

Recipes and Trail Foods III

[Free Bread Making Tips, Milling, Useful Information!](#)

Ezekiel Banana Bread

Peggy Layton

- 1 1/4 cups sugar
- 2 eggs
- 3/4 cup butter
- 1 teaspoon vanilla
- 2 cups [EZ Mix](#)* -- ground into flour
- 2 tsp. baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- 1 banana smashed

Beat together, pour into 9x9 inch greased pan and bake at 375 degrees for 25 minutes or until done.

Ezekiel Bread Using EZ-Mix

Karin Christian

- 6 cups [EZ Mix flour](#)
- 4 cups warm water (110 degrees)
- 1 cup of honey
- 1/2 cup olive oil
- 2 packages active dry yeast (2 tablespoons) or instant
- 2 tablespoons salt

Grind [EZ Mix](#). Measure the water, honey, olive oil, and yeast into a large bowl. Let sit for 3 to 5 minutes. Add fresh milled flour and salt to the yeast mixture/ stir until well mixed, about 10 minutes. This is a batter type bread and will not form a smooth ball. Pour dough into two greased 9 x 5 inch loaf pans. Let rise in a warm place for about 1 hour, or until dough has reached the top of the pan. Bake at 350 degrees for 45 to 50 minutes, or until loaves are golden brown.

Ezekiel Pancakes and Waffles

Peggy Layton

2 cups [EZ mix flour](#)

2 cups milk

2 eggs

2 teaspoons Baking Powder

1 teaspoon Salt

1/4 cup oil, melted shortening, lard, butter, or margarine

Beat together and cook as usual.

Dry Baking Mix

2 cups flour

1 tbs sugar

1 tbs baking powder

1 tsp salt

1/3 cup shortening

Sift or mix dry ingredients. Cut in shortening until mixture resembles fine meal. Even better flavor if Butter Crisco is used as shortening

Master Mix - Baking

4 C Whole-Wheat Flour -- *

1 1/2 Tsp Salt

2 Tbsp Baking Powder

1 C Powdered Skim Milk

1 C Powdered Whole Egg

1 C Margarine

Thoroughly combine dry ingredients in a bowl. Cut in margarine as for pastry. Use mix within a week, or refrigerate for longer storage. Make about 8 1/2 cups.

* May substitute 4 cups sifted enriched, unbleached flour and 1/2 cup soy flour.

Oatmeal Fritters

To use up leftover cooked oatmeal: to each cup oatmeal add 1 egg, 2 tablespoons flour and 2 tablespoons milk. Fry on hot skillet; spread with honey and eat.

Okra Soup

2 medium sized tomatoes, peeled

2 T diced onion

6 tender okra, cut up

Salt and Pepper to taste

1 T. shortening

Cook ingredients in 1 qt. water 'til tender. Then add 1 qt. milk. Heat, but not to a boil. Serve hot with soda crackers.

Onion Soup Mix #1

Submitted by Dani B.

6 Tablespoons Onion Flakes

2 Tablespoons Parmesan Cheese -- optional

2 Teaspoons Corn Starch -- optional

2 Tablespoons Beef Bouillon

1 Tablespoon Soybean Flour

2 Tablespoons Vegetable Protein -- to 3 Tbl.

2 Tablespoons Instant Mashed Potatoes

Blend all of the above ingredients together until well blended. Shelf life-- 2 months. TO RECONSTITUTE:
Use 2 Tablespoons in 1-1/2 cups boiling water.

Orange-Sesame Cake

1 1/2 C Whole-Wheat Flour

1/2 C Soy Flour

1 Tsp Salt
2 Tsp Baking Powder
1/4 C Sesame Seeds
1/4 C Whole Dried Egg
2 Tbsp Orange Peel -- grated
1/2 C Sugar
1/2 C Margarine
2 Tbsp Shortening Or Margarine -- to grease pan
3/4 C Water

Blend all the ingredients thoroughly, using the low speed of the electric mixer. Bag mixture and close top securely.

1. Grease the baking pan with margarine.
2. Blend water into the mix to make a stiff batter. Spread batter in pan and bake about 30 minutes, or until it's done. Serves 4.

