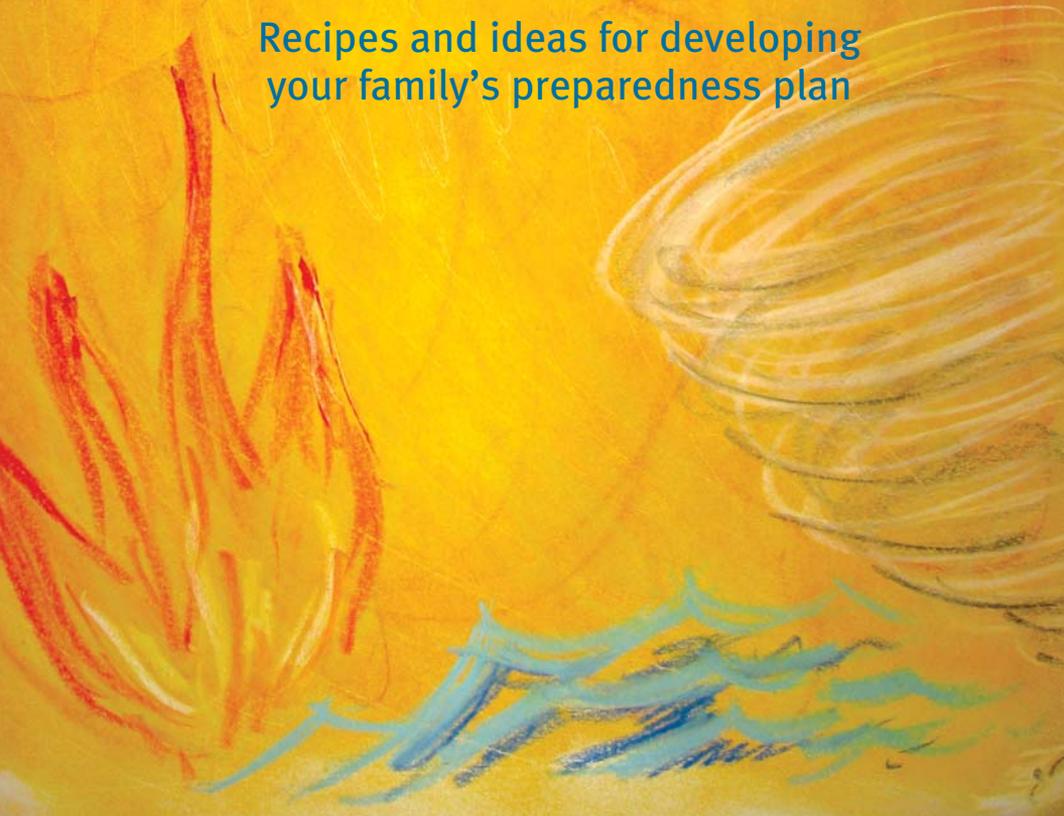


Recipes for a Disaster

Recipes and ideas for developing
your family's preparedness plan



the basics about “the basics”

Here are some recipes for you to try out early on in the disaster if you still have some fresh food available. Alter them to fit your family’s tastes and have fun eating them!

Most of the ingredients are canned goods with the exception of fresh fruits and vegetables. Vegetables and fruits can be kept without refrigeration for a couple of days or some can be bought canned.

Experiment!

When disaster strikes, being prepared will help limit the stress placed on your daily activities. Use this guide for your family and modify tips and recipes to meet your needs. We hope this guide will give you some ideas and get you started!

The important step to take is to be prepared for any emergency. Start planning now and let your children know you’ll be as ready as possible when the need arises.

- Practice an escape plan and have a meeting place
- Assign children tasks in an emergency
- Have family-friendly meals planned—let the children help plan and cook these if the need arises

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breakfast

Nutty Oatmeal

2 cups instant oatmeal
1/4 cup sliced almonds
1/4 cup raisins
8oz milk (powdered, fresh or soy)
Fresh fruit if available

- 1 Mix all ingredients in a bowl.
- 2 Let stand approximately 5 minutes

Peanut Butter French Toast

Bread Peanut Butter
Butter or spray butter Eggs or evaporated eggs
Milk (powdered, fresh or soy) Sugar

- 1 Make a peanut butter sandwich for each person
- 2 Beat an egg, 1 tsp. of sugar, and a small amount of milk together to make a batter.
- 3 Melt 1-2 tbsp. of butter in a skillet over medium-hot coals.
- 4 Dip each sandwich in the batter and fry until golden brown on both sides.
- 5 Serve with syrup or jelly.

