

## Easiest Whole Wheat Bread #1

Lemon juice in this recipe acts as a dough enhancer, which gives bread a fine, light texture. Gluten, a natural protein derived from wheat, provides elasticity, strength, and added texture, helps retain moisture, prevents crumbling and extends the shelf life of bread. If you do not want to store gluten flour, whole wheat flour can be substituted in its place.

### 2 (8x4-inch) Loaves

3½ c. whole wheat flour  
 ½ c. gluten flour  
 1¼ T. instant yeast  
 2½ c. steaming hot tap water (120-130° F)  
 1 T. salt  
 ½ c. oil  
 ½ c. honey or ½ c. sugar  
 1¼ T. bottled lemon juice  
 2½ c. whole wheat flour

### 4 (8x4-inch) Loaves

7 c. whole wheat flour  
 ¾ c. gluten flour  
 2½ T. instant yeast  
 5 c. steaming hot tap water (120-130° F)  
 2 T. salt  
 ¾ c. oil  
 ¾ c. honey or 1 c. sugar  
 2½ T. bottled lemon juice  
 5 c. whole wheat flour

Mix together first three ingredients in mixer with a dough hook. Add water all at once and mix for 1 minute; cover and let rest for 10 minutes. Add salt, oil, honey or sugar and lemon juice and beat for 1 minute. Add last flour, 1 cup at a time, beating between each cup. Beat for about 6-10 minutes until dough pulls away from sides of the bowl. This makes a very soft dough.

Pre-heat oven for 1 minute to lukewarm and turn off. Turn dough onto oiled counter top; divide, shape into loaves. Place in oiled bread pans. Let rise in warm oven for 10-15 minutes until dough reaches top of pan. Do not remove bread from oven; turn oven to 350° F and bake for 30 minutes. Remove from pans and cool on racks. —Adapted recipe from Jamie Rasmussen

*If you do not have a mixer with a dough hook and are kneading this by hand, gradually add last cup of flour to keep dough from sticking to counter. You will add more flour when kneading by hand than when using a mixer simply to be able to handle this moist dough. With wheat bread, always add the least amount of flour possible to keep bread moist. Knead 10 minutes; shape into loaves.*

**IMPORTANT NOTE:** To make a 2-loaf recipe of this bread every other day for 1 year (1 loaf/day), you need 275 lbs. of wheat ground into flour, 4 gallons of oil, 46 lbs. honey or sugar, 8 (1-lb.) pkgs. yeast, 61 c. gluten flour, 3½ qts. of lemon juice and 7.3 lbs. salt.

## Super Quick Mix

9 c. fine whole wheat flour  
 9 c. white flour  
 3 c. instant dry milk  
 2 ½ c. powdered shortening  
 9 T. baking powder

2 ½ T. salt  
 1 ½ T. sugar  
 4 t. cream of tartar  
 2 t. baking soda

Sift shortening, cream of tartar and baking soda into rest of ingredients; stir well. Keep in covered container; use in 10-12 weeks. Makes 24 cups.

### **Super Quick Pancakes:**

3½ c. Super Quick Mix  
 1½ T. sugar  
 2 T. dried whole egg, sifted  
 2¾ c. water

Whisk together dry ingredients. Whisk in water just until combined (leave small lumps). Let stand 5 minutes. Cook on hot, oiled griddle. Makes 12, 6-inch pancakes.

### **Magnificent Muffins:**

3 ½ c. Super Quick Mix  
 ½ c. sugar  
 1 T. dried whole egg, sifted  
 1½ c. water

Whisk together dry ingredients. Add water; stir just until moistened. Spoon batter into greased cupcake-size muffin pans. Bake at 400° F for 15 minutes.

Fruit Muffins: Reduce Super Quick Mix to 2¾ c. and water to 1 cup. Add 1 cup fruit.

Oatmeal Muffins: Reduce Super Quick Mix to 2¾ c. Add 1 c. quick oatmeal and increase water to 1 ⅔ c.

## Bean and Lentil Recipes

### **8 Bean Soup**

5¼ c. soaked and cooked any combination of 8 beans OR  
 3 (15-oz.) cans any beans  
 ¼ c. dried celery  
 1 (8-oz.) can tomato sauce  
 6 c. water  
 1 t. cumin  
 ½ c. dried diced carrots  
 1 t. salt  
 ¼ c. dried onion  
 2 t. bottled lemon juice

In a pot, combine all ingredients, except lemon juice; simmer, covered, 30 minutes. Stir in lemon juice and serve. Serves 5-6.

