

Survival Lunch Recipes

Baked Beans Western Style

Ingredients

6 Cup Water
1 Pound Red Beans
1/4 Cup Dehydrated [Onion](#)*
2 Cup Dehydrated [Tomato Powder](#)*
1 1/4 Cup [Brown Sugar](#)
1 Teaspoon [Chili Powder](#)
3/4 Cup Bacon or [Bacon Bits](#)
[Salt](#) and [Pepper](#) to taste
*Reconstitute before using

Preparation

1. Soak beans.
 2. Simmer with salt and onion until tender.
 3. Add remaining ingredients.
 4. Blend well.
 5. Place in casserole dish.
 6. Bake 4-5 hours at 275°F.
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Easy Broccoli Soup

Ingredients

2 Tablespoon Butter or Olive Oil
1 Medium Onion, Sliced
1 Clove Garlic, Smashed
1 Potato, Peeled and Diced
4 Cup [Chicken Broth](#)
3 1/2 Cup Freeze Dried [Broccoli](#)*
2-4 Tablespoon Cream or Half and Half
Pinch Dried Thyme Leaves
[Salt](#) and [Pepper](#) to taste
Optional: Freeze Dried [Monterey Jack Cheese](#)*, Freeze Dried Shredded [Cheddar Cheese](#)*, or Crumbled [Bacon TVP](#)*
*Reconstitute before using

Preparation

1. Melt butter in medium saucepan over medium heat.
2. Add onion and garlic; Cook until translucent. (5 minutes).
3. Add potato, thyme, salt, and broth and bring to boil and simmer.
4. Cook uncovered until potato is fork tender (10 minutes).
5. Add broccoli and simmer 3 minutes.
6. Puree soup in blender and return to pot.
7. Add cream and simmer then season with salt and pepper.

Fiesta Bean Dip

Ingredients

- 1 Cup [Refried Beans](#)*
 - 1/2 Cup [Taco TVP](#)*
 - 1/4 Cup Dehydrated [Chopped Onion](#)*
 - 3/4 Cup Salsa
 - 4 oz Chopped Green Chilies
 - 16 oz Sour Cream
 - 4 oz Sliced Olives
 - 1 Tomato, Chopped
 - Freeze Dried Shredded [Mozzarella Cheese](#)*
 - Chopped Green Onions
- *Reconstitute before using

Preparation

1. In a 2-quart dish, reconstitute refried beans by pouring one cup boiling water over them.
 2. Stir and cover for 5 minutes.
 3. Reconstitute Taco TVP by combining with 1 cup of water.
 4. Bring to a boil, and add chopped onions.
 5. Let simmer for at least two minutes (until water is absorbed).
 6. Spread Taco TVP and onion mix over the refried beans.
 7. Layer salsa, green chilies, sour cream, cheese, green onions, olives and tomatoes in that order.
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Indian Fried Scones

Ingredients

- 3 Cup [Flour](#)
 - 4 Teaspoon [Sugar](#)
 - 4 Teaspoon [Baking Powder](#)
 - 2 Teaspoon [Salt](#)
 - 1 1/4 or 1 1/2 Cup Warm Water
- *Reconstitute before using

Preparation

1. Mix all ingredients together and let rise for 5 minutes.
2. Form into scones and fry.

Old-Fashioned Vegetable Soup

Ingredients

- 1/2 Freeze Dried [Onion](#)*
 - 1/2 Cup Freeze Dried [Celery](#)*
 - 1/2 Cup Freeze Dried [Green Beans](#)*
 - 1/4 Cup Freeze Dried [Broccoli](#)*
 - 1 Cup Dehydrated [Carrot](#)*
 - 2 Cup Freeze Dried [Tomato Chunks](#)*
 - 1/2 Freeze Dried [Corn](#)*
 - 1 Freeze Dried [Potato Dices](#)*
 - 10 Cup Water
 - 3 Teaspoon Beef Bouillon
 - 1/2 Cup Rice or Macaroni
 - Optional: 2 Dried Beef Patties
- *Reconstitute before using

Preparation

1. Place all ingredients in a large kettle and simmer 10 minutes.
 2. Add beef patties and bouillon.
 3. Simmer another 30 minutes or until vegetables are tender.
 4. Season to taste.
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Monterey-Cheddar Cheese Bread