Pea Bean Soup

2 cups dried lima beans
2 cups dried split peas
1 cube butter or use substitute
1 teaspoon salt
1/2 teaspoon pepper
2 or 3 cups onions (or substitute with onion flakes)
Ham, if you have it.

Soak beans and peas overnight. Boil for 1 hour. Add onions, butter, salt and pepper, ham or any other spices and seasoning you wish. Cook 15 more minutes or until beans are tender.

Peanut Butter Soup

1 Env Cream Of Onion Soup Mix -- makes 2-1/2 c soup
1/2 C Dry Milk
1/8 Tsp Nutmeg

3 Tbsp Peanut Butter

3 1/2 C Water

1. Put soup mix in pan, add 2 1/2 cups cold water. Heat to boiling, stirring frequently.
2. Mix milk powder with 1 cup water. Add to soup and turn heat to simmer, and cook for 5-10 minutes.
3. Blend in peanut butter while soup is simmering.

Makes about 4 cups.

Potatoes and Broth

2 lb new potatoes, well washed

6 c water

6 beef broth cubes

Heat water to boiling and add cubes to form broth. Place potatoes in broth and simmer 45 min or until potatoes are done. Serve as a soup with a potato.

Potato Hash with TVP

Submitted by Brandie

6 servings

1/2 cup TVP granules

1/3 cup hot water

1 Tablespoon soy sauce

3 large potatoes, grated

1 small onion, chopped

1 teaspoon salt

2 Tablespoons canola oil

Mix hot water, soy sauce and TVP let stand 10 minutes. Mix with potatoes, onions and salt. Heat skillet, add oil and fry hash until lightly browned and potatoes are tender, turning as it browns.

Potato Yeast

Found at Food Storage and Supplies

Boil one quart of Irish potatoes in three quarts of water. When done, take out the potatoes, one by one, on a fork, peel and mash them fine, in a tray, with a large iron spoon, leaving the boiling water on the stove during the process. Throw in this water a handful of hops, which must scald, not boil, as it turns the tea very dark to let the hops boil. Add to the mashed potatoes a heaping teacupful of powdered white sugar (I think that this is probably granulated sugar) and half a teacupful of salt; then slowly stir in the strained hop tea, so that there will be no lumps. When milk-warm, add a teacupful of yeast (a starter left from a previous batch, so that it will be ready sooner. Since you don't have a starter, it will take two or three days in a warm spot for this to start 'working') and pour into glass fruit jars, or large clear glass bottles to ferment, being careful not to close them tightly. Set in a warm place in winter, a cool one in summer. In six hours, it will be ready for use and at the end of that time the jar must be securely closed. This yeast will keep two weeks in winter and one week in summer.

Cheese And Rice

4 1/2 Oz Dehydrated Cheddar Cheese

3 3/4 Oz Instant Rice

2 Tbsp Margarine

Salt -- to taste

3 C Water

1. Bring water to a boil and add rice and salt. Simmer until rice is tender.

2. Stir in cheese and margarine. Cover the pot and let stand a couple of minutes to rehydrate the cheese.

Makes about 4 cups.

Rice Pudding

1 C. of white rice

1 C. of sugar

about a 1/2 Gal of milk (whole or 2%)

Combine the rice and the sugar in a double boiler and cover with milk. Keep the double boiler going and continue to cover with milk (check it about every 1/2 hour). This whole process will take about 5 hours until it is tender, but it is definitely worth it!! Sprinkle with cinnamon and (if you want) raisins.

Rolled Oats Griddle Cakes

2 cups rolled oats
1 1/2 cups flour
1 tsp salt
1 tsp baking soda
2 tbs hot water
1 tsp baking powder
2 1/2 cups buttermilk
2 eggs, beaten
2 tbs margarine, melted
1 cup sugar

Soak oats in buttermilk overnight. Then add rest of ingredients and stir well. Cook batter as pancakes.

Savory Dumplings

2 C [Master Mix -- see recipe](#)
3/4 C Water

**** Savory Dumplings ****

1 Tbsp Instant Minced Onions -- toasted or plain
2 Tbsp Dried Parsley
1/2 Tsp Sage

**** Cheese Dumplings ****

1/4 C Powdered Cheddar Cheese, Or
1/4 C Parmesan Cheese -- grated
1/4 tsp Oregano

1. Mix ingredients and add water, as needed, to make a stiff dough.
2. Spoon out dough by teaspoon and drop into gently simmering soup or stew.
3. Cover the pan and simmer gently until dumplings have risen and are cooked in the center, about 5-10 minutes.

