Preparedness & Resiliency Cookbook

Guide to help you and your family prepare and plan for 14 days of meals and snacks.

Acknowledgments:
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<td>Cornell University</td>
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# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Food Supply</td>
<td>1</td>
</tr>
<tr>
<td>Essential Items to Consider</td>
<td>2</td>
</tr>
<tr>
<td>Pantry and Shopping List for 7 Days of Meals &amp; Snacks</td>
<td>3</td>
</tr>
<tr>
<td>Kitchen Tools and Supplies:</td>
<td>3</td>
</tr>
<tr>
<td>Food Safety Information:</td>
<td>4</td>
</tr>
<tr>
<td>Breakfast Recipes</td>
<td>5</td>
</tr>
<tr>
<td>Corn Pancakes</td>
<td>6</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>7</td>
</tr>
<tr>
<td>Fruit Pizza</td>
<td>7</td>
</tr>
<tr>
<td>Pumpkin Pie Oatmeal</td>
<td>8</td>
</tr>
<tr>
<td>Rice Bowl Breakfast with Fruit &amp; Nuts</td>
<td>8</td>
</tr>
<tr>
<td>Skillet Granola</td>
<td>9</td>
</tr>
<tr>
<td>Tofu Scramble</td>
<td>10</td>
</tr>
<tr>
<td>Add your family’s favorite breakfast recipe here</td>
<td>10</td>
</tr>
<tr>
<td>Snack Recipes</td>
<td>11</td>
</tr>
<tr>
<td>Peanut Butter Fruit Spread</td>
<td>12</td>
</tr>
<tr>
<td>Black Bean and Mango Salsa</td>
<td>13</td>
</tr>
<tr>
<td>Grilled Popcorn</td>
<td>13</td>
</tr>
<tr>
<td>Nutter Butter and Banana Wraps</td>
<td>14</td>
</tr>
<tr>
<td>Tuna Roll-Ups</td>
<td>15</td>
</tr>
<tr>
<td>Add your family’s favorite snack recipe here</td>
<td>15</td>
</tr>
<tr>
<td>Lunch Recipes</td>
<td>16</td>
</tr>
<tr>
<td>BBQ Chicken Sandwich</td>
<td>17</td>
</tr>
<tr>
<td>EZ Pasta Alfredo</td>
<td>18</td>
</tr>
<tr>
<td>Chicken Apple Salad Sandwich</td>
<td>18</td>
</tr>
<tr>
<td>Simple Chickpea Sandwich</td>
<td>19</td>
</tr>
<tr>
<td>Brown Rice with Corn and Beans</td>
<td>20</td>
</tr>
<tr>
<td>Refried Bean Soup</td>
<td>20</td>
</tr>
<tr>
<td>Tuna Panzanella</td>
<td>21</td>
</tr>
<tr>
<td>Add your family’s favorite lunch recipe here</td>
<td>21</td>
</tr>
<tr>
<td>Dinner Recipes</td>
<td>22</td>
</tr>
<tr>
<td>Whatever is in the Pantry Soup</td>
<td>23</td>
</tr>
<tr>
<td>Salmon Pasta in Creamy Dill Sauce</td>
<td>23</td>
</tr>
<tr>
<td>White Chicken Chili</td>
<td>24</td>
</tr>
<tr>
<td>Lentil and Beef Curry</td>
<td>25</td>
</tr>
<tr>
<td>One Pot Meatless Spaghetti</td>
<td>25</td>
</tr>
<tr>
<td>Asian Salad with Peanut Dressing</td>
<td>26</td>
</tr>
<tr>
<td>Couscous with Cranberries and Herbs</td>
<td>27</td>
</tr>
<tr>
<td>Add your family’s favorite dinner recipe here</td>
<td>28</td>
</tr>
<tr>
<td>Resources and Other Information</td>
<td>29</td>
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Introduction

This resource is your guide for making good food choices that are healthy, tasty, quick, and safe to promote resiliency during hardship or natural disasters. This guide provides 21 meals and 5 snacks to feed a family of 4 for 7 days. Most of the ingredients in this recipe book are based on canned, boxed, or bottled non-perishable food items, except some fresh fruits and vegetables. Fruits and vegetables can be kept without refrigeration for a couple of days or non-perishable fruits and vegetables can be used. The recipes can be prepared using manual appliances.