Ingredients

- 2 Package Buttermilk Biscuits
 - 1 Cup Freeze Dried Shredded [Colby Cheese](#)*
 - 1 Cup Freeze Dried Shredded [Monterey Jack Cheese](#)*
 - 1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*
 - 1 Can Chopped Green Chilies (Drained)
- *Reconstitute before using

Preparation

1. Preheat oven to 350°F; Coat 9"x 13" baking dish with nonstick cooking spray.
2. Separate the biscuit dough into 16 biscuits; Cut each one into 6 pieces and place in large bowl.
3. Add cheeses and chilies; Toss until well mixed.
4. Spoon into baking dish and sprinkle with any cheese remaining in bowl.
5. Bake 25-30 minutes or until biscuits are golden brown and cooked enough.
6. Let stand 10 minutes.

Pineapple Cole Slaw

Ingredients

- 2/3 Dehydrated [Sour Cream Powder](#)*
 - 2/3 Cup Salad Dressing
 - 1 Tablespoon Celery Seed
 - 4 Cup Shredded Cabbage
 - 2 Cup Mini Marshmallows
 - 2 Cup Sliced Grapes
 - 2 Cup Freeze Dried [Pineapple Chunks](#)*
- *Reconstitute before using

Preparation

1. Mix sour cream, salad dressing, and celery seed in large bowl.
 2. Add shredded cabbage, marshmallows, grapes and pineapple chunks; Toss until mixed.
 3. Cover and chill for several hours.
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Spicy Refried Bean Dip

Ingredients

- 2 Cans Refried Beans (16 oz each)
 - 1 Package Taco Seasoning (1 1/4 oz), ([Taco TVP](#))*
 - 1/2 Cup Dehydrated [Chopped Onion](#)*
 - 2 Cup Freeze Dried Shredded [Monterey Jack Cheese](#)*
 - Tabasco Sauce to taste
 - Chopped Jalapeno or Chilies to taste
- *Reconstitute before using

Preparation

1. Place refried beans, taco seasoning, onion, cheese, and tabasco sauce in the crockpot; Stir well.
2. Stir in chopped chilies.
3. Cover and cook on low until cheese is melted (about 1 hour).
4. Add a little water if mixture seems too thick.
5. Serve from the crockpot with french bread, crackers, or chips.

-Makes 4 cups.

Zucchini Bread

Ingredients

1/3 Cup Butter

1 Cup [Sugar](#)

2 [Eggs](#)*

1 Cup Grated Freeze Dried [Zucchini](#)*

1/3 Cup Water

1 1/2 Cup [Flour](#)

1 Teaspoon [Baking Soda](#)

1/4 Teaspoon [Salt](#)

[Cinnamon](#)

Cloves

Chopped Nuts

*Reconstitute before using

Preparation

1. Mix Butter and dry ingredients, add eggs and water.

2. Bake at 350°F for 50 minutes.

Peanut Butter and Banana Wraps

Ingredients

1/2 Cup Dehydrated [Peanut Butter Powder](#)*

4 Whole Wheat or Regular Flour Tortillas

1/4 Cup [Honey](#)

2 Cup Freeze Dried [Banana Slices](#)*

*Reconstitute before using

Preparation

1. Spread 2 tablespoon of Peanut Butter evenly over each tortilla.

2. Drizzle 1 tablespoon of honey over each tortilla.

3. Top with Banana Slices.

4. Roll up tortillas; Secure with toothpicks.

Chicken Mushroom Soup

Ingredients

1/4 Cup (1/2 Stick) Margarine
1/4 Cup Diced Freeze Dried [Onion](#)*
1/4 Cup Diced Dehydrated [Carrot](#)*
1/4 Cup Diced Freeze Dried [Celery](#)*
3 Cup Sliced Freeze Dried [Mushroom](#)*
1/2 Cup [Flour](#)
5 1/2 Cup Chicken Bouillon
Pinch of Dried Tarragon
1/4 Teaspoon Dried Thyme
1/2 Teaspoon White Pepper
1 Teaspoon Black [Pepper](#)
1/2 Hot Pepper Sauce
1 Tablespoon Chopped Fresh Parsley
3 Cup Half-and-Half Cream
1 1/2 Teaspoon Lemon Juice
3 Cup Diced Freeze Dried [Chicken](#)*

Preparation

1. Melt margarine in a large heavy pot; Add vegetables and saute until tender over medium-low heat.
2. Slowly stir flour over vegetables and let cook briefly; Stirring regularly. Do not let flour brown.
3. Slowly add chicken bouillon to vegetable-flour mixture; Stirring constantly.
4. Add herbs, pepper sauce, and parsley; Stir well.
5. Simmer 10 minutes.
6. Stir in half-and-half, lemon juice and chicken.
7. Bring to simmer and cook 10 minutes.
8. Serve immediately.

