels are great on salads as a topping, mixed with trail mix, or as toppings for desserts or just as a snack.

INSTANT OATMEAL PACKETS

Makes 10 packets of Instant Oatmeal

To make individual instant packets:

Blend 1/2 cup of oats until powdery.

Into each of the 10 packets (perhaps individual ziplock sandwich bags), combine the following ingredients:

1/4 cup unpowdered oats
2 Tbs. powdered oats
1/8 tsp salt
1 tsp sugar (optional)

Close the top and store in a dry place.

Microwave directions for cooking:

Empty packet into microwave able bowl. Add 2/3 cup water or milk.
Microwave at HIGH about 1-1/2 minutes; stir.

Conventional directions for cooking:

Empty packet into pan. Add 1/2 cup boiling water; cook and stir
over heat until thickened.

CRUNCHY WHEAT CEREAL

Makes approximately 5 cups cereal and 2 cups crumbs

6 cups whole wheat flour
1 tsp baking soda
1/2 tsp salt
1-1/2 cups brown sugar
2 cups buttermilk (2/3 cup powdered milk, 2 cups water, 2 Tbs.
vinegar or lemon juice)

Mix ingredients thoroughly. Press or roll evenly to fit two

ungreased cookie sheets. Bake at 350o until golden brown around
edges. Turn over with spatula, break into small pieces and return
to 200o oven to dry out thoroughly. Grind chunks in food or meat
chopper on coarse blade. Put ground chunks in strainer and sift
out small granular pieces. Larger pieces may be used for cereal
and casseroles. Finer pieces may be used as you would graham
cracker crumbs for pie crusts and other desserts.

Variations

Add cinnamon to the dough before baking. Add nutmeg to give a
custard or eggnog flavor. Poultry stuffing can be made by
eliminating sugar and adding sage, poultry seasoning, celery salt
and bouillon granules. Make salad toppers by adding garlic salt,
onion powder, salt, or other favorite condiments. You can even
make dog and cat food by reducing sugar and adding bouillon, then
breaking up to the appropriate size.

BREAKFAST CEREAL

Use wheat either whole or cracked with raisins, honey, or brown
sugar. One cup of wheat makes 4 to 6 servings.

Thermos Method

1 cup whole wheat
2 cups boiling water
1/2 tsp salt

Place in quart-size thermos; screw top lightly. Leave
overnight.

Gas Range Method

1 cup whole wheat
2 cups boiling water
1/2 tsp salt

Place ingredients in a pan over the pilot light all night.

Crock Pot Method

1 cup whole wheat
2 1/2 cups water
1/2 tsp salt

Cook 6 to eight hours or overnight on low.

Cracked Wheat Method

1 cup cracked wheat
2 1/2 cups water
1/2 tsp salt

Bring to a boil. Cook covered on low for 10 to 20 minutes.
Cook enough whole wheat to last a week. It may be tightly
covered and stored in the refrigerator up to two weeks.

GRANOLA

Makes about 2 quarts

6 cups rolled oats
1/4 cup sunflower seeds
1/2 cup brown sugar
1/2 cup raisins
1 cup coconut

1/2 cup chopped nuts
1/3 cup sesame seeds

Mix all ingredients except raisins. Stir in and coat thoroughly with

1/2 cup oil
1/3 cup honey
2 tsp vanilla

Spread on cookie sheet and bake at 350o for 30 minutes. Last five minutes add 1 cup raisins or other dried fruit.

OATMEAL RAISIN MUFFINS

1 egg
3 tsp baking powder
3/4 cup milk
1/2 tsp salt
1 cup raisins 1/2 tsp ground nutmeg
1/2 cup vegetable oil
1/4 tsp ground cinnamon
1 cup white / whole wheat flour
1 cup rolled oats
1/3 cup sugar

Heat oven to 400. Grease bottoms only of about 12 medium muffin cups or line with cupcake liners. Beat egg; stir in milk, raisins and oil. Stir in remaining ingredients all at once just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake in preheated oven until golden brown, about 20 minutes. Remove from pan immediately.

BAKING POWDER BISCUITS

2 cups flour
3 tsp. baking powder
1 tsp salt
1/3 cup shortening
3/4 cup milk

Preheat oven to 425 degrees. Combine flour, baking powder and salt. Add shortening and use fork to cut in to resemble coarse meal. Add milk; stir until blended. Transfer dough to lightly floured surface. Knead gently, 8-10 times. Roll dough 1/2 inch thick. Cut into biscuits with biscuit cutter or use drinking glass that is floured so the dough comes away from the glass. Bake on ungreased baking sheet for 12-15 minutes. Makes 12-16 biscuits.

FRUIT AND CEREAL BRUNCH CAKE

2 cups granola or any corn flake type cereal
1 cup orange juice
1/4 cup oil
1 egg
2 medium bananas mashed
1-1/2 cups gold medal flour
3/4 cup sugar
1/2 cup raisins
1 tsp baking soda
1 tsp cinnamon
1/2 tsp salt

Heat oven to 350 degrees. Grease square pan. Mix cereal and orange juice in large bowl; let stand until softened about 2 minutes. Mix in oil, egg and bananas. Stir in flour, sugar, raisins, baking soda, cinnamon and salt. Spread in pan. Bake until top springs back when touched, 40-45 minutes. Sprinkle Streusel Topping over warm coffee cake. Set oven control to broil and put cake pan bake in oven for about 1 minute until bubbly.

Streusel Topping

1/2 cup brown sugar, packed
1/2 cup chopped nuts
1/4 cup flour
1/4 cup butter
1/2 tsp cinnamon

Mix all ingredients until crumbly.

SURPRISE MUFFINS

3 cups flour
4 tsp baking powder
1/4 cup sugar
1 tsp salt
1/4 cup butter
3 eggs
1 cup milk
1 cup raisins (optional)
1/2 cup grape jelly or any flavor jam or jelly you have

Sift together flour, baking powder, sugar and salt. Add butter to mixture and cut in with fork. Mix eggs, milk and raisins; blend into flour mixture. Stir lightly just to dampen flour. (If too dry add a few drops more milk) Spoon into greased muffin tin. Push 1 spoonful of grape jelly down into batter of each muffin before baking. Bake in preheated oven 425 degrees. for about 20 minutes. Makes 12

WHEAT THINS

1-3/4 cups whole wheat flour
1/3 cup oil
3/4 tsp salt
1 cup water
1 1/2 cup flour

Mix dry ingredients. Add oil, salt and water mixture. Knead as little as possible to make a smooth dough. Roll dough very thin. Score with a knife and desired size. Prick each cracker a few times with a fork. Sprinkle dough lightly with salt or onion salt. Bake at 350 degrees until light brown and crisp, about 30-35 minutes.

BANANA NUT BREAD

1-1/2 cups flour
2-1/2 tsp baking powder
1/2 cup sugar
1/2 tsp salt
1/2 tsp baking soda
1 cup crushed cereal
1/3 cup chopped nuts
1 egg, beaten slightly
1/4 cup oil
2 Tbs. water
1 1/2 cups mashed banana
1 tsp vanilla

Preheat oven to 350 degrees. Grease loaf baking dish. Stir together flour, sugar, baking powder, salt, baking soda, cereal, and nuts. Combine egg, oil, water, mashed banana and vanilla. Add all at once to dry ingredients. Stir just until moistened. Spread evenly into pan. Bake 50 - 55 minutes or until knife inserted in center comes out clean. Let cool 15 minutes before removing from pan. Makes one loaf.

