

Dinner Recipes

Broccoli Turkey Bake

Ingredients

- 1 Cup Uncooked [White Rice](#)
 - 2 Cup Cooked, Chopped Turkey Meat
 - 1 1/4 Cup Freeze Dried [Broccoli](#)*
 - 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1 Package Whole Wheat Crackers, Crushed
 - 3 Tablespoon Butter, Melted
- *Reconstitute before using

Preparation

1. Preheat oven to 350°F.
2. In saucepan, boil 2 cups water, add rice and stir; Reduce heat, cover and simmer 20 minutes.
3. In a 9"x 13" baking dish, combine turkey, broccoli, cheese, and cooked rice.
4. In small bowl, combine crushed crackers and melted butter; Spread over rice mixture.
5. Bake in preheated oven for 20-30 minutes or until crackers are crispy.

Cheddar Ham Potato Casserole

Ingredients

- 4 Cup Dehydrated [Potato Slices](#)*
 - 2 Cup Diced Freeze Dried [Ham](#)*
 - 2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1 Tablespoon [Flour](#)
 - 1 3/4 Cup Creamy [Cheddar Broccoli Soup Mix](#)*
 - 2 1/4 Cup Water
- *Reconstitute before using

Preparation

1. Place 4 cups of potato slices in a large bowl and cover with hot tap water; Cover and let sit for 10 minutes.
2. In small bowl, mix the creamy cheddar broccoli soup mix with the 2 1/4 cups of water.
3. Use a whisk to mix well then add flour.
4. Drain potatoes and place them in a 9"x 13" baking dish.
5. Stir in diced ham and pour soup mixture over the top.
6. Sprinkle with sharp cheese and bake at 350°F for 20-25 minutes.

Easy Cheeseburger Pie

Ingredients

- 2 1/2 Cup Freeze Dried [Ground Beef](#)*
- 1 Cup Chopped Freeze Dried [Onion](#)*
- 1/2 Teaspoon [Salt](#)
- 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1/2 Cup Original Bisquick® Mix
- 1 Cup Dehydrated Fat-Free [Milk](#)*
- 2 [Eggs](#)*

*Reconstitute before using

Preparation

1. Heat oven to 400°F; Grease 9" pie plate.
 2. Cook beef and onion; Drain.
 3. Spread in pie plate; Sprinkle with salt and cheese.
 4. Stir in remaining ingredients until blended.
 5. Pour into pie plate.
 6. Bake about 25 minutes or until knife inserted in center comes out clean.
 7. Cool 5 minutes.
-

Enchiladas

Ingredients

- 1 Cup [Taco TVP](#)*
- 1 Cup Small [Red Beans](#)
- 1 (16 oz) Can Enchilada Sauce
- 1 Can Diced Chilies
- 2-3 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1 Package (10) Flour Tortillas
- Sour Cream to taste
- Add any Freeze Dried Meat: [Ground Beef](#)*, Pulled [Chicken](#)*, Pulled [Turkey](#)*, etc

*Reconstitute before using

Preparation

1. Spread thin coat of enchilada sauce on bottom of 9"x 13" baking dish.
2. Fill each tortilla with taco TVP, beans, enchilada sauce, green chilies, cheese, and meat if desired; Roll up.
3. Cover with remaining enchilada sauce and cheese.
4. Bake at 375°F for 30-35 minutes.
5. Top with sour cream and enjoy!

Meatballs Cavatelli

Ingredients

- 1 Pound Macaroni Shells
- 1 1/2 Cup Freeze Dried [Italian Meatballs](#)*
- 1 Jar Spaghetti Sauce (2 Cups homemade)
- 3 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*
- [Salt](#), [Pepper](#), and Dried [Basil](#) to taste

*Reconstitute before using

Preparation

1. Preheat oven to 350°F.
 2. Cook shells according to package directions.
 3. Layer sauce, shells, meatballs and cheese in casserole dish.
 4. Sprinkle on salt, pepper, and basil.
 5. Cover and bake for 40 minutes. (45 minutes for a double batch.)
-

Potato Casserole

Ingredients

Potatoes:

- 3 Cup Freeze Dried [Potato Dices](#)*
- 1/2 Cup [Sugar](#)*
- 1/2 Cup Dehydrated [Margarine Powder](#)*
- 2 Eggs (Dehydrated [Scrambled Egg Mix](#)*/ Dehydrated [Whole Egg](#)*)
- 1/3 Cup Dehydrated Fat-Free [Milk](#)*
- 1 Teaspoon Vanilla

Topping:

- 1/2 Cup [Brown Sugar](#)
- 1/4 Cup [Flour](#)
- 2 1/2 Tablespoon Dehydrated [Margarine Powder](#)*
- 1 Cup Chopped Pecans

*Reconstitute before using

Preparation

Potatoes:

1. Preheat oven to 350°F.
2. Combine potatoes, sugar, margarine, eggs, milk, and vanilla; Mix well.
3. Put in baking dish.

Topping:

1. Mix sugar, flour, margarine, and pecans.
2. Sprinkle on top of potato mixture.
3. Bake for 25 minutes.

Serves 8-10

Sloppy Joes

Ingredients

- 2 3/4 Cup Freeze Dried [Ground Beef](#)*
 - 3/4 Cup Chopped Freeze Dried [Onion](#)*
 - 1/4 Cup Chopped Freeze Dried [Celery](#)*
 - 1 Large Can Tomato Sauce
 - 2 Tablespoon [Quick Rolled Oats](#)*
 - 1 Teaspoon Seasoned Salt
 - 1 Teaspoon Worcestershire Sauce
 - 1/2 Teaspoon [Chili Powder](#)
 - 1/8 Teaspoon Black [Pepper](#)
 - Dash Tabasco Sauce
 - 10-12 Hamburger Buns (Split and Toasted)
- *Reconstitute before using

Preparation

1. In large skillet, cook ground beef, onion, and celery until meat is browned and onion is tender; Drain off excess fat.
 2. Stir in tomato sauce, water, oats, seasoned salt, worcestershire sauce, chili powder, pepper, and tabasco sauce.
 3. Simmer, uncovered, until mixture reduces to desired consistency (about 25-35 minutes).
 4. Spoon about 1/3 to 1/2 cup beef mixture into each bun.
-

