



**8 BOOKS IN 1**

# PREPPER'S SURVIVAL BIBLE

The Prepper's Bible: A Prepping Guide To surviving With Your Family | Techniques For Self-Sufficiency, Food Storage, Dry Goods & Preserves; Live Off The Grid in The Face of Societal Collapse.



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# **Long-Term Survival Bible**

*A Prepping Guide to Protect Your Family in a Worst Case Scenario | Start to Stockpiling Food, Living Off the Grid, Canning Recipes, Survival Techniques to Prevent Societal Collapse.*

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# INTRODUCTION

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Even in this day and age, food shortages are a reality. Floods, blizzards, earthquakes, hurricanes, and a variety of other natural and man-made calamities can cause power outages and, as a result, food scarcity. It is only prudent to prepare ahead of time in order to ensure your and your family's survival. You can meet your nutritional demands with a pantry stocked with canned, pickled, fermented, or dry foods. Isn't it difficult to keep track of an entire pantry and stock other essential items? Yes, in a nutshell. But not if you fully comprehend the process and employ the appropriate tactics. Yes, it will take time and work on your part, but having food security and safety in times of need makes it all worthwhile. Starting with pantry essentials to food storage recommendations, tactics, tools and methods, food and supplies list, survival gardening, composting and waste management, this preppers guidebook covers everything you need to know about preparedness.

## CHAPTER 1: WHAT DOES IT MEAN TO BE A PREPPER

A prepper is someone who has the foresight and knowledge to look ahead and plan for events that may affect his or her life. These people improve their knowledge and abilities, acquire supplies, and form communities that work together for the common good. Preppers take reasonable precautions to prepare for the future while also taking time to appreciate the present. Planning ahead and recognizing potential dangers and needs is a fantastic strategy to reduce the impact of a disaster or emergency on your life. Preppers are wise individuals who recognize that change is an unavoidable part of life. We're planning for events that are almost certain to occur, such as natural catastrophes, power outages, and financial difficulties, all of which are a part of everyone's lives. We are self-sufficient.

### **Why Become A Prepper?**

We invite you to join us as we prepare to face life's difficulties. Understanding the advantages of becoming a prepper might just persuade you to become a prepper yourself. Here is the list of advantages that compel most people to become preppers:

#### **"Be Prepared"**

The Boy Scouts of America trains our children to be prepared at all times. Being prepared can be understood to suggest that you are always mentally and physically prepared to perform your duties. Scouts are taught to plan ahead of time by imagining possible scenarios so that they will know what to do and be prepared regardless of the accident or event that may occur. Scouts are also taught to be physically prepared so that they are strong and capable of carrying out their duties. They must have the physical resources to meet essential fundamental necessities.

#### **Our Ancestors Were Preppers**

Have you considered that many of your forefathers and mothers were preppers? Being a "prepper," as we call it nowadays, has historically boosted your chances of surviving the winter. It was a fundamental aspect of life to stock up on supplies and preserve the harvest. During World Combat II, victory gardens were the standard, and individuals who planted them were regarded as war heroes.

#### **Take on Life's Challenges**

Every day, we prepare for the thousands of minor things that life throws our way. For example, our family consumes 3 to 6 months' worth of food on a daily basis. This eliminates the need for a last-minute dash to the store to pick up a missing component. This family reserve allows us to weather financial storms such as job loss, unforeseen illness or medical bills, car repairs, or a last-minute family vacation.

#### **Makes Life Easier**

Life is full of anxiety and tension. It is possible to lessen stress by being prepared. With a well-stocked pantry, you'll always be able to prepare a meal or snack on a chocolate bar. Prepping reduces the number of trips to the grocery store, giving you more time to accomplish the activities you enjoy.

#### **Strengthening Communities**

Preppers are a valuable addition to the communities they live in. They are self-sufficient and possess the required skills and abilities to help their society thrive. Preppers get together every day, as well as when tragedy occurs, to aid one other regardless of age, colour, culture, socioeconomic level, or religion. Many preparedness enthusiasts are members of amateur radio networks or have received training from local Community Emergency Response Teams (CERT). When calamity comes, prepared people are not only ready to care for themselves and their families but also to reach out and bless the lives of others.

### **Prepping Brings Peace**

Some survivalist mindsets are based on fear. They store everything because they are afraid of what might happen in the future. Fear isn't a valid excuse to start preparing. The "things" you own does not provide security. We prepare because it provides a lot of calm to our lives. We have no idea what the future holds for us. We prepare for religious reasons, as do many others, as well as because it makes sense. As we watch the events of the world unfold, we may rest easy knowing that we have done everything we can to prepare and can trust God to take care of the rest.

### **Have More With Fewer Things**

It is easy to use a credit card to buy premade food and pricey toys with the intention of saving them for "someday." Preparing entails much more than simply buying "things" to keep on hand in case anything unexpected occurs. As you go along your readiness path, something interesting happens. Preppers are taught to value resources and minimize waste. We learn to solve problems and do things on our own. We gain abilities that allow us to be far more self-sufficient than we ever imagined.

### **Debt-free Life**

Debt is a crushing burden with a ruthless taskmaster. Preppers aim to live within their means and avoid debt as much as possible. They devise inventive strategies to achieve essential objectives while staying within their budget. Preppers' abilities are frequently applicable to part-time work to supplement their income. Many preppers strive for financial stability, money in the bank, and a hoard of cash or precious metals. A debt-free life offers a distinct level of freedom. It might be early retirement, more disposable cash, or the ability to leave a job you don't like.

### **Prepping Builds Self-Confidence**

Preppers seize opportunities to learn new things and improve their skills. Preppers are constantly thinking about "what if" scenarios that allow them to weigh various options and mentally plan the best course of action. As they seek to become ready for everything, kids build self-confidence as a natural result of acquiring and improving these talents. When youngsters are involved in this process, they gain greater confidence in their capacity to face the storms that will inevitably emerge in their lives.

### **Less Dependency on Government**

Have you noticed some of the preparations that the administration is making? They're amassing supplies. Many government leaders are quiet planners. It's possible that their deeds speak louder than their words. Preppers are not reliant on the government for their survival. They recognize the need for stockpiling provisions that will allow them to be self-sufficient. They choose not to compete for the limited resources that the government may or may not distribute.

## **CHAPTER 2: HOW TO START PREPPING**

Most people panic during the early stages of prepping because they don't know where to start. Once you set the right pace, everything automatically starts falling into place. There are a few preparation steps that every Prepper must start with, and as you get going with those, you can introduce your own ways as well. At the end of the day, it is all about being prepared- so do whatever it takes you to stay prepared.

### **Start Stocking Food**

It's simple to begin establishing an emergency food stockpile; simply calculate how much food your family will require for two weeks and stock up on that amount. However, there are a few important factors to consider when it comes to the type of food you wish to preserve. Your pantry must have all the shelf-stable essentials. In the preceding text of this cookbook, you will find a complete chapter about what to store for short and long term emergency situations.

### **Store Water**

Water, like food, is simple to store. First, figure out how much water you'll need. The average human need one gallon of water each day, which includes hygiene and washing. Water can be stored in a variety of containers, ranging from small kitchen-friendly containers to considerably enormous rain tank-sized containers. When it comes to storing water for a family of three for 14 days, there are a variety of solutions to consider, as bottled water takes up a lot of room and is a waste of money if there are more sustainable and useful options available. You'll need bottled water in an emergency if you have to leave an entire area; this is why having a variety of preparedness options is critical, as putting all of your eggs (water) in one basket can be dangerous.

### **Learn Off-grid cooking**

For an off-grid kitchen, you'll need to figure out a variety of techniques to ensure that you can execute kitchen activities without relying on anything you didn't get, grow, or gather yourself. Simply said, if you use electric hotplates, you won't be able to cook anything if the power goes out; if you rely on gas, you won't be able to cook for very long if you run out of gas and the company has gone out of business owing to a financial slump.



### **Create An Off-Grid Waste System**

Human waste creates a large problem in houses during a natural disaster, such as some of the massive flooding difficulties we've seen in America when toilets stop flushing because the water supply is cut off, and plastic bottles and ration packs can generate more trash than you expect. You must devise a way to deal with this, or else all further preparation would be futile. Most underground bunker architects say this is one of the most difficult challenges they encounter because even a week's worth of human waste, much alone a month's or a year's worth, is a massive undertaking.

### **Set a Bug Out Plan**

Bugging out means when an area is evacuated or when you are aware that something is about to go wrong, such as a flood warning, tornado warning, wildfire, public rioting, or if you reside in a conflict zone, know you must flee as soon as possible. In any event, bug out plans is vital because they specify a set of go-to activities for yourself and your loved ones. This could mean a specific site if you need to leave home, such as a friend's house or family in another area. It would also take a variety of routes to get there. More of these ideas can be found in our piece on bug out plans. The goal of having a premade bug out bag is to be able to pick it up and go right away if something happens, rather than having to run around the house gathering various products and equipment.

### **What Is a Prepper Lifestyle?**

A prepper lifestyle is one in which one lives in anticipation of unforeseen destructions and disasters. It's also known as "survivalism" or "survival lifestyle." Every Prepper has a distinct motivation for becoming one. When it comes to preparation, there is no such thing as a one-size-fits-all approach. There are various categories of preppers, depending on their attributes and the type of crisis they are anticipating. Preppers are also distinguished by their level of preparedness for a certain situation. In addition, the type of Prepper a person is depends on where they live; for example, in earthquake-prone locations, preppers mould themselves to be ready when an earthquake strikes.

### **Prepper Vs Survivalist**

A survivalist, in my opinion, is someone who has learned the skills essential to surviving in whatever situation they find themselves in. A prepper is someone who has planned ahead of time to stockpile the necessary supplies in case their normal supply route is disrupted or compromised. Of course, one may be a survivalist and a prepper at the same time.

### **Prepper Vs Homesteader**

Homesteaders appear to be drawn to self-sufficiency because they want to live more holistically with the world around them, getting hands-on experience with their food sources—whether through organic gardens, animal husbandry, or backyard chicken coops—and revisiting their forefathers' home industry. Many of them spin their own yarn, stitch their own garments, and produce cheese from the milk of a few goats or sheep kept on a small piece of land. They store seeds, make quilts out of discarded garments, and spend weekends canning and preserving food so that they have a plentiful harvest to draw from throughout the winter months.

Preppers, on the other hand, appear to be a more neurotic bunch, and their drive toward self-sufficiency isn't motivated by a desire to return to the land but rather by a desire to be ready for whatever doom is on the horizon. These people are getting ready for when it all comes crashing down, and you can bet they'll be ready. Many people have canned goods, dried essentials, and water in their cellars, as well as an array of weaponry to stave off the expected zombie-like hoards who will come after their food and supplies when everything goes to hell.

## **CHAPTER 3: PREPPERS' TOOLS**

When it comes to survival food, proper storage is crucial. When we choose a long-term storage program, the importance of storage increases. We need containers that can protect food from all of the above-mentioned conditions. There are a number of options on the list that can be used for storage. You must consider the quantity of the food as well as its composition when choosing the best possible container.

### **Things needed for Food Storage**

Food and water storage has to be your first priority while prepping. With the right storage tools, you can ensure that your food will stay fresh and usable during a crisis situation. Here are a few things that you need to get according to the amount of food you are going to store:

#### **Cans**

When it comes to keeping dry, low-oil, shelf-stable food, cans are an excellent option for long-term dry storage. Only ten per cent or less of the moisture within a can is retained. Because the cans' substance is non-reactive, the food does not react with the metal. Cans are available in a wide range of shapes and sizes. The enamel coating on the interior of the cans is also not harmful to the food. Cans of the largest size can hold up to 3 quarts of food. These cans can hold 1 pound of dried sliced apple, 2 pounds of dry onions, 5.5 pounds of wheat, and 4 pounds of white flour. The sole disadvantage of the cans is that if they are kept in a humid climate, they can rust and corrode over

time. As a result, it's best to keep the cans away from any source of moisture.

**Foil Pouches/Mylar Bags**

Then there are the foil bags or pouches, which are comprised of many layers of aluminium and food-grade plastic, effectively protecting the food from excessive heat, contamination, and moisture. Because the aluminium is linked to the food-grade plastic on the inside, food cannot react with it. To ensure safe and wholesome food storage, it is critical to choose high-quality pouches. Low-quality pouches include a weak plastic lining that can contaminate food with chemicals, microplastic, and carcinogens. As a result, high-quality mylar or aluminium bags are advised. You can use any size bag, ranging from a 7ml zip lock bag to a quart, gallon, 2 12 gallons, pint, and 5-gallon size, depending on the amount of the liquid.

When these bags are sealed, the inserts and moisture cannot pass through the aluminium sheets. You can also use these bags to double-line food by placing it first in the aluminium bags then sealing it inside the sealable buckets or containers. This strategy is particularly effective when you want to keep rodents out of your food. The sole disadvantage of aluminium bags is that they do not give protection against rodents; however, the twofold storage method can easily fix this problem.

**Polyethene Terephthalate-Plastic Bottles**

Dry food products such as lentils, legumes, dry beans, grains such as rice, wheat, barley, oats, and others can be stored in clean and dry PETE bottles. Any other sort of plastic is ineffective at keeping moisture and oxygen out of the food. The PETE or PET sign inscribed beneath the recyclable emblem on the bottles can be used to identify PETE plastic bottles. Similarly, soda pop bottles are a superb long-term storage choice. These bottles are made of plastic, which reduces contamination and keeps the food chemical-free. The best feature is that the bottles are reusable and may be used to store non-perishable dry food products several times.

**Plastic Buckets**

If you're storing food for 3, 6, or 12 months, larger containers like these plastic buckets will be required. These buckets are made of food-grade plastic, and the lid on top has a gasket seal that keeps the food safe and secure within. These plastic buckets are ideal for storing bulk grains. However, any basket constructed of non-food grade material or that has previously been used to store non-food items is unsuitable for food storage. As a result, they must be avoided.

Another benefit of using sealable food buckets is that you may use them to store many dry items in one location by individually packaging them in mylar bags or food-grade plastic bags; these items could include sugar, pasta, salt, baking powder, and other dry spices, among other things. All of the food buckets are lined from the inside out, keeping moisture out and preventing it from getting to the food. If you keep the bucket in a warm, humid environment for an extended period of time, there is a chance of bug growth within.

**Glass Jars**

Glass jars are the best reusable storage container since they can be used for both long and short-term storage. For starters, because glass does not react with food, there is no risk of contamination. Moisture cannot pass through the thick layer of glass, and the lids of these containers have a sealable gasket to ensure that the food within is completely sealed. Jars are useful for storing sauces and condiments as well as dry foods like grains, dry spices, lentils, and beans.

**Other Tools and Prepper Supplies**

Besides food and water, you will need a lot of other things to survive your way out of a crisis. Following is a categorized list of the things that you will need during any difficult time. And you need to start gathering them according to your own needs or the needs of your family.

List of Supplies	Check Box
<b>Power Supplies</b>	
Gas	<input type="checkbox"/>
Gas cans	<input type="checkbox"/>
Motor oil	<input type="checkbox"/>
Solar panels	<input type="checkbox"/>
Solar panel frames	<input type="checkbox"/>
Solar panel cables	<input type="checkbox"/>
Solar/wind charge control system and monitors	<input type="checkbox"/>
Solar/wind 12-volt batteries for power storage	<input type="checkbox"/>
<b>Communication Devices</b>	
CB radio	<input type="checkbox"/>
Walkie talkies	<input type="checkbox"/>



Rechargeable AM/FM/NOAA radio	<input type="checkbox"/>
Solar panel recharger for phones and computers	<input type="checkbox"/>
<b>Cooking Tools</b>	
Propane gas camp stove	<input type="checkbox"/>
Extra propane cylinders	<input type="checkbox"/>
Dual-fuel multi-burner camp stove	<input type="checkbox"/>
Gas cans for white or regular gas	<input type="checkbox"/>
Open fire cooking grate	<input type="checkbox"/>
Open fire tripod	<input type="checkbox"/>
Kettle grill	<input type="checkbox"/>
Barrel grill and smoker	<input type="checkbox"/>
Folding camp stove	<input type="checkbox"/>
Dutch oven	<input type="checkbox"/>
Camp cookware	<input type="checkbox"/>
Aluminium foil	<input type="checkbox"/>
Campfire utensils for cooking	<input type="checkbox"/>
Dish soap, pot-scrubbing brush and scrub pads	<input type="checkbox"/>
<b>Lighting Tools</b>	
Pillar candles	<input type="checkbox"/>
Tea candles	<input type="checkbox"/>
Candle lanterns	<input type="checkbox"/>
Solar lights	<input type="checkbox"/>
Hand crank flashlights	<input type="checkbox"/>
Rechargeable batteries in various sizes	<input type="checkbox"/>
Solar-powered battery recharger	<input type="checkbox"/>
LED flashlights	<input type="checkbox"/>
LED headlamps	<input type="checkbox"/>
12-volt DC lamps	<input type="checkbox"/>
Zippo lighters with sufficient fuel, wicks, and flints	<input type="checkbox"/>
Rechargeable electronic lighter	<input type="checkbox"/>
Strike anywhere matches	<input type="checkbox"/>
<b>Healthcare</b>	
Expedition level first aid kit	<input type="checkbox"/>
Burn kit	<input type="checkbox"/>
Activated charcoal for poisoning	<input type="checkbox"/>
Suture kit	<input type="checkbox"/>
Assorted bandages, gauze, tape, and antibiotic ointments	<input type="checkbox"/>
Eye first aid kit	<input type="checkbox"/>
Snake and insect bite kit	<input type="checkbox"/>
Hydrogen peroxide	<input type="checkbox"/>
Rubbing alcohol	<input type="checkbox"/>
Multivitamins	<input type="checkbox"/>
Assorted OTC medicines	<input type="checkbox"/>
<b>Miscellaneous</b>	
Hardware tools	<input type="checkbox"/>
Sleeping bags etc	<input type="checkbox"/>
Personal hygiene products	<input type="checkbox"/>

## CHAPTER 4: FOOD TO STORE

### Short-Term Food Storage:

A state of emergency is a scenario that occurs as a result of extraordinary occurrences or natural calamities, with limited resources that bind the circle of life. And, without a doubt, the most valuable resource in such a situation is food, which is an absolute necessity for humans. And when we have to manage a 72-hour emergency kit, we have

no choice but to choose healthy food that is always available, convenient to carry, and requires little, if any, time to prepare. Consuming a lot of salty foods and caffeinated beverages increases fluid in the body, which adds to dehydration, and in the meantime, there is a specific need to save water due to a lack of facilities.

The best foods for your emergency kit are enlisted below.

- ✓ Baby food or formula
- ✓ Beef jerky
- ✓ Canned fruits and vegetables
- ✓ Canned meats (like tuna, chicken)
- ✓ Canned or bottled juices
- ✓ Comfort foods (like cookies or chocolate)
- ✓ Dried fruit
- ✓ Granola bars or protein bars
- ✓ Instant coffee or tea
- ✓ Nuts
- ✓ Powdered soup mixes
- ✓ Powdered drink mixes (like Gatorade)
- ✓ Peanut butter and crackers
- ✓ Shelf-stable milk
- ✓ Whole-grain cereal

It's important to remember that your electricity and water will most likely be out, so bring a manual can opener and disposable eating utensils. While camping, you'll almost certainly need a small stove for cooking and heating water.

### **Long Term Food Storage**

Every Prepper must have a complete and detailed inventory of all the food products he needs to purchase before preparing for the survival food storage. Food must be organized and categorized in a well-written list so that the Prepper can stay on track during grocery shopping. And in this chapter, all of the survival food items are thoroughly explained. Each sub-section contains one type of storage food, its storable variants, and methods for storing for long periods of time. You will receive a survival food checklist at the end of this chapter, which will inform you of the quantities of food you will require for a specific period of storage.

### **Canned Liquids**

Because canned foods are processed with various preservatives, they have a longer shelf life. If you want to stock up on otherwise perishable foods like pineapples, olives, or veggies, buy them in tinned form. These canned goods must have higher liquid content in order to give you enough nutrients while also keeping you hydrated. Coconut milk, condensed milk, and evaporated milk are among the liquids that can be stored in sealed cans. Vegetables, chicken and beef stock, broths, and stewed or crushed tomatoes, among other foods, can be used to make a nice canned product for your survival stock.

### **Distilled And Seltzer Water**

Despite the fact that water is not a meal, it is nonetheless a basic requirement for everyone. We can probably go days without food, but we won't be able to go days without water. Furthermore, water is widely used in cooking. If you are concerned that the crisis may cause you to run out of water, make sure you have enough water in your pantry. Long-term storage is best done with distilled or seltzer water. Water should be kept separate from other food products in a sealed bucket or PETE bottles.

### **Powdered Milk, Whey, and Eggs**

Fresh animal milk, as we all know, cannot be stored for more than three days in the refrigerator or for more than a week or two in the freezer; therefore, we can't put it on the list for long-term storage. It must be replaced by non-perishable alternatives with a longer shelf life, such as dried powdered milk in all forms. It can be used in place of fresh milk. However, make sure to choose good milk powder and stay away from tea whiteners, which are neither healthful nor nutritious.

Other powdered replacements, such as powdered milk, are readily accessible to conveniently replace various dairy products. There is a vegan egg powder substitute on the market that has the same nutritional value as an egg. Whey protein powder should also be stored.

### **Hard Cheeses**

Some cheese kinds are not appropriate for long-term storage. The only variation you can store at home is waxed hard cheese, which is difficult to come by; nonetheless, your efforts will be rewarded by this incredibly healthy and rich waxed cheese. This cheese is protected by a wax shell, which keeps germs and mould at bay while keeping moisture away from the cheese. Hard Parmesan cheese in powdered form has a four-month shelf life, but if stored in a wax case, it can last up to 25 years. Some cheeses to search for include wax-encased Gouda, sharp cheddar,



Swiss, and Kraft Parmesan.

### **Protein Bars And Drinks**

Because it is not suitable for preserving fresh meat products in survival food, it jeopardizes a person's protein intake while on this survival food menu. As a result, protein intake must be maintained by the consumption of protein bars or drinks. These goods are available in dry form, which can be conveniently stored in your pantry's refrigerator or another dry and chilly location. What you'll want to search for are high-energy, protein-rich bars with a longer shelf life.

### **Canned Dehydrated Meats**

It's not in the cards to keep beef in its raw state. You can't even think about storing the meat for more than a day unless you have a freezer dedicated to meat storage. The meat can only be kept fresh for 3-4 weeks in the freezer. However, we can readily store another option that has a good taste and is high in protein. All canned and dehydrated meats fall into this category. For example, canned tuna may be kept in the refrigerator, or you can create meat jerkies to enjoy the same meat on a survival food diet every now and then.

### **Drink Mixes**

Fresh beverages and juices aren't allowed in the emergency food stash. Ready-to-make powdered drink mixes are the closest equivalent for those drinks. These powdered mixes are available in a number of tastes, including pineapple, apple, mango, orange, and lemon. To make a refreshing drink, simply combine the ingredients and sip. There are also various dry drink substitutes that need to be included in the survival food supply. Tea leaves, coffee beans, and powder are the most common. You can add a variety of teas to the menu, such as black tea, chamomile, cardamom tea, green tea, earl grey, lemongrass, and so on. Green tea, in particular, is high in antioxidants and has natural therapeutic effects. Finally, coffee is a fantastic addition to the stock because it has a longer shelf life and the beans stay fresh when kept dry and cool. Coffee, when brewed, is an energy enhancer that can also be utilized in other drinks and sweets.

