



A meal

In a

Bag 



Create your own bag meals ahead for  
when you are in a hurry or for a gift!



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West Jordan Heritage Stake

2007

**Dinner? "It's in the bag!"**  
**CROCKPOT FIVE BEAN BAKE**

**In the bag;**

1 (15 oz.) can kidney beans, drained and rinsed	2 (15 oz.) cans pork and beans
1 (15 oz.) can pinto beans, drained and rinsed	1 24 oz. Jar salsa
1 (15 oz.) can white beans, drained and rinsed	1 (24 oz.) bottle barbeque sauce
1 (15 oz.) can black beans, drained and rinsed	2 Tbsp. dehydrated onion
	2 tsp. garlic salt

**From your pantry;**

1-lb. ground beef cooked and drained

Place all ingredients into crock pot and stir. Cook on low heat 6-8 hrs.

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**BLACK BEANS AND RICE**

**In the bag;**

1 can black beans, rinsed and drained	1 can kernel corn, drained
1 c. long grain rice, uncooked	1 16 oz. jar salsa
1 ½ cups vegetable or tomato juice	¼ tsp. cumin
¼ tsp. ground oregano	½ tsp salt

**From your kitchen;**

¼ cup water	1 c. grated cheese
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Combine all ingredients except cheese. Pour into a 2 quart baking dish, sprinkle with cheese. Bake uncovered at 375° for 1 hour. Make sure rice is done before removing from oven. Great in burritos.

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**MAMA'S QUICK CHILI**

**In the bag;**

**2 (15 oz.) cans diced tomatoes**

**2 (15 oz.) cans pork and beans**

**1 (15 oz.) can beans (black, small red, pinto, etc.)**

**1 (8oz.) can diced green chilies**

**Seasoning packet**

**2 tsp. dehydrated onion**

**½ tsp. garlic salt**

**½ tsp. pepper**

**2 tsp. chili powder**

**From your pantry;**

**2 lbs. ground beef**

**3 Tbsp. salsa**

**Brown meat, drain and add all other ingredients. Simmer till hot and serve. (Optional: garnish with chopped fresh tomatoes, shredded lettuce, grated cheese, sour cream, etc.)**

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**BLACK BEANS AND CORN SALSA**

**2 T. olive oil  
2 T. red wine vinegar  
1 tsp. garlic powder  
1 can diced tomatoes  
1 T. dried onions  
2 T. dried cilantro  
1 can black beans  
1 can kernel corn  
1-4.5 can chopped green chilies  
Salt and pepper to taste**

**\*From your pantry mix olive oil and red wine vinegar.**

**Add seasoning packet and whisk together. Add the rest of the ingredients and serve with corn chips or pita chips. Best if allowed to sit a few hours to blend flavors.**

## **Dinner? "It's in the bag!"**

### **MACARONI & CHEESE**

**2 C. Dry macaroni**  
**1 5 oz. jar Old English Cheese Spread**  
**(or 1 c. grated cheddar cheese)**  
**1 small can parmesan cheese (optional)**

#### **Seasoning packet:**

**4 T. flour**                      **¼ tsp. white pepper**  
**½ tsp. salt (optional)**

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#### **Ingredients from your pantry:**

**¼ c. butter**                      **2 c. milk**

**Make perfect pasta by bringing a large pot of water to a boil. Add macaroni noodles. Stir and return to boiling. Boil water 3 minutes. Turn off heat or remove pot from burner. Cover and let sit in water for 10 minutes. Drain.**  
**Reconstitute the powdered milk by mixing it with the water. Make a white sauce by melting butter, stirring in flour, salt and pepper; add the milk all at once. Cook, stirring constantly with a wire whisk, until thick. Turn off heat; add cheese. Stir until melted. Pour cheese sauce over noodles and stir together. Pour into greased 9x9" pan. Top with parmesan cheese, if desired. Broil until lightly browned and bubbly.**

## **BEAN AND BACON SALAD**

**3 cups cooked red beans (or 2 cans small red beans)**  
**3 cups cooked black beans (or 2 cans black beans)**  
**3 large tomatoes-seeded and chopped**  
 **$\frac{3}{4}$  to 1 red onion- chopped**  
 **$\frac{1}{2}$  c. fresh chopped cilantro**  
**12-16 pieces bacon- cooked crisp and crumbled**  
**1 c. Kraft Light Mayonnaise**