Twice Baked Stuffed Asparagus Potatoes

Ingredients

- 4 Medium Baking Potatoes
 - 1-2 Tablespoon Dehydrated Fat-Free [Milk](#)*
 - 1/2 Cup Dehydrated [Sour Cream Powder](#)*
 - 1 Teaspoon [Onion Salt](#)
 - 1/8 Teaspoon [Pepper](#)
 - 2 Cup Freeze Dried [Asparagus](#)*
 - 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1/4 Cup [Bacon Bits TVP](#)*
- *Reconstitute before using

Preparation

1. Bake potatoes at 400°F for about 1 hour or until done.
2. Cut thin slice off top of each potato and discard.
3. Carefully scoop out pulp with leaving shell intact.
4. In bowl, mash pulp with milk, sour cream, onion salt, and pepper until smooth.
5. Fold in asparagus.
6. Stuff shells; Place in an ungreased shallow baking dish.
7. Place bake in oven and bake until cheese is melted.

Veggie Pasta

Ingredients

3/4 Cup [Sausage TVP](#)*
1 3/4 Cup Water
5 Tablespoon Pizza Sauce
1 Tablespoon [Cornstarch](#)
1/2 Tablespoon Butter
1 Small Zucchini, Halved/Sliced
1 Large Carrot, Sliced Diagonally
1/8 Cup Parmesan Cheese
1 Tablespoon Water
1/2 Cup Diced Freeze Dried [Green Pepper](#)*
Fettucine Noodles
*Reconstitute before using

Preparation

1. Cover sausage TVP with water in pot; Let simmer 10 minutes; Drain excess water.
 2. Mix pizza sauce with 1 3/4 cups water.
 3. In saucepan, saute zucchini, and carrots with 1 tablespoon water until slightly transparent, about 3-4 minutes.
 4. Add parmesan cheese, pizza sauce, and cornstarch to saucepan.
 5. Add TVP and simmer for 5 minutes.
 6. Add green peppers last.
 7. Serve overcooked fettucini and top with grated parmesan cheese.
-

Easy Lasagna Casserole

Ingredients

1 1/2 Cup Freeze Dried [Ground Beef](#)*
1/4 Cup Freeze Dried [Chopped Onion](#)*
1 3/4 Cup Chunky Salsa Tomato Sauce
1 Teaspoon [Italian Seasoning](#)
2/3 Cup Dehydrated Fat-Free [Milk](#)*
1/2 Cup Water
1/2 Cup Fat-Free Cream Cheese
1/4 Teaspoon [Minced Garlic](#)
1 Teaspoon Dried Parsley Flakes
2 Cup Cooked Medium-Width Noodles
1/2 Cup Plus 1 Tablespoon Freeze Dried Shredded [Mozzarella Cheese](#)*
*Reconstitute before using

Preparation

1. Preheat oven to 375°F.
2. Coat a large saucepan with olive oil flavored cooking spray and brown meat and onions in it.
3. Stir in tomato sauce and italian seasoning. Lower heat and simmer 10 minutes.
4. In a medium saucepan, combine milk, water, and cream cheese. Add garlic and parsley flakes.
5. Cook over medium heat, stirring constantly, until cream cheese melts. Stir in cooked noodles.
6. Pour noodle mixture into 8"x 8" baking dish sprayed with olive oil cooking spray.
7. Spread meat mixture evenly over noodle mixture. Sprinkle mozzarella.
8. Bake uncovered 15-20 minutes. Let sit 5 minutes before serving.

Spring Vegetable Pilaf

Ingredients

- 1 Tablespoon Extra-Virgin Olive Oil
 - 1/2 Cup Freeze Dried [Chopped Onion](#)*
 - 1 Teaspoon Dried Savory or Fines Herbs
 - 1 Cup Freeze Dried [Asparagus](#)*
 - 1/2 Cup Freeze Dried [Green Peppers](#)*
 - 1/2 Cup Freeze Dried [Peas](#)*
 - 1 Teaspoon Fresh or Jarred Minced Garlic
 - 3 Cup Cooked Brown Rice
 - Scant 1/2 Teaspoon [Salt](#)
 - 1/8 Teaspoon Ground Black [Pepper](#)
- *Reconstitute before using

Preparation

1. Coat large skillet with olive oil and preheat over medium heat. Add onion and savory or fines herbs. Cover and cook for a couple of minutes or until onion is soft.
 2. Add asparagus and green pepper; Cook 1-2 minutes or until vegetables are crisp tender.
 3. Add peas and garlic; Cook 1-2 minutes or until garlic begins to change color and smell fragrant.
 4. Add rice, salt, and pepper; Cook 1-2 minutes on medium heat.
 5. Serve hot.
-

Carrot Casserole

Ingredients

- 4 Cup Dehydrated [Carrot](#)*
 - 1/2 Cup Freeze Dried [Onion](#)*
 - 3 Tablespoon Butter
 - 1 Can Condensed Cream of Celery Soup
 - 1/2 Teaspoon [Salt](#)
 - 1/2 Teaspoon [Pepper](#)
 - 1/3 Cup Melted Butter
 - 1 1/2 Cup Herbed Flavored Bread Stuffing
- *Reconstitute before using

Preparation

1. Put carrots into 2-quart dish.
2. In a small skillet saute onion in butter until tender.
3. Mix cream of celery, salt, and pepper with onion in a small bowl and then spread on carrots.
4. In another bowl, toss bread crumbs with 1/3 cup butter; Spoon over dish.
5. Bake at 350°F for 30 minutes.