CINNAMON APPLE ROLLS

3 cups flour
2 Tbs. sugar
4 tsp baking powder
1 tsp salt
1 cup milk
1/2 cup oil
2 cups chopped apples
1/2 cup brown sugar
1 tsp cinnamon
1 cup brown sugar
1/2 cup oil
1/2 cup chopped nuts

Combine flour, 2 Tbs. sugar, baking powder and salt. Add milk and 1/2 cup oil; stir just enough to hold dough together. Place on lightly floured surface and knead. Roll to 1/4 inch thick rectangle. Cover dough with combined apples, 1/2 cup brown sugar and cinnamon. Roll up jelly-roll fashion. Cut into 1 inch thick pieces. Combine 1 cup brown sugar, 1/2 cup oil and nuts in bottom of 13 x 9 x 2 inch pan. Place rolls in pan. Bake at 425 degrees for 15 to 20 minutes, until desired brownness. Immediately turn upside down onto large platter or cookie sheet. Serve warm. Makes about 8 rolls.

CINNAMON ROLLS

5-1/2 - 6 cups flour
 1/4 cup butter
 2 packages yeast (2 Tbs.)
 2 eggs
 1/2 cup sugar
 1/3 cup butter melted
 1-1/2 tsp salt
 3/4 cup sugar
 1 cup milk 1-1/2 tsp cinnamon
 1 cup water
 1/2 cup chopped nuts

Glaze

3 Tbs. butter melted
 2 cups powdered sugar
 1/2 tsp maple or vanilla flavoring

Preheat oven 375 degrees. In large bowl, combine 2 cups flour, yeast, 1/2 cup sugar and salt. Mix well. In saucepan heat milk, water, butter until warm. Add to flour mixture. Add eggs. Mix until moistened; then beat 3 minutes at medium speed. By hand, gradually stir in enough remaining flour to make a soft dough. Knead on floured surface until smooth and elastic. about 5 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place until light and doubled in size, about 1 hour. Punch down dough. Divide into 2 parts. On lightly floured surface, roll or pat each half into a 12 x 9 inch rectangle. Brush each part with melted butter. Combine 3/4 cup sugar, cinnamon and nuts. Sprinkle over buttered surface. (can also add raisins if desired) Starting with shorter side, roll up tightly, pressing dough into a roll with each turn. Pinch edges to seal. Cut each roll into 12 pieces. Place cut-side down in greased 13 x 9 inch pans. Cover; let rise in warm place until almost doubled, about 30 minutes. Bake at 375 degrees for 20 minutes until golden brown. Combine Glaze ingredients; blend until smooth. Drizzle over hot rolls. Makes 24 rolls.

PANCAKE AND WAFFLES MIX

Pancakes

	6 pancakes	12 pancakes	20 pancakes
mix	1 cup	2 cups	3 cups
water	3/4 cup	1-1/2 cups	2-1/4 cups
oil	2 Tbs.	1/4 cup	6 Tbs.
egg	1	2	3

Mix ingredients together until dry ingredients are moistened (batter will be lumpy). Bake on hot griddle or lightly greased skillet.

Apple Pancakes

Stir in 1/2 cup finely chopped apples to prepared pancake batter. Sprinkle cinnamon or nutmeg to taste.

Nutty Pancakes

Sprinkle 2 Tbs. broken nuts over cake before turning.

Waffles

2 Cups pancake mix
 1 egg
 1/4 Cup oil
 1-1/2 Cups milk

Mix all ingredients together until dry ingredients are moistened. Pour batter onto center of hot waffle iron. For even baking or waffles, close lid quickly. Wait for signal light or until steam stops. Makes 6 waffles.

Orange Waffles

Add 1 Tbs. grated orange peel to batter.

HOT OATMEAL CEREAL

	1 serving	2 servings	6 servings
water	1 cup	1-1/2 cups	4 cups
salt	1/8 tsp	1/4 tsp	3/4 tsp
oats	1/3 cup	2/3 cup	2 cups

Bring water and salt to a boil. Add oatmeal and stir. Cook 2 minutes, stirring occasionally. Serve with milk and sugar. Can add brown sugar and cinnamon. Add raisins with the oatmeal to the boiling water. Add fruit such as berries, sliced bananas as you serve the cereal.

CREAMY WHEAT

3-1/4 cups water
1/2 cup creamy wheat
1/2 tsp salt

In a two quart sauce pan bring water and salt to a rapid boil. Slowly add creamy wheat and stir occasionally until mixture thickens. Lower heat to simmer, and cover. Continue cooking 10 to 15 minutes. Stir occasionally. Serve with milk, sugar.
Serves 4

MUESLI

4 Cups quick cooking rolled oats
1 Cup wheat flakes
1 Cup chopped nuts
1 Cup Crunchy Wheat cereal (optional)
Dried apples, apricots, raisins, or other fruit

Mix together and put in covered container. Keep fruit separated until ready to serve.

CHINESE FRIED WHEAT

Makes 8 servings

1 cup cracked wheat (strain out flour before cooking)
2 1/2 cups water
1/2 tsp salt
3 Tbs. vegetable oil
1 beaten egg
1 onion, minced 1/4 cup celery, diced
2 Tbs. soy sauce or to taste
Bacon or ham

Bring wheat, water, and salt to a boil and cook for 20 to 30 minutes. Put in a strainer and drain off thick liquid (save for gravy). Wash wheat with cold water to make it fluffy. Press wheat to remove all moisture possible. Set aside. Heat 1 Tbs. oil in heavy skillet. Slowly add beaten egg, stirring rapidly with fork so egg is light and fluffy. Set aside. Add to skillet 2 Tbs. of oil, minced onion and celery and cook until tender. Then add wheat, soy sauce, bacon or ham, and egg. Heat through and serve with extra soy sauce, if desired.

Gravy Makes 1 cup

2 Tbs. vegetable oil or drippings
2 Tbs. flour
1 cup liquid (may use the liquid drained from wheat, vegetables, or meat stock; or reconstituted bouillon)

Heat vegetable oil or drippings; stir in flour. Remove from heat and stir in liquid. Cook over medium heat until smooth and thickened, stirring constantly. Season to taste.

ITALIAN FRIED WHEAT

Makes 8 servings

Wheat
2 Tbs. oil
Italian blend to taste Left over roast or other meat
Salt to taste

Prepare wheat the same as for Chinese fried wheat. Heat oil in skillet then add wheat, Italian blend, left-over roast, and salt to taste.

CHILI

1 lbs chili beans (about 2-1/4 cups)
2 lbs hamburger
1 large onion (chopped)
3 - 4 ribs of celery
1 can tomato juice (46 Oz.)
3 - 4 Tbs. chili powder
1/2 tsp cumin

Soak beans overnight. Bring beans to boil and simmer until tender. Leave the water in the pot that should cover the beans and add the tomato juice to it. Brown hamburger. Add hamburger, onion, celery, chili powder and cumin. Let simmer until flavors blend. Adjust the amount of chili powder to taste.

PINTO BEAN CASSEROLE

1 15 oz can pinto beans (use juice)
1 lb. hamburger
1 package corn tortillas
1 cup grated cheese
1 15 oz can Italian style marinara sauce

Butter tortillas and layer and cover bottom of oblong cake pan. Brown hamburger and drain. Put beans over tortillas, then sauce and hamburger and grated cheese. Bake at 350 degrees for 30 minutes.

SPANISH FRIED WHEAT

Makes 8 servings

1 chopped onion
Wheat
Chili powder
Salt
Beef bouillon powder
Chopped fresh green onions

Prepare wheat the same as for Chinese fried wheat. Heat oil in skillet, cook chopped onion until golden brown, then add wheat. Toss lightly then add remaining ingredients.

Meat Substitute or extenders -- Cooked wheat, cracked or whole, can be fried with hamburger and used in sloppy joes, spaghetti, pizza, or in casseroles.

TAMALE PIE

Serves 8 to 10

1 pound hamburger
1 cup chopped green pepper
1 chopped onion
1 clove garlic, minced
1 16 ounce can tomatoes
1 6 ounce can tomato paste
1 12 ounce can corn, drained
1 can sliced ripe olives (optional)
1 Tbs. sugar
1 tsp salt and a dash of pepper
2-3 tsp chili powder
1 1/2 cups sharp American cheese, grated
1 1/2 cups cold milk
1/2 cup yellow corn meal
1/2 tsp salt
1 Tbs. butter

Brown the first four ingredients together. Drain the fat and add tomatoes, tomato paste, corn, olives, sugar, salt, chili powder, and pepper. Simmer 20 minutes until thick. Add cheese and stir until melted. Pour into 9x13 inch baking dish.

