**Incorporating Basic Food Storage in a Provident Living Plan**

**San Clemente Stake Plan for 2011-2012**

**Class #8**

**“**Using Dried Carrots and Dried Apples”

### Key Points:

* While not critical for sustaining life, fruits and vegetables are a welcome addition to any [food storage](http://everydayfoodstorage.net/about-food-storage) program for the health benefits, variety, ability to help you save money on your day to day grocery shopping and to make preparing a meal take less time.
* Nutritionally, dried fruits and vegetables are not that different from fresh fruits and vegetables because they aren’t cooked when dehydrated (unlike canned or frozen fruits or vegetables). The process of dehydration only removes moisture and liquid from fresh fruits and vegetables, but leaves the nutrients intact.
* According to USA Emergency Supply, improved food dehydration methods make it possible to have dehydrated fruits and vegetables containing a mere 2 to 3 percent moisture. This gives them a crispy texture and makes them extremely light weight. The volume for some dehydrated foods is reduced up to three and one-half times, so they really save space. There is no waste with dehydrated foods; only edible pieces of vegetables and fruits are prepared and dehydrated. Very simple cooking methods will restore volume and texture to dehydrated vegetables. Although they may appear shriveled in the package, the pieces return to their original shape after they have been rehydrated.
* The only thing necessary to restore dehydrated foods is water. To rehydrate them, simply soak them in cold water for several hours or overnight. If you use the cold water method, the vegetables/fruits should be placed in the refrigerator while they soak for food safety reasons. A faster method of rehydrating the vegetables is to pour boiling water over them and allow them to soak for one to two hours. The soaking liquid contains nutrients and flavor, so save it to use in cooking.
* Not all vegetables will have suitable texture or flavor simply from soaking them. For peak flavor, simmer the rehydrated vegetable pieces and add butter, salt and pepper to taste.
* The cannery offers dehydrated onions, carrots, and apple slices.    A good way to decide what types of dehydrated fruits and vegetables you should have on hand is to think of what types of fruits and vegetables you can’t store in a can as shelf stable food.
* You may want to incorporate dried foods, peas, celery, bananas, berries, pineapple, etc.

Carrots

Carrots are one of nature's naturally delicious foods. Carrots have been cultivated for thousands of years and were not always the root vegetable we know and love today. Wild carrots were tough, bitter and spindly; nothing like today's juicy, sweet orange varieties. Wild carrots were also used for medicinal purposes and were not thought of as food. The carrot is part of the same family as parsley; other members include dill, caraway and celery. It is a common myth that domestic carrots were derived from wild carrot ancestors. The most recent advance in carrots occurred when Dutch scientists perfected the carrot as we know it by making it sweeter and more practical to grow.

You know carrots as the orange vegetables that can top a salad or be sliced and served as a snack. But you may not know the many nutritional benefits eating carrots can offer in your daily diet. From providing an important source of vitamin A to potentially improving your eyesight, incorporating carrots into your meals can help you stay well.

## Nutritional Facts

Carrots are loaded with beta carotene, which is why they appear orange. Carrots are very low in saturated fat and cholesterol. Carrots are also a good source of thiamine, niacin, vitamin B6, folate and manganese, and a very good source of dietary fiber, vitamin A, vitamin C, vitamin K and potassium. The only downside to carrots is that a large portion of the calories in carrots come from sugars. However, I don’t believe anyone ever became obese from eating carrots!

## Health Benefits

Carrots are also good at fighting inflammation in the body because they contain antioxidents and fiber. As a rule, the more brilliantly colored the produce, the higher the antioxidant content. Carrots have also been shown to contribute to weight loss due to the amount of fiber present in them, according to the University of Iowa. During World War II, many British night bombers ate large amounts of carrots because beta carotene increases your ability to see in the dark by reducing the eye's reaction time. This helped the bombers fly at night, under the Germans' radar, and launch surprise attacks. The only side effect was that many of the men turned a slight shade of orange from the extra beta carotene they had been eating.

## Improve Vision

A lack of vitamin A in your diet can contribute to poor vision. People in the world who have less vitamin A in their diets are more likely to experience vision problems due to this deficiency. By eating carrots, you can prevent vision decline due to vitamin deficiency. Carrots are not the ultimate cure-all, however. They do not improve your eyesight if you already currently obtain enough vitamin A in your diet.

