

# Food Storage Newsletter

Food Storage Newsletter #0012 - FREE monthly Email newsletter - December, 2000:

Food Storage for a New Millennium

This Month's LDS Monthly Plan to Acquire Food Storage and 72-Hour Kit in One Year (with Monthly Goals)

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"No man is truly free who is in financial bondage. 'Think what you do when you run in debt', said Benjamin Franklin, 'you give another power over your liberty.'" Ezra Taft Benson

Spiritual Goal---Decide as a family how you can better remember and celebrate the true meaning of Christmas.

Provident Living Goal---Review your insurance coverage, life, household, vehicle. Do you have enough? Could you replace your vehicle or household foods with the coverage you have?

Storage Goal:

40 pounds dried beans per person

matches

candles

batteries

72 hour kit:

garbage bags

candles

matches

can opener

(From - <http://www.nursehealer.com/FS10.htm> )

NOTE: If anyone has another itemized monthly plan to acquire a year's supply of food storage, please send it to me for next year's newsletters. I'm reviewing plans now.

Shelf Life & Date Codes for This Month's storage items:

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Dried Beans have an average shelf life in their original container of 2 yrs. However, they can be stored indefinitely if resealed in a food grade container with an oxygen absorber or vacuum sealed in a food grade bag to reduce the moisture content.

( - More shelf life information with lots of NEW shelflife LINKS!

- <http://www.nursehealer.com/ShelfLife.htm> )

This Month's Cooking with Food Storage Ideas:

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U.S. Senate Bean Soup

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1 lb. White beans

1 ham hock or ham bone w/meat  
3 qts. Water  
1 c. mashed potatoes  
3 onions  
1 small bunch celery, including tops  
2 garlic cloves, finely chopped  
½ c. chopped parsley

Soak beans overnight, drain and put in soup pan with ham bone. Bring to boil and simmer for 2 hrs. Stir in potatoes and add onions, celery, garlic cloves and parsley. Simmer soup for 1 hr. longer until beans are thoroughly cooked. Remove ham bone, dice meat and return meat.

- from "A Century of Mormon Cookery" by Hermine B. Horman & Connie Fairbanks

### Mormon Baked Beans

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2 c. small white beans  
6 c. water  
2 Tbs. Dehydrated onion  
¼ c. oil  
¼ c. brown sugar  
3 Tbs. Honey  
¼ tsp. Dry mustard  
1 ½ tsp. Salt  
1/8 tsp. Pepper  
½ c. bacon or bacon bits (optional)

Soak beans overnight. Simmer over low heat 1 – 2 hours until tender. Drain, reserving liquid. Add onions to beans and put into a 2 quart casserole dish. Stir together oil, sugar, honey, mustard, salt, pepper and 1 cup of reserved liquid. Pour over beans and stir gently. Add enough of remaining liquid to almost cover beans. Bake at 300 3 – 4 hours. Stir in bacon or bacon bits last 30 minutes.

- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

ISBN 1-893519-01-5

<http://www1.icserv.net/D100001/X100043/books.html>

### Boston Baked Beans

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2 cups (1/2 L) navy beans, small white beans, or Great Northern beans  
About 1 tsp. Salt  
¼ pound (115 g) salt pork  
2 teaspoons dry mustard  
5 tablespoons dark-brown sugar  
4 tablespoons molasses

Wash the beans. Soak overnight or use the short method (below). Add salt, stir and drain, reserving the liquid. Preheat the oven to 300 degrees F (150 degrees C). Cut off a third of the salt pork and place the piece on the bottom of a bean pot. Add the beans to the pot. Blend the mustard, brown sugar, and molasses with the reserved bean liquid and pour over the beans. Cut several gashes in the remaining piece of salt pork and place on top of the beans. Cover and bake for about 6 hours, adding water as needed. Uncover for the final hour of cooking so the pork will become brown and crisp. Taste and

correct seasoning.

(Serves eight)

- from "The Fannie Farmer Cookbook" by Marion Cunningham

ISBN 0-553-23488-9

### Short Method for Soaking Beans

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Put 2 cups of beans in a pot, cover with 6 cups water, bring to a boil, and cook for 2 minutes; remove from the heat, cover the pot, and let stand for 1 hour before cooking.

