



# Retained Heat & Thermal Cooking

Save Time  
Save Money  
Conserve Fuel



Kathy James

**Bullet Point Reminders**  
for those who have already attended a  
**Thermal /Retained-Heat**  
**Cooking Class**  
Presented by Kathy James

\* If you haven't had the opportunity to attend the class, if you will invest just a wee bit of time to read the following 8 documents it will be almost as if you had. An effort has been made to include pretty much everything that is scheduled to be presented in a live class.

\* If you have attended the class, this document is meant to be a quick reminder of what was presented and to aid in any details that may need to be recollected, plus some helpful internet links.

\*A "thermal cooker" typically means a commercially marketed insulated unit, with a hard exterior and one or two removeable inner pots. (Thermoses included.)

\* A retained-heat cooker typically means a thermal cooker that is generally made from fabric pillows filled with polystyrene beads, (like the Wonder Oven), shredded foam, (like the HopeSaC,) or other insulating materials. OR... Any container big enough to hold insulating materials against all surfaces of the selected pot.

\* The terms are interchangeable. All three varieties are both, thermal cookers, and retained-heat cookers.

**\* Benefits:**

No supervision needed.

Saves time.

No power source needed during the "wait time."

Most techniques save on utility bills and valuable fuel resources when a standard power supply isn't available.

No burning, assuming nothing is burned during the "boil time." (That would be the cook's error.)

No evaporation. No heating up the house, no smelling up the house, or the neighborhood. A few favorite recipes may need to be adjusted just a wee bit for moisture content.

Easy to transport

Homemade retained-heat cookers are easy & inexpensive to make. They include:

Wonder Oven, aka Wonder Box Oven

Wonder Oven Deluxe, (new)

Wonder Bag

HopeSaC

Any container that can hold a bunch of blankets, towels and/or pillows: boxes, storage containers, bushel baskets, ice chests, etc. will work. There needs to be room for 4" of snug insulation on top, bottom, and everything in-between.

\* **Note:** Insulated cookers can also keep cold things cold.

\* **The Goal** is to achieve "Maximum Efficiency" when cooking, to conserve as many fuel resources as possible.

**\* 3 Essential Principles:**

Something **MUST** Boil

The pot **MUST** be insulated

You **MUST** wait... absolutely **NO PEEKING** 🙈

\* **Wait time:** A few items require only a few minutes, many require approximately 2 hours, a few require 5-6 hours. (See the detailed documents for the details.) 😊

\* **Mass** - The volume of liquid and/or the volume of food, including the foods that are in containers that are submerged in liquid (typically water, but not necessarily).

\* **Pot size** is determined by the volume of the mass. Smaller mass and pot = more insulation and longer "wait" time.

\* **For Maximum Efficiency** the pot, and any containers in the pot, should be 75% - 80% full.

\* **Air is the enemy.**

\* **Cold temperatures are, also.** If possible, warm the cooker up to room temperature before using. Also: Do not leave sitting on cold metal or other cold surfaces. If that is the only place available put a folded blanket or some folded towels underneath the cooker.

\* **No frozen ingredients** added to the pot during the boil time. Bring to room temperature prior to boiling.

\* **Container Cooking:** Different container types and sizes can be used together in one pot.

\* **Containers for Container Cooking:** Mason canning jars, stainless steel canisters and other metal containers (including cans) with homemade mylar lids, (or purchased silicone lids), SnapWare containers, and Reynold's Kitchen large oven bags, (not the bags made for crockpots). Remember: the opening of the bag must drape on the outside of the pot. Freezer-weight Ziplock bags can also be used; no "draping" necessary. (See the detailed documents for the details.) 😊

\* **Food Safety** - According to extension agencies, food should be stored at, or below, 40° or should maintain a temperature of no less than 135° for any longer than 3 hours, to be safe from bacteria growth. (It's easier to remember 40° and 140°)

\* **Eat, Reheat, or Refrigerate.** Never put a pot of lukewarm food back into the cooker to "save for later" without reheating it to a boil again.

Refer to the detailed documents  
for helpful details, "Boil & Wait" times, and  
links to Websites & YouTubes

## Thermal Cookers

aka Retained-Heat Cookers

aka Fireless Cookers

### A Powerful Solution for Fuel Conservation

#### THE GOAL

The goal is to achieve Maximum Efficiency when cooking, to conserve as much available fuel resources as possible... whether that is electricity or propane on the current utility bill, **OR** emergency fuels, during those times when normal power supply sources aren't available.

There are many names and/or configurations  
for a fireless cooker.

Hay Box  
Straw Box  
Pit cooking-Earth Oven-EMU  
Fireless Cooker  
No-Power Slow Cooker  
Insulation Cooker  
Retained-Heat Cooker  
Thermal Cooker  
Wonder Cooker  
Wonder Box  
Wonder Oven  
Wonder Box Oven  
Wonder Oven Deluxe  
Wonder Bag  
HopeSaC

They all work using the same principle... food is heated and then insulated. Once insulated, the food continues to cook using the heat that was originally generated; the insulated, retained heat.

Typically, when one refers to a "Thermal Cooker" they're usually referring to a commercially marketed, insulated unit with a hard exterior and one or two removeable inner pots. Whereas a retained-heat cooker usually refers to a thermal cooker that is generally made from custom designed fabric pillows filled with polystyrene beads, (like the Wonder Ovens), shredded foam, (like the HopeSaC,) or wads of shredded fabric. Or even just blankets, (and/or pillows), wrapped around the cooking vessel inside of some type of container: box, bucket, ice chest, etc. If you choose that option, be sure to make certain there are no pockets of air between the outside of your pot and your selected insulating material and that you have a bare minimum of 3 inches, (much better to be at least 4 inches), of insulation on the top, bottom, and side of your pot. Fill in any air gaps in the box. Snug it up.

The advantage of having a hand-crafted retained-heat cooker vs a stainless-steel thermal cooker is that you can use many different sizes of pots, according to the volume of food, (known as the mass), that you want to cook. More on mass as we proceed.

#### THE BENEFITS

- No power source needed once the food has been adequately heated. It's like a Crockpot *without* a plugger-inner. 😊
- No burning... unless the food is burned during its original short boil time. (Cooks error.)
- Saves time because no supervision is required to keep the food cooking and keep it from burning. Hence, one can tend to other tasks while the food is cooking without having to check back on it.
- No evaporation... the moisture, the nutrition, the heat, and the odors are all retained when done properly. No heating up the house, no smelling up the house, or the neighborhood.
- Most retained-heat cooking techniques save on fuel resources since no external heat source is required to keep the food cooking for many hours; 4, 6, 8, sometimes even 10 to 12 hours if necessary... following the initial minimal boiling time. (Lining the "nest" of a fabric retained-heat cooker with a Reynolds Kitchens 19"x 23.5" Oven Turkey bag will protect it from any condensation that may occur, or accidental spills. (NOT Crockpot liner Bags... they open on the wrong side.) Fold the top corner edges up over the lid of the pot before putting the top cushion on top. (Not only are they reusable they can also be used in a solar cooker).
- Easy to transport for "take-a-longs." Think picnics, potlucks, tailgate parties, sports activities, etc. or just dropping off a hot homemade meal for someone in need.
- Homemade units are easy and inexpensive to make... you probably already have materials needed to accomplish most of what you will learn here about retained-heat cooking.

#### THE PRINCIPLES

There are  
3 Essential Principals

- Something **MUST** Boil.
- You **MUST** Insulate your pot.
- You **MUST** Wait... that means **NO PEEKING** 🙈

**BOIL**

**INSULATE**

**WAIT**

**Note:** Insulated cookers help keep cold things cold/cool, as well. But remember... NO PEEKING 🙈🙈

The size of the pot to use should be determined by the mass... meaning the volume of food to be cooked.

**IMPORTANT:** Less mass needs a smaller pot, but greater insulation.

**THE ENEMY**

**AIR**

When thermal cooking... AIR is your enemy. In most cases the pot needs to be 75-80% full. Think ... soup, chili, stew, boiling potatoes, beans, grains, etc.,

**OR...**

something in a container submerged in water/liquid. We'll discuss "Container Cooking" before we're done.

Thermal Mass absorbs the Maximum Heat, which is your local boiling temperature, (or a little more, if using an actual pressure cooker as your pot).

The "Mass", your food, or water with a container of food submerged in it, slowly uses up the insulated heat originally generated, which finishes cooking the food.

Combining a kitchen pressure cooker with a hand-crafted retained-heat cooker further increases the maximum efficiency... which of course, increases the fuel savings.

**VIOLA! - Thermal/Retained-Heat Cooking**

**FOOD SAFETY**

According to extension agencies food should be stored at, or below, 40° or should maintain a temperature of no less than 135° for any longer than 3 hours to be safe from bacteria growth. (It's easier to remember 40° and 140°)

To test the decreasing rate of degrees in whatever you are going to use for retained-heat cooking... fill your pot 75%-80% full of water, bring it to a rolling boil, put it into your retained-heat cooker and leave it undisturbed for 6 hours. (Remember to get the lid hot while heating the water, as well.)

After 6 hours, with a thermometer in hand ready to go... open the unit, lift the pot lid and immediately take the temperature of the water. Do that all in a matter of seconds to get a correct reading.

Next: Subtract the temperature of the water from your local boiling temperature and divide the answer by 6. That will show you approximately how many degrees of heat are lost per hour for that retained-heating unit and the pot being used. That will help you calculate how many hours you can safely keep your food in *that* cooking unit before it needs to be eaten, reheated, or refrigerated.

If the appropriate amount of insulation has been used, your test temperature will probably register somewhere between 160°F and 190°F. Some youtubers have stated that you can't use thin-walled pots such as Graniteware or camping pots. NOT TRUE. It has nothing to do with how thick the pot is... it's all about the original heating coupled with sufficient insulation. (Just ask my husband... He worked in a calibration lab.) It's the quality of insulation!

**NOTE:** Never replace a pot of half-eaten or lukewarm food in your thermal cooker and leave it sitting for long periods of time. Extension agencies have noted that foods can only sit at temperatures below 135°F for a maximum of 3 hours before needing to be eaten, heated, or refrigerated.

**NOTE:** If possible, do not place cookers on a metal surface or directly on the ground, if cold. They draw heat.

**NOTE:** If your cooking device is stored in cold temperatures (garage, shed, back patio, etc.) bring it to room temperature before using, whenever possible.

**NOTE:** Never add chunks of frozen food, such as meat, to a boiling pot of food. Bring frozen foods to room temperature before boiling to make certain that all food particles will be heated thru before placing in a cooker.

**Now...**

What about foods that don't cook in water or other liquids?

**Think...**

bread, cake, meatloaf, casseroles, etc.

Welcome to  
"CONTAINER COOKING"

Done correctly, container cooking makes it possible to cook just about anything in a thermal cooker; sometimes even achieving the greatest maximum fuel efficiency.

Then again... sometimes container cooking falls a wee bit short of achieving maximum fuel efficiency, but the other benefits are worth the small amount of extra fuel consumed.

Canning jars make excellent containers for container cooking since they have airtight lids and can be fully



submerged in some type of liquid. (Typically water.) SnapWare containers work well, but the hinges on the lids may eventually wear out, (store backups if you plan to use them). Most metal containers don't have airtight lids and will need a homemade lid that will keep steam from getting into the container. (See document for making lids.) Metal containers will need to rest with the top of the container being an inch or so above the water level. Best to measure before beginning.

Also... Reynolds Kitchens "Oven Large Bags" 16"x17.5" make excellent "containers" for cooking in. **IMPORTANT NOTE:** NOT the 6 count Crockpot lining Bags... they open on the wrong side. (5 come in each box of the large "Oven" bags. Same brand, different size, as mentioned earlier.) Also, reusable.

**NOTE:** Since no moisture will be evaporating when doing Container Cooking you may find that you need to cut back a teaspoon or two on the amount of liquid you use in a few of your family favorite recipes. Remember...

Information + Experience = Knowledge. 😊

Remember the first principle? "*Something must boil.*" In the case of container cooking, the liquid you will be putting the containers into must come to a full boil and then continue at a simmering boil, with the lid partially on, for a designated period of time.

In addition to being able to cook foods that can't be cooked in liquid... a variety of containers can be cooked at the same time, in one pot.

**EXAMPLE:** Put a few potatoes in the bottom of a 7 liter/8 qt. pot. Add a cooking bag with some meat cut into bite-sized piece and another bag with some carrots with perhaps a wee bit of maple syrup and finish filling the pot with water, draping the tops of the bags outside of the pot. (After putting the lid on, fold the ends of the bags up over the top of the lid.) They can all be cooked in the same pot of water/liquid. However, approximately 1/3 or more of the "mass" should be water, (or some other liquid) to obtain, and retain, enough BTUs (British thermal units, or heat energy) to finish cooking the food and "hold" it for an extended period of time, (if desired, and/or need be), before the temperature of the food cools to below a safe temperature for eating. Remember, cooked food should not be left sitting for more than 3 hours below 135°.

Also remember... air is the enemy. The fuller the pot, the longer the food will "hold" at a safe eating temperature. For best results, everything should be at the boiling temperature when it goes into the thermal unit.

**NOTE:** For additional fuel conservation, when removing the pot from the cooker the water may still be very hot. Be prepared to take advantage of that for "maximum efficiency." 😊 By planning ahead, if your heat source is bio mass (fire), with just a wee bit more fuel, you could boil another pot of food ("coupling cooking") or heat some water for physical hygiene or other sanitation purposes.

## BOILING & WAITING TIMES

Following the recommended boiling times, most foods will take 2-4 times longer to "cook" than your regular recipes will call for, but will use much less fuel.

