



Houston Department of
Health and Human Services

THE HOUSTON EMERGENCY PREPAREDNESS COOKBOOK

RECIPES TO TURN YOUR EMERGENCY FOOD SUPPLY INTO LIFE-SAVING MEALS



City of Houston Department of Health and Human Services
Office of Surveillance and Public Health Preparedness

The Houston Emergency Preparedness Cookbook

Recipes to turn your emergency food supply into
life - saving meals

**Houston Department of Health and Human Services
Stephen L. Williams, M.Ed, MPA, Director
Office of Surveillance and Public Health Preparedness
Raouf Arafat, MD, MPH, Assistant Director**

Credits:

Norma Atherton, MS, Editor
Margaret Raber, Editorial Assistant
Olalade Coker, MPH, Graphics



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Acknowledgement and Disclaimer

Funding for this publication was made possible by the Texas Department of State Health Services (DSHS) through the Centers for Disease Control and Prevention (CDC), Public Health Emergency Preparedness (PHEP) cooperative agreement. The views expressed in the publication do not necessarily reflect the official policies of DSHS or CDC nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

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Foreword

Under natural disaster conditions, we often wonder what we will eat or how we will feed our family. This recipe book is your guide for making good food choices that are healthy, tasty, quick and safe. Most of the ingredients in this recipe book are based on canned, boxed, or bottled non-perishable food items, with the exception of fresh fruits and vegetables. Fruits and vegetables can be kept without refrigeration for a couple of days.

The recipes in this cookbook have come from residents in Houston and the surrounding areas. The cookbook was created by the City of Houston Department of Health and Human Services, the Office of Surveillance and Public Health Preparedness. The recipes can be prepared using non-perishable food items, available fresh fruits and vegetables, and manual appliances.

This recipe book is designed to offer you quick and nourishing food options when you are without electricity. We hope you enjoy these recipes. We recommend that you experiment with some of the recipes to find your family's favorites.

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This symbol marks recipes that do not require a heat source

Preparing for an Emergency

Storms and severe weather conditions appear to be happening more frequently in recent years. Climate experts are confident that climate change will bring increasingly frequent and severe heat waves and extreme weather events. These changes have the potential to affect human health in several ways, some of them severe.

If utilities (water, gas, electricity or telephone) are stopped, what would you do? Local officials and relief workers will be on the scene after a disaster, but it may be days before they can reach you. You are in the best position to plan for your own and your family's safety. Use this guide to help protect yourself and your family in the event of an emergency.

There are **four** steps to prepare in advance for an emergency:

Make a Plan ➡ Build a Kit ➡ Stay Informed
➡ Know Your Neighbors.

1 Make a Plan

Develop a disaster plan of what you and your family members will do in an emergency.

- Be sure everyone in the family knows how to get in touch with one another. Keep a list of important phone numbers by the phone and in your emergency kit. If the power goes out or cell networks are overloaded, it may be easier to reach someone out of the region.

- If you aren't able to communicate at all, designate meeting places where everyone agrees to go. Pick one near your home for emergencies that happen locally, and another outside the region as an "evacuation meeting point."
- If a family member has functional needs or medical issues, account for these in your plan. Include information on medications, medical devices, prescriptions, insurance information, and doctors.
- When developing your family's disaster plan, you should assemble and make copies of vital contact information for each family member.
- Coordinate your emergency plan with people in your lives, including work, daycare, school and other families.
- Know the exit routes, evacuation routes and alternate routes if roads should become blocked or impassable.

2 Build a Kit

After you have your plan, start building a kit. Keep enough food and water supplies in your home to survive on your own, or shelter in place for at least five to seven days. Then, make a list of things you use every day. Don't worry about buying everything at once. Instead, pick up extras of a few items that you use each time you go to the store. Purchase food items before you need them and before there is a shortage. After a natural disaster, the grocery shelves become empty very quickly. Start making your preparedness purchases before you need to.

Food Supply

Stock your pantry with canned, boxed, or bottled foods, dry mixes, and other staples that do not require refrigeration. Choose food items that you and your family will eat and enjoy. Avoid items that require special preparation, long cooking times, lots of ingredients, or large amounts of water. Periodically check expiration dates of food and rotate items in your pantry.

Shopping for your family for emergency preparedness can be overwhelming if you try to do it all at once. Take it one step at a time. Make one night a week a family preparedness night and try out one of the recipes in this cookbook to find what your family likes. Serve your meal in the light of candles or lanterns.

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand:

- ✓ Breads
- ✓ Crackers
- ✓ Dried fruits
- ✓ Canned juices
- ✓ Nuts and seeds
- ✓ Food for infants
- ✓ Instant puddings
- ✓ Instant hot cereal
- ✓ Protein or fruit bars
- ✓ Dry cereals or granola
- ✓ Instant rice or noodles
- ✓ Instant soup bouillon cubes

HEALTH TIP!
Try buying “low sodium” or “no salt added” canned and packaged foods and 100% whole grain breads, crackers and cereals

- ✓ Oil, vinegar, or lemon juice concentrate
- ✓ Instant beverages (coffee, cocoa, juices)
- ✓ Instant coffee, cocoa, or drinks
- ✓ Canned soups, bottled sauces
- ✓ Peanut butter or other nut butters
- ✓ Canned or boxed broth
- ✓ Bottled hard cheeses
- ✓ (Parmesan or Romano)
- ✓ Non-perishable pasteurized milk
- ✓ (or nut milks) in boxes or cans
- ✓ Fresh fruits and vegetables (they keep for several days without refrigeration)
- ✓ Condiments in small packets (mustard, mayonnaise, catsup, soy sauce, or pickle relish)
- ✓ Processed cheese (*“Easy Cheese” in a can, “Cheese Whiz” in a jar, or “Velveeta” cheese block*)

TIP!!
Choose
foods you
would eat,
even
without an
emergency

Don't forget the manual can opener and disposable eating utensils!

Emergency Supply Kit (To-Stay or To-Go)

The best time to prepare your emergency supply kit is before an emergency happens.

- One gallon of drinking water per person per day
- Non-perishable, ready-to-eat canned foods and manual can opener
- Small basic first aid kit
- Whistle
- Matches
- Fire extinguisher
- Large plastic bags and duct tape
- Iodine tablets or one quart of unscented bleach

- (for disinfecting water ONLY if directed to do so by health officials) and eyedropper (for adding bleach to water)
- Flashlights, lanterns, and batteries
- **Note:** Light Emitting Diode (LED) flashlights and lanterns last up to 10 times longer than traditional bulbs and put out much more light
- Battery-operated AM/FM radio and extra batteries or wind-up radios that do not require batteries
- Personal hygiene items: soap, feminine hygiene products, toothbrush and toothpaste, etc.
- Keep your cell phone with you and keep the battery charged
- Child care supplies or other special care items
- Pet care supplies and food
- Stock paper plates, cups, napkins and plastic eating utensils. If you are facing a water shortage, this would make life much easier
- If you plan to cook on a grill, stock heavy-duty aluminum foil, foil cooking dishes, or skewers to make clean up easy

3 Stay Informed

Be sure to keep up with information from your local government leaders and media. If the Emergency Alert System is activated, tune to 740 AM or 88.7 FM to receive emergency messages. Don't just rely on one source – stay informed by using multiple sources of information.

Office of Emergency Management Notifications:
<http://www.houstonoem.net/go/maillinglist/4027/>

#4 Know Your Neighbors

Disasters should not be the only time communities come together. Get to know your neighbors now so you will be ready to help each other when disaster strikes. Make sure your neighbors are prepared, too. There is no better resource than a prepared community!

For more information about family emergency preparedness, go to: www.readyhouston.tx.gov.

Cooking During an Emergency

Natural disasters can happen at any time. Often, they may be accompanied by a loss of electricity. You may be without electricity for a day or longer.

In our modern society, we have become very dependent on electricity and find it is difficult to cope without it. If you have no power, you will not be able to rely upon handy electrical appliances, such as microwaves, stoves, can openers, blenders, coffee makers, and food processors. Be sure that you have the manual equivalents of those appliances, such as a manual can opener or coffee pot.

Unless you plan to eat all no-cook meals during that time, you need to arrange alternative methods of cooking and preparing food for you and your family. Here are a few safe options that are available:

Suitable for indoor use:

- Sterno stove
- Chafing dish
- Warming candles
- Fondue pot

Suitable for outdoor use only:

- Charcoal grill
- Propane grill or burner
- Propane camping stove

HEALTH TIP:
When cooking over charcoal, avoid charring foods to reduce carcinogen development

Grilling

If you are among the 75 percent of households who own an outdoor grill, then you are already on the road to success. A gas or charcoal grill can do many things for you during the times you have no electricity.