Try varying seasonings, as with biscuits, for different flavors.

Rosehip Tea

Rosehip Tea Collect the rosehips from the rose bushes, either wild or domestic, at the end of the summer. Dry the herbs or use them fresh, approximately one tablespoon per cup of water. Boil the water desired, remove from heat and add the rose hips and steep 20 minutes. Add honey to taste.

Soda Crackers

4 cups flour
1 cup butter (or margarine)
3/4 cup milk
1 teaspoon vinegar
1/2 teaspoon baking powder
1/2 teaspoon salt

Work the butter into the flour with a pastry cutter or fork. Next, stir the vinegar, baking soda, and salt into the milk, and add this to the butter-flour mixture. Form the dough into a ball. Roll out to a thickness of about 1/5 inch...very thin. Lightly score the dough in the size of the cracker you desire. I've come up with an easy way to do this. I roll out the dough directly onto a flat baking sheet. Next, placing a ruler on the dough, I perforate the dough along the side of the ruler with a fork. Sometimes I make squares, sometimes diamonds. I think you could cut out the crackers with cookie cutters for special occasions, but you will have a lot of waste unless you gather up the fragments and re-roll and re-cut them. Now bake the crackers at 375* for about 20 minutes or until crisp. The crackers should not get too brown, just a sprinkling of brown on top.

Sourdough Pancakes

2 cups sourdough starter
2 cups lukewarm water
2 1/2 cups flour
1 tbs sugar
1/4 cups evaporated milk
1/2 tsp salt
1 tsp baking soda
2 tsp sugar

Combine first three ingredients in large pot, cover and let stand overnight. Add remaining ingredients, let stand 5 minutes, then ladle onto hot griddle and enjoy.

Sourdough Starter

1qt lukewarm water
1 pkg dry active yeast
2 tsp sugar
4 cups flour

Put water in 1/2 gal jar, add yeast and sugar to soften, stir in flour. Cover with a clean cloth. Let rise until mixture is light and slightly aged, about 2 days. Mixture will thin as it stands; add flour as needed. As you use starter, replace with equal amounts of flour and water.

Spicy Tomato Soup

2 Oz Tomato Crystals
2 Oz Chicken Bouillon Granules, Or
5 Ea Chicken Bouillon Cubes
1/2 Tsp Sugar
1/4 Tsp Basil
1 Tsp Instant Minced Onion, Or
1 Tsp Freeze-Dried Chives
1 Pkg Lemon Crystals
1 Tsp Dried Parsley
3 C Water

1. Add all ingredients to a bag and seal tightly.
2. To prepare add ingredients to a pot and gradually add 3-4 cups cold water.
3. Bring to a boil and simmer a few minutes to blend flavors.

Split Pea Soup

Submitted by M. McFarlane

1. 1 ½ cups split peas
4 ½ cups water

Put the peas and water in a large soup pot, bring to a boil, and simmer for 2 minutes. Remove from heat, cover and let stand for 1 hour.

2. 6 cups water
1 onion, chopped
2 cups cooked ham, cubed, or shaved & finely chopped (approximately - more or less to your own preference) Chicken soup base (e.g.. OXO cubes or liquid - enough to give good flavor to the water in the pot) Add the additional water, onion, ham and soup base to the soup pot. Bring back to a boil, and simmer about 1 hour, or until peas are quite soft.

3. 3 tbsp butter
2 tbsp flour
1 ½ cup milk

In a small saucepan melt the butter and stir in the flour. Cook for a minute or two and then add the milk, whisking to keep it smooth. Cook this sauce until it thickens, and then whisk it into the soup. Whisk the soup well, and cook it a couple of minutes more. (The whisking should result in the peas and onions becoming more or less pureed, which is what you want.)

Note: This soup is quite good, and makes a large quantity. For the ham, I used a small black forest ham, and cubed it into ½ inch pieces. The original Fanny Farmer recipe didn't call for ham, but used salt pork instead.

