

Using your stored food in actual recipes
By Joseph Parish

Your stored up food supply is useless to you if you can not come up with imaginative ways in which to prepare it. With this thought clearly in mind I would like to present several useful and tasty methods of employing your food storage supplies to make an actual meal. The first one I will provide you with is Southwestern Chicken Delight.

Southwestern Chicken Delight

1/2 pound of cubed boneless chicken breast
1/4 cup of chopped onions
2 tablespoons of olive oil
2 cloves of garlic minced to small pieces
1 can of whole kernel corn
1 can of black beans
1 can of chicken broth
1 can of undrained diced tomatoes
1 teaspoon of cumin
1/2 teaspoon of salt
1/2 teaspoon of chili powder
1/8 teaspoon of pepper
Add yogurt to taste

Place the chicken in a large crock-pot along with the onions and heat in the olive oil over a medium fire until the chicken is no longer pink. Next add all of the remaining ingredients and bring the mixture to a rapid boil. Reduce the heat and simmer the meal for 20 minutes. Prior to serving the meal garnish it with yogurt.

If you enjoy eating at the Olive Garden, you will certainly enjoy this Italian Sausage with Pinto Bean Soup. It is simple and extremely tasty. Here is the recipe.

1 pound Italian sausage
1 chopped onion
3 cloves of garlic cloves diced into small pieces
4 cans of chicken broth
2 cans of pinto beans
1 can of undrained diced tomatoes
1 cup of barley
1 sliced carrot
1 stalk of sliced celery
1 teaspoon of sage
1/2 teaspoon rosemary
1/8 teaspoon crushed rosemary
6 cups of chopped kale

Start by cooking the sausage until no pink shows. Add the garlic and the onions and continue cooking. Add the remaining ingredients except the kale and bring the mixture to a rapid boil. Reduce the heat and simmer for another 45 minutes. Finally stir in the Kale and once again bring to a boil. Reduce the heat and simmer another 25 minutes to make the vegetables tender.

It only takes a little imagination in order to make good use of your food storage supplies. Its better to practice ahead of time instead of waiting until such time as an emergency actually occurs.

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