

September is National Preparedness Month. HSPR in partnership with MCH and WIC tried something new in 2015 and it was a huge success! Enjoy the final product of our first ever emergency kit recipe contest and cook off! All eligible submitted recipes are here, including the winners!

Cook off!

Emergency Kit Recipes

Robin Stanton and Julie Black

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From left to right: DeWayne Hatcher, Christina Stenerson, Sue Woodbury, Julie Black, Sara Sloan, Robin Stanton and Sandra Smith

Forward

Most of us who picture our post-emergency selves eating our ever-so-diligently stored foods, picture a camp stove, one can of hot beans and a wet huddled group dipping their utensils in for their share of warm protein.

That is exactly how I imagined it, until I met Robin Stanton. Robin is a nutritionist with our WIC and MCH programs. She came to me and asked if we could do an emergency kit recipe contest and cook off as a part of this year's preparedness month activities. I told her yes, but honestly I wondered if anyone would participate and what - besides my hot beans - people would think of to eat.

Robin thinks of food differently than I ever have and she's helped me to think outside of my mental food box. Take a look at the recipes submitted for our contest. Let Robin and the rest of our recipe submitters challenge what you thought about post-disaster food.

And start thinking about next year. The contest will be back, bigger and better. We're counting on you!

Julie Black, Ed.M.

All Hazards Planner and Preparedness Month Activities Chief

Health Security, Preparedness and Response Program

Main Dishes

A "Thanksgiving" Meal

Chicken with a cornbread cranberry stuffing and optional gravy.

Prep time: 5 minutes Total time: 15 minutes Serves: 4

By: Sue Woodbury

Ingredients:

- 10 ounce can or 7 ounce pouch of chicken, drained
- 1 box cornbread stuffing mix
- 1-1/2 cup boiling water or low sodium chicken broth
- 1/3 cup dried cranberries (or to taste)
- Optional:
- 1 packet chicken gravy mix
- Cold water

Directions:

1. Boil or heat water on camp stove, BBQ grill or other heat source.
2. Pour boiling water over stuffing mix and dried cranberries.
3. Mix with fork and cover with foil or a lid and let stand for 10 minutes.
4. Place drained chicken on top of stuffing.

For optional gravy:

1. Pour cold water over gravy mix.
2. Whip quickly with whip or fork.
3. If possible, heat slowly to thicken.
* Can also add chicken broth to meal instead of gravy for moister meal.

Note: For a backpacking meal place stuffing mix and cranberries in gallon freezer Ziploc bag. Pour hot water (not boiling) into bag. Close and gently knead bag to mix with hands. Let sit to heat. Add chicken.

Bobbie Sunshine's Mess Hall Chow—1st place for “Best Accommodation” category

This recipe can be adjusted for a large crowd.

Prep time: 5 min. Total time: 5 min. Serves: a crowd

By: Christina Stenerson

Ingredients:

- 1 (22.6 ounce) can cream of mushroom condensed soup
- 2 cups (2 packets) buttery home-style mashed potatoes
- 2 (16.9 ounce) bottles drinking water
- Optional: dried beef cut into small strips

Directions:

1. Heat water to boiling and add potato packets.
2. Open condensed soup and place in pan to heat. Stir soup until consistency of gravy.
3. Serve soup over mashed potatoes.
4. Add dried beef on top if desired.

Cuban-inspired Burrito Guts

Think outside the box!

Prep time:15 min. Total time:30 min. Serves:4

By: Heather Morrow-Almeida

Ingredients:

- 1 (15 ounce) can black beans
- 1 (15 ounce) can pumpkin
- ¼ cup chopped dried prunes
- ¼ cup chopped dried bananas
- ½ teaspoon cayenne pepper
- 1 teaspoon chili powder
- Good drizzle of olive oil
- Salt and pepper to taste

Directions:

1. In a large bowl, mix everything together.
2. Heat burrito guts if heat source is available.

Curried Barley with Lentils and Chicken

Delicious anytime!

Prep time: 10 minutes Total time: 40 minutes Serves: 4

By: Nurit Fischler

Ingredients:

- 2 tablespoons each dried ginger, curry powder, vegetable or olive oil
- 2 tablespoons dried onion
- 1 teaspoon garlic powder
- 2 cups water
- 2 cups canned chicken broth
- ½ cup lentils
- ½ cup 10-minute barley
- ½ cup chopped sun-dried tomatoes
- 1 can of chicken

Directions:

1. Over available heat source like camp stove, sauté spices, onion and garlic powder in oil in pot.
2. Stir in water, broth and lentils, and simmer for 15 minutes.
3. Add barley and tomatoes and continue to simmer until barley is done.
4. Add chicken and cook until heated through.

