



The 52 Method

by Chef Stephanie Petersen

cheftessbakeresse.com

Convenience Meal Planning In A Jar

For Emergency and Every Day Food Storage

Recipes and Instructions

Recently someone asked me to write down a few of my recipes for long term storage and what I do. I have a method that I like to use that isn't new, but it's was a little bit exciting when I heard it. I planned 7 meals, one for each night of the week and then figured getting 52 jars of each meal in my food storage to have on hand. In this way I would easily be able to have a year's supply of food that my family would eat should I need it. I've heard it done with jars of spaghetti sauce and pounds of noodle in a similar fashion. It's a good simple way to calculate a family's needs. It's also a good way to get back to the basics of what a normal family will eat. Without getting into a lot of

canning details and crazy stuff here, I do want to say that I don't want to have to worry about canning meat or rotating cans of beans and vegetables. I've found that buying freeze dried vegetables and meats has been a much better approach for our family. 97% of the nutritional value of the food is preserved when food is freeze dried. It's a healthy way to approach food. That being said, here are some of my favorite quart size jar recipes that are easily used for everyday or for long term emergency food storage or every day usage. Enjoy. Share with your friend. PLEASE...make sure my name stays with the recipes. I'm including 12 of my favorites. All are made in a quart size jar unless indicated. Oxygen "eater" packets are used to make them shelf stable. These will cause a vacuum seal. Note...it is important if you are doing these jars to open the freeze dried meat and bottle it again within a few hours. If you're worried about it or want a vegetarian alternative, you may use 1 1/2 c Freeze Dried Zucchini instead of the chicken. You'll need to add 1 tsp no msg chicken bullion to the mix as well.

If you decide to use all 12 recipes in your food storage, I have made the following calculations you may find useful. If you have one of these meals 5 times a week (that leaves 2 days for leftovers or something different), for a year you will eat each recipe only twice (actually 1.66 if you want to be precise) a month. Which keeps it fairly fresh and non repetitive!

5 meals a week X 52 weeks = 240 meals

240 meals / (divided by) 12 meals = 20 jars of each recipe (choose your family's favorite recipes and plug in the number for the "12". This will tell you how many jars of each you will need for a year)

Or just use a few to start off with and see how you like (or LOVE) them! They are so easy to use with the 'just add water and boil/bake' directions. Please remember that when you put the oxygen packet on top of the jar, top with a new canning lid and hand tighten the band, that the button on the lid should depress confirming that all oxygen has been absorbed and the jar is 'sealed'. You may omit the oxygen packet if a jar sealer is being used (such as a 'seal o matic').

Meal 1: Chef Tess Country Style Hamburger Stew

This is a great meal made completely out of food storage. It's amazing for camping or dinner any night of the week. It's perfect for giving to a sick neighbor or to someone you actually...like. I think my family likes it because the folks I cook for are down-home-raised-on-the-farm kind of people. They don't like a lot of green herbs and junk in their food (ironic isn't it?). Now and then I get "froofie" chef on them and roast some garlic or chop some tarragon, but for the most part it's "regular people" food. As for this meal, the crazy cool part is that it fits in a convenient size quart jar for easy food storage space and planning!

Chef Tess Country Style Hamburger Stew

yield 12 one cup servings

Put the following items in a quart jar (use a wide mouth funnel):

1 c instant red beans (make your own or use dehydrated re-fried) 1 c Honeyville freeze dried mixed vegetables 1 c Honeyville freeze dried hamburger (or TVP beef) 1 c Honeyville dehydrated diced potatoes 1/4 c Honeyville dehydrated onions

Shake the following seasonings down into the jar: 1/2 c Honeyville tomato powder, 1 tsp thyme, 1 tsp garlic, 1/4 c flour (or 2 T cornstarch for gluten free), and 1 T beef bullion.

It will fit if you shake it really well. Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar:

To prepare Country Style Hamburger Stew: In a gallon pot, combine stew mix with 6 c water and bring to a boil. Reduce heat and simmer 20-30 minutes. Works great in a solar oven. Bake one hour.