Make corn meal topping by heating milk in double boiler; add salt and slowly stir in corn meal. Cook and stir until thick (about 20 minutes), add butter and spread over top of meat mixture. Bake at 375o for 40 min.

PIONEER STEW

Makes 8 servings

1 1/4 cups (1/2 pound) dried pinto or kidney beans
3 cup cold water
1 tsp salt
* 1/2 to 1 pound ground beef
1/2 cup chopped onion

1/2 cup finely diced green pepper
1 can (16 oz.) whole kernel corn, undrained
1 can (16 oz.) tomatoes, undrained
1/2 tsp chili powder
3/4 teaspoon salt
1/2 cup shredded sharp American cheese

In large saucepan place washed and drained beans, cold water, and salt. Bring to a boil. Cover and simmer 2 minutes. Remove from heat and let stand for 1 hour. Return to heat and simmer 1 hour and 15 minutes. In skillet cook ground beef, chopped onion, and green pepper until meat is browned and vegetables are tender. Drain off fat. Add meat mixture, corn, tomatoes, chili powder and salt to taste to beans. Simmer 20 minutes. Combine 1 Tbs. flour with 2 Tbs. water. Stir into stew. Cook and stir until thickened and bubbly. Stir in cheese.

* or 1 Can of Chunk Turkey ro Beef

HUNGARIAN GOULASH

1-1/2 lbs. round steak, cut in 1/2 inch cubes (or 2 or 3 cans of beef chunks)

1/4 tsp garlic powder

3 Tbs oil
1 medium onion sliced
1/3 cup flour
1 (1 lb can) tomatoes
1 Tbs paprika
1/3 cup water
1/4 tsp pepper
2/3 cup evaporate milk
1/2 tsp salt

Brown meat in hot oil in large saucepan. Mix together flour, paprika, salt, pepper and garlic powder. Add onion, tomatoes and water. Cover. Simmer 1 hour, stirring occasionally. Gradually stir in evaporated milk into hot mixture. Simmer 15 minutes, stirring frequently. Serve over hot buttered noodles. (Makes 6 1/2 cup servings)

BARBECUED LIMA BEANS

Makes 8 to 10 servings

2 cups large dried lima beans
8 cups water
1/4 pound bacon cut into 1/2 inch pieces (if desired, cook and drain before adding)
1 small onion, chopped
1 clove garlic, minced
1/2 cup margarine
1 tsp prepared mustard
2 tsp Worcestershire sauce
1 1/2 tsp chili powder
1 can (8 oz.) tomato sauce
2 Tbs. brown sugar
2 Tbs. vinegar
1/4 lb bacon slices (if desired, cook and drain before adding)

Sort and rinse beans; do not soak. In 4-quart saucepan, combine rinsed beans, water, and 1/4 pound diced bacon. Bring to a boil; reduce heat. Cover and simmer until beans are almost tender (1 to 1 1/2 hours), checking several times. Add hot water as needed to keep beans just covered while cooking. Drain, reserving 1/2 cup liquid. Cook onion and garlic in margarine until soft. Add remaining ingredients except drained limas and bacon slices. Cook 5 minutes, add to lima beans. Place in greased 2-quart casserole; top with sliced bacon. Cover; bake for 2 hours at 350o, adding reserved bean liquid if necessary.

CRACKED WHEAT CASSEROLE

Makes 6 servings

1 lb ground beef
1/2 cup chopped onion (1 medium)
1 small garlic clove
1-1/2 cups water
1/2 cup uncooked cracked wheat
2 Tbs. chopped parsley
1 tsp beef bouillon
1/2 tsp salt
1/4 tsp oregano leaves
1/4 tsp pepper
1/4 cup Parmesan cheese

1 cup chopped tomato (fresh or canned)

Brown ground beef with onion and garlic until pink color has gone from the meat. Drain. Combine with rest of ingredients except cheese and tomato.

Bake in tightly covered 1-1/2 quart casserole for 45 minutes or until the cracked wheat is tender and water has been absorbed. Stir in cheese and tomato, let stand a minute and serve.

TACO CASSEROLE

1 lb ground beef
1 cup Salsa
1/2 cup mayonnaise
2 tsp chili powder
2 cups crushed tortilla chips
1 to 2 cups shredded cheese
1 medium tomato, chopped
2 cups shredded lettuce

Brown ground beef; drain. Add salsa, mayonnaise, chili powder; mix well. In an ungreased 2 qt baking dish, layer half of the meat mixture, chips, and cheese. Repeat layers. Bake, uncovered, at 350 degrees for 20-25 minutes or until heated through. Just before serving, top with tomato and lettuce. 6 servings

MEAT PIE

6 Quarts of water
2 cups soup mix
add
2 lbs frozen hash browns (fresh potatoes should be diced)
1 can tomatoes 1 can tomato soup
1 can tomato sauce
If desired, add left over vegetables, frozen carrots or corn, etc.

Add
2 lbs hamburger, fried well done and broken into tiny pieces.
Allow to cool until just warm. Place in pie shell, and top with pie crust and seal edges well. Bake in oven 450 degrees for 25 minutes.

RICE PILAF

Makes 8 servings

2 cups rice
2/3 stick margarine
4 cups liquid (chicken broth if served with fowl; beef broth with beef)
3/4 cup chopped celery
3/4 cup chopped carrots
3/4 cup chopped green onions
1 cup slivered almonds
Salt and pepper to taste
* 1 Can Chunk Turkey or Beef (opt.)

Brown rice lightly with butter in skillet. Place in casserole with boiling broth. Cover and bake for one-half hour at 375o. Take from oven and add vegetables and nuts, stirring and mixing well with fork. Return to oven for one-half hour.

BROWNED RICE

Makes 6 to 8 servings

1 cup rice
1/4 cup shortening
1/4 cup chopped onion, meat, celery, or other vegetables
1 tsp salt
3-1/2 cups water

Heat shortening in skillet. Add rice. Cook, stirring constantly, about 10 minutes or until lightly browned. Add vegetables and continue cooking 2 or 3 minutes (optional). Add salt and water. Simmer over low heat 20 to 25 minutes or until rice is tender and excess liquid has evaporated.

LENTIL SOUP

Makes 8 to 10 servings

2 cups lentils

1/2 quarts water and 6 chicken bouillon cubes
(or 3 - 14 1/2 oz. cans chicken broth and 3 cans of water)
1 large can (No. 2 1/2) stewed tomatoes
1 bay leaf
3 carrots, cut in chunks
1 onion, cut up Salt and pepper to taste
1 lb cooked hamburger

Put all ingredients except hamburger in a 4-quart kettle, bring to a boil, and let cook until tender. Add cooked hamburger and heat. A ham hock may be cooked with above ingredients instead of hamburger, or pieces of ham may be added at the last.

SPLIT PEA SOUP WITH SAUSAGE BALLS (A favorite of many)

Makes 12 servings

1 lb (2 1/4 cups) green split peas
3 quarts water
2 tsp salt
1/2 tsp pepper
1/4 tsp marjoram
1 lb bulk pork sausage
1 cup diced celery
1 cup diced potatoes
1 cup diced onion
1 cup diced carrots
Salt to taste

Wash split peas and sort. In large saucepan combine water and seasonings and bring to a boil. Add peas gradually so water does not stop boiling. Shape sausage into 1-inch balls (about 28 of them) and roll in flour. Drop into soup, cover, and simmer until sausage is well done and peas are tender. About 20 minutes before time to serve, add vegetables and cook until tender.

NOTE:

You may wish to cook and drain sausage before adding it to the soup.

