

Food Storage Newsletter #0035 - FREE monthly Email newsletter - November 2002:

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

Quotation: "I believe one of the greatest sins that we, the children of our Heavenly Father, are guilty of is the sin of ingratitude." ... "God help us to be grateful for our blessings, never to be guilty of the sin of ingratitude, and to instill this same gratitude into the lives of our children. The Lord has said, 'And he who receiveth all things with thankfulness shall be made glorious; and the things of this earth shall be added unto him, even an hundred fold, yea, more'" ([D&C 78:19](#)). - Lloyd P. George, "Gratitude," *Ensign*, May 1994, page 27

Spiritual Goal: Express gratitude daily in prayer and to those people around you.

Provident Living Goal:

Learn or improve knowledge of a food preservation method, such as dehydrating.

Home Storage Goal:

Meat – 30 lbs.

Water (1 to 2 gallons per person per day) – 30 gallons per person

NOTES:

Canned meat weights: 5 to 50 oz cans | 16 oz=1 lb

Meat for storage: Jerky & Dried Meats | Canned tuna, salmon, chicken, turkey, beef, ham, chili, etc.

The 2002 Food Storage Buying Plan used in these newsletters is available online in HTML, doc, pdf and xls formats at:
<http://www.nursehealer.com/FS18.htm>

72-Hour Kit Goal:

Shovel; tools; gloves

First Aid Kit Goal:

Latex gloves – 2 pair per person

Shelf Life:

Meat, Beef, canned (original package @ 70° F. cool basement) - 30 months

Meat, Beef, canned (in chunks with natural juices) – 30 months

Meat, Beef, Dried, canned - indefinitely

Meat, Beef, dried (can @ 70° F. cool basement) - 18 months

Meat, Beef, fresh (original package @ 38 - 40° F. refrigerator) - 10-14 days

Meat, Beef, frozen (air & moisture proof @ 0° F. freezer) - 10 months

Meat, Beef, Roast, can - indefinitely (in original container)

Meat, canned (most) - 12-36 months unopened (1-2 months opened, refrigerated)

Meat, canned, Tyson - 36 months

Meat, Chicken, canned - 12-36 months

Meat, Chicken Breast, canned – 36 months

Meat, Chicken Breast (can), Tyson - 36 months

Meat, Chicken, canned, Tyson - 36 months

Meat, Chili, canned – indefinitely

Meat, Chili w/beans and without, can - indefinitely (in original container)

Meat, Chili w/beans, Hormel - indefinite 1-800-523-4635

Meat, Chili, Seafood Cocktail - 24 months

Meat, Fish or shellfish, canned – 12-18 months

Meat, Ham, canned (shelf stable, unopened) - 24 months

Meat, Ham, Country style (unsliced) - 12 months

Meat, Ham Chunks, canned - indefinitely

Meat, Ham, Deviled, can - indefinitely in original container

Meat, Lamb, fresh (original package @ 38 - 40° F. refrigerator) - 7-10 days

Meat, Lamb, frozen (air & moisture proof @ 0° F. freezer) - 8 months

Meat, Pork, cured (vacuum package @ 38 - 40° F. refrigerator) - 4 weeks

Meat, Pork, fresh (original package @ 38 - 40° F. refrigerator) - 4 days
Meat, Pork, frozen (air & moisture proof @ 0° F. freezer) - 4-6 months
Meat, Pork, sausage (original package @ 38 - 40° F. refrigerator) - 4 days
Meat, Poultry, fresh (original package @ 38 - 40° F. refrigerator) - 5 days
Meat, Poultry, frozen (air & moisture proof @ 0° F. freezer) - 8 months
Meat, Seafood, canned – 48-60 months
Meat, Spam, canned - indefinitely (in original container)
Meat, Spam, Hormel - Indefinite 1-800-523-4635
Meat substitutes (air & moisture proof @ 0° F. freezer) - 4 months
Meat, Tuna, canned – 48-60 months
Meat, Tuna, Starkist - 4-6 years 1-800-252-1587
Meat Turkey, can - 12 months
Meat, Turkey and Gravy canned dinners - indefinitely in original container
Meat, Veal, fresh (original package @ 38 - 40° F. refrigerator) - 6 days
Meat, Veal, frozen (air & moisture proof @ 0° F. freezer) - 8 months
Meat, Vienna Sausage, canned – 24 months
Meat, Vienna Sausage, Libby's - 24 months 1-888-884-7269