Be sure to keep an extra tank of propane on hand. If you have a charcoal grill, you will need to have an extra supply of charcoal. A typical gas grill with a full propane tank has enough fuel to cook about 30 to 50 meals or three meals a day for at least 10 days.

Charcoal grills have some advantages. The smoldering coals will remain hot several hours after you finish grilling. You may use this to your advantage to keep foods warm for several hours or to prepare for the next meal.

Wrap the foods you want to eat later tightly in aluminum foil and set them around the sides of your charcoal grill.

Close the lid of the grill and close the vents. When you are ready to grill again, add more coals and open the air vents.

A 20 lb. bag of charcoal briquettes should allow 4 to 6 cookouts. If you plan to use the charcoal grill in an emergency situation, make sure that you have on hand at least two 20 lb. bags of charcoal.

Cooking on the Grill Tips

- To prepare packets for the grill, use heavy aluminum foil that is large enough to fold once over your ingredients. Place the ingredients in the middle of the foil and fold the foil over. Make a double fold where the ends meet. Then, fold up the sides with double folds to create a more or less airtight package, with enough room for heat to circulate.
- You can use a skillet or pots directly on your grill if they do not have plastic handles. Be sure to use hot pads or oven mitts when touching handles. If you are just warming things, try placing pots on the top of the grill while cooking other foods. Many of the newer propane grills even have a side burner to use with pots. If you have a gas grill with a side burner, use the side burner to boil water or heat a can of soup. It will use less fuel than turning on all burners.
- Plastic oven-proof cooking bags can be used on top of the grill or camp stove in a pot of boiling water to warm canned foods.

- There will be no dirty pots to clean and the water can be reused later to boil other bags.

Grill safely so that your house will not become the next disaster in your life. Be safe, be careful, and eat well!

Camping Stoves and Sterno

If you do not have a grill, you may wish to invest in a propane camping stove. It is easily obtainable at most discount or sporting goods stores. Smaller than a grill but generally more efficient than Sterno, the camping stove comes in several forms. The simple styles may consist of only a metal base and a container to hold fuel. These can be used with manufactured fuel pellets or natural products (sticks, charcoal etc).

Many camping stoves now use propane, liquid fuel or even thermoelectric generators. Be sure to read the instructions on your stove and use the appropriate fuel.

The smallest, least expensive heat source is a Sterno stove. If you are using a Sterno stove, remember you are getting a lot less heat than from a grill or camping stove. While great for warming things, it can take a long time to boil liquids over Sterno so try to use this for recipes that do not require a lot of cooking.

Most Sterno cans will label how long they burn, and range from 2 to 6 hours or more. Be sure to keep several cans if this is your primary heat source.

How to Make Foil Packets to Cook on the Grill



Start with a clean sheet of heavy-duty foil.



Place your ingredients in the center.



Add a little oil.



Add your favorite seasoning.



Bring the two edges together.



Fold over the top edges to secure them.



Fold over all the ends to make a meal packet.



Place the entire packet on the grill.

Breakfast

Pumpkin Pie Oatmeal (Serves 4)

by Amber Alvarez

Ingredients:

- 4 packets instant oatmeal (or 4 servings of rolled oats – follow package directions)
- 1 cup canned pumpkin puree
- 2 full sheets graham crackers
- 1 teaspoon pumpkin pie spice (or ground cinnamon, ginger, nutmeg and allspice)
- 2 tablespoons sugar

Directions:

1. Prepare instant oatmeal or rolled oats according to package directions.
2. Stir pumpkin puree, pumpkin pie spice, and sugar into prepared oatmeal.
3. Divide prepared oatmeal between 4 bowls.
4. Top with crumbled or crushed graham crackers, and serve.



Oatmeal Kids Love (Serves 4)



*by Cheryl Driggs *Winner of Judges' Gold Star Award*

Ingredients:

- 2 cups water
- 1 cup rolled oats
- 1/3 cup dried apple, chopped
- 1/3 cup dried cranberries
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon salt

Directions:

1. Bring salted water to a boil in a medium saucepan on a Sterno stove or other heat source.
2. Stir in oats and remaining ingredients.
3. Reduce heat to very low by covering the opening in the Sterno can 2/3 to 3/4 and allow oatmeal to thicken to desired thickness.



Sweet Brown Rice Flakes (Serves 4)



By Margaret Raber

Ingredients:

2 cups beaten rice flakes (poha/aval)
1/2 cup brown sugar
1 cup grated coconut
1/2 teaspoon cardamom
1 teaspoon sesame seeds
1/4 teaspoon ginger
1/4 cup water
Small handful cashews

Directions:

1. Combine sugar and water and mix until dissolved.
2. Add all other ingredients and stir well.
3. Allow to sit and moisten for about 20 minutes.
4. Serve with banana or other nuts.



Snacks, Dips and Sauces

Basic Hummus (Serves 4)

by Margaret Raber



Ingredients:

- 1 (16-ounce) can of chickpeas
- 2 tablespoons (or more) liquid from can of chickpeas
- 3 tablespoons lemon juice
- 1 1/2 tablespoons tahini (sesame) paste
- 2 cloves garlic, crushed
- ½ teaspoon coarse salt
- 2 tablespoons olive oil

Directions:

1. Drain chickpeas and keep liquid to the side.
2. If using a mortar and pestle, start by crushing the chickpeas, garlic and salt, then add remaining ingredients.
3. If using standard equipment, rough chop the chickpeas as well as you can and place them in a bowl.
4. Add salt and garlic and mash with a fork until somewhat smooth.
5. Add all other ingredients except the liquid from the chickpeas and mix vigorously with a fork.
6. Add chickpea liquid one tablespoon at a time until desired consistency is reached.
7. Eat with flatbread, chips or veggies. You can add any of your favorite seasonings to this basic recipe.

Peanut Butter Fruit Spread (Serves 4)



by Cheryl Driggs

Ingredients:

- 1 cup creamy peanut butter
- 1/4 cup dried apricot, chopped
- 1/4 cup golden raisins, chopped
- 2 tablespoons honey

Directions:

1. Blend together peanut butter and honey; stir in dried fruit.
2. Store mixture in a tightly covered container at room temperature.
3. To serve: spread on bread, muffins, biscuits or graham crackers.



Black Bean and Mango Salsa (Serves 4)



by Kaye Heitmann

Ingredients:

- 1 (15-ounce) can black beans, rinsed and drained
- 1 (11-ounce) can corn with peppers, drained
- 1 (15-ounce) can mango slices, cubed
- 1/4 cup onion, minced
- 1/4 cup oil and vinegar salad dressing

Directions:

1. In medium bowl, combine all ingredients and toss to coat.
 2. Serve as an appetizer with crackers or tortilla chips, or as a side salad. You could add some canned tuna, salmon, or chicken to turn it into a main dish salad.
-

Artichoke Dip (Serves 4)

by Lindsay Ruschel

Ingredients:

- 1 (6-ounce) jar marinated artichoke hearts, drained
- 1/4 cup sunflower seeds
- Tabasco to taste
- Salt to taste

Directions:

1. Soak sunflower seeds in hot water for 1 hour. Drain set aside.
2. Use hand chopper or grinder to finely mince the sunflower seeds and artichoke hearts. (If no grinder/chopper, use a sharp knife).
3. Add a drop or two of Tabasco and salt to taste. Mix well.

Quick Cheddar Cheese Sauce (Serves 4)

by Norma Atherton

Ingredients:

- 1 (10 1/2-ounce) can condensed cheddar cheese soup
- 1/4 to 1/3 cup evaporated milk

Directions:

1. Combine ingredients in a saucepan.
 2. Heat and stir with a whisk.
 3. Serve with cooked fish, meats, poultry or vegetables.
-

Quick Basic Cream Sauce (Serves 4)

by Norma Atherton

Ingredients:

- 1 (10 1/2-ounce) can condensed cream of celery, chicken, or mushroom soup
- 1/3 to 1/2 cup evaporated milk

Directions:

1. Combine ingredients in saucepan.
2. Heat and stir with a whisk.
3. Serve with cooked vegetables.



Quick Golden Mushroom Sauce (Serves 4)

by Norma Atherton

Ingredients:

- 1 (10 1/2-ounce) can condensed golden mushroom soup
- 1/3 cup water

Directions:

1. Combine ingredients in saucepan.
 2. Heat and stir with a whisk. Serve with noodles.
-

Grilled Popcorn (Serves 4)

by Kaye Heitmann

Ingredients:

- 1 tablespoon canola oil
- 1/4 cup popcorn kernels
- 1/4 teaspoon salt

Directions:

1. Combine popcorn and oil and place in a disposable, foil pie pan or roasting pan.
2. Make a dome shape with foil and cover.
3. Place the pan on the grill over high heat.
4. Cook, shaking often, until the sound of popping stops, about 8 minutes.
5. Season with salt and serve.



