Healthy Food Storage Soup

Emergency Food for a Family of Four for THREE MONTHS!

"Soup may be a big comfort meal in times of need!"

This long-term food storage system provides 1-2 hearty bowls of soup per person, per day, for

a family of 4, for 3 months.

With the exception of vitamin B-12, which you can obtain by storing meat, potatoes, & certain

vegetables, this soup should take care of your base nutritional needs. Maybe not all of your

wants are here, but once you prepare this, you can concentrate on adding other items that you wish to your emergency food storage, knowing you already have enough food for 3 months when you have to use it. It is simple & may seem repetitive, but the day you break this open to use,

you will be EXTREMELY grateful you have something nutritional that will last a while!

What you'll need to gather:

SUPPLIES:

Optional: OXYGEN ABSORBERS: 2,000cc per 5 gallon bucket. DESICCANT: 10mg.

(3) 5 gallon FOOD GRADE buckets (Home Depot, Lowes, Walmart, online, etc.)

(3) 5 gallon bucket lids (Snap-on lid, tight seal lid, or a gamma lid for a little more cost.)

(1) small bag of twist-ties. (Available for purchase in bulk on Amazon.)

(1) small snack bag to hold your twist ties & measuring scoop.

(1) one Tablespoon measuring scoop (You can purchase this on Amazon in bulk for $.35 apiece, or locally at a dollar store in a set for $1.25).

Ingredients:

25 lbs. long grain White Rice (Sam's Club online had the best price for a 25 pound bag). Brown rice will not store long term.

6 lbs. Dark Kidney or Red Beans. (I would just use the beans you find if red beans are not available.)

6 lbs. Pearled/Hulled Barley. Hulled barley cooks slower, but has better nutrition. (Do not get instant.) Safeway & Natural Grocers sell Barley or search for Barley online.

6 lbs. Lentils. You can use any color lentils. A mixture is fine.

4 lbs. Garbanzo Beans. Garbanzo Beans are used to balance nutrition.

4 lbs. Split Peas. Color does not matter.

1 lb. Iodized Salt

6 oz. Black Pepper

4 lbs. Bouillon. It may be a good idea to make sure that the bouillon does not have to be refrigerated after opening. You could store both chicken and beef. I found a great price on 2.2lb dried chicken bouillon at Sam's Club & Walmart. The brand is Knorr. The Knorr brand claims that their bouillon is good for 2 years past the "best by date" printed on the label. That's a great thing.

If you make this soup on a regular basis, you can easily rotate this ingredient.

You can buy the kidney beans, pearled barley, lentils, garbanzo beans, and split peas in 1 lb.

bags at most grocery stores. Safeway has these items on sale regularly for $1, which is a GREAT PRICE. Check for the best deals.

Overview of WHAT you'll DO:

1. Put a 25 lb. bag of rice in the first 5 gallon food grade bucket. Add the optional O2 absorbent & desiccant. Put the lid on tight (sealed) & label for content.

2. In the 2nd food grade bucket place the 26 bags of red beans, pearled barley, lentils, garbanzo beans & split peas alternating each grain. The bags will present in the bucket in the same way that you will be using them to cook & eat. Add the optional O2

absorbent & desiccant. Seal the lid tight & label the bucket for ingredients.

3. In the third & unsealed bucket, place the bouillon, salt, pepper, a Tablespoon measure, a small baggie of twist ties along with any preferred additional spices & vegetables. You will be opening the one pound bags of beans, etc., & will need a way to close them. And don't forget your recipe(s)! Put the lid & contents label on this spice bucket. Add any additional spices to this bucket that your family might enjoy to change up the soup recipe. There will likely be extra room for additional ingredients/spices that you may want to add to your soup. Experiment for personal favorites.

4. Store all 3 buckets in a cool dry place whenever possible. Food stored in this manner, particularly with moisture & oxygen removed, will store longer term for you.

HIGHLY RECOMMEND!! Buy a few extra 1 lb. bags of the beans, barley & lentils to fix a pot of Food Storage Soup once to twice a month for dinner. Add a loaf of Artisan Bread if you wish to liven the meal. You will want to become easily familiar with how to make the base soup & what you might add to give the soup variety. By itself, the soup recipe is yummy, but try adding a cup of chicken or beef, carrots & potatoes, for a yummy meat & veggie soup. Another version adds dehydrated onions, a can of Ro-Tel (tomatoes & green chilies) right into the cooking pot, & your favorite fixings to make a super yummy nutritional tortilla soup! Other version, add 1/8 cup of bacon bits for a completely new flavor.

Be creative & add some of your favorite things. Don't wait until the emergency happens to find out what else your family might like to add to the soup or your emergency food storage in general.

Daily Soup Recipe:

(It is recommended that you soak red beans & garbanzo beans overnight, 6 hours or more.)

8-10 cups of water (depending on how thick you want the soup)

1 -2 TBSP bouillon (according to your flavor preference)

1 tsp of salt

½ tsp of pepper

2 TBSP kidney or red beans (soaked overnight, or at least 6 hours)

1 TBSP garbanzo beans, (soaked overnight or at least 6 hours)

2 TBSP lentils

2 TBSP pearled or hulled barley (omit for gluten free, quinoa could be a good substitution)

1 TBSP split green peas

½ cup or 8 TBSP long grain white rice (add last if you can, so as to not overcook the rice)

Bring ingredients to a boil adding the rice last so as to not overcook the rice. If you have a limited/finite fuel source, boil the soup with the lid on for 10 min first before transferring to a thermal cooker for 6-8 hours, or even overnight. I prefer the Wonderbag, which is really amazing to cook with. It is basically a soft cloth crock pot without electricity. A Wonderbag can be purchased or easily made. Many patterns are available online. Make this a great addition to your emergency preparations & read more about Wonderbag uses online.

Your soup is really hearty & nutritional as well as really filling, especially with an added slice of bread or tortilla. Please remember that storing flour, water, oil & yeast will allow you to have a simple artisan bread loaf addition (recipe included) or tortilla. Eat in good health!