

### A -1 Steak Sauce:

1/2 Cup Orange juice  
1/2 Cup Raisins  
1/4 Cup Soy sauce  
1/4 Cup White vinegar  
2 Tablespoons Dijon mustard  
1 Tablespoon Grated orange peel  
2 Tablespoons Catsup  
2 Tablespoons Chili sauce

Bring all ingredients to a boil, then boil for 2 mins, stirring constantly. Remove from heat. Allow to cool to lukewarm. Pour into a blender, Blend till it is pureed. Pour into a bottle and cap tightly. Refrigerate and use within 90 days.

### Heinz 57 Sauce:

1/2 Cup Raisins  
2/3 Cup Ketchup  
1 Teaspoon Chili Powder  
1 Teaspoon Salt  
4 Ounces Applesauce  
1 Tablespoon Italian Dressing

Put all ingredients in a blender and pulse for 2 mins on high or until smooth

### Bisquick Biscuit Baking Mix:

For biscuits, pancakes, waffles, muffins

9 Cups All purpose flour  
1/3 Cup Baking powder  
1 Tablespoon Salt  
2 Teaspoons Cream of tartar  
4 Tablespoons Sugar  
2 1/2 Cups Dry milk  
2 Cups Shortening ( which does not require refrigeration )

Sift together flour, baking powder, salt, cream of tartar, and sugar.  
Add dry milk. Mix well. Cut in shortening until pastry looks like cornmeal. Store in covered container at room temperature.

Biscuits : Preheat oven to 450 degrees F. Combine 1 1/2 cups baking mix, 1/3 cup milk in bowl. Add milk all at once, stirring 25 strokes. Knead lightly on floured board. Roll 1/2 inch thick ; cut and place on un greased baking sheet. Bake 10 mins.

Options : Add grated cheese, chopped herbs, . Increase milk to 1/2 cup if making drop biscuits.

Muffins : Preheat oven to 425 degrees F. Beat together in a bowl 1 egg, 1 cup milk, 2 tablespoons sugar. Add 3 cups baking mix. Stir till dry ingredients are moistened. Spoon into greased muffin tins and bake 20 mins.

Options : Add drained fruit, chopped nuts, or chopped dried fruit.

Pancakes or Waffles : Beat together 1 cup milk, 1 egg,. Stir in 1 1/2 cups baking mix. Bake on hot griddle or waffle iron. For lighter waffles, separate egg, add yolk with milk. Beat egg white till stiff, and fold into batter just before baking. Increase milk for thinner batter if desired.

#### Baking Powder:

1 Part Cornstarch  
2 Parts Cream of Tartar  
1 Part Baking Soda

#### Brown Sugar:

2 Tablespoons Molasses  
1 Cup Sugar

Add molasses to sugar and stir with fork. Store Brown sugar in an airtight container to keep soft.

#### Powdered Sugar:

1 Cup Sugar  
1 Tablespoon Cornstarch

Blend sugar on highest speed of blender for 2 mins. Add cornstarch to keep from packing. Store in a airtight container.

For those who would like to find things that are non electric Such as crocks, butter churns, old fashioned tools, cookware, bakeware, wood cook stoves, Etc You can do so by going to this website [www.lehmans.com](http://www.lehmans.com)

### A Years Supply Of Food For Your Family

This is only a sample list for a family of three. Your family needs may differ quite a bit , due to your meal preference. However if you use the list as a base, you won't go hungry. Remember to rotate your supplies, using the oldest first, replenishing as you use it. If you are a family of four then increase the amount by 25%, and family of six increase by 50% and etc.

#### Grains :

300 lbs of hard wheat or in combination with 150 lbs of wheat and 150 lbs of flour.

50 lbs of dry corn to grind as cornmeal

50 lbs of soft wheat

50 lbs of white rice

50 lbs of brown rice

50 lbs of oatmeal

25 lbs of maize ( for corn flour tortillas and tamales)

### Legumes :

50 lbs of pinto beans  
50 lbs of combined other beans , such as navy, kidney, etc  
20 lbs of split peas  
20 lbs of lentils

### Dairy :

18 # 10 cans dry milk or in combination with boxes of store bought dry milk  
2 #10 cans cheese powder  
5 # 10 cans dehydrated eggs  
3 #10 cans butter or margarine

### Sugar :

50 lbs white sugar  
10 lbs brown sugar  
10 lbs powdered sugar

### Shortening / Oils :

10 # 3 cans shortening  
5 - 48 fl oz bottles of vegetable oil  
2- 16 fl oz bottles olive oil

### Salt :

10 lbs iodized table salt ( used in pickling & meat preservation as well as table salt)

### Fruits :

52 pints peaches  
52 pints applesauce  
52 pints fruit cocktail  
52 qts. apples ( includes pies, etc,)  
52 pints pears  
104 pints misc. fruit  
1 # 10 can raisins  
1 # 10 can dehydrated strawberries  
2 # 10 can dehydrated apple slices  
2 #10 can dehydrated banana slices

### Vegetables :

104 pints green beans  
104 pints sweet corn  
104 pints carrots  
104 qts tomatoes  
104 pints tomato sauce  
104 half pints tomato paste  
104 qts potatoes and / or 22 lbs instant potatoes  
26 qts squash or pumpkin  
26 pints beets  
4 # 10 can dehydrated peas  
1 # 10 can dehydrated onions  
1 # 10 can dehydrated broccoli

**Pasta :**

15 lbs spaghetti  
6 lbs assorted noodles  
6 lbs lasagna

**Meats :**

52 pints beef / venison  
52 pints chicken/ turkey  
52 pints ham/ fish/ misc  
52 cans tuna  
52 pints canned hamburger( for taco, casseroles, etc)

**Miscellaneous :**

1 lb baking soda  
3 lbs baking powder  
1 lb dry yeast  
Spices usually used  
Coffee. teas. flavored drink mixes  
1 gallon pancake syrup  
Assorted treats , such as jams, jellies, pickles, etc  
25 dz jar lids both wide mouth and regular  
A grain mill to grind grains

**Seeds :**

A heavy selection of garden seeds to replenish your food supply, should a period of hard times last more than a few months. Always opt of the worst and prepare ahead. Most garden seeds last for years, if kept dry. One notable exception is onion seed, which should be replaced yearly.