This resource can be modified and customized to fit your family’s needs. Adapt the quantity of recipes and only select recipes that your family will choose to eat.

Food Supply

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

Shopping for your family during financial hardships can be overwhelming if you try to do it all at once. Take it one step at a time. Make one night a week a family preparedness night and try out one of the recipes in this cookbook to find what your family likes.
Essential Items to Consider:

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

- Water, one gallon per person per day
- Breads
- Canned foods (soups, beans, sauces)
- Condiments
- Crackers
- Dried fruits
- Nuts and seeds
- Food for infants (if applicable)
- Instant hot cereal
- Protein or fruit bars
- Dry cereals or granola
- Instant rice or noodles
- Bouillon cubes or canned/boxed broth
- Oil, vinegar, or lemon juice concentrate
- Hard cheese (Parmesan)
- Peanut butter or other nut butters
- Instant beverages (coffee, cocoa, 100% fruit juices)
- Non-perishable pasteurized milk (or nut milks) in boxes or cans
- Fresh fruits and vegetables (they keep for several days without refrigeration)
- Family favorites: add your families favorites here
- Cash- in the instance that there is no electricity and credit cards will not work
- Medicine

TIPS!

- Choose foods you would eat, even without an emergency
- Try buying “low sodium” or “no salt added” canned and packaged foods and 100% whole grain breads, crackers and cereals.
Pantry & Shopping List for 7 Days of Meals & Snacks

Multiply this list by 2 if you are needing 14 days of food for 4 people.

*Perishable food items.

Ingredient List:

Dairy
4 (12 oz) cans evaporated milk or 4 cups dry milk powder
1 (8 oz) container Parmesan cheese

Grains
48 oz container old fashioned rolled oats
3 (14 oz) packages brown rice
1 package English Muffins*
1 box graham crackers
1 (24 oz) can/box of cornmeal
2 (12 oz) packages rice noodles
3 (16 oz) boxes pasta (any shape)
1 loaf bread (multi-grain preferably)*
1 (15 inch) round bread*
1 (8 oz) box couscous
1 (32 oz) box/package popcorn kernels
1 (5 oz) bag croutons, optional

Protein
2 packages (12 oz) shelf stable firm tofu
7 (8 oz) cans chicken
2 (12 oz) cans white tuna packed in water
2 (7 oz) cans pink salmon
1 (8 oz) package beef jerky
1 (half dozen) eggs*

Beans
2 (15 oz.) cans or ½ cup dried chickpeas
1 (30 oz) can fat free refried beans
2 (15 oz) cans or 1 cup dried black beans
2 (15 oz) cans or 1 cup dried navy beans
OR northern beans
2 (15 oz) cans or 1 (16 oz) package green lentils

Produce/ Vegetable
6 medium white onions*
1 medium red onion*
1 (5 lb) bag of whole packaged carrots*
3 (15 oz) can mixed vegetables
4 (15 oz) cans corn
1 (15 oz) can corn with peppers (Southwest Corn)
1 (15 oz) can canned spinach
1 (15 oz) can sweet peas
1 (11 oz) can green beans
2 (15 oz) cans diced tomato
1 (15 oz) can green olives
1 (12 oz) jar olives
1 (28 oz) can crushed tomatoes
2 (8 oz) cans sliced mushrooms
1 (15 oz) jar roasted red peppers
1 (8 oz) can water chestnuts
1 (8 oz) can green chilies
2 (8 oz) bags shredded lettuce (optional)*
2 fresh tomatoes (optional)*
1 (6 oz) can tomato paste

Fruit
1 (15 oz) canned mango slices
2 (15 oz) cans mixed fruit
2 bananas*

Baking Items
1 (15 oz) can pumpkin
1 (1 lb) bag of white sugar
1 (1 lb) bag of brown sugar
1 (5 lb) bag of all-purpose flour
1 (8 oz) container of baking powder

Dried Fruit
1 (3 oz) container cinnamon
1 (3 oz) container dried basil
1 (3 oz) container cumin
1 (3 oz) container dried dill
1 (3 oz) container red pepper flakes
1 (3 oz) container curry powder
1 (1 oz) packet taco seasoning
1 (1 oz) packet Italian salad dressing mix

Other
1 (3 oz) container beef bouillon cubes
1 (3 oz) container dried parsley flakes
1 (3 oz) container dried rosemary
1 (3 oz) container dried thyme
1 (3 oz) container Italian seasoning

