



## PREPARATION INSTRUCTIONS

### ENTRÉES:

Cheesy Lasagna, Cheesy Macaroni, Chicken Flavored Noodle Soup, Chili Macaroni, Creamy Pasta & Vegetables, Gluten Free Loaded Baked Potato Casserole, Gluten Free Potatoes and Chicken Flavored Pot Pie, Gluten Free Teriyaki Rice, Gluten Free Tomato Basil Soup with Pasta, Hearty Tortilla Soup, Pasta Alfredo, Savory Stroganoff, Southwest Rice & Beans, BBQ Beans with Natural Bacon Flavor, Seasoned Instant Rice.

### COOKING DIRECTIONS:

- 1. BOIL.** Bring 4 cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

### BREAKFASTS:

Apple Cinnamon Cereal

### COOKING DIRECTIONS:

- 1. BOIL.** Bring 1 ½ cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

Brown Sugar & Maple Multi-grain

### COOKING DIRECTIONS:

- 1. BOIL.** Bring 3 ½ cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes, stirring occasionally.
- 4. COOL.** Uncover and let cool for 2-3 minutes before serving.

Crunchy Granola

### COOKING DIRECTIONS:

- 1. SERVE.** Add milk or your favorite milk alternative.
- 2. ENJOY.** Can be enjoyed plain.

Strawberry Granola Crunch

### COOKING DIRECTIONS:

- 1. ADD.** Add contents to 1 ½ cups water, stir to dissolve.
- 2. SERVE.** Eat and enjoy!

Pancakes

### COOKING DIRECTIONS:

- 1. STIR.** Stir 1 ¼ cups of mix to 1 cup of cold water and 2 tablespoons oil until smooth.
- 2. PRE-HEAT.** Preheat oiled skillet/griddle to 375°.
- 3. COOK.** Cook pancakes 1 - 1½ minutes per side until golden brown.

### SIDES:

Instant Rice

### COOKING DIRECTIONS:

- 1. BOIL.** Bring 1 cup water to a boil.
- 2. ADD.** Add 1 cup of rice to boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12 minutes.

Broccoli, Peas, Corn, Green Beans

- 1. BOIL.** Bring 1 cup water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 12-15 minutes or until tender.

Butter Sauce

- 1. MIX.** Combine Sauce Mix with 1 ½ cups water in a medium sauce pan and mix well.
- 2. BOIL.** Bring to a boil.
- 3. COVER.** Turn off heat and cover. Let stand for 5 minutes, stirring occasionally.

FOR MORE INFORMATION GO TO: [BESTPRICEPREPPING.COM](http://BESTPRICEPREPPING.COM)



## PREPARATION INSTRUCTIONS

### BEANS:

Pinto Beans, Black Beans, Kidney Beans

### COOKING DIRECTIONS:

- 1. BOIL.** Bring 8 cups water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 7-10 minutes, stirring occasionally, drain and use as desired.

### MEATS:

Southwest Style Chicken, Roasted Chicken, Teriyaki Chicken, Cheesy Beef, Savory Roasted Beef.

### COOKING DIRECTIONS:

- 1. BOIL.** Bring  $\frac{3}{4}$  cup water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 10 minutes, stirring occasionally.

Stroganoff Style Beef

- 1. BOIL.** Bring 1 cup water to a boil.
- 2. STIR.** Add contents of pouch into boiling water and stir.
- 3. COVER.** Turn off heat and cover. Let stand for 10 minutes, stirring occasionally.

### DESSERTS:

Creamy Yogurt Style Dessert

### COOKING DIRECTIONS:

- 1. MIX.** Mix 1 cup water to contents of pouch.
- 2. STIR.** Stir well until smooth.
- 3. LET STAND.** Let stand for 5 minutes and stir before serving.

Vanilla Pudding, Chocolate Pudding

- 1. MIX.** Mix 2 cups water to contents of pouch.
- 2. STIR.** Stir well until smooth.
- 3. LET STAND.** Let stand for 5 minutes and stir before serving.

### DRINKS:

Whey Milk Alternative

### DIRECTIONS:

**FOR ONE SERVING:** Combine 2 tablespoons with  $\frac{1}{4}$  cup of room temperature water. Stir until dissolved. Add  $\frac{3}{4}$  cup water and stir.  
**FOR FULL POUCH:** Combine pouch contents with 3 cups of room temperature water. Stir until dissolved. Add 9 cups water and stir.

Chocolate Dairy Delight

**FOR ONE SERVING:** Combine 3 tablespoons with 1 cup of room temperature water. Stir until dissolved.  
**FOR FULL POUCH:** Combine pouch contents with 6 cups of room temperature water. Stir until dissolved.

Orange Drink

**FOR ONE SERVING:** Combine 2 tablespoons of Orange Drink with 1 cup of water. Stir until dissolved.  
**FOR FULL POUCH:** Combine pouch contents with 1 gallon of water. Stir until dissolved.

### POWDERED EGGS:

### COOKING DIRECTIONS:

For one egg equivalent, mix 2  $\frac{1}{2}$  tablespoons whole egg powder and 2  $\frac{1}{2}$  tablespoons of warm water. Cook as desired.  
 Use in any cooking or baking application. Make delicious omelets, cakes, cookies, pancakes, muffins, french toast and so much more. If using with other dry ingredients reconstituting is not necessary. Just add to other dry ingredients and increase the liquids by the required amount.

FOR MORE INFORMATION GO TO: [BESTPRICEPREPPING.COM](http://BESTPRICEPREPPING.COM)