FOOD	BOIL TIME	WAIT TIME
Beans (dry, soaked)	12 min.	5 hours
Beef (sm. 2" thick roast)	20-25 min.	6 hours
(Less boiling & waiting time if cut into small pieces)		
Beef (2" chunks/steaks)	10 min.	3 hours
Beef (bite size)	5 min.	2 hours
Bread *	10-15 min.	2 hours
Cake/Cupcakes *	15-25	2-4 hours
* (Depending on the volume of the container)		
Carrots/Beets	5 min.	1-2 hours
(Directly in liquid - water or soup)		
Carrots	10min.	1.5-2 hours
(Container cooking in a bag)		
Chicken (whole breasts)	15 - 20min.	3-4 hours
(Cooking in a bag)		
(Less boiling & waiting time if cut into small pieces)		
Chicken (strips or pieces)	10 min.	2 hours
(In liquid or container, including a bag)		
Chili	5-10 min.	2 hours
(Using canned beans)(Use longer boiling time when including small pieces of meat)		
Eggs, hard boiled	2 min.	30 min.
		or over overnight
Meatloaf	10 min.	4 hours
(Divided into pint-sized or 22 oz. containers)		
Muffins	15 min.	3 hours
Oatmeal (regular)	1-2 min.	1 hour, or overnight
Oatmeal (quick)	Add to boiling water	15 min.
Pasta *	Add to boiling water/soup/etc.	15 min.
<b>* NOTE:</b> When adding pasta to soups and other high liquid dishes, remove the soup pot from the cooker when done, bring it back to a boil, add pasta, return to your cooker & continue cooking for 15 additional minutes.		
Potatoes (whole)	2 min.	1.5-2 hours
Potatoes	Bring to a boil	25 min.
(peeled and chunked)		
Rice (white)	5 min.	1-1.5 hours
Rice (brown)	10 min.	2 hours
(Use 1:1 water-rice ratio for both, adjust after trial run.)		
Soup, Stew	10 min.	2 hours
Split Pea Soup	12 min.	3-4 hours
Winter Squash	5 min.	1-2 hours

**NOTE:** The boil times will be affected by the volume of the mass, which determines the size of the pot, which determines the amount of insulation required. **The smaller the mass, the greater the insulation.** And usually, the longer the wait time.

Following is a general rule of thumb for the boil time when using canning jars...

➤ 4 oz. reg. mouth	4-5 min.
➤ 8 oz. reg. or wide mouth	5-7 min.
➤ 12 oz. reg. mouth	5-7 min.
➤ 16 oz. wide mouth	10-12 min.
➤ 22 oz. wide mouth	10-12 min.
➤ 24 oz. wide mouth	12-15 min.
➤ 4 cup SnapWare container	20-25 min.
➤ 46 oz. juice cans or 62 oz. stainless-steel canisters	12-15 min.

**NOTE:** In most circumstances, leaving food in a thermal/retained-heat cooker longer than recommended will not over-cook the food, it will keep the food at a safe “holding” temperature for a couple of hours until you are ready to use it... without burning it. Yay! **POTATO NOTE:** Except for peeled, chopped potatoes that are going to be mashed or used for potato salad. If mashing, after 25 min. wait time, quickly drain the water from the potatoes and return them back to the cooker to keep warm for a few minutes. For “baked” potatoes, boil, wait, drain the water (use for something else) and return the potatoes to the cooker for 15-20 minutes to dry the skins. Wow! 😊

**SPECIAL NOTE:** The times listed above are based on the experiences of others; based on their equipment. Everyone’s combination of pots paired with their thermal/retained-heat cookers can, and do, provide slightly differing results. The more one “plays with their toys” the more they will be able to determine the best boiling and waiting times that work for the different combinations of equipment. It’s OK if things boil a little longer... and in most cases once the food is cooking in the thermal cooker it can remain in the cooker until it’s time to eat if the temperature hasn’t dropped below 140° for more than a couple of hours. Cooked foods should not be allowed to sit out for long periods of time below 135°. **(No more than a maximum of 3 hours.)**

**VERY IMPORTANT NOTE:** Most anywhere you look for information on thermal/retained-heat cooking it is recommended to grease the inside of your containers. And if you are having to put a lid on the container that didn’t come with the container it is recommended that aluminum foil and rubber bands, be used. In the arena of self-reliance/emergency preparedness, all three of those recommendations are unacceptable. If the “emergency” situation ends up being lengthy you could run out of grease and/or aluminum foil and your rubber bands may fail. If your goal is to be as prepared as possible for un-anticipated events stay away from these three consumables. (Save your grease/oil for your recipes.)

**Make liners** for your jars and metal containers from a roll of Silicone baking mats or sheets of Teflon\*, both available @amazon and possibly other merchants. **\*NOTE:** Not the same kind of Teflon used on non-stick cooking pans. It’s the kind that is used for Excalibur dehydrator tray liners.

**Make lids** out of mylar storage bags or Reynold’s Kitchen oven bags and secure them with hook and loop tape, also available @amazon and other merchants. (Photos in Photos document.) **OR...** for 62 oz. containers, Lele Life silicone stretch lids, 4.53” (11.5cm) are available online.

#### VACUUM INSOLATED

Vacuum insulation is the best form of insulation. However, very few commercially sold thermal cookers utilize that type of insulation. By placing a unit that does not use vacuum insulation into a Wonder Oven Deluxe unit, the insulating value will usually exceed, or at least match, that of a vacuum insulated thermal cooker.

For smaller quantities of food, (think smaller mass), a vacuum insulated thermos/food jar comes in handy. The Stanley Classic and Thermos King vacuum insulated 24 oz. food jars claim to keep food/liquid hot for 15 and 14 hours, respectively. Again, placing it in a wonder oven, or at least wrapping it in a blanket or towel, will increase its efficiency. Also, laying it on its side facilitates cooking foods like rice and beans, evenly.

The drawback is that for the thermos to be able to hold its heat for long periods of time, particularly in cold weather circumstances, water must first come to a boil in a pot and then poured into the thermos to heat the thermos while the food is brought to a boil to replace the hot water in the thermos. That makes it not as efficient as container cooking. However, if the hot water that is poured out of the thermos is used in additional food preparation, personal hygiene or other sanitation purposes then the fuel conservation is regained.

**BEWARE:** Not all thermoses or food jars are stainless-steel and/or vacuum insulated. Be sure to check for “not for hot liquids” in the product description. Also... wide mouth thermoses are easier to fill, serve from, and clean.

**\*\*** As with all new cooking methods there is a learning curve. Learning how to cook using retained-heat will not only save time and money now... it will alleviate the frustration of learning how to do it during potentially stressful circumstances; perhaps even finding that you failed to “gather in” some of the essential tools and information needed to be successful at cooking while at the same time conserving your valuable fuel resources.

Why wait to realize the great benefits?

Once you get the hang of it,  
Retained-heat cooking will become a beneficial  
addition to your everyday cooking.

Questions? Email Kathy: [selfreliant.liberty@gmail.com](mailto:selfreliant.liberty@gmail.com)

## Thermal Cookers Photos



Commercially Marketed Thermal Cooker

Some 7 L thermal cookers come with 2 nesting inner pots and 1 lid.

The large pot can be used alone. However, when using the small pot it must nest in the large pot.



The Original Wonder Oven  
(aka the Wonder Box Oven)

It is filled with polystyrene “bean bag” beads. This one is deliberately a wee bit under stuffed so that it would fit inside of an 18 gal. plastic storage bin which then snugs it up. Even then the top cushion/pillow could use a wee bit more filling.



The Wonder Bag

Can be homemade - Instructions on YouTube, OR... purchase online as Hungry Fan Thermal Bag. More efficient when placed on a folded towel with a folded towel placed on top and a couple of dish towels rolled up and wrapped around the outside of pot at the bottom to fill in the ring of air gap. Works great with the 3qt. Granite Ware roaster.



The New Wonder Oven Deluxe.

The bottom piece is the bottom polystyrene-bead-filled cushion/pillow of the traditional Wonder Oven.

The 2<sup>nd</sup> layer is a circular tube filled with shredded foam.

The 3<sup>rd</sup> layer is the top polystyrene-bead-filled cushion/pillow of the traditional Wonder Oven.

The top layer is an auxiliary round, shredded-foam-filled pillow that was added to enhance the insulation at the top since heat rises. The Wonder Oven Deluxe enlarges the original Wonder Oven to accommodate many different sizes of pots, up to and including a 15.5 qt. Granite Ware pot (pictured), for multiple “container cooking” vessels. EAMPLE: Using only 30 minutes of fuel, 2 loaves of bread (in two 62 oz. canisters), (pictured), 3-4 cans of chili (in a 3<sup>rd</sup> 62 oz. canister), and an entire batch of cupcakes (in 8, ½ pint widemouth canning jars), (pictured), can all be cooked at the same time.

**That’s a tremendous savings on fuel consumption,** even during *non-emergency* cooking.

NOTE: 7 canning jars are put in the bottom of the kettle and the 8<sup>th</sup> one is set right on top of 3 cans of chili before strapping the lid on. The lid is cut from a 10”x14” mylar food storage bag OR... purchase Lele Life silicone stretch lids, 4.53” (11.5cm) @amazon

Also included in the photo is a square carrier made from a couple of pieces of old denim jeans and two 6 ½’ straps made from a cargo strap.



Cut “lids” for the 62 oz. stainless steel canisters from 10”x14” mylar food storage bags. They work easier if the mylar isn’t very thick. Pleat using the side of a BIC pen and secure with hook & loop tape. (Similar to Velcro brand.)

## Resource List For Alternative Cooking Class Items

### All Season Solar Cooker (ASSC):

- All Season Solar Cooker Camper @amazon
- Pyrex 4 qt./11-3/4 dia. mixing bowls @ Fred Meyers. Watch for bogo-1/2 sale. (Do not purchase Anchor Hocking – no guarantee the 3 qt. roaster and other accessories will fit.) Also @ [www.dkhardware.com](http://www.dkhardware.com)  
**NOTE:** You may consider acquiring extras for backups... broken glass accidents can and do happen. **ALSO:** I'm looking for something that is transparent that can withstand 400° min. to replace the glass bowls with. They don't have to be round. Please let me know if you find anything.
- Granite Ware 3 lb. Capacity Covered Round Roaster. @Amazon
- Dark cooking pans @ Walmart, Mainstay brand, bread, cake and brownie pans will fit in the Pyrex 4 qt. mixing bowls. You will need 2 of each for each solar oven... one for the food being cooked – one to invert for lid.
- Nesting camping pot kits (dark) work well.
- Reynolds 19" x 23.5" oven (turkey) bags, 2 per box. (**NOT** crockpot liners with 6 per box.)
- High temperature engine paint @ auto stores

### Fire Box Stove & Accessories: <https://fireboxstove.com>

- Designed for all forms of fuels:
  - Biomass (wood, charcoal, pellets etc.)
  - Alcohol
  - Gas
  - Solid Fuel/Esbit Tablets

### Kelley Kettle & Accessories: [www.kellykettleusa.com](http://www.kellykettleusa.com)

- A type of "Rocket Stove" w/a water jacket around the chimney. Heat water & food simultaneously.
- Uses minimal biomass fuel only to boil 20, 41, or 54 oz. of water in approximately 3-4 minutes.

### Rocket Stove:

- Skyflame **OR** Onlyfire Wood Burning Rocket Stoves @amazon

### Dual Fuel Potable Stove, "Gas One":

- Uses Butane **OR** Propane @amazon

### Apple Box Oven tape:

- Interior: HVAC Aluminum Foil Tape @ home improvement stores, or Amazon\* (\*better price)
- Exterior: Duct Tape **OR** Heavy Duty Packaging Tape

### WAPI: Water Pasteurization Indicator @amazon

### Wonder Oven/Deluxe Carrier:

- 20" sq. piece of fabric, after hemming edges (Pieces of old denim jeans sewn together works great.)
- 1" nylon webbing @amazon
- 25mm Slider adjust lock buckles @amazon

### Thermal Cooking:

- Tayama Stainless Steel Thermal cooker, 7 L. @amazon **OR** Saratoga Jacks, search online.
- HopeSaC, readymade or pattern available @ <https://www.thermalcooking.net>
- Hungry Fan Thermal Bag @ Amazon
- Wonder Bag sewing instructions on YouTube
- Wonder Oven, readymade available @ <http://myfoodstoragecookbook.com/> (**NOTE:** This website has lots of free food storage recipes.)
- Pattern and instructions to make either a WO or **New** "Wonder Oven Deluxe" email Kathy James.
- 22 oz. mason jars for container cooking @amazon.
- **Kathy's 3-loaf bread-plus, cooking set up:**
  - Granite Ware 15.5Qt. water bath canner. @amazon
  - Lallisa 6 Pcs Stainless Steel Canisters 62 oz Stainless Steel Containers. @amazon. (Suggestion: split order with someone else if you don't need all 6) (Even less expensive to purchase a case of 12)
  - Silicone Baking Mat 12"x10' **OR** Selizo 5 Pack Teflon Sheet for Baking and Craft 16"x20" @amazon, for lining the canisters and other containers (Need a pattern? email Kathy James).
  - Lele Life silicone stretch lids, 4.53" (11.5cm) **OR...**
  - Two 10"x14" Mylar food storage bags, OR 2 Reynolds Kitchen large oven bags to make lids for cannisters or cans. Pattern & instructions email Kathy James.
  - Optional - Uxcell 3pc Stainless Steel Steamer Rack with Stand, 7.9 Inches/ 8.6 Inches/9.5 Inches @amazon
  - Reynolds 19" x 23.5" oven (turkey) bags, 2 per box. & 16"x17.5" large oven bags, 5 ct.
  - Three 18" strips of one-wrap type of hook and loop tape to secure the lids on canisters PLUS one 27" piece for securing the pot lid; a total of 2.25 yds. @amazon
  - One Wonder Oven Deluxe **OR** whatever type of insulating vessel you create.
  - Optional: Household Essentials 30 gal. Pop-up leaf bag 19" diameter x 24" tall. @amazon (See WBO sewing Handout)
  - Optional: Camping Pad 20"x72"x0.5" @walmart or multiple sites online

\*Retained Heat /Thermal Cooking Handout available for those interested. Email Kathy James.

**NOTE:** Naturally, all items listed are subject to no longer being available. Should that happen please email me so we can find an alternative.

**ALSO:** If you run across something you feel works better... I'm always open to looking at new ideas.

Kathy James: [selfreliant.liberty@gmail.com](mailto:selfreliant.liberty@gmail.com) 🙏



## Baking Bread in a WBO/WO Deluxe (and a few additional recipes)

For “bread pans” use 62 oz. stainless steel kitchen canisters, with the lids removed and replaced with Lele Life silicone stretch lids, 4.53” (11.5cm) @amazon **OR...** (see the “Resource List” handout.), 46 oz. juice cans. If using cans, it is best to use cans that are white on the inside, or a golden color like V-8, tomato, or pineapple juice cans so they won’t rust on the inside. (Even tho I rarely use them, I still have the cans I originally started with back in 2018.) If 46 oz. cans are too tall for your pot just cut the dough for each loaf in half and either use smaller cans or use two 22 oz. canning jars for each loaf. **OR...** cut the dough into quarters and use 4 - 16 oz. jars. **NOTE:** If you only want to make one loaf... either use the canning jar method or plan on cooking some other items in the other canisters/cans. Otherwise, you’ll have to fill up empty containers with water to use as spacers in order to keep the “bread pan” upright. That would be a big waste of energy... unless you will be needing fair amount of hot water about the same time that you plan on taking the bread and any other items in the “oven,” out.