### **Oils**

Cooking is impossible without the use of fats or cooking oils in some cases. In addition, if you don't have enough oil storage, your survival food stock will be incomplete. Cooking oils and other fats can be stored in large plastic buckets or PETE bottles because they keep well at room temperature. Look for cooking oils that are made from vegetables or plants. Other long-term preservation possibilities include olive oil, organic fat shortenings, and lard. Cooking oil can be kept fresh for up to two years if stored correctly in a clean, sealable container. If the ambient temperature is high, solid fats such as butter, lard, and shortenings should be kept in the refrigerator.

### **Whole-Wheat Flour**

Dry flour is another survival food item that may be easily stored in your cupboard. The best ideal flour is whole wheat flour, which is high in fiber and other minerals. It can be kept fresh for 4-6 months in a dry, cold, and dark location. If you're buying other packaged flours, though, pay attention to the expiration date on the bag. You may store rice or chickpea flour in the same way, but to keep these powdered grains from producing insects over time, use dry ice to remove all moisture or add desiccants to the storage containers. You can also keep the packaged cake, pancake, and bread mixes in addition to flours. Keep them sealed in the pouches you got at the store until you're ready to use them. Purchase little packets or pouches that can be used only once.

### **Cereals**

Whole grains, shredded wheat, and cereals are the ideal survival foods since they are high in calories and nutrients and require no upkeep. From proteins to fibres, carbs, folate, selenium, vitamin E, manganese, magnesium, and zinc, cereals and grains may include all of these nutrients. As a result, it's best to keep them in large quantities in dry, clean, sealable containers. The ideal method is to keep in small sealable food-grade plastic bags according to each week's needs, then stock these bags in an organized fashion. The rest of the packed cereals and grains will be safe because they will not be exposed to moisture on a regular basis.

### **Potato Flour**

Potato flour is a versatile ingredient that can be used in soups, waffle batter, pancakes, and bread. It's a gluten-free option for baking high-quality bread and waffles, and it can also be used to thicken gravies and stews. In the long run, keeping potato flour in your cupboard will benefit you. You can have it on hand as a backup if you run out of wheat-based flour and then use it to make dough and mixes. It makes a good yeast dough because it absorbs moisture efficiently.

### **Corn As A Grain**

Fresh corn kernels or corn cobs should not be stored for more than 2-3 days. Corn kernels from pre-packaged cans also last for a few weeks. The same maize, however, can be dried and preserved for months. Corn flour, cornflakes, and cornmeal are all examples of dried corn products. All of the dry types can be kept in their original packaging or

in a sealable jar for easy storage. Corn flour is used as a thickening factor in baking, whereas cornmeal is utilized to produce bread and cakes.

### **Oats and Oatmeal**

How can we forget about the oats and oatmeal that last a long time? This survival meal should be a staple in your cupboard because of its great nutritional value, which can help you get through difficult times. Breakfast with oats is filling and nutritious. If you can't think of something to offer at the tables in a hurry, make wonderful oatmeal in about 12 minutes. Oatmeal dishes don't even require a lot of ingredients because they can be made with just water or milk.

### **Breadcrumbs**

Bread crumbs are another wonderful survival food option that you can easily store in your pantry without concern of deterioration. That's correct! Breadcrumbs are packaged in sealed bags and are already dry. You can either fill the pouches directly or store the crumbs in a glass container. Let's face it; breadcrumbs are a staple of every other crusted meal; thus, we can't have truly crispy meals without them. It's a great idea to keep them in the freezer for longer periods of time. If you don't keep the crumbs away from moisture, they'll lose their crispiness.

### **Ready To Eat Meals**

The ready-to-eat meals, also known as MERs, are frequently advised on the survival food diet. The idea came from ready-to-eat military meals, which are frequently supplied along with military personnel to locations where food is scarce. The shelf life of these packed commodities is extended. MERs are now available to civilians, but a complete package can be more expensive than the other survival foods on this list. The meal is packaged as a whole with a range of shelf-stable foods such as jams, canned meat, sauces, pureed fruits and vegetables, and so on.

### **Crackers and Cookies**

Although crackers and cookies are unhealthy, they can add variety to your survival food diet. Crackers or cookies are a great way to feel better about a stressful situation—keep tiny packets of crackers and cookies in a variety of tastes on hand. When purchasing cookies, choose those with higher nutritional content and longer shelf life. Because cream and butter cookies do not keep well at room temperature, you should either freeze or refrigerate them in a clean, sealable container.

### **Rice**

Beans and grains are essential components of any stockpiling diet. When buying rice in bulk for survival food storage, jasmine rice is a wonderful choice because it is high in quality and relatively inexpensive. You can also try other white rice varieties, such as short-grain Asian rice, wild rice, or Italian Arborio rice. Using the many sorts of rice, you can cook diverse dishes. White rice is preferred over brown rice because it takes less time to cook and uses fewer resources than brown rice. Rice flour and puffed rice can be stored in the pantry as long as they are kept dry and clean.

### **Pasta**

Dry spaghetti is ideal for long-term preservation because it can be kept for up to a month without spoiling and is a fantastic source of quick energy. They only take a few materials and may be cooked in a matter of minutes. Pasta comes in a wide variety of shapes and sizes, so we recommend dividing your entire pasta needs into these categories. Dried tortellini, couscous, orzo, egg noodles, fettuccine, gnocchi, spaghetti, lasagna strips, macaroni, penne, mostaccioli, linguine, rigatoni, and rotini can all be stored in the refrigerator. Then there's soba buckwheat noodles, rice noodles, chow mein, and bean curd noodles; you could probably preserve all of them for months, if not years.

### **Raisins, Dried Fruits, and Fruit Strips**

Dried processed fruits are high in calories and other minerals. Dried fruits such as raisins, apricots, cranberries, dates, and dried mangos can be readily preserved in Ziplock bags or store-bought packets. The dried fruits should be stored in aluminium pouches with a food-grade plastic lining, whether separately or in trail mix form. Raisins and currants, which are high in iron, proteins, fibres, vitamin C, potassium, and antioxidants, should be preserved in large quantities for survival storage. Raisins can be used to add taste and nutrients to a variety of foods, including cookies, bread, muffins, desserts, and breakfast oatmeal.

### **Jams and Jellies**

Another approach to increase the shelf life of fruits is to make jellies and jams out of their flesh and pulp. The fruits can last for months after being cooked into jams. As a result, jams and jellies are included in the ready-to-eat meals (MREs). Raspberry, blackberry, and strawberry jams can be stored. Apple butter, apple sauce, or grape jellies are wonderful long-term survival foods to keep on hand. The best containers for preserving these jams and jellies are PETE bottles and sealable mason jars. Keep the storage container out of direct sunlight and heat.

### **Canned Fruits**



Fruits have more calories than veggies; therefore, keeping as many fruit-based goods in the survival stockpile as possible is essential. Choose canned fruits instead of fresh fruits, which are packed in syrups and liquids inside a container. Fruit with a lot of liquid delivers a lot of calories, nutrients, and hydration. Pineapple, mandarin, cherries, and pumpkin puree, for example, come in sealed cans that can be kept in the refrigerator for three months.

### **Canned Veggies**

We're stuck with canned alternatives because fresh vegetables aren't on the survival food list. Fortunately, canned vegetables are readily available on the market. Green beans, olives, artichoke hearts, asparagus, beets, cabbages, and sauerkraut, all canned, are readily accessible.

### **Beans and Legumes**

The value of legumes and beans cannot be overstated. Beans, whether dry or canned, are a high-energy survival food. Chickpeas, black-eyed peas, split peas, kidney, white, and cannellini beans, among others, fall into this family. A pound of beans can have as many as 1250 calories. Furthermore, you may combine them with a variety of components to create a unique dish each time. Beans and legumes are stored with carbs, protein, essential oils, fibres, vitamins, minerals, and phytonutrients because they grow in the roots of plants. Beans can be stored for 3-6 months in their dry state.

### **Nuts, Seeds, and Nut-Butters**

The little power booster is a term used to describe all nuts and seeds. Nuts and seeds, even in tiny amounts, can deliver the greatest energy and calories. Because they are dense and nutrient-packed, they should be kept in large quantities in the pantry. Sunflower seeds, pumpkin seeds, hemp seeds, flaxseeds, and other seeds are commonly utilized. Because nuts and seeds can go rancid in as little as a month or two, they must be rotated. Stock up on cashews, walnuts, and almonds. Roasted types of nuts, such as Brazil nuts, pine nuts, hazelnuts, and pecans, are thought to be better for long-term storage. If you're concerned that these nuts may go rancid after a month, keep other nut-based alternatives on hand, such as peanut butter, almond butter, and nut bars, for example.

### **Honey**

If you want to keep something healthy in your survival food supply, keep a large amount of honey on hand. We know that honey is produced in a natural setting and that it will last months at room temperature. Keep honey in your pantry instead of other artificial and toxic sweeteners. It has a pleasant, gently sweet flavour that complements all of your sweets, smoothies, drinks, and bread. It is critical to inspect the quality of honey; it must be 100 per cent pure in order to be stored for an extended period of time. Keep it dry and cool by sealing it in a firmly closed container or bottle.

### **Iodized Salt**

Salt acts as a natural sodium balancer in the body. Salt is utilized in all of the operations, from seasoning to curing, pickling, and marination; thus, there must be an adequate stockpile of salt in the pantry. Iodized salt should be used on a regular basis as well as for long-term storage. Thyroid-related illnesses, such as goitre, are prevented by using this salt. Aside from iodized salt, every survivalist should have a variety of salt on hand for long-term use. Canning salt is a granulated form of pure salt that contains additives and preservatives. Then there's pink Himalayan salt, which is high in minerals like copper, iron, potassium, calcium, and magnesium and has a distinct flavour that's unlike table salt. Another type of salt that is helpful for digestion and the skin is Epsom salt.

### **Sugars and Molasses.**

Sugars and molasses are other crucial aspects of a regular diet, and you can't only stock up on food without also stocking up on sugar. Sugar, thankfully, does not require much upkeep, and if kept dry and away from insects and mites, it will last for as long as you want it to. Sugar can be purchased in bags and pouches, but mylar containers or plastic buckets are the easiest methods to store it in bulk. Take large containers with a sealable gasket lid with a volume of 5 gallons or more, and fill them with sugar. Keep it closed tightly.

### **Spices and Herbs.**

Even in a crisis, you cannot imagine eating bland food. Every meal should include certain flavors and aromas. As a result, spices and herbs should be kept on hand to make the rice and beans more flavorful. All dried herbs are shelf-stable, from dried rosemary to oregano, dill, and thyme. They can be kept in a sealable bottle for easy storage, even in your kitchen cupboards. Crushed or powdered red pepper, cumin, dried mustard, garlic powder, onion powder, ginger powder, chile, and saffron are all ideal spices to keep in the pantry for a long time. You can enjoy the spices and herbs for months if you keep them moist-free.

### **Condiments.**

Keep in mind that not all condiments are shelf-stable, and some will spoil if kept out at room temperature. However, because condiments are such an important part of our daily lives, we can keep them in tinned form. A good survival diet consists of pickle relish, Dijon mustard, and canned mayonnaise. Sugar-free ketchup and other

sauces are available. These condiments are only good for a short period of time, perhaps 1 to 3 months, if stored in a cool area like a refrigerator. To flavour soups, stews, and gravies, clean PETE bottles can be used to hold soy sauce, Tabasco sauce, and Worcestershire sauce.

### **Chocolates.**

Surprise! Surprise! You can now eat chocolate even if you're on a survival food diet. Because chocolate-based goods are long-lasting, they can be kept in cool, dry settings for up to a year. Dry cocoa powder, chocolate chips, and chocolate syrup are all terrific energy boosters that are high in antioxidants, which is exactly what we need on this diet. The chocolate you buy to store should be 100% pure and have no added sugar or milk. For storing purposes, dark and semi-sweet chocolate is preferable.

### **Apple Cider Vinegar and Other Vinegar.**

Apple cider vinegar is one of the final items you can keep in your cupboard. Because this vinegar is the result of the fermentation process, it may essentially keep indefinitely in your pantry. Apple cider vinegar offers a long list of health benefits and can be used in a variety of drinks, soups, stews, marinades, and salads. Purchase a few bottles of apple cider vinegar and store them in your cupboard. Other vinegar to store include balsamic and rice wine vinegar. Apple cider vinegar is one of the final items you can keep in your cupboard. Because this vinegar is the result of the fermentation process, it may essentially keep indefinitely in your pantry. Apple cider vinegar comes with a long list of health benefits and can be used in a variety of drinks, soups, stews, marinades, and salads. Purchase a few bottles of apple cider vinegar and store them in your cupboard. Other vinegar to store include balsamic and rice wine vinegar.

### **Leavening Agents**

In the preparation of dough for various bread, leavening agents are utilized. These ingredients help the dough rise and become soft and fluffy after baking. Because leavening agents are so important in cooking, they must be kept on hand in the pantry. Dry yeast, baking powder, and baking soda are the most popular leavening agents. Baking soda and baking powder are both dry white powders that can be stored in tiny spice bottles or PETE bottles with ease. They don't expire for more than a year if you keep them dry.

Fresh yeast, instant yeast, and active dry yeast are the three types of yeast available. When it comes to stockpiling, I always prefer storing active dry yeast, which comes in granule form; it's quite powerful and requires rehydration to activate, whereas Instant yeast can be used as a substitute and scored in little aluminium packets or spice bottles.

## **CHAPTER 5: FOOD STORAGE TECHNIQUES**

The most crucial aspect of food management is learning preservation procedures, especially if you plan to stock for weeks, months, or even a year. All of the food preservation methods we can use at home are traditional and have been tried and tested by many people. The bottom line is to keep germs and other live beings from growing within the food we're about to preserve. Raw lentils, legumes, spices, and grains, as well as frozen meat and dairy products, are widely stockpiled as emergency food. All of these things have a varying shelf life, and we can't guarantee a longer shelf life by employing various conventional and old school preservation methods, such as:

### **Vacuum Sealing:**

Air is the primary transporter of oxygen, moisture, and pollutants, all of which degrade food. The underlying idea behind this strategy is that by preventing air from reaching the food, we can lessen the chances of it spoiling prematurely. As a result, vacuum sealing is employed to preserve all sorts of food, both perishable and non-perishable; in both circumstances, the food's shelf life is increased. This approach can be used on food that has been stored in mylar or aluminium bags. By eliminating all of the air from the bag, an artificial vacuum is formed. To do so, start with a clean, food-grade aluminium pouch or mylar bag, and then stuff the food inside. Hold the bag's sealable edges in your hands and submerge the rest of the bag in a bucket of water; as the bag becomes lighter, air escapes, and the water outside applies pressure. Seal the bag immediately once the air has been removed, and keep it in the refrigerator, freezer, or any other suitable location.

### **Dry Ice Process**

The dry ice approach is based on a similar premise, with the goal of removing oxygen from the meal. This approach can be used to store food in a bag, PETE container, or food bucket and ensure that germs and insects grow as little as possible inside the food. Carbon dioxide, which is heavier than oxygen, is what dry ice is made of. As a result, the oxygen is removed from the food, and the storage bucket is placed in a larger bucket filled with dry ice, where the oxygen escapes due to its lighter weight. Then you can seal the lid to keep the food fresh for a long time.

### **Oxygen Absorbers**

The use of oxygen absorbers is yet another method for removing oxygen from food and preventing the growth of insects within the containers. They are thought to be even more effective than vacuum sealing. Oxygen absorbers are little packets that contain iron powder and are made of materials that absorb oxygen and moisture while



preventing the iron or other chemicals from leaking out of the bags. As a result, they are regarded as safe for human consumption. These bags are best used in areas where there is a lot of humidity, and oxidation is a possibility.

### **Freezing Method**

Even perishable foods like meat, dairy, vegetables, and fruits can be frozen and kept fresh for up to three months. It's also one of the most efficient and effective ways to lengthen the shelf life of any survival food. The reason behind this is that freezing the food lowers the temperature below zero degrees, which stops microbial growth and thus prevents spoiling. The food's texture, taste, and nutrients are all retained.

### **Use Desiccants**

Desiccants, such as silica gel, act similarly to oxygen absorbers, only they absorb moisture instead of oxygen. Even when well-sealed in containers, places with a naturally humid environment cannot guarantee moisture-free air to the food stored, putting it at risk of oxidation or fungal growth. The moisture was effectively absorbed into this desiccant by inserting silica gel packaged in little pouches, leaving the food moisture-free.

### **Pickling:**

Pickling is a time-honored way of preserving a wide range of foods, particularly fruits and vegetables. Because they deteriorate quickly, keeping them kept for a longer period of time was a serious challenge in ancient times. Pickling was proven to be an effective way for preserving fruits and vegetables while preserving their flavour and minerals. The method works because it prevents bacteria from growing within the food. The goods are immersed in a liquid containing high levels of salts, spices, sugar, or citric acid. The resulting atmosphere around the meal is ideal for preventing microbial growth. The food takes on a rich and concentrated flavour after being pickled, but it still tends to be edible, which is the purpose here. As a result, pickling can be used to preserve food if needed.

### **Dehydrating**

The method is used to get rid of all the moisture in the meal. Dehydration isn't a new concept; it's been practiced for ages. It allows you to store a wide range of foods, including dehydrated vegetables, meats, spices, and fruits. Dehydrating food just extends its shelf life and inhibits microbiological development. The dilemma is, how can we dehydrate the food precisely, and will it retain its original properties after dehydration? The food's flavour and texture will alter as a result of the dehydration process, but its nutritional content will be conserved. Foods with high water content, such as vegetables and fruits, are typically reduced in bulk and nutrient-dense. Even a tiny amount of dried food will suffice to meet your calorie requirements. You may also keep a significant number of food in a smaller space due to the reduction in volume.

Dehydrating is done at extremely low temperatures to ensure that the food does not cook but merely loses moisture. Maintaining such a low temperature manually is tough. As a result, dehydrators are available to assist you with this chore. It is easy to control the low temperature and manage dehydration in the allotted time when these dehydrators are used. It can also be done in an oven. If the temperature is kept low and the food is kept away from direct heat. However, before you begin the process of dehydration, you must first prepare your body. Dehydration is basic science: the larger the surface area of the food and the thinner the thickness, the more moisture will evaporate. As a result, the meal must be thinly cut. If you're dehydrating fruits and vegetables, for example, you'll need to chop them into thin slices. The same is true for meat, which must be sliced into thin strips or slices, similar to the beef jerky we consume. When extremely thin slices are dehydrated, they become exceedingly crispy and crunchy, but thick slices become chewy. As a result, prepare and chop the food products to the desired texture.

After the food has been cooked, prepared and is ready for dehydration, the following step is to choose a dehydration method. Dehydration by direct sunshine is effective only for particular vegetables, such as peppers, and not for all foods. The moisture in grains and legumes can be removed by exposing them to the sun. Meat and fruits, on the other hand, must be dehydrated using dehydrators.

The slices are then laid out on the dehydrator plate in a single layer. Drizzle some citric acid or lemon juice over the slices if you want the colour of your fruits and veggies to stay the same even after dehydration. The dish is then covered and permitted to cool to 105-130 degrees Fahrenheit for many hours. The food can be sealed in a clean container or plastic bag once it has been totally dehydrated. The meal should be stored in a dry, cold place after dehydration, just like other non-perishable foods.

### **Smoking**

Smoking is just another way to lose water. Dehydration is accomplished through smoking rather than using an electric dehydrator or another heating device. It's ideal for dehydrating meat because it not only removes moisture from the grains but also dries out all of the bacteria that live on them. Direct fire smoking was once the only way to smoke meat, but electric smokers have made it possible to do it at home. Smoke is produced by burning the wood chip, which imparts a strong taste to the meat while gradually dehydrating it. Smoking is just another way to lose water. Dehydration is accomplished through smoking rather than using an electric dehydrator or another heating device. It's ideal for dehydrating meat because it not only removes moisture from the grains but also dries out all of the bacteria that live on them. Direct fire smoking was once the only way to smoke meat, but electric smokers have

made it possible to do it at home. Smoke is produced by burning the wood chip, which imparts a strong taste to the meat while gradually dehydrating it.

### **Root Cellars**

If you plan to keep your food for more than six months, you'll probably need to create a root cellar inside your home. This is the only approach to have complete control over all variables in order to improve food storage. Building a root cellar will save you time, effort, and money if you live in an area where an urgent disaster is always a possibility, and food storage is a daily reality. It's commonly built below in a basement, but you may build it anywhere that's cool, dark, and dry. The space must be light and airy. It must be constructed so that food can be stored in an organized manner and that all of the goods can be conveniently accessed in addition to dry grains, lentils, salt, sugar, beans, and dry spices.

## **CHAPTER 6: SURVIVAL GARDENING**

If all you had to eat were the crops you raised, it would take a lot of plants to feed you and your family. Calculate how many calories your family needs to survive each day, then see if you can come up with plants that can give you the fat, carbs, and vitamins you need to stay healthy. You are not alone if you have no idea. As a result, family survival gardens have become a popular topic in the gardening world. If you ever find yourself in a position where you must rely solely on garden produce to survive, you will be significantly better off if you learn about survival gardening techniques far ahead of time.

### **Why Grow A Survival Garden?**

Consider how frequently you shop for food and other necessities. Is it every week? How about once every two weeks? Once a month, or even less frequently? The ability to gather fresh vegetables from your yard is a lifesaver if you are unable to leave your home for a lengthy period of time. It will also help you fill your pantry, allowing you to eat well for several months without having to leave your home. A survival garden can also provide you with organic vegetables that are significantly preferable to store-bought conventionally farmed goods.

You may cultivate a variety of fruits and vegetables in your survival garden, as well as heirloom types that aren't available in regular food shops. These fresh vegetables, in turn, not only taste excellent but also help to improve the shelf life of your stored food. Gardening is and will always be a fantastic opportunity to spend more meaningful time outside, relieve stress, and get the exercise you need to keep fit. What are you waiting for if it can provide all of the fresh greens and starchy carbohydrates your body requires??

### **Getting Started With Survival Gardening**

Begin with the fundamentals and work your way up. Then throw aside all pretenses. You won't become a successful survival gardener in a day. Seasons of gardening experience, foraging practice, seed preservation and tree propagation knowledge, as well as a healthy dose of luck, are required to make it all work. However, you must start somewhere. What happened to that? In the garden, no matter how big or small it is. You can raise the size of the plot as your skills improve until it fits all of your survival requirements. Everything will require to practice if you are new to planting a garden and living a homesteading life closer to nature.

- ✓ Selecting seeds
- ✓ Sowing seeds
- ✓ Saving seeds
- ✓ Growing herbs
- ✓ Planning the layout of the garden
- ✓ Harvesting at the right time
- ✓ Canning and preserving
- ✓ Raising animals
- ✓ Composting
- ✓ Vermicomposting

Don't let the amount of work or knowledge required dissuade you; if you can find delight and joy in providing nutritious food for your family, a proud sense of self-reliance will emerge. And that alone has the potential to revolutionize the way you think about food, global food production, and how to stay healthy in a hard and changing environment. Consider using plants that thrive in both the sun and the shade in your landscaping. Grow a little bit of everything so that your fundamental nutritional needs are met in a fun and interesting way every day.

## **CHAPTER 7: WASTE MANAGEMENT**

Because every gardener is different, you must figure out which composting method is ideal for you. Compost is really easy to make and is healthy for the environment, regardless of the method you choose. It is also good for your garden. With a few food scraps and a little patience, you can have the happiest garden conceivable.

Begin sorting

So, where should you begin? Let's have a look around. According to the Environmental Protection Agency, an average American family will have 26% paper and cardboard waste, 28.2% yard and food waste, 9% rubber, leather, and textiles, 9% metals, 6% wood, and 4% glass.

Each of these waste categories will require separate treatment, which means you'll have to start sorting it all out. Use various bins to collect each type of garbage as it is generated, avoiding cross-contamination and making the following tasks much easier.