Salt
Black Pepper

Sauces/Salsa
1 (5 oz) container low-sodium soy sauce
1 (8 oz) container barbeque sauce
1 (15 oz) container mayonnaise
1 (12 oz) container honey
1 (12 oz) container maple syrup
1 (12 oz) container mustard
1 (15 oz) jar salsa (any heat)
1 (16 oz) container oil and vinegar salad dressing

Broths
3 (14.5 oz) cans low-sodium vegetable broth
6 (14.5 oz) cans chicken broth

Sauces, Broths, and Seasonings
1 (16 oz) container vegetable oil
1 (24 oz) container olive oil
1 (5 oz) container sesame oil
1 (4 oz) container rice wine vinegar
1 (12 oz) container red wine vinegar
1 (12 oz) container white vinegar
1 (12 oz) container apple cider vinegar

Vegetable
3 (14 oz) cans low-sodium chicken broth

Kitchen Tools and Supplies
Sanitary wipes
Can opener
Paper towels
Measuring cups
Measuring spoons
Mixing bowls
Skillet
Mixing spoons
Knives
Large pot
Microwave safe bowl
Colander
Serving bowls
Serving utensils
Fork or wire masher
Whisk or fork
Medium saucepan

Sauces
1 (5 oz) container low-sodium soy sauce
1 (8 oz) container barbeque sauce
1 (15 oz) container mayonnaise
1 (12 oz) container honey
1 (12 oz) container maple syrup
1 (12 oz) container mustard
1 (15 oz) jar salsa (any heat)
1 (16 oz) container oil and vinegar salad dressing

Broths
3 (14.5 oz) cans low-sodium vegetable broth
6 (14.5 oz) cans chicken broth

1 (3 oz) container garlic powder

1 (1 oz) container vanilla extract
1 (2 oz) container lemon juice
3 gallons of bottled water
Food Safety Information:

KEEPING YOUR FOOD SAFE DURING A POWER OUTAGE

Monitor your refrigerator’s temperature with a separate appliance thermometer.

Store raw meat in the bottom shelf of your freezer underneath prepared food.

Discard perishable food if it reaches 40° F (4.4° C) for two or more hours.

Keep your refrigerator and freezer doors tightly closed at all times.
Breakfast Recipes
### Corn Pancakes

**Serves 8 | by OSU Food Hero**

#### INGREDIENTS

- ½ cup cornmeal
- ½ cup all-purpose flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 2 large eggs*
- ½ cup nonfat or 1% milk (or 4 Tbsp. milk powder to 1 cup water)*
- 2 cups cooked corn (canned and drained, frozen, or fresh cooked).

#### DIRECTIONS

1. In a large bowl, mix corn meal, flour, baking powder and salt.
2. In another bowl, mix the eggs and milk. Add egg and milk mixture and corn to the flour mixture and mix until combined.
3. Lightly grease a large skillet or griddle. Heat skillet or griddle over medium heat. Pour batter onto hot skillet or griddle to make individual pancakes.
4. Cook until golden on the bottom. Turn and cook on other side.

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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*In food labels, % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**Fried Rice**

Serves 6 | by University of Guam SNAP-Ed

**INGREDIENTS**
- 2 Tablespoons vegetable oil
- ½ cup onion, chopped*
- 1 carrot diced*
- 1 cup veggies, chopped (broccoli, peppers, etc.)*
- 2 Tablespoons lite soy sauce
- ½ tsp. black pepper & ½ tsp. garlic powder
- 2 cups cooked brown rice
- ¾ cup boiled chicken, chopped or 12 oz. canned
- 2 eggs, scrambled (optional)*

**DIRECTIONS**
1. Heat oil in a skillet over medium heat.
2. Add onion and cook until tender, about 3 minutes.
3. Stir in carrot, other vegetables, lite soy sauce, black pepper, and garlic powder. Cook until vegetables are tender, about 5 minutes.
4. Add cooked rice, chicken, and scrambled eggs to the pot. Cover and cook mixture an additional 3-5 minutes, stirring occasionally.

**Nutrition Facts**
6 servings per container

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**Fruit Pizza**

Serves 4 | by OSU Food Hero

**INGREDIENTS**
- 2 English muffins (try whole grain)*
- 2 Tablespoons reduced-fat cream cheese or nut butter*
- ½ cup berries or other fruit*
- 1/4 cup crushed canned pineapple

**DIRECTIONS**
1. Split open the English muffin and toast the halves until lightly browned.
2. Spread cream cheese or nut butter on both halves.
3. Divide the fruit between the muffin halves and arrange on top of cream cheese or nut butter.
4. These are best when served immediately.