Soups and Sandwiches

Double Decker Saltine-Nutella Sandwich



(Serves 6)

by Varsha Vakil

Ingredients:

- 1 package unsalted saltine crackers
- 1 can cherries (pitted), minced
- 1 cup sliced almonds
- 1 jar Nutella

Directions:

1. Apply Nutella to one side of the Saltine crackers.
2. To the Nutella covered crackers add few sliced almonds and chopped cherries; layer it on top with another Nutella covered cracker (face up) and follow with sliced almonds and chopped cherries.
3. Finish by covering it with a Saltine-Nutella cracker (face down); building it to a sandwich.
4. Lightly press on the double layered cracker sandwich to help it hold together.
5. Arrange it in a serving tray and enjoy a treat for all age groups.
6. Note: The middle layer of saltine cracker can be coated on both the sides with Nutella.

Creamy Shrimp Rolls (Serves 4)

by Margaret Raber



Ingredients:

4 cans medium shrimp
4 hot dog buns
2 stalks celery, chopped
1 head lettuce, torn into pieces
1/2 teaspoon dried chives
1 tablespoon lemon juice
1/2 cup mayonnaise (or 8 individual packets)
salt and pepper

Directions:

1. In a bowl, combine the mayonnaise, lemon juice, salt, pepper and dry chives.
2. Add shrimp and celery and stir to combine.
3. Lay out the hot dog buns and fill with shrimp mixture, top with lettuce.

BBQ Chicken Sandwich (Serves 4)

by Margaret Raber



Ingredients:

4 (8-ounce) cans cooked chicken, drained
4 small hamburger buns
1/4 cup mayonnaise (or 4 individual packets)
1 cup carrot, shredded
1/2 cup barbecue sauce

Directions:

1. Combine chicken, carrots and barbecue sauce in a bowl.
2. Spread mayonnaise on the bun.
3. Top with the chicken mixture. Add lettuce or other veggies if desired.

Tuna Roll-Ups (Serves 6)



by Kaye Heitmann

Ingredients:

- 1 (15 inch) round bread
- 1 (12-ounce) can solid pack white tuna, drained
- 1 jar roasted red peppers, drained and chopped
- 1/2 cup grated Parmesan cheese
- 3 tablespoons green olives, chopped
- 2 tablespoons mustard (about 3-4 individual packets)
- 1/2 cup mayonnaise (about 8 individual packets)

Directions:

1. In small bowl combine tuna, mayonnaise, capers or olives, mustard, and Parmesan cheese and mix well.
2. Spread over bread.
3. Roll up bread, enclosing filling. Trim ends, if desired, then cut roll into 1" pieces.
4. Serve immediately.

Banana Cashew Wrap (Serves 4)



by Katherine Hale

Ingredients:

- 4 bananas, sliced
- 1/2 cup raisins
- 24 lettuce leaves
- 1/2 cup cashew butter or other nut butter

Directions:

1. Spread lettuce with nut butter and top with raisins and bananas.

Light Spam® Sandwich (Serves 4)

by Brenda Thorne



Ingredients:

- 1 package light Spam® luncheon meat
- 2 cups lettuce (optional)
- 8 slices bread, crackers, or muffins (multi-grain preferably)
- 2 tomatoes (optional)

Directions:

1. Open the Light Spam luncheon meat with the attached opener. (You may use regular Spam if preferred).
 2. Slice the luncheon meat according to preferred thickness. Number of servings will depend on the thickness of the slice.
 3. Place a slice of tomatoes and a leaf of lettuce, if available, on bread, crackers or muffin.
-

Simple Chickpea Sandwich (Serves 4)

by Katherine Hale



Ingredients:

- 2 cans chickpeas
- 8 slices bread
- 3 tablespoons vinegar
- salt and pepper, to taste

Directions:

1. Smash chickpeas in a bowl with vinegar, salt and pepper.
2. Spoon on to bread and make sandwiches, top with your favorite veggies.

Nutter Butter and Banana Wraps **(Serves 4)** *by Kaye Heitmann*



Ingredients:

- 1 cup peanut butter or nut butter
- 4 whole wheat tortillas
- 1/2 cup raisins
- 2 bananas
- 2 tablespoons honey

Directions:

1. In a bowl, combine peanut butter, and honey and mix well.
 2. Stir in raisins.
 3. Spread tortillas with peanut butter mixture.
 4. Roll up each tortilla with ½ banana, sliced its length.
 5. Cut wrap in half. Serve immediately.
-

Chicken Tortilla Soup (Serves 4) *by Margaret Raber*

Ingredients:

- 1 (15-ounce) can whole kernel corn or hominy, drained
- 1 (15-ounce) can no salt added black beans
- 1 (10-ounce) can diced tomato with green chile peppers, drained
- 2 (14.5-ounce) cans low sodium chicken broth
- 1 (10-ounce) can chunk chicken

Directions:

1. Open all the cans of vegetables and chicken. Pour into a saucepan.
2. Using a camp stove, Sterno, or other heat source, heat soup for about 10 minutes or until heated through.

Hot Chicken Burritos (Serves 4)

by Margaret Raber

Ingredients:

- 1 can condensed bean soup
- 2 (4.5-ounce) cans chicken in water, drained
- 3 flour tortillas
- 1/2 cup salsa
- 1 onion, chopped
- 1 clove garlic
- 1 tablespoon canola oil

Directions:

1. Heat oil, add the onion and garlic and cook until the onion is tender.
 2. Stir the soup, salsa and chicken in the skillet. Cook until the chicken mixture is heated through.
 3. Spoon a quarter of the mixture down the center of each tortilla. Fold up the sides like a burrito and enjoy.
-

Quick Supper Soup (Serves 4)

by Cheryl Driggs

Ingredients:

- 2 (10 3/4-ounce) cans condensed cream of celery soup
- 1 (15-ounce) can navy beans

Directions:

1. Prepare soup as directed on the can.
2. Add the beans and heat thoroughly on a Sterno stove or other heat source.

EZ Creamy Mushroom Soup (Serves 4)

by Norma Atherton

Ingredients:

- 1 ounce dried mushrooms
- 1/4 cup grated Parmesan cheese
- 1 (13-ounce) can evaporated milk
- 3 cups boiling water, divided
- 1 tablespoon dried onion
- 1 cube beef bouillon
- 2 tablespoons cornstarch
- 1/2 teaspoon dried thyme leaves
- 1/8 teaspoon pepper

Directions:

1. Place mushrooms in saucepan and cover with 1 cup boiling water. Let stand for 10 minutes, or as long as package directs. Process mushrooms as directed (sometimes you are asked to remove the stems).
2. Place saucepan on medium heat and stir in remaining water and beef bouillon and dried onions. Bring to a boil, and then simmer for 5 minutes.
3. Add cornstarch, pepper, and thyme and heat until soup thickens.
4. Add evaporated milk and heat again until soup almost comes to a simmer. Top with Parmesan cheese and serve.



Spicy Asian Chicken Noodle Soup (Serves 4)

by Cheryl Driggs

Ingredients:

- 2 (14-ounce) cans chicken broth
- 1 (12 1/2-ounce) can chicken, drained (reserve broth)
- 2 ounces rice noodles or rice sticks (phad thai) broken in smaller pieces
- 1/4 teaspoon dried garlic
- 1 tablespoon dried chives
- 1/4 teaspoon ground ginger
- 2 tablespoons parsley
- 1/4 teaspoon crushed red pepper

Directions:

1. Bring broth to a boil in a large saucepan over medium to high heat on a Sterno stove or other heat source.
2. Stir in all but the chicken, reserved broth and parsley. Cook until noodles are al dente, about 6 minutes.
3. Reduce heat by partially covering the Sterno can and stir in chicken, reserved broth, and parsley.
4. Heat thoroughly.