## Fight Free Radicals

Carrots are high in beta carotene, a form of vitamin A that acts as an antioxidant in your body. Antioxidants circulate in your system, fighting free radicals that can cause premature aging and inflammation in your tissues. If you wish to truly harness the antioxidant power of carrots, cook them. Cooking carrots releases more antioxidants for your body's use, according to AllRecipes.com. a 1/2-cup serving of boiled carrots contains about 13,418 IU of vitamin A -- 270 percent of the recommended daily value for vitamin A, according to the Office of Dietary Supplements.

## Control of Blood Circulation

The large and varying amount of B vitamins present in carrots are especially good at regulating the body's circulation by ensuring that the heart and lungs have nutrients available to do their job efficiently. Additionally, carrots also help lower high blood pressure and reduce the risk of cardiovascular disease. Potash succinate, a nutrient found in carrots, is said to have anti-hypertensive properties, making it useful for those with high blood pressure. This nutrient helps dilate blood vessels and thereby lowers blood pressure,

## Protect Against Cancers

Carrots contain a compound known as falcarinol. This compound has been linked to the reduction in the risk of tumor formation. The antioxidants found in carrots also have been linked with decreasing your risk for lung cancer. Note that these benefits were the result of eating whole food sources; you can't expect similar results when taking a vitamin supplement.

## Other Benefits

Carrots contain ascorbic acid, also known as vitamin C, an antioxidant that is also needed to produce collagen, a component of healthy skin. Carrots contain minerals like potassium and magnesium as well as vitamin B-6, folate and other antioxidants such as alpha-carotene, lutein and zeaxanthin. Carrots also are low in calories, meaning you can reap the benefits without paying for them in weight gain.

## Dried Carrots

Dried carrots are like money in the bank. Dried carrots keep well and reconstitute nicely for use in breads, salads, and soups. To dry your own raw carrots: Slice washed, tender carrots 1/8 to 1/4-inch thick or coarsely shred or grate them. Toss with some lemon juice. Arrange on dryer racks and dry until crisp.

**Tip for using Dehydrated Carrots**-. (remember it takes about half the amount of dehydrated carrots to equal the regular measurement)

## Curried Carrot Soup

### Ingredients

* 2 tablespoons vegetable [oil](http://allrecipes.com/recipe/curried-carrot-soup/)
* 1 [onion](http://allrecipes.com/recipe/curried-carrot-soup/), chopped
* 1 tablespoon curry powder
* 2 pounds carrots, chopped (1 lb. dehydrated carrots, soaked in hot water to rehydrate)
* 4 cups vegetable broth
* 2 cups water, or (use part of the water used to rehydrate the carrots) as needed

Directions

Heat oil in a large pot over medium heat. Sauté onion until tender and translucent. Stir in the curry powder. Add the chopped carrots, and stir until the carrots are coated. Pour in the vegetable broth, and simmer until the carrots are soft, about 20 minutes.

Transfer the carrots and broth to a blender, and puree until smooth. Pour back into the pot, and thin with water to your preferred consistency.

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### Chilled Carrot-Ginger Soup

### Ingredients

* 1 diced medium red onion
* 1-2 Tbsp olive oil
* 4 Tbsp of minced fresh ginger
* 2-3 cloves finely minced garlic
* 1½ c. chopped carrots ( ¾ cup dehydrated carrots)
* 3 c. vegetable broth
* ¼ c. orange juice
* salt and pepper to taste
* ¼-½ c cream or milk (optional)

# Heat olive oil over medium heat in the bottom of stockpot. Add onions and cook until soft, but do not brown. Add ginger and garlic and cook until soft and fragrant, about 2-3 minutes.Add carrots, broth, and orange juice. Bring to a boil, then reduce heat and simmer until carrots are exceedingly tender, about 20-30 minutes. In batches, puree soup in blender (or do it in the pot if you have an immersion blender).Thin with additional broth as needed. Season to taste with salt and pepper.