This Month's Cooking with Food Storage Ideas:

Beef Jerky

2 tsp onion powder
1 tsp salt
3 lb roast
1/2 cup Worcestershire sauce
2 tsp pepper
1/2 cup soy sauce
2 tsp garlic powder.

Trim all fat from roast and slice very thin. Combine all ingredients except meat, mix well. Add meat and let marinate overnight in the refrigerator (cover tightly). Arrange strips of marinated meat over oven rack, directly on the rack (line the bottom of the oven with foil to catch drips). Bake at 200 degrees with the oven door slightly open for six to eight hours. Store in tightly covered container. Variation: add pepper and/or chili powder for hot jerky.

- From Better Times Cookbook <http://www.justpeace.org/better.htm>

Canned Meat Patties

2 C Prepared Mashed Potatoes
Rehydrate to equal 1/2 C minced onion (or 1 Tbsp. dry)
1 1lb. canned Ham, 2 cans Corned Beef, or Spam (YAY!)
Mix to equal 1 egg
Salt & Pepper to taste
Oil for frying

Grind meat, (meat grinder, potato masher or 2 forks) and add onion, potatoes, egg, and seasoning. Shape into 12 patties, and fry in hot oil.

- From The Y2K Recipe Collection <http://members.tripod.com/~Cooking2k/index-2.html>

Chicken and Dumplings

1 envelope chicken noodle soup mix (NOT single serving size)
1 6-1/2 oz can boned chicken
Buttermilk biscuit mix

Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes). Serves two or three. I have made a double recipe and served six by adding a small can of mixed vegetables.

Jim Sleezer, Roundtable Commissioner, Pawnee Bill District, Will Rogers Council, Stillwater, OK

- From The Dutch Oven Cookbook <http://www.macscouter.com/Cooking/DOCookbk.doc>

Chicken Millet Casserole

1 Tablespoon oil
2/3 cup millet
3 Tablespoons dried onion
1/8 teaspoon dried minced garlic
1 can (14 1/2 ounces) chicken broth
1 can (12 1/2 ounces) chicken, drained and chopped
1 can (8 ounces) whole water chestnuts, drained and chopped

Heat oil in a medium skillet. Lightly brown millet in the oil. Stir together all ingredients in a 2 quart casserole. Cover and bake at 350 degrees for 45 minutes or until millet is tender. Serves 6.

- From "Pantry Cooking: Unlocking Your Pantry's Potential" by Cheryl F. Driggs ISBN: 0965890929
Simply Prepared <http://www.simplyprepared.com/>

Chili Spaghetti

8 ounces spaghetti
1 medium onion, finely chopped
2 Tbs. Butter
2 1-pound cans chili con carne with beans

Cook spaghetti as directed on package. Drain. Sauté onion in butter until tender. Add chili and heat to serving temperature, stirring occasionally. Serve spaghetti topped with chili mixture. Serves 4.

- From "What's for Dinner Mrs. Skinner?" by Kay Skinner with Peggy Ware [Out of Print] Copyright 1964, 1971 by Skinner Macaroni Co.