**NOTE:** Lining the sides & bottoms of your preferred “bread pans” (canisters, cans, jars) with reusable pieces of silicone baking mats material, or a Teflon\* baking sheet (like the Excalibur dehydrator tray sheets) will make the bread (or muffins, brownies, cakes, etc.) easier to remove from the containers. \***NOTE:** Not the same kind of Teflon used on non-stick pans. **NOTE:** Silicone Baking Mat 12”x10’ **OR** Selizo 5 Pack Teflon Sheet for Baking and Craft 16”x20” @amazon. The baked items slide right off of the silicone better than the teflon, but the silicone liners are a wee bit trickier getting into and out of the containers. The teflon liners slide into and out of the containers super easy, but they tend to adhere to the baked goods just a wee bit. However, they are easily removed. Like many other things... it’s just a learning curve, resulting in a personal preference.

Fill the containers a little less than half full of dough. Cover the cans with a towel and let the dough raise until it is approximately 1½”-2” below the top rim of the cans. Remove the towel and cover each can with a silicone lid or a piece of mylar cut from a mylar bag or cut from a Reynolds Kitchen large oven bag, all of which can withstand high temperatures and can be reused. Band the homemade lids with a strip of hook & loop tape (One-Wrap Velcro type) to secure.

**VERY IMPORTANT NOTE:** Most anywhere you look for information on thermal/retained-heat cooking it is recommended to grease the inside of your containers. And if you are having to put a lid on the container that didn’t come with the container it is recommended that aluminum foil and rubber bands, be used. In the arena of self-reliance/emergency preparedness, all three of those recommendations are unacceptable. If the “emergency” situation ends up being lengthy you could run out of grease, or aluminum foil, or your rubber bands could fail.

If your goal is to be as prepared as possible for un-anticipated events stay away from these three consumables. (Save your grease/oil for your recipes.)

If you are using cans, and if they fit too loosely for the cans to stay upright in the water, you may want to band the cans together with a long piece of hook & loop tape before putting them in the pot with warm water. Or... you could place empty jars or very slender cans (like empty tomato paste cans) in the water to help hold the “bread pans” in place. The water should be deep enough to come approximately 2/3 of the way up the side of the “bread pans.”

Set the lid on the pot to make certain the lid gets hot, too. Bring the water to a boil. Boil for 8-10 minutes (depending on the size of cans used). Immediately put the pot into the WBO, secure the lid with a strip of hook & loop tape, and “bake” for 1½ -2 hours. Again, depending on the size and shape of the containers used.

The bread will come out of the cans easily. The round loaves will be about the same diameter of a hamburger bun. It will have the same texture as regular bread, with no crust. Bread can also be “baked” in a Reynolds Kitchen oven bag. **NOTE:** NOT the 6 count Crockpot lining Bags... they open on the wrong side. (The inside of the bag may have to be greased first. I don’t know, I haven’t tried it yet.) Make sure the bag opening is hanging on the outside of the pan when the lid is on the pot to keep water out of the bag. You could call it “blob bread.” ☺ The kids will still love it. No crust! ☺ Secure the lid with a strip of hook & loop tape. It is very important to maintain a snug fit to keep the heat in while the bread is “baking.”

If you end up making “blob bread” perhaps you might try spreading the dough out, sprinkling on some cinnamon & sugar, rolling it up, and giving it a couple of twists before dropping it into the bag. The kids will really like it now. 😊

**Corn bread, muffins, brownies, cupcakes, etc.** can also be “baked” this way. Remember to line your cans/jars for easy removal. One standard cake mix fills 8, one-half pint, wide mouth jars. After “baking,” cut the contents of each jar into thirds and you’ll have 24 cupcakes. 😊 Muffin mix “baked” in 4 empty pork-n-beans cans will yield 8 muffins. You’ve got the idea here. Don’t be afraid to experiment. Just start playin’ around with your stuff.

**NOTE: Be Aware!** When baking in a standard oven moisture is evaporated during the baking process. When “baking” in a sealed container no evaporation escapes. There will be some recipes that that is a good thing. There will be some that will end up far too moist and you’ll want to adjust your recipe accordingly. You will only know by experimenting. **Play With Your Stuff NOW...** don’t wait until later.

### A Few Starter Recipes...



Basic White Wheat Bread  
(sampled in class)

2 C. hard white wheat = 3 C. flour after grinding  
1 tsp. salt  
1 Tbs. yeast  
2-4 Tbs. sugar or 2-4 Tbs. honey (both according to preferred taste) (& optional) \*(I used sugar)  
1 1/3 – 1 1/2 C. water  
2 Tbs. oil or melted shortening (optional) \*(I didn't use)

Overnight Oatmeal  
(serves 6-8)

8 cups water/ apple juice (I usually use 6 cups of water + 2 cups of apple juice)  
2 cups steel cut oats, regular oats or oat groats  
1 cup freeze dried fruit  
1/4 tsp. salt  
Top with cinnamon (if desired)

Bring all ingredients to a boil. Boil with lid on (just so the lid is also hot) and place in wonder oven to cook overnight.

From: [www.myfoodstoragecookbook.com](http://www.myfoodstoragecookbook.com)  
(Lots of good recipes from Megan Smith's website)

Rice

2 C. White or Brown Rice  
3 1/2 C. Water for white rice, 4 C. for brown  
Salt to taste

Bring the water to a boil and add a pinch of salt, if using. Put the rice in water and boil at a low boil for 10 minutes. Use a pot as close to the same size as your rice and water mass (volume). The smaller the amount of air between the food and the lid, the better it will cook. Leave in the WBO thermal cooker for 1 - 1 1/2 hours, or until you are ready to eat.

Rosemary-Mushroom Pilaf  
(sampled in class)  
(serves 4-6)

3 c. water  
1/2 c. pearl barley  
1/2 c. white or brown rice and/or quinoa  
1 T. Better Than Broth (beef, chicken, or vegetable)  
2 T. dried onion  
1/4 - 1/2 t. crushed, dried rosemary  
1 (4 oz.) can mushroom pieces, drained

Boil all ingredients to a boil and slow boil for 10 min. with lid the on, cracked just a wee bit to prevent a boil-over. Cook in thermal cooker for 1 1/2 hours. (If you double the recipe, it fits nicely in the graniteware 3 qt. round roaster.

**\* Many of your favorite recipes can easily be adapted to retained heat cooking with little to no adjustments.**

Lee Ostler has developed 20 just-add-water "Meal-in-a-Bag" recipes that are ideal for retained-heat cooking. They can be found @ [www.approachingready.com](http://www.approachingready.com). To find the recipes: select RESOURCES, then select Handouts, then select Meal-in-a-Bag Recipes.

Chocolate Cupcakes  
(aka Real Crazy Cake)  
(non-dairy)

Mix dry ingredients together:

3 c. flour (for gluten free, Bob's Red Mill one-to-one flour)  
2 c. sugar  
1/2 c. cocoa powder  
2 tsp. baking soda  
1 tsp. salt

Mix liquid ingredients together:

2 c. water  
2 tsp. vanilla  
2 tsp. vinegar  
2/3 c. oil

Line the cooking containers. (8 half-pint, wide mouth jars OR... 12 half-pint, regular mouth jars). Pour the batter into the jars, add lids, and submerge into room temperature water. (They can be stacked.) Add lid to pot. Rapidly bring water to boil. Boil for 10 min. Place pot into thermal cooker of choice. "Bake" for at least 1-1/2 to 2 hours.



YouTube videos that may be of interest...

How to make a Wonder Box Oven tutorial:

<https://www.youtube.com/watch?v=hXyytHCP5U&t=162s>

How to make a Wonder Bag tutorial:

<https://www.youtube.com/watch?v=ebOnFRjzVdw>

Bean Soup:

<https://www.youtube.com/watch?v=Ymx5q2cLvJY&t=11s>

Baked potatoes:

[https://www.youtube.com/watch?v=KgYb\\_CIPvtI](https://www.youtube.com/watch?v=KgYb_CIPvtI)

2 meals, one burn, omelets & creamy potato soup:

<https://www.youtube.com/watch?v=HnGarpqYk3o>

Thermal Cooking Class by Cindy (McMullin) Miller:

<https://www.youtube.com/watch?v=FnBcgGbKN88&t=1219s>

Food storage and retained-heat recipes by Megan Smith:

<http://myfoodstoragecookbook.com>

## SR Commitment Activity

(Adapted from Crystal Godfrey's book: *I Can't Believe It's Food Storage*)  
(Also Basic Bread Recipe)

- Select any "longer-term" food item/ingredient that you have had little to no experience with.
- Select any recipe that includes that item/ingredient. (Success tip: Start with something rather simple.)
- Commit to a specific date that you will make your selected recipe and **MARK IT ON YOUR CALENDAR**. (If it isn't scheduled on your calendar you haven't really made a commitment.)

On \_\_\_\_\_ (Date) I will make \_\_\_\_\_ (Recipe)

- If possible/necessary, commit to making that recipe 1 or 2 more times and... **schedule it on your calendar**.
- Select two more recipes using the same ingredient and **schedule your commitments**.

On \_\_\_\_\_ (Date) I will make \_\_\_\_\_ (Recipe)

On \_\_\_\_\_ (Date) I will make \_\_\_\_\_ (Recipe)

- If necessary, commit to making both of those 2 recipes 2 more times. **Schedule them on your calendar**. Gaining confidence is the goal, here.
- Select a new item/ingredient and repeat all of the steps above.

NOTE: The commitment form above could also be used for scheduling other important self-reliance tasks such as experimenting with an alternative cooking source, sprouting/micro greens, dehydrating, home canning, etc.

### Calculations for Hard White Whole Wheat Bread

#### Basic White Wheat Bread

2 C. hard white wheat = 3 C. flour  
1 tsp. salt  
1 Tbs. yeast  
2-4 Tbs. sugar or 2-4 Tbs. honey (both according to preferred taste) (& optional)  
1 1/3 C. water  
2 Tbs. oil or melted shortening (optional)

#### Totals for 3 Months - 92 Loaves

16-#10 cans hard white wheat (92 pounds)  
1# salt  
2# yeast  
5.25-11.5# sugar or 4.5-8.75# honey (both according to preferred taste) (& optional)  
7 1/3 gallons water  
1 gallon oil or 4.75# shortening (optional)

#### Totals for One Year - 365 Loaves

61-#10 cans hard white wheat (354 pounds)  
4# salt  
8# yeast  
23-46# of sugar or 37.5-75# honey (both according to preferred taste) (& optional)  
30 1/2 gallons water  
3 Gallons oil or 19# shortening (optional)

\* \* \* \* \*

This basic recipe can be used for rolls, cinnamon rolls, tortillas, pita pocket bread, pizza crust, etc.

When making pizza crust try replacing the water with tomato juice and adding a tablespoon or two of red pepper flakes. (Alternative to juice – add 2-3 Tbs. tomato juice powder to dry ingredients according to preferred taste.) **Yumm ☺**

## Bean Soup / Scotch Broth

Yield: 4 to 8 quarts, depending on variations, amendments and water

### INGREDIENTS:

1. 1/4 cup each of beans: Black, White, Chickpeas, Red, etc.
2. 1/4 cup each of Split Peas, Lentils, Pearl Barley, Rice
3. 1 tsp salt
4. 1 tsp pepper
5. 6 tsp or cubes bouillon (Prefer shelf-stable, powdered bouillon)

### INSTRUCTIONS:

Package items to be soaked, & seasonings each in separate sandwich bag.

Soak Beans (overnight) with 1 tsp baking soda, discard soak water.

Cook/simmer until 30 min short of done\* in 6-8 cups water, add salt, pepper, bouillon / seasonings, and then add Split Peas, Lentils, Barley and Rice and other variations (see below) and cook until done (+/- 30 min). Add or vary salt/pepper & seasonings to taste. (\*Note that beans require longer cook times than rice/barley/pasta/veggies - meaning the later will be mushy if cook time begins the same time as beans).

### VARIATIONS:

Veggies: 1 cup each (wet): carrots, potatoes, celery, cabbage, corn, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: 1 cup of chicken, or beef, or ham/pork, etc. (omit meat if 'vegetarian' is desired).

Pasta: 1+ cup macaroni, shell or wheel pasta, etc.

### NOTES:

1. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
2. Dry Ingredients: many beans varieties may be substituted, and additional amounts of any ingredient can be added depending on tastes and amount of food needed. For example: increase each dry ingredient to 1/3 or 1/2 cup each, and add additional seasoning and water/broth, vegetables, etc.
3. Add vegetables, pastas and meats at appropriate times such that all ingredients' cook time finishes near the same time. It is recommended to reconstitute and then pre-cook / fry meats before adding.
4. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry potato cubes / carrots = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.



Print and place in each packet or bucket

## Bean Soup / Scotch Broth

Yield: 4 to 8 quarts, depending on variations, amendments and water

### INGREDIENTS:

- 1/4 cup each of beans: Black, White, Chickpeas, Red, etc.
- 1/4 cup each of Split Peas, Lentils, Pearl Barley, Rice
- 1 tsp salt
- 1 tsp pepper
- 6 tsp or cubes bouillon (Prefer shelf-stable, powdered bouillon)

### INSTRUCTIONS:

Package items to be soaked, & seasonings each in separate sandwich bag.

Soak Beans and split peas (overnight) with 1 tsp baking soda, discard soak water. Cook/simmer until 30 min short of done\* in 6-8 cups water, add salt, pepper, bouillon / seasonings, and then add Lentils, Barley and Rice and other variations (see below) and cook until done (+/- 30 min). Add or vary salt/pepper & seasonings to taste. (\*Note that beans require longer cook times than rice/barley/pasta/veggies - meaning the later will be mushy if cook time begins the same time as beans).

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### **Beef Stew**

This makes a great beef stew. Add variations as desired at time of preparation. If adding dry beans at time of cooking, presoak beans with pinch of baking soda prior to cooking. Add other raw ingredients timed so that all ingredients would finish at same time. Add O2 absorber and desiccant packet. Use quart or half-gallon-size vacuum-seal bag as needed.

