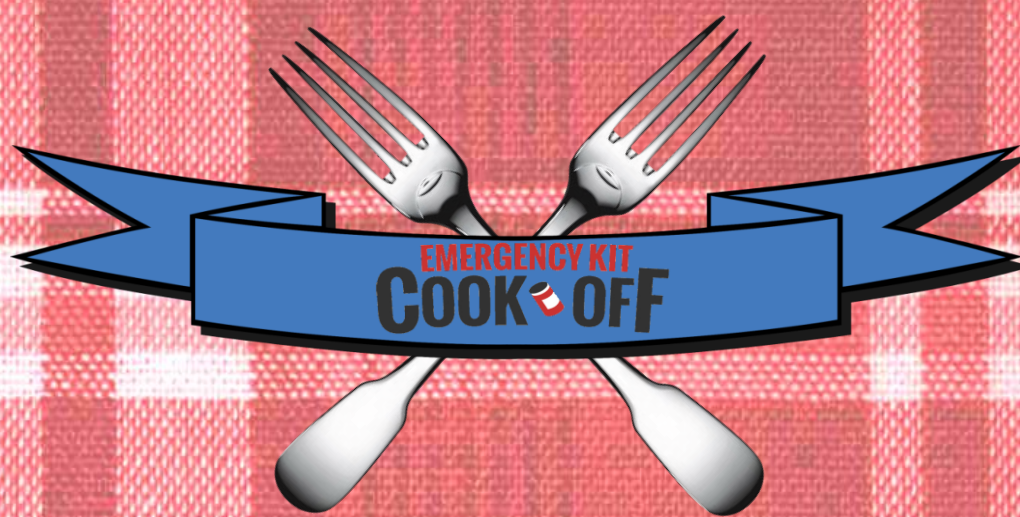


VDH VIRGINIA DEPARTMENT OF HEALTH



Emergency Kit Cook Off Cookbook
2024



September is National Preparedness Month, and the Virginia Department of Health Office of Emergency Preparedness host an Annual Emergency Kit Cook-Off.

Employees from State agencies submit recipes prepared using only nonperishable pantry items and manual appliances. The finalists prepare their recipe for the live Cook-Off event in September.

This cookbook holds the delicious recipes for the last 7 years, and it shows that the loss of power doesn't have to equal loss of taste and a little gourmet can help provide comfort during an emergency.

"Backdraft Soup"

By: Felecia L. Manns

Ingredients:

- ❖ 1 bag of Cajun 15 bean soup
- ❖ 2 packs of dehydrated chicken noodle soup mix
- ❖ dehydrated turkey meat
- ❖ 1 bag of wide noodles
- ❖ Hot sauce (optional)

Directions:

Remove seasoning packet from beans and soak beans until increase in size 200% . Soak for about 8-10 hours. Place beans in pot and add 7-8 cups of water. Bring to a vigorous boil on high and cut flame back to medium and add the soup mix and meat package. (Cut meat into bite size pieces if necessary) Cook all ingredients in pot for about 1 hour and 30 mins. Add bag of wide noodles and seasoning packet from beans cover and simmer for 30 mins or until all ingredients are tender. Serve in bowls and dowse with hot sauce if desire. Goes great with corn bread.



**Voted First Place*

**EMERGENCY KIT
COOK-OFF
RECIPE**

“Backdraft Soup”

By: Felecia L. Manns



**EMERGENCY KIT
COOK-OFF
RECIPE**

"Steam Cake to the Rescue"



By: Lara Cash

Ingredients:

- ❖ 2 cups whole wheat flour
- ❖ 1 cup sugar
- ❖ 1 tsp baking soda
- ❖ 1/2 cup of oil (extra virgin olive oil)
- ❖ 1 cup applesauce or baby food puree of your choice
- ❖ 1/2 tsp cinnamon
- ❖ 1 cup dried fruit (raisins, cranberries, etc.)
- ❖ Optional Additions:
 - ❖ Nuts and/or dried orange zest
 - ❖ Powdered sugar for icing
 - ❖ Bag of dried beans (to aid in the cooking process)
 - ❖ Flavor Profile Options:
 - ❖ Strawberry Applesauce and Dried Blueberries; Banana Baby Food Puree with Dried Cranberries; Carrot Baby Food Puree with Raisins and Walnuts, etc.

Directions:

Mix together flour, sugar, baking soda. Add oil, applesauce or baby food puree. Finally mix in cinnamon, dried fruit, and the optional nuts and/or dried orange zest. Set up Dutch oven (or stock pot) on burner. Add approximately 4 cups of water to the Dutch oven (or stock pot) and insert a metal spacer in bottom. Take a metal cake pan (it must fit inside Dutch oven or stock pot) and fill with dried beans. Place metal cake pan with beans and set it inside the Dutch oven (or stock pot) on top of the water and metal spacer. Put lid on Dutch oven (or stock pot) and begin to boil the water on high for approximately 6-10 mins. While the water is coming to a boil and preheating the beans, dump cake mix into preferred baking vessel. Then take a large sheet of parchment paper and cut in a circle to slightly overhang under the lid of the Dutch oven (or stock pot). (This is a steam catcher and helps prevent the water condensation on the lid to drip on the cake.) Place baking vessel with cake mixture on the pre-heated beans, cover with the parchment paper circle, cover with lid. Keep on med-high for 25-30 mins. Avoid peaking as the steam will release causing the temperature to drop. At time, take a toothpick and insert it into the center of the cake. If it comes out clean, the cake is done. Enjoy hot or allow to cool. For optional icing, mix a few spoonful of powdered sugar with water and drizzle over top. The more water used, the runnier the icing will be.