### **Food Waste Composting**

While there will most certainly be far less food waste than usual, whatever you do create will quickly attract pests and animals, so dealing with it should be your top priority. Fortunately, the majority of food waste may simply be added to a compost pile. Composting is as simple as throwing foodstuffs or green matter into a bin or box, combined with brown matter or dead plant debris. In general, the brown matter is required twice as much as green matter. For people with little area, vermicomposting is a particularly effective method.

### **Burning Waste**

Many government organizations and environmental groups will tell you that burning rubbish is dangerous, and they are correct. In Minnesota, for example, it is illegal. However, in the event of a major SHTF scenario, where the government has effectively failed, we must prioritize maintaining cleanliness over contributing to climate change. However, you don't want to poison yourself while attempting to dispose of waste, so there's not much you can burn.

### **Waste Reduction**

If this appears to be a long-term SHTF situation, many of the items you would normally discard should be cleaned and saved in case they come in handy. Toilet paper can be repurposed from paper. Flatten and stack cardboard in case it comes in handy, such as for tinder. Patches, wound dressings, and other uses for fabrics and leather are possible. Plastic bottles and containers can be used as water vessels and other items; however, do not utilize containers that have previously stored chemicals or non-food items to store edible items. Metal and glass containers are in the same boat.

## **CHAPTER 8: COMPOSTING**

One of the most common misconceptions about composting is that it is too laborious, smells unpleasant, and is messy. If you compost badly, these statements may be accurate; nevertheless, composting properly is actually quite simple. Simply layer organic materials, add a dash of soil, and a splash of water, then wait for your mixture to turn into humus (the best soil booster on the market!). This compost can then be used to improve your garden soil, fertilize your lawn, feed your growing vegetables, and more. Once your compost pile is up and going, you'll find that it's an easy way to turn kitchen scraps or other organic materials into something beneficial to your plants.

### **Types Of Composting**

Before you start, you should know that there are two forms of composting: cold and hot composting. To begin cold composting, gather yard debris or remove organic things from your trash, such as vegetable and fruit peels, coffee grinds and filters, and eggshells, and place them in a mound or container. Over the course of a year, the material will degrade.

Hot composting necessitates a higher level of engagement on your part, but the return is a faster process: you'll have compost ready in 1-3 months during warm weather. The four elements required for a fast-cooking hot compost are nitrogen, air, carbon, and water. When such elements are mixed, microorganisms are fed, hastening the breakdown process. In the spring or fall, when there is a lot of garden waste, you can produce a big batch of compost and then start another one while the first "cooks."

Vermicompost is made with the help of worms. When these worms eat your food scraps, they make castings that are high in nitrogen. You can't simply use any worms for this, though: The presence of redworms is necessary (also called "red wigglers"). Worms for composting can be obtained online or at a garden supply store for a reasonable price.

### **What To Compost**

Composting is a great method to recycle goods in your fridge that have beyond their sell-by date, decreasing food waste. Instead of being tossed, certain forms of yard waste can be composted. To get your compost pile started, gather the following ingredients.:

- ✓ Vegetable scraps
- ✓ Dry leaves
- ✓ Coffee grounds
- ✓ Fruit scraps
- ✓ Eggshells



- ✓ Grass and plant clippings
- ✓ Wood and bark chips
- ✓ Shredded newspaper
- ✓ Straw
- ✓ Sawdust from untreated wood
- ✓

Keeping a composting container in your kitchen is an easy way to collect materials as you cook. If you don't want to get one from the store, you can make your own indoor or outdoor compost bin. Another option for storing perishable kitchen scraps is to freeze them until you're ready to add them to your larger outside pile.

### **How To Make Hot Compost**

Before creating your own hot-compost heap, wait until you have a 3-foot-high pile of stuff. It's a good idea to mix your green and moist items with your dry, brown ones. Brown materials include dried plant detritus, shredded tree branches, cardboard, fallen leaves, newspaper, hay or straw, and carbon-rich wood shavings. Green resources include kitchen waste and coffee grounds, animal manures (not from dogs or cats), and fresh plant and grass trimmings, all of which provide nitrogen. Start by mixing three parts of brown and one part of green materials in your compost pile for the best results. If your compost pile appears to be excessively soggy and stinks, add some extra brown items and aerate it more frequently. If it appears to be too brown and dry, hydrate it with greenery and water.

- ✓ Water Your Pile
- ✓ Stir Up Your Pile
- ✓ Feed Your Garden

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## CHAPTER 9: RECIPES

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# CANNING RECIPES

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## POULTRY, MEAT & SEAFOOD RECIPES

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### SWEET & SOUR CHICKEN

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 1¼ hrs. | Serves: 20**

- ✓ 3 (20-oz.) cans pineapple chunks
- ✓ 1¼ C. white vinegar
- ✓ ½ C. water
- ✓ 1/3 C. soy sauce
- ✓ ¼ C. ketchup
- ✓ ¾ C. brown sugar
- ✓ 1 tsp. ginger powder
- ✓ 4½ lb. boneless, skinless chicken breasts, cut in 1-inch bite-sized pieces
- ✓ 3 large bell peppers (red and green), seeded and chopped
- ✓ 2 medium onions, chopped

1. Drain the cans of pineapple, reserving the juice into a bowl.
2. In a non-reactive saucepan, add 2½ C. of reserved pineapple juice, vinegar, water, soy sauce, ketchup, brown sugar and ginger powder over medium-high heat and cook until boiling, stirring continuously.
3. In 10 (1-pint) hot sterilized jars, divide the chicken pieces, onions, bell peppers and pineapple.
4. Now pack each jar with hot cooking liquid, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 276 | Fat: 7.7g | Carbs: 20.2g | Fiber: 1.7g | Protein: 30.6g

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### CHICKEN CACCIATORE

**Prep Time: 15 mins. | Cook Time: 53 mins. | Canning Time: 1¼ hrs. | Serves: 10**

- ✓ 2-3 tbsp. olive oil
- ✓ 9 (5-oz.) boneless, skinless chicken thighs, cut in half lengthwise
- ✓ 8 C. tomato sauce
- ✓ ¾ lb. fresh mushrooms, sliced
- ✓ 1 medium onion, sliced
- ✓ 3 garlic cloves, minced
- ✓ 2 tbsp. dried oregano
- ✓ 2 tbsp. dried basil
- ✓ 2 C. hot chicken broth

1. In a cast-iron wok, heat olive oil over medium-high heat and sear the chicken pieces in 4 batches for about 3-5 minutes.
2. Transfer each cooked chicken batch in a colander to drain excess grease.
3. In a stainless-steel saucepan, add the tomato sauce, mushroom, onions, garlic and herbs over medium heat and cook for about 15 minutes, stirring occasionally.
4. In 5 (1-pint) hot sterilized jars, divide the chicken pieces and tomato sauce mixture.
5. Now pack each jar with hot broth, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.



10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 337| Fat: 13.1g| Carbs: 13.8g| Fiber: 3.9g| Protein: 41.8g

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### GROUND TURKEY

**Prep Time: 10 mins. | Cook Time: 10 mins. | Canning Time: 1¼ hrs. | Serves: 16**

- ✓ 4 lb. ground turkey
- ✓ 4 tsp. salt

1. In a large pan of water, add ground turkey and cook until boiling.
2. Now set the heat to low and cook for about 5 minutes.
3. Drain the meat completely.
4. In 4 (1-pint) hot sterilized jars, divide the ground turkey and salt.
5. Now pack each jar with hot water, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 221| Fat: 12.5g| Carbs: 0g| Fiber: 0g| Protein: 31g

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### BEEF IN WINE SAUCE

**Prep Time: 20 mins. | Cook Time: 1 hr. 10 mins. | Canning Time: 1¼ hrs. | Serves: 6**

- ✓ 1 tbsp. vegetable oil
- ✓ 2 lb. beef stew meat, cut into 1-inch cubes
- ✓ 1 C. carrot, peeled and shredded
- ✓ ¾ C. onion, sliced
- ✓ 1 large apple, peeled, cored and shredded
- ✓ 2 garlic cloves, minced
- ✓ ¾ C. water
- ✓ ½ C. red wine
- ✓ 2 beef bouillon cubes
- ✓ 2 bay leaves
- ✓ 1 tsp. salt

1. In a cast-iron wok, heat vegetable oil over medium-high heat and sear beef cubes in 2 batches for about 4-5 minutes.
2. Add in the remaining ingredients and stir to combine well.
3. Now adjust the heat to high and bring to a full rolling boil.
4. Now set the heat to low and cook, covered for about 1 hour, stirring occasionally.
5. Remove the wok of meat mixture from heat and discard the bay leaves.
6. In 3 (1-pint) hot sterilized jars, divide the beef mixture, leaving about 1-inch space from the top.
7. Run a knife around the insides of each jar to remove any air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 354| Fat: 11.9g| Carbs: 9.4g| Fiber: 1.7g| Protein: 46.5g

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## GROUND BEEF IN TOMATO SAUCE

**Prep Time: 20 mins. | Cook Time: 50 mins. | Canning Time: 1 hr. | Serves: 18**

- ✓ 30 lb. tomatoes
- ✓ 2 lb. ground beef
- ✓ 1 C. onions, chopped
- ✓ 1 C. celery, chopped
- ✓ 1 lb. fresh mushrooms, sliced
- ✓ 5 garlic cloves, minced
- ✓ 2 tbsp. oregano, minced
- ✓ 2 tbsp. parsley, minced
- ✓ ¼ C. brown sugar
- ✓ 1½ tbsp. salt
- ✓ 2 tsp. ground black pepper

1. In the saucepan of boiling water, cook the tomatoes for about 30-60 seconds.
2. Remove from heat and transfer the tomatoes into the bowl of cold water.
3. Carefully remove the skins and cores.
4. Then, chop the tomatoes roughly.
5. In a pan of water, boil tomatoes for about 20 minutes.
6. Through a food mill, pass the tomatoes.
7. Heat a cast-iron skillet and cook the beef for about 8-10 minutes.
8. Add onion, celery, mushrooms and garlic and cook for about 4-5 minutes.
9. Transfer the vegetable mixture into the pan with tomato pulp.
10. Add herbs, sugar, salt and black pepper and cook until boiling.
11. Now set the heat to low and cook, uncovered for about 5-10 minutes, stirring frequently.
12. In 9 (1-pint) hot sterilized jars, divide the beef mixture, leaving about 1-inch space from the top.
13. Run a knife around the insides of each jar to remove any air bubbles.
14. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
15. Close each jar with a lid and screw on the ring.
16. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 60 minutes.
17. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
18. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
19. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 250| Fat: 4.8g| Carbs: 33.8g| Fiber: 9.9g| Protein: 23g

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## GROUND PORK MEATBALLS

**Prep Time: 20 mins. | Cook Time: 15 mins. | Canning Time: 1¼ hrs. | Serves: 16**

- ✓ 6 lb. ground pork
- ✓ 6 C. soft breadcrumbs
- ✓ 6 large eggs
- ✓ 1½ C. water
- ✓ 1 C. onion, chopped finely
- ✓ 1 tbsp. salt
- ✓ ¼ tsp. ground black pepper
- ✓ 8 C. hot chicken broth

1. In a glass bowl, add all ingredients except for broth and mix until just combined.
2. Set aside for about 15-30 minutes.
3. Preheat your oven to 425 °F. Lightly grease 2 shallow baking dishes.
4. Make 1-inch balls from the mixture.
5. Arrange the meatballs onto the prepared baking dishes in a single layer.
6. Bake for approximately 15 minutes.
7. In 8 (1-pint) hot sterilized jars, divide the meatballs.
8. Now pack each jar with hot broth, leaving 1-inch space from the top.
9. Run a knife around the insides of each jar to remove any air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

11. Close each jar with a lid and screw on the ring.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 525| Fat: 15.3g| Carbs: 30.4g| Fiber: 2g| Protein: 61.9g

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### HAM

**Prep Time: 15 mins. | Cook Time: 40 mins. | Canning Time: 1¼ hrs. | Serves: 40**

✓ 19 lb. ham, cut into ½-inch chunks

1. Heat a lightly greased large cast-iron skillet over medium-high heat and sear ham chunks in 8 batches for about 3-5 minutes.
2. In 10 (1-pint) hot sterilized jars, divide the ham chunks.
3. Now pack each jar with hot water, leaving 1-inch space from the top.
4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Carefully place the jars in the pressure canner and process at 11 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 351| Fat: 18.5g| Carbs: 8.3g| Fiber: 2.8g| Protein: 35.8g

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### SALMON

**Prep Time: 10 mins. | Canning Time: 1 hr. 50 mins. | Serves: 16**

- ✓ 4 lb. skinless, boneless salmon fillets,
- ✓ 2 tsp. canning salt
- ✓ 16 peppercorn
- ✓ 8 tsp. olive oil

1. In 8 (½-pint) hot sterilized jars, divide the salmon, salt, peppercorn and oil, leaving 1-inch space from the top.
2. Run a knife around the insides of each jar to remove any air bubbles.
3. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
4. Close each jar with a lid and screw on the ring.
5. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 110 minutes.
6. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
7. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
8. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 162| Fat: 6.4g| Carbs: 0g| Fiber: 0g| Protein: 25.3g

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### TUNA

**Prep Time: 10 mins. | Canning Time: 1 hr. 40 mins. | Serves: 10**

- ✓ 2½ lb. boneless skinless tuna, cut into 4-inch chunks
- ✓ 3 tsp. kosher salt

1. In 5 (½-pint) hot sterilized jars, divide the tuna chunks and salt.
2. Fill each jar with water, leaving 1-inch space from the top.
3. Run a knife around the insides of each jar to remove any air bubbles.
4. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
5. Close each jar with a lid and screw on the ring.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 100 minutes.



7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 211| Fat: 9.2g| Carbs: 0g| Fiber: 0g| Protein: 30.1g

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## SHRIMP

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 45 mins. | Serves: 16**

- ✓ 8 C. water
- ✓ 1 C. white vinegar
- ✓ 1 C. salt
- ✓ 3 tbsp. salt
- ✓ 4 lb. shrimp

1. In a large stockpot, add water, vinegar and salt and cook until boiling.
2. Add in the shrimp to the boiling water and immediately remove from the heat.
3. Set aside for about 10 minutes.
4. With a slotted spoon, transfer the shrimp into a bowl with cold water.
5. Drain the shrimp and then peel them.
6. Immediately plunge the shrimp in the same stockpot of water.
7. In 8 (1-pint) hot sterilized jars, divide the shrimp.
8. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
9. Run a knife around the insides of each jar to remove any air bubbles.
10. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
11. Close each jar with a lid and screw on the ring.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 45 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place for up to 1 year.

Per Serving:

Calories 138| Fat: 1.9g| Carbs: 1.9g| Fiber: 0g| Protein: 25.8g

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# VEGETABLES & FRUIT RECIPES

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## TOMATOES

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 35 mins. | Serves: 36**

- ✓ 15 lb. tomatoes
- ✓ 9 tbsp. bottled lemon juice

1. With a sharp knife, cut a small "X" in the bottom of each tomato.
2. In a large stainless-steel saucepan of water, add the tomatoes and cook for about 1 minute.
3. With a slotted spoon, transfer the tomatoes into a large bowl of ice water.
4. With a sharp paring knife, remove the skin of tomatoes.
5. Then chop the tomatoes roughly.
6. In a heavy-bottomed saucepan, add chopped tomatoes with any juice over medium-high heat and bring it to a boil.
7. Cook for about 5 minutes.
8. In the bottom of 9 (1-pint) hot sterilized jars, divide the lemon juice.
9. Now pack each jar with tomatoes, leaving ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 35 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories: 35| Fat: 0.4g| Carbs: 7.4g| Fiber: 2.3g| Protein: 1.7g

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### GREEN BEANS

**Prep Time: 15 mins.| Cook Time: 5 mins.| Canning Time: 20 mins.| Serves: 8**

- ✓ 2 lb. green beans, trimmed and cut into 2-inch pieces.
- ✓ 1 tsp. salt

1. In a large pan of boiling water, cook the green beans for about 5 minutes.
2. Drain the green beans, reserving the hot cooking liquid.
3. In the bottom of 4 (1-pint) hot sterilized jars, divide the green beans.
4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. In each jar, place ¼ tsp. of salt.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 35| Fat: 0.1g| Carbs: 8.1g| Fiber: 3.9g| Protein: 2.1g

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### GREEN PEAS

**Prep Time: 10 mins.| Cook Time: 3 mins.| Canning Time: 40 mins.| Serves: 32**

- ✓ 9 lb. fresh beans, shelled

1. In a saucepan of boiling water, cook the green peas for about 2-3 minutes.
2. Drain the green peas, reserving the hot cooking liquid.
3. In the bottom of 2 (1-quart) hot sterilized jars, divide the green peas.
4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 40 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 103| Fat: 0.5g| Carbs: 18.4g| Fiber: 6.5g| Protein: 5.9g

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### MUSHROOMS

**Prep Time: 15 mins.| Cook Time: 10 mins.| Canning Time: 35 mins.| Serves: 36**

- ✓ 14½ lb. fresh mushrooms, sliced
- ✓ 9 tsp. salt

1. In a saucepan of water, add the mushrooms and cook until boiling.
2. Cook for about 5 minutes.
3. Drain the mushrooms, reserving the hot cooking liquid.
4. In the bottom of 9 (1-pint) hot sterilized jars, divide the mushrooms.
5. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 35 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 39| Fat: 0.5g| Carbs: 6g| Fiber: 1.8g| Protein: 5.7g

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### ASPARAGUS

**Prep Time: 10 mins. | Cook Time: 3 mins. | Canning Time: 30 mins. | Serves: 12**

- ✓ 3 lb. asparagus, trimmed and cut into 1-inch pieces.
  1. In a large pan of boiling water, cook the asparagus for about 2-3 minutes.
  2. Drain the asparagus, reserving the hot cooking liquid.
  3. In the bottom of 4 (1-pint) hot sterilized jars, divide the asparagus pieces.
  4. Now pack each jar with hot boiling water, leaving 1-inch space from the top.
  5. Run a knife around the insides of each jar to remove any air bubbles.
  6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  7. Close each jar with a lid and screw on the ring.
  8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 30 minutes.
  9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
  10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  11. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 23| Fat: 0.1g| Carbs: 4.4g| Fiber: 2.4g| Protein: 2.5g

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### BLUEBERRIES

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 20 mins. | Serves: 24**

- ✓ 4 C. water
- ✓ 2 C. honey
- ✓ 3 lb. fresh blueberries
  1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
  2. In the bottom of 8 (½-pint) hot sterilized jars, divide the blueberries.
  3. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
  4. Run a knife around the insides of each jar to remove any air bubbles.
  5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  6. Close each jar with a lid and screw on the ring.
  7. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
  8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
  9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  10. Store these canning jars in a cool, dark place for 1-2 years.

**Per Serving:**

Calories 118| Fat: 0.2g| Carbs: 31.5g| Fiber: 1.4g| Protein: 0.5g

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### CHERRIES

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 25 mins. | Serves: 16**

- ✓ 2 lb. fresh cherries, stems removed
- ✓ 4 C. water
- ✓ ¾ C. white sugar
  1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
  2. In the bottom of 8 (½-pint) hot sterilized jars, divide the cherries.
  3. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
  4. Run a knife around the insides of each jar to remove any air bubbles.
  5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  6. Close each jar with a lid and screw on the ring.
  7. Arrange the jars in a boiling water canner and process for about 25 minutes.
  8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  10. Store these canning jars in a cool, dark place for 1-2 years.



Per Serving:

Calories 100| Fat: 0g| Carbs: 25.3g| Fiber: 0.3g| Protein: 0.2g

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### PINEAPPLE

**Prep Time: 15 mins. | Cook Time: 11 mins. | Canning Time: 20 mins. | Serves: 48**

- ✓ 5 C. water
  - ✓ 1 C. sugar
  - ✓ 12 lb. pineapple, peeled, cored and cut into chunks
1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
  2. Add the pineapple chunks and stir to combine.
  3. Now adjust the heat to medium-low and cook for about 5-6 minutes.
  4. In the bottom of 4 (1-quart) hot sterilized jars, divide the pineapple chunks.
  5. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
  6. Run a knife around the insides of each jar to remove any air bubbles.
  7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  8. Close each jar with a lid and screw on the ring.
  9. Arrange the jars in a boiling water canner and process for about 20 minutes.
  10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  12. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 72| Fat: 0.1g| Carbs: 19.1g| Fiber: 1.6g| Protein: 0.6g

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### PEARS

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 20 mins. | Serves: 72**

- ✓ 6 C. water
  - ✓ 1 C. sugar
  - ✓ 18 lb. pears, peeled, cored and quartered
  - ✓ 1/3 C. bottled lemon juice
1. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.
  2. Add the pears and cook for about 5 minutes.
  3. In the bottom of 7 (1-quart) hot sterilized jars, divide the pears.
  4. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
  5. Run a knife around the insides of each jar to remove any air bubbles.
  6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  7. Close each jar with a lid and screw on the ring.
  8. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
  9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
  10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  11. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 76| Fat: 0.2g| Carbs: 20.1g| Fiber: 3.5g| Protein: 0.4g

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### PEACH

**Prep Time: 10 mins. | Cook Time: 6 mins. | Canning Time: 20 mins. | Serves: 20**

- ✓ 10 peaches
  - ✓ 2 C. water
  - ✓ ¾ C. sugar
1. With a sharp knife, make an "X" on the bottom on the bottom to score the peach.
  2. In a saucepan of boiling water, place the peaches and cook for about 2 minutes.
  3. Remove the saucepan of peaches from heat and transfer the peaches into an ice bath.
  4. Drain the peaches and cut each in half.
  5. For syrup: in a large, stainless-steel saucepan, add water and sugar and cook for about 4-5 minutes or until sugar is dissolved, stirring continuously.

6. In the bottom of 3 (1-quart) hot sterilized jars, divide the peaches.
7. Now pack each jar with sugar syrup, leaving 1-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 20 minutes.
12. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Store these canning jars in a cool, dark place for 1-2 years.