Cornbread Broccoli Pie

8 1/2-oz pkg cornbread mix
12-oz can SPAM, cubed 1/2"
1 1/2 cup shredded cheddar cheese
10-oz pkg frozen broccoli spears, thawed and drained

Heat oven to 400. Prepare cornbread according to package directions. Stir in SPAM. Spread into greased 9" pie plate. Bake for 15 to 20 minutes or until cornbread is almost done. Arrange broccoli spears on top of cornbread; sprinkle with cheese. Return to oven; continue baking for 5 to 10 minutes or until cheese is melted and cornbread is completely baked. Yield: 6 servings.

- From The Spam Page <http://www.pitt.edu/~blair1/spam.html>

Corned Beef-Rice Casserole

1 can Hormel corned beef
2 cups Rice
1 can corn
1 beef bouillon cube (optional)
1/2 tsp. Onion Powder
Dash of Lea and Perrins Worcestershire Sauce (optional)

Boil rice (follow package direction, except omit adding extra fat or salt) along with Corned beef. Add seasonings. When almost done, add corn and continue to cook.

Kids may enjoy this with ketchup on top.

- From Y2K Kitchen <http://www.y2kkitchen.com/html/cornedbeefrice.html> submitted by Marissa from Canada

Deluxe Camp Chili with Jerky

6 ounces Jerky
3 tablespoons Oil
1 teaspoon Whole cumin seed
4 tablespoons Chili powder

1 teaspoon Onion flakes
1 teaspoon Oregano
1/2 teaspoon Cumin (powdered)
1/4 teaspoon Garlic powder
Water as needed
Flour for thickening

Cut jerky into small, bite-sized pieces, remembering it will swell. In a heavy pot, simmer jerky and cumin seeds gently in moderately hot fat/oil for one to two minutes, stirring steadily to prevent burning. Add chili powder and continue to stir until well mixed. (Amount of chili powder will depend on the hotness of the jerky and your taste.) Add onion flakes, oregano, powdered cumin, garlic powder, and enough water to cover generously. Stir. Simmer one to two hours, adding water as the jerky takes it up. Allow chili to cool, and reheat before serving. If a thicker chili is preferred, add a little flour mixed to a paste with hot liquid from the pot and cook to desired consistency, stirring frequently.

- From <http://soar.Berkeley.EDU/recipes/chili/deluxe-camp-jerky1.rec>

Frito Pie

Individual bags of Fritos, one for each person
Wolf Brand chili without beans
Cheddar and Monterey Jack cheeses, grated and mixed together
Onions, finely grated
Fresh tomatoes, finely chopped
Picante sauce
Assorted olives, chopped
Avocado, cubed

Set out a big pot of chili surrounded by decorative bowls of condiments. Split open bags of Fritos down one side. Open. This is your "bowl." Top Fritos with chili and condiments of your choice. Eat with a spoon.

- From Texas Online <http://www.texas-on-line.com/graphic/entres.htm>

Jerky Stew

4 cups water
1 cup dried tomato pieces (about 20 slices)
1 cup beef jerky pieces (in 1/2-inch chunks)
1 cup dried peeled potato slices
1 tablespoon dried bell pepper pieces
1 tablespoon dried onion pieces
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon dried garlic
salt and pepper to taste
1 fresh carrot, sliced (optional)
1 cup cooked and dried short-grain rice

In a large saucepan, combine 3 cups of the water and all ingredients except carrot and rice. Let sit for 30 minutes to rehydrate.

Place pan over medium heat and bring to a boil. Add carrot, if using. Simmer for 30 minutes to an hour, until jerky is tender. Meanwhile, combine rice with remaining water and bring to a boil. Remove from heat, cover, and let sit for 15 minutes to rehydrate. Return to boil, partially cover and simmer until rice is tender, about 15 to 30 minutes.

Serve hot stew over cooked rice. Serves 2 to 4, depending on how far you hiked.

- From "Mary Bell's Complete Dehydrator Cookbook" by Mary Bell ISBN: 0688130240

Meat Jerky

Below is a recipe for homemade jerky. It requires the use of a food dehydrator or experience using the oven and countertops in drying foods.