Mexican Pinto Beans

Ingredients

- 2 Cup Dehydrated [Pinto Beans](#)*
 - 2 Cup Chicken Bouillon
 - 3 Bacon Slices, Diced
 - 1/3 Cup Freeze Dried [Onion](#)*
 - 1/2 Cup Freeze Dried [Green Peppers](#)*, Chopped
 - 2 Teaspoon Ground Cumin
 - 2 Teaspoon [Chili Powder](#)
 - 3/4 Teaspoon [Salt](#)
 - 1/2 Teaspoon [Pepper](#)
- *Reconstitute before using

Preparation

1. Sort and wash pinto beans, place in a large saucepan. Cover with water 2" above beans and bring to a boil. Boil for 1 minute. Cover, remove from heat and let soak for 1 hour. Drain.
 2. Bring beans, broth and remaining ingredients to a boil. Cover, reduce heat and simmer 2 hours.
 3. Chill if desired.
 4. Reheat over medium heat.
-

Slow Cooker BBQ Pinto Beans

Ingredients

- 2 Cup Dehydrated [Pinto Beans](#)
 - 4 Cup Hot Water
 - 1 1/2 Cup Freeze Dried Chopped [Onion](#)*
 - 1 Tablespoon [Chili Powder](#)
 - 3/4 Cup BBQ Sauce
 - 1/2 Cup Ketchup
 - 1 1/2 Tablespoon Mustard
 - 1/8 Teaspoon Hot Red Pepper Sauce (for taste)
- *Reconstitute before using

Preparation

1. Combine first 4 ingredients in an electric slow cooker on low heat. Cover and cook 7 hours or until beans are tender.
2. Drain cooking liquid.
3. Stir in remaining ingredients.
4. Set on high and cook uncovered 10-15 minutes, or until heated through.

Navy Bean Soup

Ingredients

2 Cup [Navy Beans](#)

1 1/2 Cup Freeze Dried [Onion](#)*, Diced

2 Cup Freeze Dried [Ham](#)*

[Salt](#) and [Pepper](#)

*Reconstitute before using

Preparation

1. Soak beans in water overnight. Drain.
 2. Place in soup pot with enough water to cover.
 3. Add onions and ham.
 4. Cook for 2 hours.
-

Spinkopita (Spinach Pie)

Ingredients

4 Cup Freeze Dried [Spinach](#)*

1/2 Cup Freeze Dried [Onion](#)*

1/2 Cup Dehydrated [Whole Egg](#)*

2 Teaspoon [Monterey Steak Seasoning](#)

1 Teaspoon [Salt](#)

1/2 Cup Cottage Cheese

4 oz Feta Cheese

1/2 Package Fillo Dough

Melted Butter

Preparation

1. Mix all ingredients except fillo dough and butter.
2. Cut fillo dough in half; Coat baking pan with butter.
3. Lay 1/3 of the sheets of fillo dough in pan. Paint with butter in between sheets.
4. Pour in spinach mixture.
5. Repeat steps 3 and 4 until dough and spinach are gone.
6. Bake at 375°F for 1 hour.

Cream Cheese-Filled Turnovers

Ingredients

Filling:

- 2 Tablespoon Butter
- 2 Tablespoon Freeze Dried [Onion](#)*
- 1 1/2 Cup Freeze Dried [Chicken](#)*
- 3 oz Cream Cheese
- 1/4 Teaspoon [Salt](#)
- 1/4 Teaspoon Thyme Leaves
- 1/4 Teaspoon [Pepper](#)
- 3 Tablespoon [Chicken Broth](#)

Pastry:

- 1 1/3 Cup [Flour](#)
- 1/2 Teaspoon [Salt](#)
- 1/2 Teaspoon Paprika
- 1/2 Cup Butter
- 2-4 Tablespoon Water

Preparation

Filling:

1. In a 10 oz skillet, melt butter; Add onion. Cook over medium heat until softened. Stir in remaining filling ingredients.
2. Continue cooking, stirring occasionally, until cream is melted and heated through.

Pastry:

3. In a medium bowl, combine all pastry ingredients, except butter and water. Cut in butter until crumbly. Stir water and shape into ball.
 4. On a lightly floured surface roll out dough to 1/16" thickness. Cut with floured 2-1/2" round cookie cutter.
 5. Place 1 teaspoon of filling on 1/2 fo circle. Fold other half over. Press edges with fork to seal.
 6. Place on cookie sheets; Repeat with remaining pastry and filling. Bake for 15-20 minutes at 425°F.
-

Roast Beef Potato Platter

[PDF Version](#)

Ingredients

- 2 Cup Freeze Dried [Roast Beef](#)*
- 3/4 Cup Freeze Dried [Onion](#)*
- 2 Cup Freeze Dried [Potato Dices](#)*
- 1/2 Cup Dehydrated [Carrot](#)*
- 1 Cup Water
- 1/2 Cup Dehydrated [Tomato Powder](#)*
- 1/4 Cup Freeze Dried [Green Pepper](#)*
- 1 Tablespoon Worcestershire Sauce
- 1 Dash [Salt](#)
- 2 Teaspoon Beef Bouillon

Preparation

1. Place roast beef in 1-quart casserole dish.
 2. Add onion and potatoes.
 3. Mix water, tomato sauce, green pepper, worchestershire sauce, and salt in a separate bowl and pour over top.
 4. Cover and bake 350°F for 20-30 minutes or until potatoes are soft.
-

Zesty Italian Crescent Casserole

[PDF Version](#)

Ingredients

- 2 Cup Freeze Dried [Ground Beef](#)*
- 1/4 Cup Chopped Freeze Dried [Onion](#)*
- 1 Cup Spaghetti Sauce
- 1 1/2 Cup Freeze Dried Shredded [Mozzarella Cheese](#)* or Freeze Dried [Monterey Jack Cheese](#)*
- 1/2 Cup Dehydrated [Sour Cream Powder](#)*
- 1 (8 oz) Refrigerated Crescent Dinner Rolls
- 1/3 Cup Grated Parmesan Cheese
- 2 Tablespoon Margarine or Butter, Melted

Preparation

1. Preheat oven to 375°F.
 2. In a large skillet, combine ground beef and onion; Cook over medium heat for 8-10 minutes or until beef is thoroughly cooked; Stirring frequently. Drain.
 3. Stir in spaghetti sauce; Cook until thoroughly heated.
 4. In a medium bowl, combine mozzarella and sour cream; Mix well.
 5. Pour hot beef mixture into ungreased 12"x 8" (2-quart) glass baking dish. Spoon cheese mixture over beef mixture .
 6. Unroll dough over cheese mixture. In a small bowl, combine parmesan cheese and margarine; Mix well. Spread evenly over dough.
 7. Bake at 375°F for 18-25 minutes or until deep golden brown.
-