- from "The Fannie Farmer Cookbook" by Marion Cunningham

ISBN 0-553-23488-9

### Baked Bean Soup

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3 cups (3/4 L) Baked Beans (recipe above)

1 onion, chopped

2 stalks celery, chopped

1 1/2 c. (3 1/2 dL) canned tomatoes

1 1/2 tsp. Chili powder

Salt

Freshly ground pepper

Put the baked beans, onion, celery, tomatoes, and chili powder in a large pot with 6 cups water. Bring to a boil, reduce heat, and simmer, partially covered, for 30 minutes. Mash and beat until smooth or puree in a blender or food processor. Reduce, adding salt and pepper to taste.

(Yield: 8 cups)

- from "The Fannie Farmer Cookbook" by Marion Cunningham

ISBN 0-553-23488-9

### Navy Bean or Lima Bean Soup

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Wash 2 c. beans and let stand in 4 qts. Water overnight or for 6 – 7 hours. Then add:

4 finely chopped onions

3 – 4 carrots, cut fine

4 bay leaves

2 Tbs. Salt

1 stalk celery

few sprigs of parsley

1/4 tsp. Pepper

2 Tbs. Cider vinegar

It is a good idea to cook a ham bone, beef bones, or soup meat, then cook altogether 2 1/2 to 3 hours. Taste for salt before serving. Great on a cold day!

- from "A Century of Mormon Cookery" by Hermine B. Horman & Connie Fairbanks

### Beans Cooked in the Ground (Pioneer Recipe)

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Dig a hole about 18" square. Make a fire in the hole and let it burn down to hot coals. Place a pot of beans in the hole with plenty of water, in the pot, salt, pepper and 1 – 2 pieces of bacon. Cover tightly.

Place coals and ashes around pot and cover with dirt. Cook 6 – 8 hours.

- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

ISBN 1-893519-01-5

<http://www1.icserv.net/D100001/X100043/books.html>

### White Bean Gravy

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2 c. hot water

2 t. chicken or vegetable bouillon

3-4 T. white bean flour

salt and/or pepper to taste

Bring water and bouillon (or soup base) to a boil. Whisk bean flour into seasoned water. Stir until mixture thickens. Reduce heat and cook an additional 2 minutes.

- from "Country Beans" by Rita Bingham

ISBN: 1882314115

<http://www.naturalmeals.com/cb.html>

### German Bean Soup

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1 c. beans (black or pinto)

1 c. finely diced potatoes

½ c. finely sliced or chopped onion

2 qts. Water

1 slice well buttered toast

1 c. diced salt pork or ham

1 c. finely diced celery

2 c. cream or evaporated milk

Cook beans in plenty of water. Run through sieve when tender, discard hulls. Add all other ingredients except cream and toast. Cook 4 – 5 hours. Just before serving add cream and garnish with toast triangles or croutons.

- from "A Century of Mormon Cookery" by Hermine B. Horman & Connie Fairbanks

### Crockpot Bean Soup

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3 c. any dried beans

1 medium onion

¼ tsp. Garlic powder

¼ c. dried soup blend

¼ tsp. Savory seasoning

2 stalks chopped celery

Sort and wash the beans. Put them in a crockpot or kettle and add water to fill the crockpot about 2/3 full. Add remaining ingredients, turn the crockpot on high and let it simmer all day. If you are cooking in a kettle, simmer for about 3 – 4 hours. Check occasionally to see if more water is needed. Do not salt beans until they are soft.

- from "Cookin' With Home Storage" by Peggy Layton and Vicki Tate

ISBN 1-893519-01-5

<http://www1.icserv.net/D100001/X100043/books.html>

(More Food Storage Recipes - <http://www.nursehealer.com/Recipes.htm> )

This Month's Suggested Books:

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"Century of Mormon Cookery" by Hermine B. Horman and Connie Fairbanks

ISBN: 1880328232

This book is the culmination of the dreams of many magnificent cooks. Contents include: appetizers, breads, salads, soups, vegetables, pasta, meats, fish, poultry, eggs & cheese, desserts, cakes, cookies, pies, candy, sauces, preserves, and pot pourri.

"Simply Ready: A Complete Guide for Provident Living and Personal Preparedness" by Terri Johnson

ISBN: 0964453622

This book provides step-by-step instructions on preparing yourself to have the personal resources that are needed to be self sufficient regardless of world conditions.

"Country Beans" by Rita Bingham

ISBN: 1882314115

<http://www.naturalmeals.com/cb.html>

400 heart-healthy cholesterol-free bean recipes-guaranteed to become your family favorites! FAST, Fat-Free and GOOD for you! 3-minute Soups, Sauces and Gravies made using beans, peas or lentils ground to a flour in an ordinary wheat mill. 115 FAST Bean Flour recipes. Delicious fat-free Black or Pinto bean dips in only 5 minutes! Easy bean recipes in a flash for every meal of the day. This book will change the way YOU use beans!