#### **Ingredients:**

- 1/2 cup freeze-dried meat (hamburger or beef chunks)
- 1/2 cup red or black beans (optional)
- 1 cup freeze dried potatoes, or 1/3 cup dehydrated cubes
- 1-2 cups vegetables – see variations below
- 1/4 dehydrated onions (or freeze-dried equivalent)
- 2 tbsp beef bullion
- 1/2 tsp Salt
- 1/2 tsp Pepper, black
- 1-2 tbsp flour or cornstarch (add if needed at time of preparation to thicken, if desired)

**Variations or add-ins:** Vegetables: Mixed veggies, carrots, corn, celery, green beans, etc. (dehydrated, freeze-dried, and/or fresh at time of preparation) – Note: dehydrated vegies will double in size; freeze-dried vegies will remain same size when reconstituted.

**Cooking Directions:** Combine all ingredients adding extra water for dried foods to reconstitute and finishing with enough for stew type result. Bring to boil, then simmer 30 minutes, or until beans/vegetables are done. Thicken with additional corn starch or flour as needed.

**Note:** Dehydrated and freeze-dried foods may require additional water as they reconstitute and cook. If dry beans are utilized in recipe, pre-soak with 1/2 tsp of baking soda, & discard soak water prior to cooking. Place bullion and spices in separate baggie.

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## Instant Broccoli Cheddar Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 1/4 cup cheddar cheese powder
2. 1/4 cup instant dried buttermilk powder (substitute Inst/reg. pwd milk)
3. 2 tablespoons dry powdered chicken bouillon
4. 1 tablespoon cornstarch
5. 1/8 teaspoon garlic powder
6. 1/8 teaspoon onion powder
7. 1/8 teaspoon ground black pepper
8. 1/2 cup freeze dried broccoli – cooked or raw

### INSTRUCTIONS:

- TO COOK IN BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest until broccoli has softened (9-10 minutes).

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. Makes 2 cups prepared soup--1 to 2 servings.
3. May use quart-sized mylar bag.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from [www.theyummylife.com/recipe/469](http://www.theyummylife.com/recipe/469)

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### Chicken Noodle Skillet Meal

Use pint-size vacuum-seal bag, O2 absorber and desiccant packet. Don't suction completely if noodles have sharp edges or can be broken and yield sharp edges/ends which can puncture bag. Pkg in Mylar bag for long-term.

#### Ingredients:

- 2 cups Egg Noodles, dry
- 1/4 cup White Sauce Base mix\*
- 1 cup Chicken, freeze dried (reconstitute prior to cooking)
- 1/3 cup Vegetables, mixed – dehydrated (½ cup freeze dried)
- 1 tbl Onion, minced - dehydrated
- 1/4 cup Milk non-fat
- 1/3 cup cheese powder / blend
- 4 tbl Butter Powder
- 1 tsp Italian Seasoning
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 1 tbl Bouillon powder, chicken

**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation); Rice 1/3 cup; Mushrooms – 1/4 cup freeze dried or fresh

**Cooking Directions:** Reconstitute cooked freeze-dried meat, or pre-cook fresh meat at time of prep. Place all ingredients in large skillet, Dutch oven or deep dish. Add 4 cups water. Stir. Reduce heat and simmer 12-15 minutes, stirring often (or cook in Solar Oven). Rest 3-5 min to thicken.

**\* White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/4 cup in Chicken Noodle Skillet Meal-in-a-Bag. Makes 6 cups dry powder mix – enough for 24 meals/bags. Also equivalent of 18 cans soup mix. Double recipe for 48 meals/bags. (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses. Simmer while stirring until thickened.)

- |                                      |                         |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch                | • 1/2 tsp Thyme         |
| • 1 1/4 cup Flour                    | • 1/2 tsp Parsley       |
| • 1/3 cup Bouillon (chicken)         | • 1 tsp Salt            |
| • 4 tsp Onion powder                 | • 1 tsp Pepper, black   |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket



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- 1/3 cup cheese powder / blend
- 4 tbl Butter Powder
- 1 tsp Italian Seasoning
- 1 tsp Salt
- 1/2 tsp Black Pepper
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| • 1/3 cup Bouillon (chicken)         | • 1 tsp Salt            |
| • 4 tsp Onion powder                 | • 1 tsp Pepper, black   |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

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## Instant Chicken Noodle Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 2 tbs powdered dry chicken flavor bouillon
2. 1/8 teaspoon garlic powder
3. 1/8 teaspoon onion powder
4. 1/8 teaspoon poultry seasoning
5. 1/8 teaspoon ground black pepper
6. 1/4 teaspoon salt
7. 1/4 cup chopped (& cooked) freeze dried chicken
8. 1 tablespoon freeze dried scallions (spring onions)
9. 2 tbs freeze dried peas (or mixed veggies, carrots, mushrooms)
10. 1/2 cup fine noodles (use pasta that normally cooks on stovetop in 4 min. or less--thin rice or egg noodles, ramen noodles, broken angel hair pasta, or quick-cooking artisan pasta)\*

### INSTRUCTIONS:

- TO COOK IN BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. Makes 2 cups prepared soup--1 to 2 servings.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water -- or heat over stove.
5. Avoid using "spiky" pasta to prevent poking holes in bag.
6. Use 100 cc O2 absorber (and silica desiccant bag -- optional)
7. Adapted from [www.theyummylife.com/recipe/467](http://www.theyummylife.com/recipe/467)

Print and place in each packet or bucket

## Instant Chicken Noodle Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 2 tbs powdered dry chicken flavor bouillon
2. 1/8 teaspoon garlic powder
3. 1/8 teaspoon onion powder
4. 1/8 teaspoon poultry seasoning
5. 1/8 teaspoon ground black pepper
6. 1/4 teaspoon salt
7. 1/4 cup chopped (& cooked) freeze dried chicken
8. 1 tablespoon freeze dried scallions (spring onions)
9. 2 tbs freeze dried peas (or mixed veggies, carrots, mushrooms)
10. 1/2 cup fine noodles (use pasta that normally cooks on stovetop in 4 min. or less--thin rice or egg noodles, ramen noodles, broken angel hair pasta, or quick-cooking artisan pasta)\*

### INSTRUCTIONS:

- TO COOK IN BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. Makes 2 cups prepared soup--1 to 2 servings.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water -- or heat over stove.
5. Avoid using "spiky" pasta to prevent poking holes in bag.
6. Use 100 cc O2 absorber (and silica desiccant bag -- optional)
7. Adapted from [www.theyummylife.com/recipe/467](http://www.theyummylife.com/recipe/467)

Print and place in each packet or bucket



## Chili

This makes a delicious chili base. Add variations as desired. Pre-package regular dry beans and 1/2 tsp baking soda in Zip-Lock sandwich bag; puncture bag with pin-hole to allow oxygen to be removed. Place bean Zip-Lock bag plus all ingredients together in pint-size vacuum-seal bag. Do not vacuum-suction completely if dry ingredients have sharp edges and can puncture bag. Add O2 absorber and desiccant packet. Use quart-size vacuum-seal bag as needed.

### **Ingredients:**

- 1 1/2 cup Beans (Pinto, White, Red, etc. Regular dry or Quick Cook\*)
- 1 tbl Chili Seasoning Mix\*\*
- 1 tbl Bouillon Powder
- Vegetables / Variations – see below
- 2 tbl Corn Starch or Flour (thickener) – or half:half
- 1 tbl Onion Powder
- 1/2 - 1 cup Meat – freeze-dried (or fresh at time of prep); optional, omit for vegetarian
- 1/2 - 1 cup Tomato Powder; (or - 1 can Tomato Sauce at cook time)
- 1 cup Tomatoes, diced – FD or Deh, (or add canned or fresh at cooking)
- 1 tsp Salt
- 1/2 tsp Pepper, black

**Variations or add-ins:** Vegetables: Onions, Bell Peppers, Carrots, Corn, Celery, Zucchini, tomatoes; (dehydrated, freeze-dried, and/or fresh at time of preparation) - 1/4 cup dehydrated; 1/2 cup freeze-dried. Sausage – FD.

**Cooking Directions:** Pre-soak Regular Dry beans with 1/2 tsp baking soda; discard soak water. (If using Quick-Cook beans go straight to cooking.) Combine all ingredients including any fresh or canned tomatoes at time of prep, with 8-9 cups water in stock pot or Dutch oven. optional variations. Bring to boil, then simmer 30 minutes, or until beans/vegetables are done. Thicken with additional corn starch or flour as needed.

**\* Quick Cook Beans:** Advantage is shorter cook time and no pre-soak, therefore Quick-Cook Beans can be combined with all other ingredients in bag (no Zip-Lock baggie necessary. Disadvantage would be shorter shelf life compared to regular dry beans. Directions: Add beans to rolling-boil water and cook for 10 minutes. (Cook Red/Kidney beans 12 min.) Remove and cool rinse. Dehydrate for 24 hours at 95 degrees in dehydrator. Store in air-tight jar/bag with O2 absorber and silica desiccant bag.

**\*\*Chili Seasoning Mix:** Combine 4 tbl Chili Powder, 1 tsp Garlic Powder, 1 tsp Onion Powder, 1 tsp Red Pepper flakes, 1 tsp Cayenne Pepper, 1 tsp Oregano, 2 tsp Paprika, 2 tbl Cumin. Yields approx. 8 tablespoons – enough for ~8 Meals/Bags. Multiply by 7 for enough for 52 meals. Store in air-tight jar/bag with O2 absorber.

Print and place in each packet or bucket



## Chili

This makes a delicious chili base. Add variations as desired. Pre-package regular dry beans and 1/2 tsp baking soda in Zip-Lock sandwich bag; puncture bag with pin-hole to allow oxygen to be removed. Place bean Zip-Lock bag plus all ingredients together in pint-size vacuum-seal bag. Do not vacuum-suction completely if dry ingredients have sharp edges and can puncture bag. Add O2 absorber and desiccant packet. Use quart-size vacuum-seal bag as needed.

### **Ingredients:**

- 1 1/2 cup Beans (Pinto, White, Red, etc. Regular dry or Quick Cook\*)
- 1 tbl Chili Seasoning Mix\*\*
- 1 tbl Bouillon Powder
- Vegetables / Variations – see below
- 2 tbl Corn Starch or Flour (thickener) – or half:half
- 1 tbl Onion Powder
- 1/2 - 1 cup Meat – freeze-dried (or fresh at time of prep); optional, omit for vegetarian
- 1/2 - 1 cup Tomato Powder; (or - 1 can Tomato Sauce at cook time)
- 1 cup Tomatoes, diced – FD or Deh, (or add canned or fresh at cooking)
- 1 tsp Salt
- 1/2 tsp Pepper, black

**Variations or add-ins:** Vegetables: Onions, Bell Peppers, Carrots, Corn, Celery, Zucchini; (dehydrated, freeze-dried, and/or fresh at time of preparation) - 1/4 cup dehydrated; 1/2 cup freeze-dried. Sausage – FD.

**Cooking Directions:** Pre-soak Regular Dry beans with 1/2 tsp baking soda; discard soak water. (If using Quick-Cook beans go straight to cooking.) Combine all ingredients including any fresh or canned tomatoes at time of prep, with 8-9 cups water in stock pot or Dutch oven. optional variations. Bring to boil, then simmer 30 minutes, or until beans/vegetables are done. Thicken with additional corn starch or flour as needed.

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**\*\*Chili Seasoning Mix:** Combine 4 tbl Chili Powder, 1 tsp Garlic Powder, 1 tsp Onion Powder, 1 tsp Red Pepper flakes, 1 tsp Cayenne Pepper, 1 tsp Oregano, 2 tsp Paprika, 2 tbl Cumin. Yields approx. 8 tablespoons – enough for ~8 Meals/Bags. Multiply by 7 for enough for 52 meals. Store in air-tight jar/bag with O2 absorber.

Print and place in each packet or bucket

## Country Soup

Yield: 4 to 8 quarts, depending on variations, amendments and water

### INGREDIENTS:

1. 1/2 cup each of Barley, split peas, white rice, dry lentils
2. 2 tbs dried minced onion
3. 2 tbs dried parsley
4. 1 tsp salt
5. ½ tsp lemon pepper
6. 2 tbs beef bouillon
7. 1/2 cup pasta (wheel, shell, alphabet, etc.)
8. 1 cup macaroni
9. Vegetables as available

### INSTRUCTIONS:

Add contents of jar to 3-4 cups water. Add additional water as needed. Remember freeze-dried and dehydrated foods will soak up additional water). Add vegetables as available (celery, carrots, cabbage, tomatoes, zucchini, etc. Cook over medium low heat, cover and simmer 1 hour or until vegetables and split peas are tender.

### VARIATIONS:

Veggies: 1 cup each (wet): carrots, potatoes, celery, cabbage, corn, tomatoes, squash, etc. (See note below for dehydrated and freeze-dried foods).

Meats: 1 cup of chicken, or beef, or ham/pork, etc. (omit meat if 'vegetarian' is desired).

### NOTES:

1. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
2. Add vegetables, pastas and meats at appropriate times such that all ingredients' cook time finishes near the same time. It is recommended to reconstitute and then pre-cook / fry meats before adding.
3. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry potato cubes / carrots = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.

## Country Soup

Yield: 4 to 8 quarts, depending on variations, amendments and water

### INGREDIENTS:

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12. 2 tbs dried parsley
13. 1 tsp salt
14. ½ tsp lemon pepper
15. 2 tbs beef bouillon
16. 1/2 cup pasta (wheel, shell, alphabet, etc.)
17. 1 cup macaroni
18. Vegetables as available

### INSTRUCTIONS:

Add contents of jar to 3-4 cups water. Add additional water as needed. Remember freeze-dried and dehydrated foods will soak up additional water). Add vegetables as available (celery, carrots, cabbage, tomatoes, zucchini, etc. Cook over medium low heat, cover and simmer 1 hour or until vegetables and split peas are tender.

### VARIATIONS:

Veggies: 1 cup each (wet): carrots, potatoes, celery, cabbage, corn, tomatoes, squash, etc. (See note below for dehydrated and freeze-dried foods).

Meats: 1 cup of chicken, or beef, or ham/pork, etc. (omit meat if 'vegetarian' is desired).