Cornbread Dressing

[PDF Version](#)

Ingredients

- 4 Cup Prepared Cornbread, Cubed
- 2 Cup Bread, Cubed
- 1/2 Cup Freeze Dried [Green Pepper](#)*
- 1 Cup Freeze Dried [Onion](#)*, Chopped
- 1/2 Cup Freeze Dried [Celery](#)*, Chopped
- 2 Can Chicken Broth
- 2 Eggs Boiled, Chopped
- 2 Tablespoon Dried Sage
- [Salt](#) and [Pepper](#) to taste

Preparation

1. Lay cornbread and bread on parchment paper overnight to dry.
 2. When ready to prepare dressing, gently toss the cornbread and bread cubes with green peppers, onions, celery, broth, boiled eggs, sage, salt, and pepper.
 3. Blend well.
 4. Spoon into a greased 9"x 9" baking dish.
 5. Bake 350°F for 45 minutes.
-

Sweet and Sour Cauliflower

[PDF Version](#)

Ingredients

- 1 Cup Freeze Dried [Cauliflower](#)*
- 1 Cup Boiling Water
- 1/2 Teaspoon [Salt](#)
- 1 Tablespoon Brown Sugar Replacement
- 2 Teaspoon Lemon Juice
- 1 Teaspoon Margarine

Preparation

1. Place cauliflower, water, and salt in saucepan.
 2. Cook over medium heat covered.
 3. Cook 10 minutes or until barely tender.
 4. Drain.
 5. Combine brown sugar replacement, lemon juice, and margarine.
 6. Combine in custard cup over hot water.
 7. When blended, pour over cauliflower.
-

Cordon Bleu Casserole

[PDF Version](#)

Ingredients

- 4 Cup Freeze Dried [Turkey](#)* or Freeze Dried [Chicken](#)*
- 3 Cup Freeze Dried [Ham](#)*
- 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1 Cup Chopped Freeze Dried [Onion](#)*
- 1/4 Cup Butter
- 1/3 Cup [Flour](#)
- 2 Cup Cream or Half-and-Half
- 1 Teaspoon Dillweed
- 1/8 Teaspoon Dry Mustard
- 1/8 Teaspoon Nutmeg

Topping:

- 1 Cup Bread Crumbs
- 2 Tablespoon Butter, Melted
- 1/4 Teaspoon Dillweed
- 1/4 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1/4 Cup Walnut

Preparation

1. In a large bowl, combine meat and cheese; Set aside.
2. In a saucepan, saute onion in butter until tender; Add flour; Stir and make paste.
3. Add cream, stir and bring to boil until thick.
4. Add spice and pour over meat.
5. Spoon into 13"x 9" pan.

Topping:

1. Toss pork rinds, butter, and dillweed. Stir in cheese and walnuts.
 2. Sprinkle over casserole and bake uncovered 350°F for 30 minutes.
-

Vegetable Casserole

[PDF Version](#)

Ingredients

- 2 Cup Freeze Dried [Broccoli](#)*
- 2 Cup Freeze Dried [Cauliflower](#)*
- 1/2 Cup Dried Bread Crumbs
- 1 Tablespoon Butter, Melted
- 2 Tablespoon Parsley, Chopped
- 2 Teaspoon Lemon Peel
- 2 Teaspoon Thyme
- 1/2 Teaspoon [Salt](#)
- 1/4 Teaspoon Black [Pepper](#)

Preparation

1. Preheat oven 375°F.
 2. Rinse vegetables; Place wet vegetables oin 2-quart oven-proof casserole dish.
 3. Bake until slightly render for 40 minutes.
 4. Combine remaining ingredients; Sprinkle mixture over vegetables.
 5. Bake until crumbs are crisp and brown and vegetables are tender.
-

Cold Wild Rice Salad

[PDF Version](#)

Ingredients

- 1/2 Cup Wild Rice, Uncooked
- 2 Cup Water
- 1/2 Teaspoon [Salt](#)
- 1 1/2 Cup Freeze Dried [Tomato Chunks](#)*
- 1 Large Jalapeno Chili, Diced
- 1 Cup Freeze Dried [Green Pepper](#)*
- 1/2 Cup Scallions, Chopped
- 1/2 Cup Freeze Dried Shredded [Monterey Jack Cheese](#)*
- 1/2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1/4 Cup Fresh Cilantro, Minced

Preparation

1. In a medium saucepan, combine rice, water, and salt. Bring rice to a boil. Reduce heat, cover and simmer 45 minutes.
 2. Drain rice and return to heat dry; Stir with a fork.
 3. In a large salad bowl, combine rice, tomatoes, chili, green pepper, scallions, cheese, and minced cilantro.
 4. Cover and refrigerate until chilled.
-

Garlic Cheese Crescents

[PDF Version](#)

Ingredients

1 Package Crescent Rolls
1/2 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*
[Garlic Powder](#)

Preparation

1. Unroll crescent rolls.
 2. Sprinkle with garlic powder.
 3. Sprinkle with shredded mozzarella cheese.
 4. Follow directions for rolling and baking.
-

Spinach Saute with Garlic and Parmesan Cheese

[PDF Version](#)

Ingredients

1 Teaspoon Olive Oil
1 Teaspoon [Minced Garlic](#)
4 Cup Freeze Dried [Spinach](#)*
[Salt](#) to taste
Freshly Ground Black Pepper
1 Tablespoon Grated Parmesan Cheese

Preparation

1. Heat olive oil in a 10" skillet over medium-low heat.
 2. Add garlic; Cook 1 minute.
 3. Add spinach, salt, and pepper; Toss with olive oil and garlic until spinach begins to wilt.
 4. Remove from skillet; Sprinkle with parmesan cheese and serve.
-

Parmesan Macaroni Casserole

[PDF Version](#)

Ingredients

1 Package (8 oz) Cream Cheese
1/2 Teaspoon Classic [Garlic Salt](#)
1 Cup Dehydrated Fat-Free [Milk](#)*
1/2 Cup Shredded Parmesan Cheese
1 Cup (4 oz) [Elbow Macaroni](#), Cooked, Drained and Rinsed
1/2 Cup Freeze Dried [Ham](#)*
1/2 Cup Sliced Freeze Dried [Celery](#)*
1/4 Cup Freeze Dried [Green Pepper](#)*, Finely Chopped
[Salt](#) and [Pepper](#) to taste

