

Recipe1 Breakfast Burritos 2 servings

Note: Amounts of each ingredient are variable as desired.

From the Fridge

- 2 flour tortillas
- 1 scallion
- Cilantro (can substitute dried cilantro leaves)

From the Pantry

- 1 can refried beans (pinto or black)
- Freeze dried whole eggs, reconstituted
- Freeze dried grated cheddar cheese, rehydrated
- Vegetable oil
- Cumin
- Salt and pepper
- 1 avocado if available
- Salsa

Heat broiler. (Could also use a griddle) Place the tortillas on a baking sheet spray with cooking oil. Sprinkle cheese lightly over each tortilla and set aside. In a medium skillet heat about 1 tbsp oil and add the equivalent of about 4 eggs with salt and pepper to taste. Cook until softly set. Remove eggs to a warm plate and cover with an inverted bowl to keep warm. Add additional oil and heat. Add scallions and about ½ to 1 tsp cumin. Cook while stirring for about 2 minutes. Add the refried beans and stir to heat and combine. Place baking pan under the broiler to melt the cheese—about 20 seconds. Remove from oven and add desired amount of beans in even lines down the center of each tortilla. Place eggs over the cheese and sprinkle more cheese over the eggs. Place under the broiler again just until the cheese melts. Remove from oven and add avocado slices and cilantro. Roll the tortillas leaving the ends open. Serve while hot topped with salsa if desired.

This recipe could be added to your binder for the following RRH books:

- Advance Prep for 60 Days of Meals: Integrating Your Freezer, Refrigerator & Pantry
- Nutrient Dense Meals
- 40+ Recipes Using Food Storage Ingredients

Bookstore link: <https://payhip.com/roserehomestead>

Video link: *Food Storage Breakfast Burritos* <https://youtu.be/Syn0IFgllaw>

Recipe 2 Red or Green Enchilada Dinner 4-6 Servings

From the Freezer

- 1 packet (12 oz) frozen chicken chunks, thawed

From the Fridge

- 1½ cups Mexican blend cheese, grated
- 12 8" corn tortillas
- Shredded lettuce (optional)
- Cilantro, either diced fresh, or dried leaves

From the Pantry

- 1 28-oz can enchilada sauce, red or green
- 1 cup white rice
- 1 16-oz can refried beans

Preheat oven to 350°F. For the enchiladas, shred the chicken chunks and combine with ¼ to ½ cup of the enchilada sauce. Add salt and pepper to taste and set aside. Place the tortillas in a damp tea towel and microwave for 1 minute to soften. Assemble the enchilada by filling each tortilla evenly with the shredded chicken topped with cheese. Roll and place seam side down in a greased baking dish. Set aside ¼ cup of the sauce for the rice and pour the remainder over the enchiladas. Top with remaining cheese and bake for 25 minutes.

While enchiladas bake, prepare the rice according to package directions using the ¼ cup sauce in place of some of the water. Keep warm until ready to serve. Heat the refried beans in a medium skillet with a bit of bacon grease or oil and a pinch or two cumin if desired. Keep warm until ready to serve.

Serve 2-3 enchiladas and a serving of beans and of rice and a cluster of shredded lettuce per plate. Garnish with cilantro leaves if desired.

This recipe could be added to your binder for the following RRH books:

- Advance Prep for 60 Days of Meals: Integrating Your Freezer, Refrigerator & Pantry
- Nutrient Dense Meals
- 40+ Recipes Using Food Storage Ingredients

Bookstore link: <https://payhip.com/roseredhomestead>

Video link: *Food Storage Enchilada Meal* <https://youtu.be/5yBh0O1TevY>

Recipe 3 Sweet & Sour Meals 4 Servings

From the Freezer

- Chicken chunks, thawed

From the Fridge

- Ketchup
- Soy sauce

From the Pantry

- White and brown sugar
- 1 can pineapple tidbits
- 1 can mandarin orange segments
- White wine vinegar
- Cornstarch
- Freeze dried tri-color sweet peppers
- Rice

Sweet and Sour Sauce

- ½ cup white sugar
- ¼ cup brown sugar
- ¼ cup pineapple juice
- ⅓ cup white wine vinegar
- ¼ cup soy sauce
- 2 tablespoons cornstarch
- ¼ cup ketchup

Place all ingredients in a medium saucepan, stir together and bring to a boil. Stir continuously until mixture has thickened.

Sauce Add-ins

- ½ cup pineapple tidbits, drained
- 1 8.5-oz can mandarin orange segments, drained
- ½ cup diced tri-colored sweet peppers, or rehydrated from freeze dried

Protein Add-ins

- 12 oz precooked chicken chunks, pork chunks, beef, ham, or meatballs
- Canned meats such as chicken or ham

Serve over fluffy rice with a side of steamed broccoli or other veggie combo.

