VDH VIRGINIA DEPARTMENT OF HEALTH

September is National Preparedness Month, and the Virginia Department of Health Office of Emergency Preparedness host an Annual Emergency Kit Cook-Off.

Employees from State agencies submit recipes prepared using only non perishable pantry items and manual appliances. The finalists prepare their recipe for the live Cook-Off event in September.

This cookbook holds the delicious recipes for the last 5 years, and it shows that the loss of power doesn't have to equal loss of taste and a little gourmet can help provide comfort during an emergency.

EMERGENCY KIT COOK OFF RECIPE

"German Chocolate Trifle"

By: Kate Bausman

*Voted First Place

EMERGENCY KIT COOK OFF RECIPE

"German Chocolate Trifle"

By: Kate Bausman

Ingredients:

- ½ cup of chopped pecans
- ½ cup of shredded coconut
- ½ cup chocolate graham crackers
- 4 packs milk chocolate or chocolate fudge pudding cups
- 1 can coconut cream
- Sweetener of your choice

Prep Time: 15 mins

Total Time: 15 mins

Directions:

Take a handful of the chocolate Graham crackers and place in zip lock bag. Seal bag and crush crackers with meat tenderizer or whatever is handy. Open coconut cream and discard liquid. Place solids in a bowl, add sweetener(1tbsp. of powdered sugar). Whisk coconut cream until combined. Take a small cup of bowl and cover bottom with crushed Graham crackers. Top with the content of one pudding cup. Sprinkle with pecans and shredded coconut. Top with coconut cream. Sprinkle more nuts and shredded coconut on top.

Enjoy!

EMERGENCY KIT COOK OFF RECIPE

"Power Meal"

By: Mayerly Rodriguez

Voted First Place

EMERGENCY KIT COOK OFF RECIPE

"Power Meal"

By: Mayerly Rodriguez

Ingredients:

Any of the following:

- 2 cans of oil/water based tuna, sardines, salmon, sausages, or any dry protein
- Bread, crackers, cereal, tortillas, cookies, chips, or other carb
- Mayonnaise, ketchup, BBQ sauce, mustard, lemon, and vinegar

Directions:

Open 2 cans of protein, pour the content in the zip-lock bags.
Add sauce as you desire.
Mix and smash until it gets creamy.
Serve with the chosen carbs.
Add any fruit or vegetable if they are available.

EMERGENCY KIT COOK OFF RECIPE

"Chicken-banzo"

By: Chaitali Roy

Voted First Place

EMERGENCY KIT COOK OFF RECIPE

"Chicken-banzo"

By: Chaitali Roy

Ingredients:

- 1 can chicken
- 1 can garbanzo beans
- 1 bottle of salsa
- Curry powder
- Salt (optional)

Directions:

Open all the cans (drain the water of garbanzo beans).
Mix all the ingredients.
Cook on the stove top for 15 mins on medium heat.
Adjust salt and spice level.

Serve . Other option is serve with Bread or Rice to make it complete meal.

EMERGENCY KIT COOK OFF RECIPE

"Zombie Apocalypse Chicken Parm"

By: Kim Kelly

EMERGENCY KIT COOK OFF RECIPE

"Zombie Apocalypse Chicken Parm"

By: Kim Kelly

Ingredients:

- 1 can chicken
- 2 TBSP Bisquick
- 2 TBSP Parmesan Cheese
- 2 tsp olive oil
- 1 TBSP garlic powder
- 1 TBSP dried oregano
- 2 tsp dried basil
- 1 can your favorite spaghetti sauce
- 1 small box spaghetti noodles
- 2 - 16 oz bottles water

Directions:

Open all cans with manual can opener.

Add 1 tsp of olive oil in cast iron skillet and heat.

Add 2-16 oz bottles of water to a saucepan and heat to boil.

Add can of Spaghetti sauce to saucepan and heat.

Drain canned chicken. Dump in bowl. Add remaining ingredients (only 1 tsp olive oil) and mix well with hands. Divide into 6 small balls and flatten into small patties.

Add noodles to boiling water and cook as directed.