**Nutrition Facts**
2 servings per container

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Pumpkin Pie Oatmeal
Serves 4 | by Amber Alvarez, Houston Emergency Preparedness Cookbook

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

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

**Nutrition Facts**
4 servings per container

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Rice Bowl Breakfast with Fruit & Nuts
Serves 4 | by OSU Food Hero

**INGREDIENTS**
- 2 cups cooked brown rice
- 1 cup nonfat or 1% milk (or 4 Tbsp. milk powder to 1 cup water)*
- ½ teaspoon cinnamon
- 1 cup of fresh or canned chopped fruit
- 2 Tablespoons chopped nuts

**DIRECTIONS**
1. Combine cooked rice, milk and cinnamon in a microwave-safe bowl OR skillet. Microwave on High for 45 seconds OR cook on medium heat in skillet.
2. Divide rice mixture between bowls. Top with fruit and nuts.
   Serve warm.

**Nutrition Facts**
2 servings per container

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Skillet Granola

Serves 4 | by OSU Food Hero

INGREDIENTS

1/3 cup vegetable oil
3 Tablespoons honey or brown sugar
¼ cup powdered milk
1 teaspoon vanilla
4 cups old fashioned rolled oats
½ cup sunflower seeds
1 cup raisins

DIRECTIONS

1. Warm oil and honey in a skillet for one minute over medium heat. Add powdered milk and vanilla.
2. Stir in oats and sunflower seeds and mix until coated with oil and honey mixture. Heat over medium heat. Stir until oatmeal is slightly brown.
4. Cool mixture. Store in an airtight container (jar or plastic bag).

Nutrition Facts

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*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
INGREDIENTS

14 ounces shelf stable extra firm tofu
1 cup onion, chopped*
1 cup bell pepper, chopped*
1 teaspoon oil
1 (15-ounce) can spinach
1 teaspoon garlic powder or 4 garlic cloves, minced
½ teaspoon salt
½ teaspoon pepper
¼ cup cheddar cheese*

DIRECTIONS

2. In a skillet over medium heat, sauté onion and bell pepper in oil until tender.
3. Add spinach, garlic, salt and pepper. Stir to combine.
4. Add tofu, cook and stir until heated through. Sprinkle cheese over the top. Serve hot.

Add your family’s favorite recipe here.

NAME:______________________

Nutrition Facts

5 servings per container
Serving size 1 cup (205g)

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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Photo from: commons.wikimedia.org creativecommons. bit.ly/3OGVEMt

Serves 5 | by OSU Food Hero

INGREDIENTS

NAME:______________________

Serves | by

DIRECTIONS

NAME:______________________
Snack Recipes
Peanut Butter Fruit Spread

Serves 4 | by Cheryl Driggs, Houston Emergency Preparedness Cookbook

INGREDIENTS

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

DIRECTIONS

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

Nutrition Facts

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Black Bean and Mango Salsa

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

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

Grilled Popcorn

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

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

Serves 4 | by Kaye Heitmann, Houston Emergency Preparedness Cookbook

INGREDIENTS

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

DIRECTIONS

1. In a bowl, combine peanut butter or nut butter, and honey and mix well.
2. Stir in raisins.
3. Spread tortillas with peanut butter mixture.
4. Roll up each tortilla with ½ banana, sliced its length.

Nutrition Facts

4 servings per container
Serving size 1 tortilla (198g)

Amount per serving
Calories 660

% Daily Value*
Total Fat 35g 45%
Saturated Fat 9g 40%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 420mg 18%
Total Carbohydrate 76g 28%
Dietary Fiber 6g 21%
Total Sugars 40g
Includes 12g Added Sugars 24%
Protein 19g

Vitamin D 0mcg 0%
Calcium 105mg 8%
Iron 3mg 15%
Potassium 729mg 15%

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Tuna Sandwich

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

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

Add your family’s favorite recipe here.
NAME:________________________

Serves 6 | by Kaye Heitmann, Houston
Emergency Preparedness Cookbook

INGREDIENTS

DIRECTIONS

Nutrition Facts
6 servings per container
Serving size 1 (178g)
Amount per serving
Calories 410