Applesauce Pancakes

6 cups flour
2 tsp. salt
1/4 cup cooking oil
2 tsp. baking powder
1 tsp. cinnamon
1 quart applesauce, unsweetened
6 tbsps. maple syrup or sugar
2 eggs, well-beaten or evaporated milk
Water or milk

- 1 Combine flour, baking powder, and cinnamon.
- 2 Blend in applesauce, syrup or sugar, oil and eggs
- 3 Stir in enough water or milk until the batter becomes easy to pour.
- 4 Bake in a skillet over medium-hot coals until pancakes are golden brown on both sides.

dips and snacks

Snack Crackers

- 1 (12 ounce) package oyster crackers
- 1/2 cup vegetable oil
- 1 (1 ounce) package of ranch dressing mix
- 1 teaspoon garlic powder
- 1/2 teaspoon dried dill weed

- 1 Mix together vegetable oil, ranch dressing mix, garlic powder and dill.
- 2 Add crackers and mix gently until crackers are covered with the mixture.
- 3 Stir every 10 minutes for 1 hour.
- 4 Store in an airtight container.

Puppy Chow (a snack or dessert)

- 12 oz. semi sweet chocolate chips
- 1 cup creamy peanut butter
- 17 oz. box Crispix cereal
- 1/2 cup butter
- 2 cups powdered sugar

- 1 Combine first three ingredients in a medium pan over low heat.
- 2 Stir until melted.
- 3 Pour over cereal in a large bowl or brown bag. Mix well until covered.
- 4 Sprinkle with powdered sugar.

Pinto Bean Dip

- 2 15 ounce cans pinto beans drained
- 8 slices of canned jalapeno rinsed, save 2 tbsp. of juice (may substitute 1/2 jar of pearl onions)
- 1 teaspoon sugar
- 1/2 teaspoon of onion powder
- 1/4 teaspoon cayenne powder
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder

- 1 Mash all ingredients in a bowl until fairly smooth.
- 2 Serve with tortilla chips or on chalupas (with lettuce and tomatoes if available)

Serves 10

Dip or Tortilla Spread

- 1 can fat-free refried beans
- 1 can black beans
- 1 jar salsa
- 1 1/2 cups shredded cheese (or cheese not needing refrigeration like Velveeta Mexican Cheese, Campbell's Nacho Cheese Soup, or Campbell's Pepperjack Cheese Soup)
- 1 bag of chips or pkg. of tortillas

- 1 Mix beans, cheese and salsa together in medium pot
- 2 Heat long enough for cheese to melt
- 3 Spread on tortillas or use as dip for chips

Serves 10-15 people for snacks

Peanut Butter Play Dough (for kids to make & eat)

- 1 cup creamy peanut butter
- 1 1/4 cup instant powdered milk
- 7 tbsp. applesauce
- Nuts, coconut, or chocolate chips (optional)

- 1 Combine peanut butter and instant milk, mix thoroughly.
- 2 Gradually add the applesauce a little bit at a time.
- 3 Mix thoroughly.
For a stiffer dough, add a little more powdered milk.
For a thinner dough, add a little more applesauce.
- 4 Now the children can mold the dough into shapes and decorate their creations with chocolate chips, nut, coconut.

Crab Salad

- 1/2 bell pepper, finely chopped or jar of pepper
- 1/2 onion, finely chopped
- 2 oz pimiento, drained
- 1 — 8 oz can of crab meat/coarsely chopped
- 1/2 cup mayonnaise (can substitute with fat free or light)
- Black pepper to taste

- 1 Combine bell pepper, onion, crab meat and pimiento.
- 2 Mix in mayonnaise, and then add pepper to taste.
- 3 Stuff in pitas, tortillas, or put into a sandwich.

