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**Produce**

Garlic  
Onions – 1 bag  
{Lettuce for salad and tacos}  
{Tomatoes for salad and tacos}  
Celery  
{Fresh Fruit}

**Canned/Dry Goods**

White rice  
Tomato Paste – 4, 6oz cans  
Tomato Sauce – 2, 15oz cans  
Salsa  
Lentils  
Chicken broth – 1 can  
Taco sauce  
Tomato Soup – 2 cans  
Angel hair pasta  
Spaghetti noodles  
Teriyaki Sauce (a good variety)  
All Purpose Flour – 5 lb. bag  
Yeast – 2 strips of 3 packs each  
Brown Sugar  
{Tortilla chips}

**Dairy**

Eggs – 1 ½ dozen  
Parmesan (cheap can)  
American cheese slices  
Tortillas  
Cheddar, shredded (for tacos)  
Butter

**Meat**

Boneless, skinless chicken breasts (1 bag frozen or equivalent)  
Ham lunch meat  
{frozen meatballs}

**Frozen**

Peas and Carrots – 1 bag  
Stir Fry Veggies – 1 bag

**Items to Have in Pantry**

Soy sauce  
Vegetable oil  
Garlic powder  
Oregano  
Basil  
Thyme  
Bay leaves  
Chili powder  
Cumin  
Lemon juice  
Salt  
Cream of tartar  
Baking soda  
Vanilla  
2-3 cups flour for cookies  
Foil or plastic bags for freezing Depression Era Bread





## Vietnam Fried Rice

- 1 cup rice (I ended up doubling the recipe and using 2 cups of rice)
- 4 Tbs. cooking oil
- 1/4-1/2 lb. any cooked or raw meat (I used 2 large boneless chicken breasts that I sliced thin)
- 3 cloves garlic, minced
- 1 large onion, chopped
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. sugar
- 1 Tbs. soy sauce
- 1 cup leftover or frozen vegetables (I used frozen peas and carrots)
- 2 eggs, beaten

Cook the rice. In a hot skillet add the oil and stir fry the meat if it's not cooked. I sprinkled some soy sauce on the chicken before I stir fried it. Remove the meat from the skillet and add the garlic, onion, salt, pepper, sugar and soy sauce. I didn't measure any of this, just eye-balled it. Stir fry until the onion is cooked through. Stir in the beaten eggs, stir frying until the eggs are done. They will not and should not look like scrambled eggs you eat for breakfast. Add the vegetables and stir fry until they are hot through. Add the chicken back in to the skillet, along with the rice. Throw in some more soy sauce until it looks good to you. Serves 6-8 people if you use 2 cups of rice.





### Grandma's Spaghetti Sauce in the slow cooker

- 1 onion, chopped
- about 4 cloves of garlic, minced
- 4 small cans tomato paste
- 4 cans water
- 2 tall cans (15 oz) tomato sauce
- garlic powder
- basil
- oregano
- thyme
- bay leaves
- salt and pepper
- sugar
- Parmesan cheese, this can be the cheap kind in the can

Saute the onion and garlic in a bit of olive oil. Combine all the ingredients in the crockpot or large cooking pot on the stove. I didn't measure any of the spices, but used about 2 tsp of each, less for the garlic powder. I use 2 bay leaves. Salt and pepper are to taste. I used about 2 tsp of sugar and about 1/4 cup of Parmesan cheese. That is all just a guess though, because I really just eye-balled it and then went by taste. Let it cook several hours or as long as you have time for.

**Serving Suggestion: tossed salad, Depression Era Bread**





## Cheesy Eggs and Ham

- Eggs - the amount depends on how many people are eating and how hungry they are
- Ham lunchmeat, torn into pieces
- American cheese slices - I think I used 2 for 5 eggs. That made it plenty cheesy for me.
- Salt and pepper
- Butter to cook the eggs in

Scramble the eggs and toss them in the skillet. After they've cooked a few minutes add the ham pieces, letting them get hot in the skillet, then stir them into the eggs.