King Ranch Chicken—1st place for “Best Flavor” category
Creamy, easy, cheesy casserole with that special “kick” coming from green chilies.

Prep time: 15 minutes Total time: 60 minutes Serves: 8

By: Sara Sloan

Ingredients:

- Non-stick cooking spray
- 1 (10 – ¾ ounce) can of cream of chicken soup
- 1 (10-3/4 ounce) can of cream of mushroom soup
- 1 – 2 cans of cooked chicken
- 1 (10 ounce) can of diced tomatoes and green chilies (undrained)
- 1 (5-7 ounce) can of diced green chilies (undrained)
- 1 pound box of Velveeta “cheese” cut into 1 in cubes
- 12 corn tortillas torn into bite size pieces

Directions:

1. Spray 13 x 9 inch baking dish with cooking spray.
2. Mix soups, chicken, diced tomatoes and green chilies together.
3. Layer 1/3 of tortillas, chicken mixture and cheese.
4. Repeat layers twice more.
5. Cook over heat source for 40 minutes or until hot and bubbly.

Soups and Stews

Chicken Tortilla Soup

A spicy soup high in protein, fiber AND flavor!

Prep time: 15 minutes Total time: 25 minutes Serves: 12

By: Robin Stanton



Ingredients:

- 1 (12.5 ounce) can of chicken, drained
- 1 (15 ounce) can of pinto beans, drained
- 1 (15 ounce) can of black beans, drained
- 1 (15.25 ounce) can of corn, drained
- 1 (29 ounce) can of white hominy, drained
- 1 (15 ounce) can crushed tomatoes
- 1 (10 ounce) can diced tomatoes and green chilies
- 1 (32 ounce) can or carton of chicken broth
- 1 cup water
- 1 (5-7 ounce) can of diced green chilies
- 1 (7 ounce) can of salsa Verde
- 1 tablespoon dried oregano flakes
- 2 teaspoon dried onion
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 bag of tortilla chips

Directions:

1. Drain liquids from specified canned items.
2. Shred chicken with a fork.
3. In a large container add all ingredients except chips, and stir until well-combined.
4. If possible, set over medium heat to a simmer.
5. Crush chips over soup before serving.

Mexican Pozole

A family favorite!

Prep time:20 min.

Total time:30 min.

Serves: a lot!

By: Diana Garcia

Ingredients:

- 1 or 2 small cans of pork or chicken
- 1 tablespoon dried onions
- ½ teaspoon dried garlic
- 1 dried red chili
- 8 cups water
- 1 (15 ounce) can of chicken or beef broth
- 1 (29 ounce) can hominy
- Salt and pepper to taste
- dried Mexican oregano – sprinkle on before serving
- dried chili flakes – sprinkle on before serving
- 1 package of tortilla shells

Directions:

1. In large pot heat canned meat with onions, garlic and chili. Use alternative heat source like camp stove.
2. Add broth and water and simmer for a few minutes.
3. Add hominy and simmer a few minutes more.
4. Serve in bowl with oregano and chili flakes sprinkled on top, and broken tortilla shells on top.
5. Share with your neighbors 😊

Soup and Crackers—1st place for “Healthiest” category

[Hearty soup with protein-rich low sodium crackers.](#)

Prep time: 5 minutes

Total time: 20 minutes

Serves: 2

By Sandra Smith

Ingredients:

- 1 can reduced sodium chicken noodle soup with chunky vegetables
- 1 can chicken, drained
- 4 packets mayonnaise
- 1 box reduced sodium, high fiber crackers

Directions:

1. In bowl, add mayonnaise packets to canned chicken for salad.
2. Open soup can and heat.
3. Serve chicken salad on top of crackers, and serve with soup.

Veggie Bean Soup

[A quick veggie soup that is best warmed but is okay if eaten at room temperature.](#)

Prep time:10 min.

Total time:15 min.