CREAMY VEGETABLE SOUP

1 cup diced carrots
1 cup diced celery
1 cup diced cauliflower
1 cup diced broccoli
2 cup diced potatoes
1/2 cup diced onion
Cover with water and gently boil until vegetables are tender.
2 cups milk
1 cup flour

Mix in blender or beat with fork until smooth pour into vegetable mixture and add 1/4 c butter. Season with salt and pepper. You can add 1 or 2 cups shredded cheese for a cheese flavored soup.

* Optional 1 Can Chunk Turkey or Beef

CALIFORNIA BEAN SOUP

2 cups white beans (rinsed)
2-1/2 quarts water (10 cups)
1 quart tomatoes
1/4 cup dried onion or 1/2 cup chopped onion
1/4 cup dried diced carrots or 1/2 to 1 cup chopped carrots
1/2 cup dried celery chopped or 1 cup chopped celery
1 or 2 ham hocks or 5-7 Tbs. ham soup base or bouillon

Soak beans in water overnight or boil 5 minutes and soak 1 hour. Add tomatoes. Cook 2 hours. Add remaining ingredients and cook until beans are soft.

BASIC WHITE SAUCE

2 Tbs. butter
1/4 cup flour
2 cups milk
1/2 tsp salt
1/8 tsp pepper

Melt butter. Mix in flour, salt and pepper. Return to heat slowly adding milk, stirring constantly with whisk or spoon. When smooth, continue cooking and stir with spoon until thick. Season with desired spices. Can be added to soup recipes to make creamy

flavor. Can add grated cheese to make cheese flavored sauce.

CREAM OF SPLIT PEA SOUP

Makes 8 servings

2 cups split peas
4-1/2 cups boiling water
1/2 cup celery, diced
1/2 cup carrots, diced
1 onion, chopped
2 tsp salt
2-1/2 cups milk (2/3 cup powdered milk and 2-1/2 cups water)
Season to taste (may add chunks of ham, bacon, etc.).

Wash split peas and sort. In large saucepan combine water, split peas, vegetables, and salt. Simmer until peas are soft, about 45 minutes, stirring occasionally. Put through a sieve or a blender. Add powdered milk and seasonings, chunks of meat, then reheat and serve.

DELICIOUS TURKEY SOUP WITH DRY SOUP MIX

Serves 6

8 cups chicken or turkey broth (May use reconstituted chicken bouillon)
3/4 cup dry soup mix
Salt and pepper to taste
1 cup diced celery
2 cups diced turkey or chicken
1 tall can evaporated milk

Mix broth, soup mix, salt and pepper and celery and simmer for 45 minutes. Stir in diced turkey and can of milk. Heat and serve. May thicken with flour or cornstarch.

NOTE: Dry soup mix is available for dry-pack canning at some canneries.

HAM HOCK AND SOUP MIX

Serves 6

1 ham hock
3/4 cup soup mix
About 7 cups water
Salt and pepper to taste

Simmer all ingredients for 45 minutes or until tender. Remove ham hock, returning meat to soup. Serve.

HAMBURGER SOUP

Serves 6

2 cans beef broth and one cup water (or 4 cups water, 4 bouillon cubes)
1/2 cup soup mix

Bring to a boil and simmer for 45 minutes or until tender.

Add:

1 quart tomato juice or tomatoes
1/2 lb browned hamburger

Simmer 5 minutes and serve.

CHICKEN SOUP

(made from the Dry Soup Mix)

* 1 chicken cooked and deboned
2/3 cup soup mix
7 chicken bouillon cubes
carrots, zucchini
salt and pepper to taste

makes 1 gallon of soup
* or 1 Can Chunk Turkey or Beef

FRANKFURTER SOUP

2 frankfurters thinly sliced
2 Tbs. chopped onions
1 Tbs. butter

1 can tomato soup
1 soup can water or milk
1/2 cup cooked rice (optional)

Brown the frankfurters and onions in butter. Add soup, liquid and rice. Heat and serve. Makes 2 - 3 servings.

HAMBURGER SOUP

1-1/2 lb hamburger
2 cups potatoes cubed
3 medium carrots, diced
2 Tbs. minced parsley
1 large crushed bay leaf
1/8 tsp garlic powder
1 tsp Worcestershire sauce
3/4 cup diced celery
1 Tbs. sugar
2 cups tomato juice
1-1/2 quarts water
2 tsp salt
3/4 cup soup mix
pepper to taste

Brown hamburger. Mix all ingredients and simmer 1 1/2 to 2 hours or you may put in crock pot and simmer several hours (to make creamy you can add cream of mushroom soup)

TUNA CHOWDER

3/4 cup chopped onion
3/4 cup sliced celery
3 Tbs. butter
3 cups diced raw potatoes
2-1/2 cups water
1-1/2 tsp salt
1-1/2 Tbs. flour
2 cups milk
2 cans tuna fish, drained and flaked

Brown onion, celery in butter for about 5 minutes or tender. Add potatoes, water and salt. Heat to boiling and cook over medium heat about 15 minutes. Mix together flour and milk. Stir into potato mixture and cook until thick, stirring constantly. Add tuna fish and serve at once. Makes 1-1/2 quarts.

BAKED CHICKEN AND SPAGHETTI

10 oz. cooked & drained spaghetti
1 onion chopped
2 Tbs. shortening or butter
1 can tomatoes dash of pepper
2 Tbs. sugar
2 C diced cooked chicken
1/2 C grated cheese

Saute onion in shortening or butter, add tomatoes, sugar and pepper. Heat to boiling. Stir in chicken and spaghetti. Toss gently with fork. Pour into greased baking dish and sprinkle with cheese. Bake at 375 degrees for 20 minutes.

MACARONI SALAD

Makes 6 servings

1 cup uncooked macaroni
1 tsp salt
4 cups boiling water
1 can tuna fish
1 cup chopped vegetables (celery, green pepper, onion, cooked peas, carrots, etc.)
Salad dressing

Bring water and salt to a boil. Add macaroni. Boil until tender (10 minutes); do not overcook. Drain. Rinse in cold water. Drain again. Chill. Mix with tuna fish and vegetables. Marinate with salad dressing to taste (approximately 1/2 cup).

FRUIT GELATIN SALAD

1 package (3 oz.) gelatin
1 cup boiling water
1 cup fruit juice or cold water or 12 ice cubes

Dissolve gelatin in boiling water. Stir in juice or cold water or

ce cubes. Refrigerate until partially set. Add 1 cup fresh fruit or canned fruit cut up. (Do not use fresh pineapple). Chill until firmly set.

AMAZING LEMON CREAM PIE (or pudding)

1 cup water
Dash of salt
1/2 cup water
1/3 cup wheat flour
1/3 cup dry milk powder
2/3 cup sugar
1/2 cup water
1 tsp Knox gelatin (1/3 envelope)
2 Tbs. cold water
1 package lemonade Kool-aid (without sugar)

Bring to a boil the cup of water and salt. Make a paste with 1/2 cup water and flour. Slowly pour mixture into boiling water, stirring constantly. Let cook on low heat for 7 to 8 minutes, stirring frequently. Remove from heat. In small mixing bowl combine dry milk powder, sugar, and 1/2 cup cold water. Set aside. Soften gelatin in water, put on low heat and stir until dissolved. Add gelatin to milk mixture and stir until thoroughly mixed. To this add Kool-aid. Mix until dissolved. Combine with cooked wheat and mix well. Pour into 8 inch Crunchy Wheat pie crust and serve with whipped topping.

CRUNCHY WHEAT PIE CRUST

1 1/3 cups Crunchy Wheat crumbs
2 Tbs. sugar
1/3 cup melted margarine

Using the finer crumbs sifted from the Crunchy Wheat cereal, combine all of the ingredients, mix well and press firmly against sides and bottom of pie tin. Pour filling into the shell and refrigerate until firmly set.

CHOCOLATE CREAM PIE

1 Tbs. cocoa
1/2 tsp vanilla

Make as for lemon cream pie except add cocoa and vanilla to wheat mixture at end of cooking time. Eliminate lemonade Kool-aid.