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**Oatmeal Carrot Cookies**-makes 6 dozen

* 1 C. Butter, softened (2 sticks)
* 1 C. Shortening
* 1-1/2 C. Sugar
* 1-1/2 C. Brown Sugar
* 4 Eggs (1/4 C. dehydrated eggs + 1/2 C. water)
* 2 t. Vanilla Extract
* 2 C. Finely Shredded Carrots (1 cup dehydrated carrots)
* 4 C. Quick-cooking Oats
* 1-1/2 C. Whole Wheat Flour (notice this recipe has a lot of brown sugar so it will hide the wheat well)
* 2 t. Baking Soda
* 2 t. Salt
* 1 t. Pumpkin Pie Spice or Cinnamon
* 1 C. Chopped Walnuts (optional)
* 1 C. Raisins (Soak in water while you’re making the dough)

In a large mixing bowl, cream the butter, shortening andsugars. beat in eggs and vanilla. Add Carrots; mix well.

Combine the oats, flour, baking soda and sal; add to cremaed mixture and mix well. Stir in walnuts and chocolate chips. cover and refrigerate for at least 4 hours.

Drop by rounded tablespoonfuls 3 in. apart onto baking sheets coated with cooking spray. bake at 375 for 10-13 minutes or until lightly browned. Cool for 2 minutes beofre removing wire racks.

### [Whole Wheat Carrot Cake Muffins](http://everydayfoodstorage.net/2010/02/09/whole-wheat-carrot-cake-muffins-dehydrated-carrot-food-storage-recipes/food-storage-recipes)

### Ingredients:

2 c. brown sugar, packed
1 c. oil
3 eggs (3 T. Dehydrated Eggs + 1/3 c. water…if you want a really fun trick use your left over carrot or raisin water to add to the egg powder.)
2 c. carrots, finely grated (1c. dehydrated carrots. Pulse in blender before re-hydrating to make them smaller pieces. They take 20 minutes in cold water to rehydrate so if you need them sooner, simply put them in warmer water.)
1 c. crushed pineapple, drained (If you have orange juice you’ll be serving, drain the pineapple juice into your orange juice for a fun topical blend orange juice.)
3 c. [whole wheat](http://everydayfoodstorage.net/about-food-storage/grains) flour
1 t. salt
1 T. soda
1 t. cinnamon
2 t. vanilla
1 c. raisins
1 c. walnuts, broken

**Method:**

Preheat oven to 350. Grease and flour 2 bread pans, 1 Bundt pan, or 2 muffin pans (12 each) with vegetable cooking spray. Beat together brown sugar, oil and eggs (no need to reconstitute eggs before adding to this mix). Stir in carrots and pineapple. Blend together dry ingredients; stir into batter thoroughly. Add vanilla, raisins, and nuts. Pour into prepared pan. Bake bread pans for 40-45 minutes, muffins for 20 minutes, and Bundt pan 1 hour or until done.
Makes 1 Bundt pan, 2 bread pans, or 24 muffins.

Adding the nuts on top of the muffins not only gives it a great look and flavor (it lightly toasts the nuts) but it is also a great way to serve nut lovers and non-nut lovers alike since it becomes obvious which have nuts and which don’t.

### Carrot Cake:

### Ingredients:

* 2 C. Sugar
* 1 1/2 C. Vegetable Oil (or [**applesauce**](http://everydayfoodstorage.net/2008/07/08/grilled-pork-chops-with-apple-cranberry-sauce/food-storage-recipes))
* 4 Eggs (1/2 C. dehydrated eggs + 1 C. Water) beat before adding to batter

In separate bowl combine and add to above:

* 2 C. Flour
* 2 t. Baking Soda
* 1/4 t. Salt
* 2 t. Cinnamon

Fold in:

* 2-4 Cups finely grated carrots (if you don’t have carrots from your garden, dehydrated carrots from the cannery work great. Just make sure you pulse them a couple of times in the blender before you rehydrate to make them into smaller pieces)
* 3/4 C. broken nuts (optional)

Bake at 350 for 40-50 minutes, till it pulls away from sides of pan.