Chef Stephanie Petersen's 52 Method

Meal 2: Chef Tess Taco Soup Mix

This is a recipe I made from an old classic for Taco soup. It's adapted using instant beans. Instead of taking hours to cook in a crock pot, it takes just about 20 minutes! I'm super excited about it! Can you tell?! It can fit conveniently in a quart size jar so it's perfect for food storage! Put a funnel on the mouth of a quart jar and measure as follows into the jar:

Chef Tess Taco Soup Mix

Put the following items in a quart jar (use a wide mouth funnel):

1 ½ c dehydrated refried beans or 2 c instant beans (make your own) 1 c Honeyville taco TVP ½ c Honeyville dehydrated onion
1/3 c Honeyville freeze dried mixed peppers ¾ c Honeyville freeze dried corn ½ c Honeyville tomato powder 1 T homemade
taco seasoning or Chef Tess Southwest Fajita Seasoning

When you get to the tomato powder, just shake the jar so it works its way into the cracks. Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: To prepare, Taco Soup: place contents of jar in a gallon pot in a solar oven or on the stove. Add 2 quarts of water and simmer 20-30 minutes until veggies are tender. Serve with nacho chips, sour cream and salsa if desired.

Meal 3: Tess' Double Cheeseburger Hamburger Skillet Meal Mix

yield: 10, 1 oz sauce mixes

2 ½ c Honeyville cheese sauce powder 1 ½ tsp granulated garlic 1 T granulated onion 2 tsp black pepper ½ tsp ground
nutmeg

Bag Mix Directions: Combine all ingredients well. Use 1 oz (1/4 c mix) to 7 oz of macaroni noodles (about 2 c). I put the dry powder with the noodles in quart size storage bags with the label "cheeseburger helper". Conventional Bag Mix preparation Directions: Brown one pound of hamburger in a large skillet. When hamburger is browned add 1 c hot water and 1 1/2 c milk or soy milk. Bring to a boil and cover. Simmer 8-10 minutes until noodles are tender. Sauce will thicken a little more as it cools.

For Convenience Meal in a Jar:

put the following items in a quart jar (use a wide mouth funnel):

2 c elbow macaroni (3 oz) ¼ c mix (above) ¼ c Honeyville powdered milk 1 ½ c Honeyville freeze dried hamburger or Beef
TVP

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: Directions to prepare Cheeseburger Skillet Meal: Combine contents of the jar in a large skillet with 4 c hot water. Bring to a boil and cover. Simmer 10-12 minutes until noodles are tender. Sauce will thicken a little more as it cools.

Meal 4: Chef Tess' Stroganoff Skillet Meal Gravy Mix

yield 7 mixes (with 1/3 c gravy/seasoning mix)

Combine the following dry ingredients well in a separate bowl. This is the gravy mix required below.

½ c Honeyville powdered buttermilk ½ c Honeyville powdered sour cream 1 c all purpose flour (or ½ c cornstarch for gluten
free) ½ c Honeyville dry minced onions 1 T onion powder 1 T granulated garlic (or garlic powder) 1 T dry parsley 1 tsp
dry thyme 2 tsp black pepper 2 T salt ½ tsp ground nutmeg

Layer the following items in a quart jar (use a wide mouth funnel):

2 c egg noodles ½ c Honeyville freeze dried mushrooms ½ c Honeyville freeze dried hamburger or beef TVP 1/3 c gravy
mix (above)

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: **Directions** to Prepare Hamburger Stroganoff: Place in a skillet. Add 4 c water and bring to a boil over high heat. Reduce heat to a simmer and continue cooking for 10-12 minutes, stirring once or twice, but covering each time. When noodles are tender season with additional salt and pepper if needed. Add more sour cream if desired as well.