Sauté patties in heated skillet. Cook each side for about 3-4 minutes, to make them brown and "crispy".

Drain noodles. Add garlic powder and olive oil.

Place noodles on plate, pour sauce over top and add 1-2 patties on the side.

EMERGENCY KIT COOK OFF RECIPE

"Dumplings in Oregon Blackberry Sauce"

By: Angie McGarvey

Voted "Best Overall"

EMERGENCY KIT COOK OFF RECIPE

"Dumplings in Oregon Blackberry Sauce"

By: Angie McGarvey

Ingredients:

Sauce:

- 2 can Oregon Fruit Products Blackberries, undrained.
- 2 Tablespoons sugar

Dumplings:

- 1 cup self-rising flour unbleached
- 1.5 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup sugar
- 2 Tablespoons coconut oil (in solid form)
- 1/2 teaspoon vanilla
- 1/2 cup almond milk

Directions:

To prepare sauce: combine berries with syrup and sugar in Dutch oven. Place the Dutch oven on the camp stove and heat the berry sauce to boiling, simmer gently while preparing dumplings.

To prepare dumplings: Combine flour, baking powder, salt, and sugar. Cut in coconut oil. Add vanilla and almond milk to the flour mixture, stirring to make a thick batter. If it seems too thick, add a little more almond milk. Drop by spoonfuls into the boiling sauce, then cover and steam the dumplings gently in the sauce for 20 minutes (do not lift the cover during the steaming process). Serve dumplings and sauce warm.

EMERGENCY KIT COOK OFF RECIPE

"Stovetop Pizza"

By: John Ringer

Voted Second Place

EMERGENCY KIT COOK OFF RECIPE

"Stovetop Pizza"

By: John Ringer

Ingredients:

Sauce:

- Water
- Flour
- Salt
- Yeast
- Canned tomatoes
- Olive oil
- Dried pepperoni

Directions:

Prepare the dough an hour ahead of time and allow it to rise while covered with a damp cloth.

Preheat a cast iron skillet.

Prepare tomato sauce in a sauce pan.

Roll out dough with your fingers and then place into cast iron skillet for 1-2 minutes on high heat.

Flip dough over and turn down heat.

Add toppings and cover.

EMERGENCY KIT COOK OFF RECIPE

"Chicken Chili"

By: Tammy Cramer

*Voted Second Place

EMERGENCY KIT COOK OFF RECIPE

"Chicken Chili"

By: Tammy Cramer

Ingredients:

- *1 canned chicken*
- *1 canned corn*
- *1 canned tomatoes*
- *Ranch mix*
- *Taco mix*
- *1 can of black beans*
- *1 can of Rotel*

Prep Time:15mins

Total Time: 1 hr.

Directions:

Mix all the ingredients together and heat for 45 mins or until hot

EMERGENCY KIT COOK OFF RECIPE

"Tuna Potato Cakes with Black Bean Pineapple Salsa"

By: Jillian Weyant

Voted Second Place

EMERGENCY KIT COOK OFF RECIPE

"Tuna Potato Cakes with Black Bean Pineapple Salsa"

By: Jillian Weyant

Ingredients:

- 1 medium or 2 small potatoes, peeled and cubed (WIC approved)
- 1 clove of garlic
- 1 bottle of water
- 1 can evaporated milk
- 1 can black beans, drained (WIC approved)
- 1 can pineapple, tidbits or crushed, juice drained and reserved (WIC approved)
- 1 can chunk light tuna, drained (WIC approved)
- 2 ½ T. bread crumbs
- ½ c. bread crumbs
- 2 T. coconut (optional)
- 2 T. cooking oil
- Lime, Garlic, Cilantro seasoning to taste
- Salt & pepper to taste

Directions:

Prepare Mashed Potatoes: Combine potatoes, garlic clove, a pinch of salt, and water in a medium saucepan. Cover and boil until potatoes are tender. Drain potatoes and mash in a medium bowl. Fold in just enough evaporated milk to give the potatoes a sticky texture – the amount will vary based on the size of the potatoes used. Season with salt and pepper to taste.