4 lbs. beef, fish, or turkey
1/2 cup liquid smoke
3 cups soy sauce
1/2 lb. brown sugar

Mix together the above ingredients in a non-reactive bowl and let stand for 10 minutes. Wash and pat meat dry. Slice or grind as desired.

Place meat in bowl with marinade and cover with a tight lid. Let stand about 12-15 minutes, shaking bowl or turning meat every few minutes to insure even coverage. Drain marinated meat in sieve or colander. Place meat on dehydrator trays. Normal drying time with an electric dehydrator is 24 to 48 hours.

Here are some hints for a good result:

It is very important, especially when working with poultry to cut meat 1/8 of an inch thick or less, and that the marinade has time to penetrate the meat completely before drying.

Grind or cut meat to the size for recipes before dehydrating. The soft meat is far easier to work with than the crisp dehydrated product.

Trim off all fat before slicing

Always store jerky in an air tight container

- From Concord Magazine June/July 1999 - More Y2K Food Storage: Protein in Your Pantry

<http://www.concordma.com/magazine/junjuly99/protein.html>

Pepperoni Pasta Ruffles

2 red and/or green bell peppers, diced

1 tablespoon olive or vegetable oil

1 jar (26 ounces) Ragú Robusto! Pasta Sauce

1 package (3 1/2 ounces) sliced pepperoni, halved

8 ounces mozzarella cheese, diced

1 package (16 ounces) fusilli or rotini pasta, cooked and drained

In 12-inch skillet, heat oil over medium heat and cook peppers 3 minutes or until tender. Stir in Ragú Robusto! Pasta Sauce and simmer, stirring occasionally, 10 minutes. Toss sauce, pepperoni and cheese with hot pasta.

Serves 8.

- From <http://www.eat.com/cookbook/pasta/pepperoni-pasta-ruffles.html>

Quick Tuna (or Chicken) on Rice

2 Cans Cream of Chicken Soup

1 Can water (or milk)

1 tsp. curry powder

Salt & Pepper to taste

2 Cans Tuna (drained)

2 C Rice

Prepare rice according to package directions. With a wire whisk, heat soup, water, and seasoning. Add meat. Serve over hot cooked rice.

Variation-add 1 C cooked peas, serve over toast, biscuits, or mashed potatoes.

- From The Y2K Recipe Collection <http://members.tripod.com/~Cooking2k/index-2.html>

Venison Jerky

2-5 lbs. trimmed venison

1 tbsp. salt

1/2 cup soy sauce

1/4 tsp. black pepper

1/2 cup Worcestershire sauce

1/2 tsp. red pepper

2 tbsp. Morton quick salt

1 tsp. white pepper

1 tbsp. kitchen bouquet seasoning

2 tsp. seasoning salt

2 tsp. accent seasoning

1 tsp. garlic powder

1 tsp. meat tenderizer

1 tsp. onion powder
1/2 cup BBQ sauce
1/2 cup liquid smoke
* Optional 1/2 cup orange juice
* 1/2 cup brown sugar
** Tabasco sauce to taste

Cut venison into strips. Mix all ingredients, place in a covered container add meat. Refrigerate for 24 hours. Drain. Put meat on dehydrator racks and dry for 8 – 12 hours. If no dehydrator available place toothpick thorough end and hang on oven rack at 150-175 degrees for 6-8 hours, keeping close eye on meat. For easy clean up add foil to bottom of oven. Store in zip lock bags.
- From Some of My Favorite Recipes <http://home.att.net/~gsbergeron/>

White Chili

1 Tbsp. Oil (preferably olive oil)
Rehydrate to equal 2 C chopped onion
1 Tbsp. (dry) minced garlic
2 Cans (6oz.) chicken-drained & flaked
2 Cans chicken broth (3 1/2-4 C)
6 C cooked white beans (your choice)
1 or 2 Cans (4oz) diced green chili's
2 Tbsp. Cumin
1 tsp. Oregano
1 tsp. Chili powder
Cayenne pepper-Tabasco- Salt & Pepper to taste