### **Pinto Bean Wraps**

1¾ c. soaked and cooked dry beans OR  
 1 (15-oz.) can pinto beans, drained  
 2 t. chicken bouillon  
 ¼ t. dried minced garlic  
 1 T. oil  
 ¼ t. cumin  
 1 c. uncooked long grain rice  
 ½ c. salsa  
 1½ c. water  
 (Optional) 1 (5-oz.) bottle processed sharp cheese spread  
 1 (8-oz.) can tomato sauce  
 Lettuce  
 1 (4-oz.) can diced green chiles  
 Tomatoes

In saucepan, lightly brown rice in oil on medium-high heat. Add next 6 ingredients and simmer, covered 20 minutes until liquid is absorbed. Add pinto beans and salsa to hot rice. Spread warmed tortillas with cheese spread (if using) and fill with pinto bean mixture. Top with lettuce and tomatoes, if available. Fills 10 tortillas.

## Spicy Hungarian Lentil Stew

7 c. water	½ - ¾ t. cayenne pepper
1½ c. lentils, sorted and rinsed	½ t. dried minced garlic
⅓ c. dried onion	½ t. paprika
7 t. chicken bouillon	1 large bay leaf
2 T. tomato paste	1 (12-oz.) can evaporated milk
2 t. cumin	2 T. flour

Combine all ingredients except milk and flour in a pot and bring to boil; simmer for 45 minutes. Whisk flour into milk until there are no lumps. Whisk into stew. Return to boil while stirring; simmer 1 minute. Serves 5.

## Lima Bean Soup

5¼ c. soaked and cooked dry lima beans OR 3 (15-oz.) cans butter beans	½ t. dried minced garlic
6½ c. water	⅛-¼ t. pepper
⅓ c. dried diced carrots	⅛-¼ t. hot pepper sauce
2 T. dried onion	Salt to taste
4 t. ham or chicken bouillon	½ (2-oz.) jar bacon pieces

In a pot, combine all ingredients except bacon. Simmer, covered, 30 minutes. Stir in bacon and serve. Serves 4-6.

## Ham 'N Bean Soup

5¼ c. soaked and cooked any dry beans OR 3 (15-oz.) cans any beans, drained	½ t. garlic powder
6 c. water	¼ t. salt (none for canned beans)
2 (15-oz.) cans diced tomatoes, undrained	¼ t. pepper
¼ c. dried onions	¼ t. chili powder
1 T. ham bouillon powder	1 (5-oz.) can chunk ham, broken up

Combine all ingredients except ham in a pot. Cover and simmer 30 minutes. Stir ham into soup. Bring to a boil and serve. Serves 6.

### For ham bouillon powder (requires no refrigeration after opening) in the above two recipes check at:

Orson Gygi in Salt Lake City (Custom brand in cooler—shake the container to find the powdered one), Wal-Mart, a Mexican or Asian grocery store, or see Goya ham bouillon at Amazon.com to order.

## Recipes using Canned Meats

### Mushroom Chicken and Noodles

1 (4-oz.) can sliced mushrooms	1 (10-oz.) can cream of mushroom soup
1 T. dried onion	1 (10-oz.) can chicken chunks, broken up
2 T. flour	1 T. dried parsley
1 (12-oz.) can evaporated milk	Hot cooked noodles

Drain juice from mushrooms into a saucepan. Add onion and simmer, covered, 10 minutes. In a cup stir flour into a little evaporated milk until there are no lumps. Pour remaining milk, soup and flour mixture into cooking onion; stir until boiling. Reduce heat; simmer 2 minutes. Add chicken, mushrooms and parsley; stir just until combined. Heat through; serve over noodles. Serves 6.

### Curry Beef on Rice

1 (12-oz.) can beef chunks, broken up	2 T. dried celery
1 (15-oz.) can diced tomatoes, undrained	2 t. beef bouillon
2 c. water	1-1½ t. curry powder
½ c. dried apple, chopped in ¼ -½-inch pieces	½ t. dried minced garlic
¼ c. dried minced onion	½ t. sugar
	¼ t. turmeric

Pour beef into saucepan and break up. Add rest of ingredients; bring to boil and simmer, uncovered, 20-25 minutes. Serve over hot rice. Serves 4-5.

### Whole Wheat Cookies: Oatmeal Chocolate Chip Cookies

¾ c. shortening	1¼ c. whole wheat flour
1½ c. brown sugar	½ t. baking soda
2 T. dried whole egg	½ t. salt
¼ c. water	2 c. quick cooking oatmeal
1 t. vanilla	1 c. chocolate chips
	(Optional) raisins or dried apricots, chopped

Put ingredients in first column in bowl; mix together just until combined. (Shortening will be in small lumps.) Mix together flour, baking soda and salt; blend into shortening mixture. Stir in oats, chocolate chips and fruit, if desired. Drop onto lightly greased cookie sheet. Bake at 350° F for 12 minutes. Makes 4 dozen.