**Voted Second Place*

"Steam Cake to the Rescue"

By: Lara Cash



Metal Spacer Tip:

I have a 2" metal spacer that came with my Instant Pot accessories. There are plenty of other alternatives that can be used: small metal cake pan, metal measuring cups, short empty tin can. Preferred Baking Vessel Tip: This baking vessel will need to fit within the metal cake pan with the beans. Shallow, single serve size will work best. Some options could be small corning wear bowls, ceramic ramekins, 4 count muffin/cupcake tin, small glass jelly jars, etc. Non-Stick Cake Tip: I prefer to line my preferred baking vessel with parchment paper, leaving some to come up the edge which will allow me to lift the cake out easily and prevent it from sticking to the pan. You can also use some of the oil and a paper towel to coat the baking vessel or even coat with a non-stick spray.

**Voted Second Place*

**EMERGENCY KIT
COOK-OFF
RECIPE**

"Steam Cake to the Rescue"

By: Lara Cash



"Celery-Apple Quinoa Salad"

By: Susan Margaret

Ingredients:

Dressing:

- ❖ 1/2 tsp fresh ground pepper
- ❖ 1/2 tsp salt
- ❖ 1/4 tsp crushed red pepper flakes
- ❖ 1 T maple syrup or honey
- ❖ 3 T white wine vinegar
- ❖ 3 T EVOO

Salad:

- ❖ 2 c chicken or vegetable broth
- ❖ 1 c quinoa (red is better)
- ❖ 4 sticks celery
- ❖ 2 granny smith apples
- ❖ Bunch parsley, chopped (fresh is better, but about 1/4 c dried will do)
- ❖ 1/2 c pitted dates, chopped
- ❖ 1/2 c grated or shaved parmesan cheese
- ❖ 1/2 c roasted unsalted peanuts, chopped (Swap peanuts with sliced almonds, or chopped pecans or walnuts)

Directions:

Bring broth to a boil and stir in quinoa. Cover and simmer for 15 minutes. Remove from heat and let rest, keep covered. (You can also make this the day before and refrigerate.) To make dressing, whisk together, EVOO, vinegar, maple syrup or honey, salt and peppers in large bowl. Thinly slice apples and celery. Add them to the bowl with dressing. Add parsley, peanuts, and dates to bowl. Stir quinoa to fluff. (Best if allowed to cool to room temperature before mixing into salad.) When at least cool to touch, add to bowl. Stir to combine salad and serve.

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**Emergency Kit Cook Off Cookbook
2023**

EMERGENCY KIT COOK-OFF RECIPE

“Southwestern Three Bean Salad”

Ingredients:

- ❖ 15 oz can black beans
- ❖ 15 oz can pinto beans
- ❖ 15 oz can garbanzo beans (chickpeas)
- ❖ 2-3 (to taste) chipotle peppers packed in adobo sauce, finally chopped (from 6-8 oz can)
- ❖ 3 T cider vinegar
- ❖ 2 T Vegetable oil
- ❖ ¼ c chopped fresh cilantro
- ❖ ½ small sweet onion, (Vidalia, Walla Walla) thinly sliced into half moons
- ❖ lettuce leaves (optional)
- ❖ salt
- ❖ pepper

By: *Susan Margaret*

Directions:

Drain and rinse all beans. Combine first 7 ingredients until well mixed. Season with additional chipotle peppers and/or S&P to taste. Arrange lettuce on platter and mound salad on top if desired. Top with onion slices.



**Voted First Place*

"Three Bean Metro Salad"



By: Dorothy Hayden

Ingredients:

- ❖ 15 oz can cannellini beans
- ❖ 15 oz can kidney beans
- ❖ 15 oz can green beans
- ❖ ½ red onion
- ❖ 2 celery stalks
- ❖ 1 c of greens (spinach, arugula, mixed greens)
- ❖ ½ t chopped dried rosemary
- ❖ 1/3 c apple cider vinegar
- ❖ ¼ c granulated sugar
- ❖ 3 T extra virgin olive oil
- ❖ 1 ½ t salt
- ❖ ¼ t black pepper

Directions:

1. Open and drain the beans and rinse over cold water.
2. Chop the onion, celery stalks, and greens
3. Mix the ingredients in the first bowl.
4. Mix the dressing ingredients in the second bowl.
5. Add the dressing over top of the salad ingredients.
6. Combine the dressing with the salad ingredients until everything is coated.
7. Allow the salad to chill in an ice chest for 20-30 minutes.

Ideally this recipe could stay chilled for several hours.

**Voted Second Place*



"Kohii Zerii- Coffee Jelly"

By: Brittany Gibroy

Ingredients:

- ❖ *Gelatin*
- ❖ *Almond Slivers*
- ❖ *Coffee*
- ❖ *Condensed Milk*
- ❖ *Vanilla Bean Powder*

Directions:

- 1. Combine unflavored gelatin and water.*
- 2. Brew freeze dried coffee and remove from heat. Whisk in gelatin until dissolved. Stir in desired amount of sweetened condensed milk and vanilla bean powder. Let cool for 15 minutes.*
- 3. Pour into dish or ice cube blocks and allow to set for 5 hours.*
- 4. Enjoy with almond slivers on top.*

"Mitarashi Dango"

By: Arden Lynn

Ingredients:

❖ *For dango:*

- ❖ *Dry somen noodles* 270 g
- ❖ *Corn starch* 3 TBS
- ❖ *Boiling water enough to boil somen noodles*
- ❖ *Cold water enough to cool noodles*

❖ *For glaze:*

- ❖ *Soy sauce* 1.5 TBS
- ❖ *Katsuo soup base* 1 TBS
- ❖ *Sugar* 3 TBS
- ❖ *Cooking wine* 3 TBS
- ❖ *Corn starch* 1 TBS
- ❖ *Water* 100 ml

Directions:

1. *Boil and drain noodles.*
2. *Transfer to bowl and add corn starch.*
3. *Knead noodles and corn starch together until dough forms.*
4. *Roll dough into balls and drop into boiling water.*
5. *Boil until the balls begin to float.*
6. *In a separate saucepan, combine and heat ingredients for glaze.*
7. *Simmer until glaze thickens.*
8. *Plate mitarashi dango as desired and drizzle with glaze.*

(These can also be served on a skewer if plates are not available.)