Serves 4

Granola Snacks

2-1/2 cups of crispy rice cereal
2 cups of cooking oats
1/2 cup packed brown sugar
1/2 cup raisins
1/2 cup light corn syrup
1/2 cup peanut butter (creamy or crunchy)
1 teaspoon of vanilla extract

DON'T FORGET THE CONDIMENTS!

Purchase small size containers of Ketchup, Mustard, Relish, Mayonnaise, Barbeque Sauce and other favorites.

- 1 Stir the rice cereal and oats together in a large bowl and set aside.
- 2 Grease a 9x13 inch baking dish with cooking spray.
- 3 Combine brown sugar and syrup in a small saucepan over medium heat.
- 4 Heat until boiling, then remove from heat and stir in peanut butter and vanilla until smooth.
- 5 Pour the mixture over the cereal and oat mixture and mix well.
- 6 Press into the prepared pan using the back of a large spoon.
- 7 Allow to cool and cut into squares.

A fun option — substitute chocolate chips for the raisins or add mini marshmallows!

Apple Smiles

2 green or red unpeeled apples —
cored and sliced
(2 slices for each apple smile)
1/4 cup puffed cereal
1/2 cup peanut butter
Raisins (optional)

- 1 Slice the apples into 1/4" slices
- 2 Dry apple slices on napkin so peanut butter will stick.
- 3 Spread each apple slice with peanut butter.
- 4 Top with another slice, peanut butter side down, and squeeze gently.
- 5 Place 4-5 pieces of puffed cereal into the peanut butter between the skins of the apple slices.

These are the teeth! Make the "smile that ate too much candy" by adding a raisin for a rotten tooth!

Serves 4

lunch and dinner

Tortilla Pie

1 jar (12 oz.) salsa
4 (10" diameter) flour tortillas
1 can (8 oz.) tomato sauce
4 oz. cheese (shredded Monterey Jack if available)
1 can (15 oz.) black beans (drained)
1 can (15 oz.) corn (drained, can re-use water)
Sour cream (optional)
1/2 cup cilantro (if available)

- 1 Preheat oven to 450. Spray jelly-roll pan with nonstick spray.
- 2 Mix salsa and tomato sauce.
- 3 In another bowl, mix black beans, corn and cilantro.
- 4 Place 1 tortilla in pan and spread 1/3 salsa mix over tortilla.
- 5 Top with 1/3 bean mixture and 1/3 cheese.
- 6 Repeat layering 2 more times, ending with last tortilla.
- 7 Bake 10-12 minutes until cheese melts and filling is hot.

Serve with sour cream if available.

Serves 4

Sausage Casserole

1 box brown rice
1 can pineapple chunks in sweetened syrup
1 (1 1/3 lb. pkg.) Hillshire Farm Sausage
(or substitute pepperoni slices or Vienna sausage)
Onion (can substitute jar of pearl onions
or minced onion)

- 1 Prepare rice according to package and set aside
- 2 Saute onion & sausage (3-5 minutes to bring out flavor)
- 3 Add pineapple and rice to sausage and onion

Serves 4

TIPS ON FOOD

- When preparing meals, remember that uneaten portions must be thrown away if not consumed.
- Never eat any food that does not look normal regardless of expiration date. "When in doubt, throw it out!"
- Fruits, vegetables, and breads spoil more quickly without refrigeration. Look for signs of spoilage (mold, odor, color, etc.) and discard items.
 - Store at least a three-day supply of non-perishable food.
- Don't forget to keep a manual can opener handy!
 - Select foods that require no refrigeration, preparation or cooking and little or no water.

Mac & Cheese Casserole

1 box Kraft macaroni with Velveeta cheese
4 oz. canned deviled ham
(can substitute stick pepperoni
or canned chipped beef)

HOW CAN I GET MY FAMILY TO ENJOY THESE MEALS?

- It is important to get yourself and your children familiar with foods you may prepare during an emergency
- Pick a day of the week to have experiment nights so that you can try out your favorite recipes
- Utilize all canned foods and water before the expiration dates, eat foods and replace. Pick foods that you already eat and enjoy, rotate them every 6 months
- MAKE IT FUN!

