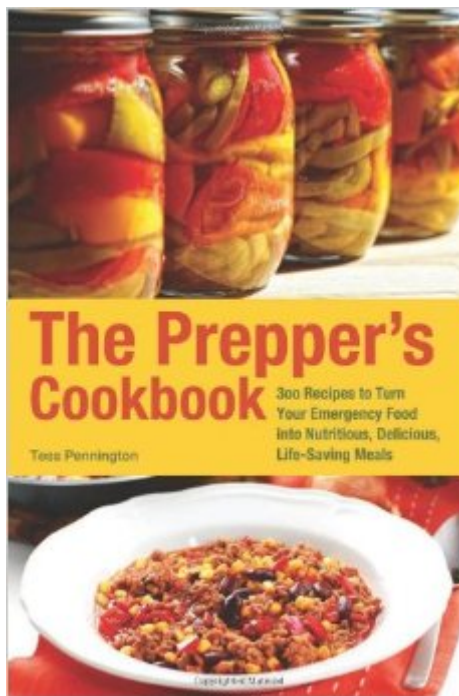


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# The Prepper's Cookbook: 300 Recipes To Turn Your Emergency Food Into Nutritious, Delicious, Life-Saving Meals



## Synopsis

**STOCK YOUR PANTRY TO SURVIVE ANY DISASTER** When a catastrophic collapse cripples society, grocery store shelves will empty within days. But if you follow this book's plan for stocking, organizing and maintaining a proper emergency food supply, your family will have plenty to eat for weeks, months or even years, with meals such as: \* French Toast \* Black Bean Soup \* Chicken Pot Pie \* Beef Stroganoff \* Fish Tacos \* Potatoes Croquette \* Asian Ramen Salad \* Quinoa Tabouli \* Rice Pilaf \* Buttermilk Biscuits \* Peach Cobbler Packed with tips for off-grid cooking, canning charts for over 20 fruits and vegetables, and checklists for the best emergency pantry items, *The Prepper's Cookbook* will have you turning shelf-stable, freeze-dried and dehydrated foods into delicious, nutritious dishes your family will love eating.

## Book Information

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## Customer Reviews

I just received this book and sat down for several hours checking the entire book. The beginning has a concise description of water bath and pressure canning. Even if you'd never done it before, you could learn it from this section. I can say this with confidence because I've been canning for more than 30 years and know what a beginner would need. This book is aimed at people who already have an interest in stocking up so it uses items commonly found in a prepper's stash. It's a well-known truism that you should rotate your food storage. So, if you've been afraid to try it, this book should motivate you to actually make soups, stews, meat dishes from your stores. I especially liked the section on making your own dried soup mixes! I have food allergies and most commercial

dried soups contain things I can't have. This book solves that problem and expands my possibilities. The recipes for dehydrated beef jerky and fruit leathers look good. I would have liked some information on what to do about dehydrating without power, just as she included information on canning outside on an open fire. But this is a small complaint compared to all that this book does contain. There is also a section on substitutes that would help a cook any time there's something missing in the pantry. Don't have butter? Recipe calls for buttermilk and you don't have it? Don't have whipped cream for a dessert topping? There are instructions on how to make your own substitutes. I tried the whipped topping already. Not bad! Actually, pretty good. It's made from dried milk, something most preppers store. There is a wonderful section on creating your own herbal mixtures for different recipes. What if you couldn't get your favorite McCormick Spice blend? Check this section. The book is arranged logically, with sections for breakfast, lunch, dinner, beverages and snacks. There are recipes for homemade saltines, homemade vanilla wafers, and directions on how to turn quinoa into a really tasty sounding breakfast cereal. There's a recipe for homemade corn flakes! There are directions for pressure canning meats. Only one recipe concerns me. The meat loaf recipe has bread crumbs in it and the USDA has stated that putting wheat products in pressure canned recipes increases the chance for botulism. I would like to know if this recipe the author included really is safe because based on what I know, canning a solid chunk of meat loaf like this may not be. Still, I could be wrong. There are also instructions for canning hot dogs. I am an experienced cook, canner, and prepper and this book had plenty of new ideas for me. Finally, I am impressed with the author's credentials. She worked with the American Red Cross specializing in the Armed Forces Emergency Services center and was trained in disaster management. With personal experience in helping manage aid for families after 9/11, the author says that and seeing families struggle during hard economic times has convinced her of the need to share her expertise in helping others prepare for emergencies. If I hadn't been convinced of the need already, this book would have convinced me. This book is common sense. It's not screaming doomsday. It's teaching survival, but it also teaches frugality, how to stretch your food to feed more people, what to do if you run out of certain things. This book is hope, but more than that, it's a tool useful to anyone who wants to do more with their food storage. After all, we aren't creating a food museum in our pantries. Also, who says you have to eat boring or bland food during a crisis? With this book in hand, you can practice now what might save your family later. (I've been through a fourteen day power outage after a horrible ice storm here and have personally used many of the ideas in this book--but I still wish I had this book sooner! It would have saved me some trial and error.) So five stars for this comprehensive, jam-packed little powerhouse of a cookbook. In these difficult times, learning how to