Contents: Basic Ingredients Used In This Book; Equipment and Supplies To Have On Hand; Better Breakfasts; Breakfast Drinks and Shakes; Breakfasts Breads & Muffins; Quick Breads; Yeast Breads; Dressings; Salads; Dips & Sandwich Fillings; Sauces & Gravies; Toppings & Coatings; Seasoning; Patties; Loaves; Hearty Bean Soups; Casseroles & One-Dish Meals; Side Dishes; Company Dinners; Snacks; Cookies & Bars; Puddings, Pies, Cakes; Candies using Tofu and Okara; Tofu and Okara (Making); Cooking Options; Cooking Cracked Beans; Instant Mashed Beans; Gluten-Free Baked Goods; Home Canning; Information Section; Grinding Beans to a Flour; Buying and Storing Beans; Sprouting Dry Beans; Preparing beans for Use in Recipes; Soaking & Cooking Beans; Cooking Bean Flour; Publications to Order; Sources for Equipment and Supplies; Index (Gluten-Free Recipes marked "GF"); Index to Bean Flour Recipes

(More Food Storage books & ideas are at <http://www.nursehealer.com/Storage.htm> )

This Month's Frugal Living Tips:

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Have a Cheap Meal Once a Week:

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Certain foods make very inexpensive meals. If the budget's tight, one approach to finding money for food storage is to dedicate one night a week to a budget meal, and put the money you save towards food storage. Here are some ideas.

Potatoes. In our area, you can buy a 10-lb bag of potatoes on sale for 79 cents. What can you make out of potatoes? Baked potatoes with toppings; potato soup; scalloped potatoes; potato wedges with cheese; mashed potatoes; hash browns, and more. A 10-lb bag of potatoes will make approximately 20 average

servings, putting the cost of a serving at about 4 cents for the potato part of the entree.

**Beans.** Beans are about the cheapest food there is. If you use dried instead of canned beans, the cost is lower still – literally pennies a pound. What do you make with beans? Baked beans, bean soup, refried beans, chili, 3-bean salad, beans and rice, and the list goes on. If you serve your family baked beans and a green salad for supper, the cost to feed a family of 6-8 can be as little as \$2; the cost of the beans alone would be about 2 cents a serving.

**Bread.** A loaf of good whole-wheat bread accompanied by a salad or vegetables feeds about four. At 25 cents a loaf, that's just over 4 cents a serving for the bread. Other bread-based entrees include things like sandwiches, home-made pizza, calzones, scones, muffins, pancakes, and waffles. With a green salad or a vegetable, any one of these could make an inexpensive meal.

**Pasta.** Pasta can be the basis of many inexpensive meals -- spaghetti, manicotti, stuffed shells, macaroni and cheese, cold pasta salads, etc. Pasta is also a good item to include in your food storage, one that may be more familiar and appetizing to your family than things like bulgur wheat.

**Eggs.** Eggs are usually under \$1 a dozen, and sometimes as cheap as 33 cents a dozen. Inexpensive meals made out of eggs include things like scrambled eggs, omelets, deviled eggs, and egg-drop soup.

- from Food Storage and Provident Living Newsletters

<http://www.hashworks.com/foodstorage.htm>

(More Frugal Living resources: <http://www.nursehealer.com/Frugal.htm> )

## SPECIAL NOTE

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Next year's newsletter will have added features to better serve you and your family. If you have favorite quotations, tips, recipes, etc. that you would like to submit to the newsletter, please send them to [newsletter@nursehealer.com](mailto:newsletter@nursehealer.com) Thank you for your support and encouragement.

## Newsletter & Email List Information:

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Members can email to the entire list to join the discussion by sending email to [LDSFS@listbot.com](mailto:LDSFS@listbot.com)

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Members can email to the entire list to join the discussion by sending email to [NurseHealer@listbot.com](mailto:NurseHealer@listbot.com)

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(The newsletter goes to all three groups; so you need to join only one.)

You can also view the archives of the FREE Monthly Email Food Storage Newsletter online at

<http://www.nursehealer.com/Storage.htm>

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Many blessings,

Mary Catherine ("Cathy") Miller

Cat =^;^=

"By small and simple things are great things brought to pass."

^^ FAX 1-801-650-5185 (NOT Toll-Free)

( 0.0 ) Voicemail/Fax 1-877-284-8158 (Toll-Free)

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