

Staple foods: cereal, mixed fruit, mix vegetables, canned soup/stews
Spaghetti sauce, Rice, peanut butter

1.) Rice Pudding Recipe

Ingredients:

2 eggs, beaten (can use powdered eggs)
 ½ c. sugar
 ¼ tsp. salt
 2 c. milk (can use powdered milk)
 1 ¼ c. cooked white rice, cooled (leftovers work great)
 ½ c. raisins (optional could also use plums)
 Cinnamon and Nutmeg to taste

Directions:

Preheat oven to 325o F. Mix all the ingredients together and pour into a greased 1 qt. bowl. Set the bowl in a shallow pan. Pour hot water into the pan about 1 inch deep. Put pan into the oven and bake for 1 ½ hours.

2.) PEANUT BUTTER BREAD

Ingredients:

2 1/2 c flour
 3 tsp baking powder
 1/2 tsp salt
 2/3 c sugar
 1/3 c instant nonfat dry milk
 1 egg beaten (or 2 Tbsp whole egg powder add 3Tbsp of water to mixture)
 1 Tbsp grated orange rind (or 1 tsp orange flavoring) (optional)
 3/4 c water
 1/2c peanut butter (or 1/4 c peanut butter powder and 1/4 c water)

Directions:

1. Mix flour baking powder salt sugar dry milk and peanut butter into a bowl.
2. Add the orange rind
3. in a separate bowl combine the egg and water then add to the flour mixture. Stir until just mixed.
4. pour into a greased 9x5x3 loaf pan
5. bake in a oven at 350 degrees for 50 to 60 minutes remove from pan and cool on a wire rack.

3.) Monster trail mix bites

Ingredients

- 1 c. old-fashioned rolled oats
- 1/2 c. mini chocolate chips
- 1/4 c. Chopped peanuts
- 1/4 c. raisins
- 1/4 c. Mini M&Ms
- 3/4 c. creamy peanut butter, melted
- 1 tbsp. honey
- salt

Directions

1. In a large bowl, stir together oats, chocolate chips, peanuts, mini M&Ms, melted peanut butter, and honey and season with salt.
2. Stir together until completely combined, then scoop into tablespoon-size balls and refrigerate until firm, 1 to 2 hours.
3. Serve.

4.) Fried rice and pork/chicken

Ingredients

- 2 tablespoons oil
- 1 cup sliced mushrooms
- 3 cups cold cooked rice
- 1 cup cold cooked pork, small dice
- 2 sliced onions
- 3 eggs, lightly beaten
- 1 tablespoon oil
- 3 tablespoons soy sauce
- 1/4teaspoon pepper * Could substitute pork for chicken

Directions

1. Heat oil in large skillet.
2. Saute mushrooms for 2 minutes.
3. Add rice, pork, and onion.
4. Cook and stir for 6 minutes.
5. Push rice to the side of the skillet.
6. Add the 1 T oil; add eggs; cook and stir until eggs are thickened.
7. Stir eggs and rice together.
8. Stir in soy sauce and pepper.

4.) Corn flake crusted chicken

Ingredients

- 4 boneless skinless chicken breasts
- 3 cups corn flakes
- 2 tablespoons melted butter
- 1 large egg
- 1 teaspoon water
- Salt
- Pepper
- Chicken poultry seasoning

Directions

1. preheat oven to 400 degrees.
2. salt, pepper and put chicken poultry seasoning on breast front and back. mix egg and water in a bowl.
3. chicken poultry seasoning to taste.
4. dip breast into egg/water mixture and roll in the cornflake crust to coat. Mixture will be moist so you may have to pat it on there.
5. You can also make extra crust if needed and pat it onto tops of breast once placed onto the baking sheet.
6. bake at 400 for about 30 mins or untill done.