do more with less is a good thing.

Recently, I had the pleasure to review *The Prepper's Cookbook, 300 Recipes to Turn Your Emergency Food Into Nutritious, Delicious, Life-Saving Meals* by Tess Pennington. This book contains practical information for the beginning as well as for seasoned preppers, but doesn't stop there. It's more than a cookbook of great recipes. It's a how-to guide for preppers and newbies. In the introduction to the book, Ms. Pennington sets up a beautiful and rich story of the history of these recipes from tales of her great, great grandmother, who traveled across Oklahoma in a covered wagon with seventeen children. They not only lived on the food that they produced, but also put a portion of their harvest aside for future use. She addresses homesteaders and preppers as neo-pioneers and begins her book by starting with the basics of prepping, food storage and rotation. Topics such as how much food to store, how to rotate your supplies and why you need to store certain types of foods are covered. There is even good advice offered on how to economically stretch your meals. Ms. Pennington then addresses how to store and treat potentially unsafe water for use. In the next section, food preservation is tackled. This section contains information on water bath and pressure canning including considerations for "Canning Off The Grid". It also covers the topic of dehydration, including some delicious recipes for jerky. *The Prepper's Cookbook* then moves on to the mouth-watering recipes which encompass everything from breakfast to dinner and from snacks to desserts. The meals listed go from simple to complex and include a great variety of cultural (Southern, Italian, Greek and Tex-Mex) recipes as well as comfort food. This book is packed with a lot of different ideas and recipes for food that would suit even the pickiest of eaters as well as those with special dietary needs, such as diabetics. When I received this book, my wife saw it and literally ran with it, looking through it, noting various recipes for us to try. One of our personal family favorites is King Ranch. Thank you, Tess! I'd like to conclude this review with some thoughts from my wife, who is a great cook in her own right. My wife read the book as well and when I asked her her thoughts, she commented, "It is a great cookbook and is not just for preppers. It's a great cookbook in general and the author was brilliant in creating it." This book is kid friendly and contains something for every palate, from drinks to full meals. As the author recommends, "Don't just survive, thrive!" This book will definitely help you to do just that and belongs on your list of "must haves."

This book is awesome. I've got a lot of prepping books and while they talk about water storage and how you can "lightly chlorinate" your water for storage, they fail to tell you what that means. This book covered everything about food and water storage in about 30 pages. A quick flip through can

tell you how to can your own food and tell if home canned products have gone bad. The amount of bleach needed for water treatment and the appropriate size oxygen absorbers to use for different foods in gallon and 5 gallon buckets were also great reference items. It's a space saver for sure. I'll be putting a copy in my BOB. I loved the fact that it had recipes for items like ketchup, saltines and plum sauce so you can make them yourself and not waste extra storage space on them when you can make them yourself from the other items you're already storing. There's also 20 recipes on rice and beans, food storage staples. This is really nice for me because I want to start using more beans and less meat as the beans are so easy to store. Keeping meals fresh and interesting when SHTF is not something that should be overlooked. The second half of the book are a bunch of recipes to help you start using and rotating your food storage items in case you haven't already. I love quinoa and the breakfast recipe in here is amazing. The only thing I didn't like about the recipes was the use of processed foods like Velveeta and boxed rice mixes. But these items could easily be substituted with freeze dried cheddar cheese and your own rice mixes. That being said, the book is well worth the money for just the first 30 pages alone.

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