Per Serving:

Calories 58| Fat: 0.2g| Carbs: 14.5g| Fiber: 1.2g| Protein: 0.7g

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## BEANS & LEGUMES RECIPES

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### CHICKPEAS

**Prep Time: 10 mins. | Cook Time: 35 mins. | Canning Time: 1¼ hrs. | Serves: 8**

- ✓ 1 lb. dried chickpeas, soaked for 18 hours and drained
  - ✓ 1 tsp. salt
1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
  2. Now set the heat to low and cook for about 30 minutes.
  3. Drain the chickpeas, reserving cooking liquid.
  4. In 2 (1-pint) hot sterilized jars, divide the chickpeas and sprinkle with salt.
  5. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
  6. Run a knife around the insides of each jar to remove any air bubbles.
  7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  8. Close each jar with a lid and screw on the ring.
  9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 90 minutes.
  10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
  11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  12. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 178| Fat: 3.2g| Carbs: 34g| Fiber: 9.7g| Protein: 11.3g

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### WHITE BEANS

**Prep Time: 10 mins. | Cook Time: 35 mins. | Canning Time: 1¼ hrs. | Serves: 28**

- ✓ ¾ lb. dried white beans, soaked for 18 hours and drained
  - ✓ 4½ tsp. salt
1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
  2. Now set the heat to low and cook for about 30 minutes.
  3. Drain the beans, reserving cooking liquid.
  4. In 7 (1-pint) hot sterilized jars, divide the beans and sprinkle with salt.
  5. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
  6. Run a knife around the insides of each jar to remove any air bubbles.
  7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  8. Close each jar with a lid and screw on the ring.
  9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
  10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
  11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  13. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 140| Fat: 0.5g| Carbs: 3.2g| Fiber: 7.9g| Protein: 11.6g

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## WHITE BEANS CHILI

**Prep Time: 15 mins. | Cook Time: 40 mins. | Canning Time: 1¼ hrs. | Serves: 14**

- ✓ 1 lb. white beans, soaked for 6 hours and drained
- ✓ 6 C. chicken broth
- ✓ 1 lb. frozen corn
- ✓ 1 medium onion, chopped
- ✓ 7 oz. canned green chilies
- ✓ 6 garlic cloves
- ✓ 4 tsp. ground cumin
- ✓ 1 tsp. dried oregano
- ✓ 2 tsp. cayenne pepper

1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the beans completely and set aside.
4. In 7 (1-pint) hot sterilized jars, divide the beans.
5. Fill each jar with hot broth mixture, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 166 | Fat: 2.1g | Carbs: 28.3g | Fiber: 9.6g | Protein: 11.4g

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## BAKED BEANS

**Prep Time: 15 mins. | Cook Time: 12 mins. | Canning Time: 1¼ hrs. | Serves: 6**

- ✓ 1 lb. dried navy beans
- ✓ 2 bay leaves
- ✓ 1 C. onion, chopped finely
- ✓ 6 tbsp. tomato paste
- ✓ 3 tbsp. brown sugar
- ✓ 1½ tbsp. Worcestershire sauce
- ✓ 1½ tsp. mustard powder
- ✓ 1½ tsp. salt
- ✓ 1½ tsp. ground black pepper

1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
2. Remove the pan of beans from heat and set aside, covered for about 1 hour.
3. Drain the beans and then add enough fresh water to cover.
4. In the pan of beans, add bay leaves over high heat and cook until boiling.
5. Boil for about 2 minutes.
6. Drain the beans, reserving the cooking liquid.
7. For sauce: in a large microwave-safe bowl, add remaining ingredients and stir to combine.
8. Add reserved 3 C. of hot cooking liquid and microwave or about 5 minutes.
9. Remove the bowl of sauce from the microwave and mix well.
10. In 3 (1-pint) hot sterilized jars, divide the beans.
11. Fill each jar with hot sauce mixture, leaving 1-inch space from the top.
12. Run a knife around the insides of each jar to remove any air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
16. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.



14. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 300| Fat: 1.1g| Carbs: 56.6g| Fiber: 12.7g| Protein: 18.2g

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### SWEET & SOUR BEANS

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 1¼ hrs. | Serves: 8**

- ✓ 1 lb. navy beans
- ✓ ½ C. leeks, chopped
- ✓ 2 C. water
- ✓ 2 C. ketchup
- ✓ 1 C. maple syrup
- ✓ ½ C. molasses
- ✓ 2 tbsp. brown sugar
- ✓ 1½ tsp. mustard powder
- ✓ Salt and ground black pepper, as required
- ✓ ½ C. white vinegar

1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
2. Remove the pan of beans from heat and set aside, covered for about 30-45 minutes.
3. Drain the beans and then add enough fresh water to cover.
4. Add the leeks and cook for about 15-20 minutes.
5. Remove the pan of beans from heat and drain water.
6. In a non-reactive saucepan, add 2 C. of water and remaining ingredients except for vinegar and bring to a gentle boil, stirring continuously.
7. Remove the pan of cooking mixture from heat and stir in vinegar.
8. In 4 (1-pint) hot sterilized jars, divide the beans.
9. Fill each jar with hot vinegar mixture, leaving 1-inch space from the top.
10. Run a knife around the insides of each jar to remove any air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
14. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 389| Fat: 1.1g| Carbs: 85.1g| Fiber: 8.9g| Protein: 13.7g

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### KIDNEY BEANS CHILI

**Prep Time: 15 mins. | Cook Time: 40 mins. | Canning Time: 1¼ hrs. | Serves: 18**

- ✓ 3 C. dried red kidney beans, soaked overnight and drained
- ✓ 1 tbsp. salt
- ✓ 2 C. onion, chopped
- ✓ 1 C. sweet bell pepper, seeded and chopped
- ✓ 6 garlic cloves, minced
- ✓ ¼ C. fresh parsley, minced
- ✓ 8 C. tomato juice
- ✓ ½ C. tomato paste
- ✓ 3 tbsp. red chilli powder
- ✓ 1 tsp. ground black pepper
- ✓ 2 tsp. dried thyme
- ✓ 2 tsp. ground cumin

1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the beans well.
4. For sauce: in a saucepan, add remaining ingredients over medium heat and cook until boiling.
5. Stir in the cooked beans and cook until boiling.
6. In 9 (1-pint) hot sterilized jars, divide the beans.

7. Fill each jar with hot sauce mixture, leaving 1-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
12. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 138| Fat: 0.5g| Carbs: 27.1g| Fiber: 5.9g| Protein: 8.3g

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### PINTO BEANS CHILI

**Prep Time: 15 mins. | Cook Time: 40 mins. | Canning Time: 1½ hrs. | Serves: 18**

- ✓ 2 lb. dry pinto beans, rinsed and drained
- ✓ 4 bay leaves
- ✓ Salt, as required
- ✓ 1 tbsp. olive oil
- ✓ 2 onions, chopped
- ✓ 2 (28-oz.) cans petite diced tomatoes
- ✓ 1 (15-oz.) can tomato sauce
- ✓ 2 C. beef broth
- ✓ 3 tbsp. chili powder,
- ✓ 2 tbsp. ground cumin
- ✓ 2 tsp. garlic powder
- ✓ 1 tsp. dried oregano
- ✓ 1 tsp. dried thyme
- ✓ Ground black pepper, as required

1. In a large stockpot of water, add beans, bay leaves, 1 tbsp. of salt over high heat and cook until boiling.
2. Now set the heat to low and cook for about 30-35 minutes.
3. Meanwhile, heat oil in a frying pan over medium heat and sauté the onion for about 4-5 minutes.
4. Drain the beans and return into the same pot.
5. In the pot of beans, add the cooked onion and remaining ingredients and stir to combine.
6. Place the pan over high heat and bring to a boil.
7. In 9 (1-pint) hot sterilized jars, divide the chili, leaving 1-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 90 minutes.
12. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 220| Fat: 2.1g| Carbs: 38.5g| Fiber: 9.8g| Protein: 12.9g

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### BLACK-EYED PEAS

**Prep Time: 10 mins. | Cook Time: 30 mins. | Canning Time: 1¼ hrs. | Serves: 12**

- ✓ 1½ lb. dried black-eyed peas, soaked overnight and drained
- ✓ 6 tbsp. onions, chopped
- ✓ 4 tsp. dried thyme
- ✓ 1½ tsp. kosher salt
- ✓ 30 peppercorns

1. In a Dutch oven, add black-eyed peas and enough water to cover over high heat and cook until boiling.
2. Now set the heat to low and cook for about 30 minutes.
3. Drain the black-eyed peas, reserving cooking liquid.
4. In 3 (1-pint) hot sterilized jars, divide the black-eyed peas, onion, thyme, salt and peppercorn.

5. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
6. Run a knife around the insides of each jar to remove any air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 196| Fat: 0.8g| Carbs:34g| Fiber: 0.2g| Protein: 13.6g

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### RED LENTILS

**Prep Time: 10 mins. | Cook Time: 0 mins. | Canning Time: 1¼ hrs. | Serves: 8**

- ✓ 2 C. red lentils, rinsed
- ✓ 4 C. chicken broth
- ✓ 2 small brown onions, chopped finely

1. In a Dutch oven, add lentils, onion and broth over high heat and cook until boiling.
2. Now set the heat to low and cook for about 5 minutes.
3. In 4 (1-pint) hot sterilized jars, divide the lentils.
4. Fill each jar with hot cooking liquid, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 196| Fat: 1.2g| Carbs: 30.9g| Fiber: 15g| Protein: 15g

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### CORN

**Prep Time: 15 mins. | Canning Time: 55 mins. | Serves: 12**

- ✓ 12 ears corn
- ✓ 1½ tsp. salt

1. Husk corn and remove silk.
2. Wash corn cobs and cut corn from cob.
3. In 3 (1-pint) hot sterilized jars, divide the corn and salt.
4. Fill each jar with hot water, leaving 1-inch space from the top.
5. Run a knife around the insides of each jar to remove any air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 55 minutes.
9. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. Store these canning jars in a cool, dark place for 2-5 years.

Per Serving:

Calories 132| Fat: 1.9g| Carbs: 29g| Fiber: 4.2g| Protein: 5g

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## BROTHS, SOUP & STEW RECIPES

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### CHICKEN BROTH

**Prep Time: 20 mins. | Cook Time: 6 hrs. 50 mins. | Canning Time: 20 mins. | Serves: 32**

- ✓ 5 lb. chicken bones
- ✓ 2 large onions, cut into large pieces
- ✓ 2 carrots, peeled and cut into large pieces
- ✓ 2 celery stalks, cut into large pieces
- ✓ 3 garlic cloves, crushed
- ✓ 2 bay leaves
- ✓ 2 tsp. dried thyme
- ✓ 1 tsp. dried sage
- ✓ ½ tsp. dried rosemary
- ✓ 8-10 whole peppercorns
- ✓ 20 C. water

1. Preheat your oven to 425 °F.
2. In a large roasting pan, place the chicken bones and spread the onions, carrots, celery and garlic on top.
3. Roast for approximately 45 minutes, flipping once halfway through.
4. Remove the roasting pan of bones mixture from oven and drain off the grease.
5. Transfer roasted beef bones and vegetables in a stockpot.
6. In the roasting pan, add 1 C. of water and scrape the browned bits from the bottom with a spoon.
7. In the stockpot, add the roasting pan juices and remaining ingredients except for water.
8. Add enough water to cover the mixture.
9. Place the pan over high heat and cook until boiling.
10. Now set the heat to low and cook, uncovered for about 4-6 hours.
11. Through a strainer, strain the broth.
12. In 8 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
13. Slide a small knife around the insides of each jar to remove air bubbles.
14. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
15. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
16. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. Store these canning jars in a cool, dark place for 12-18 months

Per Serving:

Calories 113| Fat: 2.2g| Carbs: 1.4g| Fiber: 0.4g| Protein: 20.7g

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## BEEF BROTH

**Prep Time: 20 mins. | Cook Time: 7 hrs. 5 mins. | Canning Time: 20 mins. | Serves: 20**

- ✓ 4 lb. meaty beef soup bones
- ✓ 3 celery ribs, cut into chunks
- ✓ 3 medium carrots, peeled and chopped roughly
- ✓ 2 medium onions, quartered
- ✓ ½ C. warm water
- ✓ 3 bay leaves
- ✓ 3 garlic cloves
- ✓ 8-10 whole peppercorns
- ✓ 3-4 sprigs fresh parsley
- ✓ 1 tsp. dried thyme
- ✓ 1 tsp. dried oregano
- ✓ 1 tsp. dried marjoram
- ✓ Cold water, as required

1. Preheat your oven to 450 °F.
2. In a large roasting pan, place the beef bones.
3. Roast for approximately 30 minutes.
4. After 30 minutes of roasting, place the carrots, celery and onions into the roasting pan with bones.
5. Roast for approximately 30 minutes.
6. Remove the roasting pan of bones and vegetables from the oven and drain off the grease.
7. In a stockpot, place the roasted beef bones and vegetables.
8. In the roasting pan, add warm water and with a spoon, scrape up the browned bits from the bottom.
9. In the stockpot, add the roasting pan juices, bay leaves, garlic, peppercorns, parsley and dried herbs.
10. Add enough water to cover the mixture.



11. Place the pan over high heat and cook until boiling.
12. Now set the heat to low and cook, covered for about 2 hours.
13. Uncover the pot and simmer, covered for about 4 hours.
14. Through a strainer, strain the broth, discarding the solids.
15. In 5 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
16. Slide a small knife around the insides of each jar to remove air bubbles.
17. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
18. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
19. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
20. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
21. Store these canning jars in a cool, dark place for 12-18 months

Per Serving:

Calories 115| Fat: 3.1g| Carbs: 4.5g| Fiber: 0.5g| Protein: 16.5g

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### FISH BROTH

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 20 mins. | Serves: 16**

- ✓ 2 tbsp. unsalted butter
  - ✓ 2 medium onions, sliced thinly
  - ✓ 2 medium carrots, sliced thinly
  - ✓ 4 celery stalks, sliced thinly
  - ✓ 2 dried bay leaves
  - ✓ 6-8 sprigs fresh thyme
  - ✓ ¼ C. fresh parsley, chopped
  - ✓ 2 tbsp. black peppercorns
  - ✓ 1 cod head, split lengthwise, gills removed and rinsed
  - ✓ 3 lb. fish bones, cut into 2-inch pieces and rinsed
  - ✓ ¼ C. dry white wine
  - ✓ 8 C. hot water
1. Melt the butter in a heavy-bottomed stockpot over medium heat and cook the onions, carrots, celery, fresh herbs, bay leaves and peppercorns for about 8 minutes, stirring frequently.
  2. Add in the remaining ingredients except for water and cook, covered for about 10-15 minutes.
  3. Stir in the water and cook until boiling.
  4. Now adjust the heat to medium and simmer, covered for about 10-15 minutes, skimming off the foam from top occasionally.
  5. Remove the pan of broth from heat and, through a strainer, strain it.
  6. In 4 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
  7. Slide a small knife around the insides of each jar to remove air bubbles.
  8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  9. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
  10. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
  11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  12. Store these canning jars in a cool, dark place for 12-18 months

Per Serving:

Calories 116| Fat: 2.2g| Carbs: 2.3g| Fiber: 0.6g| Protein: 19.7g

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### VEGETABLE BROTH

**Prep Time: 20 mins. | Cook Time: 1 hr. 40 mins. | Canning Time: 20 mins. | Serves: 16**

- ✓ 2 tbsp. olive oil
- ✓ 1½ lb. sweet onions, chopped
- ✓ 1 lb. tomatoes, cored
- ✓ 1 lb. carrots, peeled and chopped
- ✓ 1 lb. bell pepper, seeded and cut into 1 inch pieces
- ✓ ½ lb. turnips, peeled and cubed
- ✓ 1 lb. celery, chopped
- ✓ 3 garlic cloves
- ✓ 3 whole cloves

- ✓ 1 bay leaf
- ✓ 6 whole black peppercorns
- ✓ 1 bunch fresh parsley, chopped
- ✓ 8 C. water

1. Preheat your oven to 450°F.
2. In a roasting pan, place olive oil, onions, tomatoes, carrots, bell pepper and turnips and toss to coat well.
3. Then arrange the vegetables in an even layer.
4. Roast for approximately 1 hour, flipping after every 15 minutes.
5. Remove the roasting pan of vegetables from oven.
6. In a stockpot, add roasted vegetables and remaining ingredients over high heat and cook until boiling.
7. Now adjust the heat to medium and simmer, covered for about 30-35 minutes.
8. Remove the pan of broth from heat and, through a strainer, strain it.
9. In 4 (1-pint) hot sterilized jars, divide the broth, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 20 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place for 12-18 months

Per Serving:

Calories 106| Fat: 2.3g| Carbs: 21g| Fiber: 5.2g| Protein: 2.6g

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### CHICKEN SOUP

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 1¼ hrs. | Serves: 16**

- ✓ 16 C. chicken broth
- ✓ 1 C. cut string beans
- ✓ 1 C. carrots, peeled and sliced
- ✓ ½ C. onion, chopped
- ✓ ½ C. celery, sliced
- ✓ ½ C. frozen peas
- ✓ ½ C. frozen corn
- ✓ 3 C. cooked chicken, chopped
- ✓ 1 tsp. dried parsley
- ✓ 1 tsp. sugar
- ✓ ½ tsp. poultry seasoning
- ✓ Salt and ground black pepper, as required

1. In a stockpot, add all ingredients over high heat and ring to a boil.
2. Now set the heat to low and cook, covered for about 30 minutes.
3. In 8 (1-pint) hot sterilized jars, divide the soup, leaving about ½-inch space from the top.
4. Run a knife around the insides of each jar to remove any air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place for up to 6 months.

Per Serving:

Calories 94| Fat: 2.3g| Carbs: 4.4g| Fiber: 1g| Protein: 13.1g

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### GROUND BEEF & CABBAGE SOUP

**Prep Time: 15 mins. | Cook Time: 30 mins. | Canning Time: 1¼ hrs. | Serves: 15**

- ✓ 2 lb. ground beef
- ✓ 1 large onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 6 C. cabbage, shredded
- ✓ 1 C. celery, chopped

- ✓ 1 C. bell pepper, seeded and chopped
- ✓ 2 (16-oz.) cans kidney beans
- ✓ 8 C. canned tomatoes with juice
- ✓ 8 C. beef broth
- ✓ 2 tbsp. garlic powder
- ✓ 2 tbsp. dried basil
- ✓ 1 tbsp. dried parsley
- ✓ 1 tbsp. dried oregano

1. Heat a Dutch over medium-high heat and cook the beef for about 8-10 minutes, crumbling with the spoon.
2. With a slotted spoon, transfer the cooked beef into a bowl.
3. Drain the grease, reserving 2 tbsp. inside.
4. In the pan, add the onion and garlic and sauté for about 4-5 minutes.
5. Stir in the cooked beef and remaining ingredients and cook until boiling.
6. Now adjust the heat to low and cook, covered for about 20 minutes.
7. In 10 (1-pint) hot sterilized jars, divide the soup, leaving about ½-inch space from the top.
8. Run a knife around the insides of each jar to remove any air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place for up to 6 months.

Per Serving:

Calories 280| Fat: 4.1g| Carbs: 34.4g| Fiber: 8.8g| Protein: 27.2g

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### FRENCH ONION SOUP

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 1¼ hrs. | Serves: 20**

- ✓ 2 tbsp. butter
- ✓ 7 medium onions, sliced
- ✓ 12 C. beef broth
- ✓ 2 tbsp. better than beef bouillon
- ✓ 2 tsp. steak sauce
- ✓ 2 tsp. Worcestershire sauce

1. In a cast-iron wok, melt butter over medium-low heat and cook the onion slices for about 15-20 minutes or until caramelized, stirring occasionally.
2. Meanwhile, in a stockpot, add remaining ingredients over medium-high heat and cook until boiling.
3. In 10 (1-pint) hot sterilized jars, divide the onion slices.
4. Fill each jar with hot broth mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
8. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. Store these canning jars in a cool, dark place for up to 6 months.

Per Serving:

Calories 52| Fat: 2g| Carbs: 4.9g| Fiber: 0.8g| Protein: 3.6g

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### HAM & BEANS STEW

**Prep Time: 15 mins. | Cook Time: 1 hr. 10 mins. | Canning Time: 1¼ hrs. | Serves: 12**

- ✓ 1 lb. dried Navy beans
- ✓ 6 C. chicken broth
- ✓ ½ lb. fully cooked ham, cut into 1-inch pieces
- ✓ 1½ tbsp. garlic, minced
- ✓ 1 bay leaf
- ✓ 6-8 whole peppercorns
- ✓ 1 large brown onion, chopped finely

- ✓ 5 celery stalks, sliced
- ✓ 6 oz. carrots, peeled and sliced thinly
- ✓ Salt and ground black pepper, as required

1. In a Dutch oven, add beans and enough water to cover over high heat and cook until boiling.
2. Remove the pan of beans from heat and set aside, covered for about 1 hour.
3. Drain the beans and return to the same pan.
4. In the pan, add the broth, ham pieces, garlic, peppercorns and bay leaf over high heat and cook until boiling.
5. Now set the heat to low and cook, uncovered for about 45 minutes.
6. Stir in the vegetables, salt and black pepper and simmer for about 15 minutes.
7. In 6 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 75 minutes.
11. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. Store these canning jars in a cool, dark place for up to 6 months.

Per Serving:

Calories 191| Fat: 2.7g| Carbs: 27.5g| Fiber: 6.8g| Protein: 14.5g

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## FISH STEW

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 1 hr 40 mins. | Serves: 10**

### For Fish Brine

- ✓ 8 C. water
- ✓ ½ C. salt
- ✓ 2 lb. boneless, skinless white fish, cut into 1-inch pieces

### For Stew

- ✓ 3 C. water
- ✓ 6 large tomatoes
- ✓ 2 garlic cloves
- ✓ 2 tsp. sugar
- ✓ ½ tsp. celery salt
- ✓ Pinch of cayenne pepper
- ✓ 4 C. potatoes, peeled and cubed
- ✓ ½ C. onion, chopped roughly
- ✓ ¼ C. pimiento, chopped
- ✓ 3 cooked bacon slices, crumbled
- ✓ 1 tbsp. fresh lemon juice

1. For brine: in a large glass bowl, dissolve salt in water.
2. Add fish pieces and soak for about 1 hour.
3. Drain fish pieces.
4. For stew: in a stockpot, add water, tomatoes, garlic, sugar, salt, celery salt and cayenne pepper over medium-high heat and cook until boiling.
5. Now set the heat to low and cook, covered for about 20 minutes.
6. Add in remaining ingredients and stir to combine.
7. Now adjust the heat to medium-high and cook until boiling.
8. Cook for about 5 minutes.
9. In 5 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 100 minutes.
13. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
14. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
15. Store these canning jars in a cool, dark place for up to 6 months.

Per Serving:



Calories 230| Fat: 6.5g| Carbs: 15.6g| Fiber: 2.9g| Protein: 26.7g

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## VEGETABLE STEW

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 55 mins. | Serves: 14**

- ✓ 4 lb. tomatoes, cored and chopped
- ✓ 2 C. lima beans
- ✓ 2 C. uncooked corn kernels
- ✓ 6 medium potatoes, peeled and cubed
- ✓ 12 medium carrots, peeled and sliced
- ✓ 1 C. celery stalk, sliced
- ✓ 2 medium onions, chopped
- ✓ Salt and ground black pepper, as required
- ✓ 3 C. water

1. In a stockpot, add all ingredients over medium-high heat and cook until boiling.
2. Now set the heat to low and cook, uncovered for about 4-5 minutes.
3. In 7 (1-pint) hot sterilized jars, divide the stew, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Carefully place the jars in the pressure canner and process at 10 lb. pressure for about 55 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. Store these canning jars in a cool, dark place for up to 6 months.