Serves: 4

By: Heather Morrow-Almeida

Ingredients:

- 1 (15 ounce) can black beans, low salt preferable, drained
- 1 (15 ounce) can pinto beans, low salt preferable, drained
- 1 (15 ounce) can kidney beans, low salt preferable, drained
- 1 (15 ounce) can corn, drained
- 1 small jar or can (8 ounce) pickled jalapenos
- 2 tablespoon olive oil
- 1 large can V-8 juice
- Pepper to taste

Directions:

1. Mix everything in a large pot and heat if possible.

West African Peanut Butter Soup -1st place for “Best Cultural Representation” category

A warm and delicious gluten-free, vegetarian soup.

Prep time: 20 min.

Total time: 30 min.

Serves: 6

By: Dewayne Hatcher



Ingredients:

- 1 large (32 ounce) can vegetable broth
- 1 (12 ounce) can spinach
- 1 (12 ounce) can tomatoes
- 4 tablespoons diced jalapenos
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 1 cup peanut butter
- 3 cups diced sweet potatoes

Directions:

1. Place everything in a large pot and simmer 20 minutes, or until sweet potatoes are done.
2. Serve hot.

Appetizers and Snacks

Pumpkin Oat Treats

These kid-friendly treats can be customized with other add-ons like coconut, nuts or seeds.

Prep time: 5 minutes

Total time: 15 minutes

Serves: 4

By: Robin Stanton



Ingredients:

- 1/3 cup canned pumpkin (you can add a bit more for increased pumpkin flavor)
- 1/2 teaspoon vanilla
- 3/4 cup quick oats
- 3 tablespoon sugar
- 1/2 teaspoon pumpkin pie spice (or more to taste) OR 1/4 teaspoon cinnamon, 1/8 teaspoon nutmeg and 1/8 teaspoon ginger
- 3 Tbsp. dark chocolate chips

Directions:

1. Combine pumpkin and vanilla in small bowl.
2. In a separate bowl, combine all dry ingredients.
3. Incorporate pumpkin mixture into the dry ingredients.
4. Roll the dough into balls about the size of a golf ball.
5. Decorate with dark chocolate chips.

Notes: any extra canned pumpkin can be mixed in a soup.

Salted-Honey Pumpkin Seeds

A great snack that's easy to prepare!

Prep time: 15 minutes

Total time: 30 minutes

Serves: 2

By: Maria Smith

Ingredients:

- 2 cups dry pumpkin seeds
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon salt

Directions:

1. Toss seeds in a bowl with olive oil honey and salt.
2. Place seeds in lightly oiled skillet and roast over a heat source like camp stove, barbecue or campfire until golden brown, about 10 to 15 minutes.

Spicy Earthquake-Proof Bean Salsa

An easy way to make post-emergency living fun and healthy

Prep time: 10 min.

Total time: 10 min.

Serves: a crowd

By: Tracie Stone

Ingredients:

- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can whole kernel corn, drained
- 1/2 cup dried chopped onion
- 1 (4 ounce) can bell peppers
- 1 (4 ounce) can diced jalapeno peppers
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 cup Italian-style salad dressing
- 1/4 teaspoon garlic powder
- Tortilla chips

Directions:

1. Rehydrate onion by mixing with salad dressing or some left-over juice from canned goods.
2. Mix all ingredients together.
3. Serve with tortilla chips.

Trail Mix

This high energy food for the soul is easy, nutritious and keeps for a long time.

Prep time: 5 min. Total time: 5 min. Serves: a lot of people

By: Julie Wray

Ingredients:

- 1 cup dried fruit (pears, apples, plums, blueberries, boysenberries, bananas, pineapple)
- 1 cup chocolate chips
- 1 cup almonds
- 1 cup walnuts
- 1 cup raisins
- 1 cup coconut

Directions:

1. Mix everything together in a large bowl.

Notes: Amounts of any of the ingredients can be adjusted to your own preferences.

Quick Angel Cake

Cake? This is the new face of emergency preparedness!

Prep time: 30 minutes

Total time: 30 minutes

Serves: 24

By: Carrie Lafferty

Ingredients:

- 16 ounce angel food cake mix that only requires addition of water
- 1 (12 ounce) can of crushed pineapple

Directions:

1. Mix together cake mix and canned pineapple with a fork.
2. Pour into baking pan appropriate for a camp stove or barbecue
3. Bake for 25 minutes or until golden brown.

No-Bake Cookies

No oven? No problem!

Prep time: 5 min.

Total time: 15 min.