Sauté onion in oil until soft. Add remaining ingredients, and bring to a boil. Reduce heat, and simmer for an hour. Serve with sopapillas and honey

- From The Y2K Recipe Collection <http://members.tripod.com/~Cooking2k/index-2.html>

NOTE: If recipes do not load properly into your email, you can download the newsletter in HTML, doc, or pdf format at <http://www.nursehealer.com/Storage.htm>
(More Food Storage Recipes - <http://www.nursehealer.com/Recipes.htm>)

This Month's Spiritual Preparation Ideas:

Express gratitude daily in prayer and to those people around you. As you stop to ponder on what you have to be grateful for, you will take notice of blessings that you have taken for granted and overlooked. As you express your gratitude to our Heavenly Father and to those around you, the world will smile upon you. It changes your whole countenance as you adopt an attitude of thankfulness.

Look for things to be thankful for in those adversities that have befallen you. Search for something to be grateful for in that person who tries your patience.

The Presidents of the Church on Thankfulness:
<http://www.xmission.com/~dkenison/lds/gtp/arc/thanks.html>

James E. Talmage on Gratitude:
<http://www.lds.npl.com/link/?940023998>

Gratitude Word Search Puzzle:
<http://www.shire.net/mormon/hiddenword/gratitude.html>
Answers: <http://www.shire.net/mormon/hiddenword/gratitude-a.html>

Teaching Gratitude (a series of seven lessons):
<http://www.homeandholidays.com/loveathome/FamilyNight.html#grat>

This Month's Suggested Book:

“Just Jerky: The Complete Guide to Making It” by Mary Bell; Annie Beckmann (Editor); Dale Mann (Illustrator)

ISBN: 0965357201

Jerky is low in fat & calories & high in protein. Here's the do-it-yourself guide to making your own jerky in an oven, smoker or food dehydrator. Learn the basics as well as easy gourmet recipes - <http://www.trailstuff.com/food/..%5Citem%5CHTU302.html>

From the back cover of Just Jerky:

“Jerky is the most popular meat snack today. It’s low in fat and calories and high in protein, making it a favorite among hikers, hunters, bikers, skiers and those on the go.”

“Here’s the do-it-yourself guide to making your own jerky in an oven, smoker or food dehydrator with strips or ground beef, venison, poultry, fish and even soy protein. You’ll learn the basics for concocting a simple teriyaki marinade as well as easy gourmet recipes for such exotic jerky delights as Bloody Mary, Chicken Tandoori, Mole, Cajun and Honeyed Salmon Jerky. You’ll discover the subtleties of cooking with jerky to make everything from slaw, hash and backpacker goulash to cake and ice cream.”

“Finally, you don’t have to pay a fortune for jerky at the convenience store.”
- <http://www.drystore.com/book-just-jerky.shtml.htm>

This Month’s Frugal Living Tips:

Learn or improve knowledge of a food preservation method, such as dehydrating.

Making Jerky Instructions:

<http://www.fabulousfoods.com/recipes/misc/jerky.html>
http://www.cookshack.com/bbq_fun/jerky/jerky_instructions.htm
http://www.alliedkenco.com/data/Data_hi_mtn_jerky.htm
http://www.alljerky.com/wwwboard/jerky_recipes_2000.html
<http://www.bagelhole.org/article.php/Food/130/>
<http://home.aol.com/keninga/jerky.htm>

Food Safety of Jerky:

<http://www.fsis.usda.gov/OA/pubs/jerky.htm>

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

Newsletter & Email List Information:

Back issues of this Food Storage Newsletter are available for viewing, downloading, and printing from the archives at <http://www.nursehealer.com/Storage.htm> in HTML format, Microsoft Word (.doc) format, or Adobe Acrobat (.pdf) format.