Stir Crazy Cake

- 2 1/2 cup flour
- 1 1/2 cup sugar
- 1/2 cup cocoa
- 2 tsp baking soda
- 1/2 tsp salt
- 2/3 cup oil
- 2 tbs vinegar
- 1 tbs vanilla
- 2 cups cold coffee

1/4 cups sugar
1/2 tsp cinnamon

Put flour, 1 1/2 cup sugar, cocoa, baking soda, and salt in a lined, ungreased Dutch oven. Stir with a fork to mix; form 3 wells in flour mixture. Pour oil into one well, vinegar in one, and vanilla in one. Pour cold coffee over all ingredients and stir with fork until well mixed. Combine remaining sugar and cinnamon; sprinkle over batter. Bake in Dutch oven for 34-45 minutes.

Taco Bean Soup

This recipe goes great with corn bread.

1/2 lb. ground beef, browned (You could use a meat substitute here. If so, add it just before serving.)

1 chopped onion (or 1 cup reconstituted onions)

1 lb. cooked kidney beans or pinto beans

1 lb. stewed tomatoes (or 2 cups water and 1 cup tomato powder, mixed)

8 oz tomato sauce (or 1 cup water and 1/2 cup tomato powder, mixed)

1/2 envelop taco seasoning

1 1/2 cup water

Cook onion with meat, add remaining ingredients. Simmer 15 minutes or more. Serve over corn or tortilla chips - or

- it also makes a great meal all by itself if served with corn bread. Garnish with grated or powdered cheese if desired.

Easy Tortillas

1 C. yellow cornmeal

1/2 tsp. salt

1/2 C. bread flour

1 egg, lightly beaten

2 C. water

Combine cornmeal, salt and flour in bowl. Stir in egg and water until smooth. Heat lightly greased 6-inch nonstick skillet over medium heat. Spoon 3 to 4 tablespoons batter into hot pan. Turn and twist immediately to cover bottom of pan. Cook 30 seconds, then flip and cook other side. Do not brown tortilla. Layer cooked tortilla with paper towels. Makes about 20 tortillas.

TVP

Textured vegetable protein or TVP is made from soybeans after the oil is extracted. You may know this nutritious product as seasoned "bacon bits" or "hamburger helper." It's available in granules or chunks in many different flavors . Pour 7/8 cup of hot water over 1 cup granules to reconstitute, then use in recipes as you'd use ground meat. It has a long shelf life.

"Sausage" TVP

Submitted by Brandie

6 servings 1 cup TVP

7/8 cup hot water

1 teaspoon each sage and thyme

1 teaspoon onion powder

1 teaspoon salt

1/4 teaspoon black pepper

2 Tablespoons canola oil

Pour hot water over TVP and let stand 10 minutes. Stir in seasonings. Heat a pan, add oil, fry TVP until lightly browned. Add to Country Gravy.

Western Fish Stew

3 Oz Dried Onions

2 Chicken Bouillon Cube

2 Beef Bouillon Cubes

1/4 Tsp Garlic Powder

1/2 Tsp Thyme

2 Pkg Lemon Crystals

1 Stick Cinnamon -- 1" pieces

2 Oz Tomato Crystals

1 Lb Fish Fillet

5 C Water

Salt -- to taste

1. Fillet the fish and cut into chunks.
2. Add everything except tomato and fish to 4 or 5 cups of water. Bring to a boil, reduce heat and simmer gently for 10 to 15 minutes.
3. Blend the tomato crystals with enough cool water to form a smooth paste. Add slowly to the simmering broth.
4. Add fish and cook until it flakes easily.

Whole Wheat Oatmeal Cake

Mix:

- 1 1/4 cup boiling water
- 1/4 cup margarine or butter
- 1 cup oatmeal

Set aside to soak:

Cream together:

- 1 cup brown sugar
- 1 cup sugar
- 2 eggs (or equivalent powdered eggs and water)

Add the cooled oatmeal mixture plus:

- 1 1/3 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt

Bake at 350 degrees for 35 minutes. While it is baking, Mix the topping:

- 1 cup chopped nuts
- 1 cup coconut
- 1/2 cup sugar
- 1 teaspoon vanilla
- 1/4 cup margarine or butter
- 1/4 cup canned milk

Spread mixture over the still hot cake and broil until brown.