COCONUT CREAM PIE

1 Tbs. small cracked wheat
1/4 tsp coconut flavoring (or to taste)

Make as for lemon cream pie except add small cracked wheat (tastes like coconut when finished) to water and wheat flour mixture before cooking. Add coconut flavoring when all ingredients are mixed together.

APPLE PIE FILLING

1-2/3 cups dry slices
2-1/2 cups water
2 Tbs. cornstarch
2/3 cup sugar
1/4 tsp salt
2 tsp lemon juice (optional)
1/2 tsp cinnamon
1/4 tsp nutmeg

Mix all dry ingredients together, then add water and mix well. Bring to a rolling boil, stirring occasionally. If baking in a pie, preheat oven to 425 degrees, place in oven and bake 40 minutes or until golden brown in pastry shell.

APPLE CRISP (WITH PIE FILLING)

Put pie filling in a greased square pan. Mix together:

1/4 cup flour
1/4 cup butter
1/4 tsp salt
1/4 cup rolled oats or oatmeal
2 Tbs. sugar

Mix together thoroughly and spread over pie filling and bake in 375 degree oven for 25 minutes.

APPLE CRISP

6 peeled apples
1/2 cup brown sugar
1/2 cup sugar
1 cup rolled oats
2 Tbs. water
1/2 tsp cinnamon
4 Tbs. butter
1/2 cup chopped nuts (optional)
1 tsp grated lemon peel

Slice 6 peeled apples and spread in greased 8 x 8 inch baking pan. Sprinkle onto apples water, and 1/2 cup sugar. Mix the remaining ingredients and spread over apples. Bake at 350 degrees for 45 minutes. or until tender.

PUDDING

1/4 cup milk

The lemon, chocolate and coconut cream pie fillings make an excellent pudding by adding 1/4 cup milk and putting in blender and beating slightly.

RICE PUDDING

Makes 8 servings

3 eggs
2 Tbs. honey
6 Tbs. sugar
1/2 tsp nutmeg
1 tsp cinnamon
1/2 tsp vanilla
1 cup milk (1/3 cup non-fat dry milk and 1 cup water)
3/4 cup evaporated milk (2/3 cup nonfat dry milk to 3/4 cup water)
1-1/2 cups cooked rice
1/2 cup raisins

Beat eggs. Add sugar and spices. Mix well. Stir in vanilla, milk, rice, and raisins. Place in a 2-quart casserole dish. Bake at 325 for 45 minutes. Stir after 25 minutes.

WHOLE WHEAT BREAD PUDDING

1/3 cup sugar
1/2 cup powdered milk
1/8 tsp salt
3 cups milk
2 eggs
1 tsp vanilla
4 or 5 cups broken wheat bread crumbs

Mix together sugar, powdered milk, salt and set aside. Beat together 2-1/2 cups milk, eggs, vanilla until smooth. Add the sugar mixture and add rest of milk stirring well. Add bread crumbs. Mix well and pour into greased baking dish. Sprinkle top with nutmeg or cinnamon and sugar. Bake at 325? F. for 45 minutes or until knife stuck in middle comes out clean. Serve with sauce or whip cream.

CHOCOLATE CHIP OATMEAL COOKIES

Makes 3 dozen cookies

1 cup melted shortening, butter or margarine
2/3 cup granulated sugar
2/3 cup brown sugar, packed
2 eggs
1 tsp vanilla
1-1/2 cups flour
1/2sp soda
1 Tbs. hot water
2 cups rolled oats
1 package (6 oz.) choco chips
1/2 cup nuts, coarsely chopped

In large bowl, cream shortening; add sugars and cream until fluffy. Beat in eggs and vanilla. Add flour, salt, and soda that has been dissolved in hot water; blend. Stir in rolled oats, chocolate chips and nuts. Drop by teaspoonfuls onto ungreased baking sheet about 1 1/2 inches apart. Bake at 375o for 10 minutes or until barely brown and still a little puffy.

Variation

Coconut, raisins, and/or peanuts may be added to this basic cookie dough. Or, 1 cup coarsely-grated carrots, cooked in 2 Tbs. boiling water for 5 minutes may be added.

OATMEAL CAKE WITH BROILED ICING

1-1/4 cups boiling water
1 cup rolled oats
1/2 cup (1 stick) butter
3/4 cup granulated sugar
3/4 cup brown sugar, packed
2 eggs, slightly beaten
1-1/2 cups sifted flour
1 tsp soda
1/2 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
Broiled Coconut Icing (recipe below)

Pour boiling water over rolled oats; let stand 20 minutes. (Makes 1-1/2 cups thick oatmeal.) Cream together butter or margarine and sugars. Add eggs. Stir in oatmeal, then sifted dry ingredients. Bake in greased 9 x 13-inch pan at 350 for 40 to 45 minutes or until done when tested with tooth pick. Spread with Coconut Icing; broil until frosting bubbles, taking care not to burn.

BROILED COCONUT ICING

6 Tbs. (3/4 stick) butter
1/2 cup brown sugar, packed
1/4 cup cream or evaporated milk
3/4 cups nuts, coarsely chopped
1 cup coconut

Combine all ingredients. Spread over spice, oatmeal, or carrot cake. Broil until frosting bubbles and browns slightly, taking care not to burn.

NAVY BEAN BUNDT CAKE

1 2/3 cups cooked navy beans
1 cup butter (softened)
1 cup sugar
2/3 cup brown sugar (firmly packed)
1 Tbs. vanilla
2 eggs
2 cups flour
1-1/2 tsp baking powder
1 tsp baking soda
1-1/2 tsp nutmeg
2 tsp cinnamon
1/3 cup evaporated milk
1/3 cup water
1/2 cup chopped pecans or walnuts
1-1/3 cups flaked coconut

Puree beans in blender or mash with fork. Set aside. In large bowl combine butter, sugars and vanilla; beat until creamy. At high speed, add eggs. Stir in beans. In medium bowl combine flour, baking powder, baking soda, nutmeg and cinnamon. Stir one half of dry ingredients until blended. Add nuts and coconut; blend. Pour into greased BUNDT pan. Bake at 350 degrees for 50-55 minutes, pour into 13 x 9 x 2 greased pan and bake for 25-30 minutes.

REALLY GOOD PINTO BEAN PIE

1/2 cup granulated sugar
1 cup brown sugar, packed
2 eggs, beaten
1 stick (1/2 cup) butter, softened
1 heaping cup mashed, cooked pinto beans
1 unbaked 9-inch pie shell
Whip cream or a scoop of ice cream

Beat until creamy the granulated sugar, brown sugar, eggs and butter. Add pinto beans; blend well. Pour into unbaked pie shell and bake at 375 for 20 minutes. Reduce heat to 350 and bake an additional 25 minutes or until a knife inserted in center comes out clean. Serve with shipped topping or a scoop of ice cream.

WHEAT AND RAISIN CHOCOLATE CHIP COOKIES

Makes 6 dozen cookies

1-1/2 cups butter or shortening
1-1/2 cup firmly packed brown sugar
1-1/2 cups sugar
2 tsp vanilla
4 eggs
2-1/2 cups all-purpose flour
2 1/2 cups whole wheat flour
1/2 tsp salt
2 tsp baking soda
2 Tbs. hot water
1 cup chopped nuts
1 cup raisins
1 package (12 oz.) chocolate chips

Preheat oven to 350. Beat margarine in large bowl until soft. Gradually add sugars, beating until light and fluffy. Add vanilla. Add eggs, one at a time, beating well. Blend both kinds of flour and salt on sheet of waxed paper. Gradually add flour mixture to sugar mixture, beating at low speed until well mixed.

Dissolve baking soda in hot water and add to sugar-flour mixture. Stir in nuts, raisins, and chocolate chips. Using 1 generous tablespoon of dough for each cookie, place on greased cookie sheet. Bake at 350 for 10 to 12 minutes. Allow to cool.