### NOTES:

4. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
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## Instant Creamy Potato, Chive, & Bacon Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 1/3 cup instant potato flakes
2. 2 tablespoons grated dried Parmesan cheese \*
3. 1-1/2 teaspoons corn starch
4. 1 tablespoon freeze dried chives (substitute scallion/spring onions)
5. 2 tablespoons dry powdered chicken bouillon
6. 1/4 cup instant dried buttermilk powder (substitute Inst/reg pwd milk)
7. 1/8 teaspoon garlic powder
8. 1/8 teaspoon onion powder
9. 1/8 teaspoon ground black pepper
10. 1/8 teaspoon salt (omit if adding bacon)
11. 2 tablespoons packaged real bacon bits (optional)\*\*

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### VARIATION:

- Add pre-cooked freeze dried (or dehydrated) potato cubes (1/4")

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. \*Use unrefrigerated, dry Parmesan cheese – long shelf life
5. \*\* This or fresh cooked may be added at time of preparation.
6. Use 100 cc O2 absorber (and silica desiccant bag – optional)
7. Adapted from [www.theyummylife.com/recipe/468](http://www.theyummylife.com/recipe/468)

Print and place in each packet or bucket

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- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### VARIATION:

- Add pre-cooked freeze dried (or dehydrated) potato cubes (1/4")

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
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7. Adapted from [www.theyummylife.com/recipe/468](http://www.theyummylife.com/recipe/468)

Print and place in each packet or bucket





## Instant Creamy Tomato and Basil Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 1/4 cup dried tomato powder (or freeze dried tomato paste)
2. 1/3 cup instant dried milk powder
3. 2 tablespoons dry powdered chicken bouillon
4. 1 tsp dried basil
5. 1/8 tsp garlic powder
6. 1/8 tsp onion powder
7. 1/8 teaspoon ground black pepper
8. 1/4 teaspoon salt

- 
9. 1-3/4 cups boiling water

### VARIATIONS:

- May substitute freeze dried tomato paste or sauce

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. Makes 2 cups prepared soup--1 to 2 servings.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from [www.theyummylife.com/recipe/471](http://www.theyummylife.com/recipe/471)

Print and place in each packet or bucket

## Instant Creamy Tomato and Basil Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

10. 1/4 cup dried tomato powder (or freeze dried tomato paste)
11. 1/3 cup instant dried milk powder
12. 2 tablespoons dry powdered chicken bouillon
13. 1 tsp dried basil
14. 1/8 tsp garlic powder
15. 1/8 tsp onion powder
16. 1/8 teaspoon ground black pepper
17. 1/4 teaspoon salt

- 
18. 1-3/4 cups boiling water

### VARIATIONS:

- May substitute freeze dried tomato paste or sauce

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

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1. Adapted from [www.theyummylife.com/recipe/471](http://www.theyummylife.com/recipe/471)

Print and place in each packet or bucket



## Hamburger Stew

If using 'quick cook' beans\*, combine all ingredients in pint-size vacuum seal bag, with O2 absorber and desiccant packet. If using regular dry beans, separate beans in fold-top sandwich bag (or Ziploc bag) to allow for overnight soaking at time of preparation. Place in Mylar bag for long term storage.

### **Ingredients:**

- 1 cup Red Beans small, regular dry (pre-soak with 1/2 tsp baking soda) if using Quick Cook\* beans, see below.
- 1 cup Hamburger – freeze-dried
- 1 cup Potatoes, diced – dehydrated
- 1/4 cup Onion, minced - dehydrated
- 1/2 tsp Thyme
- 1 tsp Garlic, granulated/powder
- 1/4 cup Flour
- 3 tbl Bouillon powder, beef
- 1/3 cup Carrots - dehydrated
- 1/2 cup Corn – dehydrated or freeze-dried
- 1/2 cup Beans, green – dehydrated or freeze-dried
- 1 tsp Salt
- 1 tsp Black Pepper

**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation: 1/4 cup dehydrated; 1/2 -1 cup freeze-dried, or fresh.

- Meat: TVP for vegetarian; Beef or Chicken - (chicken bouillon for chicken stew)
- Vegetables: Add or subtract, or other
- Pasta – wheels, shells, macaroni, etc.

**Cooking Directions:** Pre-soak beans with 1/2 tsp baking soda; discard soak water. Place all ingredients in stock pot or Dutch oven. Add 6 cups water, bring to boil; reduce and simmer for 30 min until done. Add additional water as needed.

**\* Quick Cook Beans:** Advantage is shorter cook time and no pre-soak, therefore Quick-Cook Beans can be combined with all other ingredients in bag (no Zip-Lock baggie necessary. Disadvantage would be shorter shelf life compared to regular dry beans. Directions: Add beans to rolling-boil water and cook for 10 minutes. (Cook Red/Kidney beans 12 min.) Remove and cool rinse. Dehydrate for 24 hours at 95 degrees in dehydrator. Store in air-tight jar/bag with O2 absorber and silica desiccant bag.

Print and place in each packet or bucket



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**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation: 1/4 cup dehydrated; 1/2 -1 cup freeze-dried, or fresh.

- Meat: TVP for vegetarian; Beef or Chicken - (chicken bouillon for chicken stew)
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Print and place in each packet or bucket

## Hash Browns – Southwest Style

### INGREDIENTS:

1. 4 +/- cups of shredded or cubed potatoes – fresh at time of cooking or freeze dried if assembling in a Meal-in-a-Bag ahead of time
2. 1/3 cup sweet corn – freeze dried (less if dehydrated)
3. 1/4 cup sweet peppers – fresh or freeze dried (adj if dehydrated)
4. 1/4 cup green peppers – fresh or freeze dried (adj if dehydrated)
5. 1/3 cup salsa (freeze-dried or fresh at time of cooking)
6. 1/2 tsp salt
7. 1/2 tsp black pepper

### INSTRUCTIONS:

Soak freeze dried or dehydrated produce in water for 10-15 minutes until fully reconstituted. (In this recipe, dehydrated or freeze-dried corn will take the longest to reconstitute). Drain in colander expressing excess water. Place in frying pan and add salsa. If using freeze dried salsa reconstitute separate from other produce and then add. Cook oil/butter as normal for hash browns.

If using freeze-dried salsa, pre-assemble salsa, salt and pepper in separate fold-top baggie and place in bag, not mixing with loose ingredients.

### VARIATIONS:

Veggies: Add other vegetables if available and to suit taste: carrots, cooked beans, celery, cabbage, zucchini, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: Add sliced or cubed ham, bacon, bacon bits, chicken, beef, etc.

### NOTES:

1. Dehydrated foods will swell in size when reconstituted; freeze-dried foods will not. Factor this into assembling this recipe or others that are similar in terms of anticipating final amounts in finished recipe. A full cup of produce when dehydrated often shrinks to 1/2 or 1/3 that amount when dried. Freeze-dried produce maintains it size and shape.

## Hash Browns – Southwest Style

### INGREDIENTS:

1. 4 +/- cups of shredded or cubed potatoes – fresh at time of cooking or freeze dried if assembling in a Meal-in-a-Bag ahead of time
2. 1/3 cup sweet corn – freeze dried (less if dehydrated)
3. 1/4 cup sweet peppers – fresh or freeze dried (adj if dehydrated)
4. 1/4 cup green peppers – fresh or freeze dried (adj if dehydrated)
5. 1/3 cup salsa (freeze-dried or fresh at time of cooking)
6. 1/2 tsp salt
7. 1/2 tsp black pepper

### INSTRUCTIONS:

Soak freeze dried or dehydrated produce in water for 10-15 minutes until fully reconstituted. (In this recipe, dehydrated or freeze-dried corn will take the longest to reconstitute). Drain in colander expressing excess water. Place in frying pan and add salsa. If using freeze dried salsa reconstitute separate from other produce and then add. Cook oil/butter as normal for hash browns.

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### VARIATIONS:

Veggies: Add other vegetables if available and to suit taste: carrots, cooked beans, celery, cabbage, zucchini, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: Add sliced or cubed ham, bacon, bacon bits, chicken, beef, etc.

### NOTES:

Dehydrated foods will swell in size when reconstituted; freeze-dried foods will not. Factor this into assembling this recipe or others that are similar in terms of anticipating final amounts in finished recipe. A full cup of produce when dehydrated often shrinks to 1/2 or 1/3 that amount when dried. Freeze-dried produce maintains it size and shape..



## Instant Minestrone Vegetable Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 1 & 1/2 tbs dry powdered chicken bouillon
2. 2 tsp tomato powder (or freeze-dried tomato paste/sauce)
3. 1/4 teaspoon Italian herb seasoning
4. 1/8 tsp garlic powder
5. 1/8 tsp onion powder
6. 1/8 tsp black pepper
7. 1/4 tsp salt
8. 1/3 cup mixed freeze-dried vegetables
9. 1/3 cup quick-cooking rotini or other pasta (use pasta that normally cooks on stovetop in 4 minutes or less)\*

- 
10. 1 & 3/4 cups boiling water

### VARIATIONS:

- May substitute freeze dried tomato paste or sauce
- Add additional fresh vegetables at time of preparation

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
4. \* Avoid using "spiky" pasta to prevent poking holes in bag.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from [www.theyummylife.com/recipe/472](http://www.theyummylife.com/recipe/472)

Print and place in each packet or bucket

## Instant Minestrone Vegetable Soup

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### INGREDIENTS:

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2. 2 tsp tomato powder (or freeze-dried tomato paste/sauce)
3. 1/4 teaspoon Italian herb seasoning
4. 1/8 tsp garlic powder
5. 1/8 tsp onion powder
6. 1/8 tsp black pepper
7. 1/4 tsp salt
8. 1/3 cup mixed freeze-dried vegetables
9. 1/3 cup quick-cooking rotini or other pasta (use pasta that normally cooks on stovetop in 4 minutes or less)\*

- 
10. 1 & 3/4 cups boiling water

### VARIATIONS:

- May substitute freeze dried tomato paste or sauce
- Add additional fresh vegetables at time of preparation

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
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### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
4. \* Avoid using "spiky" pasta to prevent poking holes in bag.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from [www.theyummylife.com/recipe/472](http://www.theyummylife.com/recipe/472)

Print and place in each packet or bucket

## Instant Mushroom, Beef Broth, and Couscous Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 1 tbs dry powdered beef bouillon
2. 2 tsp onion powder
3. 1/8 tsp garlic powder
4. 1/8 tsp thyme
5. 1/4 tsp salt
6. 1/8 tsp black pepper
7. 1/3 cup chopped freeze-dried mushrooms
8. 1-1/2 tbs freeze-dried scallions (spring onions)
9. 1-1/2 tbs freeze-dried tomato bits (diced tomatoes)
10. 2 tablespoons couscous

- 
11. 1 & 3/4 cups boiling water

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. Use 100 cc O2 absorber (and silica desiccant bag – optional)
5. Adapted from [www.theyummylife.com/recipe/466](http://www.theyummylife.com/recipe/466)

Print and place in each packet or bucket

## Instant Mushroom, Beef Broth, and Couscous Soup

Yield: 2 cups soup; 1-2 servings

### INGREDIENTS:

1. 1 tbs dry powdered beef bouillon
2. 2 tsp onion powder
3. 1/8 tsp garlic powder
4. 1/8 tsp thyme
5. 1/4 tsp salt
6. 1/8 tsp black pepper
7. 1/3 cup chopped freeze-dried mushrooms
8. 1-1/2 tbs freeze-dried scallions (spring onions)
9. 1-1/2 tbs freeze-dried tomato bits (diced tomatoes)
10. 2 tablespoons couscous

- 
11. 1 & 3/4 cups boiling water

### INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

### NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. Use 100 cc O2 absorber (and silica desiccant bag – optional)
5. Adapted from [www.theyummylife.com/recipe/466](http://www.theyummylife.com/recipe/466)

Print and place in each packet or bucket





### Oatmeal w/ Fruit – 1-2 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Use pint-size vacuum-seal bag. Place in Mylar bag for long-term storage.

#### **Ingredients:**

- 1 cup Rolled or Quick-cook Oats
- 1 tbl non-fat dry milk powder
- 1/8 cup dehydrated, or 1/4 cup freeze-dried fruit
- 2 tsp white sugar (or brown sugar)
- 1/16 tsp Salt

**Variations or add-ins:** 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

**Cooking Directions:** Add all dry ingredients to 2 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

#### **Notes:**

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.

Print and place in each packet or bucket



### Oatmeal w/ Fruit – 1-2 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Use pint-size vacuum-seal bag. Place in Mylar bag for long-term storage.

#### **Ingredients:**

- 1 cup Rolled or Quick-cook Oats
- 1 tbl non-fat dry milk powder
- 1/8 cup dehydrated, or 1/4 cup freeze-dried fruit
- 2 tsp white sugar (or brown sugar)
- 1/16 tsp Salt

**Variations or add-ins:** 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

**Cooking Directions:** Add all dry ingredients to 2 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

#### **Notes:**

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.

Print and place in each packet or bucket

### Oatmeal w/ Fruit – 4-6 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Place in Mylar bag for long-term storage.

#### **Ingredients:**

- 4 cups Rolled or Quick-cook Oats
- 1/3 cup non-fat dry milk powder
- 1/2 cup dehydrated, or 1 cup freeze-dried fruit
- 3 tbs white sugar (or brown sugar)
- 1/8 tsp Salt

**Variations or add-ins:** 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

**Cooking Directions:** Add all dry ingredients to 8 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

#### **Notes:**

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.



### Oatmeal w/ Fruit – 4-6 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Place in Mylar bag for long-term storage.

#### **Ingredients:**

- 4 cups Rolled or Quick-cook Oats
- 1/3 cup non-fat dry milk powder
- 1/2 cup dehydrated, or 1 cup freeze-dried fruit
- 3 tbs white sugar (or brown sugar)
- 1/8 tsp Salt

**Variations or add-ins:** 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

**Cooking Directions:** Add all dry ingredients to 8 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

#### **Notes:**

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.

### Pasta Alfredo

This makes a delicious Pasta Alfredo. Add variations as desired. Place all ingredients in pint-size vacuum-seal bag. Do not vacuum-suction completely if noodles have sharp edges or can be broken and yield sharp edges/ends which can puncture bag. Add O2 absorber and desiccant packet. The Basic White Sauce mix can be used for Stroganoff, Scallop Potatoes, Alfredo, etc.

#### **Ingredients:**

- 1/3 cup White Sauce Base mix\*
- 2 cups Pasta (Bow Tie, Rotini, Wheels, Shells, Egg Noodles, etc.)
- 1/3 cup Parmesan cheese
- 1/4 cup Vegetables (Peas)\*\*
- 1/2 cup Meat, freeze-dried – hamburger, chicken, etc. (or fresh at prep)
- 1/2 Salt
- 1/2 tsp Black Pepper

**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation)

- \*\*Vegetables: Peas, corn, asparagus, mushrooms, etc.; 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh or wet-pack canned Vegetables at time of preparation.
- Cheese powder, optional - or grated freeze dried or fresh

#### **Directions:**

- Combine all ingredients with 4 1/4 cups water in sauce pan. Add optional variations. Dehydrated vegetables may require 15-30 min soaking in water to rehydrate prior to cooking. Simmer 15-20 minutes, frequent stirring until noodles are tender and sauce thickens.

