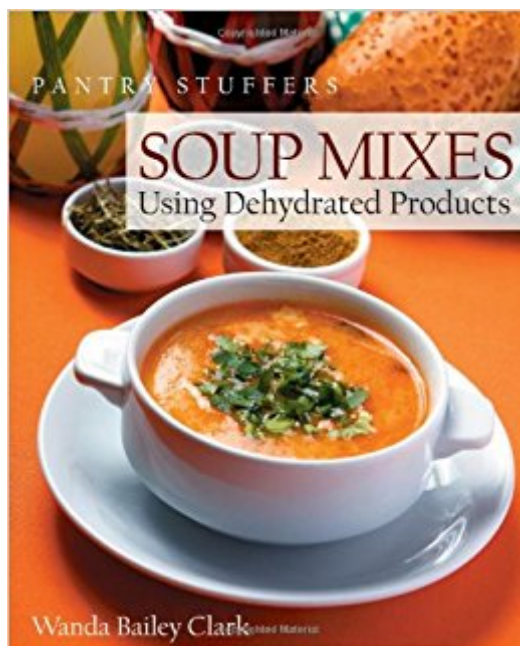


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# Pantry Stuffers Soup Mixes: Using Dehydrated Products



## Synopsis

The recipes in Pantry Stuffers Soup Mixes use dehydrated, freeze-dried, and powdered products that are affordable, light weight, and nutritious alternatives to canned or frozen foods. And they offer an extended shelf life! But calculating the rehydration and converting ingredient measurements can seem daunting tasks. Pantry Stuffers' recipes remove the guesswork! Lists of ingredients with measurements are provided to create soup mixes with serving sizes of one to two, three to four, and six to eight. The soup mix recipes can be packaged for emergency preparedness or convenience, using the mixes while camping, hiking, living in a college dorm, creating gift baskets, and more. Need to slow cook your soup? Easy. Every soup recipe in Pantry Stuffers Soup Mixes gives you two cooking options: stovetop and slow cooker.

## Book Information

Paperback: 216 pages

Publisher: Furrow Press (August 10, 2012)

Language: English

ISBN-10: 0983756155

ISBN-13: 978-0983756156

Product Dimensions: 7.5 x 0.5 x 9.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #180,987 in Books (See Top 100 in Books) #26 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Dehydrators #103 in Â Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #200 in Â Books > Cookbooks, Food & Wine > Canning & Preserving

## Customer Reviews

Okay, I admit it. I'm a prepper. You know the old maxim, "Hope for the best, but prepare for the worst"? That's me. I have a lot of bulk dry foods stashed away for a rainy day. The question is: What can I do with all this stuff? I have wheat, beans and rice. Now how do I make something my kids will eat? The author Wanda Bailey Clark has answered those questions for me. Dried tomato powder seems to be the cure-all for everything. The secrets of barley, quinoa, and lentils have been unlocked, and textured vegetable protein is no longer a mystery. Her easy-to-follow recipes take advantage of the fact that I can (A) store their ingredients for a very long time, and (B) fix them in a single pot. This is something I would be thankful for if I were cooking over an open fire. Ms. Clark

has really done me a favor with her recipe book by dividing each recipe into three columns: 6-8, 3-4, and 1-2 servings. For the mathematically challenged like myself, this is a beautiful thing. Mental arithmetics were never my strong suit. While I hope to never have to use these recipes in a TEOTWAWKI scenario, I am very excited about trying them in my slow cooker.

I love this book. It has a large variety of recipes and I learned about some products I hadn't known about that will help me with my dehydrated foods recipes. I can't wait for her next book! If you are using dehydrated foods to build your food supply this book is a must!

This book has good recipes, it is very organized and easy to use, no adding or subtracting for serving sizes, it is all right there.

I highly recommend this book. It is simply a great product. I have used this cookbook already to put together my own ready to go soup mixes. Everyone I have tried thus far is delicious- the mushroom orzo, cajun black bean, and sour cream potato are out of this world! There is a nice icon chart in the book that helps you to know if there are certain dietary items in the recipe: dairy, meat, and gluten for example. It also denotes vegan recipes, which is great. The back has an ingredient to recipe index too. I can turn to the back pages and see every recipe that has black beans in it so I can make sure I'm using up all my items in stock. I'm thinking about making up so ready to go soups and a cook book to give as Christmas presents!

I have reviewed many cookbooks on the market for dehydrated foods and there is nothing like the recipes provided in this book. The variable serving sizes provided makes it very easy to package only the amount of food needed for your family. All of the recipes that I have tried are excellent...far surpasses anything I have ever had out of a can!! Also, excellent ingredient to recipe index helps to maximize purchase of needed ingredients. Excellent cook book!

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