% Daily Value*
Total Fat 19g 24%
Saturated Fat 6g 30%
Trans Fat 0g
Cholesterol 66mg 22%
Sodium 730mg 32%
Total Carbohydrate 46g 17%
Dietary Fiber 3g 11%
Total Sugars 16g
Includes 0g Added Sugars 0%
Protein 16g

Vitamin D 1mcg 6%
Calcium 91mg 8%
Iron 2mg 10%
Potassium 88mg 2%

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Lunch Recipes
BBQ Chicken Sandwich

Serves 4 | by Margaret Raber, Houston Emergency Preparedness Cookbook

INGREDIENTS

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

DIRECTIONS

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

Nutrition Facts

4 servings per container
Serving size 1 sandwich (239g)

Amount per serving
Calories 470

Total Fat 17g 22%
Saturated Fat 4g 20%
Trans Fat 0g
Cholesterol 120mg 40%
Sodium 1030mg 45%
Total Carbohydrate 33g 12%
Dietary Fiber 0g 0%
Total Sugars 12g
Includes 0g Added Sugars 0%
Protein 44g

Vitamin D 0mcg 0%
Calcium 85mg 6%
Iron 3mg 15%
Potassium 324mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**EZ Pasta Alfredo**

*Photo from Taste of Home*

Serves 3 | by Norma Atherton, Houston Emergency Preparedness Cookbook

**INGREDIENTS**
- 1 package noodles or other pasta
- 1 package Italian salad dressing mix
- 1/2 cup evaporated milk
- 1/4 cup olive oil or margarine
- 2 1/2 tablespoons parsley, chopped (optional)
- 1 (14.5-ounce) can sweet peas, drained

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

---

**Chicken Apple Salad Sandwich**

*Photo from myplate.gov*

Serves 4 | by Simple Healthy Recipes Oklahoma Nutrition Information and Education ONIE Project

**INGREDIENTS**
- 1 (12.5-ounce) can of chicken
- 1 chopped celery (1 stalk)*
- 1 chopped apple, medium
- 1/3 cup light mayonnaise
- 1 lemon, juiced
- 1 small box (1 1/2 oz) raisins
- 8 slices whole wheat bread*
- Chopped walnuts (1 cup, optional)

**DIRECTIONS**
1. Wash hands with soap and water.
2. Combine all ingredients except for bread together in a bowl.
3. Create 4 sandwiches on whole wheat bread.
Simple Chickpea Sandwich

Serves 4 | by Kaye Heitmann,
Houston Emergency Preparedness Cookbook

INGREDIENTS
2 (15-ounce) cans chickpeas
3 tablespoons vinegar
Salt and pepper, to taste
8 slices bread (Try whole wheat.)*

DIRECTIONS
1. Mash chickpeas in a bowl with vinegar, salt, and pepper.
2. Spoon on to bread and make sandwiches, top with your favorite veggies.
3. Add your favorite sandwich toppings like lettuce, pickles, or tomatoes. (optional)

Nutrition Facts

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Image from James on flickr; bit.ly/image_license
### Brown Rice with Corn & Beans

**INGREDIENTS**
- 1 cup low-sodium broth
- 1 teaspoon seasoning (taco, chili powder, garlic powder, or cumin)
- 1 cup instant brown rice
- 1/3 cup salsa
- 1/2 cup corn (canned, drained, and rinsed)
- 1/2 cup black beans (canned, drained and rinsed)

**DIRECTIONS**
1. Bring the vegetable broth and seasonings to boil in a medium saucepan.
2. Add the rice, salsa, corn and beans. Turn heat to low, cover saucepan and let cook undisturbed for 10 minutes.
3. Gently stir before serving.

### Refried Bean Soup

**INGREDIENTS**
- 1 Tablespoon vegetable oil
- 1 cup finely chopped onion
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 (28-ounce) can crushed or chopped tomatoes with juice
- 1 large can (30-ounce) fat-free refried beans
- 2 cans (14.5-ounce each) low-sodium broth

**DIRECTIONS**
1. Heat oil in a large soup pot. Add onion and garlic and sauté until soft.
2. Add tomatoes and bring to a boil. Boil for 5 minutes and reduce heat to low.
3. Add beans and broth. Simmer for 15 minutes.
4. Serve immediately.