**\* White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/3 cup in each pasta alfredo Meal-in-a-Bag. (Makes 6 cups dry powder mix – enough for 18 meals/bags; equivalent of 18 cans soup mix. Triple recipe for 54 bags). (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses.)

- |                                      |                         |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch                | • 1/2 tsp Thyme         |
| • 1 1/4 cup Flour                    | • 1/2 tsp Parsley       |
| • 1/3 cup Bouillon (chicken)         | • 1 tsp Salt            |
| • 4 tsp Onion powder                 | • 1 tsp Pepper, black   |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket



### Pasta Alfredo

This makes a delicious Pasta Alfredo. Add variations as desired. Place all ingredients in pint-size vacuum-seal bag. Do not vacuum-suction completely if noodles have sharp edges or can be broken and yield sharp edges/ends which can puncture bag. Add O2 absorber and desiccant packet. The Basic White Sauce mix can be used for Stroganoff, Scallop Potatoes, Alfredo, etc.

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- 1/3 cup Parmesan cheese
- 1/4 cup Vegetables (Peas)\*\*
- 1/2 cup Meat, freeze-dried – hamburger, chicken, etc. (or fresh at prep)
- 1/2 Salt
- 1/2 tsp Black Pepper

**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation)

- \*\*Vegetables: Peas, corn, asparagus, mushrooms, etc.; 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh or wet-pack canned Vegetables at time of preparation.
- Cheese powder, optional - or grated freeze dried or fresh

#### **Directions:**

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- |                                      |                         |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
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| • 1 1/4 cup Flour                    | • 1/2 tsp Parsley       |
| • 1/3 cup Bouillon (chicken)         | • 1 tsp Salt            |
| • 4 tsp Onion powder                 | • 1 tsp Pepper, black   |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket

### Rice Roni Meal-in-a-Bag

This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with extra rice, add-ins and variations, or add water for a soup. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet.

#### **Ingredients:** Base Recipe

- 1/2 cup Spaghetti\*, broken into small pieces (1/4 – 1/2")
- 3/4 cup Rice
- 2 tsp Bouillon, or 2 cups liquid Broth (Chicken, Beef)
- 2 tbsp Butter Powder (or 2 tbsp Butter) - optional
- 1 tsp Minced Dehydrated Onion
- Salt – 1/2 tsp
- Pepper – 1/2 tsp
- 3 cup Water (plus additional water as needed, especially if adding dehydrated veggies or Freeze-dried meats)
- \* \*Hint – to break up, pulse/chop broken Spaghetti noodles in blender

**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation)

- Meat: Chicken, Beef to match bouillon (pre-cooked freeze-dried, or cooked in skillet at time of prep)
- Vegetables: 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh Vegetables at time of preparation
- Garlic, minced – 1 tsp
- Parsley – 1 tsp
- Mushrooms – 1/4 cup
- Seasonings: Italian, Ranch, Lawry's seasoned salt, onion salt, etc. 1 tsp
- Diced Tomatoes, 1/2 cup

#### **Directions:**

- If using fresh butter, melt butter in skillet. Add all ingredients and lightly brown. Then add water and bring to boil, reducing to simmer for 20-25 minutes until rice and vegetables are tender.
- If not using fresh butter, omit "lightly brown" step and proceed as above.
- Add-ins and variations: Add as desired – veggies, meats, spices, seasonings, etc. at time of cooking.
- Meat: Freeze-dried or canned. If meat is FD & uncooked, reconstitute and fry/cook in skillet first.

Print and place in each packet or bucket



### Rice Roni Meal-in-a-Bag

This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with extra rice, add-ins and variations, or add water for a soup. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet.

#### **Ingredients:** Base Recipe

- 1/2 cup Spaghetti\*, broken into small pieces (1/4 – 1/2")
- 3/4 cup Rice
- 2 tsp Bouillon, or 2 cups liquid Broth (Chicken, Beef)
- 2 tbsp Butter Powder (or 2 tbsp Butter)- optional
- 1 tsp Minced Dehydrated Onion
- Salt – 1/2 tsp
- Pepper – 1/2 tsp
- 3 cup Water (plus additional water as needed, especially if adding dehydrated veggies or Freeze-dried meats)
- \* \*Hint – to break up, pulse/chop broken Spaghetti noodles in blender

**Variations or add-ins:** (dehydrated, freeze-dried, and/or fresh at time of preparation)

- Meat: Chicken, Beef to match bouillon (pre-cooked freeze-dried, or cooked in skillet at time of prep)
- Vegetables: 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh Vegetables at time of preparation
- Mushrooms – 1/4 cup
- Garlic, minced – 1 tsp
- Parsley – 1 tsp
- Seasonings: Italian, Ranch, Lawry's seasoned salt, onion salt, etc. 1 tsp
- Diced Tomatoes, 1/2 cup

#### **Directions:**

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- Meat: Freeze-dried or canned. If meat is FD & uncooked, reconstitute and fry/cook in skillet first.

Print and place in each packet or bucket

## Scalloped Potatoes

This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with add-ins and variations. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet. Do not vacuum-suction completely if dry ingredients have sharp edges and can puncture bag. Place in Mylar bag for long term storage.

Use quart-size vacuum-seal bag if more room is needed.

### **Ingredients:**

- 3 - 4 cups or large handfuls sliced Potatoes, dehydrated (Winco)
- 1/3 cup White Sauce Base Mix\*
- 1/3 cup Milk, powdered non-fat (not instant)
- 1/4 cup Bell Pepper, or Sweet Pepper – dehydrated or freeze dried
- 2 tbl Onion, minced dehydrated
- Cheese, grated – freeze dried (FD) (or add fresh at time of prep)
- 2 tbl Butter Powder – optional
- 2 tbl Cheese powder - optional
- Mixed vegetables – freeze dried / dehydrated – optional

### **Variations or add-ins:**

- Meat: Chicken, Beef to match bouillon - freeze dried or fresh
- Vegetables: 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh Vegetables at time of preparation.
- Mushrooms – 1/4 cup freeze dried or fresh

**Cooking Directions:** Place all ingredients in casserole dish, Dutch oven or deep dish. Add 3 – 3 1/2 cups boiling water. Stir. Bake at 350 for 30-35 min; or in Solar Oven until done. Add fresh or FD grated cheese near end of cooking.

**\* White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/3 cup in each pasta alfredo Meal-in-a-Bag. (Makes 6 cups dry powder mix – enough for 18 meals/bags; equivalent of 18 cans soup mix. Triple recipe for 54 bags). (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses.)

- |                                      |                         |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch                | • 1/2 tsp Thyme         |
| • 1 1/4 cup Flour                    | • 1/2 tsp Parsley       |
| • 1/3 cup Bouillon (chicken)         | • 1 tsp Salt            |
| • 4 tsp Onion powder                 | • 1 tsp Pepper, black   |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket



## Scalloped Potatoes

This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with add-ins and variations. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet. Do not vacuum-suction completely if dry ingredients have sharp edges and can puncture bag. Place in Mylar bag for long term storage.

Use quart-size vacuum-seal bag if more room is needed.

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- 1/3 cup White Sauce Base Mix\*
- 1/3 cup Milk, powdered non-fat (not instant)
- 1/4 cup Bell Pepper, or Sweet Pepper – dehydrated or freeze dried
- 2 tbl Onion, minced dehydrated
- Cheese, grated – freeze dried (FD) (or add fresh at time of prep)
- 2 tbl Butter Powder – optional
- 2 tbl Cheese powder - optional
- Mixed vegetables – freeze dried / dehydrated – optional

### **Variations or add-ins:**

- Meat: Chicken, Beef to match bouillon - freeze dried or fresh
- Vegetables: 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh Vegetables at time of preparation.
- Mushrooms – 1/4 cup freeze dried or fresh

**Cooking Directions:** Place all ingredients in casserole dish, Dutch oven or deep dish. Add 3 – 3 1/2 cups boiling water. Stir. Bake at 350 for 30-35 min; or in Solar Oven until done. Add fresh or FD grated cheese near end of cooking.

**\* White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/3 cup in each pasta alfredo Meal-in-a-Bag. (Makes 6 cups dry powder mix – enough for 18 meals/bags; equivalent of 18 cans soup mix. Triple recipe for 54 bags). (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses.)

- |                                      |                         |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch                | • 1/2 tsp Thyme         |
| • 1 1/4 cup Flour                    | • 1/2 tsp Parsley       |
| • 1/3 cup Bouillon (chicken)         | • 1 tsp Salt            |
| • 4 tsp Onion powder                 | • 1 tsp Pepper, black   |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket

## Taco Soup

This makes a delicious Taco Soup. Add variations and garnishes as desired. Place all ingredients in quart-size vacuum-seal bag. Do not vacuum-suction completely as some sharp food items can puncture bag. Add O2 absorber and desiccant packet. The Ranch Dressing Dry mix can come pre-packaged or made from scratch (recipe below).

### Ingredients:

- 1-2 cups ground beef – freeze-dried beef crumbles (or fresh)
- 2 tbls taco seasoning (or 1 package)
- 2 cup beans – quick cook\* (pinto, black, or from can)
- 1 cup sweet corn – (1/2 dehydrated)
- 1/4 cup sweet peppers – dehydrated or freeze-dried
- 1/4 cup green peppers – dehydrated or freeze-dried
- 1 tsp chili powder (if not using green chilies)
- 1 cup tomatoes (freeze-dried, or stewed, diced, fresh)
- 1 cup tomato (powder or 1/3 cup tomato paste freeze-dried)
- 1/4 cup ranch dressing dry (1 envelope dry mix)\*\*
- 1/2 tsp black pepper
- 1/2 tsp salt – to taste

**Variations or add-ins:** (veggies - dehydrated, freeze-dried, or fresh at time of preparation)

- Cheese, sour cream optional - grated freeze dried or fresh at prep time

### Directions:

- If cooking hamburger fresh, add taco seasoning to meat. Combine all ingredients with 4 cups water in saucepan. Add optional variations. Bring to boil and reduce to simmer 15-20 minutes, frequent stirring. Add extra water as needed due to FD-ed / dehydrated ingredients.

**\* Quick Cook Beans:** To avoid having to soak and cook beans separately at time of preparation, pre-cook beans and dehydrate them as normal. – Put all ingredients in a large bowl and mix. OR – mix in food processor or blender for a finer softer texture.

**\*\* Ranch Dressing Dry Mix** – Put all ingredients in a large bowl and mix. OR – mix in food processor or blender for a finer softer texture.

- |                                 |                             |
|---------------------------------|-----------------------------|
| • 1/2 cup dry buttermilk powder | • 1/2 tsp dried dill weed   |
| • 2 tbsp dried parsley          | • 1/2 tsp paprika           |
| • 1tbsp onion powder            | • 1/2 tsp white pepper      |
| • 2 tsp dried chives            | • 1/4 tsp salt, or to taste |
| • 1 tsp garlic powder           |                             |

Print and place in each packet or bucket



## Taco Soup

This makes a delicious Taco Soup. Add variations and garnishes as desired. Place all ingredients in quart-size vacuum-seal bag. Do not vacuum-suction completely as some sharp food items can puncture bag. Add O2 absorber and desiccant packet. The Ranch Dressing Dry mix can come pre-packaged or made from scratch (recipe below).

### Ingredients:

- 1-2 cups ground beef – freeze-dried beef crumbles (or fresh)
- 2 tbls taco seasoning (or 1 package)
- 2 cup beans – quick cook\* (pinto, black, or from can)
- 1 cup sweet corn – (1/2 dehydrated)
- 1/4 cup sweet peppers – dehydrated or freeze-dried
- 1/4 cup green peppers – dehydrated or freeze-dried
- 1 tsp chili powder (if not using green chilies)
- 1 cup tomatoes (freeze-dried, or stewed, diced, fresh)
- 1 cup tomato (powder or 1/3 cup tomato paste freeze-dried)
- 1/4 cup ranch dressing dry (1 envelope dry mix)\*\*
- 1/2 tsp black pepper
- 1/2 tsp salt – to taste

**Variations or add-ins:** (veggies - dehydrated, freeze-dried, or fresh at time of preparation)

- Cheese, sour cream optional - grated freeze dried or fresh at prep time

### Directions:

- If cooking hamburger fresh, add taco seasoning to meat. Combine all ingredients with 4 cups water in saucepan. Add optional variations. Bring to boil and reduce to simmer 15-20 minutes, frequent stirring. Add extra water as needed due to FD-ed / dehydrated ingredients.

**\* Quick Cook Beans:** To avoid having to soak and cook beans separately at time of preparation, pre-cook beans and dehydrate them as normal. – Put all ingredients in a large bowl and mix. OR – mix in food processor or blender for a finer softer texture.

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- |                                 |                             |
|---------------------------------|-----------------------------|
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| • 2 tbsp dried parsley          | • 1/2 tsp paprika           |
| • 1tbsp onion powder            | • 1/2 tsp white pepper      |
| • 2 tsp dried chives            | • 1/4 tsp salt, or to taste |
| • 1 tsp garlic powder           |                             |

Print and place in each packet or bucket

## Traveling Noodles – “Grandpa’s Awesome Noodle Soup”

Yield: 2-3 servings, depending on variations, amendments and water

### INGREDIENTS:

1. One pkg Top Ramen Noodles
2. 2 tsp dry bouillon – and/or utilize the provided flavor packet.
3. 1/2 - 1 cup freeze dried meat (chicken or beef) - prepackage
4. Mixed vegetables – 1/2 cup dehydrated or 1 cup freeze dried
5. 1/4 cup Zucchini dehydrated
6. 1/4 tsp salt
7. 1/4 tsp black pepper
8. 1/2 cup spinach or kale – dehydrated
9. 1/8 tsp onion powder
10. 1/8 tsp ginger
11. 1/8 tsp chili powder or pepper flakes

### INSTRUCTIONS:

Pre-soak all dehydrated / freeze-dried ingredients to reconstitute. Boil Ramen noodles for 2-3 minutes. Add reconstituted ingredients and all spices.

### VARIATIONS:

Veggies: Any assortment of freeze-dried and/or dehydrated vegetables can be used or substituted. Use half the quantity (dry measure) of dehydrated as freeze-dried ingredients. Add other noodle products if desired (macaroni, shells, etc. – allow extra cook time). Meats: 1/2 to 1 cup of chicken, or beef, or ham/pork, freeze dried or fresh, etc. (omit meat if ‘vegetarian’ is desired).