White Bean Soup

Submitted by Mushroom

2 cups white beans (pea beans or great northern)

4 strips bacon, diced

1 carrot, shredded

1/4 cup dried minced onion

5 cups water

1/2 teaspoon dried ginger

Salt and pepper to taste

Fry bacon slowly in bottom of bean pan until just golden. Pour off fat. Add water and stir brownings off bottom. Add the rest of the ingredients and simmer until beans are very tender. Mash some of the beans to thicken soup. Milk can be added if desired (Just enough to lighten soup.). Serve with crackers or fresh bread and chopped green onions. 4 servings.

Whole Wheat Chili

2 cups cooked wheat (soak wheat overnight, drain. Add 4 cups water, 1 tsp. salt, boil 15 minutes or until tender.)

Add all of the following you can:

1 lb ground beef (or substitute Beef flavored TVP)

1 chopped onion

1 cup chopped celery

1 tablespoon green pepper

1 10 oz can of tomato soup (or use 1 cup water and 1 cup tomato powder)

1 teaspoon chili powder

Cook hamburger then add other ingredients, stir occasionally or bake in casserole at 350 degrees F for 20 minutes.

Whole-Wheat Pancakes

1/2 C Whole-Wheat Flour
1/2 C Flour, All-Purpose
2 Tsp Baking Powder
2 Tsp Sugar
1/2 Tsp Salt
1/4 C Dry Milk
1/4 C Dried Eggs
3/4 C Water
2 Tbsp Margarine
2 Tbsp Cooking Oil

1. Mix dry ingredients together in a bowl. Stir in water, adding a little at a time to make a medium-thin batter.

Blend in 2 tbs melted margarine.

2. Add margarine or cooking oil to the fry pan. When oil is hot add batter to make about 3 inch diameter cakes.

3. Cook until cakes look dry around the edges and the bubbles don't close up after bursting. Turn neatly and cook until bottom is done.

Whole Wheat Pancakes #2

3 cups whole wheat flour or substitute one cup with white flour.
2 to 3 tablespoons sugar
1/2 cup powdered milk
1 tablespoon baking powder
1 teaspoon salt
1 egg or 1 tablespoon egg powder
3 tablespoons oil

Mix dry ingredients. Add water and mix. Add egg and oil, mix well. Add a little water to make it the right consistency, then fry them up. Note: The recipe needs the milk and sugar to help the pancakes brown up nicely.

Whole-Wheat Trail Bread

2 1/4 C Warm Water -- about 155 degrees F
1 Tbsp Active Yeast
2 Tsp Salt
1/2 C Dry Milk
2 Tbsp Honey
2 Tbsp Molasses
1/4 C Sugar, White
1/2 C Vegetable Shortening
2 Eggs
3 C Flour, All-Purpose
2 C Whole-Wheat Flour
1/2 C Wheat Germ

1. Combine water and yeast and let set for about 5 minutes. 2. Mix in salt, milk, honey, molasses, sugar, shortening and eggs.
3. Add the white flour and blend in well.
4. In another large bowl add the whole-wheat flour and wheat germ. Pour the yeast mixture over this flour and blend very thoroughly. Cover and let rise in a warm place for about an hour.
5. Turn dough out onto a well-floured surface and knead vigorously. Divide dough into 6 equal portions and shape into loaves.
6. Grease 6 small bread pans (3 x 5 in.) and place dough into them. Brush tops of loaves with oil and let rise for about an hour.
7. Bake in a pre-heated oven at 375° F. for about 30 minutes. Turn loaves out onto a rack to cool.

Wild Onion Bread

1 1/2oz package onion soup mix
3/4 cups hot water
1 pkg dry yeast
2 tbs sugar
2 tbs warm water
1 egg
2 recipes dry baking mix (see listing)
1 cup sourdough starter (see listing)

Add soup mix to 3/4 cups hot water; let stand until lukewarm. In a separate container, soften yeast and sugar with 2 tbs warm water. Beat soup mixture and yeast mixture together with egg, 1 cup dry baking mix, and sourdough starter. Stir in remaining dry baking mix to make a stiff dough. Place on a floured surface; knead until smooth and elastic. Place in a greased pot, turning to grease top. Cover and let rise for 2 hours. Shape into a round loaf. Line a Dutch oven with foil and grease. Place loaf in oven, cover and let rise 45 minutes. Bake for 35 minutes or until loaf is brown.

