

**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 and strength, added texture, helps retain moisture, prevents crumbling and extends the shelf life of bread. If you do not want to store gluten flour, substitute whole wheat flour in its place.

2 (8x4-inch) Loaves

3½ c. whole wheat flour  
 ⅓ c. gluten flour  
 1¼ T. instant yeast  
 2½ c. steaming hot tap water (120-130° F)  
 1 T. salt  
 ⅓ c. oil  
 ⅓ 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  
 ⅔ c. gluten flour  
 2½ T. instant yeast  
 5 c. steaming hot tap water (120-130° F)  
 2 T. salt  
 ⅓ c. oil  
 ⅔ 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, 3⅔ qts. of lemon juice and 7.3 lbs. salt.

**Vegetarian Chili**

5¼ c. mixed dry beans soaked and cooked OR  
 3 (15-oz.) cans any beans, drained  
 6 c. water  
 2 (15-oz.) cans stewed tomatoes, cut up

¼ c. dried onion  
 2 T. chicken bouillon  
 ½ t. dried minced garlic  
 ½ t. chili powder

Combine all ingredients in a pot. Bring to a boil; cover and simmer 30 minutes. Add pepper to taste. Serves 6.

**Italian Chicken and Bean Soup**

5 ½ c. water  
 3 ½ t. chicken bouillon  
 1 ½ c. uncooked spiral pasta  
 2 T. dried green pepper  
 1 (12-oz.) can chicken chunks, undrained

1¾ c. soaked and cooked dry kidney beans OR  
 1 (15-oz. can kidney beans, drained)  
 1 (15-oz.) can mixed vegetables, drained  
 ¾ t. Italian seasoning

Bring water and bouillon to boil in saucepan; add pasta and green pepper. Simmer, uncovered, 10 minutes. Add rest of ingredients and heat to boil. Serves 4-5.

**Santa Fe Lentils**

1 c. dry lentils, sorted and rinsed  
 2 c. water  
 1 (4-oz.) can chopped green chiles  
 2 T. dried onion  
 2 t. chicken bouillon

½ t. garlic powder  
 ¼ t. cumin  
 ¼ t. oregano  
 6 large flour tortillas  
 ½ (5-oz.) jar processed cheese spread  
 (optional) chopped tomatoes and lettuce

Combine all ingredients in saucepan, except tortillas, cheese and optional vegetables; bring to boil. Reduce heat and simmer, covered, 45 minutes. Spread cheese in a 3-inch wide strip wide going two thirds of the way down center of each tortilla. Top with lentils, tomatoes and lettuce. Fold bottom of tortilla up and sides in, overlapping each other. Secure with toothpick and serve.

**Corned Beef Hash**

4 ½ c. water  
 3 ¼ c. dried potato dices  
 ½ c. dried onion

¼ t. pepper  
 1 (12-oz.) can corned beef, diced  
 ¼ c. oil

3/4 t. salt  
1/2 t. garlic powder

1 1/2 T. dried parsley

Cook ingredients in first column in saucepan, covered, 10 minutes until liquid is gone. Brown potatoes with pepper in hot oil in a large non-stick frypan. Stir in corned beef and parsley; fry 2 minutes more, stirring occasionally to break up corned beef. Serves 6.

### **Puerto Rican Black Beans and Rice**

3 1/2 c. soaked and cooked dry black beans OR  
2 (15-oz.) cans black beans, undrained  
3/4 c. water (1/2 c. for canned beans)  
1 T. dried green pepper  
1 T. dried onion  
2 T. ketchup  
1/2 T. olive oil  
1 t. oregano  
1/2 t. black pepper  
1/2 t. sugar  
1/4 t. salt ( none for canned beans)  
1/4 t. garlic powder  
hot cooked rice

Put beans and all other ingredients together in a pot; bring to boil. Reduce heat and simmer, uncovered, 20 minutes. Serve over hot rice. Serves 4-5.

### **Super Quick Mix**

9 c. fine whole wheat flour  
9 c. white flour  
3 c. instant dry milk  
2 1/2 c. powdered shortening  
9 T. baking powder  
2 1/2 T. salt  
1 1/2 T. sugar  
4 t. cream of tartar  
2 t. baking soda

Sift shortening, leavening and cream of tartar into rest of ingredients; combine well. Store in covered container; use within 10-12 weeks. Makes 24 cups.

#### **Super Quick Pancakes:**

3 1/2 c. Super Quick Mix  
1 1/2 T. sugar  
2 T. dried whole egg, sifted  
2 3/4 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.

#### **Fruit Muffins:**

2 3/4 c. Super Quick Mix  
1/2 c. sugar, scant  
1 T. dried whole egg, sifted  
1 c. water (for pineapple, include juice in this water)  
1 c. drained crushed pineapple OR  
1 (15-oz.) can blueberries, drained

Whisk together dry ingredients. Stir in water and fruit just until combined. Spoon batter into greased muffin pans (cupcake size). Bake at 400°F for 15-18 minutes.

### **Microwave Oatmeal**

**Servings:**

**2**

**4**

**5**

**6**

Water	1 1/4 c.	2 1/2 c	3 c.	3 3/4 c.
Oatmeal	1/2 c.	1 c.	1 1/4 c.	1 1/2 c.
Bran (Optional)	1 t.	2 t	1 T.	1 T. rounded
Salt	1/4 t.	1/2 t.	1 t.	1 1/4 t.
Cooking time on HIGH	3 minutes	7 minutes	9 minutes	12 minutes

Combine ingredients in large microwave bowl. After cooking, stir in little milk and microwave 1 minute more.

**Variations:** Cook with 1-4 T. raspberry or apricot jam. Sprinkle with toasted almonds.

### **Lentil Stew**

6 c. water  
1 c. dry lentils, sorted and rinsed  
1 (15-oz.) can diced tomatoes, undrained  
1 c. dried diced carrots  
1/2 c. barley  
1/4 c. dried onion  
4 t. chicken bouillon  
1 T. brown sugar, packed  
1 T. olive oil  
3/4 t. dried minced garlic  
1/2 t. cumin  
1/4 t. oregano

Combine all ingredients in saucepan; bring to boil. Reduce heat; simmer, covered, 45-55 minutes until barley is tender. Serves 6-8.

### **Amazing Fudge Brownies**

2 c. sugar  
1 c. shortening  
1/4 c. dried whole egg  
1/2 water  
1 t. vanilla  
1/4 c. water  
2 c. whole wheat flour  
1/2 c. cocoa  
1/2 t. salt  
1 c. chopped walnuts, optional

Cream together ingredients in first column just until combined. Stir in additional 1/4 cup water. Combine dry ingredients and stir into egg mixture just until combined. Stir in walnuts, if desired. Bake in greased and floured 9x13-inch pan at 350°F for 25 minutes. (At altitudes of 4,000-5,000 ft. bake at 375°F for 25 minutes.) Cool. Dust with powdered sugar, or frost. Makes 24.

**For lots of brownies:** Double recipe and bake in large cookie tray. Add 6-7 minutes to baking time.