DATE FILLED WHEAT COOKIES

Makes 3 dozen cookies

1 cup shortening
2 cups brown sugar, packed
2 eggs
1/4 to 1/2 cup water
1 tsp vanilla
1 tsp salt
1 tsp baking soda
1/4 tsp cinnamon
2 cups wheat flour
1-1/2 cups white flour

Cream shortening and sugar. Add eggs and vanilla. Mix dry ingredients in another bowl. Alternate dry ingredients and water. Shape dough into 2 rolls about 2 inches in diameter. Refrigerate.

Filling:

2 cups chopped dates (or chopped raisins)
3/4 cup sugar
3/4 cup water
1/2 cup chopped nuts

GRANOLA BARS

Use the recipe for Rice Crispy Treats and substitute with granola cereal.

1/4 C butter
1 10-ounce package marshmallows or 4 cups miniature marshmallows
5 cups Rice Krispies (substitute with granola)

Melt butter in saucepan over low heat. Add marshmallows and stir until completely melted. Cook over low heat for 3 minutes longer, stirring constantly. Remove from heat. Add granola. Stir until well coated. Press mixture evenly into buttered 13 x 9 x 2 inch pan. Cut into 2 inch squares when cool. Makes 24

UPSIDE DOWN APRICOT CAKE

2 eggs
1/3 tsp baking powder
2/3 C sugar
1/4 tsp salt
6 Tbs. apricot juice
1/3 C butter
1 tsp vanilla
1/2 C brown sugar
1 C flour
2 1/2 C apricot halves

Beat eggs until thick. Gradually beat in sugar. Add apricot juice and vanilla flavoring. Sift dry ingredients together and beat into egg mixture. Melt butter in bottom of cake pan. Sprinkle brown sugar evenly over butter. Arrange drained apricots halves in two rows, cut side up, over butter and sugar mixture. Pour cake batter over fruit. Bake at 350 degrees for 45 minutes or until done. Turn upside down immediately on serving plate. Do not remove pan for a few minutes. Serve warm or cold. May be topped with whipped cream or ice cream.

WHOLE WHEAT BROWNIES

1 Cup melted shortening
4 Tbs cocoa
4 eggs beaten
2 Cups whole wheat
1 Cup sugar

Beat together; spread in greased floured 9 x 13 inch pan. Bake at 350 degrees for 25 minutes.

Frosting

1/2 Cup melted butter
2 Tbs cocoa
2 Cups Powdered Sugar
1 tsp vanilla

Mix with milk to spreading consistency.

GRAHAM CRACKERS

1 Cup whole wheat flour
1/2 Cup oat flour
1/3 Cup + 1 Tbs sugar
1/2 tsp soda
1/3 Cup butter
1 Tbs honey
1 Tbs milk

Sift flours, sugar and soda into a mixing bowl. Heat butter, honey, and milk until melted. Pour into dry ingredients and stir until smooth. Let chill 1/2 hour to 45 minutes. Roll out dough to 1/4 inch thick. Prick crackers with fork as they come out of oven.

DRY MILK IN ANY RECIPE

Adding additional milk to the recipe will enhance the nutritive value of the recipe.

In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use 1/4 to 1/2 cup per pound of meat.

In mashed potatoes: mash cooked potatoes, then add 1/4 cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereals: add 1/4 to 1/2 cup dry milk to each cup of cereal before cooking.

MAGIC MIX

4 cups instant (2-1/3 non-instant) dry milk
1 cup flour or 1/2 cup cornstarch
1 cup (2 sticks) margarine

Combine dry milk, flour, and margarine into a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. (Makes 5 cups Magic Mix.)

NOTE: Magic Mix can be used in many recipes to make food preparation easy and economical.

CREAM SOUP

Serves 4

4 cups water
2 cups Magic Mix
1 cube or 1 tsp bouillon granules
Add one or more of the following:
3 cooked carrots, mashed

potatoes, cooked and chopped
1 Tbs. chopped onion
1 can chopped clams
1 package chopped spinach, cooked
1 can cream-style corn
1 Tbs. chopped onion

Combine water, Magic Mix, and bouillon in saucepan. Stir over medium heat until slightly thick. Add desired ingredients. Heat thoroughly.

WHITE SAUCE

Makes 1 cup

2/3 cup Magic Mix
1 cup water

In saucepan combine Magic Mix and water. Stir rapidly over medium heat until it starts to bubble.

NOTE: Use Magic Sauce for all recipes calling for a white or cream sauce.

MACARONI AND CHEESE

Serves 4

1 cup white sauce from Magic Mix
1 cup uncooked macaroni
4 - 5 ounces grated cheese (about 1 cup)
1/2 - 1 tsp salt or garlic salt (optional)

Cook macaroni in boiling water until tender. Drain. Combine macaroni, white sauce, cheese and seasoning. Heat through.

PUDDING

Makes 4 1/2-cup servings

1/2 cup sugar
2-3 Tbs. cocoa (optional)
1 cup Magic Mix 2 cups water
1 tsp vanilla

Combine Magic Mix, sugar and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

FUDGESICLES

1 pudding recipe (see pudding recipe)
1/2 cup milk

Prepare pudding according to directions. Stir in milk and beat until smooth. Pour mixture into ice cube trays or small plastic cups. Insert plastic spoon and freeze until solid.

WHIPPED TOPPING

6 Tbs. instant (3-1/2 non-instant) dry milk
1 cup boiling water
2 tsp unflavored gelatin
2 Tbs. cold water
2-4 Tbs. sugar
1 tsp vanilla

Dissolve the milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolved gelatin and sugar. Stir and chill in the refrigerator until it jells. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

BUTTERMILK

1 cup instant (1-3/4 instant) dry milk
3 cups slightly warm water
1/2 cup commercial or previously made buttermilk

Shake or beat until blended. Cover and allow to stand at room temperature until clabbered (6-12 hours). Refrigerate after clabbering. (Makes 1 quart)

NOTE: Buttermilk will keep in the refrigerator for 2-3 weeks. It may be frozen. It will be necessary to use a fresh start of buttermilk occasionally.

BAKERS CHEESE

(Tastes like Ricotta or cream cheese, may be used in any recipe calling for either cheese.)

1/4 rennet tablet (Junket)
2 quarts warm water
3 cups non-instant (5-1/3 cups instant) dry milk
1/2 cup buttermilk

Dissolve rennet tablet in warm water. Thoroughly mix in dry milk. Cover and allow to stand at room temperature until set (about 5-10 hours). Pour into a cheesecloth covered strainer, close the cheesecloth and squeeze out as much whey as possible. The whey may be saved for use in bread. Place the cheese in the refrigerator until well chilled (usually overnight). Knead cheese until the texture is smooth. Cheese will freeze well for up to 6 months. (Makes about 1 pound)

(Rennet is available in most grocery stores near the gelatin section. Rennet is the enzyme rennin).

SWEETENED CONDENSED MILK

Makes about 14 ounces

3/4 cup non-instant (1-1/3 instant) dry milk
3/4 cup sugar
1/2 cup hot tap water

Place hot water in blender. With blender going add sugar and dry milk, blend until smooth.

COCOA MIX

Makes enough for 10 quarts or 40 one-cup servings

15 cups instant dry milk
1-1/2 cups sugar
1 cup cocoa
1-1/2 tsp salt

Mix well.

To use: Mix 1/2 cup mix with 1 cup hot water.

RICH COCOA MIX

Makes enough for 8 quarts

10 2/3 cups instant dry milk
1 jar (6 oz) instant coffee creamer
1 pound can instant chocolate
1/2 cup powdered sugar

Mix well.

To use: Mix 1/2 cup mix with 1 cup hot water.

PEANUT BUTTER CHEWS

1 cup powdered sugar
2 cups instant (cup non-instant) dry milk
1 cup peanut butter
1 cup corn syrup or honey

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup mixture. You may need to knead it with your hands. Press into a cake pan or roll into walnut size balls.

Variations: Add nuts or Rice Krispies. Dip in chocolate.