Meal 5: Chef Tess' Cheese Turkey Noodle Casserole

Put the following items in a quart jar (use a wide mouth funnel):

2 c radiator or rotelli noodles

In a separate bag in the top of the jar put:

¼ c Honeyville freeze dried broccoli ½ c Honeyville freeze dried mixed vegetable mix 1 c Honeyville freeze dried turkey ½ c
Honeyville cheese sauce powder ¼ c Honeyville freeze dried diced celery 1 T Honeyville freeze dried onion 1 ½ tsp Chef Tess
All Purpose seasoning

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: Directions for Turkey Noodle Casserole: Carefully remove bag. Put contents of bag in a 2 quart sauce pan and bring to a boil. Boil 5 minutes. Cover and turn off heat. While sauce is

© Chef Stephanie Petersen. You are required to include this author's contact information when sharing these recipes:

Stephanie@cheftessbakeresse.com <http://cheftessbakeresse.com>

Cheftessbakeresse on Facebook and ChefTess on Twitter

Chef Stephanie Petersen's 52 Method

cooking bring a gallon of water to a boil, cook pasta 10-12 minutes. When tender, drain. Stir into sauce mixture. Pour into casserole dish and top with additional cheese if desired.

Meal 6: Chef Tess Broccoli Cheese and Rice Casserole in a Jar

Put the following items in a quart jar (use a wide mouth funnel):

¼ c Honeyville dehydrated celery ¼ c Honeyville dehydrated onion 1 c Honeyville freeze dried broccoli 1 tsp Chef Tess All Purpose Seasonings ½ c Honeyville cheese sauce powder ¼ c Honeyville dehydrated butter powder

Put the following items in a small plastic bag and place on top of ingredients above):

2 c long grain rice ¼ c Honeyville dehydrated butter 1 tsp salt (stir these 3 ingredients to combine)

Twist bag closed. Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 10-12 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: To prepare Broccoli Cheese and Rice Casserole: Remove oxygen packet and discard. Remove rice bag. Carefully ease contents of jar into a quart sauce pan and add 2 c water. Bring to a boil and reduce heat. Simmer 5-6 minutes. Turn off heat and let sit 5-6 minutes. While sauce is cooking, empty contents of rice mixture in a quart size pot with a tight fitting lid. Add 4 c boiling water or chicken stock. Simmer on lowest heat 17-20 minutes covered until rice is tender. Spoon broccoli cheese sauce over rice and enjoy.

Meal 7: Chef Tess Turkey Noodle Skillet Meal in a Jar

Put the following items in a quart jar (use a wide mouth funnel):

2 c Honeyville egg noodles ½ c Honeyville freeze dried vegetable mix 1/3 c Honeyville cheese sauce powder 1/3 c Honeyville powdered milk ¼ c Honeyville dehydrated butter 1 c Honeyville freeze dried Turkey chunks ½ c Honeyville freeze dried mushroom slices 1 T dehydrated onions 1 tsp Chef Tess Romantic Italian Seasonings

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: To Prepare Turkey Noodle Skillet Meal: In a large skillet, combine contents of jar with 3 ½ c hot water over high heat and bring to a boil. Reduce heat and simmer 10-12 minutes stir every few minutes. Turn off heat and let sit 3-5 minutes. Sauce will thicken as it sits.

Meal 8: Saucy "Baked" Ziti with Sausage and Mushrooms

Put the following items in a quart jar (use a wide mouth funnel):

2/3 c Honeyville tomato powder 1/3 c Honeyville dehydrated onion 1 T Chef Tess Italian Seasoning 1/3 c Honeyville freeze dried sausage or sausage TVP 2/3 c Honeyville freeze dried Hamburger or beef TVP 1 c Ziti (3 ounces) 1/3 c Honeyville freeze dried mushrooms 2/3 c Honeyville freeze dried Mozzarella cheese (in a snack baggie)

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: Directions: Place contents of jar (except for cheese) in a covered skillet or pot with 4 ½ c water. Simmer 15-20 minutes until pasta is tender and sauce is thick. (Solar oven 30-40 minutes covered). Place contents of cheese bag in a bowl and spray lightly with water. Sit for 5 minutes. Uncover cooked pasta mixture. Top with cheese. Cover again and allow cheese to melt, about 5 minutes.