Prepare Black Bean Pineapple Salsa: Combine black beans and pineapple in a small bowl, add coconut if desired. Gently stir in about 1/3 c. reserved pineapple juice. Season with Lime, Garlic, Cilantro seasoning and salt & pepper to taste.

Prepare Tuna-Potato Mixture: Gently flake the drained tuna into a medium bowl. Season with ½ t. Lime, Garlic, and Cilantro seasoning and salt & pepper to taste. Fold in 2 ½ T. bread crumbs and ½ c. of the prepared mashed potatoes.

Prepare Tuna-Potato Cakes: Combine ½ c. bread crumbs and 2 T. coconut, if desired, on a small plate. Divide the tuna-potato mixture into 8 portions. Using your hands form 8 small patties, about ½" thick. Coat each patty in the bread crumb/coconut mixture.

Heat the oil in a skillet over medium heat. Cook the tuna potato cakes until golden brown on each side.

EMERGENCY KIT COOK OFF RECIPE

"Quinoa with Corn & Black Beans"

By: John Ringer

Ingredients:

- *1 box of quinoa*
- *1 can beans*
- *Spices(as desire)*

Prep Time: 5 mins

Total Time: 20 mins

Directions:

Prepare quinoa as indicated in instructions. Add beans and other ingredients. Add spices to taste.

EMERGENCY KIT COOK OFF RECIPE

"Souper Rice"

By: Cindy Kucera

Ingredients:

- 1 can cream of mushroom soup or other cream soup
- 1 can of bottled water
- 1 can of minute rice
- Hot sauce if desired

Directions:

Open can with manual can opener and pour the soup into the pan. Fill the empty soup can up with water and pour into the pan. Fill the soup can up with rice and pour into the pan. Heat the pan to a boil on the camping stove then turn off and cover and wait 6 to 8 minutes and then enjoy. This recipe is also good for when you are out of money.

EMERGENCY KIT COOK OFF RECIPE

"Tarragon Chicken"

By: Jenny Chappel

Ingredients:

- Canned Chicken (6 oz)
- Mayo Packet
- Mustard Packet
- Tarragon (a dried spice)
- Celery Seeds (optional)

Directions:

Open Chicken can; keep lid over meat; drain.
Add 1/2 to 1 Mayo Packet
Add 1/4 Mustard Packet
1/2 tsp Taragon
1/8 tsp celery seed
Stir.
Eat.

EMERGENCY KIT COOK OFF RECIPE

"Salad Italiano"

By: Lisa Syrop

Ingredients:

- 1 can Garbonzo Beans (small if available or regular size)
- 1 small jar of marinated artichoke hearts- Progresso if available
- 1 can of heart of palms
- Kraft parmesan cheese (in can or homestyle jar)
- 1 unopened oli salami or pepperoni

Directions:

Open artichokes chopped and reserve marinade

Open heart of palms drain and chop

Open garbonzo beans drain - rinse if ample water reserves

Add into bowl add reserved marinade

Add cheese and stir

Add pepperoni or salami if available and desired otherwise can be served as a vegetarian dish.

EMERGENCY KIT COOK OFF RECIPE

"Chicken Little Taco Soup"

By: Injury Prevention Team

Ingredients:

- *1 can chili beans*
- *1 can black beans*
- *1 can whole kernel corn (drained)*
- *1 can chicken*
- *1 can tomato sauce*
- *2 cans Rotel with onions and green chilies (undrained)*
- *1 package of taco seasoning*
- *Various spices including: salt, pepper, red pepper, chili peper*
- *Saltine crackers*
- *Bottled water*

Directions:

Open all cans with a manual can opener

Empty all cans into pot and allow to simmer on camping stove

EMERGENCY KIT COOK OFF RECIPE

"Manhattan Clam Chowder"

By: Karen Rice

Ingredients:

- 4 cans Progresso Manhattan Clam Chowder
- 4 cans chopped clams
- 1 bottle Tiger sauce
- Oyster crackers
- Equipment: colander, can opener, heating / cooking device

Directions:

Open soup and pour into pot.
Open clams, drain and pour into pot.
Add bottle of tiger sauce.
Heat thru and serve with crackers.