"Emergency Tiramisu"

By: Kate Bausman

Ingredients:

- ❖ *Twinkies*
- ❖ *Instant coffee or espresso*
- ❖ *Vanilla extract*
- ❖ *Marshmallow fluff*
- ❖ *Vanilla pudding*
- ❖ *Cocoa powder or Hershey bar*

Directions:

1. *Make instant coffee or espresso with cold water.*
2. *Dip twinkies in coffee.*
3. *Slice twinkies into 6 slices.*
4. *Place 3 slices in bottom of cup.*
5. *Mix 2 vanilla snack pack puddings with 4 tbsps marshmallow fluff and a splash of vanilla extract.*
6. *Drizzle enough pudding/fluff mixture to cover twinkie slices.*
7. *Add another twinkie layer.*
8. *Add more pudding mixture and top with cocoa powder or grated chocolate bar.*

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2022

EMERGENCY KIT COOK-OFF RECIPE

"Chicken Chili"

By: Nicole De Stefano

Ingredients:

- ❖ 1/4 c dried onion
- ❖ 1 packet taco or chili seasoning
- ❖ 14 oz chicken stock
- ❖ 2 cans 12.5 oz chicken in water (drained, separated, shredded)
- ❖ 15 oz sweet corn
- ❖ 15 oz chili beans in sauce
- ❖ 15 oz kidney or pinto beans
- ❖ 2 cans 10.5 Rotel (any flavor)
- ❖ 15 oz tomato sauce
- ❖ 1/4 c dried cilantro
- ❖ 1 c quick cook rice
- ❖ salt
- ❖ pepper
- ❖ Optional Items
 - ❖ Shredded shelf stable cheese
 - ❖ Tortilla chips
 - ❖ cilantro

Directions:

Combine all ingredients (Dried Onion, Seasoning Packet, Chicken Stock, Chicken, Corn, Beans, Rotel, Tomato Sauce, Cilantro, and Rice) in a 6 qt or larger pot over medium high heat and bring to a boil, stirring occasionally. When boiling, reduce heat to low, cover and simmer for 20-30 mins or until rice is no longer hard, stirring occasionally. Plate in bowl and top with shredded cheese, Cilantro, and tortilla chips.

Serves 6-8



**Voted First Place*

EMERGENCY KIT COOK-OFF RECIPE

"Aunt Donna's Famous Taco Soup"

By: Tanya C. G. Pruett

Ingredients:

- ❖ 4 TBSP dried onions
- ❖ 2 cans pinto beans
- ❖ 1 can black beans
- ❖ 1 can corn
- ❖ 2 cans diced tomatoes with green chilies
- ❖ 1 c water
- ❖ 1 pkg ranch dip
- ❖ 1 pkg taco seasoning

Directions:

Rinse and drain black beans. Add all ingredients to pot and simmer 20 minutes. Enjoy!

While visiting our 88-year old and beloved Aunt Donna in Georgia, she made a Taco Soup for us that instantly became a favorite. Her recipe was so flavorful and easy, we couldn't wait to bring it home with us to Virginia. Suffice it to say, **Aunt Donna's Famous Taco Soup** has become a local legend in the decade since, as folks always clamor for the recipe! At 98-years young, dear Aunt Donna now leaves the Taco Soup cooking to us, but she is thrilled we're sharing her recipe with you [Admittedly, the original recipe calls for 1 lb lean ground turkey (browned, drained) and 1 fresh onion (chopped), but for emergency purposes, when camping, or when refrigeration/power are an issue, this non-perishable version will put a smile on your face. Here's to good eating and great memories!].



**Voted Second Place*

EMERGENCY KIT COOK-OFF RECIPE

"Thai Curry Plate"

By: Ju-Yin Chen

Ingredients:

- ❖ 114 g Thai red curry paste
- ❖ 400 mL coconut milk
- ❖ 142 g sliced bamboo shoots
- ❖ 411 g sliced carrots
- ❖ 227 g sliced mushroom
- ❖ 225 g cut baby corn
- ❖ 828 g white and dark premium chunk chicken
- ❖ jasmine rice
- ❖ freeze dried basil (optional)

Directions:

Following the preparation instructions on the package of Jasmine rice to cook the rice. Stir fry red curry paste with cooking oil (4 tbsp) Slowly add coconut milk and stir thoroughly until boiling. Add canned chicken and vegetable into the curry and keep stirring until boiling again. Ready to eat

**Voted Third Place*



"Spam Bam"

By: L' Tanya Taliaferro

Ingredients:

- ❖ can of Spam
- ❖ onions
- ❖ chickpeas
- ❖ salt
- ❖ pepper
- ❖ Old Bay Seasoning
- ❖ paprika
- ❖ olive oil
- ❖ onion powder
- ❖ yellow mustard
- ❖ garlic

Directions:

Open 1 can of spam with can opener, dice spam, toss in a bowl, dice 1/4 of a small onion, open 1 can of chickpeas drain and rinse, add to the bowl. Add the following ingredients to the bowl: 1 tsp. olive oil, 1 pinch of salt, 2 pinches of pepper, 1 pinch of old bay seasoning, 1 pinch of paprika, 2 pinches of onion powder, 1 pinch of garlic powder, 1 tsp of yellow mustard. mix up together. Goes well with Pita bread or by itself. This can be served hot or cold. If serving hot add 1 tsp. of olive oil to medium heated pan, once warm add diced spam, chick peas, onions and remainder of ingredients and "Bam"

"Emergency Chicken Fried Rice"

By: Mike Wagner

Ingredients:

- ❖ *2 cans of chicken breast in water*
- ❖ *1 can whole corn kernels*
- ❖ *1 can green beans*
- ❖ *1 can diced carrots*
- ❖ *3 c rice*
- ❖ *water*
- ❖ *soy sauce*
- ❖ *Teriyaki sauce*
- ❖ *Vegetable oil*

Directions:

Cook rice in water (if you have a rice cooker, follow rice cooker instructions. Otherwise boil in a pot (2 parts water to 1 part rice, bring water to a boil and then cover pot and simmer rice for about 18 minutes) Open all cans and drain water out of the cans. Add seasonings to chicken and set aside. Sautée vegetables and chicken with a little oil and teriyaki sauce and set aside. Once rice is finished boiling (i. e., soft and fluffy), cook with oil and soy sauce in an electric skillet or a large pan until it is light brown and little crispy. Stir in the sautéed chicken and vegetables. Eat and enjoy

"Chicken a la Nat"

By: Natalie Pau

Ingredients:

- ❖ $\frac{1}{4}$ c + 1 TBSP ghee
- ❖ $\frac{1}{4}$ c flour
- ❖ 2 10.5 oz cans of chicken broth + $\frac{1}{2}$ c of chicken broth
- ❖ $\frac{1}{4}$ c dehydrated onions
- ❖ $\frac{1}{2}$ c powdered milk
- ❖ 3.5 c water
- ❖ 3 12.5 oz can of canned chicken
- ❖ 1 TBSP soy sauce
- ❖ salt
- ❖ pepper
- ❖ garlic salt
- ❖ Greek seasoning
- ❖ 1 c rice

Directions:

Prepare all ingredients:

- Open cans of chicken (drain and hold on to reserve liquid), corn, broth
- Rehydrate Onions in water for 15 minutes
- Mix powdered milk and water
- Add water and broth to rice pot
- Rinse rice and keep the reserve rice water (see footnote)

Rice

- Boil water, once boiling, add rice, mix, and turn heat down to simmer for 20 minutes
- Take rice off and let steam for 5 minutes
- Fluff and keep covered.

Continued on the next page

"Chicken a la Nat"

By: Natalie Pau

Directions Continued:

Chicken

- *After rice starts cooking, add ghee to cast iron, once melted add onions and cook until onions are cooked through*
- *Add flour slowly and mix in on low heat*
- *Cook mixture for about 1 minute and add milk slowly until integrated and the sauce thickens*
- *Add broth from drained chicken cans slowly and integrate*
- *As sauce thickens, add reserve chicken liquid from cans and broth, slowly mixing to let sauce continue to thicken*
- *Add seasonings, taste as needed until happy with the flavor*
- *Add chicken and continue to simmer, adding broth as needed for desired thickness*

Corn

- *After rice is taken off of burner to finish steaming, add corn to small pot with the ghee and cook on low for 5 minutes or until heated. Add salt and pepper for taste*

Footnotes:

Rice water contains valuable nutrients for houseplants. Using it conserves water and takes some of the worry out of over-fertilizing. One thing to keep in mind when using water from cooking on your houseplants is to make sure the water has cooled to room temperature before you use it.

"Black Bean and Corn Salsa"

By: LaCora Hurte

Ingredients:

- ❖ 1 can black beans
- ❖ 1 can whole kernel corn
- ❖ lime juice
- ❖ oil
- ❖ salt
- ❖ garlic powder
- ❖ onion powder
- ❖ dried cilantro

Directions:

Empty one can of black beans into a bowl. Drain the water off of the can of corn and add the corn to the bowl of black beans. Mix. To the bowl, add 1 tsp of garlic powder, 1 tsp of onion powder, 1/2 tsp of sugar, 1 tsp of cilantro, 2 tsp of oil and 2 tsp of lime juice. Mix. Add salt to your taste.

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Emergency Kit Cook Off Cookbook
2021

"Cold Tuna Noodle Salad"

By: Sharon Seay and Jeff Dixon

Ingredients:

- ❖ *6.4 can tuna fish*
- ❖ *1 oz. sundried tomatoes*
- ❖ *1 oz. bacon bits*
- ❖ *2 oz. Velveeta*
- ❖ *1 tsp. favorite seasoning*
- ❖ *2 pkgs. Chicken flavored Ramon noodles*
- ❖ *1 oz. Ranch seasoning pack*
- ❖ *4 mayo packets*

Directions:

Boil water and add noodles to boiling water and cook for 3 minutes. Drain noodles. Add all other ingredients and stir well until fully mixed. Can be served lukewarm or cold.



"Tex Mex Bean Salad"

By: Urmila Mota

Ingredients:

- ❖ 1 can bake beans
- ❖ 1 can black beans
- ❖ 1 can sweet corn
- ❖ 1 tsp roasted cumin seeds (ground coarsely)
- ❖ ½ tsp. red chili powder
- ❖ ¼ tsp salt (optional)
- ❖ corn chips or corn tortilla

Directions:

Drain and rinse the black beans and sweet corn. Drain the bake beans. Mix the black beans, sweet corn, and bake beans. Add roasted cumin (heat cumin seeds in a frying pan on low heat until they are brown slightly, Ground coarsely once cool.), chili powder, and salt. Stir well and leave for 30-60 minutes. Serve with corn chips or corn tortilla.



EMERGENCY KIT COOK-OFF RECIPE

"Carrot Pancakes"

By: *Alanna King*

Ingredients:

- ❖ 1 cup flour
- ❖ 1 tbsp. sugar
- ❖ 2 tsp. baking powder
- ❖ ¼ tsp. salt
- ❖ 1 tsp. cinnamon
- ❖ 1 tbsp. milled flax seed
- ❖ 2 ½ tbsp. water
- ❖ 1 cup dry milk
- ❖ 2 tbsp. cooking oil
- ❖ ½ cup shredded carrots
- ❖ Raisins, walnuts, syrup

Directions:

Whisk together 1 tbsp. milled flax seed and 2 ½ water to make flax egg. Set aside. Mix dry ingredients (flour, sugar, baking powder, salt, cinnamon) in a bowl. In another bowl, mix wet ingredients in a separate bowl (milk, oil, and flax egg). Mix dry and wet ingredients together. Add shredded carrot. Cook pancake on camp stove with gas. Sprinkle with raisins, walnuts, and syrup as desired.