Toss in the cheese pieces when the eggs are just about done cooking. The cheese will melt into the eggs quickly.

**Serving Suggestion: Depression Era Bread, toasted or biscuits, fresh fruit**





## Lentil Tacos

- 1 cups lentils
- 1 onion, diced
- 1 clove garlic, minced
- 1 Tbs. chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 1/2 cups chicken broth
- 1 cup salsa
- a bit of oil to saute the onion and garlic
- tortillas and toppings

Rinse the lentils and drain them. In a large skillet, saute the onion and garlic together. Add the lentils and spices, cook for a minute. Add the broth and bring to a boil. Reduce the heat, cover and simmer for about 30 minutes. Uncover and cook a few more minutes to thicken. Add the salsa.

### **Serving Suggestion: Chips and Salsa**





### Shaker Village Tomato Soup

- 1 small onion, chopped fine
- 1/2 cup celery, chopped fine
- 2 Tbs. butter
- 1 can tomato soup
- 1 can water
- 1 Tbs. lemon juice
- 1 tsp. Sugar
- salt and pepper

Saute the onion and celery in the butter until it's tender, but not browned. Add the remaining ingredients and heat through. This amount will serve 2-3 people. Double it to serve 4-6 people.

**Serving Suggestion: Grilled cheese sandwiches on Depression Era Bread (The grocery list has American cheese slices for this. If you prefer a different type cheese you'll need to add it to the list. Also, if you chose not to make Depression Era Bread you'll need to add bread to the list.)**





### Asian Noodles with Stir Fry Veggies and Chicken

- 1 lb. box angel hair pasta
- 1 bag frozen stir fry veggies
- Teriyaki Sauce, good quality
- about 2 cups cooked or grilled chicken

Cook the pasta according to the package directions. Cook the stir fry veggies according to the package directions. Mix the pasta, veggies and chicken together with the teriyaki sauce. I used Soy Vay brand. I have no idea how widely available it is, but it was very good with bits of spices and sesame seeds. I used about 1/2 - 1 cup.

I've made this recipe with chicken that I had cooked and then frozen and also with grilled chicken. You could also sauté the chicken before cooking the veggies.





## Depression Era Bread

- 5 lbs. of flour - yes, the whole bag
- yeast - 4-5 Tbs.
- salt – 6 tsp.
- warm water - About 6 or so cups, but you need to go by what the dough needs.

I followed Clara's direction to dump the flour in a large bowl. I then mixed in the salt. Make a well in the flour and put the yeast in. Start pouring warm water into the well. Mix the yeast and water with your fingers to dissolve. Start mixing in more flour with your hands, adding water as needed. You will eventually end up with a great big bowl of dough. Keep kneading this in the bowl. I've found that I can knead it right in the bowl and then let it rise there without having to take it out of the bowl.

Let the dough rise in a warm place. Cover it loosely with a clean towel while it rises to keep the dough from drying out. After it has risen, punch it down and divide it up for loaves. You can make 6-8 loaves from the dough, depending on how big you want the loaves. If you don't have that many loaf pans, use cookie sheets, cake pans etc. The loaves will be a bit flatter and rounder, but it works fine that way. Cover the loaves with a clean towel again and let them rise a while longer. Place them in an oven at 350 degrees. I have speed bake (convection oven) and I baked mine for about 30 minutes. I can fit 4 loaves at a time in the oven.







## Butterscotch Cookies

- 1 cup butter, softened (or use margarine or Crisco)
- 2 cups brown sugar
- 2 eggs
- 1 tsp. cream of tartar
- 1 tsp. baking soda
- 1 tsp. Vanilla
- 2-3 cups flour, or enough to make a stiff dough

Preheat the oven to 375 degrees. Cream the butter and brown sugar together. Beat in the eggs and vanilla, baking soda and cream of tartar. Add two cups of the flour and mix well. Continue to add flour a bit at a time until you get a stiff dough.

Bake for 9-10 minutes at 375 degrees. I found that leaving the cookies to rest on the baking stone for a few minutes helped them not to crumple up when I took them off.