Six Can Soup (Serves 6)

by Anna Pakulska

Ingredients:

- 2 cans minestrone soup
- 1 can tomatoes with chili peppers
- 2 cans ranch style beans
- 1 can diced tomato

Directions:

1. Mix all ingredients together in no particular order.
2. Heat in a pot and enjoy.

Whatever is in the Pantry Soup (Serves 5)

by Norma Atherton

Ingredients:

- 1 (14-ounce) can diced tomato, un-drained
- 1 (11-ounce) can corn, drained
- 1 (11-ounce) can green beans, drained
- 1 (6-ounce) can canned chicken, if desired
- 3 cups vegetable cocktail juice or tomato juice
- 1/4 teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 cup croutons, if desired

Directions:

1. In a large pot, combine all ingredients except croutons and mix gently.
 2. Heat soup to serving temperature and top with croutons before serving.
-

Potato Tomato Soup (Serves 4)

by Cheryl Driggs

Ingredients:

- 2 (10 3/4-ounce) cans tomato soup
- 1 (14 1/2-ounce) can whole potato, drained and mashed
- 2 soup cans, water
- 1/4 teaspoon garlic powder
- 1 teaspoon dried sweet basil

Directions:

1. Combine all ingredients in a medium saucepan.
2. Simmer for 15 to 30 minutes.

Main Dishes

Chicken Pizza (Serves 4)

by Kaye Heitmann



Ingredients:

- 1 (6-ounce) can chicken, drained
- 1 (7-ounce) jar roasted red pepper, drained and chopped
- 1 (14-ounce) can diced tomato, drained
- 1/4 cup grated Parmesan cheese
- 1 (15-ounce) can refried beans
- 1 premade pizza crust
- 2 tablespoons white wine vinegar
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- salt and pepper, to taste

Directions:

1. In medium bowl, combine beans, vinegar, oregano, thyme, and salt and pepper to taste.
2. Mash beans, leaving some texture in the mixture.
3. Spread bean mixture over crust. Top with chicken, red peppers, and tomatoes.
4. Sprinkle cheese over all and serve.



Marinated Chickpeas (Serves 4)

by Margaret Raber



Ingredients:

1 (15-ounce) can chickpeas, drained
1 jar roasted red bell pepper, chopped
1/2 cup raisins
1/2 teaspoon dehydrated onion
4 tablespoons olive oil
1 teaspoon dried parsley
1/4 cup black olives (optional)
salt and pepper

Directions:

1. Combine all ingredients.
2. Set aside and allow to marinate about 10 minutes.
3. Serve with pita bread or corn chips

Couscous and Clams (Serves 4)

by Margaret Raber



Ingredients:

1 cup couscous
2 (8-ounce) cans chopped clams, drained
2 tablespoons dehydrated onion
2 teaspoons dried parsley
1 tablespoon lemon juice
1 1/4 cups very hot water
1/4 teaspoon garlic powder
4 tablespoons olive oil

Directions:

1. Put couscous in a bowl and add hot tap water, cover and allow soaking for 10 minutes. Fluff with a fork.
2. Combine all other ingredients and allow onion to rehydrate for a few minutes.
3. Stir clam mixture into couscous and serve.

Chicken and White Beans (Serves 4)



by Margaret Raber

Ingredients:

- 1 (15-ounce) can cannellini or other white beans, drained
- 2 (14-ounce) cans chicken
- 4 stalks celery, chopped
- 2 zucchini, chopped
- 1/3 cup sun-dried tomatoes, chopped
- 1 medium clove garlic
- 1/4 cup white-wine vinegar
- 6 tablespoons orange juice
- 5 tablespoons olive oil
- 2 teaspoons dried basil
- 1 teaspoon Dijon mustard (or 1 individual packet)
- salt and pepper, to taste

Directions:

1. Combine oil, orange juice, vinegar and mustard with a fork until smooth.
2. Add chicken, beans and vegetables.
3. Let sit for about 20 minutes or until flavors are well melded.
4. Season with salt, pepper and basil.



Minty White Beans over Couscous **(Serves 4)** by Margaret Raber



Ingredients:

- 1 cup couscous
- 1 1/4 cups very hot water
- 1 (15 1/2-ounce) can white beans, drained
- 1 (15-ounce) can diced tomato, drained
- 1/2 small onion, thinly sliced
- 1/4 cup fresh mint leaves
- 1/4 cup roasted almonds, chopped
- 1 teaspoon lemon juice
- 2 tablespoons olive oil
- salt and pepper

Directions:

1. Place the couscous in a medium bowl, pour hot water over the top, cover, and let sit for 5 to 10 minutes. Fluff with a fork.
2. Stir in the beans, lemon juice, 1 tablespoon of the oil and a pinch of salt and pepper.
3. In a separate bowl, combine the tomatoes, onion, mint, a pinch of salt and pepper, and the remaining oil.
4. Spoon the couscous onto a platter, top with tomato mixture and sprinkle with the almonds.



Salmon Pasta in Creamy Dill Sauce **(Serves 4)** by *Lindsay Ruschel*



Ingredients:

10 ounces instant pasta
2 (7-ounce) cans premium pink salmon, drained
1 cup cream or evaporated milk
2 tablespoons lemon juice
1 1/2 tablespoons dill
1/ teaspoon sugar
1/2 teaspoon salt
black pepper

Directions:

1. Cover pasta with water and reconstitute until dente, approximately 15 minutes.
2. Drain and place in serving bowl.
3. In medium-sized bowl, combine cream or milk, lemon juice, dill, salt and sugar with wire whisk until thoroughly blended.
4. Stir in salmon until coated.
5. Spoon sauce over pasta. Season with cracked black pepper.





Shrimp Pasta (Serves 4)

by Margaret Raber

Ingredients:

- 1 (8-ounce) package instant pasta
- 2 (4-ounce) cans small shrimp, drained
- 1/3 cup celery, chopped
- 1 teaspoon dehydrated onion
- 1 tablespoon lemon juice
- 2 teaspoons dried dill (or two tablespoons fresh)
- 2/3 cup mayonnaise (about 10 individual packets)
- 1 individual packet mustard
- 1 tomato, diced (optional)
- salt and pepper, to taste

Directions:

1. Place instant pasta in a bowl and cover with hot water. Leave 8-12 minutes to reconstitute. Drain and set aside.
2. Combine all other ingredients and allow to sit for about 15 minutes so onion can rehydrate.
3. Toss shrimp mixture with pasta and allow to sit another 5 minutes before serving.



Tangy Chickpeas (Serves 4)



*by Varsha Vakil * Winner of Judges' Silver Star Award*

Ingredients:

- 3 (15-ounce) cans chickpeas, (garbanzo beans)
- 1 bag tortilla chips (baked)
- 1/2 cup walnuts
- 1/2 cup raisins
- 1 can black olives
- 1/2 cup sliced almonds, (optional)
- 2 tablespoons olive oil
- 1 to 2 tablespoon bottled lemon or lime juice
- 2 teaspoons cayenne pepper powder
- 1/2 teaspoon dried oregano and/or thyme
- 1/2 teaspoon dried parsley
- 2 teaspoons chaat masala spice (optional)
- salt and pepper

Directions:

1. Drain the liquid from the chickpeas and olives, pat them dry with a paper towel.
2. In a large bowl add chickpeas, olives, lemon/lime juice, olive oil, dried herbs, salt, pepper and spices.
3. Mix to distribute the spices evenly (add spices as per your taste).
4. Add raisins and nuts to the chickpeas in the bowl and mix.
5. Scoop the chickpeas with tortillas for a delicious, protein-rich, tangy treat for family and friends.





Tuna Panzanella (Serves 4)

by Margaret Raber

Ingredients:

4 cups day-old crusty bread, cut into chunks
1 can (5 ounces) water-packed tuna, drained
1 (15-ounce) can diced tomato, drained
1/3 cup Kalamata olives
1/2 red onion, thinly sliced
2 to 3 tablespoons red wine vinegar
1/2 cup olive oil
1 1/2 teaspoons dried basil
salt and pepper, to taste

Directions:

1. Combine olive oil, vinegar, basil, salt and pepper and whisk with a fork.
2. Place tuna, bread, tomatoes, onion, olives in a serving bowl and toss with oil mixture. Serve immediately.



Beef Burrito Filling (Serves 4)

by Cheryl Driggs

Ingredients:

- 1 (15-ounce) can roast beef hash
- 1 (8-ounce) can tomato sauce
- 1 tablespoon dried onion
- 1 tablespoon dried green pepper
- 1 tablespoon chili powder

Directions:

1. Heat the hash in a skillet over medium to high heat on a Sterno stove or other heat source.
2. Add remaining ingredients. Reduce heat to medium by partially covering the Sterno can opening.
3. Cook 10 minutes, stirring occasionally, until mixture thickens and vegetables rehydrate.
4. Use in burritos, tacos, nachos, or quesadillas. Fills 8, 6-inch tortillas.