This recipe could be added to your binder for the following RRH books:

- Advance Prep for 60 Days of Meals: Integrating Your Freezer, Refrigerator & Pantry
- Nutrient Dense Meals
- 40+ Recipes Using Food Storage Ingredients
- 24 Protein Bowls

Bookstore link: <https://payhip.com/roserehomestead>

Video link: *Food Storage Sweet & Sour Meals* <https://youtu.be/M-tfoB4YPtg>

Recipe 4 Meatball Tortellini Soup

From the freezer

- Meatballs or make your own
- 3-Cheese tortellini (or use the dried variety from the pantry)

From the pantry

- Remaining ingredients

1 tbsp olive oil
1 large onion, chopped
1 clove garlic, minced
1 28-oz can crushed tomatoes
¼ cup tomato paste
2 cups beef broth
1 cup water
½ tsp sugar
½ tsp each of basil, thyme, and oregano
1 tsp parsley flakes
About 24 1½-inch meatballs
1 12-oz pkg tortellini or you could also use ravioli

In a large pot, heat the oil and sauté the onions and garlic. Add remaining ingredients except tortellini and simmer on low for about an hour until flavors develop. Add the tortellini and continue cooking only until the pasta is barely done—don't overcook.

This recipe could be added to your binder for the following RRH books:

- Advance Prep for 60 Days of Meals: Integrating Your Freezer, Refrigerator & Pantry
- Nutrient Dense Meals
- 40+ Recipes Using Food Storage Ingredients

Bookstore link: <https://payhip.com/roseredhomestead>

Video link: *Food Storage Meatball & Tortellini Soup* <https://youtu.be/UVi7S8c8Xf0>

Recipe 5 Simple Salmon Patties

From the Fridge

- Egg if using fresh or use powdered from the pantry
- 1 lemon

From the Pantry

- Salmon
- Onion flour
- Baking powder
- Oil

1 15-oz canned pink salmon (or 1 pint home canned)

1 egg (or dried egg powder equivalent)

1/3 cup minced onion (or dried equivalent)

1 tsp salt

1/2 tsp pepper

2 tbsp fresh lemon juice

1 to 2 tsp lemon zest

1/2 cup flour

1 1/2 tsp baking powder

1/4 cup vegetable oil

Drain salmon reserving 2 tbsp in a separate small bowl. Mix salmon, egg, onion salt, pepper, lemon juice, zest and flour until sticky. Add baking powder to the salmon juice, mix, and stir into the salmon mixture. Form 4-6 patties. Heat oil in a cast iron skillet and fry patties until golden brown on both sides.

Serving ideas

- Mashed potatoes or rice
- Cole slaw
- Lemon dill sauce or tarter sauce
- Steamed vegetables—asparagus, broccoli, green beans, etc.

This recipe could be added to your binder for the following RRH books:

- Advance Prep for 60 Days of Meals: Integrating Your Freezer, Refrigerator & Pantry
- Nutrient Dense Meals
- 40+ Recipes Using Food Storage Ingredients

Bookstore link: <https://payhip.com/roseredhomestead>

Video link: *Food Storage Gems: Canned Seafood* <https://youtu.be/EFFWVTpovVQ>

Recipe 6 Italian Beef and Rice

From the freezer

- Beef

From the Fridge

- Fresh vegetables and leafy greens

From the Pantry

- Rice
- Canned tomatoes
- Dried foods
- Spices

1 pound lean ground beef or 1 pint home canned hamburger, drained

½ cup finely chopped onion or dried equivalent

½ green bell pepper, chopped or dried equivalent

1 rib celery, chopped or dried equivalent

1 tsp Italian seasoning or more to taste

Salt and pepper to taste

2 14.5 ounce cans of Italian-style tomatoes

2 tbsp Italian parsley, chopped, or 1 tsp dried

3 handfuls or about 3 cups fresh baby spinach

2 cups cooked rice

In a Dutch oven over medium high heat cook the beef, onion, pepper, and celery until meat is no longer pink and onion is translucent. Add tomatoes, parsley and seasonings, cover and simmer on low heat for about 15 minutes. Stir in the rice and heat through. Just before serving, gently stir in the spinach and cook until it is barely wilted.

This recipe could be added to your binder for the following RRH books:

- Advance Prep for 60 Days of Meals: Integrating Your Freezer, Refrigerator & Pantry
- Nutrient Dense Meals
- 40+ Recipes Using Food Storage Ingredients

Bookstore link: <https://payhip.com/roserehomestead>

Video link: *Best Steamed Rice & A Dinner Recipe.* <https://youtu.be/SyQOmFu5Klo>

Recipe 7 Stir Fry Meals

From the freezer

- Frozen stir fry veggie mix
- Protein of choice—chicken, pork, steak strips, etc.