EMERGENCY KIT COOK-OFF RECIPE

“German Chocolate Trifle”

By: Kate Bausman

Ingredients:

- ❖ ½ cup of chopped pecans
- ❖ ½ cup of shredded coconut
- ❖ ½ cup chocolate graham crackers
- ❖ 4 packs milk chocolate or chocolate fudge pudding cups
- ❖ 1 can coconut cream
- ❖ Sweetener of your choice

Prep Time: 15 mins

Total Time: 15 mins

Directions:

Take a handful of the chocolate Graham crackers and place in zip lock bag. Seal bag and crush crackers with meat tenderizer or whatever is handy. Open coconut cream and discard liquid. Place solids in a bowl, add sweetener (1tbsp. of powdered sugar). Whisk coconut cream until combined. Take a small cup of bowl and cover bottom with crushed Graham crackers. Top with the content of one pudding cup. Sprinkle with pecans and shredded coconut. Top with coconut cream. Sprinkle more nuts and shredded coconut on top. Enjoy!



**Voted First Place*

EMERGENCY KIT COOK-OFF RECIPE

"Power Meal"

By: Mayerly Rodriguez

Ingredients:

Any of the following:

- ❖ *2 cans of oil/water based tuna, sardines, salmon, sausages, or any dry protein*
- ❖ *Bread, crackers, cereal, tortillas, cookies, chips, or other carbs*
- ❖ *Mayonnaise, ketchup, BBQ sauce, mustard, lemon, and vinegar*

Directions:

Open 2 cans of protein, pour the content in the zip-lock bags, Add sauce as you desire. Mix and smash until it gets creamy. Serve with the chosen carbs. Add any fruit or vegetable if they are available.



Voted First Place

EMERGENCY KIT
COOK-OFF
RECIPE

"Chicken-banzo"

By: Chaitali Roy

Ingredients:

- ❖ 1 can chicken
- ❖ 1 can garbanzo beans
- ❖ 1 bottle of salsa
- ❖ Curry powder
- ❖ Salt (optional)

Directions:

*Open all the cans (drain the water of garbanzo beans).
Mix all the ingredients. Cook on the stove top for 15 mins
on medium heat. Adjust salt and spice level. Serve .
Other option is served with Bread or Rice to make it
complete meal.*



Voted First Place



EMERGENCY KIT COOK-OFF RECIPE

"Zombie Apocalypse Chicken Parm"

By: Kim Kelly

Ingredients:

- ❖ 1 can chicken
- ❖ 2 TBSP Bisquick
- ❖ 2 TBSP Parmesan Cheese
- ❖ 2 tsp olive oil
- ❖ 1 TBSP garlic powder
- ❖ 1 TBSP dried oregano
- ❖ 2 tsp dried basil
- ❖ 1 can your favorite spaghetti sauce
- ❖ 1 small box spaghetti noodles
- ❖ 2 - 16 oz bottles water

Directions:

Open all cans with manual can opener. Add 1 tsp of olive oil in cast iron skillet and heat. Add 2-16 oz bottles of water to a saucepan and heat to boil. Add can of Spaghetti sauce to saucepan and heat. Drain canned chicken. Dump in bowl. Add remaining ingredients (only 1 tsp olive oil) and mix well with hands. Divide into 6 small balls and flatten into small patties. Add noodles to boiling water and cook as directed. Sauté patties in heated skillet. Cook each side for about 3-4 minutes, to make them brown and "crispy". Drain noodles. Add garlic powder and olive oil. Place noodles on plate, pour sauce over top and add 1-2 patties on the side.



EMERGENCY KIT
COOK-OFF
RECIPE

"Dumplings in Oregon Blackberry Sauce"

By: *Angie McGarvey*

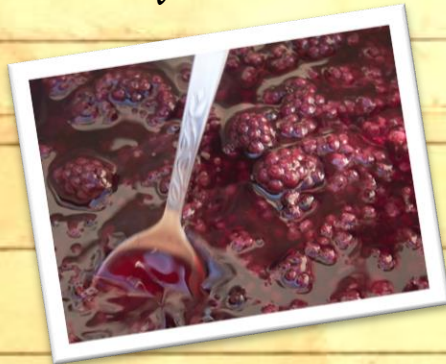
Ingredients:

Sauce:

- ❖ *2 can Oregon Fruit Products Blackberries, undrained.*
- ❖ *2 Tablespoons sugar*

Dumplings:

- ❖ *1 cup self-rising flour unbleached*
- ❖ *1.5 teaspoons baking powder*
- ❖ *1 teaspoon salt*
- ❖ *1/4 cup sugar*
- ❖ *2 Tablespoons coconut oil (in solid form)*
- ❖ *1/2 teaspoon vanilla*
- ❖ *1/2 cup almond milk*



Directions:

To prepare sauce: combine berries with syrup and sugar in Dutch oven. Place the Dutch oven on the camp stove and heat the berry sauce to boiling, simmer gently while preparing dumplings. To prepare dumplings: Combine flour, baking powder, salt, and sugar. Cut in coconut oil. Add vanilla and almond milk to the flour mixture, stirring to make a thick batter. If it seems too thick, add a little more almond milk. Drop by spoonfuls into the boiling sauce, then cover and steam the dumplings gently in the sauce for 20 minutes (do not lift the cover during the steaming process). Serve dumplings and sauce warm.



Voted "Best Overall"

EMERGENCY KIT
COOK-OFF
RECIPE

"Stovetop Pizza"

By: John Ringer

Ingredients:

Sauce:

- ❖ *Water*
- ❖ *Flour*
- ❖ *Salt*
- ❖ *Yeast*
- ❖ *Canned tomatoes*
- ❖ *Olive oil*
- ❖ *Dried pepperoni*

Directions:

Prepare the dough an hour ahead of time and allow it to rise while covered with a damp cloth. Preheat a cast iron skillet. Prepare tomato sauce in a sauce pan. Roll out dough with your fingers and then place into cast iron skillet for 1-2 minutes on high heat. Flip dough over and turn down heat. Add toppings and cover.



Voted Second Place



EMERGENCY KIT
COOK-OFF
RECIPE

“Chicken Chili”

By: Tammy Cramer

Ingredients:

- ❖ *1 canned chicken*
- ❖ *1 canned corn*
- ❖ *1 canned tomatoes*
- ❖ *Ranch mix*
- ❖ *Taco mix*
- ❖ *1 can of black beans*
- ❖ *1 can of Rotel*

Prep Time: 15 mins

Total Time: 1 hr.