- 1 In a two quart pot boil one quart of water and cook the macaroni noodles.
- 2 When done drain water and while the noodles are hot add the Velveeta cheese foil package and mix.
- 3 Add the ham to the noodles.
You can substitute canned chipped beef or 1 stick pepperoni for the shredded deviled ham.

One package feeds two and takes about 20 minutes to prepare. Kids love it, and it sticks with you.

Note: You can add bacon bits, other types of noodles for variety. Adding bread crumbs to the top makes it a little more filling.

Tortellini Supper

2 (9oz.) packages three cheese tortellini
1 can of peas
1 to 1 1/2 cups of cooked, canned ham
1 jar or packet of Alfredo or white sauce
1 medium onion (can substitute jar of pearl onions)
1/4 cup of Parmesan cheese
3 slices of bacon (can substitute bacon bits)

- 1 Boil cheese tortellini as directed & drain.
- 2 Add ham & bacon bits.
- 3 Saute diced red pepper and diced onion until softened.
- 4 Gently fold in peas.
- 5 Add bacon, peas, pepper and onion to tortellini.
- 6 Stir alfredo sauce in gently.
- 7 Sprinkle with Parmesan cheese.

Serves 4

Wienie-Lottas

Eight tortillas

Two 10 1/2 cans chili with or without beans

1 tablespoon minced onion

3-4 cans Vienna sausages cut into small pieces (or 1 pkg. of hot dogs)

1 (8oz) can tomato sauce

4 can chopped green chili peppers

4 oz. of Velveeta Cheese

- 1 Microwave Vienna sausages or hotdogs.
- 2 Heat chili in a medium pan.
- 3 Add chili peppers and pepper sauce.
- 4 Mix onion into chili and peppers.
- 5 Add tomato sauce.
- 6 Warm tortillas in microwave for a few seconds.
- 7 Assemble: tortilla, hot dog, chili mixture, cheese.
- 8 Microwave 20-40 seconds to melt cheese.

Serves 4-6

Chinese Chicken

1 jar red or yellow peppers

2 tablespoons oil

1 10-1/2 oz. can condensed cream of chicken soup

1/3 cup water

2 tablespoons soy sauce

2 cups chunk, canned chicken

1 (1lb.) can chop suey vegetables, drained

- 1 Sauté pepper in olive oil until softened — remove from frying pan and set aside.
- 2 Stir fry chicken in same pan.
- 3 Mix together chicken, soup, water and soy sauce.
- 4 Drain vegetables and add to soup mixture.
- 5 Heat through.

Serves 4 adults

WHAT SNACKS CAN I HAVE THAT ARE NON-PERISHABLE?

- Dried fruits – prunes, raisins, cranberries, apricots
- Nuts – peanuts, walnuts, almonds, Brazilian nuts
- Seeds – pumpkin, sunflowers, cashews
- Granola Bars
- Cereal
- Beef jerky
 - Trail mix
 - Peanut butter
 - Crackers
 - Fruit snacks
 - Pop tarts

WATER IS SO IMPORTANT!

- Make sure you have a minimum of one gallon of water per person/day for drinking and sanitation
- Keep at least a three-day supply of water per person
- Some canned foods, especially vegetables (such as corn, green beans, etc.) have water in them that can be saved and used for cooking another meal
- Children, nursing mothers, and sick people may need more water
- Water from a water heater is a source of water that can be used if necessary

Cowboy Caviar

- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoon water
- 1/2 cup olive oil
- 1/2 cup vinegar
- 1 cup sugar
- 1 15.5 oz can black-eyed peas, drained
- 1 15.5 oz can pinto beans, drained
- 1 11oz can corn, drained
- 1 2oz jar pimentos
- 1 tablespoon minced onion
- 1 jar red pepper
- 2 small jalapenos (optional)

- 1 Boil the first six ingredients for 2-3 minutes to dissolve sugar.
- 2 Let cool.
- 3 After the liquid is mostly cool, put in a gallon Ziploc bag, add the remaining ingredients.
- 4 Marinade overnight.
- 5 Drain.
- 6 Serve with Frito Scoops or Tortilla Chips.