### NOTES:

1. You may want to simply add all dry ingredients to the noodles in water at one time. Allow to soak until vegetables are soft and reconstituted – otherwise allow extra time following cooking for full reconstitution. Add extra water as needed. Boil noodles in 3-4 cups water if adding all dry ingredients together and not pre-soaking.
2. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
3. Prepackage freeze dried meat and bouillon in plastic baggie – discard and replace if rancid at time of opening / use.
4. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.



## Traveling Noodles – “Grandpa’s Awesome Noodle Soup”

Yield: 2-3 servings, depending on variations, amendments and water

### INGREDIENTS:

1. One pkg Top Ramen Noodles
2. 2 tsp dry bouillon – and/or utilize the provided flavor packet.
3. 1/2 - 1 cup freeze dried meat (chicken or beef) - prepackage
4. Mixed vegetables – 1/2 cup dehydrated or 1 cup freeze dried
5. 1/4 cup Zucchini dehydrated
6. 1/4 tsp salt
7. 1/4 tsp black pepper
8. 1/2 cup spinach or kale – dehydrated
9. 1/8 tsp onion powder
10. 1/8 tsp ginger
11. 1/8 tsp chili powder or pepper flakes

### INSTRUCTIONS:

Pre-soak all dehydrated / freeze-dried ingredients to reconstitute. Boil Ramen noodles for 2-3 minutes. Add reconstituted ingredients and all spices.

### VARIATIONS:

Veggies: Any assortment of freeze-dried and/or dehydrated vegetables can be used or substituted. Use half the quantity (dry measure) of dehydrated as freeze-dried ingredients. Add other noodle products if desired (macaroni, shells, etc. – allow extra cook time). Meats: 1/2 to 1 cup of chicken, or beef, or ham/pork, freeze dried or fresh, etc. (omit meat if ‘vegetarian’ is desired).

### NOTES:

1. You may want to simply add all dry ingredients to the noodles in water at one time. Allow to soak until vegetables are soft and reconstituted – otherwise allow extra time following cooking for full reconstitution. Add extra water as needed. Boil noodles in 3-4 cups water if adding all dry ingredients together and not pre-soaking.
2. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
3. Prepackage freeze dried meat and bouillon in plastic baggie – discard and replace if rancid at time of opening / use.
4. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.

## WONDER BOX OVEN

### Sewing Instructions

Material: 3 yards of soft cotton or broadcloth so it will conform to the shape of the pot. (Just for fun...use 1 ½ yds. of 2 different colors.)

10-12 gallons small polystyrene beads similar to bean bag beads. Bean bag beans are a wee bit bigger but seem to work just as well and they're smaller than they used to be when the wonder ovens were originally designed. OR... commercially shredded Styrofoam. Unfortunately, that is only available in huge quantities. (Way more economical for group projects. Check for local availability.)

Cut 4 top pieces and 4 bottom pieces.

Sewing instructions:

Place 2 of the top pieces right sides together, one of each print or color. Sew from the top point to the bottom point along the longest side; sewing only one side. Repeat with the other 2 top pieces. NOTE: Make all seams 3/8"

Open each of the pairs and place them right sides together. Sew them together almost all the way around the outside, leaving an opening so you can turn the cushion/pillow right sides out and fill it with the beads. Turn right side out. This makes an empty, hexagon shaped, cushion/pillow. Suggestion: Make the opening only big enough to slip an empty Pringles Chip container through it; approximately 5". More on this below.

Repeat the steps described above with the 4 bottom pieces, remembering to leave an opening, approximately 5", on the smaller, top end for turning and filling.

You may want to add a loop to each of the cushions/pillows at this point so they can be hung, or for drip-drying after washing.

When filled with polystyrene beads the cushions/pillows will take the shape of somewhat floppy squares, and the bottom one will have a cavity in the center ("the nest" or "bowl") for the pot to sit in.

Filling Instructions:

To pour the beads into the cushions/pillows: cut off the bottom end of an empty Pringle Chips container. (You will then have a tube with a lid on one end.) Next: cut a hole in a corner of the bag of polystyrene beads. **Caution:** start small... you can always cut off more, if necessary. The closer to the same size of the circumference of the Pringles tube the better. Wrap a couple of rows of packaging tape around the open end of the tube before inserting approximately 1" of it into the opening of the bag of beads and tape the bag to the tube with packaging tape. You will then have a filling tube that can be capped off... and... can be reused on another bag later.

Holding the capped end straight up, carefully remove the cap and insert it into the opening of the cushion/pillow 2 or 3 inches. While holding the fabric tightly around the tube carefully tip the tube by lifting the bag of beans, allowing the

beads to flow into the cushion/pillow. Pin the opening closed for testing.

Bottom: Fill until it looks just a wee bit more than 1/2 full while the cushion/pillow is hanging. If it looks a wee bit too floppy pour a few more beads in but don't over stuff it. Pin the opening closed for testing.

Top: Fill until it looks approximately 1/2 full while the cushion/pillow is hanging. If it looks a wee bit too floppy pour a few more beads in, but don't over-stuff it. It needs to be floppy enough to settle in around the lid of the pot whether the pot sits just a wee bit below the top edge of the bottom cushion/pillow or if the handle on the pot lid is just a wee bit taller than the top of the edge. However, if it is *too* floppy there won't be enough insulation on the top to obtain maximum efficiency.

Before sewing the openings closed, grab a medium to large sized pot with a snug fitting lid and do a little experimenting. From the top, gently tuck the small end of the bottom cushion/pillow into the center to form a shallow bowl, or "nest" and snuggle the pot into the nest.

With the tube attached to the bag of beads it's easy to add or subtract beads to get a good fit. Once it looks good sew the openings closed.

If the only pot you have has a long handle, wrap it with a wash rag or hand towel to eliminate any air gaps.

The top piece of the WBO must be placed on top immediately after putting a pot in the bottom cushion/pillow, with no places for the heat to escape for the WBO to maintain maximum efficiency. (Placing a folded blanket, towel or a pillow on top for extra insulation will increase its efficiency.)

This size WBO fits nicely in an 18 gal. Rubbermaid storage container. If the WBO is going to be used outside, the storage container will protect it from any adverse weather, and 2 or 3 WBOs can be stacked on top of each other, if necessary.

It also fits nicely in a 30 gal, 19"x 24", pop-up leaf bag. Lining the pop-up bag with a 20"x72" camping pad offers an additional layer of insulation if needing to cook during extreme weather conditions.

NOTE: Depending on the size of the pot, placing the pot into either a Reynolds 19" x 23.5" oven turkey bag, (2 per box) or a 16"x17.5" large oven bag, (5 ct.), before nestling it into the WBO, will protect the WBO from any accidental spills. (Been there, done that... so glad we used the bag.)

NOTE: If the WBO is stored at cold temperatures (i.e. in the garage, a camping trailer, or on the back porch), bring it to room temperature before using.

Washing Instructions:

The WBO can be either machine or hand washed, and dried on a low or cool setting for 10-15 min. If hanging to air-dry, fluff and rotate several times. Do not allow the WBO to ever sit damp. Best to hang and air-dry, fluffing and rotating a couple of times, after each use.



To turn a WBO into a Wonder Oven Deluxe:

A Wonder Oven Deluxe is a circular tube and a pillow, filled with shredded foam, added to a WBO. NOTE: (1 ½ yd. of fabric needed.)

For the tube: cut a piece of fabric 54" long (1 ½ yd) by 21" wide. Fold in half lengthwise with the right side on the inside and sew along the long edge. Turn the tube right side out and stitch the ends together, leaving a large enough opening for stuffing.

For the Pillow: cut two 20" diameter circles. Stitch together with the right sides together, leaving a large enough opening to turn right side out and for stuffing.

Stuff both with shredded foam and sew the openings closed.

A Handy Carrier for the WBO & Wonder Oven Deluxe:

You will need: a 20" sq. piece of fabric, (after hemming all edges). (Pieces of old denim jeans sewn together work great.), two 1"x 6 ½" of webbing for straps and two 25mm slider adjust lock buckles; both available @amazon. Tac on a 2" pieces of the felled seams from the jeans on the bottom side of the fabric near each corner to create a guide loop to thread the strapping through. Create an X on the bottom side with the straps, running the straps thru the guide-loops. It is best to NOT stitch the straps to the fabric so they can slide to accommodate both the standard WBO and the Wonder Oven Deluxe. However, at the point where the straps cross, using an extra-large heavy duty safety pin, you may want to pin the straps to the fabric to hold them in place if you tend to use one or the other thermal cookers on a more frequent basis.

Set the WBO base catty-cornered to the carrier on the floor, chair, etc. Place the pot into the base. Add the top cushion/pillow, (and tube, if using), topping the whole thing off with the auxiliary pillow for extra insulation. Thread the straps thru the buckles on top, crossing at the center, (no need to sinch them down super tight).

Be sure to keep both straps captive when lifting, always keeping the pot inside upright.

The Wonder Oven Deluxe is used when cooking with extra-large pots (to conserve fuel resources). When cooking outside it can be set inside of a pop-up leaf bag (30 gal., 19" diameter x 24" tall) to protect the WOD. Lining the inside with a 20"x72"x0.5" Ozark Trail camping pad from Walmart adds some stability and a little extra insulation.

**\*\* NOTE:** If you would rather purchase a readymade Wonder Oven contact Megan Smith at:

<http://myfoodstoragecookbook.com/>

Megan's Wonder Ovens are somewhat floppier than those described in the instructions above and are not a Wonder Oven Deluxe. (Add the tube and pillow to make it a WOD.) As far as I know hers are made following the original instructions from many years ago. There have been a few alterations over the years. It really boils down to being nothing more than a matter of preference. In addition...

her website has a lot of free food storage and retained-heat recipes.

\* Be sure to look for YouTube videos under these topics:

- Wonder Oven
- Wonder Box Oven
- Wonder Bag
- Thermos Cooking
- Retained Heat Cooking
- Let's Make Sense of Thermal Cooking

**\*\* Very Important Personal Note:** I am not an affiliate of ANY companies that market any products demonstrated in the "So What Do I Do With All This Stuff" classes OR any items listed in any of the subsequent handouts.

Tho I have been offered many times to become such, I choose to remain unattached to be able to be totally objective, from my personal point of view. I also try to never recommend any products or methods that I haven't personally played around with.

**That does not make me an expert on anything... I'm always just experimenting. Nor does it make me right and someone else wrong.**

If you have ever attended one of my classes... I hope the one thing you will remember is Sister James saying...

"Ya gotta play with your toys... now!

Ya don't wanna wait for a big BOOM to come along.

Nope, nope, nope... not good."

#### REMEMBER THE FORMULA

$$I + E = K$$

Information plus  
Experience equals  
Knowledge

$$K + E = C$$

Knowledge plus  
Experience equals  
Confidence

$$C = ?$$

Confidence equals  
Peace of Mind  
in the middle of chaos

**"The degree of our preparedness  
will equal the extent of our obedience,  
which will determine the measure of our  
peace of mind."**

**"When disaster strikes...  
the time to prepare...  
has passed!"**

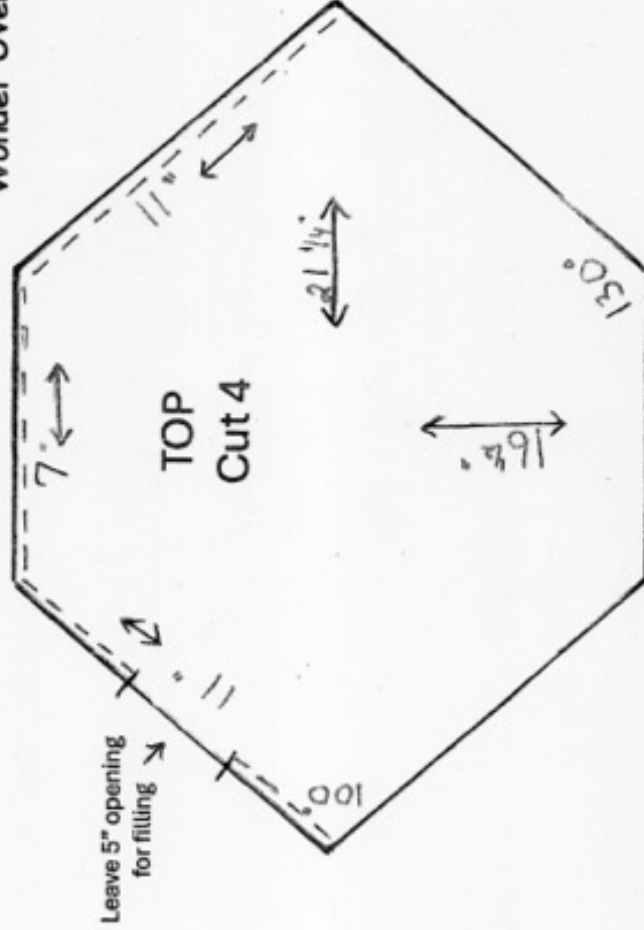
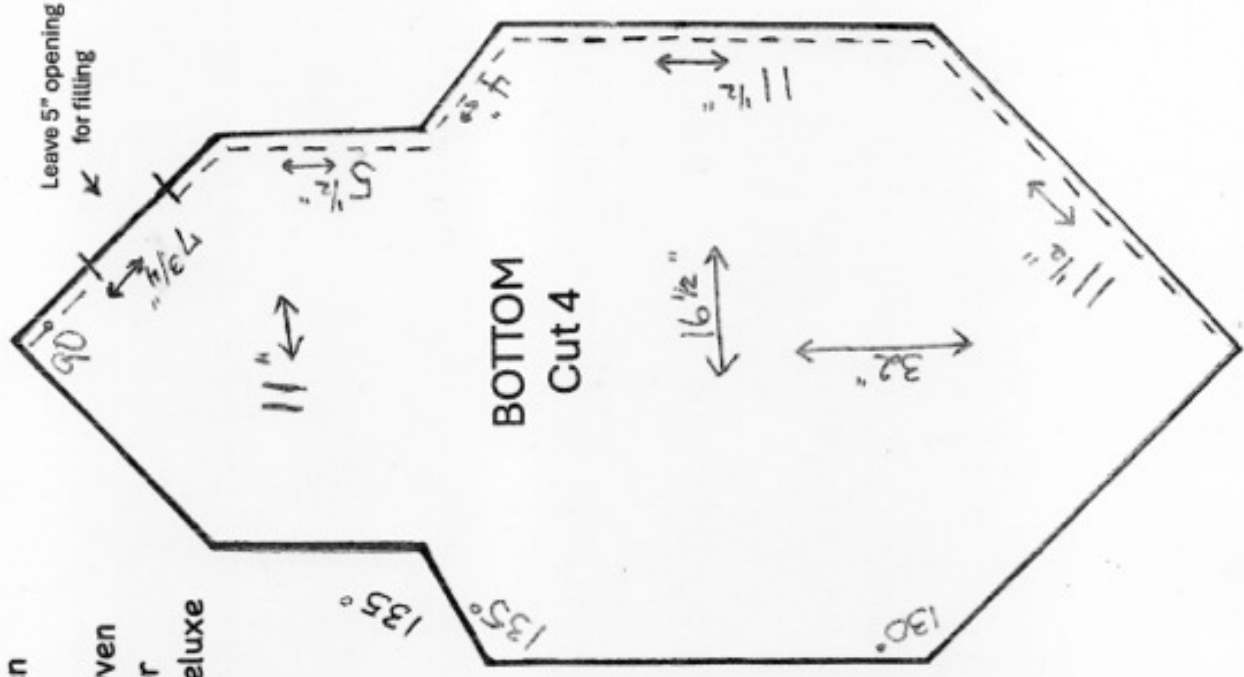
If you have any questions, please email:

[selfreliant.liberty@gmail.com](mailto:selfreliant.liberty@gmail.com)

...It's been a labor of love...