Mexican Beans and Chicken (Serves 4)

by Cheryl Driggs

Ingredients:

- 1 (10 3/4-ounce) can condensed cheddar cheese soup
- 1 (15 1/4-ounce) can whole kernel corn, un-drained
- 1 (5-ounce) can chicken, drained and flaked
- 2 (15-ounce) cans pinto beans, rinsed and drained
- 1 teaspoon chili powder, or to taste
- parsley flakes

Directions:

1. In a large saucepan, combine the soup and corn.
2. Stir in the chicken, beans, and chili powder.
3. On a Sterno stove or other heat source, heat through on fairly low heat.
4. Sprinkle with parsley flakes before serving.

Lentil and Beef Curry (Serves 4)

by Eunice Santos

Ingredients:

- 1 cup beef jerky, cut into small pieces
- 2 cans veggies (like mushrooms, onions, and carrots)
- 2 cans green lentils
- 1 (6-ounce) package vermicelli, rice noodles or angel hair pasta
- 1/2 cup raisins
- 2 cubes beef bouillon
- 4 tablespoons garlic powder
- 2 tablespoons curry powder
- 4 cups bottled water

Directions:

1. Place all ingredients, except pasta, into a pot and bring to a boil.
2. Cover and remove from heat.
3. In another pot, cook pasta, following package directions. Drain pasta and add to curry pot.
4. Return pot to stove, reduce heat, and stir until well mixed and bubbling (if it seems too dry, add water).
5. Cover and let stand 5 to 7 minutes to thicken. Note: vegetarians can omit the beef jerky.



Spicy Asian Peanut Noodles (Serves 4)



*by Amber Alvarez *Winner of Judges' Gold Star Award*

Ingredients:

- 3/4 pound rice noodles or thin spaghetti
- 1/2 cup creamy peanut butter
- 1/3 cup reserved cooking water from noodles
- 1/2 cup dry roasted peanuts, chopped
- 1 can canned stir-fry vegetable
- 1 tablespoon brown sugar
- 1 to 2 tablespoon chili garlic paste
- 1 tablespoon sesame oil
- 1/4 to 1/2 teaspoon ground ginger
- 1/4 cup soy sauce

Directions:

1. Prepare noodles according to package directions. Reserve 1/3 cup of the cooking water.
2. Whisk together peanut butter, reserved cooking water, soy sauce, ground ginger, sesame oil, chili garlic paste, and brown sugar in a large bowl.
3. Warm canned stir-fry vegetables using heat source.
4. Gently toss noodles and stir-fry vegetables with sauce, top with chopped dry roasted peanuts, and serve.



Pan Seared Savory Salmon Cakes

(Serves 4) by *Kady Woods* * Winner of Judges' Silver Star Award



Ingredients:

- 1 (16-ounce) can pink Alaskan wild salmon
- 1/2 to 3/4 cup bread crumbs
- 1/3 cup mayonnaise
- 1/3 teaspoon garlic powder
- 1 tablespoon lemon juice concentrate
- pinch of red cayenne pepper
- 1/2 teaspoon paprika

Directions:

1. Mix together all ingredients together in a bowl and form into 10-12 patties.
2. Start up your Sterno, camping stove or grill and heat a small amount of oil in a frying pan.
3. Pan sear the patties until golden on both sides and serve.

Crowder Pea Succotash (Serves 3)

by *Cheryl Driggs*

Ingredients:

- 1 (15 1/2-ounce) can Crowder peas, un-drained
- 1 (11-ounce) can corn with red and green peppers, drained
- 3 tablespoons dried onions
- 1/4 teaspoon dried thyme leaves
- 1/4 teaspoon garlic powder
- 1/4 teaspoon celery salt

Directions:

1. Combine all ingredients in a medium saucepan.
2. Heat on a Sterno stove, with the Sterno can partially covered or other heat source until hot.
3. Serve and enjoy.

Mediterranean Canned Shrimp (Serves 4)



by Margaret Raber

Ingredients:

4 cans medium, deveined, shrimp
1 bunch radishes, thinly sliced
2 green bell peppers, thinly sliced
1/3 cup olives
3 tablespoons olive oil
1/4 cup lemon juice
1 tsp dried basil
salt and pepper

Directions:

1. Combine all ingredients.
2. Set aside for 10 minutes.
3. Divide into bowls and spoon any remaining liquid over top.
4. Serve with pita chips or cracker bread.

Chorizo and Peppers (Serves 4)

by Raul Castillo

Ingredients:

1 cup dried chorizo, sliced
2 bell peppers, sliced
1 onion, sliced
2 tablespoons oil

Directions:

1. Combine all ingredients and place on a thick sheet of foil.
2. Form a packet by folding in edges.
3. Place the packet on the grill over high heat. Turn once.
4. Cook for 10 minutes.

One Pot Meatless Spaghetti (Serves 4)

by Kaye Heitmann

Ingredients:

- 1 (6-ounce) jar sliced mushrooms, drained
- 1 medium onion, chopped
- 1 (14-ounce) can chicken broth or beef broth
- 1 clove garlic, minced
- 1 3/4 cups water
- 2 tablespoons oil
- 1 (6-ounce) can tomato paste
- 1 teaspoon dried Italian seasoning
- 6 ounces dried spaghetti, broken into pieces
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon black pepper

Directions:

1. In a large saucepan cook the onion, and garlic in oil until tender.
2. Stir in the canned mushrooms, broth, water, tomato paste, Italian seasoning, and pepper.
3. Bring to a boil. Add the broken spaghetti, a little at a time, stirring constantly.
4. Return to boil and reduce heat. Simmer gently, uncovered, for 17 to 20 minutes or until spaghetti is tender and sauce is desired consistency, stirring frequently. Serve with Parmesan cheese.



Easy Tuna Rice (Serves 4)

by Norma Atherton

Ingredients:

- 1 cup quick cooking rice, uncooked
- 1 (10 1/2-ounce) can condensed chicken broth
- 1 (8-ounce) can cut green beans, drained
- 1 (7-ounce) can tuna, drained and flaked
- 1/3 cup onion, chopped
- 1/4 cup water chestnuts, sliced
- 2 tablespoons oil
- 1 teaspoon soy sauce

Directions:

1. In saucepan, cook onion in oil until tender. Add broth, rice, chestnuts, and soy.
 2. Bring to a boil. Cover. Cook over low heat about 5 minutes or until all liquid is absorbed.
 3. Add tuna and beans and heat thoroughly. Serve with additional soy sauce, if desired.
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Quick Greek Chicken (Serves 4)

by Margaret Raber



Ingredients:

- 1/2 cup black olives, sliced
- 1/2 cup red onion, chopped
- 1 (15-ounce) can diced tomato, drained
- 1 (12-ounce) can chicken, drained
- 1 teaspoon garlic powder
- 1 teaspoon dill
- 1 teaspoon oregano
- 2 tablespoons olive oil

Directions:

1. Combine all ingredients and toss to coat.
2. Serve with couscous, pasta or crackers.

White Chicken Chili (Serves 4)

by Peggy Krysiak Winner of Judges' Silver Star Award*



Ingredients:

- 2 cans northern beans or navy beans
- 1 can chicken broth
- 2 cans chicken
- 1 can carrots
- 1 medium onion, finely chopped
- 1 can chopped green chilies, drained
- 3 tablespoons flour
- 3 tablespoons olive oil
- 2 teaspoons ground cumin

Directions:

1. In a large skillet, cook onion in oil until transparent, about 4 minutes.
2. Add flour, chilies and cumin; cook while stirring for 2 minutes.
3. Add beans, carrots and broth; bring to a boil.
4. Reduce heat and simmer for about 10 minutes until thickened.
5. Add chicken and heat thoroughly.
6. Top with crumbled tortilla chips or salsa if desired.