Black Beans with Rice

- 3/4 cup uncooked white rice
- 2 cups water
- 1 jar of salsa
- 1 (15 ounce) can black beans; drain and reserve liquid

- 1 Boil a medium size pot of water, add rice.
- 2 Bring back to a boil & reduce heat to simmer for 15-20 minutes.
- 3 Place beans in saucepan. Heat on medium, stirring frequently.
- 4 Stir in reserved bean liquid as needed.
- 5 Remove from heat & stir in salsa. Serve immediately.

soups

Tortilleni Soup

- 3 cups cheese tortellini
- 3 1/2 cups vegetable or chicken broth
- 4 garlic cloves minced
- 1 tsp. dried sage or rosemary leaves
- 1 (16 oz.) can small white or navy beans, rinsed and drained
- 1 can drained, diced tomatoes
- 1/2 cup dried Parmesan cheese
- 2 cups mixed canned veggies

- 1 Cook tortellini as directed in large pot.
- 2 Remove tortellini and set aside.
- 3 Bring broth, garlic, sage, and 1 cup water to a boil.
- 4 Stir in the spinach, beans, and tomatoes.
- 5 Reduce heat and simmer about 5 minutes or until spinach and tomatoes are tender.
- 6 Stir in the tortellini and simmer 1 minute longer.
- 7 Sprinkle with the cheese.

Serves 4

No Name Mexican Soup

- 1 can tamales, 14 oz
- 1 can corn (drained, can re-use water), 14 oz
- 1 can chili beans, 14 oz
- 1 can stewed tomatoes, 14 oz

You may use corn water to make soup thinner.

- 1 Break up tamales into chunks.
- 2 Combine all ingredients.
- 3 Heat & serve.

TIPS IN THE KITCHEN

- Buy perishable fresh foods (especially unripened). For example, fruits, vegetables and bread can be kept without refrigeration
- Turn refrigerator and freezer to coldest setting
- Freeze water in plastic jugs.
- If you lose electricity, a full freezer will keep foods frozen longer than a partially full freezer
- Keep fruits and vegetables whole...cutting often decreases shelf life
- Remember to store a manual can opener near the canned foods
 - Don't open freezer or refrigerator unless necessary. Chest freezers stay cooler for a longer period of time than upright refrigerator/freezers.

open flame or grill

If you have a sterno candle or Coleman stove, here are some tips and ideas:

Pancakes

(low water, cooked on a camp stove)

- 1 16 ounce box pancake mix
- 1 10 ounce of chopped pecans or sliced almonds
- 1 bottle margarine
- 1 bottle maple syrup

- 1 Prepare a 1 (1 lb) box pancake mix
- 2 Add 2 cups chopped pecans or sliced almonds
- 3 Add about 1/2 cup water for every 1 cup of flour so batter will be somewhat runny and pour easily. If adding nuts, granola, or oatmeal to the batter, be careful since these additives will absorb water and thicken the batter.
- 4 Spoon into pan (use a little oil if not nonstick)
- 5 Cook on a griddle over a campfire or camp stove until cooked through and golden brown.
- 6 Serve with margarine and maple syrup

Serves 8

If your family doesn't like nuts, you can also add canned blueberries or raspberries. Cooking oils such as sunflower or canola oil are great and don't change the taste, like olive oil would.

A **camp pie** or **sandwich maker** is a great way to have some nice, warm meals. Put two slices of bread in the maker, fill it with the toppings you choose and let the maker do the work. Some ideas:

-make a pizza....add cheese, sauce and any meat or veggies you like.

-sandwiches....add cheese and some ham, turkey, etc...or leave out the meat and have a grilled cheese sandwich!

-pie....fill the bread with your favorite canned pie toppings...apple, cherry, etc...

NEVER
USE A
GRILL
INSIDE
THE
HOUSE!

I don't have any fresh food or much water. What should I eat?