EMERGENCY KIT COOK OFF RECIPE

"Broccoli and Chicken Casserole"

By: Julie Moon

Ingredients:

- *1 can chicken broken apart.*
- *1 ½ cup freeze dried broccoli.*
- *Boxed chicken broth.*
- *10-12 ounces gluten free noodles.*
- *17 Italian spices, onion powder, garlic powder, salt & pepper*
- *½ cup Parmesan cheese in shaker plus some to top*

Directions:

Heat 10-12 ounces of noodles on a wood stove, grill, or open flame in the entire box of broth, (add water if needed to cover noodles) cooking until tender.

Drain noodles capturing the liquid. (Gluten free noodles cook faster than conventional noodles so cook 2 minutes less than instructions on box).

Pour in freeze dried broccoli to rehydrate then add to noodles.

Mix canned chicken, broccoli, and broth, into casserole dish.

Add spices.

Mix and top with parmesan cheese to taste.

EMERGENCY KIT COOK OFF RECIPE

"Twinkie Napoleon"

By: Rita Evola

Ingredients:

- 1 Twinkie
- 1 small bag of potato chips

Directions:

Cut (or tear) open Twinkie; remove cream filling and reserve into 2 portions.

Knead twinkie cake until it forms doughy consistancy, form into ball. Divide Twinkie ball in half. Roll out (or press) each half into a thin layer. Crush all but a few potato chips into a fine powder. Cut rolled out layer of dough into as many same sized squares as possible. Cover first square (layer) of Twinkie dough with reserved cream, cover cream with potato chip powder. Repeat and layer squares on top of each other, forming a layered 'cake'. Cover top layer with cream and a single potato chip as garnish. Repeat with second half of dough. Yields 2 'servings'.

EMERGENCY KIT COOK OFF RECIPE

"Skillet Enchiladas"

By: Carla Winters

Ingredients:

- 2 cans of canned chicken
- 1 can green chiles
- 1 small can of corn
- 1 can diced tomatoes
- ½ -1 teaspoon minced onion
- ½ -1 teaspoon minced garlic
- ¼ cup of flour
- 1 can cheddar cheese soup
- 1 packet enchilada seasoning
- 1 package tortillas
- Oil for pan

Prep Time: 20 mins

Total Time: 40 mins

Directions:

In oiled skillet, add minced onion and garlic and cook for one minute. Add canned chicken, green chiles, corn and ½ package of enchilada seasoning. Simmer to thicken. Add flour if necessary. While mixture is simmering, in a separate bowl combine cheddar cheese soup, 1/3 -1/2 package enchilada seasoning and diced tomatoes. Remove chicken mixture from pan and wipe clean. Heat tortillas in pan one by one. Spoon chicken mixture into tortillas, roll up, and place seam side down in pan. Spoon remaining chicken mixture and cheese sauce over tortillas and heat until cheese soup sauce is bubbly.

EMERGENCY KIT COOK OFF RECIPE

"Green Chile and Bean Salsa"

By: Catherine Long

Ingredients:

- *1 can pinto beans*
- *1 can hatch green chiles*
- *1-2 tablespoon red pepper flakes*
- *1 teaspoon oregano*
- *1 teaspoon garlic powder*
- *1 teaspoon onion powder*
- *Salt and pepper(to taste)*
- *Favorite crackers or chips*

Prep Time: 5 mins

Total Time: 5 mins

Directions:

Open pinto beans and green chile cans and mix in a bowl. Add all the seasonings. Mix together.

EMERGENCY KIT COOK OFF RECIPE

"Cherry Camp stove Cobbler"

By: Deborah Sawyer

Ingredients:

- Vegetable oil(enough to coat pan)
- 1 cup of Oatmeal
- 2 tablespoons of instant non-fat dry milk
- 3 tablespoon of sugar
- 1 tablespoon of cornstarch
- 1 teaspoon of vanilla
- 1 teaspoon of cinnamon
- 1-4oz cup of applesauce
- 1- 15-16oz can of Pitted dark sweet cherries, in heavy syrup

Prep Time: 7 mins

Total Time: 20 mins

Directions:

Heat oil in pan. Combine next six ingredients in a bowl; then drop by teaspoonful into hot oil to brown. Add can of dark cherries to mixture and heat for a few minutes so that the cherries are warm and some of the cherry syrup has had a chance to evaporate. Serve and enjoy!