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NOTE: .pdf files require Adobe Acrobat Reader to view and print.
(FREE download <http://www.adobe.com/products/acrobat/readermain.html>)

FREE Food Storage Newsletter Announce-Only Email List (FreeFSN):

The Free Food Storage Newsletter Email Discussion List was formed on June 24, 1999.

This Email List is for those who ONLY want to receive the FREE Monthly Email Food Storage Newsletter. List members will ONLY receive the newsletter, and will NOT be able to post messages to the list. By joining this list, you will only receive one monthly email from the list, which will be the monthly newsletter. No other messages will be sent.

The FreeFSN list provides ONLY the once-a-month newsletter without any discussion.

Members are NOT allowed to send email to the ENTIRE LIST.

To SUBSCRIBE: send email to FreeFSN-subscribe@yahoogroups.com

To UNSUBSCRIBE: send email to FreeFSN-unsubscribe@yahoogroups.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>
FREE Food Storage Newsletter Announce-Only Email List (FreeFSN) Home Page: <http://groups.yahoo.com/group/FreeFSN>

(The OLD list from LISTBOT.com closed August 2, 2001.)

LDS Food Storage Email Discussion List (LDSFS):
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The LDS Food Storage Email Discussion List was formed on January 29, 1999.

LDS Food Storage Email Discussion List is open to the general public and members of the LDS Church for any discussion pertaining to food storage. A FREE Monthly Food Storage Newsletter is published to the list, with quotations and scriptures as well as information on food storage, shelf life, resources, and plans for acquiring food storage.

The LDSFS list provides the newsletter and discussion of topics related to food storage (LDS and non-LDS may join this list.)

Members can email to the ENTIRE LIST by sending email to LDSFS@yahoogroups.com

To SUBSCRIBE: send email to LDSFS-subscribe@yahoogroups.com

To UNSUBSCRIBE: send email to LDSFS-unsubscribe@yahoogroups.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>

LDS Food Storage Email Discussion List (LDSFS) Home Page:<http://groups.yahoo.com/group/LDSFS>

(The OLD list from LISTBOT.com closed August 2, 2001.)

NurseHealer Email Discussion List (NurseHealer):
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The NurseHealer Email Discussion List was formed on December 31, 1998.

NurseHealer Email Discussion List is a discussion list open to the general public as well as healers and healthcare professionals for discussion of natural healing: body, mind, spirit, nursing, religion, philosophy, and preparedness. The NurseHealer list provides the newsletter and discussion on matters of preparedness, natural healing, nursing, longterm care, and wellness.

Members can email to the ENTIRE LIST by sending email to NurseHealer@yahoogroups.com

To SUBSCRIBE: send email to NurseHealer-subscribe@yahoogroups.com

To UNSUBSCRIBE: send email to NurseHealer-unsubscribe@yahoogroups.com

OR You can SUBSCRIBE and/or UNSUBSCRIBE at <http://www.nursehealer.com/Listbot.htm>

NurseHealer Email Discussion List (NurseHealer) Home Page:<http://groups.yahoo.com/group/NurseHealer>

(The OLD list from LISTBOT.com closed August 2, 2001.)

A FAQ for all lists belonging to the domain NurseHealer.com is available.

(The FAQ is a list of all Frequently Asked Questions for email lists.)

To view the FAQ online, go to <http://www.nursehealer.com/FAQ.htm>

To view FAQ info and access web functions for lists, go to <http://www.nursehealer.com/Listbot.htm>

To have the FAQ sent to you, click on the link on the above page, or go to <http://www.responders.net/form.asp?member=listbot>

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Many blessings,

Mary Catherine ("Cathy") Miller

Cat =^;^=

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

^_^ NurseHealer <http://www.nursehealer.com/>

(0.0) ICQ Pager <http://www.icq.com/2839630>

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

Cat AntiVirus Note: I do NOT open email attachments.

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