Per Serving:

Calories 159| Fat: 0.8g| Carbs: 34.8g| Fiber: 7.2g| Protein: 5.6g

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## JAM, JELLIES & MARMALADES RECIPES

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### BLUEBERRY JAM

**Prep Time: 10 mins. | Cook Time: 8 mins. | Canning Time: 10 mins. | Serves: 40**

- ✓ 7 C. fresh blueberries
- ✓ 1 C. unsweetened apple juice
- ✓ 1 (1¾-oz.) package no-sugar-added pectin
- ✓ 1½ tsp. liquid stevia

1. In a heavy-bottomed saucepan, add blueberries, apple juice and pectin and stir to combine.
2. Add the stevia and mix well.
3. Place the pan over medium heat and cook until boiling, stirring continuously.
4. Boil for about 3 minutes.
5. Remove the pan of jam from heat and immediately skim off foam from the top.
6. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories 17| Fat: 0.1g| Carbs: 4.4g| Fiber: 0.6g| Protein: 0.2g

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### KIWI JAM

**Prep Time: 15 mins. | Cook Time: 40 mins. | Canning Time: 10 mins. | Serves: 40**

- ✓ 1½ C. kiwis, peeled and mashed
- ✓ 1½ apples, halved
- ✓ 1/3 C. pineapple juice

- ✓ 2 tbsp. fresh lemon juice
  - ✓ 2 C. white sugar
1. In a heavy-bottomed saucepan, add mashed kiwi, apples, pineapple juice and lemon juice over medium-high heat and cook until boiling.
  2. Add the sugar and stir to dissolve.
  3. Now set the heat to low and cook for about 30 minutes.
  4. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
  5. Slide a small knife around the insides of each jar to remove air bubbles.
  6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  7. Close each jar with a lid and screw on the ring.
  8. Arrange the jars in a boiling water canner and process for about 10 minutes.
  9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  11. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories 47| Fat: 0.1g| Carbs: 12.4g| Fiber: 0.44g| Protein: 0.1g

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### APRICOT JAM

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 40**

- ✓ 2 C. apricots, peeled, pitted and crushed
  - ✓ 3 C. sugar
  - ✓ 2 tbsp. fresh lemon juice
1. In a heavy-bottomed saucepan, add crushed apricots, apples, pineapple juice and lemon juice over medium-high heat and cook until boiling.
  2. Now set the heat to low and cook for about 15-20 minutes.
  3. In 5 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
  4. Slide a small knife around the insides of each jar to remove air bubbles.
  5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  6. Close each jar with a lid and screw on the ring.
  7. Arrange the jars in a boiling water canner and process for about 10 minutes.
  8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  10. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories 60| Fat: 0.1g| Carbs: 15.9g| Fiber: 0.2g| Protein: 0.1g

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### MANGO JAM

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 24**

- ✓ 4 C. mangoes, peeled, pitted and cubed
  - ✓ 3 C. sugar
  - ✓ ½ C. fresh lemon juice
1. Place the chopped mangoes in a heavy-bottomed saucepan with the sugar and lemon juice over medium-high heat and cook until boiling, stirring frequently.
  2. Boil for about 20 minutes, stirring occasionally.
  3. In 3 (½-pint) hot sterilized jars, divide the jam, leaving about ½-inch space from the top.
  4. Slide a small knife around the insides of each jar to remove air bubbles.
  5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  6. Close each jar with a lid and screw on the ring.
  7. Arrange the jars in a boiling water canner and process for about 10 minutes.
  8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  10. The canned jam can be preserved in the pantry for up to 1 year.

Per Serving:

Calories 111| Fat: 0.1g| Carbs: 29.2g| Fiber: 0.5g| Protein: 0.3g

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### GRAPE JELLY

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 24**

- ✓ 3 C. grape juice
- ✓ 5¼ C. white sugar
- ✓ 1 (2-oz.) package powdered fruit pectin

1. In a large, deep stainless-steel saucepan, place grape juice and pectin and with a wire whisk, beat until dissolved.
2. Place the saucepan of juice over high heat and cook until boiling, stirring frequently.
3. Add in the sugar and again bring to a full rolling boil, stirring continuously.
4. Boil for about 1 minute, stirring continuously.
5. In 3 (1-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories: 183| Fat: 0g| Carbs: 48.7g| Fiber: 0.2g| Protein: 0.2g

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### APPLE JELLY

**Prep Time: 15 mins. | Cook Time: 6 mins. | Canning Time: 10 mins. | Serves: 40**

- ✓ 1½ C. unsweetened apple juice
- ✓ 2 tbsp. pectin
- ✓ ¼ tsp. butter
- ✓ 1½ C. plus 3 tbsp. granulated sugar

1. In a large, deep stainless-steel saucepan, place apple juice and pectin and with a wire whisk, beat until dissolved.
2. Add the butter and stir to combine.
3. Place the saucepan of juice mixture over high heat and cook until boiling, stirring frequently.
4. Add in the sugar and again bring to a full rolling boil, stirring continuously.
5. Boil for about 1 minute, stirring continuously.
6. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
7. In 5 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories 33| Fat: 0g| Carbs: 8.7g| Fiber: 0.1g| Protein: 0g

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### MINT JELLY

**Prep Time: 15 mins. | Cook Time: 6 mins. | Canning Time: 10 mins. | Serves: 32**

- ✓ 1½ C. fresh mint leaves and stems
- ✓ 2¼ C. boiling water
- ✓ 2 tbsp. fresh lemon juice
- ✓ 1 drop green food color
- ✓ 3½ C. white sugar
- ✓ ½ (6-fluid-oz.) container liquid pectin

1. In a stainless-steel saucepan, place mint.
2. With a potato masher, crush the mint completely.
3. In the pan, add water and cook until boiling.
4. Remove the saucepan of mint mixture from heat and set aside, covered for about 10 minutes.
5. Through a strainer, strain the mint mixture.
6. In the same saucepan, add about 1 2/3 C. of strained mint water, lemon juice and food coloring and stir to

combine.

7. Place the saucepan of mint mixture over high heat and cook until boiling, stirring continuously.
8. Stir in the pectin and boil for about 1 minute, stirring continuously.
9. Remove the saucepan of jelly from heat and immediately skim off foam from the top.
10. In 4 (½-pint) hot sterilized jars, divide the jelly, leaving about ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Close each jar with a lid and screw on the ring.
14. Arrange the jars in a boiling water canner and process for about 10 minutes.
15. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. The canned jelly can be preserved in the pantry for up to 1 year.

Per Serving:

Calories 77| Fat: 0g| Carbs: 20.1g| Fiber: 0.6g| Protein: 0.1g

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### ORANGE MARMALADE

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 10 mins. | Serves: 56**

- ✓ 4 oranges, peeled, seeded and white pith removed
- ✓ 1 grapefruit, peeled, seeded and white pith removed
- ✓ 1 C. water
- ✓ 1 C. fresh orange juice
- ✓ 1¼ C. white sugar, divided
- ✓ 3 tbsp. low-sugar pectin
- ✓ ¾ C. honey

1. Place peeled oranges and grapefruit in a food processor and pulse until roughly chopped.
2. In a non-reactive saucepan, add chopped fruit, water, orange juice, ¼ C. of sugar and pectin and stir to combine.
3. Place the pan over medium-high heat and cook until boiling, stirring continuously.
4. Now set the heat to low and cook for about 8 minutes, stirring occasionally.
5. Stir in honey and remaining sugar in and bring to a full rolling boil, stirring continuously.
6. Boil for about 1 minute.
7. In 7 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories 39| Fat: 0g| Carbs: 10.4g| Fiber: 0.4g| Protein: 0.2g

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### LEMON MARMALADE

**Prep Time: 15 mins. | Cook Time: 2 hrs. 10 mins. | Canning Time: 10 mins. | Serves: 48**

- ✓ 10 large lemons
- ✓ 4 C. water
- ✓ 4 C. sugar

1. With a vegetable peeler, slice the yellow part of lemon peel in strips.
2. Cut the lemon strips into 1 1/8-inch strips.
3. With a sharp knife, cut off any remaining white pith from lemons.
4. Cut the peeled lemons into ¼-inch-thick slices crosswise.
5. In a non-reactive saucepan, add the chopped lemons, peel strips, and water and refrigerate, covered for 4 hours.
6. Place the saucepan of lemon mixture over high heat and cook until boiling, stirring frequently.
7. Now set the heat to low and cook, covered for about 1 hour.
8. Add sugar and increase the heat to medium-high.
9. Cook for about 3-5 minutes or until sugar is dissolved, stirring continuously.



10. Now set the heat to low and cook, uncovered for about 45-60 minutes, stirring frequently.
11. In 3 (1-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 10 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories 63| Fat: 0g| Carbs: 17g| Fiber: 0.1g| Protein: 0g

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### GINGER MARMALADE

**Prep Time: 15 mins. | Cook Time: 1 hr. 32 mins. | Canning Time: 10 mins. | Serves: 40**

- ✓ 3½ C. fresh ginger, peeled
- ✓ 4 C. water
- ✓ 5 C. white sugar
- ✓ 1 (3-oz.) pouch liquid pectin

1. Cut half of the peeled ginger into cubes and then shred the remaining.
2. In a non-reactive saucepan, add ginger and water over medium heat and cook until boiling.
3. Now set the heat to low and cook, covered for about 1¼ hours. (You can add more water if needed).
4. Remove the saucepan of the ginger mixture from heat and through a fine-mesh strainer, drain the mixture.
5. In a bowl, add about ½ C. of ginger water and cooked ginger and refrigerate for at least 4 hours or overnight.
6. In a large, heavy-bottomed pot, add ginger mixture and sugar over medium-high heat and cook until boiling, stirring continuously.
7. Boil for about 1 minute, stirring continuously.
8. Add the liquid pectin and stir to combine.
9. Now set the heat to low and cook for about 7 minutes, skimming foam from top of marmalade.
10. In 5 (½-pint) hot sterilized jars, divide the marmalade, leaving about ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Close each jar with a lid and screw on the ring.
14. Arrange the jars in a boiling water canner and process for about 10 minutes.
15. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. The canned marmalade can be stored in the pantry for up to 1 year.

Per Serving:

Calories 121| Fat: 0.5g| Carbs: 30.5g| Fiber: 1.1g| Protein: 0.7g

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## SAUCES RECIPES

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### TOMATO SAUCE

**Prep Time: 15 mins. | Cook Time: 50 mins. | Canning Time: 40 mins. | Serves: 32**

- ✓ 8 lb. ripe red tomatoes
- ✓ 1 tsp. sea salt
- ✓ ¼ C. bottled lemon juice, divided

1. With a sharp knife, cut a small "X" in the bottom of each tomato.
2. In a large stainless-steel saucepan of water, add the tomatoes and cook for about 30 minutes.
3. With a slotted spoon, transfer the tomatoes into a large bowl of ice water.
4. With a sharp paring knife, remove the skin of tomatoes.
5. With a sharp paring knife, remove the skin and seeds of tomatoes.
6. Then chop the tomatoes roughly.
7. In a non-reactive saucepan, add chopped tomatoes and salt and bring just to a boil.
8. Now set the heat to low and cook and simmer for about 45 minutes, stirring occasionally.

9. In the bottom of 4 (1-pint) hot sterilized jars, divide the lemon juice.
10. Now pack each jar with tomato sauce, leaving ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Close each jar with a lid and screw on the ring.
14. Arrange the jars in a boiling water canner and process for about 40 minutes.
15. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
16. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
17. The canned sauce can be preserved in a cool, dark place for 8-10 months.

Per Serving:

Calories 21| Fat: 0.3g| Carbs: 4.5g| Fiber: 1.4g| Protein: 1g

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### SPAGHETTI SAUCE

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 35 mins. | Serves: 72**

- ✓ 15 lb. tomatoes
- ✓ 2 tbsp. olive oil
- ✓ ½ lb. fresh mushrooms, sliced
- ✓ ½ C. onions, chopped
- ✓ ½ C. celery, chopped
- ✓ 3 garlic cloves, minced
- ✓ 2 tsp. salt
- ✓ 1 tbsp. oregano
- ✓ 2 tbsp. fresh parsley, minced
- ✓ 1 tsp. ground black pepper
- ✓ 2 tbsp. brown sugar

1. In the pan of boiling water, cook the tomatoes for about 30-60 seconds.
2. Drain the potatoes and transfer the bowl of cold water.
3. Carefully remove the skins and cores.
4. Then, chop the tomatoes roughly.
5. In a stainless-steel saucepan, add tomatoes with any juice over medium heat and cook for about 20 minutes, stirring frequently.
6. Remove the saucepan of sauce from heat and through a food mill, pass the tomatoes, discarding the seeds.
7. In a non-stick saucepan, heat the olive oil over medium heat and cook the mushrooms, onion, celery and garlic for about 4-5 minutes, stirring frequently.
8. Add the cooked tomatoes and remaining ingredients and cook until boiling.
9. Now set the heat to low and cook for about 5-10 minutes, stirring frequently.
10. In 9 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
11. Slide a small knife around the insides of each jar to remove air bubbles.
12. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
13. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 35 minutes.
14. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. The canned sauce can be preserved in a cool, dark place for 8-10 months.

Per Serving:

Calories 23| Fat: 0.6g| Carbs: 4.2g| Fiber: 1.2g| Protein: 1g

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### HOT SAUCE

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 10 mins. | Serves: 64**

- ✓ 2 tbsp. pickling spices
- ✓ 1½ C. hot peppers, stemmed, seeded and chopped
- ✓ 64 oz. canned no-sugar-added tomatoes
- ✓ 4 C. white vinegar
- ✓ 1 tsp. pickling salt

1. In a cheesecloth, tie the pickling spices.
2. In a large non-reactive saucepan, add spice bag and remaining ingredients over medium-high heat and

- cook until boiling.
3. Now set the heat to low and cook for about 20 minutes.
  4. Through a food mill, press the mixture.
  5. Return the liquid into the same saucepan and again bring to a boil.
  6. Cook for about 15 minutes.
  7. In 8 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
  8. Slide a small knife around the insides of each jar to remove air bubbles.
  9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
  10. Close each jar with a lid and screw on the ring.
  11. Arrange the jars in a boiling water canner and process for about 10 minutes.
  12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
  13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
  14. The canned sauce can be preserved in a cool, dark place for 8-10 months.

Per Serving:

Calories 9| Fat: 0.1g| Carbs: 1.4g| Fiber: 0.4g| Protein: 0.3g

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### CREOLE SAUCE

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 35 mins. | Serves: 2**

- ✓ 2½ lb. tomato, peeled, cored and chopped
- ✓ 1 C. onion, chopped
- ✓ ½ C. sweet red pepper
- ✓ ¼ C. celery, chopped
- ✓ 1 garlic clove, minced
- ✓ ½ red chile pepper, chopped
- ✓ ½ tbsp. fresh parsley, minced
- ✓ ½ tbsp. sugar
- ✓ 1 tsp. salt
- ✓ ¼ tsp. dried marjoram
- ✓ ¼ tsp. red chili powder

1. In a stainless-steel saucepan, add all ingredients over medium-high heat and cook until boiling.
2. Now set the heat to low and cook for about 40 minutes, stirring frequently.
3. In 4 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Carefully place the jars in the pressure canner and process at 6 lb. pressure for about 35 minutes.
7. Remove the jars from pressure canner and place onto a wood surface several inches apart to cool completely.
8. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
9. The canned sauce can be preserved in a cool, dark place for 8-10 months.

Per Serving:

Calories 5| Fat: 0g| Carbs: 1.1g| Fiber: 0.3g| Protein: 0.2g

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### BBQ SAUCE

**Prep Time: 15 mins. | Cook Time: 1 hr. 5 mins. | Canning Time: 10 mins. | Serves: 24**

- ✓ 6 oz. sugar-free, low-sodium tomato paste
- ✓ ¾ C. water
- ✓ 1/3 C. apple cider vinegar
- ✓ 3 tbsp. white wine vinegar
- ✓ 2 tbsp. Worcestershire sauce
- ✓ 2 tsp. red chili powder
- ✓ ½ tsp. onion powder
- ✓ ½ tsp. garlic powder
- ✓ ¼ tsp. ground cinnamon
- ✓ 1/8 tsp. salt
- ✓ ½ tsp. ground black pepper

1. In a non-reactive saucepan, add all ingredients over medium-high heat and cook until boiling.

2. Now set the heat to low and cook for about 1 hour, stirring occasionally.
3. In 3 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned sauce can be preserved in a cool, dark place for 8-10 months.

Per Serving:

Calories 9| Fat: 0.1g| Carbs: 1.9g| Fiber: 0.4g| Protein: 0.4g

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### CHERRY BBQ SAUCE

**Prep Time: 15 mins. | Cook Time: 1 hr. | Canning Time: 20 mins. | Serves: 40**

- ✓ 3 lb. fresh sweet cherries, pitted
- ✓ 1 C. onion, chopped
- ✓ 3 garlic cloves, minced
- ✓ 1 C. apple cider vinegar
- ✓ ¾ C. honey
- ✓ 3 tsp. salt
- ✓ 2 tsp. Worcestershire sauce
- ✓ 2 tsp. natural liquid smoke
- ✓ 2 tsp. red chili powder
- ✓ 1-2 tsp. cayenne powder

1. In a non-reactive saucepan, add all ingredients over medium-high heat and cook until boiling, stirring continuously.
2. Now adjust the heat to medium-low and cook, covered for about 15 minutes, stirring occasionally.
3. Uncover the saucepan and cook for about 20-25 minutes, stirring occasionally.
4. Remove the saucepan of sauce from heat and with an immersion blender, blend until smooth.
5. Return the pan over low heat and cook for about 10-15 minutes, stirring occasionally.
6. In 5 (½-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 20 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be preserved in a cool, dark place for 8-10 months.

Per Serving:

Calories 62| Fat: 0.1g| Carbs: 15.3g| Fiber: 0.3g| Protein: 0.2g

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### BLUEBERRY SAUCE

**Prep Time: 10 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 32**

- ✓ 4 C. fresh blueberries
- ✓ 3 C. granulated sugar
- ✓ 1 tbsp. fresh lemon juice
- ✓ 2 tsp. fresh lemon zest
- ✓ 3 oz. liquid fruit pectin

1. In a stainless-steel saucepan, add blueberries over medium heat and with a potato masher, crush them lightly.
2. In the pan, add the sugar, lemon juice and lemon zest and to the berries. stir to combine.
3. Turn heat to high and bring to a full, rolling boil, stirring continuously.
4. Stir in pectin and boil for about 1 minute, stirring continuously.
5. Remove the saucepan of sauce from heat and immediately skim off foam from the top.
6. In 2 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.



7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned sauce can be preserved in a cool, dark place for up to 3 months.

Per Serving:

Calories 98| Fat: 0.1g| Carbs: 24.8g| Fiber: 0.5g| Protein: 0.1g

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### APPLESAUCE

**Prep Time: 10 mins. | Cook Time: 20 mins. | Canning Time: 20 mins. | Serves: 32**

- ✓ 7½ lb. apples, cored and chopped
- ✓ 1 C. water

1. In a heavy-bottomed pot, add apples and water over medium heat and cook for about 15-20 minutes or until apples begin to soften, stirring occasionally.
2. In a high-speed blender, add apples and pulse until pureed.
3. In 4 (1-pint) hot sterilized jars, divide the applesauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 20 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned sauce can be preserved in a cool, dark place for up to 3 months.

Per Serving:

Calories 27| Fat: 0.1g| Carbs: 7.2g| Fiber: 1.3g| Protein: 0.1g

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### PEAR SAUCE

**Prep Time: 10 mins. | Cook Time: 30 mins. | Canning Time: 15 mins. | Serves: 40**

- ✓ 12 ripe pears, cored and quartered
- ✓ 6 C. water
- ✓ 1 tsp. ground cinnamon

1. In a large stainless-steel pan, add pears, water and cinnamon over medium heat and cook for about 25-30 minutes, stirring occasionally.
2. In a high-speed blender, add apples and pulse until pureed.
3. In 5 (1-pint) hot sterilized jars, divide the pear sauce, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned sauce can be preserved in a cool, dark place for up to 3 months.

Per Serving:

Calories 36| Fat: 0.1g| Carbs: 9.6g| Fiber: 2g| Protein: 0.2g

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### CHOCOLATE SAUCE

**Prep Time: 10 mins. | Cook Time: 20 mins. | Canning Time: 15 mins. | Serves: 48**

- ✓ 3 C. sugar
- ✓ 1½ C. water
- ✓ 1½ C. Dutch-processed cocoa powder
- ✓ 2 tbsp. light corn syrup
- ✓ 1 tbsp. vanilla extract
- ✓ ¼ tsp. salt

1. In a heavy-bottomed stainless-steel saucepan, add sugar and water over medium heat and cook until boiling.
2. Add the cocoa powder, corn syrup, vanilla extract and salt and with a wire whisk, beat until well combined.
3. Cook for about 14-15 minutes, stirring frequently.
4. In 3 (1-pint) hot sterilized jars, divide the sauce, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned sauce can be preserved in a cool, dark place for up to 1 month.

Per Serving:

Calories 56| Fat: 0.4g| Carbs: 14.6g| Fiber: 0.8g| Protein: 0.5g

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## SALSAS & CHUTNEYS RECIPES

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### GREEN TOMATO SALSA

**Prep Time: 15 mins. | Cook Time: 45 mins. | Canning Time: 15 mins. | Serves: 56**

- ✓ 5 lb. green tomatoes, chopped
- ✓ 6 yellow onions, chopped
- ✓ 3 jalapeño peppers, chopped
- ✓ 4 large bell peppers (red and green), chopped
- ✓ 6 garlic cloves, minced
- ✓ 1 C. fresh cilantro, chopped
- ✓ 1 C. fresh lime juice
- ✓ ½ C. white vinegar
- ✓ 1 tbsp. salt
- ✓ ½ tbsp. cumin
- ✓ 1 tbsp. dried oregano leaves
- ✓ 2 tsp. ground black pepper
- ✓ ¼ tsp. ground black pepper
- ✓ 1-2 tsp. sugar

1. In a large non-reactive saucepan, add all of the ingredients over high heat and bring the mixture to a boil, stirring occasionally.
2. Now adjust the heat to medium-low and simmer, uncovered for about 30-40 minutes, stirring occasionally.
3. In 8 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in a cool, dark place for 12-18 months.

Per Serving:

Calories 15| Fat: 0.1g| Carbs: 3.3g| Fiber: 0.9g| Protein: 0.6g

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### TOMATO & PEPPER SALSA

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15 mins. | Serves: 48**

- ✓ 10 C. tomatoes, peeled, cored and chopped
- ✓ 5 C. onions, chopped
- ✓ 5 C. green bell peppers, seeded and chopped
- ✓ 2½ C. jalapeño peppers, seeded and chopped

- ✓ 3 garlic cloves, chopped finely
- ✓ 2 tbsp. fresh cilantro, chopped finely
- ✓ 1¼ C. cider vinegar
- ✓ 1 tbsp. salt

1. In a non-reactive saucepan, add all ingredients over medium-high heat and cook until boiling, stirring continuously.
2. Now set the heat to low and cook for about 10 minutes, stirring frequently.
3. In 6 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in a cool, dark place for 12-18 months.

Per Serving:

Calories 19| Fat: 0.2g| Carbs: 3.9g| Fiber: 1g| Protein: 0.7g

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### MANGO SALSA

**Prep Time: 15 mins. | Cook Time: 10 mins. | Canning Time: 15 mins. | Serves: 32**

- ✓ 6 C. firm mangoes, peeled, pitted and chopped
- ✓ 1½ C. red bell pepper, seeded and chopped
- ✓ 1 red onion, chopped finely
- ✓ 2 tsp. fresh cilantro, chopped
- ✓ 2 tsp. fresh ginger, chopped finely
- ✓ 2 garlic cloves, minced
- ✓ 1¼ C. white vinegar
- ✓ ½ C. water
- ✓ 1 C. brown sugar
- ✓ ½ tsp. red pepper flakes, crushed

1. In a non-reactive saucepan, add all ingredients over medium-high heat and cook until boiling, stirring continuously.
2. Now set the heat to low and cook for about 5 minutes.
3. In 4 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in the refrigerator for up to 1 month.

Per Serving:

Calories 42| Fat: 0.2g| Carbs: 10.1g| Fiber: 0.7g| Protein: 0.4g

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### PEACH SALSA

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15 mins. | Serves: 32**

- ✓ 6 C. peaches, peeled, pitted and chopped
- ✓ ½ C. white vinegar
- ✓ 1¼ C. onion, chopped finely
- ✓ 7 oz. red bell pepper, seeded and chopped
- ✓ ½ C. fresh cilantro, chopped finely
- ✓ 4 jalapeño peppers, seeded and chopped
- ✓ 1 garlic clove, minced
- ✓ 2 tbsp. honey
- ✓ 2 tbsp. fresh lime juice
- ✓ 1½ tsp. ground cumin

✓ ½ tsp. cayenne pepper

1. In a non-reactive saucepan, add peaches and vinegar and mix well.
2. In the saucepan, add the remaining ingredients and mix well.
3. Place the saucepan of peaches over medium-high heat and cook until boiling.
4. Now set the heat to low and cook, uncovered for about 5-10 minutes, stirring frequently.
5. In 8 (½-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 15 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned salsa can be stored in a cool, dark place for 12-18 months.