Makes: 2 dozen

By: Claudia Bingham

Ingredients:

- 2 cups sugar
- ½ cup milk: this can be shelf-stable packaged, reconstituted canned or powdered milk
- 1/3 cup coconut oil
- ½ package chocolate chips
- 1 cup peanut butter
- 1 teaspoon vanilla
- 3 ½ cups rolled oats

Directions:

1. Combine sugar, milk and coconut oil.
2. Add chocolate chips and bring to boil over heat source like camp stove.
3. Add peanut butter and vanilla.
4. Stir in rolled oats.

Power-Outage Peanut Butter Balls

Crunchy fruit and peanut butter snacks.

Prep time: 5 minutes

Total time: 10 minutes

Serves: 4

By: Tracie Stone

Ingredients:

- 1 bag dried cranberries
- 1 (12 ounce) jar peanut butter
- 2 crunchy granola bars "Oats 'n Dark Chocolate", crushed in a plastic sandwich bag
- Optional extras: other dried fruits, fruit chips, protein powder

Directions:

1. Take a spoonful of peanut butter and mix in a few dried cranberries, or other optional ingredients.
2. Roll peanut butter and cranberries into a ball and coat in granola bits.

Salads

Easy Orange Curry Chickpeas

Preparedness is delicious!

Prep time:10 min. Total time:10 min. Serves:2

By: APHA Recipes for Disaster

Ingredients:

- 1 (15 ounces) can low-sodium or no-salt added chickpeas, drained
- 1 (11 ounces) can mandarin oranges, drained (save about 2 Tablespoons of juice)
- 2 tablespoons raisins
- 2 tablespoons slivered almonds (optional)
- 2 tablespoons mandarin juice (saved from draining the oranges)
- 2 tablespoons olive oil
- 1 1/4 teaspoons curry powder
- 1/4 teaspoon cinnamon
- Salt and pepper to taste

Directions:

1. Drain canned chickpeas and mandarin oranges. Save 2 tablespoons of juice from oranges to make the dressing.
2. Combine chickpeas, oranges, raisins and almonds in a medium-size bowl and toss together.
3. Pour over chickpea mixture and toss to coat.

Mango Black Eye Pea Salad-Salsa

You can use your favorite bean instead of the black eye peas.

Prep time: 25 minutes

Total time: 25 minutes

Serves: 10

By: Sharon Ross

Ingredients:

- 1-2 cans (15 ounce cans) black eye peas, drained and rinsed
- 2 mangoes, peeled and diced
- 1 cucumber, seeds removed and diced
- 1 bell pepper, seeded and diced
- 2 green onions, finely chopped
- 1 jalapeno, seeded and diced (or you can use canned diced)
- 2 limes, juiced
- ½ teaspoon salt
- Pinch cayenne pepper
- ¼ cup cilantro, chopped

Directions:

1. Mix everything together in a large bowl.
2. Serve with tortilla chips if desired.

Roughin' It Cowboy Salad

Modified from the popular OSU, Extension Food Hero Cowboy Salad.

Prep time: 10 minutes

Total time: 10 minutes

Serves: 8

By: Jennifer Young

Ingredients:

- 2 cans (15 ounce) black-eyed peas or black beans, drained
- 1 can (15 ounce) corn, drained
- 1 can (8 ounce) diced peppers
- 1 can (8 ounce) chopped tomatoes
- 1 tablespoon vegetable oil
- 2 tablespoons vinegar
- 1/2 teaspoon each salt and pepper
- Optional: tortilla chips

Directions:

1. Drain and rinse the black-eyed peas (or black beans) and corn.
2. Combine all canned ingredients in a large bowl.
3. Mix oil, vinegar, salt and pepper together in a small bowl.
4. Pour oil mixture over salad ingredients and toss lightly.
5. Serve with tortilla chips for crunch.

Tuna Salad a la Grech

A quick and healthy salad with lots of protein and a little zip and sweetness.
Serve with whole grain crackers.

Prep time:10 min. Total time:10 min. Serves:4

By: Heather Morrow-Almeida

Ingredients:

- 2 small cans tuna, drained
- 1 can (8 ounce) sliced olives, drained
- 1 (15 ounce) can chickpeas, drained
- 1 heaping tablespoon Dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (can use 2 packets of lemon juice)
- Salt and pepper to taste
- ½ cup dried cranberries

Directions:

1. Mix tuna, olives and chickpeas in a bowl.
2. Combine mustard, oil, lemon juice, salt and pepper. Stir into tuna mixture.
3. Top with cranberries.