Tidal Wave Spam® Musubi (Serves 4)

by John Fleming

Ingredients:

- 1 can Spam® classic
- 2 cups cooked, white rice
- 1 whole sheet nori (seaweed)
- 3/4 cup sugar
- 3/4 cup soy sauce
- 1/3 cup toasted sesame seeds (optional)
- furikake seasoning flakes or salt and pepper (optional)

Directions:

1. Cook rice in pan or rice cooker if you have one.
Season cooked rice with furikake or sesame seeds to taste.
2. Mix soy sauce and sugar to taste.
3. Remove spam from can (do not throw away can).
Cut spam into ¼ inch thick slices.
4. Sear spam slices in skillet or on grill using soy sauce and sugar mixture for extra flavor. Save some of the sauce.
5. Remove bottom of can so the sides can be used as a mold to shape the musubi.
6. Spoon generous portion of rice into mold, drizzle a little sauce and top with cooked spam. Press and remove mold.
7. Wrap the rice/spam block with a strip of nori.
Assemble as many musubis as you have ingredients for and serve (one can of spam will make 4-6 musubis depending on how thick you slice the spam)

Easy Chicken a la King (Serves 4)

by Norma Atherton

Ingredients:

- 1 (10 3/4-ounce) can cream of chicken soup
- 2 cups cooked chicken or canned chunk chicken
- 1/2 cup evaporated milk or water
- 1 (14 1/2-ounce) can peas and carrots, drained
- 1 (4-ounce) can sliced mushrooms, drained
- 1 (2-ounce) jar chopped pimiento, drained

Directions:

1. Stir the soup and milk in the skillet and cook until the mixture is hot and bubbling.
 2. Add chicken, pimiento, mushrooms, peas and carrots.
 3. Heat mixture until hot and bubbling.
 4. Serve the chicken mixture over toast or rice.
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EZ Pasta Alfredo (Serves 4)

by Norma Atherton

Ingredients:

- 1 (14 1/2-ounce) can sweet peas, drained
- 1 package noodles or other pasta
- 1/2 cup evaporated milk
- 1/4 cup olive oil or margarine
- 1 package Italian salad dressing mix
- 2 1/2 tablespoons parsley, chopped (optional)

Directions:

1. Cook noodles as directed by package.
2. Combine dressing mix, evaporated milk, and olive oil while noodles cook. Drain cooked noodles.
3. Combine noodles with parsley and peas and add sauce. Serve hot.

Veggies, Sides and Salads

Ambrosia Salad (Serves 4)

by Cheryl Driggs



Ingredients:

- 1 (8-ounce) can mandarin oranges, drained
- 1 (15 1/4-ounce) can pineapple tidbits, drained
- 1/3 cup flaked coconut

Directions:

1. Mix ingredients and serve.
2. Optional: add a sprinkle of pecans or other nuts.

Mexican Three Bean Salad (Serves 6)

by Cheryl Driggs



Ingredients:

- 1 (15 1/2-ounce) can black beans, rinsed and drained
- 1 (15 1/2-ounce) can dark red kidney beans, rinsed and drained
- 1 (15 1/2-ounce) can pinto beans, rinsed and drained
- 1 cup medium picante sauce or salsa
- 1 (15 1/4-ounce) can whole corn, drained
- 2 tablespoons dried onions
- dried cilantro

Directions:

1. Mix together beans, picante sauce, onion, and corn.
 2. Let sit for 30-45 minutes.
2. Sprinkle cilantro on top and serve.

Jicama Apple Salad (Serves 4)

by Margaret Raber



Ingredients:

1 medium jicama, peeled and cut into strips
4 apples, cut into chunks
1/4 cup cilantro, roughly chopped
1 teaspoon chili powder
1 teaspoon honey
2 limes, juiced
1/3 cup roasted pumpkin seeds (optional)
salt

Directions

1. Combine all the ingredients except pumpkin seeds in a large mixing bowl and stir gently to combine.
2. Sprinkle with pumpkin seeds before serving.





Zesty Salad (Serves 4)

by Lindsay Ruschel

Ingredients:

- 1 (15-ounce) can corn, drained
- 1 (14-ounce) can tomatillos, drained and chopped
- 1 (8-ounce) can roasted red bell pepper, drained and chopped
- 1 tablespoon dried onion
- 2 tablespoons lime juice
- 1/4 cup olive oil
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon cumin
- 1/2 teaspoon salt

Directions:

1. In a large bowl combine vegetables.
2. To make dressing, in a small bowl combine the onion, lime juice, cumin, salt, and cayenne pepper. Whisk in the oil until smooth. Pour dressing over the salad and toss lightly to coat.





Dijon Potato Salad (Serves 4)

by Lindsay Ruschel

Ingredients:

2 (14 1/2-ounce) cans new potatoes, drained
8 teaspoons dried onions
2 tablespoons bacon bits
8 tablespoons oil
4 tablespoons vinegar
2 tablespoons Dijon
2 tablespoons tarragon
salt and pepper

Directions:

1. Combine all non-liquid ingredients and set aside.
2. In a screw top jar, combine olive oil, vinegar and mustard and shake vigorously. Pour over potato mixture and toss to coat.



Marinated Vegetable Salad (Serves 4)



*by Lindsay Ruschel *Winner of Judges' Gold Star Award*

Ingredients:

- 1 (4-ounce) jar roasted red bell peppers, drained and cut into strips
- 1 (8-ounce) can sliced potatoes, drained
- 1 (4-ounce) can marinated artichokes hearts, drained
- 1 (3-ounce) can ripe pitted black olives, drained
- 1 (8-ounce) can cut green bean, drained
- 2 tablespoons pine nuts
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/2 tablespoon minced garlic
- 1/2 teaspoon dried basil
- salt and pepper

Directions:

1. In a small bowl combine the olive oil, balsamic vinegar, garlic, basil, salt and pepper. Whisk to blend. Set aside.
2. Arrange the green beans, bell pepper, potatoes, and artichoke hearts on a large platter. Drizzle the dressing evenly and nestle the olives among the vegetables.
3. Sprinkle with pine nuts and serve.



Mediterranean Tuna and Garbanzo Bean



Salad (Serves 4) by Nancy Elliott * Winner of Judges' Gold Star Award



Ingredients:

2 (5-ounce) cans albacore tuna, drained
2 (15-ounce) cans garbanzo beans, drained
1/2 cup jarred roasted red bell pepper, diced
2 tablespoons capers
4 teaspoons dried minced onions
2 tablespoons dried parsley flakes
4 tablespoons olive oil
4 tablespoons red wine vinegar
salt and pepper, to taste

Directions:

1. Place all ingredients in a large bowl and stir to combine.
2. Allow to sit at room temperature for approximately 30 minutes, to allow onions and parsley to soften and flavors to blend.
3. Serve at room temperature.



Tuna White Bean Salad (Serves 4)



by Cheryl Driggs

Ingredients:

- 2 (6-ounce) cans albacore tuna, drained
- 2 (15-ounce) cans cannellini (white kidney) beans, drained and rinsed.
- 1 (4-ounce) jar diced pimiento
- 1/3 cup small capers
- 6 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon onion powder
- 1/2 teaspoon sweet basil
- coarse salt
- fresh ground pepper

Directions:

1. Place tuna in a large bowl and break into bite-size pieces.
2. Add the beans, pimiento, and capers.
3. Add salt and pepper to taste.
4. In a small bowl, whisk together oil, vinegar, onion powder, and basil.
5. Pour over the tuna mixture and toss to coat.
6. Let sit at room temperature for at least 15 minutes to allow flavors to blend.



Asian Salad with Peanut Dressing

(Serves 4) *by Lindsay Ruschel * Winner of Judges' Silver Star Award*



Ingredients:

- 1 (12-ounce) package rice noodle or linguine
- 1 (8-ounce) can sliced carrots, drained
- 1 (8-ounce) can water chestnuts, drained
- 1 (8-ounce) can mushrooms, drained
- 1/4 cup dry-roasted peanuts
- 1 tablespoon sesame oil
- 1/2 cup water
- 1/2 cup peanut butter
- 2 tablespoons rice wine vinegar
- 3 tablespoons soy sauce
- 1/2 teaspoon light brown sugar
- 1/4 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder

Directions:

1. In a bowl combine the peanut butter, soy sauce, vinegar, sugar, red pepper flakes, and garlic powder, stir to blend well. Add the water, stirring until smooth. Set aside.
2. Cook the noodles in a large pot of boiling water, according to package directions. Drain and rinse, if possible. Transfer to large bowl. Toss with sesame oil to coat.
3. Add carrots, water chestnuts, mushrooms, and peanuts to the bowl with the noodles.
4. Add the peanut sauce, tossing gently to combine.

Southern Greens and Vegetables (Serves 4)

by Cheryl Driggs

Ingredients:

- 1 (14-ounce) can seasoned southern style mustard greens, un-drained
- 1 (15 1/2-ounce) can Crowder or black-eyed peas, drained
- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 1/2-ounce) can petite diced tomato, un-drained

Directions

1. Combine ingredients in a large saucepan.
2. On a Sterno stove with the Sterno can partially covered (or over low heat on an alternative source) heat until hot.

Grilled Peppers (Serves 4)

by Norma Atherton

Ingredients:

- 1/2 pound small peppers (Padron or other)
- 1 tablespoon olive oil
- pinch paprika
- pinch cayenne pepper
- pinch salt

Directions:

1. Combine all ingredients and place on a thick sheet of foil.
2. Form a packet by folding in edges.
3. Place the packet on the grill over medium heat.
4. Cook for about 7 minutes.

