

Beef Emergency Canned Good Recipes

Beef Stew Dinner

Can Dinty Moore Stew (or similar)

Can mushrooms

Can potatoes

Can tomatoes

Side: box cornbread mix (Jiffy)

Loaded Chili

Can chili

Can corn or hominy

Can tomatoes

Optional: crackers, Fritos

Roast Beef Dinner

Can roast beef

Side: Can green beans

Side: Pre-packaged mashed potatoes

Tamale Dinner

Can tamales

Side: can refried beans

Side: package of Spanish rice

Optional side: can corn



Chicken Emergency Canned Good Recipes

Chicken Taco Soup

Can chicken

Can black or pinto beans

Can black olives

Can chicken broth

Can green chilis

Can corn

Can refried beans

Can tomatoes

Package taco seasoning

Chicken Pot Pie

Can chicken

Can cream chicken soup (or mushroom)

Can mixed vegetables (drained)

Can potatoes (drained)

Top and bake with Jiffy pie crust in a box (just needs water) or biscuits

Chicken Casserole

Can chicken

Can carrots

Can cream of chicken soup

Can potatoes

Optional topping: crumbled crackers

Chicken Lentil Stew

Can chicken

Can beef broth

Can carrots

1-2 cups dry lentils (cooked)

Can potatoes

If available, add: onion, celery, parsley, garlic, nutmeg

White Bean Chicken Soup

Can chicken

Can chicken broth

Can potatoes

Can white beans

Packaged bacon bits

If available add:

onion,

garlic,

arugula



Ham or Fish Emergency Canned Good Recipes

Split Peas and Ham

Can ham
Can carrots
Can chicken broth
1-2 cups dry split peas (cooked)
Optional topping:
French-fried onion rings

Southern Style Black-Eyed Peas

Can ham
Can black-eyed peas
Package/box biscuits

Salmon Patty Dinner

Can salmon (don't drain, but do pull out
the bones that come in the can)
Dry breadcrumbs or crackers (1/4-1/2 c.)
add one egg if available
Season with dry dill

Side: can green beans
Side: pre-packaged noodles
or potatoes
Optional topping:
crumbled crackers

Tuna Casserole

Can tuna
Can cream of mushroom soup
Can peas and carrots
2 cups egg noodles (cooked)
Optional topping:
crumbled cheesy crackers



Vegetarian Emergency Canned Good Recipes

Mushroom Marinara

Can mushrooms

Can tomato sauce or

Jar marinara sauce

Pasta of choice

Italian seasonings

(basil oregano, parsley)

Black Bean Chili

Can black beans

Can chicken broth

Can corn

Can green chilis

Can tomatoes

Taco seasoning

If available add:

onion,

bell pepper



Emergency Canned Good Recipes Shopping List

This list includes all the ingredients needed for "15 Emergency Canned Good Recipes" compiled by Linda Lacour Hobar, a homeschool mom and author of The Mystery of History. Double or triple this list and you'll have 30-45 "ready to go" meals in the event of a crisis, unrest, a food shortage—or simply to enjoy around a campfire! Shopping tip: Shop from home first to make use of canned goods you likely already have (Use them before they expire!) Then, shop for the rest. Storage tip: Assemble your emergency meal in a zipper-style plastic gallon bag. Be sure to add the recipe title to the bag, in the event that someone other than you is planning dinner.

Canned legumes/other staples

- ☐ 1 can black eyed peas
- ☐ 2 cans black beans
- ☐ 1 can black olives (small)
- ☐ 2 cans green chilies (small)
- ☐ 2 cans mushrooms (small)
- ☐ 5 cans potatoes
- ☐ 2 cans refried beans
- ☐ 1 can white beans

Canned Meats

- ☐ 1 can chili
- ☐ 5 cans chicken (small or large)
- ☐ 2 cans ham
- ☐ 1 can roast beef
- ☐ 1 can salmon
- ☐ 1 can stew (ie. Dinty Moore style)
- ☐ 1 can tamales
- ☐ 1 can tuna (large)

Emergency Canned Good Recipes Shopping List

Canned vegetables

- ☐ 3 cans carrots (small)
- ☐ 4 cans corn (or hominy)
- ☐ 2 cans green beans
- ☐ 1 can mixed vegetables (small)
- ☐ 4 cans tomatoes

Canned soups/sauces

- ☐ 1 can beef broth
- ☐ 4 cans chicken broth
- ☐ 2 cans cream of chicken soup
- ☐ 1 can cream of mushroom soup
- ☐ 1 can or jar of tomato sauce (large)

Optional spices for improved flavor

- ☐ Basil
- ☐ Garlic
- ☐ Nutmeg
- ☐ Oregano
- ☐ Parsley
- ☐ Salt/Pepper

Emergency Canned Good Recipes Shopping List

Dry ingredients

- ☐ 1 box biscuit mix
- ☐ 1 box cornbread mix (i.e. "Jiffy")
- ☐ 1 bag corn chips (i.e. "Fritos")
- ☐ 1 box crackers (crumbled to top casseroles or serve on the side)
- ☐ 1 box cheesy crackers (crumbled to top tuna casserole)
- ☐ 1-2 cups dry lentils
- ☐ 1-2 cups dry split peas
- ☐ 2 cups egg noodles
- ☐ 1 box or package of instant mashed potatoes
- ☐ 1 box or package of instant Spanish rice
- ☐ 1 package noodles or potatoes (flavored as a side dish with salmon patties)
- ☐ 2 packages of taco seasoning
- ☐ 2 cups dry pasta (any shape)
- ☐ 1 box pie crust mix (i.e. "Jiffy")

Miscellaneous

- ☐ 1 package or jar of bacon bits
- ☐ 1 can or package of French-fried onion rings

Storage

- ☐ 15 or more zipper-style plastic gallon bags
- ☐ Index cards and Sharpie (to name the bagged meals in the event you're not the one preparing the meal.)