FRUIT SMOOTHIES (A good way to use bottled fruit)

Serves 4

2 cups bottled fruit with juice
3/4 cup nonfat powdered milk (4 Tbs. non-fat dry milk to 3/4 cup of water)
1 to 2 drops almond flavoring or 1 Tbs. lemon juice

Put in blender and blend until smooth. Add 1/2 tray ice cubes and blend until smooth.

Variation

To use fresh fruit, use one cup of fruit and 1 cup water and sweeten to taste.

(Use almond flavoring with cherries and large stone fruits, lemon juice with berries.)

ORANGE BANANA MILK

Serves 4

1 6 oz. can frozen orange juice concentrate
1 medium banana
3 cups ice water
1/2 cup milk (3 Tbs. non-fat dry milk to 1/2 cup water)
1 Tbs. sugar or honey

Put in blender and blend until foamy. Try this nutritious drink for breakfast or as a great summertime snack.

ORANGE JULIUS

Makes 3 6-ounce servings

2 cups orange juice
2 Tbs. sugar
1/2 cup powdered milk
1/2 tsp vanilla
1/2 cup crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

PINTO BEAN FUDGE

1 cup cooked soft pinto beans (drained and mashed)
1/4 cup milk
1 Tbs. vanilla
6 oz. unsweetened chocolate
6 Tbs. butter or margarine
2 lbs. powdered sugar
Nuts (optional)

In large bowl stir beans and milk together, adding enough milk to resemble mashed potatoes; stir in vanilla. Melt chocolate and butter and stir into bean mixture. Gradually stir in powdered sugar. Knead with hands to get it well blended. Spread into lightly buttered 9-inch baking dish or form into two 1-1/2 inch rolls. Chill 1-2 hours.

OH HENRY BARS

1/2 cup melted butter
1/2 cup Karo syrup
1 cup brown sugar
1 tsp vanilla
1/2 cup peanut butter
4 cups oats
1 6-ounce package chocolate chips

Mix together first five ingredients. Heat until dissolved. Stir in oats and chips. Press into greased 9 x 13 inch pan. Bake at 375o for 15 minutes. Don't overbake. Cut in bars.

HONEY MINTS

1 cup warm honey
4 drops oil of peppermint
Green food coloring 2-
3/4 cups powdered milk (non-instant)

Mix ingredients and knead until all milk is absorbed.

TOOTSIE ROLLS

1 cup honey
1 tsp vanilla

1/2 cup cocoa
1 cup non-instant powdered milk

Cook honey to 255 degrees (hard ball). Do not overcook. Remove from heat. Add vanilla. Mix cocoa and powdered milk well and stir into honey. Pull like taffy until gloss is gone and roll in rolls.

WHOLE WHEAT FLOUR TIPS

Use wheat in recipes your family already likes. Then it is not totally unfamiliar and you know the recipe is good.

Try wheat in desserts first--who can turn down a cookie?

Do not feel you must use 100 percent whole wheat. Half white and half whole wheat gives excellent results.

How to substitute whole wheat in your favorite recipes

Wheat flour is heavier than white flour and needs more leavening.

In yeast breads, use more yeast and/or let it rise longer.

In baking powder leavened products, increase baking powder by 1 tsp for each 3 cups of whole wheat flour.

Recipes using baking soda need not be adjusted.

In baked products using eggs, separate the eggs and beat the whites until stiff. Then fold in just before baking. For extra lightness, an extra separated egg may be added. Good for waffles and especially cakes.

LEAVENING AGENTS TIPS

A year's supply of dry yeast, baking powder and soda are essential in preparing baked foods.

Everlasting Yeast

1 quart warm potato water
1/2 yeast cake or 1/2Tbs. dry yeast
1 tsp salt
2 Tbs. sugar
2 cups white or whole wheat flour

Stir all ingredients together. Place mixture in a warm place to rise until ready to mix for baking. Leave a small amount of everlasting yeast for a start for next time. Between uses, keep in covered jar in refrigerator until a few hours before ready to use again.

Add same ingredients, except yeast, to the everlasting yeast start for the next baking. By keeping the everlasting yeast start and remaking some each time, yeast can be kept on hand indefinitely.

Egg Substitute - (for use in baking)

Before starting recipe for cookies, cake, etc., combine 1 tsp unflavored gelatin with 3 Tbs. cold water and 2 Tbs. plus 1 tsp boiling water. This mixture will substitute for 1 egg in a recipe.

POWDERED MILK

Foods made with powdered milk will have fewer calories and less cholesterol than those made from whole milk. Adding additional milk to the recipe will enhance the nutritive value of the recipe.

In any recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend, then add water for the milk called for in the recipe.

Recipes call for many types of milk. All of the following can be made from powdered milk.

WHOLE MILK

1 cup water
1/3 cup powdered milk

EVAPORATED MILK

1 cup water

2/3 cup powdered milk

WHIPPED EVAPORATED MILK

Makes 3 cups

1 cup evaporated milk
2 Tbs. lemon juice

Thoroughly chill evaporated milk. Add lemon juice and whip until stiff. Sweeten and flavor as desired.

CONDENSED MILK

1/2 cup hot water
1 cup sugar
1 cup powdered milk

Blend thoroughly in blender. Can be stored in refrigerator or frozen.

"EAGLE BRAND" SWEETENED CONDENSED MILK

1 Cup hot water 2 cups sugar
4 cups powdered milk
1/4 cup butter

Blend in blender very well. Can be stored in the refrigerator or frozen.

BUTTERMILK OR SOUR MILK

1 cup water
1/3 cup powdered milk
1 Tbs. vinegar or lemon juice

DRINKABLE POWDERED MILK

To improve the flavor of powdered milk, mix it half and half with whole or 2% milk. Another suggestion would be to try adding a little sugar or vanilla to enhance the flavor. Let it chill several hours before drinking.

RICE

Cook rice in beef or chicken broth instead of water.

Mix cooked rice with a variety of things--sliced mushrooms, sauteed onions, crumbled pieces of bacon, slivered almonds or grated cheese.

Try sour cream and chives mixed into cooked rice.

Substitute 1/2 cup fruit juice (orange, apple, cherry) for 1/2 cup water when cooking. Vegetable juice cocktail or tomato juice may also be exchanged for 1 cup of the water used in cooking.

Add one of the following herbs to the cooking water when preparing rice:

1/8 tsp dried thyme, oregano, sage, rosemary, basil or savory
1/2 tsp celery seeds or dried dill
Seasoned salt instead of salt
3/4 tsp dried marjoram
1 small bay leaf

To cook rice:

One cup of uncooked rice equals 3 cups of cooked rice, or four servings. Combine:

1 cup uncooked rice with
1 tsp salt
2 cups of boiling water

Combine the ingredients. Bring to a boil in a covered pan, stirring several times. Lower the heat to simmer. Cook about 15 minutes without removing the lid or stirring, or until the liquid is absorbed and the rice is tender.

BEANS

Soaking and cooking beans before mixing with other recipe ingredients helps to get the right tenderness and can minimize

final cooking time.

Overnight soaking:

For each 1 pound beans, dissolve 2 tsp salt in 6 cups of water. Wash beans, add to salted water, and soak overnight.

Quick soaking:

For each 1 pound beans, bring 8 cups of water to boiling. Wash beans, add to boiling water, boil for 2 minutes. Remove from heat, cover and soak 1 hour.

To cook soaked beans:

For each 1 pound dried beans, dissolve 2 tsp salt in 6 cups hot water; bring to boiling. Add soaked beans; boil gently, uncovered, adding water if needed to keep beans covered, until tender. Yield 6 to 7 cups.

To cook old hard beans:

Wash and sort to remove any discolored beans or foreign material. For each cup of dry beans, add 2 1/2 cups of hot tap water and 2 tsp. of baking soda and soak overnight. Drain and rinse two times, then add water to cover and cook until tender and soft, about two hours, adding more water as needed.

Adding a Tbs. of oil will cut down on foam as beans cook. Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long.