**Sort beans, soak, drain and add more water and cook until tender. If using canned beans, mix all ingredients together and let marinate 2-3 hours before serving.**

## **Sausage and Bean Soup**

**1 lb. ground sausage**  
**1 large onion**  
**1 can pinto beans, drained and rinsed**  
**1 can black beans, drained and rinsed**  
**1 can kidney beans, drained and rinsed**  
**1 can white beans, drained and rinsed**  
**3 cans diced tomatoes**  
**1 8 oz. can tomato sauce**  
**2 c. water**  
**2-3 Tbsp. basil**  
**2 Tbsp. sugar**  
**Salt and pepper to taste**

**Brown sausage with onion, drain of liquid and add canned beans and spices. Cook on medium heat until boiling and then simmer for 20 minutes.**

## **PINTO BEANS**

(Healthy refried beans)

2 1/4 cups dry beans  
7 cups boiling water  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 tablespoon chicken style seasoning  
2 teaspoons low-fat margarine  
1 (4 ounce) can tomato sauce

Sort beans carefully. Wash in cold water. Add beans to boiling water in large kettle and bring to full boil. Cook for 5 minutes covered; turn off heat. Let stand for 2 hours. Bring to boil again and cook until beans are tender (about an hour). Add the other ingredients except tomato sauce. Remove 1/2 cup of beans from kettle, mash it with a fork to make bean sauce. Return to kettle and add tomato sauce. Simmer until well done.

Serves; 4-6

Another way to prepare: put all ingredients except tomato sauce in a crock pot, cook on low for 9-10 hours. Make sure beans are very tender, mash with a potato masher in crock pot and add tomato sauce.

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## **SOY PATTIES**

1 cup soy beans  
2 cups water  
1 medium onion chopped  
2 tablespoons soy sauce  
2 cups rolled oats (1 cup rolled and 1 cup instant oats)  
1 cup seasoned breadcrumbs  
1/2 teaspoon salt  
2 tablespoons nutritional yeast flakes  
1 tablespoon Italian seasoning  
1 teaspoon garlic powder  
1 teaspoon onion powder  
oil for pan frying patties

Cover soybeans in water and soak overnight, then drain water (yields 2 1/2 cups). In blender add the 2 cups water with the soaked soybeans, and blend until smooth. Place mixture in a large mixing bowl and stir in onions, soy sauce, oats, breadcrumbs, salt, yeast flakes, Italian seasoning and garlic and onion powder. Let stand about 8 to 10 minutes to absorb moisture. Using a 1/4 measuring cup drop mixture into lightly oiled skillet, pat lightly to form patty. Cover with a lid and brown for 8 to 10 minutes on each side using medium heat. Serve with brown rice or potatoes and your favorite gravy. Makes 36 medium patties.

Variation: If you want a soy pecan patties, just add 3/4 cup of pecan meal to the above recipe and stir well, follow the same instructions above.

## **Leslie's Quick Chili**

5 different 15 oz. cans of beans: 1 can kidney beans  
1 can black beans  
1 can small red beans  
1 can pinto beans  
1 can great northern beans

Put into pan.

Add 1 pound of ground beef that has been cooked and rinsed.

Add 1 large can or 3 – 28 oz. cans of diced tomatoes.

Add: 1 pkg. Fajitas seasoning mix.

1 cup ketchup,

a pinch of cinnamon.

Chopped onion to taste, cooked until translucent

Mix all together in a pan and cook for 20 minutes.

## **Food Storage Fudge**

Combine and set aside:

2 lbs milk chocolate chips (5 1/2 cups) can use semi-sweet

1 cup butter, cut into small pieces

Mix well:

4 cups sugar

1/2 cup pinto bean flour

Combine:

1 can evaporated milk

1/2 cup water

Mix together milk, water, sugar, and bean flour. Bring to a boil. Soft boil for 7 minutes stirring constantly. Pour hot sugar and milk mixture over chips and butter, stir until melted. Add 1 tsp vanilla. Pour into buttered 13x17 pan (I use a 13x9) and put into refrigerator to set up. You can freeze this fudge.