Per Serving:

Calories 27| Fat: 0.2g| Carbs: 6.4g| Fiber: 1g| Protein: 0.6g

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### BEANS & CORN SALSA

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 15 mins. | Serves: 56**

- ✓ 1 (15-oz.) can black beans, rinsed and drained
- ✓ 2 C. frozen corn
- ✓ 8 C. tomatoes, peeled, chopped and drained
- ✓ 2½ C. sweet onions, chopped
- ✓ 1½ C. sweet green peppers, seeded and chopped
- ✓ 1 C. jalapeno pepper, chopped
- ✓ 1 cubanelle pepper, chopped
- ✓ 6 garlic cloves, minced
- ✓ 1 (15-oz.) can tomato sauce
- ✓ 1 (12-oz.) can tomato paste
- ✓ 1/3 C. vinegar
- ✓ 1 tsp. ground cumin
- ✓ 1 tsp. ground black pepper
- ✓ 1/8 C. canning salt

1. In a non-reactive saucepan, add all ingredients over medium-high heat and cook until boiling, stirring continuously.
2. Now set the heat to low and cook for about 10 minutes, stirring occasionally.
3. In 7 (1-pint) hot sterilized jars, divide the salsa, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned salsa can be stored in a cool, dark place for 12-18 months.

Per Serving:

Calories 47| Fat: 0.3g| Carbs: 9.3g| Fiber: 2.2g| Protein: 2.6g

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### MANGO CHUTNEY

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 10 mins. | Serves: 48**

- ✓ 4 C. mangoes, peeled, pitted and chopped
- ✓ 1 C. yellow onion, chopped roughly
- ✓ ¾ C. golden raisins
- ✓ ½ C. orange, peeled, seeded and chopped
- ✓ ½ C. lime, peeled, seeded and chopped
- ✓ ¼ C. lemon, peeled, seeded and chopped



- ✓ ½ C. fresh ginger root, grated
- ✓ 3 garlic cloves, minced
- ✓ 1 C. apple cider vinegar
- ✓ 1 C. dark brown sugar
- ✓ ½ C. molasses
- ✓ 1 tbsp. mustard seed
- ✓ 1 tsp. dried red pepper flakes, crushed
- ✓ 1 tsp. ground cinnamon
- ✓ ¼ tsp. ground cloves
- ✓ ¼ tsp. ground allspice
- ✓ 2 tbsp. fresh cilantro, chopped

1. In a non-reactive saucepan, add all ingredients except for cilantro over high heat and cook until boiling, stirring continuously.
2. Now adjust the heat to medium-low and cook for about 20 minutes, stirring occasionally.
3. Add in cilantro and cook for about 10 minutes, stirring occasionally.
4. In 6 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned chutney can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 42| Fat: 0.2g| Carbs: 10.3g| Fiber: 0.5g| Protein: 0.3g

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### APPLE CHUTNEY

**Prep Time: 15 mins. | Cook Time: 1½ hrs. | Canning Time: 10 mins. | Serves: 56**

- ✓ 2 tbsp. olive oil
- ✓ 1 onion, chopped finely
- ✓ 1 tsp. coarse salt
- ✓ 2 lb. cider apples, cored and cut into pieces
- ✓ ½ C. raisins
- ✓ 2 tbsp. crystallized ginger
- ✓ 2 tsp. mustard seed, roughly ground
- ✓ 1 tsp. ground cinnamon
- ✓ ½ tsp. ground cardamom
- ✓ ½ tsp. curry powder
- ✓ ½ tsp. red chili flakes
- ✓ ¼ tsp. cayenne pepper
- ✓ ¼ tsp. ground allspice
- ✓ 12 whole cloves
- ✓ 1 C. apple cider vinegar
- ✓ ½ C. brown sugar

1. In a heavy-bottomed saucepan, heat the oil over medium-high heat and cook the onions and salt for about 10-12 minutes, stirring frequently.
2. Add in the apples and cook for about 10-12 minutes, stirring frequently.
3. Stir in the raisins, ginger and spices and cook for about 2 minutes, stirring frequently.
4. Add in the vinegar and brown sugar and cook until boiling.
5. Now set the heat to low and cook, covered for about 45-60 minutes, stirring occasionally.
6. In 7 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.

9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned chutney can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 20| Fat: 0.6g| Carbs: 3.7g| Fiber: 0.3g| Protein: 0.1g

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### PLUM CHUTNEY

**Prep Time: 15 mins. | Cook Time: 50 mins. | Canning Time: 15 mins. | Serves: 24**

- ✓ 4 C. plums, chopped
- ✓ 1 C. onion, minced
- ✓ 2 tsp. fresh ginger, grated
- ✓ ¾ C. raisins
- ✓ 2 C. brown sugar
- ✓ 1½ C. apple cider vinegar
- ✓ 2 tsp. lemon zest, grated
- ✓ 2 tsp. sea salt
- ✓ 1 tsp. ground cinnamon
- ✓ ½ tsp. ground cloves
- ✓ ½ tsp. mustard seeds
- ✓ ¼ tsp. red chili flakes

1. In a non-reactive saucepan, add all ingredients over high heat and cook until boiling, stirring continuously.
2. Now adjust the heat to medium and cook, covered for about 40-45 minutes, stirring often.
3. In 3 (½-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 15 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned chutney can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 71| Fat: 0.1g| Carbs: 17.6g| Fiber: 0.5g| Protein: 0.3g

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### CRANBERRY CHUTNEY

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 15 mins. | Serves: 48**

- ✓ 3 C. fresh cranberries
- ✓ 1¼ C. red onion, chopped finely
- ✓ 1¼ C. dried pineapple, chopped
- ✓ 2 tbsp. fresh ginger root, chopped
- ✓ 3 garlic cloves, chopped finely
- ✓ 1 tsp. orange zest, grated
- ✓ 1 C. apple cider vinegar
- ✓ ¼ C. fresh orange juice
- ✓ 1½ C. sugar
- ✓ 1 C. golden raisins
- ✓ 1 C. water
- ✓ 1 tsp. dry mustard
- ✓ 1 tsp. ground cinnamon
- ✓ ¾ tsp. ground cloves
- ✓ ½ tsp. cayenne pepper

1. In a large stainless-steel saucepan, add cranberries, onions, pineapple, ginger root, garlic, orange zest vinegar and orange juice over medium heat and cook until boiling. , stirring occasionally.
2. Now set the heat to low and cook, covered for about 15 minutes, stirring occasionally.
3. Add in the remaining ingredients and cook, uncovered for about 15 minutes, stirring occasionally.
4. In 6 (½-pint) hot sterilized jars, divide the cranberry chutney, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned chutney can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 42| Fat: 0.1g| Carbs: 10.5g| Fiber: 0.5g| Protein: 0.2g

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### TOMATO CHUTNEY

**Prep Time: 15 mins. | Cook Time: 2 hrs. 10 mins. | Canning Time: 15 mins. | Serves: 64**

- ✓ 2½ C. red wine vinegar
- ✓ 3¾ C. apple cider vinegar
- ✓ 3¾ C. granulated cane sugar
- ✓ 3 tbsp. mustard seeds
- ✓ 5 tsp. sea salt
- ✓ 2½ tsp. ground black pepper
- ✓ 2 tsp. red pepper flakes, crushed
- ✓ ½ tsp. paprika
- ✓ 5 lb. tomatoes, chopped
- ✓ 5 bell peppers (red), seeded and chopped
- ✓ 3¾ C. scallions, chopped

1. In a non-reactive saucepan, add both kinds of vinegar, cane sugar, mustard seeds, salt, ground black pepper, black pepper, red pepper flakes and paprika over medium-high heat and cook until boiling.
2. Add in the tomatoes, bell peppers and scallions and again, bring to a full rolling boil.
3. Now set the heat to low and cook for about 2 hours, stirring occasionally.
4. In 5 (1-pint) hot sterilized jars, divide the chutney, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring.
8. Arrange the jars in a boiling water canner and process for about 15 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned chutney can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 61| Fat: 0.3g| Carbs: 14.3g| Fiber: 0.8g| Protein: 0.7g

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## PICKLES & RELISH RECIPES

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### DILL PICKLE

**Prep Time: 15 mins. | Cook Time: 5 mins. | Canning Time: 15 mins. | Serves: 24**

- ✓ 4 C. white vinegar
- ✓ 4 C. water
- ✓ ½ C. pickling salt
- ✓ 5 fresh dill sprigs
- ✓ 5 tsp. dill seeds
- ✓ 5 tsp. mustard seeds
- ✓ 5 tsp. coriander seeds

- ✓ 5 tsp. black peppercorns
- ✓ 5 lb. small cucumbers, ends trimmed and cut into ½-inch slices lengthwise
- ✓ 1 onion, sliced thinly
- ✓ 10-15 garlic cloves, peeled

1. For brine: in a non-reactive saucepan, add vinegar, water and pickling salt over medium-high heat and cook until boiling.
2. In the bottom of 6 (1-pint) hot sterilized jars, divide the dill sprigs, seeds and black peppercorns.
3. Now pack each jar with cucumber, onion slices and garlic cloves, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned pickle can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 32| Fat: 0.4g| Carbs: 5.4g| Fiber: 0.9g| Protein: 1g

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### ONION PICKLE

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 12**

#### For Pickle

- ✓ 2 lb. red onions, cut into thin strips
- ✓ 1¾ tsp. pickling salt
- ✓ 1½ tsp. peppercorns, divided
- ✓ 3 bay leaves, crumbled

#### For Brine

- ✓ 1 C. cider vinegar
- ✓ 1 C. water
- ✓ 1/3 C. sugar
- ✓ 3½ tbsp. pickling salt

1. For pickled onions: in a bowl, add onion slices and pickling salt and toss to coat well.
2. Set aside for about 30 minutes.
3. Then rinse the onion slices completely.
4. Meanwhile, for brine: in a large non-reactive saucepan, add all ingredients over low heat and cook for about 5 minutes, stirring occasionally.
5. In the bottom of 3 (1-pint) hot sterilized jars, divide the peppercorns and bay leaves.
6. Place onion slices in each jar, and gently press down with tongs.
7. Pour the hot brine over slices to cover, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned pickle can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 56| Fat: 0.13g| Carbs: 13g | Fiber: 1.7g| Protein: 0.9g

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### GARLIC PICKLE

**Prep Time: 15 mins. | Cook Time: 15 mins. | Canning Time: 10 mins. | Serves: 32**

- ✓ 5 C. white vinegar
- ✓ ¼ C. canning salt
- ✓ 2 lb. fresh garlic cloves, peeled
- ✓ 1 tsp. red pepper flakes, crushed
- ✓ 4 heads fresh dill



1. In a large non-reactive saucepan, add vinegar and salt and cook until boiling. .
2. Now set the heat to low and cook for about 10 minutes, stirring occasionally.
3. In the bottom of 4 (1-pint) hot sterilized jars, divide the garlic, red pepper flakes and 1 dill head.
4. Pour the vinegar mixture over the garlic mixture, leaving about ½-inch space from the top.
5. Slide a small knife around the insides of each jar to remove air bubbles.
6. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
7. Close each jar with a lid and screw on the ring. Arrange the jars in a boiling water canner and process for about 10 minutes.
8. Arrange the jars in a boiling water canner and process for about 10 minutes.
9. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
10. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
11. The canned pickle can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 51| Fat: 0.2g| Carbs: 10g| Fiber: 0.7g| Protein: 1.9g

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### CARROT PICKLE

**Prep Time: 15 mins. | Cook Time: 20 mins. | Canning Time: 10 mins. | Serves: 16**

- ✓ 5½ C. white distilled vinegar
- ✓ 1 C. water
- ✓ 2 C. sugar
- ✓ 2 tsp. canning salt
- ✓ 3 tbsp. pickling spices
- ✓ 8½ C. small carrots, peeled and sliced lengthwise

1. In a non-reactive saucepan, add the vinegar, water, sugar and canning salt and cook until boiling.
2. Boil for about 3 minutes.
3. Add the carrots and cook until boiling.
4. Now set the heat to low and cook for about 10 minutes.
5. In the bottom of 4 (1-pint) hot sterilized jars, divide the pickling spices, followed by the carrot slices.
6. Pour the vinegar mixture over carrots, leaving about ½-inch space from the top.
7. Slide a small knife around the insides of each jar to remove air bubbles.
8. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
9. Close each jar with a lid and screw on the ring.
10. Arrange the jars in a boiling water canner and process for about 10 minutes.
11. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
12. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
13. The canned pickle can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 123| Fat: 0g| Carbs: 28.6g| Fiber: 0.7g| Protein: 0.2g

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### CABBAGE PICKLE

**Prep Time: 10 mins. | Cook Time: 5 mins. | Canning Time: 10 mins. | Serves: 16**

- ✓ 1 large head red cabbage, shredded
- ✓ 2 tbsp. pickling salt
- ✓ 10 C. white vinegar
- ✓ 6 tbsp. pickling spices

12. In a large ceramic bowl, add the shredded cabbage and salt in and mix well.
13. Place a heavy plate on the top of the cabbage, pressing it down and set aside for about 24 hours.
14. Drain the cabbage completely.
15. In a non-reactive saucepan, add vinegar and pickling spices over medium heat and cook until boiling.
16. In the bottom of 4 (1-pint) hot sterilized jars, divide the cabbage.
17. Pour the vinegar mixture over the cabbage, leaving about ½-inch space from the top.
18. Slide a small knife around the insides of each jar to remove air bubbles.
19. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
20. Close each jar with a lid and screw on the ring.
21. Arrange the jars in a boiling water canner and process for about 10 minutes.
22. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.

23. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.

24. The canned pickle can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 45| Fat: 0g| Carbs: 4.4g| Fiber: 1.1g| Protein: 0.6g

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### GREEN TOMATO RELISH

**Prep Time: 20 mins. | Cook Time: 10 mins. | Canning Time: 10 mins. | Serves: 48**

- ✓ 6 large green tomatoes, quartered
- ✓ 2 small bell peppers (red and green), halved and seeded
- ✓ 3 large onions
- ✓ ½ C. cider vinegar
- ✓ 1¼ C. white sugar
- ✓ ¾ tbsp. mustard seed
- ✓ ¾ tbsp. celery seed
- ✓ ¼ tbsp. salt

1. Place the quartered tomatoes, bell peppers and onions in a food processor in 2 batches and pulse until very finely chopped.
2. Arrange a large cheesecloth-lined colander over a sink.
3. Place the tomato mixture into the colander and set aside for about 1 hour to drain.
4. In a non-reactive saucepan, add the drained tomato mixture and remaining ingredients and stir to combine.
5. Place the saucepan over medium-high heat and cook until boiling.
6. Now set the heat to low and cook for about 5 minutes, stirring frequently.
7. In 3 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
8. Slide a small knife around the insides of each jar to remove air bubbles.
9. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
10. Close each jar with a lid and screw on the ring.
11. Arrange the jars in a boiling water canner and process for about 10 minutes.
12. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
13. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
14. The canned relish can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 31| Fat: 0.2g| Carbs: 7.5g| Fiber: 0.6g| Protein: 0.4g

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### PEPPERS RELISH

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 48**

- ✓ 1½ lb. jalapeno peppers, seeded and chopped finely
- ✓ ½ lb. sweet peppers, seeded and chopped finely
- ✓ 1/3 lb. onion, chopped
- ✓ 3 garlic cloves, minced
- ✓ 1 C. white vinegar
- ✓ ½ C. apple cider vinegar
- ✓ ½ C. water
- ✓ 1 tbsp. salt
- ✓ 1 tsp. cumin seeds
- ✓ ½ tsp. yellow mustard seeds
- ✓ ¼ tsp. celery seeds

1. In a large non-reactive saucepan, add all of the ingredients over high heat and cook until boiling, stirring occasionally.
2. Now adjust the heat to medium-low and simmer, uncovered for about 20 minutes.
3. In 6 (½-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
4. Slide a small knife around the insides of each jar to remove air bubbles.
5. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
6. Close each jar with a lid and screw on the ring.
7. Arrange the jars in a boiling water canner and process for about 10 minutes.

8. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
9. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
10. The canned relish can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 8| Fat: 0.2g| Carbs: 1.2g| Fiber: 0.5g| Protein: 0.2g

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### ZUCCHINI RELISH

**Prep Time: 15 mins. | Cook Time: 35 mins. | Canning Time: 10 mins. | Serves: 56**

- ✓ 6 C. zucchini, shredded
- ✓ 2 C. onion, chopped
- ✓ 2½ tbsp. canning salt
- ✓ 1 bell pepper (green and red), seeded and chopped
- ✓ 3 C. white sugar
- ✓ 1¼ C. white vinegar
- ✓ ½ tbsp. cornstarch
- ✓ ¾ tsp. celery seed
- ✓ 1/3 tsp. ground turmeric
- ✓ 1/3 tsp. ground nutmeg
- ✓ ¼ tsp. ground black pepper

1. In a large non-reactive bowl, add chopped zucchini, onion and salt and stir to combine well.
2. Cover the bowl and refrigerate overnight.
3. In a colander, drain the zucchini mixture and rinse well.
4. Again, drain the zucchini mixture completely and then with your hands, squeeze out excess liquid.
5. In a non-reactive saucepan, add the chopped bell peppers, sugar, vinegar, cornstarch and spices and stir to combine.
6. Add the drained zucchini mixture and stir to combine.
7. Place the saucepan over medium-high heat and cook until boiling.
8. Now adjust the heat to medium-low and simmer, uncovered for about 30 minutes.
9. In 7 (½-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
10. Slide a small knife around the insides of each jar to remove air bubbles.
11. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
12. Close each jar with a lid and screw on the ring.
13. Arrange the jars in a boiling water canner and process for about 10 minutes.
14. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
15. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
16. The canned relish can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 46| Fat: 0g| Carbs: 11.8g| Fiber: 0.3g| Protein: 0.2g

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### DILL PICKLE RELISH

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 64**

- ✓ 2½ lb. cucumbers, peeled, seeded and chopped finely
- ✓ 2 small bell peppers (green and red), seeded and chopped finely
- ✓ 1 large yellow onion, chopped finely
- ✓ 3 garlic cloves, minced
- ✓ ¼ C. salt
- ✓ 3 C. white vinegar
- ✓ 2 tsp. dill seeds
- ✓ 1 tbsp. yellow mustard seeds
- ✓ 2 tsp. celery seeds
- ✓ ½ tsp. ground turmeric
- ✓ 2 bay leaves

1. In a large non-reactive bowl, add chopped cucumbers, bell pepper, onion, garlic and salt and stir to combine well.

2. Cover the cucumber mixture with water and set aside for about 6 hours.
3. In a colander, drain the cucumber mixture and rinse well.
4. Again, drain the cucumber mixture completely and then with your hands, squeeze out excess liquid.
5. In a non-reactive saucepan, add the vinegar and spices over medium-high heat and cook until boiling.
6. Now adjust the heat to medium-low and simmer for about 5 minutes.
7. Add the drained cucumber mixture and stir to combine.
8. Now adjust the heat to medium-high and again bring to a boil.
9. Now adjust the heat to medium-low and simmer, uncovered for about 10 minutes.
10. Remove the saucepan of relish from heat and discard the bay leaves.
11. In 4 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
12. Slide a small knife around the insides of each jar to remove air bubbles.
13. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
14. Close each jar with a lid and screw on the ring.
15. Arrange the jars in a boiling water canner and process for about 10 minutes.
16. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
17. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
18. The canned relish can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 17| Fat: 0.2g| Carbs: 3.5g| Fiber: 0.5g| Protein: 0.6g

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### CORN RELISH

**Prep Time: 15 mins. | Cook Time: 25 mins. | Canning Time: 10 mins. | Serves: 48**

- ✓ 9 ears fresh sweet corn on the cob
- ✓ 1 1/3 C. bell peppers (green and red), seeded and chopped
- ✓ ¼ C. jalapeño pepper, minced
- ✓ 2 tbsp. garlic, minced
- ✓ 1 tbsp. Kosher salt
- ✓ 2 tsp. dried mustard powder
- ✓ 2 C. cider vinegar
- ✓ ½ C. water
- ✓ 5½ C. light brown sugar

1. Shuck the corn and then carefully remove the silks.
2. With a sharp knife, remove the kernels and discard the cobs.
3. In a large non-reactive saucepan, add all of the ingredients over high heat and bring the mixture to a boil, stirring occasionally.
4. Now adjust the heat to medium-low and simmer, uncovered for about 20 minutes.
5. In 4 (1-pint) hot sterilized jars, divide the relish, leaving about ½-inch space from the top.
6. Slide a small knife around the insides of each jar to remove air bubbles.
7. Wipe any trace of food off the rims of jars with a clean, moist kitchen towel.
8. Close each jar with a lid and screw on the ring.
9. Arrange the jars in a boiling water canner and process for about 10 minutes.
10. Remove the jars from water canner and place onto a wood surface several inches apart to cool completely.
11. After cooling with your finger, press the top of each jar's lid to ensure that the seal is tight.
12. The canned relish can be stored in in a cool, dark place for up to 1 year.

Per Serving:

Calories 99| Fat: 0.3g| Carbs: 23.6g| Fiber: 0.5g| Protein: 1.1g

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# DRIED FOOD RECIPES

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## ORANGE SLICES

**Prep Time: 10 mins. | Cook Time: 10 hrs. | Serves: 15**

- ✓ 4 seedless navel oranges, cut into thin slices
  1. Set the dehydrator on 135 °F.
  2. Arrange the orange slices onto the dehydrator sheets.
  3. Dehydrate for about 10 hours.
  4. Remove from dehydrator and set aside to cool completely.
  5. Place these orange slices in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories 23 | Fat: 0.1g | Carbs: 5.8g | Fiber: 3.5g | Protein: 0.5g

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## BANANA CHIPS

**Prep Time: 10 mins. | Cook Time: 1 hr. | Serves: 4**

- ✓ 2 large bananas, peeled and cut into ¼-inch thick slices
  1. Prepare your oven to 250 °F. Line a large-sized baking sheet with a baking paper.
  2. Place the banana slices onto the prepared baking sheet in a single layer.
  3. Bake for approximately 1 hour.
  4. Remove the baking sheet of chips from oven and set aside to cool before serving.
  5. Place these banana chips in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories 61 | Fat: 0.2g | Carbs: 15.5g | Fiber: 1.8g | Protein: 0.7g

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## APPLE CHIPS

**Prep Time: 10 mins. | Cook Time: 2 hrs. | Serves: 6**

- ✓ 2 tbsp. ground cinnamon
- ✓ 1 tbsp. ground ginger
- ✓ 1½ tsp. ground cloves
- ✓ 1½ tsp. ground nutmeg
- ✓ 3 Fuji apples, sliced thinly in rounds
  1. Preheat your oven to 200 °F. Line a baking sheet with parchment paper.
  2. In a bowl, mix together all spices.
  3. Arrange the apple slices into prepared baking sheet in a single layer and sprinkle with spice mixture generously.
  4. Bake for approximately 1 hour.
  5. Flip the side and again sprinkle with spice mixture.
  6. Bake for approximately 1 hour.
  7. Remove from oven and set a side to cool completely before serving.
  8. Place these apple chips in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories 71 | Fat: 0.6g | Carbs: 18.5g | Fiber: 4.3g | Protein: 0.5g

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## KALE CHIPS

**Prep Time: 10 mins. | Cook Time: 15 mins. | Serves: 6**

- ✓ 1 lb. fresh kale leaves, stemmed and torn
- ✓ ¼ tsp. cayenne pepper
- ✓ Sea salt, to taste
- ✓ 1 tbsp. olive oil
  1. Preheat your oven to 350 degrees °F. Line a large baking sheet with parchment paper.
  2. Arrange the kale pieces onto the prepared baking sheet in a single layer.
  3. Sprinkle the kale with cayenne pepper and salt and drizzle with oil.