From the pantry

- Remaining ingredients

3 cups frozen stir fry veggie mix (You can also add additional fresh veggies)

1½ cups protein, diced, chunked, or strips (cooked or raw)

1 can water chestnuts, drained and sliced

1 clove garlic, minced

1 tbsp vegetable oil

Rice or pasta for serving

Sauce

1 cup water

¼ cup soy sauce

3 tbsp brown sugar

1 tbsp rice vinegar

2 tsp grated ginger or ¼ tsp dry

Pinch red pepper flakes

2 tbsp corn starch

Whisk ingredients together

Add 1 tbsp oil to a wok or skillet and place over medium heat. If meat is raw, add to the pan and stir until just done then add veggies and stir fry. If meat is cooked, add veggies first including garlic and water chestnuts to the pan and stir fry until tender-crisp. Mix sauce ingredients together. Add sauce to skillet with the meat and stir until heated through and sauce thickens. Serve over rice or noodles.

This recipe could be added to your binder for several RRH books or you can add it to your own recipe binder.

Bookstore link: <https://payhip.com/roseredhomestead>

Video link: *Versatile Stir Fry Meal* <https://youtu.be/GRRT-6jQAug>

Recipe 8 Fantastic Chicken Wings

2½ lbs frozen chicken wings (about 18), thawed
½ cup rice flour
½ tsp baking powder
Salt to taste
Vegetable oil for spraying
About a cup of sauce of choice—BBQ, Buffalo, etc.

Preheat oven to 450°F.

Place chicken wings in a single layer on a rack over a baking pan. Sprinkle on both sides with salt. Combine the flour and baking powder in a gallon plastic bag and shake until mixed. Place half the wings in the bag and shake to coat. Repeat with remaining wings. Arrange wings on the rack and spray both sides with vegetable oil.

Place in oven and bake for about 12 minutes. Remove from oven and turn wings. Return to oven and continue baking until golden, crispy, and internal temperature is at least 165°F. Remove from oven and brush both sides with sauce. Return to oven for 5-7 minutes until sauce is caramelized on the wings. Serve hot with desired accompaniments.

This recipe could be added to your binder for several RRH books or you can add it to your own recipe binder.

Bookstore link: <https://payhip.com/roseredhomestead>

Video link: *Fantastic Food Storage Wings* <https://youtu.be/G8cEE20uvEo>

Recipe 9 Savory Potato Crust Pie

From the freezer

- Hamburger
- Mixed veggies

From the refrigerator

- Cheese

From the pantry

- Remaining ingredients

Potato Crust

1 quart home canned potato chunks, drained and rinsed (or 3 cups mashed potatoes)

¼ cup melted butter or ghee

¼ cup Parmesan Romano grated cheese

½ tsp salt

½ tsp garlic powder

½ tsp coarse ground pepper

Process potatoes through a ricer or a food mill to mash. Stir in butter, cheese, salt, garlic powder, and pepper. Press evenly into a 9-inch deep pie plate. Bake at 350°F for 25 minutes until golden brown. While crust bakes, prepare the meat filling.

Meat filling

2 tbsp vegetable oil

1 medium onion diced

1 lb ground beef or 1 pint home canned hamburger, drained

1½ cup frozen mixed veggies—corn, peas, and carrots, etc.

2 cloves garlic, pressed

1 tsp each dried rosemary and dried thyme

2 tsp parsley flakes

2 tbsp flour

1 tbsp Worcestershire sauce

2 tbsp tomato paste

1 tbsp beef bouillon granules

1 cup water

1 cup grated cheddar cheese

Heat oil, add onions, and cook until translucent. Add crumbled beef and cook until almost done. Add veggies, spices, and flour and stir together until mixed. Add

Worcestershire sauce, tomato paste and bouillon granules, stirring until well mixed.

Pour in water a little at a time, stirring after each addition until thickened gravy forms.

When desired consistency is reached, stop adding water. Cook mixture until bubbly and veggies are done. Add mixture to baked crust and top with cheese. Return to oven and bake 20 minutes until bubbly and cheese is melted and golden brown. Serve.

This recipe could be added to your binder for several RRH books or you can add it to your own recipe binder.