*EZ Mix

Regular Ezekiel Mix, Nutritionally Complete Survival Food

Ezekiel Bread Mix, is a blend of 4 grains and 4 beans. Biblical Formula. Food scientists have tested Ezekiel Bread Mix and found it to be surprisingly complete in nutrients lacking only the vitamin provided by sunlight to provide for man's survival. (See, Ezekiel 4:9). (Sunlight converts cholesterol in the skin into Vitamin D, which is then absorbed into the bloodstream.) A similar diet sustained the prophet Ezekiel for 390 days. EZB-Reg. is recommended for use in soups, stews, porridge and ground into flour to make hi-protein breads (see, [recipe](#)). A [Grain Mill](#) is recommended for grinding grains and beans into flour. The ingredients for EZB-Reg. are whole grains and beans:

April 2nd Note: Out of stock on Organic Spelt until after the 2008 harvest. We hope to substitute with Rye as given to Carol Levergood.

20 parts Wheat	2 parts Hulled Millet	1 part Great Northern Beans
12 parts Org. Spelt	2 parts Lentils	1 part Red Kidney Beans
4 parts Hulled Barley	2 parts Pinto Beans	

Rye Ezekiel Bread Mix, EZB-Rye, Nutritionally Complete Survival Food!

In 1973, Carol Levergood, an intercessor, was impressed by the Lord to go on an Ezekiel Bread Fast for 40 days and to pray for Israel during the fast. She was reading the scriptures and wrote down the grains and beans listed in the Bible. The proportions

are not given in scripture, so she asked the Lord for the right proportions. Spelt was all being imported from the Soviet Union so she asked the Lord for an alternate. Rye was the alternate the Lord gave her for Spelt. In addition, the Lord directed her in the proportions of each other grain and bean in the recipe. This [Ezekiel Bread Mix made with Rye, EZ-Rye Formula](#), follows her recipe. She finished the fast the day before the Yom Kippur War broke out in Israel. Israel won the war with minimal losses and Carol Levergood wrote a now out of print book published in 1981, called 'God's Recipe' about her experiences. This formula has been tested by food scientists and is found to be Nutritionally Complete, containing all 8 essential amino acids. The price for this [Rye Ezekiel Bread Mix](#) is a bit less than for the Biblical Formula, because the only Spelt we can acquire is certified organic. The proportions for this blend is the same as the one made with Spelt.

20 parts Wheat Northern Beans	2 parts Hulled Millet	1 part Great
12 parts Rye Beans	2 parts Lentils	1 part Red Kidney
4 parts Pearl Barley (substitution for out of stock Hulled Barley)	2 parts Pinto Beans	

You would need a Grain Mill capable of grinding both grains and beans in order to turn this formula into flour for baking breads. We recommend [The Family Grain Mill](#) highly for dual Electric and Manual Milling. [The Little Ark Manual Grain Mill](#), the [#2 Manual Mill](#), the [Back to Basic Grain Mill](#), The [Deluxe Golden Grain Mill](#) or [The K-Tec Kitchen Electric Mill](#). Ship Wt. 43 lbs. **We are not carrying the Rye Formula at this time, except in the [Rye Ezekiel Family Unit](#) -- unmixed, feeds a family of 5 for one full year!**

100% Organic Ezekiel Bread Mix

We now carry an Ezekiel Mix Organic Formula: **Back ordered until after the 2008 harvest!**

Contains, 100% Organic (Certificates on file):

1. 20 parts Org. Red Wheat, substitute on 2/08 Kamut org. 4/2/08 Completely out of stock on both Organic Hard Red Wheat and Organic Kamut and not able to obtain until after 2008 harvest.
2. 12 parts Org. Spelt, 4/01/08 -- Completely out of stock and not able to obtain until after the 2008 harvest.
3. 4 parts Org. Hulled Oat Groats (substitution for Barley),
4. 2 parts Org. Millet,
5. 2 parts Org. Navy Beans (substitution for Lentils),
6. 2 parts Org. Pinto Beans,
7. 1 part Org. Great Northern Beans,
8. 1 part Org. Small Red Beans (substitution for Kidney Beans).