4. Bake for about 10-15 minutes.
5. Remove from the oven and set aside to cool before serving.
6. Place these kale chips in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories 57| Fat: 2.3g| Carbs: 8g| Fiber: 1.2g| Protein: 2.3g

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### BEET CHIPS

**Prep Time: 10 mins. | Cook Time: 10 hrs. | Serves: 6**

- ✓ 3 large beets, peeled and thinly sliced
  - ✓ 1 tbsp. sea salt
1. Set the dehydrator on 135 °F.
  2. Arrange the beet slices onto the dehydrator sheets and sprinkle with salt.
  3. Dehydrate for about 8-10 hours.
  4. Remove from dehydrator and set aside to cool completely.
  5. Place these beet chips in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories: 22| Fat: 0.1g| Carbs: 5g| Fiber: 1g| Protein: 0.8g

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### SWEET POTATO CHIPS

**Prep Time: 15 mins. | Cook Time: 15 hrs. | Serves: 4**

- ✓ 4 sweet potatoes, peeled and cut into thin slices
  - ✓ 1 tbsp. avocado oil
  - ✓ ½ tsp. salt
1. In a large bowl, add sweet potato slices, oil and salt and toss to coat well.
  2. Set the dehydrator on 135 °F.
  3. Arrange the sweet potato slices onto the dehydrator sheets.
  4. Dehydrate for about 12-15 hours.
  5. Remove from dehydrator and set aside to cool completely.
  6. Place these sweet potato chips in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories: 81| Fat: 0.6g| Carbs: 18.3g| Fiber: 2.8g| Protein: 1g

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### ROASTED EDAMAME

**Prep Time: 10 mins. | Cook Time: 20 mins. | Serves: 4**

- ✓ 2 C. frozen shelled edamame, thawed
  - ✓ 2 tsp. olive oil
  - ✓ 1 tsp. sea salt
1. Preheat your oven to 450 °F.
  2. In a bowl, add all ingredients and toss to coat well.
  3. Place the edamame onto the prepared baking sheet and spread in an even layer.
  4. Roast for about 15-20 minutes, stirring once halfway through.
  5. Remove from the oven and let the edamame cool completely before serving.
  6. Place roasted edamame can in airtight containers and store in a cool, dry place for 1-3 months

Per Serving:

Calories 208| Fat: 11g| Carbs: 14.1g| Fiber: 5.4g| Protein: 16.6g

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### ROASTED CASHEWS

**Prep Time: 10 mins. | Cook Time: 10 mins. | Serves: 12**

- ✓ 2 C. raw cashews
- ✓ ½ tsp. ground cumin
- ✓ ¼ tsp. cayenne pepper
- ✓ Pinch of salt
- ✓ 1 tbsp. fresh lemon juice

1. Preheat your oven to 400 °F. Line a large roasting pan with a piece of foil.
2. In a large bowl, add the cashews and spices and toss to coat well.
3. Transfer the cashews into prepared roasting pan and spread in an even layer.
4. Roast for about 8-10 minutes.
5. Drizzle with lemon juice and serve.
6. You can preserve these cashews in an airtight container at room temperature for up to 3 months.

Per Serving:

Calories 132| Fat: 10.6g| Carbs: 7.6g| Fiber: 0.7g| Protein: 3.5g

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### ROASTED ALMONDS

**Prep Time: 10 mins.| Cook Time: 10 mins.| Serves: 8**

- ✓ 2 C. whole almonds
- ✓ 1 tbsp. chili powder
- ✓ ½ tsp. ground cinnamon
- ✓ ½ tsp. ground cumin
- ✓ ½ tsp. ground coriander
- ✓ Salt and ground black pepper, as required
- ✓ 1 tbsp. olive oil

1. Preheat your oven to 350 °F. Line a baking pan with parchment paper.
2. Add all ingredients in a bowl and toss to coat well.
3. Spread the almond mixture into prepared baking dish in a single layer.
4. Roast for about 10 minutes, flipping twice.
5. Remove from the oven and let it cool completely before serving.
6. You can preserve these almonds in an airtight container at room temperature for up to 3 months.

Per Serving:

Calories: 156| Fat: 13.8g| Carbs: 5.8g| Fiber: 3.4g| Protein: 5.2g

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### ROASTED PUMPKIN SEEDS

**Prep Time: 10 mins.| Cook Time: 20 mins.| Serves: 4**

- ✓ 1 C. pumpkin seeds, washed and dried
- ✓ 2 tsp. garam masala powder
- ✓ 1/3 tsp. red chili powder
- ✓ ¼ tsp. ground turmeric
- ✓ Salt, as required
- ✓ 3 tbsp. coconut oil, meted
- ✓ ½ tbsp. fresh lemon juice

1. Preheat your oven to 350 °F.
2. Add all ingredients, except for lemon juice, into a bowl and toss to coat well.
3. Transfer the pumpkin seed mixture onto a baking sheet and spread in an even layer.
4. Roast for approximately 20 minutes, flipping occasionally.
5. Remove the baking sheet of pumpkin seeds from oven and set aside to cool completely before serving.
6. Drizzle with the lemon juice and serve.
7. You can preserve these pumpkin seeds in an airtight container at room temperature for up to 3 months.

Per Serving:

Calories 276| Fat: 26.1g| Carbs: 6.4g| Fiber: 1.5g| Protein: 8.6

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### ROASTED CHICKPEAS

**Prep Time: 10 mins.| Cook Time: 45 mins.| Serves: 12**

- ✓ 4 C. cooked chickpeas
- ✓ 2 garlic cloves, minced
- ✓ ½ tsp. dried oregano, crushed
- ✓ ½ tsp. smoked paprika
- ✓ ¼ tsp. ground cumin
- ✓ Sea salt, as required

✓ 1 tbsp. olive oil

1. Preheat the oven to 400 °F. Grease a large baking sheet.
2. Place chickpeas onto the prepared baking sheet in a single layer.
3. Roast for about 30 minutes, stirring the chickpeas after every 10 minutes.
4. Meanwhile, in a small mixing bowl, mix together garlic, thyme and spices.
5. Remove the baking sheet from oven.
6. Place the garlic mixture and oil over the chickpeas and toss to coat well.
7. Roast for about 10-15 minutes more.
8. Now, turn the oven off but leave the baking sheet inside for about 10 minutes before serving.
9. Remove the baking sheet of pumpkin seeds from oven and set aside to cool completely before serving.
10. You can preserve these chickpeas in an airtight container at room temperature for up to 3 months.

Per Serving:

Calories 92| Fat: 1.9g| Carbs: 15g| Fiber: 0.1g| Protein: 4.1g

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### BEET CRACKERS

**Prep Time: 20 mins.| Cook Time: 50 mins.| Serves: 15**

- ✓ 1 C. raw beets, chopped
- ✓ 3 tbsp. arrowroot flour
- ✓ 3 tbsp. coconut flour
- ✓ 2 egg whites
- ✓ 1 tbsp. coconut oil
- ✓ ¼ tsp. ground turmeric
- ✓ 1/8 tsp. cayenne pepper
- ✓ Salt and freshly ground black pepper, to taste

1. Preheat the oven to 350 degrees °F. Grease a large baking sheet.
2. In a food processor, add beets and pulse until just puree forms.
3. Add remaining ingredients and pulse until well combined.
4. Place a parchment paper onto a smooth surface.
5. Place the dough onto parchment paper and top with another paper.
6. With a rolling pin, roll the dough to 1/8-inch thickness.
7. Remove the parchment papers.
8. Place the rolled dough onto prepared baking sheet.
9. With a knife, cut the dough into equal-sized crackers.
10. Bake for about 40-50 minutes.
11. Remove from oven and set aside to cool completely before serving.
12. Place these crackers in an airtight container and store in a cool, dark place for up to 1 month.
- 13.

Per Serving:

Calories: 28| Fat: 1.3g| Carbs: 3g| Fiber: 1.3g| Protein: 1.1g

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### FRUIT CRACKERS

**Prep Time: 20 mins.| Cook Time: 12 hrs.| Serves: 15**

- ✓ 8 carrots
- ✓ 1 orange, peeled
- ✓ 1 apple
- ✓ 1 (1-inch) piece fresh ginger
- ✓ 1 onion
- ✓ 1 C. chia seeds
- ✓ ½ C. sesame seeds
- ✓ 1 tbsp. ground turmeric
- ✓ Salt and freshly ground black pepper, to taste

1. In a juicer, add carrots and extract juice according to manufacturer's directions.
2. In a bowl, transfer the carrot juice and pulp.
3. Now in juicer, add orange, apple and ginger and extract the juice.



4. Transfer the juice in the bowl with carrot juice and pulp.
5. In a food processor, add juice mixture and remaining ingredients and pulse till a puree forms.
6. Spread the mixture into 3 dehydrator trays evenly.
7. With a knife, score the size of crackers.
8. Set dehydrator at 115 °F.
9. Dehydrate for about 12 hours.
10. Remove from dehydrator and place the baking sheet onto a wire rack to cool completely before serving.
11. Place these crackers in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories: 90| Fat: 5.1g| Carbs: 12.1g| Fiber: 5g| Protein: 3g

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### GINGERED SEED CRACKERS

**Prep Time: 15 mins. | Cook Time: 12 hrs. | Serves: 10**

- ✓ 2 C. water
- ✓ 1 C. sunflower seeds
- ✓ 1 C. flaxseeds
- ✓ 1 tbsp. fresh ginger, chopped
- ✓ 1 tsp. raw honey
- ✓ ¼ C. fresh lemon juice
- ✓ 1 tsp. ground turmeric
- ✓ Salt, as required

1. In a bowl, add water, sunflower seeds and flaxseeds and soak for about overnight.
2. Drain the seeds.
3. In a food processor, add soaked seeds and remaining ingredients and pulse until well combined.
4. Set dehydrator at 115 degrees °F. Line a dehydrator tray with unbleached parchment paper.
5. Place the mixture onto prepared dehydrator tray evenly.
6. With a knife, score the size of crackers.
7. Dehydrate for about 12 hours.
8. Remove from dehydrator and place the baking sheet onto a wire rack to cool completely before serving.
9. Place these crackers in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories: 92| Fat: 6g| Carbs: 5.4g| Fiber: 3.6g| Protein: 3.2g

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### QUINOA & SEEDS CRACKERS

**Prep Time: 15 mins. | Cook Time: 20 mins. | Serves: 6**

- ✓ 3 tbsp. water
- ✓ 1 tbsp. chia seeds
- ✓ 3 tbsp. sunflower seeds
- ✓ 1 tbsp. quinoa flour
- ✓ 1 tsp. ground turmeric
- ✓ Pinch of ground cinnamon
- ✓ Salt, to taste

1. Preheat the oven to 345 degrees °F. Line a baking sheet with parchment paper.
2. In a bowl, add the water and chia seeds and soak them for about 15 minutes.
3. After 15 minutes, add the remaining ingredients and mix well.
4. Spread the mixture onto the prepared baking sheet.
5. With a pizza cutter, cut the formed mixture into desired shapes.
6. Bake for about 20 minutes.
7. Remove from the oven and place the baking sheet onto a wire rack to cool completely before serving.
8. Place these crackers in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories 26| Fat: 1.6g| Carbs: 2.5g| Fiber: 1.3g| Protein: 1g

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## SESAME SEED CRACKERS

**Prep Time: 20 mins. | Cook Time: 40 mins. | Serves: 30**

- ✓ ½ C. sesame seeds, toasted and roughly ground
- ✓ 1 C. almond flour
- ✓ ¼ C. coconut flour
- ✓ 2 tbsp. tapioca flour
- ✓ ½ tsp. fresh thyme, chopped finely
- ✓ ½ tsp. fresh rosemary, chopped finely
- ✓ ½ tsp. onion powder
- ✓ ½ tsp. garlic powder
- ✓ Salt and ground black pepper, as required
- ✓ 2 large eggs
- ✓ 3 tbsp. olive oil

1. Preheat your oven to 375 °F. Line a baking sheet with a parchment paper.
2. In a bowl, add the sesame seeds, all flours, fresh herbs and seasoning and mix until well combined.
3. In another bowl, add the eggs and oil and beat until well combined.
4. Add the egg mixture into the flour mixture and mix until well combined.
5. Now with your hands, knead the mixture until a dough forms.
6. Arrange the dough between 2 large parchment papers and place onto a smooth surface.
7. With a rolling pin, roll the dough into 1/8-inch thickness.
8. Remove the upper parchment paper.
9. With a knife, cut the dough into equal-sized crackers.
10. Carefully place the crackers onto the prepared baking sheet in a single layer.
11. Bake for 13-14 minutes or until golden brown.
12. Remove from the oven and let it cool completely before serving.
13. Place these crackers in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving

Calories: 54 | Fat: 4.8g | Carbs: 2g | Fiber: 0.7g | Protein: 1.7g

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## APPLE LEATHER

**Prep Time: 15 mins. | Cook Time: 12 hrs. 25 mins. | Serves: 4**

- ✓ 1 C. water
- ✓ 8 C. apples, peeled, cored and chopped
- ✓ 1 tbsp. ground cinnamon
- ✓ 2 tbsp. fresh lemon juice

1. In a large pan, add water and apples over medium-low heat and simmer for about 10-15 minutes, stirring occasionally.
2. Remove from heat and set aside to cool slightly.
3. In a blender, add apple mixture and pulse until smooth.
4. Return the mixture into pan over medium-low heat.
5. Stir in cinnamon and lemon juice and simmer for about 10 minutes.
6. Transfer the mixture onto dehydrator trays and with the back of spoon smooth the top.
7. Set the dehydrator at 135 °F.
8. Dehydrate for about 10-12 hours.
9. Cut the apple leather into equal-sized rectangles.
10. Now, roll each rectangle to make fruit rolls.
11. Place these rolls in an airtight container and store in a cool, dark place for up to 1 month.

Per Serving:

Calories: 159 | Fat: 0.6g | Carbs: 42.1g | Fiber: 7.8g | Protein: 0.9g

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## BUCKWHEAT GRANOLA

**Prep Time: 15 mins. | Cook Time: 30 mins. | Serves: 10**

- ✓ 2 C. raw buckwheat groats
- ✓ ¾ C. pumpkin seeds
- ✓ ¾ C. almonds, chopped
- ✓ 1 C. unsweetened coconut flakes
- ✓ 1 tsp. ground cinnamon

- ✓ 1 tsp. ground ginger
- ✓ 1 ripe banana, peeled
- ✓ 2 tbsp. maple syrup
- ✓ 2 tbsp. olive oil

1. Preheat your oven to 350 degrees °F.
2. In a bowl, place the buckwheat groats, coconut flakes, pumpkin seeds, almonds and spices and mix well.
3. In another bowl, add the banana and with a fork, mash well.
4. Add to the buckwheat mixture, maple syrup and oil and mix until well combined.
5. Transfer the mixture onto the prepared baking sheet and spread in an even layer.
6. Bake for about 25-30 minutes, stirring once halfway through.
7. Remove the baking sheet from oven and set aside to cool.
8. Then, break the granola into even chunks and serve.
9. You can preserve this granola in an airtight container at room temperature for up to 5 months.

Per Serving:

Calories 252| Fat: 14.3g| Carbs: 27.6g| Fiber: 4.9g| Protein: 7.6g

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### NUTS & SEEDS GRANOLA

**Prep Time: 15 mins. | Cook Time: 28 mins. | Serves: 8**

- ✓ ½ C. unsweetened coconut flakes
- ✓ 1 C. raw almonds
- ✓ 1 C. raw cashews
- ✓ ¼ C. raw sunflower seeds, shelled
- ✓ ¼ C. raw pumpkin seeds, shelled
- ✓ ¼ C. coconut oil
- ✓ ½ C. maple syrup
- ✓ 1 tsp vanilla extract
- ✓ ½ C. golden raisins
- ✓ ½ C. black raisins
- ✓ Sea salt, to taste

1. Preheat your oven to 275 °F. Line a large baking sheet with parchment paper.
2. In a food processor, add the coconut flakes, almonds, cashews, and seeds and pulse until chopped finely.
3. Meanwhile, in a medium non-stick pan, add the oil, maple syrup, and vanilla extract and cook for 3 minutes over medium-high heat, stirring continuously.
4. Remove from the heat and immediately stir in the nut mixture.
5. Transfer the mixture to the prepared baking sheet and spread it out evenly.
6. Bake for about 25 minutes, stirring twice.
7. Remove the pan from the oven and immediately stir in the raisins.
8. Sprinkle with a little salt.
9. With the back of a spatula, flatten the surface of the mixture.
10. Set aside to cool completely.
11. Then, break the granola into even chunks and serve.
12. You can preserve this granola in an airtight container at room temperature for up to 5 months.

Per Serving:

Calories 382| Fat: 25g| Carbs: 37.9g| Fiber: 3.5g| Protein: 7.3g

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### BEEF JERKY

**Prep Time: 15 mins. | Cook Time: 6 hrs. | Serves: 10**

- ✓ 2 lb. lean beef, trimmed and thinly sliced
- ✓ ¼ C. low-sodium soy sauce
- ✓ 2 tbsp. Worcestershire sauce
- ✓ 2 tbsp. brown sugar
- ✓ 1 tsp. smoked paprika
- ✓ 1 tsp. onion powder
- ✓ 1 tsp. garlic powder
- ✓ 2 tsp. salt
- ✓ 1 tsp. ground black pepper

1. With a meat mallet, pound each beef slice in uniform thickness.
2. In a zip-top bag, place all ingredients.

3. Seal the bag tightly and shake to coat well.
4. Refrigerate to marinate for about 12-36 hours, shaking the bag occasionally.
5. Set the dehydrator on 165 °F.
6. Arrange the beef slices onto the dehydrator sheets and sprinkle with salt.
7. Dehydrate for about 4-6 hours, blotting off any fat droplets occasionally.
8. Remove from dehydrator and set aside to cool completely.
9. You can preserve this jerky in an airtight container at room temperature for up to 2 months.

Per Serving:

Calories: 183| Fat: 5.7g| Carbs: 3.3g| Fiber: 0.1g| Protein: 28g

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# EMERGENCY SITUATION RECIPES

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# NO-COOK RECIPES

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## CHIA PUDDING

**Prep Time: 10 mins. | Serves: 1**

- ✓ 1 C. unsweetened almond milk
- ✓ 3 tbsp. chia seeds
- ✓ 2 tbsp. peanut butter
- ✓ 1 tbsp. maple syrup
- ✓ ¼ tsp. vanilla extract
- ✓ 1 tbsp. walnuts, chopped

1. In a serving bowl, place almond milk, chia seeds, peanut butter, maple syrup, and vanilla extract, and whisk until well combined.
2. Set aside for 1 hour before serving.
3. Stir the pudding well and serve with the topping of walnuts.

Per Serving:

Calories 418 | Fat: 31.7g | Carbs: 31.6g | Fiber: 10.9g | Protein: 15.4g

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## MUESLI

**Prep Time: 10 mins. | Serves: 10**

- ✓ 3 C. rolled oats
- ✓ 1 C. mixed nuts (macadamia nuts, almonds, hazelnuts, etc.)
- ✓ ½ C. sesame seeds
- ✓ ½ C. sunflower seeds
- ✓ ½ C. raisins
- ✓ ½ C. dried cranberries
- ✓ 1 C. dried apricots, chopped

1. In a large bowl, add all ingredients and stir to combine.
2. Serve with the topping of your favorite milk and fruit.

Per Serving::

Calories 268 | Fat: 14.6g | Carbs: 29.9g | Fiber: 5.1g | Protein: 7.6g

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## TRAIL MIX

**Prep Time: 10 mins. | Serves: 10**

- ✓ 1 C. almonds
- ✓ 1 C. walnuts
- ✓ 1 C. salted pumpkin seeds
- ✓ 1 C. unsalted sunflower kernels
- ✓ 1 C. dried apricots
- ✓ 1 C. dark chocolate chips

1. In a large-sized bowl, add all ingredients and mix well.
2. Serve with a splash of canned milk.

Per Serving:

Calories 254 | Fat: 20.3g | Carbs: 14.5g | Fiber: 2.9g | Protein: 8.6g

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## BLUEBERRY OATMEAL

**Prep Time: 10 mins. | Serves: 2**

- ✓ ½ C. rolled oats
- ✓ ¾ C. water
- ✓ 1 tbsp. maple syrup

- ✓ ½ C. canned blueberries, drained
- ✓ ½ C. canned coconut milk

1. In a medium-sized bowl, add oats, water, and maple syrup, and mix well.
2. Transfer the mixture into an airtight container.
3. Seal the container and set aside at room temperature for 6-8 hours.
4. When serving, stir the oatmeal well and transfer into two serving bowls.
5. Stir in blueberries and coconut milk and serve.

Per Serving:

Calories 262 | Fat: 15.8g | Carbs: 29.1g | Fiber: 4.3g | Protein: 4.3g

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### FRUIT SALAD

**Prep Time: 10 mins. | Serves: 12**

- ✓ 14 oz. canned pineapple slices, drained
- ✓ 14 oz. canned peach slices, drained
- ✓ 14 oz. canned oranges, drained
- ✓ 12 oz. canned strawberry slices, drained
- ✓ 12 oz. fresh canned blueberries, drained
- ✓ 1 C. dried cranberries
- ✓ 1/3 C. honey

1. In a large-sized salad bowl, add all fruit and mix well.
2. Drizzle with honey and serve immediately.

Per Serving:

Calories 160 | Fat: 0.7g | Carbs: 39.4g | Fiber: 5.5g | Protein: 2.6g

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### TUNA SALAD

**Prep Time: 15 mins. | Serves: 4**

- ✓ 2 (6-oz.) cans water-packed tuna, drained and flaked
- ✓ 1 (16-oz.) can white beans, drained
- ✓ ½ C. onion, chopped
- ✓ 1 garlic clove, minced
- ✓ ¼ tsp. dried parsley, crushed
- ✓ 2 tbsp. olive oil
- ✓ 2 tbsp. bottled lemon juice
- ✓ Ground black pepper, as required

1. In a salad bowl, add all ingredients and gently stir to combine.
2. Serve immediately.

Per Serving:

Calories 326 | Fat: 8.5g | Carbs: 31.3g | Fiber: 12.3g | Protein: 31.3g

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### SHRIMP SALAD

**Prep Time: 10 mins. | Serves: 2**

- ✓ 1 (6-oz.) can shrimp, drained
- ✓ ¼ C. onion, chopped
- ✓ 1 tbsp. olive oil
- ✓ 1 tsp. dried onion flakes
- ✓ 1 tsp. dried parsley
- ✓ 1 tsp. dried dill
- ✓ Ground black pepper, as required

1. In a medium-sized salad bowl, add all ingredients and toss to coat well.
2. Serve immediately.

Per Serving:

Calories 171| Fat: 8.5g| Carbs: 3.7g| Fiber: 0.5g| Protein: 19.7g

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## BEANS & CORN SALAD

**Prep Time: 15 mins. | Serves: 6**

### For Dressing

- ✓ 3 tbsp. extra-virgin olive oil
- ✓ 2 tbsp. bottled lime juice
- ✓ 2 tbsp. maple syrup
- ✓ 1 tbsp. Dijon mustard
- ✓ 1 tsp. garlic powder
- ✓ Salt and ground black pepper, as required

### For Salad

- ✓ 2 C. canned mango slices, drained
- ✓ 2 (15-oz.) cans black beans, drained
- ✓ 1 (15-oz.) can corn, drained
- ✓ 1 small onion, chopped

1. For dressing: in a small-sized bowl, add all ingredients and whisk until well combined.
2. For salad: in a large-sized salad bowl, add mango, avocado, and lime juice, and toss to coat well.
3. Add the remaining salad ingredients and mix.
4. Add the dressing and toss to coat well.
5. Serve immediately.