Grilled Corn (Serves 4)

by Norma Atherton

Ingredients:

- 4 ears corn
- 2 tablespoons olive oil
- 2 tablespoons Parmesan cheese
- 1 teaspoon lemon juice

Directions:

1. Brush corn with olive oil and sprinkle with cheese, lemon juice. Season with salt and pepper.
 2. Seal each ear of corn in an individual foil packet and place on a medium hot grill.
 3. Turn a few times until fully cooked, about 15 minutes.
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Roasted Chipotle Citrus Sweet Potatoes

(Serves 4) by Kady Woods

Ingredients:

- 1 (24-ounce) can sweet potatoes in light syrup
- 1 (7-ounce) can chipotle peppers
- 1 ounce lime juice concentrate

Directions:

1. Drain sweet potatoes and place in a bowl.
2. Cover the potatoes with the peppers and lime juice and let sit for one hour.
3. Place sweet potatoes on skewers (or twigs!) and roast over a fire until slightly charred.

Grilled Foil Roasted Vegetables (Serves 4)

by Norma Atherton

Ingredients:

- 1 head cauliflower
- 2 carrots
- 1 zucchini
- 1 onion
- 2 potatoes
- 1 green pepper
- 1 red sweet pepper
- 2 tablespoons olive oil
- 1/4 cup water
- salt and pepper, to taste

Directions

1. Heat grill to medium. Using fresh vegetables only, cut all the produce into medium sized pieces.
2. Make a sealed pouch from 2 large pieces of foil. Leave one end open. Put ingredients in and seal.
3. Cook on medium heat for 15 minutes. Turn and cook 15 minutes more.
4. Take from grill, place pouch in deep pan before opening.



Gratin on the Grill (Serves 4)

by Norma Atherton

Ingredients:

2 medium potatoes, thinly sliced
1/4 cup grated Parmesan cheese
2 tablespoons olive oil
1 clove garlic, sliced
1/4 cup cream or evaporated milk
salt and pepper

Directions:

1. Toss together potatoes, cheese, oil, salt, pepper and garlic.
 2. Arrange in layers on a sheet of foil.
 3. Pour cream over the potatoes and form a foil packet by folding up the sides.
 4. Grill over medium heat for 25 minutes.
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Corn Salad (Serves 4)

by Bhavna Gohel



Ingredients:

1 can corn, drained
1 to 2 tomatoes, chopped
1 small onion, chopped
1 hot pepper, chopped
1 teaspoon sugar
2 to 3 tablespoons olive oil
1/4 bunch of cilantro, chopped
1/2 teaspoon sea salt

Directions:

1. Mix all together in a covered container and let it marinate for 2-3 hours.
2. Add crushed corn chips, serve.

Grits and Greens (Serves 4)

by Cheryl Driggs

Ingredients:

1 cup quick grits

4 cups water

1 (15-ounce) can chopped collard greens, well drained

1/2 cup bacon pieces

1 teaspoon onion powder

1/2 teaspoon salt

Directions:

1. On a Sterno stove or other heat source, bring water and salt to a boil in a large saucepan.
2. Slowly stir in grits.
3. Reduce heat by partially covering the Sterno can and cook 5 to 7 minutes or until very thick, stirring occasionally.
4. Remove from heat and stir in collards, bacon and onion powder.



No Cook Basic Rice Noodles (Serves 4)



by Margaret Raber

Ingredients:

1 package thin rice noodles
hot water

Directions:

1. Place noodles in a large bowl or pot.
 2. Get your tap water as hot as possible and pour over noodles until covered by at least two inches or water.
 3. Cover the noodles and let sit about 3 to 5 minutes, for thicker noodles, 8 minutes.
 4. Test a noodle by tasting it; it should be white and chewy but not mushy.
 5. Drain and use in recipes as needed. For a simple meal, top noodles with a little sesame oil, veggies and a squeeze of lime juice.
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Basic Rice on the Grill (Serves 4)

by Norma Atherton

Ingredients:

1 1/3 cups quick rice
1 cup cold water
2 tablespoons olive oil
1/2 teaspoon salt

Directions:

1. Tear off a 3 foot length of heavy foil. Fold in half to make a square.
2. With your fist, form the foil into a pouch. Add rice, water, and oil.
3. Fold foil to seal pouch tightly. Place on grill over hot coals and heat 15 to 18 minutes. Fluff with fork.

Couscous with Cranberries and Herbs



(Serves 4) by Yan Shi *Winner of Judges' Gold Star Award

Ingredients:

2 cups couscous
4 cups chicken broth
1 cup dried cranberries
1/2 cup your favorite nuts
2 tablespoons olive oil
1/4 cup apple cider vinegar
3 tablespoons maple syrup
olive oil
parsley, rosemary, thyme for seasoning, as desired
salt and pepper

Directions:

1. In a medium saucepan, heat the olive oil on medium-high heat. Add the couscous and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes. Add the chicken broth and bring to a boil.
2. Simmer for 10 to 12 minutes or until the liquid has evaporated.
3. Transfer the cooked couscous to a large bowl and set aside to cool.
4. Add the parsley, rosemary, thyme, dried cranberries, and nuts.
5. In a small bowl, combine the apple cider vinegar, maple syrup, salt, and pepper.
6. Whisk in olive oil until the texture becomes smooth, you may need about 1/2 cup or more of olive oil.
7. Pour the vinaigrette over the couscous and toss to coat evenly.

Couscous with Chickpeas, Carrots and Olives

(Serves 4) by Cheryl Driggs *Winner of the Judges'

Silver Star Award



Ingredients:

3/4 cup chicken broth

2 tablespoons lemon juice

1/4 cup dried onion

1 can (15-1/2 ounces) chickpeas, rinsed and drained

1 can (14-1/2 ounces) sliced carrots, drained

1/4 cup pitted and sliced Kalamata olives

Directions:

1. In a large skillet, stir together all ingredients.
2. Bring to a boil.
3. Reduce heat and simmer until onions are hydrated and mixture is hot.
4. Serve over garlic couscous. This recipe is on the next page.



Garlic Couscous (Serves 4)

by Cheryl Driggs

Ingredients:

- 1 cup couscous
- 1 1/4 cups water
- 1 cube chicken bouillon
- 1/4 teaspoon dried garlic
- 1 teaspoon dried parsley

Directions:

1. In a medium saucepan over a Sterno stove or other heat source, bring water, bouillon, garlic and parsley to a boil.
2. Remove from heat. Stir in couscous.
3. Cover and let sit for 10 minutes.
4. Fluff with a fork and serve.

Spanish Rice (Serves 4)

by Norma Atherton

Ingredients:

- 1 cup quick rice
- 1 (16-ounce) can stewed tomatoes, chopped
- 1 (14-ounce) box beef broth
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 tablespoons oil
- 1/2 teaspoon cumin
- salt and pepper

Directions:

1. Place rice, oil, onion, and garlic in a skillet and brown.
2. Add tomatoes, beef broth, salt, pepper, and cumin.
3. Cover and simmer 20 minutes or until the rice is tender and the liquid is absorbed.

Basic Pasta with Less Water (Serves 4)

*by Norma Atherton *Remaining pasta water can also be used to water plants (once cooled), wash dishes or boil vegetables.*

Ingredients:

- 1 (16-ounce) package pasta
- 2 quarts water
- 2 teaspoons salt

Directions:

1. Fill a pot with cold water and add salt and pasta.
2. Bring to a boil, stirring the pasta so it does not stick.
3. Lower heat to a simmer and cook about 10 minutes or until pasta is desired texture.
4. Drain remaining water but reserve some of the water on the side.
5. Toss with olive oil or your favorite sauce. You can use some of the reserved cooking water to adjust the consistency of your sauce, adding it one tablespoon at a time.



Dessert

Evelyn's Peanut Butter Oatmeal Candy

(Serves 6)

by Cheryl Driggs



Ingredients:

1/2 cup creamy peanut butter
2 tablespoons light brown sugar
2 tablespoons honey
1/2 teaspoon cinnamon
1 tablespoon milk
1 cup quick oats
cinnamon sugar

Directions:

1. Mix together peanut butter, brown sugar, honey, cinnamon and milk until smooth.
 2. Stir in oats until well mixed.
 3. Roll mixture into bite size balls; roll balls in cinnamon sugar.
-

Glazed Peaches (Serves 4)

by Kaye Heitmann

Ingredients:

4 peaches, quartered
2 tablespoons brown sugar
1 tablespoon canola oil
pinch cinnamon, to taste

Directions:

1. Combine all ingredients on a sheet of foil.
2. Form a foil packet and seal by folding up the sides.
3. Place packet on hot grill.
4. Grill over medium heat for about 10 minutes.