Tips: Applesauce can often be used as a substitute for butter in recipes.

Looking for gluten-free? Corn doesn't contain gluten, so you can substitute cornstarch in sauces and soups that use flour as a thickener(but use about half as much). Pure oats are gluten-free, but since oats may be processed in the same facilities that gluten-containing grains, you may want to stick with oatmeal that has a "gluten free" stamp on the packaging.

EMERGENCY KIT COOK OFF RECIPE

"Tuna Korma Curry"

By: Carla Hegwood

Ingredients:

- 1 jar of korma or butter curry sauce
- 1-2 cans tuna in olive oil
- 1 can coconut milk
- Basmati or any other type of rice(can use dried or pre-cooked)
- Olive oil
- Water
- Spices: Dried onion, dried garlic slices, 1-2 bay leaves, garam masala mix
- Optional (to taste): salt, pepper cumin, turmeric, dried ginger powder, true lemon powder

Prep Time: 7 mins

Total Time: 20 mins

Directions:

Cook or warm up rice.

Add a few tbsp. of water to an empty pan. Add dried onion and dried garlic slices. Simmer until reconstituted and slightly softened. Add dollop of olive oil and garam masala(Optional: add other dried spices in pantry to taste).

Let cook about 1-2 minutes over med heat until fragrant.

Drain excess olive oil from tuna, add to pan, and stir gently.

Add jar of sauce. Simmer on low 10-15 minutes.

Add coconut milk. Simmer about 5 more minutes.

Adjust seasonings as desired.

Serve curry over rice. Optional: sprinkle on dried parsley as garnish.

EMERGENCY KIT COOK OFF RECIPE

"Asian Chicken and Noodles"

By: Mendy Harman

Ingredients:

- 2-5 oz. cans chicken breast, drained
- 1-8oz.can sliced mushrooms, drained
- 1-8oz.can water chestnuts, drained
- 1-26oz. Simply Asian Japanese Inspired Ramen Soy Ginger Chicken Broth
- 1-14.2oz. Hokkien Stir-Fry Noodles
- 1 tablespoon stir-fry oil
- 6 oz. Szechuan sauce
- Sliced Almonds
- Sesame Seeds

Prep Time:15 mins

Total Time: 20 mins

Directions:

Put stir-fry oil in a skillet and place on a camp stove over medium heat. Add chicken, mushrooms, and water chestnuts and heat through, taking care not to break chicken apart too much. Remove from heat. In a separate pan, heat chicken broth to boil, then add noodles and remove from heat. Add the Szechuan sauce to the noodles and stir. Put a serving of noodles on a plate, then top with chicken and vegetables. Sprinkle almonds and sesame seeds on top and serve. Make sure the chicken and noodles are warm when served. It's OK to return the pans to the stove before serving to reheat. Serve immediately and enjoy!

EMERGENCY KIT COOK OFF RECIPE

"Just Add Ramen-Seafood"

By: Saran S. Ross

Ingredients:

- 1 package of Shrimp Flavored Ramen Noodles
- 1 can of Shrimp
- 1 can of Crab Meat
- 1 can of Asian Vegetables
- 1 can of corn
- 3 Packets of Soy Sauce
- Ginger powder
- Garlic powder
- Onion powder
- 4 bottles of water
- 1 package of chopsticks
- 1 fortune cookie

Directions:

Open all of the cans, the Ramen noodle package and 2(or 3) bottles of water. Place the water in a pot and set on med- high until it comes to a boil. In the water add 2 packets of Soy Sauce, a dash of garlic, ginger and onion powder. Add Ramen and cook until noodles are firm. Once noodles are firm, add 3 tbsp of Asian veggies, 1 tbsp of corn, 2 tbsp of shrimp and 1 tbsp of crab meat. Use chopsticks to stir until noodles are soft. Once noodles are soft, remove from heat and dump all but 1/4 cup of water. Add the shrimp seasoning packet and then stir with chopsticks. Serve hot with 1 fortune cookie and 1 bottle of water

EMERGENCY KIT COOK OFF RECIPE

"Peanut Butter Chew"

By: Sarah Cline

Ingredients:

- 1 cup brown sugar
- 1 cup peanut butter
- 1 cup dark corn syrup
- 4 cups Rice Krispies

Directions:

Bring sugar and corn syrup to a boil.