Directions:

Mix all the ingredients together and heat for 45 mins or until hot



**Voted Second Place*

"Tuna Potato Cakes with Black Bean Pineapple Salsa"

By: Jillian Weyant

Ingredients:

- ❖ 1 medium or 2 small potatoes, peeled and cubed (W/C approved)
- ❖ 1 clove of garlic
- ❖ 1 bottle of water
- ❖ 1 can evaporated milk
- ❖ 1 can black beans, drained (W/C approved)
- ❖ 1 can pineapple, tidbits or crushed, juice drained and reserved (W/C approved)
- ❖ 1 can chunk light tuna, drained (W/C approved)
- ❖ 2 ½ T. bread crumbs
- ❖ ½ c. bread crumbs
- ❖ 2 T. coconut (optional)
- ❖ 2 T. cooking oil
- ❖ Lime, Garlic, Cilantro seasoning to taste
- ❖ Salt & pepper to taste

Directions:

Prepare Mashed Potatoes: Combine potatoes, garlic clove, a pinch of salt, and water in a medium saucepan. Cover and boil until potatoes are tender. Drain potatoes and mash in a medium bowl. Fold in just enough evaporated milk to give the potatoes a sticky texture – the amount will vary based on the size of the potatoes used. Season with salt and pepper to taste.

Prepare Black Bean Pineapple Salsa: Combine black beans and pineapple in a small bowl, add coconut if desired. Gently stir in about 1/3 c. reserved pineapple juice. Season with Lime, Garlic, Cilantro seasoning and salt & pepper to taste.

Prepare Tuna-Potato Mixture: Gently flake the drained tuna into a medium bowl. Season with ½ t. Lime, Garlic, and Cilantro seasoning and salt & pepper to taste. Fold in 2 ½ T. bread crumbs and ½ c. of the prepared mashed potatoes.

Prepare Tuna-Potato Cakes: Combine ½ c. bread crumbs and 2 T. coconut, if desired, on a small plate. Divide the tuna-potato mixture into 8 portions. Using your hands form 8 small patties, about ½" thick. Coat each patty in the bread crumb/coconut mixture.

Heat the oil in a skillet over medium heat. Cook the tuna potato cakes until golden brown on each side.

EMERGENCY KIT
COOK-OFF
RECIPE

"Tuna Potato Cakes with Black Bean Pineapple Salsa"

By: Jillian Weyant



Voted Second Place

EMERGENCY KIT
COOK-OFF
RECIPE

“Quinoa with Corn & Black Beans”

By: John Ringer

Ingredients:

- ❖ *1 box of quinoa*
- ❖ *1 can beans*
- ❖ *Spices (as desired)*

Prep Time: 5 mins

Total Time: 20 mins

Directions:

Prepare quinoa as indicated in instructions. Add beans and other ingredients. Add spices to taste.

// Souper Rice //

By: Cindy Kucera

Ingredients:

- ❖ *1 can cream of mushroom soup or other cream soup*
- ❖ *1 can of bottled water*
- ❖ *1 can of minute rice*
- ❖ *Hot sauce if desired*

Directions:

Open can with manual can opener and pour the soup into the pan. Fill the empty soup can up with water and pour into the pan. Fill the soup can up with rice and pour into the pan. Heat the pan to a boil on the camping stove then turn off and cover and wait 6 to 8 minutes and then enjoy. This recipe is also good for when you are out of money.



EMERGENCY KIT
COOK-OFF
RECIPE

"Tarragon Chicken"

By: Jenny Chappel

Ingredients:

- ❖ *Canned Chicken (6 oz)*
- ❖ *Mayo Packet*
- ❖ *Mustard Packet*
- ❖ *Tarragon (a dried spice)*
- ❖ *Celery Seeds (optional)*

Directions:

Open Chicken can; keep lid over meat; drain.

Add 1/2 to 1 Mayo Packet

Add 1/4 Mustard Packet

1/2 tsp Tarragon

1/8 tsp celery seed

Stir.

Eat.



"Salad Italiano"

By: Lisa Syrop

Ingredients:

- ❖ *1 can Garbonzo Beans
(small if available or regular size)*
- ❖ *1 small jar of marinated artichoke hearts - Progresso if available*
- ❖ *1 can of heart of palms*
- ❖ *Kraft parmesan cheese (in can or homestyle jar)*
- ❖ *1 unopened oli salami or pepperoni*

Directions:

Open artichokes chopped and reserve marinade

Open heart of palms drain and chop

Open garbonzo beans drain - rinse if ample water reserves

Add into bowl add reserved marinade

Add cheese and stir

Add pepperoni or salami if available and desired otherwise can be served as a vegetarian dish.

EMERGENCY KIT
COOK-OFF
RECIPE

"Chicken Little Taco Soup"

By: Injury Prevention Team

Ingredients:

- ❖ *1 can chili beans*
- ❖ *1 can black beans*
- ❖ *1 can whole kernel corn (drained)*
- ❖ *1 can chicken*
- ❖ *1 can tomato sauce*
- ❖ *2 cans Rotel with onions and green chilies (undrained)*
- ❖ *1 package of taco seasoning*
- ❖ *Various spices including: salt, pepper, red pepper, chili peper*
- ❖ *Saltine crackers*
- ❖ *Bottled water*

Directions:

Open all cans with a manual can opener

Empty all cans into pot and allow to simmer on camping stove



"Manhattan Clam Chowder"

By: Karen Rice

Ingredients:

- ❖ *4 cans Progresso*
- ❖ *Manhattan Clam Chowder*
- ❖ *4 cans chopped clams*
- ❖ *1 bottle Tiger sauce*
- ❖ *Oyster crackers*
- ❖ *Equipment: colander, can opener, heating / cooking device*

Directions:

- Open soup and pour into pot.*
- Open clams, drain and pour into pot.*
- Add bottle of tiger sauce.*
- Heat thru and serve with crackers.*



"Broccoli and Chicken Casserole"

By: Julie Moon

Ingredients:

- ❖ *1 can chicken broken apart,*
- ❖ *1 ½ cup freeze dried broccoli,*
- ❖ *Boxed chicken broth,*
- ❖ *10-12 ounces gluten free noodles,*
- ❖ *17 Italian spices, onion powder, garlic powder, salt & pepper*
- ❖ *½ cup Parmesan cheese in shaker plus some to top*

Directions:

Heat 10-12 ounces of noodles on a wood stove, grill, or open flame in the entire box of broth. (add water if needed to cover noodles) cooking until tender.