Preparation

1. Soften cream cheese in a large saucepan.
 2. Add garlic and salt; Add milk gradually, stirring constantly. Continue to stir and heat thoroughly.
 3. Remove from heat. Add parmesan cheese and add to large bowl with hot macaroni, ham, celery, and green pepper.
 4. Place mixture in greased 1-1/2 quart casserole dish.
 5. Generously sprinkle with cheese.
 6. Bake for 25 minutes at 350°F.
-

Cheddar Bay Biscuits

[PDF Version](#)

Ingredients

- 2 Cup [Buttermilk Biscuit Mix](#)*
- 1/2 Cup Cold Water
- 3/4 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1/4 Cup Butter
- 1 Teaspoon Parsley
- 1/2 Teaspoon [Garlic Powder](#)
- 1/2 Teaspoon [Italian Seasoning](#)

Preparation

1. Preheat oven to 450°F.
 2. Mix together baking mix, cold water, and cheese.
 3. Cut biscuits with a cutter and place on baking dish.
 4. Melt butter and seasoning together.
 5. Brush with butter and seasoning and bake for 8-10 minutes.
-

Hearty Multigrain Bread

[PDF Version](#)

Ingredients

- 1 Cup Water
- 1 Tablespoon Butter, Softened
- 1 Tablespoon Molasses
- 1 Teaspoon [Salt](#)
- 1 Tablespoon [Brown Sugar](#)
- 1 1/4 Cup Bread Flour
- 3/4 Cup [Whole Wheat Flour](#)
- 1/4 Cup Bran
- 1/4 Cup [Rolled Oats](#)
- 1 Tablespoon Dehydrated Fat-Free [Milk](#)*
- 2 1/4 Teaspoon [Yeast](#)

Preparation

1. Add ingredients into breadmaker pan and follow breadmaker instructions.
 2. Set breadmaker to whole wheat setting and make your bread.
-

Garlic and Cheese French Bread

[PDF Version](#)

Ingredients

1 Cup Soft Margarine
1/2 Teaspoon Ground [Oregano](#)
2 Teaspoon Dried Parsley
1/2 Teaspoon [Garlic Powder](#)
2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
2 Cup Freeze Dried [Mozzarella Cheese](#)*
1 Teaspoon Paprika
1 Teaspoon Seasoned Salt
2 Tablespoon Grated Parmesan
French Bread, Halved and Sliced into 2 Sections

Preparation

1. Mix margarine with oregano, parsley, garlic, paprika, and parmesan.
 2. Spread onto french bread and cover with cheese.
 3. Bake 375°F for 10 minutes or until bubbly hot
-

Tortilla Pie

[PDF Version](#)

Ingredients

1 3/4 Cup Freeze Dried [Ground Beef](#)*
1/4 Cup Chopped Freeze Dried [Onion](#)*
1 Garlic Clove, Minced
1 (14-1/2 oz) Can Italian or Mexican Diced Tomatoes, Drained
1/2 Teaspoon [Chili Powder](#)
1/4 Teaspoon Ground Cumin
3/4 Cup Part-Skim Ricotta
1/4 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*
3 Tablespoon Minced Fresh Cilantro or Parsley, Divided
4 (8") Flour Tortilla
1/2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*

Preparation

1. In a large skillet, cook onion and garlic over medium heat until soft and then add beef.
 2. Stir in tomatoes, chili powder, and cumin. Bring to a boil; Remove from heat.
 3. In a bowl, combine ricotta cheese, mozzarella cheese, and 2 tablespoon cilantro.
 4. Place 1 tortilla in a 9" round cake pan coated with nonstick cooking spray.
 5. Layer with half of meat sauce, one tortilla, all of ricotta mixture, another tortilla, and remaining meat sauce.
 6. Top with remaining tortilla; Sprinkle with cheddar and remaining cilantro.
-

Baking Powder Biscuits

[PDF Version](#)

Ingredients

2 Cup [Flour](#)

3 Teaspoon [Baking Powder](#)

1 Teaspoon [Salt](#)

6 Tablespoon Dehydrated [Shortening Powder](#)

1 Tablespoon [Sugar](#)

2/3 Cup Dehydrated Fat-Free [Milk](#)*

*Reconstitute before using

Preparation

1. Sift dry ingredients together.
 2. Finely cut in shortening.
 3. Stir in milk to make a soft dough.
 4. Pat out on floured surface to 1/2" to 3/4" thickness.
 5. Cut with round cutter.
 6. Bake 10-12 minutes at 450°F.
-

Split Green Pea Soup

[PDF Version](#)

Ingredients

1 Cup Freeze Dried [Onion](#)*

2 Tablespoon Oil

1/2 Teaspoon Ginger, Grated

1/2 Teaspoon [Minced Garlic](#)

3 Teaspoon Whole Black [Pepper](#), Crushed

1 Teaspoon Turmeric

2 Teaspoon Coriander

2 Teaspoon Cumin

2 Chili Peppers, Crushed

1/2 Teaspoon [Chili Powder](#)

1 Teaspoon [Cinnamon](#)

2 Cardamon Pods

1 Cup Dehydrated [Split Peas](#)*

2 Tomatoes, Diced

5 Cup [Chicken](#)* or [Beef Broth](#)* (When reconstituted)

1 Teaspoon Garam Masala

*Reconstitute before using

Preparation

1. In a large soup pot, fry onions in oil until lightly brown.
 2. Stir in spices and toss in peas and tomatoes.
 3. Stir again and cook for 5 minutes over medium heat.
 4. Add broth, bring to boil, cover and simmer until peas are tender.
 5. Before serving, stir in garam masala.
-

Vegetable Burrito Casserole

[PDF Version](#)

