

# Recipe Cards and Helpful Hints



## Hearty 14 Bean Soup



### Ingredients

1 c Dry Bean Mix  
1 Qt Water  
1 Ham hock OR  
1 T Ham Base  
1 Can Diced  
Italian Tomatoes

### Yield:

2 Quarts  
8—1cup servings

### Directions:

1. Add beans, water, and ham seasoning option to a 2 or 3 quart Crockpot.
2. Cook on low for 4-5 hours, or until beans are soft.
3. Add canned tomatoes and cook another 30 minutes.
4. Serve hot.

### Other Tasty Additions:

1½ t lemon juice crystals or 1 T lemon juice  
½ c dried or chopped fresh onions  
½ t chili powder  
¼<sub>16</sub> t garlic powder  
Salt and pepper to taste



## Substitutions

Learning how to substitute ingredients in recipes can save you a lot of time and money in the kitchen. It often saves you:

- a trip to the store
- the time and gas get there
- \$25-\$35.00 extra you spend while you are picking up the items you came for.

It also can save you from having to buy the more expensive items in your recipe. Things like buttermilk and eggs, specialty cake mixes, and fresh lemon juice can be made from items in your long-term food storage.

Mary Ann's Cupboards teaches an entire class on just Substitutions and you would be amazed at how much those substitutions can save you.

Here are a few of the conversions used to make the meal you had tonight:

### Eggs:

1 egg = 1t cornstarch & 3T water

### Buttermilk:

1c Buttermilk = ½ c milk &  
½ c plain yogurt

### Lemon Juice:

1/2c Lemon Juice = 1T True Lemon

### Lemon Cake Mix:

1 box Lemon Cake Mix = 1 box white or yellow cake mix and  
1 1/4t of True Lemon

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*Essentials from*



*Cookbook Library*  
for more recipes.

[www.maryannscupboards.com](http://www.maryannscupboards.com)



## Pinto Bean Fudge



### Ingredients

1 c mashed pinto beans (about 1 10oz can)  
¾ c melted butter  
1 T vanilla  
1 c cocoa  
8 c pdr. sugar

### Yield:

2 lbs of Fudge

### Instructions:

1. Melt butter and mix in cocoa.
2. Mix beans, vanilla and butter-cocoa mixture with mixer. Mixture will be stiff.
3. Add powdered sugar one cup at a time, mixing thoroughly between cups. Powdered sugar amount may be varied according to consistency desired. The less sugar the denser the fudge.
4. Press into 9x13 pan & refrigerate until used.



## Sprout Granola Bars



### Ingredients

¼ c shortening or coconut oil  
1 c brown sugar  
½ c sugar  
1 egg  
¼ c water  
1 t vanilla  
1 c whole wheat flour  
¼ c flaxseeds  
1 t salt  
½ t baking soda  
3 c oats  
1 c coconut  
1 c chopped nuts  
1 c chocolate chips  
1 c finely chopped alfalfa sprouts

### Directions:

1. Blend shortening/coconut oil, sugars, egg, water and vanilla in mixing bowl and beat thoroughly.
2. In another bowl, sift together flour, salt and soda.
3. Add to shortening mixture, mixing well.
4. Blend in oats, flaxseeds, and alfalfa sprouts.
5. Add nuts and chocolate chips and mix.
6. Bake at 350 degrees for 20-25 minutes or until golden brown in a 9x13 or jelly roll pan. Cool & cut.

### Tasty Additions:

- Add butterscotch chips instead of chocolate.
- Substitute ½ c peanut butter for ½ c oil or shortening.
- Omit the chocolate chips and replace with 1 c raisins or crasins and 1 t of cinnamon.

