VDH VIRGINIA DEPARTMENT OF HEALTH

EMERGENCY KIT COOK OFF RECIPE

"Easy Bean Salad"

By: Sarah Kline- Lord Fairfax Health District

Ingredients:

- 1 can of green beans
- 1 can of corn
- 1 can of kidney beans
- 1 unopen bottle of Italian dressing
- ¼ cup of dried green peppers
- ¼ cup of dried onions

Directions:

Drain all canned items and put in bowl. Mix all ingredients with dried onions and dried peppers.

EMERGENCY KIT COOK OFF RECIPE

"Easy Bean Salad"

By: Sarah Kline - Lord Fairfax Health District

Voted "1st Place"

EMERGENCY KIT COOK OFF RECIPE

"Foodie Pantry Orzo Clam Casserole"

By: Maryanne Neddenien- Virginia Dept. of Health

Ingredients:

- ½ box of orzo
- 3 cans of chopped clams with juice
- 1 can of corn, no salt added (10.5 ounce)
- 1 jar roasted red pepper
- 1 jar of capers (3.5 ounce)
- 1 jar Pesto (6 ounce)
- Garlic powder, black pepper and salt (to taste) (can substitute shelf-stable lemon juice for black pepper and salt)
- Optional:
  - 1 Teaspoon Tomato Paste from resealing tube.
  - Parmesan cheese to taste(unopened container)
  - 1-16 oz. bottle of water

Directions:

In a large covered 3-qt saucepan: Drain water from corn, brine from capers and Juice from three small cans clams. Add a bit of oil from the roasted red peppers to keep the pasta from sticking. Optional from your pantry: add 1 teaspoon tomato paste (use resealable tube brand). Then add only as much bottled water to bring total liquid to about one quart, usually about 1 cup. Bring to a low boil. Add ½ box orzo. Reduce heat and simmer slowly with occasional stir for about 8 minutes, depending on heat of the burner.

While orzo is cooking, combine corn, clams and 1-1 ½ of the (two total) roasted red peppers contained in the jar. (Cut them up into small diamond shaped pieces.) Also add about 27 (or 2/3 of jar) capers (Can substitute olives). Season with garlic powder to taste. Optional from your pantry: ½ cup Parmesan or other grated blend cheese. Mix well.

Remove orzo from heat. It should be a little soupy. Add the combined ingredients and ½ cup jarred Pesto. Mix and stir over very low heat if it is too soupy until consistency is good. Adjust seasoning as needed to taste. Provides 3-4 servings, depending on appetite. Includes carb, protein and some vegetable servings.

EMERGENCY KIT COOK OFF RECIPE

"Foodie Pantry Orzo Clam Casserole"

By: Maryanne Neddenien - Virginia Dept. of Health

Voted "2nd Place"

EMERGENCY KIT COOK OFF RECIPE

"Mexican Lasagna"

By: Lynn Abraham - Dept. of Forensic Science

Ingredients:

- 1 can of canned chicken
- 1 can of corn
- 1 can of black beans
- 1 jar of salsa
- 1 pack of taco seasoning(to taste)
- 1 pack of flour tortillas
- 1 can of olives
- 1 jar of cheese sauce

Directions:

Spray an aluminum baking pan with non-stick spray. Spread a thin layer of salsa on the bottom of the pan. Cut up tortillas and place on top of the salsa. Mix the chicken, corn and black beans with some of the salsa and taco seasoning, reserving some of the salsa. Alternate layers of tortillas and chicken mixture. Finish layering with tortillas. Spread cheese sauce over the top layer and place on the grill or camp stove until heated through. Heat approximately for 15 minutes. Sprinkle olives on top and serve with extra salsa.