---

**Nutrition Facts**

#### Brown Rice with Corn & Beans

- **Calories**: 210
- **Serving size**: 1/2 cup (217g)

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#### Refried Bean Soup

- **Calories**: 90
- **Serving size**: 1 cup (230g)

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Tuna Panzanella

Serves 4 | by Margaret Raber, Houston Emergency Preparedness Cookbook

INGREDIENTS

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

DIRECTIONS

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

**Nutrition Facts**

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Dinner Recipes
**Whatever is in the Pantry Soup**

Serves 5 | by Norma Atherton, Houston

Emergency Preparedness Cookbook

**INGREDIENTS**

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

**DIRECTIONS**

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

---

**Salmon Pasta in Creamy Dill Sauce**

Serves 4 | by Lindsay Ruschel, Houston

Emergency Preparedness Cookbook

**INGREDIENTS**

- 10 ounces pasta
- 1 cup evaporated milk
- 2 tablespoons lemon juice
- 1 1/2 tablespoons dill
- 1/2 teaspoon sugar
- 2 (7-ounce) cans pink salmon, drained
- 1/2 teaspoon salt
- Black pepper, to taste

**DIRECTIONS**

1. Prepare pasta according to directions on package.
2. Drain and place in serving bowl.
3. In medium-sized bowl, combine evaporated milk, lemon juice, dill, salt, and sugar with wire whisk until thoroughly blended.
4. Stir in salmon until coated.
5. Spoon sauce over pasta. Season with black pepper, to taste.
White Chicken Chili

Serves 4 | by Peggy Krysiak, Houston Emergency Preparedness Cookbook

INGREDIENTS
1 medium onion, finely chopped*
3 tablespoons olive oil
3 tablespoons flour
1 can chopped green chilies, drained
2 teaspoons ground cumin
2 (15-ounce) cans northern beans or navy beans
1 (14.5-ounce) can chicken broth
2 (8-ounce) cans cooked chicken
1 (8-ounce) can carrots

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

Nutrition Facts
4 servings per container
Serving size 1 cup (50g)
Amount per serving
Calories 430
Total Fat 6g 8%
Saturated Fat 1.5g 8%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 1490mg 65%
Total Carbohydrate 58g 21%
Dietary Fiber 13g 46%
Total Sugars 4g
Includes 0g Added Sugars 0%
Protein 35g

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**Lentil and Beef Curry**

**INGREDIENTS**
1 cup beef jerky, cut into small pieces
2 cans vegetables drained (like mushrooms, onions, and carrots)
2 (15-ounce) cans green lentils
1 (6-ounce) package vermicelli, rice noodles or angel hair pasta
1/2 cup raisins
2 cubes beef bouillon
4 tablespoons garlic powder
2 tablespoons curry powder
4 cups bottled water

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

**Nutrition Facts**

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**One Pot Meatless Spaghetti**

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

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

**Nutrition Facts**

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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Asian Salad with Peanut Dressing

Serves 4 | by Lindsay Ruschel, Houston Emergency Preparedness Cookbook

INGREDIENTS

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

DIRECTIONS

1. In a bowl combine the peanut butter, soy sauce, vinegar, sugar, red pepper flakes, garlic powder and brown sugar, stir to blend well. Add the water, stirring until smooth. Set aside.

2. Cook the noodles in a large pot of boiling water, according to package directions. Drain and rinse, if possible. Transfer to large bowl. Toss with sesame oil to coat.

3. Add carrots, water chestnuts, mushrooms, and peanuts to the bowl with the noodles.

4. Add the peanut sauce, tossing gently to combine.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 640</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving size</td>
<td>1 1/2 cup (318g)</td>
</tr>
<tr>
<td>Total Fat 26g</td>
<td>33%</td>
</tr>
<tr>
<td>Saturated Fat 4.5g</td>
<td>23%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 780mg</td>
<td>34%</td>
</tr>
<tr>
<td>Total Carbohydrate 82g</td>
<td>30%</td>
</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>14%</td>
</tr>
<tr>
<td>Total Sugars 10g</td>
<td></td>
</tr>
<tr>
<td>Includes 2g Added Sugars</td>
<td>4%</td>
</tr>
<tr>
<td>Protein 22g</td>
<td></td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
## INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredients</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons olive oil</td>
<td></td>
</tr>
<tr>
<td>2 cups couscous</td>
<td></td>
</tr>
<tr>
<td>4 cups chicken broth</td>
<td></td>
</tr>
<tr>
<td>Olive oil parsley, rosemary, thyme for seasoning, as desired</td>
<td></td>
</tr>
<tr>
<td>1 cup dried cranberries</td>
<td></td>
</tr>
<tr>
<td>1/2 cup nuts of your choice</td>
<td></td>
</tr>
<tr>
<td>1/4 cup apple cider vinegar</td>
<td></td>
</tr>
<tr>
<td>3 tablespoons maple syrup</td>
<td></td>
</tr>
<tr>
<td>Salt and Pepper to taste</td>
<td></td>
</tr>
</tbody>
</table>