*Kathy James*

Wonder Oven  
aka  
Wonder Box Oven  
also used for  
Wonder Oven Deluxe



Sew 2 Top pieces together,  
right sides together,  
creating a pair. Repeat.

Sew both pairs together, leaving  
a 5" opening in the center of one of the  
top seams for filling.

Repeat with Bottom pieces.

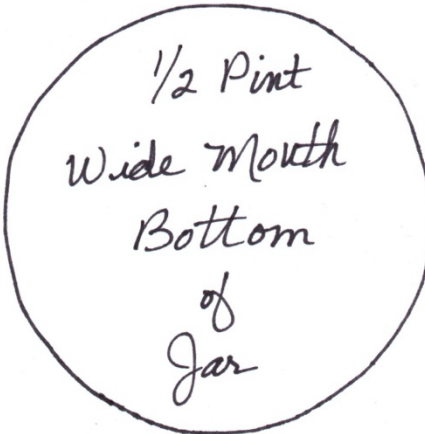
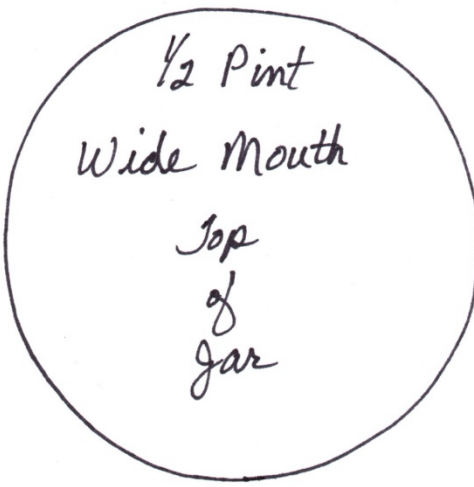
For extra strength  
double stitch all seams.

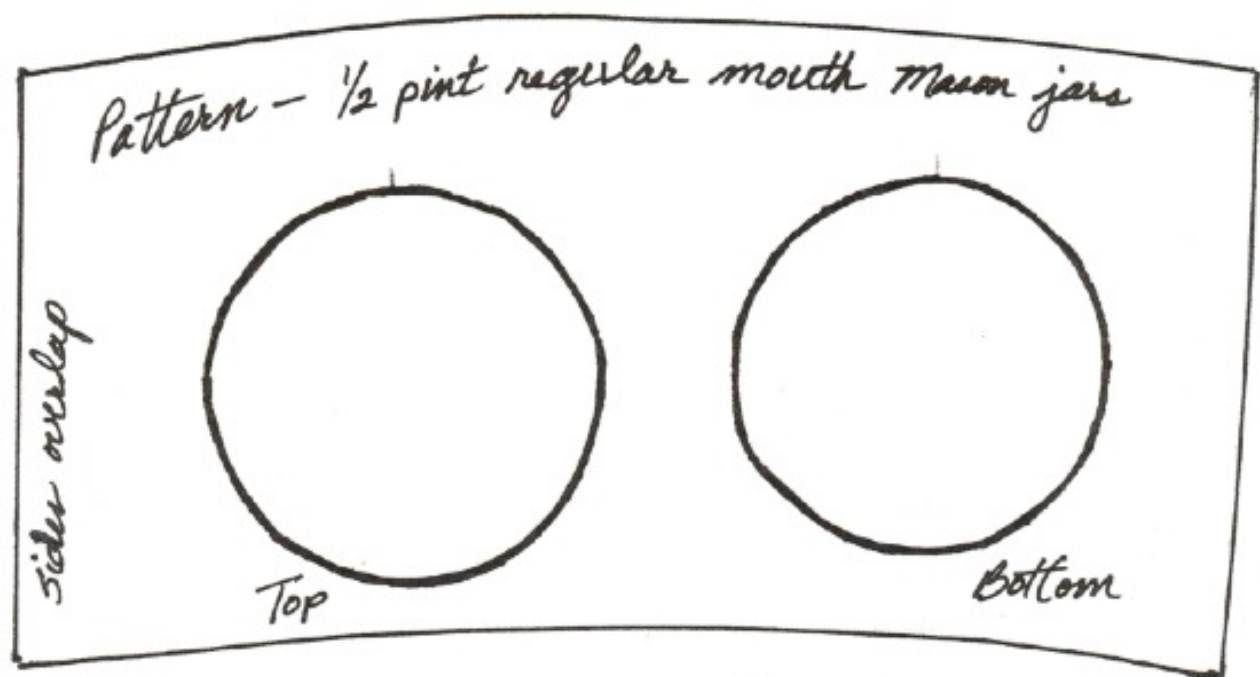
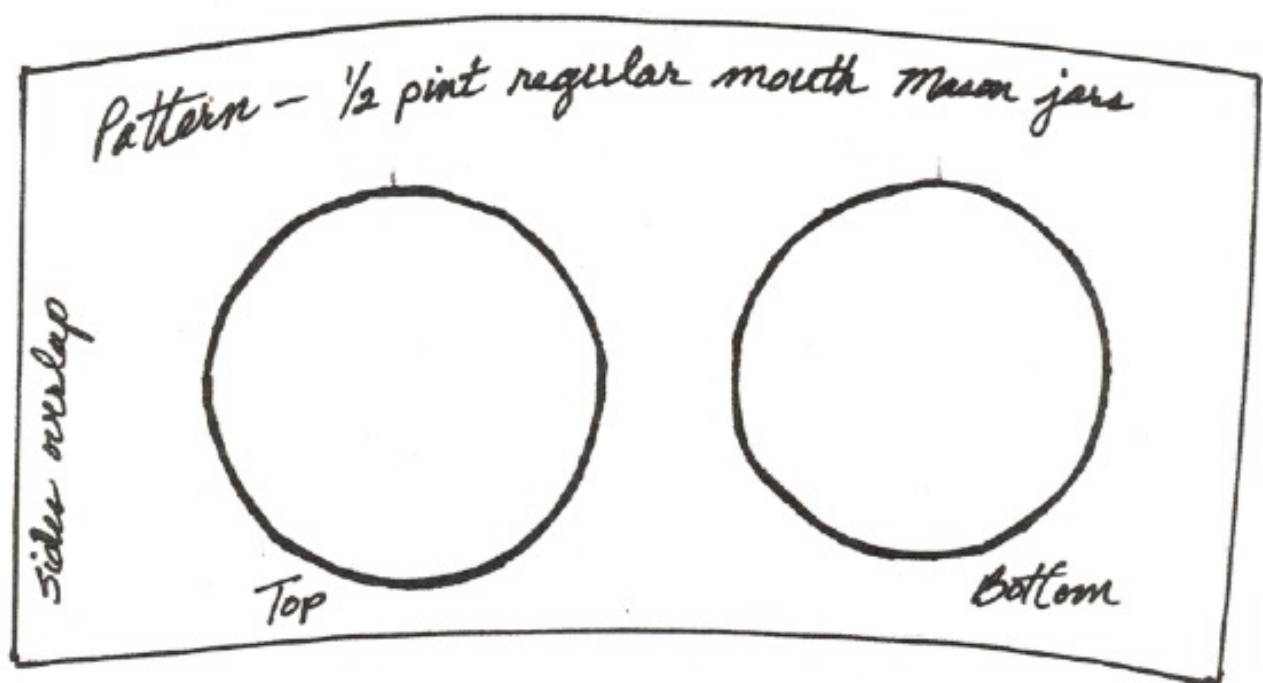
Pattern for half pint - wide mouth jars  
Liners

→ Cut out inside of pattern lines,  
Same here → Cut out inside of pattern lines, It is easier  
\* Same here → Cut out inside of pattern lines, It is easier  
leaving marker lines on pattern. \*  
leaving marker lines on pattern. \*  
to trace an "inside" piece than an "outside" piece.

Cut line

It is easier to trace  
an inside circle than an  
outside circle. Cut out squares,  
then cut out inside circles,  
leaving marker lines on pattern. \*





## Making a mylar lid for any size can or stainless steel canister.

First, create a pattern. I used a frozen pizza box to make a pattern for the 62 oz. canister.

Measure the diameter of your canister/can = 5"  
Add 4" to that measurement = 9"  
(for the 62 oz. canister).

Make a 9" octagon (for the 62 oz. canister).  
(side to side, NOT point to point)

Always add 3"- 4" to whatever the diameter of the can is to determine the size of the octagon.

Making a mylar lid for a 62 oz. canister requires a 10"x14" bag. However, it doesn't need to be thick, and it doesn't need to be new. Recycle. 😊

When drawing the octagon onto a mylar bag, place two of the edges of the pattern close to the heat-sealed edges of the mylar bag. This will make it easier to cut two lids at once. Cut the 6 straight edges that are *not* next to the heat-sealed edges first.

If using canisters, remove the lids that came with them.

Cut 16 pieces of tape approximately 1.5" each, folding down a 16<sup>th</sup> of an inch on one end of each piece to facilitate removing the tape when done.

You will be taping the lid onto the top of the canister/can. Place a piece of tape on two opposing edges. While centering the lid, tape the two edges to the side of the canister/can. Turn the canister 90° and tape two more sides down. Continue to tape the remaining sides down. (46oz. juice can pictured.)

You will now have eight little fins sticking out. Fold a fin over, creating a pleat. Tape the pleat down. Continue by taping all the fins down, folding the pleats in the same direction.

Using the side of a pen, put a hard crease on each of the pleats. (A plain BIC pen works good due to the little ridges they have.) Be sure to crease not only the fold of the pleat that you can see, but the folded part underneath, as well.

You can now remove the tape.

After you get the hang of it you won't need to tape the pleats down.

Cut a piece of hook and loop tape the same length as the circumference of the canister/can plus at least 2 inches for overlapping. With the hook side of the tape against the side of the canister/can pull the tape as tight as you can as you overlap it.

After the first time the lids are used the creases will be really set. If you choose to trim the bottom edge, (just for looks), don't cut off any more than about a quarter to one-half inch.





## 8 Important Principles of Self-reliance

“Teach them correct principles and allow them to govern themselves.”

Starting with your  
#1 **gotta** have...

(Sorry... it's not dark chocolate.)

**#1 You need to know who you are.** “I am a child of God.” The number one “gotta have” is a personal relationship with the Godhead. Nothing... absolutely nothing... will compensate for that. Recently added to #1... We must learn to “Hear Him” and “let God prevail.”

**#2 Do not let stuff become a false God.** You must trust God. He knows what is right/best for each of us. If one of his appointed servants and/or the Holy Ghost tells you to walk out of the front door with nothing but the shirt on your back... trust God. If He should tell you to do something that's seems just off the chart bizarre... trust God. Remember the example of Nephi and Laban. That was a totally off the chart bizarre experience for Nephi. That's why principle #1 is so-o important.

**#3 Stick with the formula...**

$I + E = K$  Information + Experience = Knowledge.

Aside from direct revelation from the Holy Ghost, the knowledge that one needs for his/her family (and individually) can only come by experimenting with acquired information. No one can give you knowledge... only information. What the Lord tells me to do for me-and-mine may not be the same that he tells you to do for you-and-yours. Again... that's why principle #1 is so important.

$K + E = C$  Knowledge + Experience = Confidence

$C = ?$  Confidence = Peace of Mind in the middle of Chaos.

**#4 Learn to Conserve.** You never know how long any given situation might last. Don't wait until you're in the middle of a crisis to learn how to conserve precious reserves, i.e. water, fuel, food, etc. Experiment now. That's why principle #3 is so important. Practice, practice, practice... NOW.

**#5 Multi Purpose / Dual Purpose** As you work on “gathering in every needful thing” consolidate by gathering items that can be used for more than one purpose. That frees up both space and funds for perhaps an additional “needful” thing.

**#6 “Two is one... and one is none.”** Consider having two of extremely essential items. It seems that it's always the really essential things that get broken, lost, or lent-out-and-never-returned.

**#7 “No man is an island.”** The more self-reliant we become, the more we will be able to help others. We're all brothers and sisters; we're all in this together.

Ezra Taft Benson encouraged us to store a little extra, *if possible*, to be able to help others around us in times of need. (“Prepare For The Days of Tribulation,” Ensign, Nov. 1980, pg. 33)

**#8 Develop an Attitude of Gratitude for *everything*... *No Matter What!*** It's important to ask Father, “what do you want me to learn from this.” Good, bad, or ugly... always remember to thank Father for the opportunity to learn. We were sent here to learn to become like our Savior Jesus Christ. Every experience we have can help us become like Him.

From “Teachings of Ezra Taft Benson,” we read...

“Those who smugly think these calamities will not happen, ... that they somehow will be set aside because of the righteousness of the Saints, are deceived and will **rue** the day they harbored such a delusion.

The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times. **Have we heeded His counsel?**”

**The degree of our preparation  
will equal the extent of our obedience,  
which will determine the measure of our  
peace of mind.**

**“When disaster strikes...  
the time to prepare...  
has passed!”**

For Class announcements and/or handouts for the  
“So... What do I do with all this stuff?” series, email...

[selfreliant.liberty@gmail.com](mailto:selfreliant.liberty@gmail.com)

Please type  
“class info” in the subject bar.  
All emails that do not include a request for class info  
in the subject bar will be  
**trashed without opening.**