Ingredients

- 2 Cup White [Rice](#)
- 1/2 Teaspoon [Chicken Broth](#)
- 3/4 Cup Freeze Dried [Green Peppers](#)*
- 3/4 Cup Freeze Dried [Onion](#)*
- 1 1/4 Cup Freeze Dried [Corn](#)*
- 1 Cup Salsa-Style Catsup
- 1 Cup Freeze Dried Shredded [Monterey Jack Cheese](#)*
- 8 (8") Corn Tortillas
- 2 Cup Dehydrated [Refried Beans](#)*
- 1/2 Cup Dehydrated [Sour Cream Powder](#)*
- 1 Teaspoon Chopped Cilantro

*Reconstitute before using

Preparation

1. Prepare rice without adding salt or butter.
2. In a medium skillet, heat chicken broth until hot. Add green peppers and onions; Cook until tender.
3. Remove skillet from heat and stir in corn and 1/2 catsup.
4. Stir cooked rice and cheese into vegetable mixture.
5. Spread each tortilla with 1/4 cup refried beans. Spoon 1/2 cup rice mixture along center of tortilla. Roll up tortilla and place, seam side up, in a glass baking dish.
6. Spoon remaining catsup on tortillas and cover with sour cream.
7. Cover and bake in preheated oven at 400°F for 20 minutes.

-Serves 8

Peas and Mushrooms

[PDF Version](#)

Ingredients

- 1 Cup Freeze Dried [Mushrooms](#)*
- 1 Teaspoon [Minced Garlic](#)
- 4 Tablespoon Butter
- 1 Dash Dried Thyme
- [Salt](#) and [Pepper](#) to taste
- 2 Cup Freeze Dried [Peas](#)*

*Reconstitute before using

Preparation

1. Saute mushrooms and garlic in butter until liquid evaporates.
 2. Season with thyme, salt, and pepper.
 3. Pour over peas and stir to coat.
-

Split Pea Soup with Ham

[PDF Version](#)

Ingredients

- 2 Cup Dehydrated [Split Peas](#)*
- 8 Cup Water
- 2 Carrots, Scrubbed But Not Peeled, Cut Into Eighths
- 2 Medium Yellow Onions, Cut Into Eighths
- 3 Teaspoon [Minced Garlic](#)
- 2 Stalks Celery with Leaves, Cut Into Eighths
- 1/2 Cup Freeze Dried [Ham](#)*
- 3 Tablespoon Low-Sodium Soy Sauce
- 1/2 Teaspoon Dried [Oregano](#)
- 1/2 Teaspoon Grated Fresh Ginger or 1/8 Teaspoon Dried Ginger
- 2 Dashes Hot Pepper Sauce

*Reconstitute before using

Preparation

1. In a large saucepan, bring peas, water, carrots, onions, garlic, celery, and ham to rapid boil over medium-high heat.
 2. Reduce heat and cook, covered at a gently rolling boil until peas are soft.
 3. Add soy sauce, oregano, ginger, and hot pepper sauce.
 4. Simmer 10 minutes to blend flavors.
 5. Process 2-3 cups of mixture at a time in a blender until pureed.
 6. Reheat in saucepan if necessary. Serve hot.
-

Burrito Bake

[PDF Version](#)

Ingredients

- 2 Cup Freeze Dried [Ground Beef](#)*
- 2 Cup Dehydrated [Refried Beans](#)*
- 1/4 Cup Dehydrated [Chopped Onion](#)*
- 1 Envelope Taco Seasoning
- 1 Tube (8 oz) Refrigerated Crescent Rolls
- 2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 2 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*

Preparation

1. In a skillet, add reconstituted ground beef, beans, onion, and taco seasoning.
 2. Unroll crescent roll dough.
 3. Press into bottom and up sides of greased 13"x 9"x 2" baking dish; Seal seams and perforations.
 4. Spread beef mixture over crust; Sprinkle with cheeses.
 5. Bake, uncovered 350°F for 30 minutes or until golden brown.
 6. Sprinkle with toppings of your choice.
-

Cheesy Corn Bake

[PDF Version](#)

Ingredients

- 2 Tablespoon Butter or Margarine
 - 4 Teaspoon [Flour](#)
 - 1/8 Teaspoon [Garlic Powder](#)
 - 3/4 Cup Dehydrated Fat-Free [Milk](#)*
 - 3/4 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1 Package (3 oz) Cream Cheese, Cubed
 - 3 1/2 Cup Freeze Dried [Corn](#)*
 - 1/2 Cup Freeze Dried [Ham](#)*, Diced
- *Reconstitute before using

Preparation

1. In a large saucepan, melt margarine or butter.
 2. Stir in flour and garlic powder.
 3. Add milk.
 4. Cook, stirring constantly, over low heat until melted.
 5. Stir in corn and ham.
 6. Transfer mixture to a 2-quart casserole dish.
 7. Bake 350°F for 45 minutes.
-

Cheddar Mushroom Macaroni

[PDF Version](#)

Ingredients

- 4 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1 Can Cream of Mushroom Soup
 - 1 Cup Mayonnaise
 - 1 Cup Freeze Dried [Mushroom](#)*
 - 1/2 Cup Freeze Dried [Onion](#)*
 - 4 Cup Cooked [Elbow Macaroni](#)
 - 1 Teaspoon [Minced Garlic](#)
- *Reconstitute before using

Preparation

1. In a large bowl, combine first 5 ingredients; Mix well.
 2. Stir in macaroni and garlic.
 3. Transfer to a greased 2-1/2 quart baking dish.
 4. Cover and bake 325°F for 30 minutes.
-

Vegetable Fried Rice

[PDF Version](#)

Ingredients

- 1/4 Lightly Soy Sauce
 - 3 Tablespoon Oil
 - 3 Tablespoon Water
 - 1/2 Teaspoon Ground Ginger
 - 1 Cup Freeze Dried [Green Pepper](#)*
 - 1 Cup Freeze Dried [Mushroom](#)*
 - 1 Cup Freeze Dried [Broccoli](#)*
 - 1 Cup Fresh Bean Sprouts
 - 4 Cup Cooked Rice
- *Reconstitute before using

Preparation

1. Heat a wok and add oil.
 2. When oil is moderately hot add ginger and stir-fry for 30 seconds.
 3. Add pepper and broccoli; Stir fry for 2 minutes.
 4. Add mushrooms and bean sprouts; Stir-fry for 2 more minutes.
 5. Add water as necessary to prevent sticking.
 6. Add cooked rice and soy sauce and stir-fry for 2 more minutes.
 7. Serve hot.
-