-Makes 3 Quarts

Tortilla Soup

Ingredients

1 Cup Chopped Freeze Dried [Onion](#)*
2 Teaspoon [Minced Garlic](#)
1 Tablespoon Olive Oil
1 (4 oz) Can Green Chilies
1 (14.5 oz) Can Diced Tomatoes
4 Cup Chicken Broth
1 (8 oz) Can Tomato Sauce
1 (8 oz) Can Water
1 Tablespoon [Chili Powder](#)
1 Tablespoon Cumin
1 Tablespoon Worcestershire Sauce
2 Cup Dried Freeze Dried [Chicken](#)*
Freeze Dried Shredded [Monterey Jack Cheese](#)*
Package of Corn Tortillas

Preparation

1. Slice the tortillas into thin slices and place on a sprayed baking sheet.
 2. Bake at 250°F for 30 minutes or until crispy. Add the oil to a soup pot. Saute onions and garlic oil for about 4-5 minutes.
 3. Add remaining ingredients except for cheese and tortillas.
 4. Simmer for 30 minutes.
 5. Serve soup with cheese and tortillas on top.
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Garden Chowder

Ingredients

1/2 Cup Chopped Freeze Dried [Onion](#)*
1/4 Cup Butter
1 Cup Freeze Dried [Potato Dices](#)*
1 Cup Sliced Freeze Dried [Celery](#)*
1 Cup Freeze Dried [Cauliflower](#)*
1 Cup Diced Dehydrated [Carrot](#)*
1 Cup Diced Freeze Dried [Broccoli](#)*
1 Cup Water
1 Teaspoon Chicken Bouillon
1 Teaspoon [Salt](#)
1/4 Teaspoon [Pepper](#)
1/2 Cup [Flour](#)*
2 Cup Dehydrated Fat-Free [Milk](#)*
1 Tablespoon Parsley
1 Cup Freeze Dried Shredded [Cheddar Cheese](#)*

Preparation

1. Saute onion in butter.
2. Add vegetables, water, bouillon, salt, and pepper.
3. Reduce heat, cover, and simmer 20 minutes.
4. Combine flour and milk until smooth; Stir into pan. Bring to boil; Stir for 2 minutes.
5. Add cheese just before serving.

Bean Burger

Ingredients

2 Cup [Kidney](#) or [Pinto Beans](#)
1 Tablespoon Ketchup
2 Cloves Garlic, Minced
1 Teaspoon Dried [Oregano](#)
1 Teaspoon Dried [Basil](#)
1/4 Cup Parmesan Cheese
1/4 Cup Freeze Dried [Onion*](#), Chopped
[Salt](#) and [Pepper](#) to taste

Preparation

1. Combine all ingredients in a large bowl and mash with fork or potato masher.
 2. Divide mixture into 8 burgers, making patties about 1/2" thick.
 3. Coat a nonstick skillet with vegetable spray.
 4. Cook burgers over medium heat until browned on both sides (about 7-9 minutes).
 5. Serve on bus with lettuce, tomatoes, and cheese if desired.
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Dried Split Green Pea Dip

Ingredients

3/4 Cup Freeze Dried [Onion*](#)
3 Tablespoon Oil
3 1/2 Cup Water
1 Cup Dehydrated [Split Green Peas*](#)
1/4 Cup Finely Chopped Green Chilies
2 Teaspoon [Garlic, Minced](#)
1 Lemon Juice
2 Tomatoes, Peeled, Seeded and Chopped
1/2 Teaspoon Ground Cumin
1 Chinese Chili Out

[Salt](#)

Bread, Crackers, or Chips for Dipping

Preparation

Salad:

1. Saute onion in 2 tablespoon of oil. Stir in water and split pea and bring to boil. Boil 2 minutes. Remove from heat. Cover and let stand 30 minutes.
2. Return to heat and bring to boil. Cover, reduce heat and simmer for 20 minutes.
3. Cool slightly. Drain peas, reserve any liquid.
4. Puree peas, adding enough liquid until desired consistency.
5. Place pureed peas in a bowl and add chilies, garlic, lemon juice, tomatoes, cilantro, cumin, and remaining oil.
6. Cover and chill well.