Drain noodles capturing the liquid. (Gluten free noodles cook faster than conventional noodles so cook 2 minutes less than instructions on box).

Pour in freeze dried broccoli to rehydrate then add to noodles.

Mix canned chicken, broccoli, and broth, into casserole dish.

Add spices.

Mix and top with parmesan cheese to taste.

"Twinkie Napoleon"

By: Rita Evola

Ingredients:

- ❖ 1 Twinkie
- ❖ 1 small bag of potato chips

Directions:

Cut (or tear) open Twinkie; remove cream filling and reserve into 2 portions.

Knead twinkie cake until it forms doughy consistency, form into ball. Divide Twinkie ball in half. Roll out (or press) each half into a thin layer. Crush all but a few potato chips into a fine powder. Cut rolled out layer of dough into as many same sized squares as possible. Cover first square (layer) of Twinkie dough with reserved cream, cover cream with potato chip powder. Repeat and layer squares on top of each other, forming a layered 'cake'. Cover top layer with cream and a single potato chip as garnish. Repeat with second half of dough. Yields 2 'servings'.

EMERGENCY KIT COOK-OFF RECIPE

“Skillet Enchiladas”

By: *Carla Winters*

Ingredients:

- ❖ 2 cans of canned chicken
- ❖ 1 can green chiles
- ❖ 1 small can of corn
- ❖ 1 can diced tomatoes
- ❖ ½ - 1 teaspoon minced onion
- ❖ ½ - 1 teaspoon minced garlic
- ❖ ¼ cup of flour
- ❖ 1 can cheddar cheese soup
- ❖ 1 packet enchilada seasoning
- ❖ 1 package tortillas
- ❖ Oil for pan

Prep Time: 20 mins

Total Time: 40 mins

Directions:

In oiled skillet, add minced onion and garlic and cook for one minute. Add canned chicken, green chiles, corn and ½ package of enchilada seasoning. Simmer to thicken. Add flour if necessary. While mixture is simmering, in a separate bowl combine cheddar cheese soup, 1/3 - 1/2 package enchilada seasoning and diced tomatoes. Remove chicken mixture from pan and wipe clean. Heat tortillas in pan one by one. Spoon chicken mixture into tortillas, roll up, and place seam side down in pan. Spoon remaining chicken mixture and cheese sauce over tortillas and heat until cheese soup sauce is bubbly.

“Green Chile and Bean Salsa”

By: Catherine Long

Ingredients:

- ❖ *1 can pinto beans*
- ❖ *1 can hatch green chiles*
- ❖ *1-2 tablespoon red pepper flakes*
- ❖ *1 teaspoon oregano*
- ❖ *1 teaspoon garlic powder*
- ❖ *1 teaspoon onion powder*
- ❖ *Salt and pepper (to taste)*
- ❖ *Favorite crackers or chips*

Prep Time: 5 mins

Total Time: 5 mins

Directions:

Open pinto beans and green chile cans and mix in a bowl. Add all the seasonings. Mix together.

“Cherry Camp stove Cobbler”

By: Deborah Sawyer

Ingredients:

- ❖ *Vegetable oil (enough to coat pan)*
- ❖ *1 cup of Oatmeal*
- ❖ *2 tablespoons of instant non-fat dry milk*
- ❖ *3 tablespoon of sugar*
- ❖ *1 tablespoon of cornstarch*
- ❖ *1 teaspoon of vanilla*
- ❖ *1 teaspoon of cinnamon*
- ❖ *1-4oz cup of applesauce*
- ❖ *1- 15-16oz can of Pitted dark sweet cherries, in heavy syrup*

Prep Time: 7 mins

Total Time: 20 mins

Directions:

Heat oil in pan. Combine next six ingredients in a bowl; then drop by teaspoonful into hot oil to brown. Add can of dark cherries to mixture and heat for a few minutes so that the cherries are warm and some of the cherry syrup has had a chance to evaporate. Serve and enjoy!

Tips: Applesauce can often be used as a substitute for butter in recipes.

Looking for gluten-free? Corn doesn't contain gluten, so you can substitute cornstarch in sauces and soups that use flour as a thickener (but use about half as much). Pure oats are gluten-free, but since oats may be processed in the same facilities that gluten-containing grains, you may want to stick with oatmeal that has a “gluten free” stamp on the packaging.

"Tuna Korma Curry"

By: *Carla Hegwood*

Ingredients:

- ❖ 1 jar of korma or butter curry sauce
- ❖ 1-2 cans tuna in olive oil
- ❖ 1 can coconut milk
- ❖ Basmati or any other type of rice (can use dried or pre-cooked)
- ❖ Olive oil
- ❖ Water
- ❖ Spices: Dried onion, dried garlic slices, 1-2 bay leaves, garam masala mix
- ❖ Optional (to taste): salt, pepper, cumin, turmeric, dried ginger powder, true lemon powder

Prep Time: 7 mins

Total Time: 20 mins

Directions:

Cook or warm up rice.

Add a few tbsp. of water to an empty pan. Add dried onion and dried garlic slices. Simmer until reconstituted and slightly softened. Add dollop of olive oil and garam masala (Optional: add other dried spices in pantry to taste).

Let cook about 1-2 minutes over med heat until fragrant.

Drain excess olive oil from tuna, add to pan, and stir gently.

Add jar of sauce. Simmer on low 10-15 minutes. Add coconut milk. Simmer about 5 more minutes. Adjust seasonings as desired.