Mac and Beef Supper

[PDF Version](#)

Ingredients

- 2 Cup Freeze Dried [Ground Beef](#)*
 - 1 Tablespoon [Sloppy Joe TVP](#)*
 - 1 Can (10 3/4 oz) Tomato Soup
 - 8 oz Uncooked [Elbow Macaroni](#)
 - 2 Cup Water
 - Freeze Dried Shredded [Cheddar Cheese](#)*
- *Reconstitute before using

Preparation

1. heat a large skillet on medium-high; Reconstitute ground beef and cook with sloppy joe mix for 5 minutes; Drain.
 2. Add 1 can condensed tomato soup, 8 ounces uncooked elbow macaroni, and 2 cups of water.
 3. Bring to boil; Stir frequently.
 4. Reduce heat to low; Cover and Simmer 20 minutes or until macaroni is tender.
-

Spaghetti Pie

[PDF Version](#)

Ingredients

4 oz [Spaghetti Noodles](#)
2 Tablespoon Margarine
2 Tablespoon Dehydrated [Whole Egg](#)*
1/3 Cup Parmesan Cheese
1/2 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*
1 Cup Creamy Cottage Cheese
1 1/2 Cup Freeze Dried [Ground Beef](#)*
1/2 Cup Chopped Freeze Dried [Onion](#)*
1/2 Cup Freeze Dried [Mushroom Slices](#)*
1/2 Cup Freeze Dried [Green Peppers](#)*
1 1/2 Cup Spaghetti Sauce
1 Teaspoon [Sugar](#)
1 Teaspoon [Oregano](#) or 1 Teaspoon [Italian Seasoning](#)
1 Teaspoon [Garlic, Minced](#)
[Salt](#) and [Pepper](#) to taste
1 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*

*Reconstitute before using

Preparation

1. Cook spaghetti, drain and put into bowl; Add 1 tablespoon reconstituted whole egg, margarine, parmesan, and mozzarella cheese. Mix.
 2. Press mixture in the bottom and up sides of 9" pie plate.
 3. Drain cottage cheese; Combine with remaining reconstituted egg. Spread over top. Set aside.
 4. Reconstitute ground beef and brown with onions, green peppers, and mushrooms.
 5. Drain off fat. Stir in spaghetti sauce and the rest of the ingredients. Pour over cottage cheese.
 6. Bake at 350°F for 30 minutes, then add mozzarella and bake for additional 5 minutes.
 7. Let stand 5 minutes. Cut into wedges.
-

Whole Wheat Buttermilk Biscuits

[PDF Version](#)

Ingredients

2 1/4 Cup [Whole Wheat Flour](#)
2 Tablespoon Bran
2 Teaspoon [Baking Powder](#)
1/4 Teaspoon [Baking Soda](#)
1/2 Teaspoon [Salt](#)
1/3 Cup Butter
3/4 Cup Dehydrated [Buttermilk Powder](#)*

*Reconstitute before using

Preparation

1. Mix dry ingredients.
2. Cut in butter.
3. Add buttermilk and mix lightly.
4. Roll out 3/4" thick.
5. Cut biscuits and place on a greased cookie sheet.
6. Bake 15 minutes at 425°F.

Creamy Potatoes and Broccoli

[PDF Version](#)

Ingredients

- 1 Pound Potatoes, Sliced
- 2 Cup Freeze Dried [Broccoli](#)
- 1/2 Cup Freeze Dried [Mushroom Slices](#)*
- 2 Tablespoon [Flour](#)
- 3/4 Cup Dehydrated Fat-Free [Milk](#)*
- 1/3 Cup Dehydrate [Sour Cream Powder](#)*
- 3/4 Teaspoon [Salt](#)
- 1/4 Teaspoon [Pepper](#)
- 1/4 Teaspoon [Garlic Powder](#)
- 3 Sliced Bacon, Cooked Crisp and Crumbled
- 1/2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*

*Reconstitute before using

Preparation

1. Cook potatoes until almost tender; Drain and let cool.
 2. Reconstitute broccoli and set aside.
 3. Melt butter in saucepan over low heat. Add flour, stir until smooth; Cook 1 minute stirring constantly.
 4. Gradually add milk; Cook over medium heat until mixture is thick and bubbly.
 5. Stir in sour cream and remaining spices.
 6. Layer sliced potatoes in casserole dish; Add broccoli.
 7. Pour thickened milk mixture over potatoes and broccoli; Sprinkle bacon and cheese over top.
 8. Bake at 350°F for 35 minutes until cheese is melted.
-

Cheese Enchiladas

[PDF Version](#)

Ingredients

- Cooking Oil
- 8 (6") Corn Tortillas
- 2 1/2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 3/4 Cup Chopped Freeze Dried [Onion](#)*
- 3/4 Cup Chopped Ripe Olives
- 2 Cans (10 oz each) Enchilada Sauce
- 1 Cup Freeze Dried Shredded [Monterey Jack Cheese](#)*

*Reconstitute before using

Preparation

1. Heat cooking oil in small skillet. Place tortilla in skillet until they are soft and pliable.
 2. In a bowl, combine cheese, onion, and olives. Toss until well-mixed.
 3. Divide cheese mixture among tortillas, placing each portion in the middle of the tortilla.
 4. Roll into tube or log shape.
 5. Place tortilla side by side in a baking pan with the enchilada sauce.
 6. Sprinkle additional cheese and bake uncovered 350°F for 30 minutes or until cheese starts to bubble.
-

Grilled Cheesy Potatoes

[PDF Version](#)

Ingredients

- 1 Nonstick Cooking Spray
 - 3 Slices Bacon, Cut Up
 - 4 Cup Freeze Dried [Potato Dices](#)*
 - 1/2 Cup Chopped Freeze Dried [Green Peppers](#)*
 - 1/3 Cup Chopped Freeze Dried [Onion](#)*
 - 1 1/2 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1/8 Teaspoon Seasoned Salt
 - 1/8 Teaspoon [Pepper](#)
 - 1 Tablespoon Margarine or Butter (optional)
- *Reconstitute before using

Preparation

1. Coat one side of an 18" side of heavy foil with nonstick spray.
2. On sprayed surface, arrange half bacon to within 2" of edge.
3. Top with half of potatoes, half of green peppers, half of onions. Sprinkle with seasoned salt and pepper.
4. Top with remaining cheese and bacon. Dot with margarine or butter (optional).
5. Coat another 18" piece of foil on side with nonstick cooking spray. Place spray side down on top of potato stack. Seal all edges with a double fold.
6. Grill packet on an uncovered grill directly over medium to medium-hot coals.
7. Grill about 40 minutes or until potatoes are tender, turning packet once.

