VDH VIRGINIA DEPARTMENT OF HEALTH

EMERGENCY KIT COOK OFF

2021

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 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

"Cold Tuna Noodle Salad"

By: Sharon Seay and Jeff Dixon

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EMERGENCY KIT COOK OFF RECIPE

"Cold Tuna Noodle Salad"

By: Sharon Seay and Jeff Dixon

Ingredients:

- *6.4 can tuna fish*
- *1 oz. sundried tomatoes*
- *1 oz. bacon bits*
- *2 oz. Velveeta*
- *1 tsp. favorite seasoning*
- *2 pkgs. Chicken flavored Ramon noodles*
- *1 oz. Ranch seasoning pack*
- *4 mayo packets*

Directions:

Boil water and add noodles to boiling water and cook for 3 minutes. Drain noodles. Add all other ingredients and stir well until fully mixed. Can be served lukewarm or cold.

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EMERGENCY KIT COOK OFF RECIPE

“Tex Mex Bean Salad”

By: Urmila Mota

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EMERGENCY KIT COOK OFF RECIPE

"Tex Mex Bean Salad"

By: Urmila Mota

Ingredients:

- 1 can bake beans
- 1 can black beans
- 1 can sweet corn
- 1 tsp roasted cumin seeds (ground coarsely)
- ½ tsp. red chili powder
- ¼ tsp salt (optional
- corn chips or corn tortilla
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Directions:

Drain and rinse the black beans and sweet corn. Drain the bake beans. Mix the black beans, sweet corn, and bake beans. Add roasted cumin (heat cumin seeds in a frying pan on low heat until they are brown slightly. Ground coarsely once cool.), chili powder, and salt. Stir well and leave for 30-60 minutes. Serve with corn chips or corn tortilla.

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EMERGENCY KIT COOK OFF RECIPE

“Carrot Pancakes”

By: Alanna King

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EMERGENCY KIT COOK OFF RECIPE

"Carrot Pancakes"

By: Alanna King

Ingredients:

- 1 cup flour
- 1 tbsp. sugar
- 2 tsp. baking powder
- ¼ tsp. salt
- 1 tsp. cinnamon
- 1 tbsp. milled flax seed
- 2 ½ tbsp. water
- 1 cup dry milk
- 2 tbsp. cooking oil
- ½ cup shredded carrots
- Raisins, walnuts, syrup

Directions:

Whisk together 1 tbsp. milled flax seed and 2 ½ water to make flax egg. Set aside. Mix dry ingredients (flour, sugar, baking powder, salt, cinnamon) in a bowl. In another bowl, nix wet ingredients in a separate bowl (milk, oil, and flax egg). Mix dry and wet ingredients together. Add shredded carrot. Cook pancake on camp stove with gas. Sprinkle with raisins, walnuts, and syrup as desired.

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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

Thank you for participating!

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