Spiced Oranges (Serves 4)

by Margaret Raber



Ingredients:

4 navel oranges
2 tablespoons orange juice
1 tablespoon sugar
1/3 teaspoon cinnamon
2 tablespoons lemon juice
pinch cardamom powder

Directions

1. Slice oranges in half and then into 1/4 inch slices.
Lay slices out on a plate.
2. Combine all other ingredients and pour over orange slices.
3. Serve immediately or let marinade for a few hours.

No-Cook Coconut Fudge (Serves 8)

by Margaret Raber



Ingredients:

1 cup unsweetened cocoa
1/2 cup honey or agave nectar
1/3 cup dried coconut flakes
1 cup coconut oil

Directions:

1. Coat a baking pan lightly with coconut oil.
2. Pour coconut oil into a bowl and add cocoa powder slowly, stirring with a fork to blend.
3. Add honey or agave and coconut flakes. Stir until pretty smooth.
4. Spread into the baking pan and keep in a cool place until the coconut oil hardens slightly.
5. Cut into squares and enjoy.

Peach Nut Crumble (Serves 4)

by Amber Moritz

Ingredients:

- 1 (14 1/2-ounce) can peaches in juice, sliced or diced
(do not drain)
- 1/2 cup dried fruit (cherries or cranberries,
recommended)
- 1 cup granola with almonds, (split in half)
- 1/2 cup granulated sugar
- 4 graham crackers (optional)
- 2 tablespoons all-purpose flour
- 1 teaspoon cinnamon
- 1 teaspoon salt

Directions:

1. Combine flour, salt, sugar and cinnamon. Mix well.
2. Put peaches and dried fruit in skillet over medium heat until warm.
3. Add the flour mixture to the skillet, stir well.
4. Increase heat, stirring frequently, until mixture is heated through and thickens (like peach cobbler filling).
5. Once the mixture has thickened, reduce the heat to low.
6. Add 1/2 of the granola, stir and heat for five minutes.
7. Break the graham crackers into large pieces, one cracker for each serving.
8. Spoon the peach mixture over the graham crackers, top with the remaining granola, and enjoy.

Safety Tips for Emergencies

Fire Safety

- Outdoor cooking equipment must stay out-of-doors. Never bring a gas or charcoal grill inside of your house or use in an enclosed space. They can create carbon monoxide that is unsafe.
- Location is everything. Grills need to be kept away from houses, fences, trees and anything else that is combustible.
- Be prepared to fight a fire. Have close access to a water source or a fire extinguisher. Remember that water can cause grease fires to literally explode. So if you need to put out a grease fire, you need to be a safe distance from it. If you decide to use a fire extinguisher, make sure that you know how to use it. You may not have time to read the instructions if a fire were to occur.
- Keep flammable materials far away from your grill. Do not store lighter fluids in close proximity to your grill. Never add lighter fluid or any flammable liquid to a burning fire.
- When lighting a gas grill, use the 10 to 5 rule. If the grill does not start within 10 seconds, turn off the gas, leave the lid open and give it 5 minutes before you try again. Propane gas can develop into a large cloud quickly.

- Frequently check the gas lines for leaks. Spray soapy water over the hoses and connectors will show any potential leaks. Leaks will cause the soapy water to make bubbles. If you find a leak, repair or replace the part before grilling again.
- Make sure that the fire is out when you are done. With a gas grill, turn off the control valves and the tank valve. On a charcoal grill, replace the lid and close all vents. Make sure that any burning grease is completely extinguished before you cover it. Let the charcoal burn out and wait at least 48 hours before disposing of the ashes.
- Make sure that the person in charge of grill has a clear head and is not distracted from his/her duties.
- When working around an open flame, always take precautions. Do not wear loose or baggy clothing that could fall or blow into the flame; don't have any combustible or flammable items or chemicals nearby; don't stand down wind of the fire if it is windy; don't get close enough to get burned; never leave an open flame unattended. Children should never be left unattended near a fire.

Food Safety

Food Safety Before a Weather Emergency:

We practice basic safe food handling techniques in our daily lives. However, obtaining and storing food safely becomes more challenging during a power outage or a natural disaster, such as hurricanes or floods. Keep an appliance thermometer in the refrigerator and in the freezer. This will help determine the safety of food during an emergency.

- The freezer temperature should be at 0 F (Fahrenheit) or below and the refrigerator should be at 40 F or below.
- Freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or in coolers when the power is out. Allow some space in the bottle to allow for expansion during freezing.
- Plan ahead and know where you can purchase crushed ice, block ice, or dry ice.
- Keep a cooler on hand for refrigerator food cold if the power will be out for more than 4 hours.
- Group food together in the freezer. This helps the food to stay cold longer. A full freezer will hold temperature for about 48 hours if full and about 24 hours if only half full. The door should remain closed.

Food Safety During and After the Weather Emergency:

- Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature.
- If the food in the freezer still contains ice crystals, the food is safe to use. Also, food may be safely refrozen if it still contains ice crystals.
- Obtain block ice or dry ice to keep your refrigerator and freezer as cold as possible if the power is going to be out for an extended period of time.
- Discard refrigerated perishable food, such as meat, poultry, fish, soft cheeses, milk, eggs, leftovers, and deli food items after 4 hours without power. Hard cheeses, such as Parmesan, Romano, Swiss, provolone, and cheddar, can be maintained without refrigeration for a few days.

When in doubt, throw it out!

Water Safety

Your family needs water and food to survive. Knowing how much you will need and the proper use in advance will help you manage your emergency.

- Allow for 1 gallon of water, per person, per day for drinking and personal care. If you have pets, include their water needs in your estimates.
- Keep at least a 3-day supply of water for each person at a minimum.
- People in warmer climates need more water to prevent dehydration.
- Store water in clean plastic containers, such as soft drink bottles. Do not re-use milk or other plastic food containers that once contained food to store water.
- If you have the time and an emergency situation is eminent, fill as many containers as you can with water, including the bath tub. This water could be used for personal hygiene or flushing the toilet.
- If you need to purify water, boil water vigorously for 10 minutes. After water has cooled, add 8 drops of unscented household bleach to each gallon of water that will be stored.
- As a last resort, the water contained in your water heater could be filtered through many layers of cotton cloth and used.

Emergency Ingredient Substitutions

Ingredient	Amount	Substitution
Bread crumbs	1 cup	1 cup cracker crumbs or ground oats
Broth/ stock: beef or chicken	1 cup	1 tbsp soy sauce + 1 cup water
Butter (salted)	1 cup	1 cup shortening or vegetable oil + 1/2 tsp
Chocolate (unsweetened)	1 oz	3 tbsp unsweetened cocoa + 1 tbsp shortening or vegetable oil
Condensed cream of mushroom soup	1 can	1 can condensed cream of celery, cream of chicken, OR golden mushroom soup
Corn syrup	1 cup	1 1/4 cup white sugar + 1/3 cup water
Cream	1 cup	1 cup evaporated milk
Egg	1 whole	2 1/2 tbsp of powdered egg substitute + 2 1/2 tbsp water OR half a banana mashed with 1/2 tsp baking powder
Garlic	1 clove	1/8 tsp garlic powder OR 1/2 tsp garlic salt--reduce salt in recipe
Herbs--fresh	1 tbsp fresh	1 tsp (chopped or whole leaf) dried herbs
Hot pepper sauce	1 tsp	3/4 tsp cayenne pepper + 1 tsp vinegar
Ketchup	1 cup	1 cup tomato sauce + 1 tsp vinegar + 1 tbsp sugar

Lard	1 cup	1 cup shortening or vegetable oil
Lemon juice	1 tsp	1/2 tsp vinegar
Margarine	1 cup	1 cup shortening or vegetable oil + 1/2 tsp salt
Milk (whole)	1 cup	1/4 cup dry milk powder + 1 cup water OR 2/3 cup evaporated milk + 1/3 cup water
Mustard--prepared	1 tbsp	1 tbsp dried mustard + 1 tsp water + 1 tsp vinegar + 1 tsp sugar
Onion	1 cup, chopped	1/4 cup dried minced onion OR 1/4 cup onion powder
Rice--white	1 cup, cooked	1 cup cooked barley, bulgur, brown or wild rice
Soy sauce	1/2 cup	4 tbsp Worcestershire sauce + 1 tbsp water
Vinegar	1 tsp	2 tsp white wine
White sugar	1 cup	1 cup brown sugar OR 1 1/4 cups confectioners' sugar

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