Waterless/No fresh food

Breakfast

Pop tarts
Juice box

Lunch

Soup (no water needed)	Spam
Cheese spread on crackers/ melba toast	Canned brown bread
Pudding cup	Green beans
Soda/water	Twinkies
	Soda/water

Dinner

Canned ham w/ pineapple & raisin sauce	Canned beef stew
Crackers	Canned fruit
Pudding/Jello	Cream Corn
Sports drink/juice box	Juice box/soda

Snacks

Raisins, Dates, Nuts, Beef Jerky, Trail Mix

Water Lean/No fresh food

Limit use of your water, so you don't run out.

Breakfast

Cold cereal and milk	Oatmeal w/ milk
Canned peaches	Fruit Cocktail
Raisins	Toast or bread
Tang	Peanut butter
	Tea/Coffee/Hot Chocolate

Lunch

Canned spaghetti or chili	Bean spread (w/ spices, chili powder, cumin or garlic)
Crackers	Corn chips or tortillas
Canned vegetables	Canned fruit
Pudding	Graham crackers
Soda	Juice box

Dinner

Canned Turkey	Hot Dish — tuna/cream soup/ green bean/canned onion rings
Instant stuffing	Canned Potatoes (recover water)
Canned peas (recover water)	Jello
Instant mashed potatoes	

I have my food ready. What else do I need?

WHAT ELSE SHOULD I HAVE FOR FOOD PREPARATION?

- Large plastic containers to hold all items
 - Condiments small enough for one time use
 - Matches in a waterproof container
 - Spices and herbs
 - Paper plates
 - Napkins
 - Silverware
 - Large bowl for mixing
 - Plastic containers/bags
 - Sanitary wipes
 - Cups
 - Mixing utensils
 - Manual can opener
- First Aid Kit
 - Battery powered radio — if possible a NOAA weather radio
 - Flashlight and extra batteries
 - Whistle to signal for help
 - Dust mask, to help filter contaminated air
 - Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Prescription medications you take every day. You should periodically rotate medicines to account for expiration dates
 - Non-prescription drugs such as; aspirin or nonaspirin pain reliever, anti-diarrhea medication, antacid (for upset stomach), laxative
 - Work gloves
- Don't forget about your pet! Have pet food and extra water available for this member of your family.
 - Make sure to keep your family's health conditions (allergies, diabetes, etc.) in mind while preparing recipes.
 - Make sure everyone in your household knows how to turn off the electricity, water & gas. You will need a crescent wrench. (Remember that only the Gas Company can turn the gas on again)
 - Store your 72 hour bag in a cool, dry place away from any other heat source
 - Date foods when you buy them before storing
 - Rotate and replace foods when they reach their expiration dates
 - Try to avoid glass jars and bottles
 - Learn how to make dry foods palatable now (like adding Nestle's Quick and evaporated milk to dry milk)

What substitutes can I use for fresh foods?

There are many substitutions available for fresh foods:

salsa, evaporated eggs, canned and boxed potatoes, packages and cans of soup, bouillon, canned onion rings, honey, broths, bacon bits, cans of beef stew, roast beef or corned beef hash, pepperoni sticks, canned chicken, ham spread, tuna, canned hams, beef jerky, beef slices in a jar (chipped beef), canned Vienna sausages, boxes of prepared meals like spaghetti and meat, beef stroganoff, oils, condensed soups for sauces, dry soup seasonings

Notes:

RESOURCES

For more information check out these websites:

www.burnsville.org

www.ready.gov

www.readyminnesota.org

www.redcross.org

Some information in this booklet has been taken from the University of Florida, and the U.S. Department of Homeland Security.



"Recipes for a Disaster" is provided by the Burnsville Citizen Corp Council as a public service to assist residents in times of disaster.

The Citizen Corps Council aims to harness the power of every individual through education, training, and volunteer services to make Burnsville safer, stronger, and better prepared to respond to the threats of terrorism, crime, public health issues, and disasters of all kinds. Members include residents, businesses, non-profit agencies, Dakota County Public Health, Burnsville Police, Burnsville Fire and city staff working together. Charlie Crichton is an active member of the group and the City Council representative.

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