**BEST EVER Cream Cheese Frosting**

* 1/2 C. (1 stick) Unsalted Butter, softened
* 4 oz. Cream Cheese, softened
* 2 C. Powdered Sugar (confectioners’ sugar)
* 1 t. Vanilla Extract

**Cream butter, cream cheese, and vanilla. Add powdered sugar and beat until smooth. Frost cake and top with additional chopped nuts if desired.**

### SUPER HEALTHY CARROT CAKE

**Pfffft!  Just kidding!**

**It’s made with whole wheat flour and even dehydrated carrots with canned crushed pineapple but tastes waaaay too good to be healthy. Trust me, NO ONE will ever know that you’re using your food storage in this recipe.**

### Ingredients:

* **4 eggs**
* **1 1/4 cups oil**
* **1 cup brown sugar**
* **1 cup granulated sugar**
* **2 cups whole wheat flour**
* **1 teaspoon salt**
* **2 teaspoons baking powder**
* **2 teaspoons baking soda**
* **2 teaspoons cinnamon**
* **1 cup dry dehydrated carrots**
* **1 can crushed pineapple, drained (20 oz.)**
* **1/2 cup walnuts, chopped (optional)**
* **1/2 cup coconut (optional)**

**Cover dehydrated carrots with 3 cups of cool water and allow to soak for 20 minutes. Drain and grind into course bits. (3 cups of finely shredded carrots, packed, may be substituted.)**

**In large bowl, blend together oil and brown and white sugars. Add eggs one at a time, beating until blended. In another bowl, mix together the flour, salt, soda, baking powder and cinnamon. Add the flour mixture, about 1/3 at a time to the oil mixture, beating just enough to blend. Fold the carrots and pineapple into the batter. Add nuts and or coconut if desired. Pour batter into a greased and floured extra large cake pan, 10 1/2″ x 15″. Bake in a preheated, 350 degree, oven for about 1 hour. Cool completely before frosting. (see frosting recipe above)**

**This is our very top of the list, absolute best, number one, recipe for amazingly moist and rich carrot cake. Don’t let the creepy smell of the dehydrated carrots scare you away. No one has ever suspected that I’ve used the little varmints and I always get asked to share the recipe.**

**One tip you should know is that this carrot cake improves with age so if you can, make it a day or two ahead of time and then store it frosted and covered with plastic in the refrigerator. The rest will improve the flavor and it’s so nice to have a truly wicked dessert that doesn’t have to be fussed over at the last minute. This one’s been a winner. Every time!**

### What else to do with dehydrated carrots from the cannery?**Pulverize some in the blender. This made carrot powder. This is easier to use, because the smaller pieces rehydrate faster. The powder is easy to sneak into other items, increasing the nutrition. Here are some of the ways I've thought of so far about how to use this. Hopefully others of you have other ideas.**

* **Marinara sauce! Add carrot powder to spaghetti sauce, especially sauce that is a little too watery. The dried carrot powder soaks up the extra water in the sauce, making the sauce thicker and yummier. Finely chopped carrots are an ingredient of marinara sauce. I tried this with this week's spaghetti, and the family ate a lot, not noticing any carrots.**
* **Add a little to bread dough. This leads to little orange flakes in the bread. Trying to get the kids to think this was cool, I named it "Halloween bread." They think it's special.**
* **You can use dehydrated fruit or vegetable powder to make baby food by soaking the powder with a small amount of liquid, and gradually adding more until it is the desired consistency. Store the rehydrated baby food in the refrigerator, and discard any baby food that has been at room temperature for more than an hour.**
* **We’re moving on up! Not only are we sneaking in**[**food storage**](http://everydayfoodstorage.net/about-food-storage)**items like dehydrated eggs,**[**whole wheat**](http://everydayfoodstorage.net/about-food-storage/grains)**, and oats with these recipes but vegetables and fruits as well!**

Dried Apples

### Health benefits of apples: “An apple a day keeps the Dr. away”….

* Apples are low in calories, the fruits contain no saturated fats or cholesterol; but are rich in dietary fiber, which helps, prevent absorption of dietary LDL cholesterol. The dietary fibers also help protect the mucous membrane of the colon from exposure to toxic substances by binding to cancer causing chemicals in the colon.
* Apple fruit contains good quantities of *vitamin-C* and *beta-carotene.* Vitamin C is a powerful natural antioxidant. Consumption of foods rich in vitamin C helps body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the body.
* Apples are rich in antioxidant phyto-nutrients *flavonoids*and *polyphenols.*  These compounds help the body protect from deleterious effects of free radicals.
* In addition, apple fruit is a good source of B-complex vitamins such as riboflavin, thiamin, and pyridoxine (vitamin B-6). Together these vitamins help as co-factors for enzymes in metabolism as well as in various synthetic functions inside the body.
* Bone Protection:
A flavonoid called Phlorizin found in apples helps women in their post-menopausal stage from being hit by a bone deterioration condition called osteoporosis. It also assists in increasing bone density. Moreover, calcium and boron present in apples also assist in maintaining bone health of the person.
* Apple also contains small amount of minerals like potassium, phosphorus, and calcium. Potassium is an important component of cell and body fluids helps controlling heart rate and blood pressure.