## DIRECTIONS

1. In a medium saucepan, heat the olive oil on medium-high heat. Add the couscous and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes.

2. Simmer for 10 to 12 minutes or until the liquid has evaporated.

3. Transfer the cooked couscous to a large bowl and set aside to cool.

4. Add the parsley, rosemary, thyme, dried cranberries, and nuts.

5. In a small bowl, combine the apple cider vinegar, maple syrup, salt, and pepper.

6. Whisk in olive oil until the texture becomes smooth, you may need about 1/2 cup or more of olive oil.

7. Pour the vinaigrette over the couscous and toss to coat evenly.
### Add your family’s favorite recipe here.

**NAME:** __________________________

<table>
<thead>
<tr>
<th>Serves</th>
<th>by</th>
</tr>
</thead>
</table>

### INGREDIENTS

### DIRECTIONS

**NAME:** __________________________

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<th>Serves</th>
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</thead>
</table>

### INGREDIENTS

### DIRECTIONS
## Resources and Other Information

### Emergency Ingredient Substitutions

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Substitution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breadcrumbs</td>
<td>1 cup</td>
<td>1 cup cracker crumbs or ground oats</td>
</tr>
<tr>
<td>Broth/stock: beef or chicken</td>
<td>1 cup</td>
<td>1 tbsp soy sauce + 1 cup water</td>
</tr>
<tr>
<td>Butter (salted)</td>
<td>1 cup</td>
<td>1 cup shortening or vegetable oil + 1/2 tsp</td>
</tr>
<tr>
<td>Egg</td>
<td>1 whole</td>
<td>2 1/2 tbsp of powdered egg substitute + 2 1/2 tbsp water OR half a banana mashed with 1/2 tsp baking powder</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 clove</td>
<td>1/8 tsp garlic powder OR 1/2 tsp garlic salt--reduce salt in recipe</td>
</tr>
<tr>
<td>Herbs--fresh</td>
<td>1 tbsp fresh</td>
<td>1 tsp (chopped or whole leaf) dried herbs</td>
</tr>
<tr>
<td>Hot pepper sauce</td>
<td>1 tsp</td>
<td>3/4 tsp cayenne pepper + 1 tsp vinegar</td>
</tr>
<tr>
<td>Ketchup</td>
<td>1 cup</td>
<td>1 cup tomato sauce + 1 tsp vinegar + 1 tbsp sugar</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>1 tsp</td>
<td>1/2 tsp vinegar</td>
</tr>
<tr>
<td>Margarine</td>
<td>1 cup</td>
<td>1 cup shortening or vegetable oil + 1/2 tsp salt</td>
</tr>
<tr>
<td>Milk (whole)</td>
<td>1 cup</td>
<td>1/4 cup dry milk powder + 1 cup water OR 2/3 cup evaporated milk + 1/3 cup water</td>
</tr>
<tr>
<td>Mustard-prepared</td>
<td>1 tbsp</td>
<td>1 tbsp dried mustard + 1 tsp water + 1 tsp vinegar + 1 tsp sugar</td>
</tr>
<tr>
<td>Onion</td>
<td>1 cup, chopped</td>
<td>1/4 cup dried minced onion OR 1/4 cup onion powder</td>
</tr>
<tr>
<td>Rice--white</td>
<td>1 cup, cooked</td>
<td>1 cup cooked barley, bulgur, brown or wild rice</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1/2 cup</td>
<td>4 tbsp Worcestershire sauce + 1 tbsp water</td>
</tr>
<tr>
<td>Vinegar</td>
<td>1 tsp</td>
<td>2 tsp white wine</td>
</tr>
<tr>
<td>White sugar</td>
<td>1 cup</td>
<td>1 cup brown sugar OR 1 1/4 cups confectioners' sugar</td>
</tr>
</tbody>
</table>