Serve curry over rice. Optional: sprinkle on dried parsley as garnish.

“Asian Chicken and Noodles”

By: *Mendy Harman*

Ingredients:

- ❖ *2-5 oz. cans chicken breast, drained*
- ❖ *1-8oz. can sliced mushrooms, drained*
- ❖ *1-8oz. can water chestnuts, drained*
- ❖ *1-26oz. Simply Asian Japanese Inspired Ramen Soy Ginger Chicken Broth*
- ❖ *1-14.2oz. Hokkien Stir-Fry Noodles*
- ❖ *1 tablespoon stir-fry oil*
- ❖ *6 oz. Szechuan sauce*
- ❖ *Sliced Almonds*
- ❖ *Sesame Seeds*

Prep Time: 15 mins

Total Time: 20 mins

Directions:

Put stir-fry oil in a skillet and place on a camp stove over medium heat. Add chicken, mushrooms, and water chestnuts and heat through, taking care not to break chicken apart too much. Remove from heat. In a separate pan, heat chicken broth to boil, then add noodles and remove from heat. Add the Szechuan sauce to the noodles and stir. Put a serving of noodles on a plate, then top with chicken and vegetables. Sprinkle almonds and sesame seeds on top and serve. Make sure the chicken and noodles are warm when served. It's OK to return the pans to the stove before serving to reheat. Serve immediately and enjoy!

"Just Add Ramen-Seafood"

By: Sarah S. Ross

Ingredients:

- ❖ *1 package of Shrimp Flavored Ramen Noodles*
- ❖ *1 can of Shrimp*
- ❖ *1 can of Crab Meat*
- ❖ *1 can of Asian Vegetables*
- ❖ *1 can of corn*
- ❖ *3 Packets of Soy Sauce*
- ❖ *Ginger powder*
- ❖ *Garlic powder*
- ❖ *Onion powder*
- ❖ *4 bottles of water*
- ❖ *1 package of chopsticks*
- ❖ *1 fortune cookie*

Directions:

Open all of the cans, the Ramen noodle package and 2(or 3) bottles of water. Place the water in a pot and set on med- high until it comes to a boil. In the water add 2 packets of Soy Sauce, a dash of garlic, ginger and onion powder. Add Ramen and cook until noodles are firm. Once noodles are firm, add 3 tbsp of Asian veggies, 1 tbsp of corn, 2 tbsp of shrimp and 1 tbsp of crab meat. Use chopsticks to stir until noodles are soft. Once noodles are soft, remove from heat and dump all but 1/4 cup of water. Add the shrimp seasoning packet and then stir with chopsticks. Serve hot with 1 fortune cookie and 1 bottle of water

"Peanut Butter Chew"

By: Sarah Cline

Ingredients:

- ❖ *1 cup brown sugar*
- ❖ *1 cup peanut butter*
- ❖ *1 cup dark corn syrup*
- ❖ *4 cups Rice Krispies*

Directions:

Bring sugar and corn syrup to a boil.
Remove from heat.
Stir in peanut butter until smooth.
Add Rice Krispies.
Mix and shape into small balls.
Place on wax paper.



"Black Bean Burger"

By: WIC Liaison Team

Ingredients:

- ❖ *1/2 can yams; drained*
- ❖ *1 can black beans; drained*
- ❖ *3/4 cup oats; crumbled*
- ❖ *1/2 t onion salt*
- ❖ *1 t cumin powder*
- ❖ *2 t chili powder*
- ❖ *Salsa*

Directions:

- Mash black beans.*
- Add yams and other ingredients.*
- Mix well.*
- Form into patties.*
- Cook in vegetable oil for 4 minutes on each side.*
- Top with salsa.*



"Chicken Pasta Salad"

By: Tim Perkins

Ingredients:

- ❖ *Canned Chicken*
- ❖ *Canned Peas*
- ❖ *Canned Corn*
- ❖ *Canned Green Beans*
- ❖ *Pasta (Rotini or Bowties work best)*
- ❖ *Parmesan Cheese (if it is a new container, it doesn't need refrigeration)*
- ❖ *Salt, Pepper, Onion Powder, Garlic Powder, Oregano/Italian Seasoning*
- Italian Salad Dressing*

Directions:

Drain all canned food and set aside. Boil Pasta using camp stove or other heat source, and drain. Place canned items in pot that pasta had just been boiled in to heat up, then add pasta again. Add spices, salad dressing, and parmesan cheese to taste.

"Warm, Gooney Dessert Nachos"

By: Kitty Deiss

Ingredients:

- ❖ *Cinnamon Pita Chips*
- ❖ *Mini Marshmallows*
- ❖ *Semi-sweet chocolate morsels*
- ❖ *Butterscotch morsels*
- ❖ *White chocolate morsels*



Directions:

Cover the grill grates or a grill pan/tray with foil.

Heat grill to a low temperature.

Spread pita chips on foil in a single layer, leaving them slightly overlapping one another.

Sprinkle with the remaining ingredients.

Close the lid for 3 minutes. Nachos are ready when toppings are melting but retain some of their original shape.

If you wish to have a toasty crust on the marshmallows: Place the mini-marshmallows on a small, foil-covered tray on the upper grill shelf; heat with lid closed until they have reached desired browning then spoon onto nachos. OR use standard-sized marshmallows and toast them on sticks close to heat, place on nachos and spread as desired.

This recipe can be made on a camp stove or campfire.

**EMERGENCY KIT
COOK-OFF
RECIPE**

“Virgin Hurricane Refreshment”

By: Crista Sullivan



Voted “Best Overall”



Suggested Emergency Food Supplies

- Peanut butter
- Whole wheat crackers (consider vacuum packing to prolong freshness)
- Nuts and trail mix
- Cereal
- Power bars and granola bars
- Dried fruit
- Canned meat such as tuna, salmon, chicken and turkey
- Canned vegetables such as beans, carrots and peas
- Canned soups and chili
- Sports drinks
- Sugar, salt and pepper
- Powdered milk
- Multivitamins