Asparagus Casserole

[PDF Version](#)

Ingredients

- 1 Tablespoon Freeze Dried [Onion](#)*
- 1/4 Cup Freeze Dried [Green Peppers](#)*
- 3 Tablespoon Butter
- 2 Tablespoon [Flour](#)
- 1 Cup Dehydrated Fat-Free [Milk](#)*
- 1 1/2 Teaspoon [Salt](#)
- 1/4 Teaspoon [Pepper](#)
- 3 Cup Cooked Freeze Dried [Asparagus](#)*
- 3 Sliced Hard Cooked Eggs
- 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
- 1/2 Cup Buttered Bread Crumbs

*Reconstitute before using

Preparation

1. Saute onion and green pepper in butter until soft.
2. Blend in flour and gradually stir in milk.
3. Add salt and pepper; Continue to cook, stirring until thickened.
4. In a greased baking dish, alternate layers of asparagus with hard-cooked eggs.
5. Pour sauce over all.
6. Top with mozzarella cheese and buttered bread crumbs.
7. Bake at 350°F for 35 minutes.

Quick and Easy Taco Casserole

[PDF Version](#)

Ingredients

- 2 Cup Freeze Dried [Ground Beef](#)*
- 1 Cup Salsa
- 1/2 Cup Mayonnaise
- 2 Teaspoon [Chili Powder](#)
- 1 Cup Crushed Tortilla Chips
- 1 Cup Freeze Dried Shredded [Colby Cheese](#)*
- 1 Cup Freeze Dried Shredded [Monterey Jack Cheese](#)*
- 3/4 Cup Freeze Dried [Tomato Chunks](#)*
- 2 Cup Shredded Lettuce

*Reconstitute before using

Preparation

1. Reconstitute ground beef in a large saucepan. Drain well.
 2. Add salsa, mayonnaise, and chili powder; Mix well.
 3. In an ungreased 2-quart baking dish, layer 1/2 of the meat mixture., chips and cheeses.
 4. Repeat layer.
 5. Bake uncovered 350°F for 20-25 minutes or until heated through.
 6. Just before serving, top with tomatoes and lettuce.
-

Cheese Vegetable Bisque

[PDF Version](#)

Ingredients

- 3 Tablespoon Butter
- 3 Tablespoon [Flour](#)
- 4 Teaspoon Beef Bouillon
- 2 Cup Freeze Dried [Broccoli](#)*, Chopped
- 3/4 Cup Dehydrated [Carrot](#)*
- 1/2 Cup Chopped Celery
- 1/4 Cup Freeze Dried [Onion](#)*
- 1 Teaspoon [Minced Garlic](#)
- 1/4 Teaspoon Thyme, Crushed
- 1/2 Teaspoon [Salt](#)
- 1/8 Teaspoon [Pepper](#)
- 1 Cup Heavy Cream
- 1 Egg Yolk
- 1 1/2 Cup Freeze Dried Shredded [Colby Cheese](#)*

*Reconstitute before using

Preparation

1. In a large saucepan, melt butter. Add flour and cook several minutes stirring. Remove from heat.
2. Gradually blend in broth; Bring to boil, stirring.
3. Add broccoli, carrots, celery, onion, garlic, thyme, salt, and pepper.
4. Cover and simmer 8 minutes or until vegetables are tender.
5. Blend cream and egg yolk together.
6. Gradually blend several teaspoons of soup and then add mixture to the soup and cook, stirring until thickened.
7. Blend in cheese, serve.

Curried Turkey and Barley Casserole

[PDF Version](#)

Ingredients

- 1 Cup Pearl Barley
- 3 Cup Chicken Bouillon
- 2 Tablespoon Butter
- 1 Tablespoon Curry Powder
- 2 Cup Freeze Dried [Mushroom](#)*
- 1/2 Cup Freeze Dried [Onion](#)*
- 3 Cup Freeze Dried [Turkey](#)*
- 1/2 Cup Sliced Almonds
- 1 Cup Sour Cream
- [Salt](#) and [Pepper](#) to taste
- *Reconstitute before using

Preparation

1. In medium saucepan; Bring chicken bouillon to boil. Add barley and bring to boil. Reduce heat low cover and cook 45 minutes or until barley is tender and liquid is absorbed.
 2. Melt butter in skillet. Add curry powder, mushrooms, and onions.
 3. Saute until onion is translucent.
 4. Add mushroom mixture to cooke barley.
 5. Mix in turkey, almonds, and sour cream.
 6. Season with salt and pepper and turn mixture into oiled 2-quart casserole dish.
 7. Cover and bake at 350°F for 45 minutes. Remove cover and bake 5 more minutes.
-

All-American Clam Chowder

[PDF Version](#)

Ingredients

- 3 Bacon Slices
- 1/2 Cup Freeze Dried [Onion](#)*, Minced
- 1 (7-1/2 oz) Can Minced Clam
- 1 Cup Freeze Dried [Potato Dices](#)*
- 1 Can Cream of Celery Soup
- 1 1/2 Cup Dehydrated Fat-Free [Milk](#)*
- Dash [Pepper](#)
- *Reconstitute before using

Preparation

1. Cook bacon until crisp. Break until 1" pieces when crisp. Keep bacon fat.
2. Brown onions in bacon fat, add clam liquid and potatoes.
3. Cover and cook over low heat, until potatoes are done.
4. Blend bacon, minced clan and remaining ingredients.
5. Heat, but do not boil.
6. Bacon may be used for garnish.