Remove from heat.

Stir in peanut butter until smooth.

Add Rice Krispies.

Mix and shape into small balls.

Place on wax paper.

EMERGENCY KIT COOK OFF RECIPE

"Black Bean Burger"

By: WIC Liaison Team

Ingredients:

- ½ can yams; drained
- 1 can black beans; drained
- ¾ cup oats; crumbled
- ½ t onion salt
- 1 t cumin powder
- 2 t chili powder
- Salsa

Directions:

Mash black beans.

Add yams and other ingredients.

Mix well.

Form into patties.

Cook in vegetable oil for 4 minutes on each side.

Top with salsa.

EMERGENCY KIT COOK OFF RECIPE

"Chicken Pasta Salad"

By: Tim Perkins

Ingredients:

- Canned Chicken
- Canned Peas
- Canned Corn
- Canned Green Beans
- Pasta (Rotini or Bowties work best)
- Parmesan Cheese (if it is a new container, it doesn't need refrigeration)
- Salt, Pepper, Onion Powder, Garlic Powder, Oregano/Italian Seasoning
- Italian Salad Dressing

Directions:

Drain all canned food and set aside.

Boil Pasta using camp stove or other heat source, and drain.

Place canned items in pot that pasta had just been boiled in to heat up, then add pasta again.

Add spices, salad dressing, and parmesan cheese to taste.

EMERGENCY KIT COOK OFF RECIPE

"Warm, Gooey Dessert Nachos"

By: Kitty Deiss

Ingredients:

- Cinnamon Pita Chips
- Mini Marshmallows
- Semi-sweet chocolate morsels
- Butterscotch morsels
- White chocolate morsels

Directions:

Cover the grill grates or a grill pan/tray with foil.
Heat grill to a low temperature.
Spread pita chips on foil in a single layer, leaving them slightly overlapping one another.
Sprinkle with the remaining ingredients.
Close the lid for 3 minutes. Nachos are ready when toppings are melting but retain some of their original shape.
If you wish to have a toasty crust on the marshmallows: Place the mini-marshmallows on a small, foil-covered tray on the upper grill shelf; heat with lid closed until they have reached desired brownness then spoon onto nachos. OR use standard-sized marshmallows and toast them on sticks close to heat, place on nachos and spread as desired.

This recipe can be made on a camp stove or campfire.

EMERGENCY KIT COOK OFF RECIPE

"Virgin Hurricane Refreshment"

By: Crista Sullivan

Voted "Best Overall"

EMERGENCY KIT COOK OFF RECIPE

"Virgin Hurricane Refreshment"

By: Crista Sullivan

Ingredients:

- Ziploc bag
- 2 cups passion fruit juice
- 1 cup unsweetened pineapple juice
- 1 cup orange juice
- 3/4 cup lemon juice
- 2 cups carbonated water
- Pineapple and/or maraschino cherries for garnish

Directions:

Combine the juices in the pitcher. Just before serving, stir in carbonated water. Pour into hurricane glasses. Garnish with pineapple wedges and/or cherries. Yield: 9 servings (3/4 cup each).

Suggested Emergency Food Supplies

- Peanut butter
- Whole wheat crackers (consider vacuum packing to prolong freshness)
- Nuts and trail mix
- Cereal
- Power bars and granola bars
- Dried fruit
- Canned meat such as tuna, salmon, chicken and turkey
- Canned vegetables such as beans, carrots and peas
- Canned soups and chili
- Sports drinks
- Sugar, salt and pepper
- Powdered milk
- Multivitamins