

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 cooling 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/5yBh001TevY>

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/roserehomestead>

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)

⅓ cup minced onion (or dried equivalent)

1 tsp salt

½ tsp pepper

2 tbsp fresh lemon juice

1 to 2 tsp lemon zest

½ cup flour

1½ tsp baking powder

¼ 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 bolden 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>