

## FOOD STORAGE SOUP MIX

This yummy, long-term Food Storage Soup should take care of your temporary nutritional needs; except for B-12.

A can holds 8 cups of mix. If you're going to be feeding a large crowd you can cook up the whole can with all of the ingredients from the can into one large pot. A canning kettle is what I used when I made up the whole can.

In normal situations, when you're just cooking a few meals for your family, decide how many cups of soup mix \*\*\*\*you will make. Divide the ingredients by the number of cups you decided. For example, if you decide to make 4 cups of mix, then divide the bouillon package in half, the salt in half, the pepper in half etc. etc. I have included a teaspoon in the can for help in measuring. Three teaspoons = 1 Tablespoon. Labels on the ingredients tell how much is in each package. For example, there are 2 teaspoons of ground bay leaves in the package. 2 teaspoons divided by 8 =  $\frac{1}{4}$  teaspoon per one cup of soup mix.

### Measurements for cooking one cup of soup mix

1 cup of soup mix

1/8 of the package or about 1 Tablespoon of garbanzo beans

1/8 of the package or about 3 Tablespoons of red beans (or other type that may be included)

1-2 Tablespoons of bouillon

1+ teaspoon of salt (according to taste) Add slowly until you know how much you like.

$\frac{1}{2}$  -  $\frac{3}{4}$  teaspoon of pepper (according to taste)

$\frac{1}{4}$  teaspoon of ground bay leaves (optional)

Taco seasoning to taste. This is an optional choice to add variety to the different soup meals. There isn't enough to flavor the entire can; maybe just a couple of cups of mix.

8-10 cups of water, depending on how thick or thin you like your soup

### Instructions for preparing soup

1. Sort through the package of beans, removing any tiny rocks or split beans you don't want to eat.
2. Cover the beans with water and soak for a minimum of 6 hours or overnight. Drain the water and discard when soaking is complete. If beans are old and they aren't softening up, add a couple of spoonsful of baking soda if available, in the soaking water. This will help soften them up.
3. Each cup of soup mix will need about 8-10 cups of water, minimum. The entire can will need 64-80 cups of water. Add more water depending on your preferred consistency.
4. Bring to a boil and simmer on low, with the lid on, until done. Allow 1-3 hours for the soup to cook, depending on how much soup you make at a time. Or put in a crockpot on for several hours or on low, all day until done.
5. For variety, add extra vegetables such as carrots, potatoes, onions; whatever you have on hand. Meat or seasonings will change up the soup in different ways as well. Suggestions could be adding Ro-Tel (tomatoes and green chilies), chicken taco, black beans and carrots, or whatever freeze dried or canned vegetables you have. If the vegetables are already cooked, add then in at the very end of the cooking process. You can add avocados, cilantro and grated cheese before serving or serve with bread and tortillas. Remember, storing water, flour, oil and yeast will allow you to have simple artisan bread to eat with your soup.

Really, adjust this soup with whatever you have on hand and enjoy!