EMERGENCY KIT COOK OFF RECIPE

"Mexican Lasagna"

By: Lynn Abraham - Dept. of Forensic Science

EMERGENCY KIT COOK OFF RECIPE

"Tortellini Stew"

By: Anne Dinterman- Dept. of Human Resource Management

Ingredients:

- Dried Tortellini(cheese or spinach)
- 1 can of mushroom
- 1 can of Veg-all mixed vegetables(other veggies may be substituted)
- 1 large can of chicken broth or vegetable broth
- 1 of bottled water, as needed
- 1 can or jar of spaghetti sauce (with vegetables or meat)
- Dried onion, garlic powder, black pepper to taste
- Powdered Well/Tree tomato based powder,
- Optional: to increase serving size(add small pasta or Success Rice)
- Optional: add 1 can of canned chicken

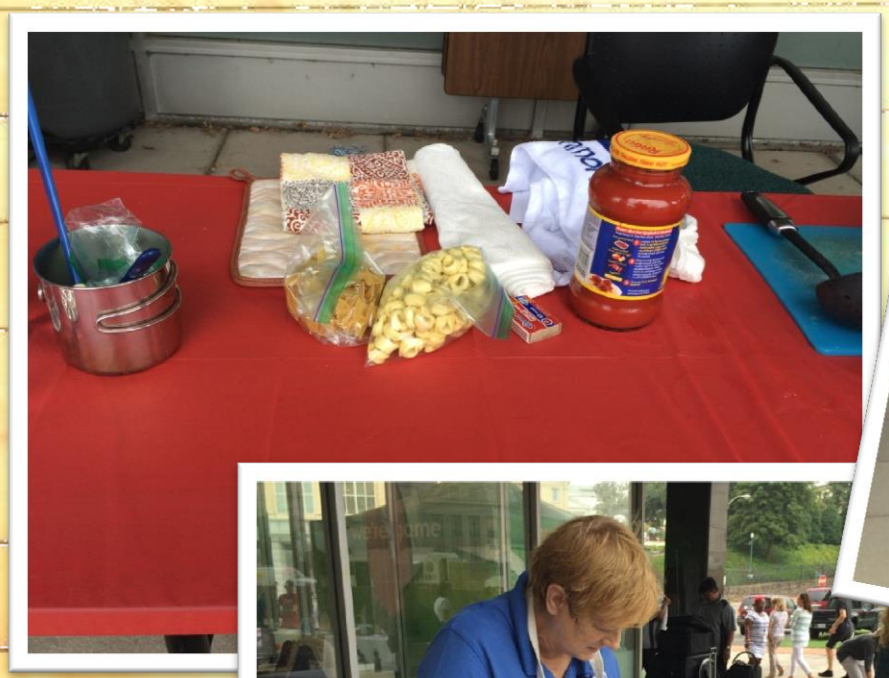
Directions:

Combine canned vegetables, chicken broth, water (if needed), spaghetti sauce and spices. Bring to a boil. Add dried tortellini. Add water, if needed as liquid should cover the ingredients. Bring to a second boil and cook for 7 minutes or as indicated on package label for tortellini. If adding additional items, add at this time. Tortellini are ready to serve when tender and will break with a fork. Optional: Add can of canned chicken. Serves 8-10.

EMERGENCY KIT COOK OFF RECIPE

"Tortellini Stew"

By: Anne Dinterman- Dept. of Human Resource Management



EMERGENCY KIT COOK OFF RECIPE

"Quick Chicken Biryani"

By: Chaitali Roy- Virginia Dept. of Health

Ingredients:

- 1 cup of rice
- 1 can of canned chicken
- 1 can of salsa
- 4 tbsp. of Biryani powder
- Bottle water
- Salt as needed
- Optional: Nuts

Directions:

Combine chicken, salsa, Biryani powder and salt. Cook for 5 mins. Cook rice(1 cup of rice: 1.5 cups of water. Gently mix chicken mixture with rice. Sprinkle dried nuts for garnish (optional). Serve hot healthy and quick biryani.

EMERGENCY KIT COOK OFF RECIPE

"Quick Chicken Biryani"

By: Chaitali Roy - Virginia Dept. of Health

Special Thanks To:

Master of Ceremonies

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Organizer

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Capital Ale House

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American Red Cross

Together, we can save a life

Virginia Department of Emergency Management

Capital Ale House