Per Serving:

Calories 363| Fat: 8.8g| Carbs: 61.3g| Fiber: 15g| Protein: 15.2g

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## CHICKPEAS SALAD

**Prep Time: 10 mins. | Serves: 2**

- ✓ ¾ C. canned chickpeas, drained
- ✓ ½ C. red onion, sliced
- ✓ ¼ C. sun-dried tomatoes, chopped
- ✓ 1 small garlic clove, minced
- ✓ 2 tbsp. olive oil
- ✓ 1/8 tsp. dried parsley
- ✓ 1/8 tsp. red pepper flakes, crushed
- ✓ Salt and ground black pepper, as required
- ✓ 2 tbsp. hummus

1. In a medium-sized bowl, add the chickpeas, onion, tomatoes, garlic, oil, parsley, red pepper flakes, salt, and black pepper. Toss to coat well.
2. In the bottom of 2 serving bowls, divide the chickpeas mixture.
3. Top with hummus and serve immediately.

Per Serving:

Calories 266| Fat: 16.5g| Carbs: 25.9g| Fiber: 5.7g| Protein: 6.1g

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## NOODLES SALAD

**Prep Time: 15 mins. | Serves: 4**

- ✓ 12 oz. thin rice noodles
- ✓ 1 (15-oz.) can small green peas, drained
- ✓ 1 (14½-oz.) can French-style green beans, drained
- ✓ ½ C. onion, chopped
- ✓ 2 garlic cloves, peeled and minced
- ✓ ¼ C. seasoned rice vinegar
- ✓ ¼ C. fish sauce
- ✓ 2 tbsp. bottled lime juice
- ✓ 1 tbsp. sugar



✓ ¼ tsp. red pepper flakes, crushed

3. In a large-sized bowl of boiling water, soak the rice noodles for 3-4 minutes or until tender.
4. Drain the noodles well and then rinse under cold water.
5. Again, drain the noodles and transfer into a large-sized serving bowl.
6. In the bowl of noodles, add peas, green beans, and onion, and mix.
7. In a small-sized bowl, add garlic, vinegar, fish sauce, lime juice, sugar, and red pepper flakes, and whisk until well combined.
8. Place the vinegar mixture over salad and gently toss to coat well.
9. Serve immediately.

Per Serving:

Calories 247| Fat: 0.8g| Carbs: 49.4g| Fiber: 10.1g| Protein: 9.6g

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### STRAWBERRY WRAPS

**Prep Time: 10 mins. | Serves: 2**

- ✓ 4 tsp. peanut butter
- ✓ 2 tbsp. honey
- ✓ ½ C. granola
- ✓ ¼ C. unsweetened coconut, shredded
- ✓ 2 large whole-wheat tortillas
- ✓ ¼-1/3 C. canned strawberry slices, drained

1. In a small-sized bowl, add peanut butter and honey, and stir until smooth.
2. Add the granola and coconut, and stir to combine.
3. Spread honey mixture over each tortilla evenly.
4. Arrange strawberry slices in the center of each tortilla.
5. Roll up each tortilla and serve.

Per Serving:

Calories 290| Fat: 24.1g| Carbs: 65.5g| Fiber: 8.9g| Protein: 13.6g

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### SALMON LETTUCE WRAPS

**Prep Time: 10 mins. | Serves: 2**

- ✓ ¼ C. processed cheese, cubed
- ✓ ¼ C. sun-dried tomatoes, chopped
- ✓ 1 tsp. bottled lemon juice
- ✓ Salt, as required
- ✓ 4 lettuce leaves
- ✓ 4 smoked salmon slices

1. In a small-sized bowl, add mozzarella, tomato, lemon juice, and salt, and mix well.
2. Arrange the lettuce leaves onto serving plates.
3. Divide the salmon slices and tomato mixture over each lettuce leaf and serve immediately.

Per Serving:

Calories 129| Fat: 6.5g| Carbs: 2.3g| Fiber: 0.3g| Protein: 14.8g

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### PEANUT BUTTER & JAM SANDWICH

**Prep Time: 10 mins. | Serves: 2**

- ✓ 4 crusty white bread slices
- ✓ 2 tbsp. creamy peanut butter
- ✓ 2 tbsp. raspberry jam

1. Arrange bread slices onto a smooth surface.
2. Spread peanut butter over 2 bread slices evenly.
3. Then spread jam over remaining bread slices.
4. Place jam-covered slices over each peanut butter-covered bread slice.
5. Cut each sandwich in half vertically and serve.

Per Serving:

Calories 26| Fat: 9.5g| Carbs: 39.7g | Fiber: 2.4g| Protein: 8.5g

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## SALMON SANDWICH

**Prep Time: 10 mins.| Serves: 4**

- ✓ 2 (6-oz.) cans boneless, skinless salmon, drained
- ✓ ¼ C. red onion, minced
- ✓ 2 tbsp. bottled lemon juice
- ✓ 1 tbsp. extra-virgin olive oil
- ✓ Ground black pepper, as required
- ✓ 8 whole-wheat bread slices
- ✓ 4 tbsp. Dijon mustard

1. In a medium-sized bowl, add salmon, onion, lemon juice, oil, and black pepper, and mix well.
2. Arrange bread slices onto a smooth surface.
3. Spread mustard over 4 bread slices evenly and top with salmon mixture.
4. Cover with remaining bread slices.
5. Cut each sandwich in half vertically and serve.

Per Serving:

Calories 281| Fat: 11.2g| Carbs: 24.6g| Fiber: 4.2g| Protein: 22.6g

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## HUMMUS BITES

**Prep Time: 15 mins.| Serves: 6**

- ✓ 2 C. old-fashioned oats
- ✓ 1 C. hummus
- ✓ 1 tbsp. olive oil
- ✓ ¼ C. roasted chickpeas
- ✓ ¼ C. pumpkin seeds
- ✓ ¼ C. sunflower seeds
- ✓ Salt and ground black pepper, as required
- ✓ 1 tbsp. nutritional yeast

1. In a large-sized bowl, add all ingredients and mix until well-combined.
2. Make small, equal-sized balls from the mixture.
3. Serve immediately.

Per Serving::

Calories 268| Fat: 12.3g| Carbs: 31.3g| Fiber: 7.5g| Protein: 11g

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## COOKED RECIPES

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### CORNBREAD

**Prep Time: 10 mins.| Cook Time: 15 mins.| Serves: 6**

- ✓ 3 tbsp. dry milk powder
- ✓ 1 C. water
- ✓ 1 C. cornmeal
- ✓ ½ C. all-purpose flour
- ✓ 1 tbsp. baking powder
- ✓ ½ tsp. salt
- ✓ 1 egg
- ✓ 2 tbsp. honey
- ✓ ½ tbsp. coconut oil

1. In a small-sized bowl, add dry milk powder and water, and mix well.
2. In a large-sized bowl, add cornmeal, flour, baking powder, and salt.
3. Add the water mixture, egg, and honey, and mix until well blended.

4. Heat the oil in a cast-iron wok on your camp stove over medium heat.
5. Remove the wok from heat and place the flour mixture evenly.
6. Cover the skillet with a piece of foil.
7. Crimp the foil around the edges of wok.
8. Place the wok on your camp stove over medium-low heat and cook for about 15 minutes.
9. Remove the wok from heat, but set aside, covered, for 5 minutes before serving.
10. Cut the cornbread into slices and serve.

Per Serving:

Calories 170| Fat: 2.7g| Carbs: 32.8g| Fiber: 1.8g| Protein: 5.2g

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### BLUEBERRY PANCAKES

**Prep Time: 10 mins. | Cook Time: 20 mins. | Serves: 4**

- ✓ ½ C. rolled oats
- ✓ ½ C. unsweetened rice milk
- ✓ ¼ C. maple syrup
- ✓ ½ tbsp. flax meal
- ✓ 1 tsp. baking powder
- ✓ ½ tsp. vanilla extract
- ✓ ¼ tsp. baking soda
- ✓ ¼ tsp. ground cinnamon
- ✓ 1/8 tsp. salt
- ✓ ½ C. canned blueberries, drained
- ✓ 2 tbsp. olive oil

1. Place all ingredients, except for blueberries and oil, into a bowl and mix until well combined.
2. Set aside for 5 minutes.
3. Heat a non-stick wok on your camp stove over medium-low heat.
4. Add ½ tbsp. of oil into the wok and let it heat.
5. Place about ¼ C. of mixture into the wok and sprinkle the top with some blueberries.
6. Cook for about 2-3 minutes or until the top begins to bubble.
7. Carefully change the side of pancake and cook for about 1-2 minutes or until golden.
8. Repeat with remaining oil, pancake mixture, and blueberries.
9. Serve warm.

Per Serving:

Calories 173| Fat: 8.3g| Carbs: 25g| Fiber: 2.6g| Protein: 1.8g

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### SALMON BURGERS

**Prep Time: 15 mins. | Cook Time: 20 mins. | Serves: 4**

- ✓ 1 (14¾-oz.) can salmon, drained and flaked
- ✓ ¼ C. cracker crumbs
- ✓ 1 large egg, beaten
- ✓ 1 tbsp. hot sauce
- ✓ 1 tbsp. bottled lemon juice
- ✓ 1 tsp. prepared yellow mustard
- ✓ ½ tsp. paprika

1. In a large-sized bowl, add all ingredients and mix until well-combined.
2. Set aside for about 5 minutes.
3. Gently squeeze the mixture slightly to release any liquid.
4. Shape the mixture into 4 equal-sized patties.
5. Preheat your outdoor grill to medium-low heat.
6. Grease the grill grate.
7. Place the patties onto the grill and cook for about 10 minutes per side.
8. Serve hot.

Per Serving:

Calories 179| Fat: 8.8g| Carbs: 2.8g| Fiber: 0.2g| Protein: 22.3g

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## TOFU & OAT BURGERS

**Prep Time: 15 mins. | Cook Time: 14 mins. | Serves: 4**

- ✓ 1 lb. firm tofu, drained, pressed, and crumbled
- ✓ ¾ C. rolled oats
- ✓ ¼ C. flaxseeds
- ✓ 2 C. canned spinach, drained and squeezed
- ✓ 1 medium onion, chopped finely
- ✓ 4 garlic cloves, minced
- ✓ 1 tsp. ground cumin
- ✓ 1 tsp. red pepper flakes, crushed
- ✓ Salt and ground black pepper, as required

1. In a large-sized bowl, add all ingredients and mix until well combined.
2. Set aside for about 10 minutes.
3. Make desired-sized patties from mixture.
4. Preheat your grill to medium heat.
5. Grease the grill grate.
6. Place the patties onto the preheated grill and cook for about 5-7 minutes per side or until desired doneness.
7. Serve hot.

Per Serving:

Calories 197 | Fat: 8.2g | Carbs: 18.9g | Fiber: 5.6g | Protein: 13.7g

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## OPEN-FACED CHICKPEAS SANDWICH

**Prep Time: 10 mins. | Cook Time: 7 mins. | Serves: 2**

- ✓ 1 tbsp. extra-virgin olive oil
- ✓ 1 (16-oz.) can chickpeas, rinsed, drained and pat dried
- ✓ 1 tsp. ground turmeric
- ✓ 1 tsp. fresh lemon juice
- ✓ Salt and ground black pepper, as required
- ✓ 2 bread slices, toasted
- ✓ ¼ C. sun-dried tomatoes, drained and chopped
- ✓ ¼ tsp. dried parsley, crushed

1. In a skillet, heat 1 tbsp. of oil over medium heat and cook the chickpeas for about 3-4 minutes, stirring continuously.
2. Stir in the turmeric and cook for about 2-3 minutes or until chickpeas are toasted.
3. Remove from the heat and stir in the lemon juice, salt and black pepper. Set aside.
4. Arrange bread slices onto each serving plate.
5. Top each slice with chickpeas and tomato pieces.
6. Garnish with parsley and serve.

Per Serving:

Calories 184 | Fat: 12.3g | Carbs: 17.4g | Fiber: 5.3g | Protein: 3.8g

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## BEEF STRAGONOF

**Prep Time: 15 mins. | Cook Time: 30 mins. | Serves: 4**

- ✓ 2 tbsp. olive oil
- ✓ ½ lb. canned beef cubes, drained
- ✓ 8 oz. canned mushrooms, quartered
- ✓ 1 small brown onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1½ C. beef broth
- ✓ 1 tbsp. Worcestershire sauce
- ✓ 1 tsp. dried thyme
- ✓ ¼ lb. egg noodles



✓ Salt and ground black pepper, as required

1. Heat oil in a heavy-bottomed wok on your camp stove over medium heat.
2. Add the beef cubes and cook for about 4-5 minutes or until browned.
3. With a slotted spoon, transfer the beef pieces onto a plate.
4. In the wok, add the mushrooms, and cook for about 5 minutes, stirring infrequently.
5. Add in onion with garlic. Cook for about 5 minutes, stirring frequently.
6. Add the broth, Worcestershire sauce, and thyme, and bring to a boil.
7. Add the noodles and cook for about 8 minutes, stirring occasionally.
8. Stir in cooked beef, salt, and black pepper, and cook for about 2 minutes.
9. Serve hot.

Per Serving:

Calories 208| Fat: 11g| Carbs: 16g| Fiber: 2.7g| Protein: 12.2g

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### BEEF & BEANS CHILI

**Prep Time: 10 mins. | Cook Time: 30 mins. | Serves: 4**

- ✓ 1 lb. canned ground beef, drained
- ✓ 1 onion, chopped
- ✓ 1 (14½-oz.) can diced tomatoes
- ✓ 1 (15-oz.) can tomato sauce
- ✓ 1 (15-oz.) can kidney beans, drained
- ✓ 2 C. water
- ✓ 1 tbsp. red chili powder
- ✓ Salt and ground black pepper, as required

1. Heat a Dutch oven on your camp stove over medium heat.
2. Add ground beef and cook for about 3-4 minutes.
3. Add the onion and cook for about 4-6 minutes, stirring occasionally.
4. Stir in remaining ingredients and bring to a boil.
5. Immediately cover the pan and cook for about 10-15 minutes.
6. Serve hot.

Per Serving:

Calories 281| Fat: 9.4g| Carbs: 30.5g| Fiber: 12.2g| Protein: 20g

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### SHRIMP IN TOMATO SAUCE

**Prep Time: 10 mins. | Cook Time: 205 mins. | Serves: 4**

- ✓ 1 tbsp. olive oil
- ✓ 1 small onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ ¼ tsp. dried oregano
- ✓ 1 tsp. red pepper flakes, crushed
- ✓ 1 (28-oz.) can crushed tomatoes
- ✓ 1 C. dry white wine
- ✓ 1 lb. canned shrimp, drained
- ✓ Salt and ground black pepper, as required

1. Heat oil in a heavy-bottomed pan on your camp stove over medium heat.
2. Add onion, garlic, oregano and red pepper flakes and cook for about 4-5 minutes.
3. Add in tomatoes and wine and cook for about 10-12 minutes.
4. Add in shrimp, salt and black pepper and cook for about 2-3 minutes.
5. Serve hot.

Per Serving:

Calories 304| Fat: 5.5g| Carbs: 21.6g| Fiber: 6.9g| Protein: 31g

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### CHICKEN, BACON & BEANS SOUP

**Prep Time: 15 mins. | Cook Time: 40 mins. | Serves: 6**

- ✓ 4 canned bacon slices, drained and finely chopped
- ✓ 1 onion, finely chopped
- ✓ 2 garlic cloves, finely chopped
- ✓ 1 lb. red potatoes, cubed
- ✓ 6½-7 C. canned chicken broth
- ✓ 3 C. canned chicken, drained
- ✓ 2 (15-oz.) cans white beans, drained and rinsed
- ✓ 2 tbsp. bottled lime juice
- ✓ Ground black pepper, as required

9. Heat a heavy-bottomed saucepan on your camp stove over medium heat.
10. Add the bacon and cook for about 5 minutes, stirring frequently.
11. Add onions and garlic, and cook for about 5 minutes, stirring frequently.
12. Add potatoes and cook for about 4-5 minutes.
13. Add in broth and bring to a boil.
14. Cover the saucepan and cook for about 10-15 minutes.
15. Stir in chicken and beans, and cook for about 3-5 minutes.
16. Stir in lime juice and black pepper, and serve hot.

Per Serving:

Calories 449 | Fat: 14.6g | Carbs: 36.1g | Fiber: 6.7g | Protein: 41.5g

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### LENTIL SOUP

**Prep Time: 10 mins. | Cook Time: 25 mins. | Serves: 2**

- ✓ 1 tsp. extra-virgin olive oil
- ✓ 1 large onion, finely chopped
- ✓ 1 garlic clove, minced
- ✓ 2 C. canned vegetable broth
- ✓ 1½ C. canned lentils, rinsed and drained
- ✓ 1 tbsp. red wine vinegar
- ✓ Salt and ground black pepper, as required

1. Heat oil in a heavy-bottomed wok on your camp stove over medium heat.
2. Add the onion and cook for about 8-9 minutes, stirring occasionally.
3. Add the garlic and cook for about 1 minute, stirring continuously.
4. Add in broth and bring to a boil.
5. Cook for about 5 minutes.
6. Add lentils and cook for about 4-5 minutes.
7. Stir in vinegar, salt, and black pepper, and serve hot.

Per Serving:

Calories 238 | Fat: 3g | Carbs: 39.6g | Fiber: 14.4g | Protein: 14.3g

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### VEGGIES SOUP

**Prep Time: 15 mins. | Cook Time: 25 mins. | Serves: 8**

- ✓ 1 tbsp. extra-virgin olive oil
- ✓ 1 large onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 tsp. Italian seasoning
- ✓ ½ tsp. dried savory
- ✓ ¼ tsp. dried sage
- ✓ 6 C. vegetable broth
- ✓ 2 tsp. red wine vinegar
- ✓ 1 C. canned, diced tomatoes
- ✓ 1 C. canned chickpeas, drained and rinsed
- ✓ 1 (8¼-oz.) can sliced carrots, drained

- ✓ 1 (8¼-oz.) can cut green beans, drained
- ✓ 1 (4-oz.) can sliced mushrooms, drained
- ✓ Salt and ground black pepper, as required

1. Heat oil in a heavy-bottomed soup pan on your camp stove over medium heat.
2. Add the onion and cook for about 8-9 minutes, stirring occasionally.
3. Add the garlic, Italian seasoning, and dried herbs, and cook for about 1 minute, stirring continuously.
4. Add in broth and vinegar, and bring to a boil.
5. Cook for about 5 minutes.
6. Stir in beans, vegetables, salt, and black pepper, and cook for about 4-5 minutes.
7. Serve hot.

Per Serving:

Calories 195| Fat: 4.6g| Carbs: 27g| Fiber: 6.7g| Protein: 12.4g

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### CHICKPEAS CURRY

**Prep Time: 10 mins. | Cook Time: 20 mins. | Serves: 4**

- ✓ 1 tbsp. olive oil
- ✓ 1 small onion, chopped
- ✓ 1 tbsp. garam masala powder
- ✓ 1 tsp. ground turmeric
- ✓ ¼ tsp. cayenne pepper
- ✓ Salt and ground black pepper, as required
- ✓ 2 tbsp. tomato paste
- ✓ 1 (14-oz.) can coconut milk
- ✓ 1 (15-oz.) can chickpeas, drained
- ✓ 1 tbsp. bottled lime juice

1. Heat oil in a heavy-bottomed saucepan on your camp stove over medium heat.
2. Add the onions and cook for about 3-4 minutes.
3. Add the spices and cook for about 1 minute, stirring continuously.
4. Add the coconut milk, tomato paste, salt, and black pepper, and bring to a boil.
5. Add in chickpeas and cook, covered, for about 10-15 minutes, stirring occasionally.
6. Stir in lime juice and serve hot.

Per Serving:

Calories 300| Fat: 28.5g| Carbs: 33g| Fiber: 7.7g| Protein: 8.2g

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### CHILI MACARONI

**Prep Time: 10 mins. | Cook Time: 20 mins. | Serves: 4**

- ✓ 1 tbsp. olive oil
- ✓ ½ lb. canned ground beef, drained
- ✓ 1 onion, chopped
- ✓ 2 garlic cloves, minced
- ✓ 2 tbsp. tomato paste
- ✓ 2 tbsp. red chili powder
- ✓ 1 tbsp. ground cumin
- ✓ Salt and ground black pepper, as required
- ✓ 1 (14½-oz.) can red kidney beans, drained
- ✓ 8 oz. elbow macaroni
- ✓ 1½ C. beef broth
- ✓ ½ C. cheddar cheese, shredded

1. In a Dutch oven, heat the oil on your camp stove over medium heat and cook the ground beef for about 4-5 minutes, until browned, stirring frequently.
2. Add the onion, garlic, tomato paste, chili powder, cumin, salt and black pepper and cook for about 4-5 minutes, stirring frequently.

3. Add the beans, macaroni and broth and stir to combine.
4. Immediately cover the pan with lid and cook for about 8-10 minutes or until desired doneness of macaroni.
5. Uncover the pan and stir in cheese until melted.
6. Serve hot.

Per Serving:

Calories 529| Fat: 14.1g| Carbs: 63g| Fiber: 8.4g| Protein: 36.3g

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### LENTIL & PUMPKIN CURRY

**Prep Time: 10 mins.| Cook Time: 20 mins.| Serves: 4**

- ✓ 3 tbsp. canola oil
- ✓ 1 large red onion, chopped
- ✓ 4 garlic cloves, minced
- ✓ 2 tsp. smoked paprika
- ✓ 2 tsp. ground coriander
- ✓ 2 tsp. ground cumin
- ✓ ½ tsp. ground turmeric
- ✓ 8 oz. canned pumpkin puree
- ✓ 7 oz. canned coconut milk
- ✓ ¾ C. water
- ✓ 1 (15-oz.) can lentils, drained
- ✓ Salt and ground black pepper, as required

1. Heat oil in a heavy-bottomed wok on your camp stove over medium heat.
2. Add the onion and cook for about 8-9 minutes, stirring occasionally.
3. Add the garlic and spices, and cook for about 1 minute, stirring continuously.
4. Add in pumpkin puree, coconut milk, and water, and cook for about 3-5 minutes.
5. Add in lentils, salt, and black pepper and cook for about 3-5 minutes.
6. Serve hot.

Per Serving:

Calories 275| Fat: 23.4g| Carbs: 33.8g| Fiber: 12.6g| Protein: 12.3g

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### POTATOES

**Prep Time: 10 mins.| Cook Time: 1 hr.| Serves: 4**

- ✓ 4 medium potatoes
1. With a fork, prick each potato several times.
  2. Wrap each potato in a heavy-duty foil.
  3. Nestle foil packets into the embers of the campfire and cook for about 40-60 minutes, turning occasionally.
  4. Remove the potatoes from the fire.
  5. Carefully unwrap the foil from each potato and serve.

Per Serving:

Calories 147| Fat: 0.2g| Carbs: 33.5g | Fiber: 5.1g| Protein: 3.6g

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## CONCLUSION

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Are you ready to take control of your life and start prepping? The next few months are going to be difficult ones if you are planning to prepare for any emergency situation. But the image of you having food security and the safety of your family will keep you going. Try to divide the whole process into smaller milestones and feel proud to complete one small milestone at a time. You will make it!

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