

3 months of Healthy Food Storage Soup for a Family of 4

Soup may be a big comfort meal in times of need.

This long-term food storage system, made once a day, 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 get by storing meat, potatoes, and certain vegetables, this soup should take care of your nutritional needs. Maybe not all of your wants, but once you prepare this, you can concentrate on adding other things you want to your emergency food storage, knowing you already have enough food for 3 months when you have to use it. It is simple and may seem repetitive, but the day you break this open to use, you will be super grateful you have something nutritional that will last awhile!

What you'll need to gather:

SUPPLIES:

Optional: Oxygen Absorbers.

(3) 5- gallon FOOD GRADE buckets (Lowe's, Home Depot, or Walmart sometimes.)

(3) regular lids, (You can get the one that seals, or a gamma lid for a little more money.)

(1) small bag of twisty-ties.

(1) small sandwich bag to hold your twist ties, and measuring spoon.

(1) 1 or 2 Tablespoon measuring spoon.

Ingredients:

25 lbs. of white rice (Sam's Club had the best price for a 25 pound bags.) Brown rice will not store long term.

6 lbs. of dark Kidney or Red Beans. If you cannot find these, I would just mix the beans you can find.

6 lbs. of Pearled Barley, or hulled Barley. Hulled Barley cooks slower, but has better nutrition. (Do not get instant.) Safeway or Nature's grocer sells Barley, or you can search online.

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

4 lbs. of Garbanzo beans

4 lbs. of Split Peas

1 lb. of Iodized Salt (best price is great value at Walmart)

6 oz. of black pepper (best price at the dollar store)

4 lbs. of dry bouillon. It is a good idea to make sure it does not have to be refrigerated after opening. You could store both chicken and beef. I found a great price on 2.53lb dried chicken bouillon at Sam's club and 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 one-pound 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:

Note: If you choose to add oxygen absorbers to the 2 grain buckets, it will extend the life for many years.

1. Put the 25 lb. bag of rice, with the bag, in a 5 gal. bucket. Put the lid on and label the bucket.

2. Put the 26 bags of lentil, red beans, split peas, garbanzo, pearled barley in the 2nd bucket. I like to alternate the bags in a circular pattern so they fit, and because that is the way you are going to be eating it once you open it. Put on the lid and label it.

3. Put the bouillon, salt, pepper, your measuring spoon, and a small baggie of twist ties. You will be opening 1 lb. bags of beans, etc., and need a way to close them. And don't forget your recipe! Put the lid on and label this. There will likely be more room in this bucket for extra spices you may want in your soup.

4. Store these 3 buckets in a cool dry place if possible. If you choose to put oxygen absorbers in your rice and grain buckets, these grains, beans, etc will store long term (10 + years) for you.

HIGHLY RECOMMEND! Buy 1 lb. bags of the ingredients, and fix a pot of soup for dinner at least once a month. This will help you be familiar with how to make the soup and what you might add to it to give variety. By itself, the recipe is yummy, but try adding a cup of

chicken or beef, carrots and potatoes, for a yummy meat and veggie soup, or adding dehydrated onions, a can of Ro-Tel (tomatoes and green chilies) right into the cooking pot, and your favorite fixings for a super yummy nutritional tortilla soup! Or try adding 1/8 cup of bacon bits. It changes the flavor completely. Be creative and 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 your red beans and garbanzo beans all night, or for 6 hours or so, drain the water off, and then start the soup.)

8-10 cups of water depending if you like thicker soup

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

1 tsp of salt

½ tsp. of pepper

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

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

2 TBSP of lentils

2 TBSP of pearled or hulled barley (omit for gluten free)

1 TBSP of split green peas

½ cup or 8 TBSP. of rice

Bring to boil and simmer on low with lid on for 1 hour or until done. Or put it in your crockpot on low for several hours until done. If you had limited/finite fuel source, then boil with lid on for 10 min. and then transfer to 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. Can be purchased or easily made. Many patterns online. A great addition to emergency preparations. Read about it online.

This soup is really hearty and nutritional, and really filling with a slice of bread or tortilla. **Remember** storing flour, water, oil and yeast will allow you to have a simple artisan bread (recipe included,) or tortillas.