

One Year of Healthy Food Storage Soup for a Family of 4-5

Soup and bread 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 4-5.....for one year.

With the exception of vitamin B-12, (which you can get by storing meat, potatoes, and other vegetables,) this soup should temporarily take care of your nutritional needs. Maybe not all of your wants, but once you prepare this, you can concentrate on adding the other things you want to your food storage, knowing you have enough for a year already if 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:

(8) 5-gallon FOOD GRADE buckets (Lowe's, Home Depot, or Walmart sometimes.) If you cannot find food grade buckets, you can buy 5-gallon mylar bags online and put them inside any 5-gallon bucket with a lid that seals.

(6) gamma lids (I found the best price at Home Depot, or Lowes.) Since you will be using this daily, it is a good idea to use a lid that has easy access, but it is not absolutely necessary.

(2) regular lids, (make sure you get the lid that seals the bucket, not just the one that snaps on and off easily. These two lids will be used for 2 of the rice buckets to save money.)

(2) two-gallon buckets with lids that seal. (Can find them at Lowe's or Home Depot)

1-2 Tablespoon measuring spoon

Oxygen absorbers: OPTIONAL.....A general rule of thumb is to use 300-500cc of oxygen absorber per gallon of food you are storing. Oxygen Absorbers will help preserve food for many years! When stored properly, Rice, beans, etc. can be stored for 15+ years.

INGREDIENTS:

100 lbs. of white rice (Sam's Club had the best price for 50-pound bags.) Brown rice will not store long term.

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

33 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.

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

15 lbs. of Garbanzo beans

15 lbs. of Split Peas

4 lb. of Iodized Salt

24 oz. of Black pepper

16-20 lbs of Dry bouillon. (This depends on how much you put in to flavor your soup.) Make sure it DOES NOT have to be refrigerated after opening. You could store both chicken and beef. I found a great 2.53 lb chicken bouillon at Sam's club and Walmart. The brand is Knorr, WHICH STATES it is good 2 years after the "Best Buy" Date. This is the one thing you should rotate every 2-4 years, but the rest of the ingredients can last many, many years.

You can buy the Kidney beans, Pearled Barley, Lentils, Garbanzo beans, and Split peas in one- pound bags at most grocery stores, or you can order them in larger quantities on-line. Safeway has these 5 ingredients on sale for \$1/1lb bag often. Check for the best deals.

Overview of What you'll do:

Wash and completely dry all buckets and lids! Place the Gamma lids on the 5-gallon buckets BEFORE you begin to fill. Open the package and dump it in its appropriate bucket. You will be storing each of the grains or beans, etc. SEPARATELY in their own bucket! Place oxygen absorbers at the top of each bucket. Label buckets with the contents and date, and I like to put the amount for the soup recipe there as well. For instance.... Rice, ½ cup

Fill:

3) 5 gal buckets with rice. All 100 lbs. will fit in three buckets.

5 gal. bucket of kidney beans

5 gal. bucket of pearled barley

5 gal. bucket of lentils (can mix colors)

2-gallon bucket of split green peas

2-gallon bucket of Garbanzo beans

2) 5-gallon buckets for your spices, bouillon, salt and pepper, and recipe in a zip lock bag. You can also find a 2 TBS (1/8th cup) scoop on Amazon and a bucket opener, which you can store in your spice buckets, and which will come in handy.

When you are all done filling the buckets, put the oxygen absorbers on top, and close the buckets. They should be good for 15+ years. Preferably store in cool dry area.

HIGHLY RECOMMEND!

Buy small bags of the ingredients and store it in your kitchen to fix a pot of soup for dinner every once in a while. 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 an avocado, cilantro, and grated cheese, before serving, 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 meats, veggies, and spices and see how your family likes it. Don't wait until the emergency happens to find out what else your family might like to add to the soup or your food storage in general.

Daily Soup Recipe:

(It is recommended that you FIRST soak your red beans and garbanzo beans at least 6 hours or so, then drain water off and start your soup.)

2 TBSP of kidney or red beans (soak at least 6 hours, drain water off before adding)

1 TBSP of garbanzo beans, (soak at least 6 hours, drain water off before adding)

8-10 cups of water depending on 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 lentils

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

1 TBSP of split green peas

1/2 cup 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. This soup is really hearty and nutritional and really filling

with a slice of bread or tortilla. Remember that storing wheat, (which stores for 30+ years) and knowing how to use it, will allow you to have artisan bread or tortillas.