Bookstore link: <https://payhip.com/roserehomestead>

Video link: *Use Canned Potatoes for This Savory Pie Crust* https://youtu.be/ek_I Eu5fPB4

Recipe 10 One Pot Chicken Tortilla Soup

For this recipe we had the ingredients distributed as follows in Level 1:

Refrigerator

- Cilantro
- Garnishes: sour cream, cheese
- Minced garlic
- Tortillas

Freezer

- Chicken and turkey broth

Pantry

- Remaining ingredients

2 tbsp vegetable oil

½ cup diced bell peppers, any color (or rehydrated freeze dried)

1 large onion, diced (or rehydrated dried)

2 cups cooked shredded chicken breast

2 cloves garlic, minced

1 tsp chili powder

1 tsp cumin

½ tsp garlic powder

½ tsp salt

½ tsp pepper

4 cups chicken broth (store bought, home canned, or from bouillon granules)

1 10-oz can Rotel Tomatoes

1 28-oz can petite diced tomatoes

1 15-oz can whole kernel corn with liquid

1 15-oz can black beans (or 1 pint home canned), drained and rinsed

1/3 cup cilantro, chopped or 2 tsp dried leaves

6 corn tortillas (six-inch) cut in thin strips

In a large Dutch oven heat oil and add onion, peppers, and garlic. Stir and begin cooking. Add spices, salt and pepper and stir to combine. Mix in shredded chicken. Add chicken broth, Rotel, tomatoes, corn, beans, and cilantro. Bring to a boil then reduce to a simmer for 45 minutes uncovered. Add water if too thick. If too thin, stir in cornmeal to thicken. Cover and allow to stand for 15 minutes. About five minutes before serving stir in tortilla strips. Garnish as desired with sour cream, cheese, diced avocado, fresh cilantro, etc.

Bookstore link: <https://payhip.com/roserehomestead>

Video link: *One Pot Chicken Tortilla Soup* <https://youtu.be/DSIbym7DCYM>

Recipe 11 Lasagna Casserole
Adapted from valerieskitchen.com

For this recipe we had the ingredients distributed as follows in Level 1:

Refrigerator

- Ricotta cheese
- Mozzarella cheese
- Parmesan cheese

Freezer

- Ground beef

Pantry

- Remaining ingredients

Preheat oven to 350° and prepare the baking dish (13 x 9 or equivalent) by spraying with oil.

Pasta and Sauce

10 oz pasta of choice (short ,like penne, works well)
1 lb ground beef (Could also use freeze dried or home canned equivalent.)
1 small onion, diced (fresh or dried and rehydrated)
2 cloves garlic, minced
½ tsp each salt and pepper
1 tsp Italian seasoning
4 cups marinara sauce (We used home canned.)

Cheese Mixture

1 cup ricotta cheese (Can be home made from powdered milk.)
1 egg or 2 tbsp egg powder plus 2 tbsp water
3 cups shredded mozzarella cheese, divided
½ cup grated Parmesan cheese, divided
Salt and pepper to taste
1 tsp parsley flakes

Cook the pasta until almost done. Rinse, drain, and set aside. In a Dutch oven cook the ground beef, onion, and garlic until partially done. Add salt, pepper, and Italian seasoning and stir briefly. Add marinara sauce and mix. Add additional water if needed. Simmer for about 5 minutes then add cooked pasta and stir together. Remove from heat and set aside.

In a large bowl combine ricotta and egg until well blended. Add half the mozzarella cheese, half the Parmesan cheese and remaining ingredients and mix well.

Pour half the pasta mixture into the prepared baking dish. Dollop the cheese mixture evenly over the top and spread it out in a layer. Cover with the remaining mixture. Cover with foil and bake 30 minutes. Remove foil and sprinkle remaining cheese over the top and return to the oven to bake until cheese is bubbly. Garnish with fresh or dried basil leaves if desired.

Video link: *Lasagna Casserole* <https://youtu.be/b9vO2JC6LSo>

Recipe 12 Hawaiian Haystacks
A favorite Utah dish!
3-4 servings

For this recipe we had the ingredients distributed as follows in Level 1:

Refrigerator

- Gravy ingredients if making from scratch
- Fresh veggies

Freezer

- Chicken Chunks if using frozen

Pantry

- Remaining ingredients

3 cups seasoned chicken gravy made 1 of several ways:

- Powdered poultry gravy mix, just add water
- Scratch from milk, butter, cornstarch, chicken bouillon cubes, etc.
- Canned—Cream of Chicken soup, or Chicken Gravy

Gravy seasonings: garlic powder, onion powder, salt, pepper, all to taste

1½ cups cooked chicken chunks

Hot cooked rice for serving

Toppings

Traditional:

- Pineapple chunks
- Green onion, diced
- Sliced black olives
- Frozen peas, thawed
- Toasted coconut flakes
- Mandarin orange slices
- Chow mein noodles

Others to consider:

- Slivered almonds
- Bell pepper strips,
- Shredded cheese
- Tomatoes, diced
- Celery, diced
- Carrots, shredded
- Raisins or Craisins

Cook rice according to package directions or heat up pre-cooked rice. Make gravy and add seasonings to taste. Stir chicken into the gravy. Place rice in individual bowls and spoon gravy over the top. Add desired toppings.