ADDING VARIETY

Seasonings and spices are especially important when it comes to basic food storage.

Beef, chicken, or ham bouillon granules are excellent secondary storage items. Wheat and rice, either brown or white, cooked in bouillon, take on wonderful new flavors, as does barley. In fact, bouillon is an excellent base for many soups, sauces, and casseroles.

Soy sauce, with its Oriental flavor, is another excellent seasoning. Fried wheat or rice with fresh vegetables and sprouts is enhanced with soy sauce. It also adds good flavor to a stir-fry or even to some stews or chicken or fish dishes.

Legumes respond well to seasoning salts and spice blends like chili powder, curry powder, poultry seasoning and celery, garlic, and onion salts.

It will be important to keep some "sweet" spices on hand, such as cinnamon, nutmeg, cloves, ginger, and allspice. Simple rice pudding, for example, is dependent on such spices for its unique flavor. The simplest cookies and cake are enhanced with their use.

Cocoa or sweet cocoa mix or a cereal drink like Postum is a good supplementary item to store along with the basic nonfat dry milk. Punch powder is a welcome flavor in lean times. Nor should we forget vanilla, almond, and lemon nor maple extract for making pancake syrup.

A year's supply of flavorings your family enjoys could make the difference between stark or satisfying eating.

DRIED APPLES

Dried apples are an excellent snack right out of the can.

To reconstitute them use equal parts of Dried Apples to boiling water. For example:

2 cups dried apples
2 cups boiling water

Let this set at least 5 minutes.

If you put this mixture through the blender you will have applesauce. For variety add 3 Tbs.. Cinnamon Heart Candy to the mixture before you let it set or try some Cinnamon and Sugar mixture in it.

DUTCH APPLE PIE

One pie crust

Filling:

2 cups dried apples firmly packed
2 cups boiling water.
Pour over apples and let set for at least 5 minutes.

Mix together:

1/3 cup sugar
2 Tbs. flour
1/2 tsp cinnamon
Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching. Pour mixture into Pie shell and dot with 1 Tbs. butter

Topping:

1/3 cup packed brown sugar
1/2 cup flour
1/4 cup butter.
Cut in till crumbly. Sprinkle over the apple mixture and place in 350 degree oven for 55 minutes.

APPLET (CANDY)

2-1/4 cups dried apples, break into small pieces approximately 1/3 inch by 1/3 inch, Do not grate: you do not want them to look like applesauce when cooked.

2 cups boiling water. Pour over the apples and let set at least 5 minutes in a 2 quart sauce pan.

Add 2 cups sugar to this mixture and bring to a boil over medium heat.. Make sure you are stirring constantly to prevent scorching. Boil for 1 minute.

Turn the heat to simmer and simmer for 30 minutes. Stir occasionally. While this mixture simmers put 5 Tbs. cold water into a small bowl and add 3 envelopes Knox Unflavored Gelatin. Now chop a cup of walnuts and grease a square pan. At the end of the 30 minutes turn off the heat and add the gelatin to the apple mixture and stir until it is dissolved. Add 1 Tbs. vanilla and the cup of chopped walnuts, stir well and pour into the greased pan. Let cool for 2 hours. Cut into squares, roll in powdered sugar to coat and let set awhile before wrapping in plastic wrap. These will store up to two weeks in an air tight plastic container.

STEWED APPLES AND RAISINS

1 cup dried apples
Cover with 4 cups boiling water and let stand for 5 minutes in a sauce pan.

Add: 1 cup raisins and simmer till tender. You may wish to sweeten this with brown sugar. This could also be thickened with flour or tapioca and placed in a pie shell.

APPLE FILLED COOKIES

Filling:

Chop or break 2 cups dried apples into small pieces DO NOT RECONSTITUTE as in previous recipes. Place in a saucepan then add:

3/4 cup water
1/2c chopped nuts
1/2 cup sugar
1 Tbs. flour
Cook together slowly, stir constantly to prevent scorching until thick. Cool dough

Cream together:

1 cup butter
2 eggs
13/4 cups brown sugar
1/2 cup water
1 tsp vanilla
Mix well:
1/2 tsp salt
1 tsp soda
1/4 tsp cinnamon

Blend in 3-1/2 cups flour (wheat or white)

Drop by a teaspoon onto an ungreased cookie sheet. Make a depression in the middle of each drop and place filling in the depression and then place 1/2 tsp of dough on top of filling. Bake at 350 degrees about 12 min.

APPLESAUCE OATMEAL COOKIES

Cream:

1 cup shortening
2 cups sugar
Add:
2 eggs
2 cups applesauce (applesauce: 2 cups dried apples, 2 cup boiling water let stand 5 minutes)

Add and mix well:

2 tsp soda
1 tsp cinnamon
1 tsp nutmeg
1 tsp cloves
1 tsp salt
Add:
3 1/2 cups flour
2 cups oatmeal
1 cup chopped nuts
1 cup chocolate chips (optional)
1 cup raisins (optional)

Mix well and drop by spoonfuls on greased baking sheet. Bake at 350 degrees 10-12 minutes.

APPLE BROWN BETTY

Pour 2 cups boiling water over 4 cups dried apples
Let stand at least 5 minutes.

Topping: Mix the following ingredients well:

1/2 cup flour
1/4 cups oatmeal
1/2 tsp cinnamon
1/4 cup brown sugar
Then cut in 1/4 cup butter

Place the apples and liquid remaining in a greased 9 x 9 pan.
Sprinkle the topping over the apples. Bake at 350 degrees for 55 minutes

APPLE SYRUP

3/4 cup boiling water
1-1/2 cups sugar
1 Tbs. corn syrup stir until sugar is dissolved.
Add:
4 Tbs. apple juice concentrate
You may thicken this with :
2 Tbs. corn starch be sure to cook it until it is clear

SPICY APPLE SYRUP

3/4 cup boiling water
1-1/2 cups sugar
1 Tbs. corn syrup stir until sugar is dissolved.
Put in 1 quart sauce pan over med-low heat.
Mix:
4 Tbs. apple juice concentrate
2 Tbs. corn starch
add to the mixture in the pan, stir well to mix.
Add:
2 Tbs. lemon juice
1/2 tsp cinnamon
1/4 cup butter
Cook and stir until clear.

NNERY PRODUCT DIRECTIONS

APPLE SLICES

1 cup dry apples to 1/2 cup water yields 2 cups fresh apples.

BEANS

Soften beans by adding 3 cups hot water and 2 tsp baking soda per cup of beans. Soak overnight, drain, rinse and cook.

CARROTS

To rehydrate: use 1 volume carrots to 1 volume ice water. Allow 20 minutes.

FRUIT DRINK MIX

Add 1 cup drink mix to enough cold water to make 2 quarts. Blend well.

HOT COCOA

Use 1/4 cup mix per 3/4 cup of hot water; or 1 to 1 1/4 cup mix per quart of hot water. Beat or blend until smooth.

POTATO PEARLS

Add 2 cups of hot water (+180 degrees) to 1 cup of potato pearls. Stir briefly, cover and allow to stand for 5 to 10 minutes before

serving.

PUDDING, CHOCOLATE

Add 1 1/2 cups mix to 2_ cup water blend. Pout into small serving container and chill 15 minutes. Serves 4.

PUDDING, VANILLA

Add 1 cup mix to 2 cups water and blend. May use milk for richer flavor. Pour into small serving container and chill 15 minutes. Serves 4.

RICE, WHITE

Use 2 cups boiling water and 1 teaspoon salt per cup rice. Cook covered about 15 minutes or until moist and tender.

ROLLED OATS

Use 2 cups water per cup of oats with 1/4 teaspoon salt. Bring water and salt to boil. Add oats and stir. Cook two minutes, stirring occasionally.

SOUP MIX

Add 1 cup soup mix to 3 quarts water or meat broth. Add vegetables, meat, or bouillon as desired. Simmer for 45 minutes. Season to taste. Contains: split green peas, alphabets, pearl barley, lentils, rice, onions.