Meal 9: Beefy Spanish Rice

Put the following items in a quart jar (use a wide mouth funnel):

1 ½ c Honeyville freeze dried hamburger 1 ½ c long grain rice ½ c Honeyville freeze dried bell pepper trio ½ c Honeyville dehydrated onion 1 ½ tsp Chef Tess All Purpose seasoning 1 tsp dehydrated minced garlic 1 T dehydrated minced ancho chilies 1 ½ tsp salt ½ tsp smoked paprika ¼ c Honeyville tomato powder 1 bay leaf

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: Directions: Add contents of jar to 5 ½ c boiling water. Cover and simmer low 25-30 minutes until tender. Top with cheese or sour cream if desired.

Meal 10: Bean and Rice Fajita Casserole

Put the following items in a quart jar (use a wide mouth funnel):

2 c instant red or black beans Or 1 ½ c instant refried beans 1 c long grain rice ½ c Honeyville bell pepper trio ½ c Honeyville dehydrated onion 1 T Chef Tess All Purpose Seasoning blend ½ tsp cumin seed ½ tsp oregano leaves (or 1 drop oil of oregano) 1 tsp minced garlic 1 bay leaf ½ c Honeyville cheese sauce powder ¼ c Honeyville powdered tomato

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: Place contents of jar in a deep covered casserole and add 6 c of very hot water. Place covered in a solar oven or conventional oven and bake for 30-35 minutes at 350 degrees.

© Chef Stephanie Petersen. You are required to include this author's contact information when sharing these recipes:

Stephanie@cheftessbakeresse.com <http://cheftessbakeresse.com>

Cheftessbakeresse on Facebook and ChefTess on Twitter

Chef Stephanie Petersen's 52 Method

Meal 11: Golden Potato, Cheese and Sausage Casserole

Put the following items in a quart jar (use a wide mouth funnel):

1 c Honeyville cheese sauce mix ½ c Honeyville dehydrated sour cream 1/3 c Honeyville dehydrated onion 1 ½ tsp dehydrated minced garlic 1 c Honeyville freeze dried sausage (may substitute freeze dried ham) 2 c (4 ounces) Honeyville dehydrated hash brown potatoes 1/8 tsp ground nutmeg ½ tsp cracked fresh pepper 1 bay leaf

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 5-7 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: Combine contents in a deep casserole with 5 ½ c hot water. Cover 10 minutes. Bake in solar oven 1 hour covered or in the microwave 15 minutes uncovered. May top with additional cheese, crushed corn flakes or crushed crackers if desired.

Meal 12: Creamy Chicken Veggie Casserole

Put the following items in a quart jar (use a wide mouth funnel):

1 ¾ c wide egg noodles ½ c Honeyville freeze dried vegetable mix 1 c Honeyville freeze dried chicken chunks ½ c Honeyville freeze dried peas ¼ c Honeyville freeze dried mushroom slices 2 T Honeyville dehydrated onions 1 tsp Chef Tess Romantic Italian Seasoning ½ c Honeyville cheese sauce powder 1/3 c Honeyville powdered milk 1/3 c Honeyville powdered sour cream ¼ c Honeyville dehydrated butter

Top with an oxygen packet for longer term storage (Good on the shelf in a cool place up to 8-10 years), top with a new canning lid and hand tighten the metal band ring. Attach the following 'to use' directions to the jar: To Prepare: In a casserole, combine the entire contents of the jar with 4 c hot water. Let sit 5 minutes. Cover and bake in a solar oven at 350 degrees for 30-35 minutes. OR microwave in covered deep dish casserole for 15 minutes.

Bread crumb topping: Bonus

While the casserole is baking, I make bread crumb topping. This is optional but adds a lot of texture and flavor. I prefer, when cooking with the solar oven to do the topping on a separate burner or if microwaving...cooking the topping on the stove to crisp it. This saves a lot of time and with the solar cooker, gets a crispy topping I can't normally get. I'm using homemade 9 grain ciabatta . Put a few pieces in a food processor or finely grind in a hand-powered processor. Add 2 T olive oil 1/2 c of the crumbs and 1/2 tsp of my Romantic Italian Seasoning. Put the crumbs in a hot skillet and stir until toasted.

How easy is that?! Were you expecting rocket science?!