Spinach Mushroom Pizza

Ingredients

- 1 12" Pre-Baked Pizza Crust
- 3 Tablespoon Olive Oil
- 1 Teaspoon Sesame Oil
- 1 Cup Freeze Dried [Spinach](#)*
- 1 Cup Freeze Dried Shredded [Mozzarella Cheese](#)*
- 1 Cup Freeze Dried [Mushroom Slices](#)*

Preparation

1. Preheat oven to 350°F. Place pizza crust on baking sheet.
2. Mix together olive oil and sesame oil. Brush onto pizza crust. Scatter spinach evenly over crust. Cover pizza with mozzarella cheese and top with mushrooms.
3. Bake in oven for 8-10 minutes or until cheese is melted and edges are crisp.

-Makes 8 servings.

St Louis Salad

Ingredients

- 2 Cup Freeze Dried [Broccoli](#)*
- 2 Cup Freeze Dried [Cauliflower](#)*
- 1/2 Cup Red Onion, Diced
- 1 Cup Swiss or Freeze Dried [Monterey Jack Cheese](#)*
- 1 Cup [Bacon TVP](#)*
- [Salt](#) and [Pepper](#) to taste

Dressing:

- 1 Cup Mayonnaise
- 1 Cup Dehydrated [Sour Cream Powder](#)*
- 1 Tablespoon Lemon Juice
- 1 Tablespoon [Sugar](#)

Preparation

1. Combine first five ingredients in a large bowl; Toss with salt and pepper to your taste.
2. Whisk dressing ingredients well.
3. Pour over salad and toss gently.
4. Chill for at least two hours to overnight; Toss once more before serving.

Variations:

Add Freeze Dried [Turkey](#)*, Freeze Dried [Chicken](#)*, or Freeze Dried [Ham](#)* for added flavor.

-Makes 12 servings

Onion Bread Mix

Ingredients

- 1/4 Cup Dehydrated [Onion](#)*
- 3 1/3 Cup Bread Flour
- 2 Tablespoon [Sugar](#)
- 1 Tablespoon Dehydrated Fat-Free [Milk](#)*
- 1 1/2 Teaspoon [Salt](#)
- 1/2 Teaspoon Dried Sage (optional)
- 1 Envelope of Yeast or 2 Teaspoon of Fermipan

Onion Bread Mix:

- 1 Jar of Onion Bread Mix
- 1 Cup Dehydrated [Sour Cream Powder](#)*
- 1 Tablespoon Lemon Juice
- 1 1/8 Cup Warm Water (105-110°F)
- 1 Tablespoon Vegetable Oil

Preparation

1. Place dehydrated onion in small zip-lock bag and set aside.
2. Combine other ingredients, except for yeast, into a quart jar.
3. Add the bag of onions and the yeast to the top of the mix and close jar.
4. Store in a cool, dry place.

Onion Bread:

1. Follow bread maker instructions or without bread maker, mix ingredients as you would for white bread.
2. Knead, let rise, punch down, form loaf, and place in greased pan.
3. Let rise again and bake at 350°F for 30 minutes or until golden brown and loaf sounds hollow.

Santa Fe Brunch Bake

Ingredients

- 1 Cup Freeze Dried [Corn](#)*
- 1 Cup Dehydrated [Hashbrown](#)*
- 1/2 Cup Freeze Dried [Onion](#)*
- 1/2 Cup Freeze Dried [Green Pepper](#)*
- 1 (15 oz) Can Black Beans
- 2 Cup Freeze Dried [Colby Cheese](#)* or Freeze Dried [Monterey Jack Cheese](#)*
- 8 Large Eggs
- 1 1/4 Cup Dehydrated Fat-Free [Milk](#)*
- 1/2 Teaspoon [Salt](#)
- 1/2 Tablespoon Ground Red Pepper (Cayenne)
- 2 Tablespoon Fresh Cilantro (optional)

Preparation

1. Mix potatoes, corn, onion, green peppers, and beans in a baking dish; Sprinkle with cheese and cilantro.
2. Bear remaining items with wire whisk and pour evenly over potato mixture; Cover a minimum of 2 hours and a maximum of 24 hours.
3. Heat oven to 350°F and bake uncovered 55-60 minutes.
4. Let cool 5 minutes before cutting; Serve with salsa or ketchup.