**Dried apples are an excellent snack right out of the can. To reconstitute, use equal parts of dried apples to boiling water. For example: 2 cups dried apples, 2 cups boiling water. Let stand at least 5 minutes and voila! You have apples!**

**I was very happy to discover just how**[**easy**](http://everydayfoodstorage.net/food-storage-recipes/easy)**it is to use dehydrated apples in apple pies. In fact, not only are they easy…they are DELICIOUS! I can honestly say I will NEVER go back to peeling, coring, and slicing apples EVER AGAIN for a delicious apple pie. Making an apple pie from dehydrated apples saves time (takes only 5 minutes to get the apples ready and most of that time is just the apples sitting in boiling water), makes a smaller mess, and is just as delicious. HOORAY!! Once again**[**food storage**](http://everydayfoodstorage.net/about-food-storage) **makes life easier (and just as delicious)!  So give it a try …no one will know you did anything different.**

**Applesauce**
Reconstitute 2 cups dried apples in 2 cups hot water or hot apple cider. If you put this mixture through the blender, you will have applesauce. For variety add 3 tbsp. cinnamon heart candy to the mixture before you let it set or try some cinnamon and sugar mixture in it.

**Stewed Apples and Raisins**
1 c dried apples
Cover with 2 c boiling water and let stand for 5 minutes in a sauce pan.
Add 1 c raisins and simmer until tender. You may wish to sweeten this with brown sugar. This could also be thickened with flour or tapioca and placed in a pie shell.

## DUTCH APPLE PIE

* One pre-made pie crust (or you can make your own)

Filling:

* 2 cups dried apples firmly packed
* 2 cups boiling water.

Pour over apples and let set for at least 5 minutes.

Mix together:

* 1/3 cup sugar 2 tbsp. Flour
* ½ tsp. Cinnamon
* Add to the apple mix and continue cooking until thick. Stir constantly to prevent scorching. Pour mixture into pie shell and dot with 1 tbsp. Butter
* Topping:
* 1/3 cup packed brown sugar
* ½ cup[whole wheat flour](http://everydayfoodstorage.net/about-food-storage/grains)
* ¼ cup butter

Cut in till crumbly.  Sprinkle over the apple mixture and place in 350ºF oven for 55 minutes.

**Pork and Apple Bake**Rehydrate dried apple rings by soaking 1 hour or until soft in boiling water (just enough to cover). Remove apples and drain well. Stir in ½ tsp cinnamon. Brown pork chops, season, and pour off grease. Arrange chops one layer deep in a casserole. Cover chops with apple slices, add water in which apples were soaked and enough more to barely cover chops. Bake at 350 degrees F for 35 to 40 minutes.

**Natural Apple Butter**

* 1 pound of dehydrate dried apples
* ½ Gallon of Apple Juice
* ¼ Tsp. Ground Cloves
* 2 Tsp. Ground Allspice
* 4 Tsp. Ground Cinnamon

**Directions:**

* In a stock pot, mix together, dried apples, apple juice, cloves, allspice and cinnamon.
* Bring to a boil, and then simmer for 25 minutes.
* Allow mixture to cool for 20 minutes, and then place into a blender.
* Blend until mixture is smooth.
* Place into jar and refrigerate before serving.

**Apple Pie Filling**

1 2/3 c dry apple slices
2 tbsp cornstarch
1/4 tsp salt
1/2 tsp cinnamon
2 1/2 c water
2/3 c sugar
2 tsp lemon juice (optional)
1/4 tsp nutmeg

Mix all dry ingredients together, then add water and mix well. Bring to a rolling boil, stirring occasionally. If baking a pie, preheat oven to 425 degrees, place in oven and bake 40 minutes or until golden brown in pastry shell. (May use peeled and sliced fresh apples--enough to fill pie crust.)

**Apple Crisp (with Pie Filling)**Put pie filling in a greased square pan. Mix together:
1/4 c flour
1/4 tsp salt
2 tbsp sugar
1/4 c butter
1/4 c rolled oats or oatmeal

Mix together thoroughly and spread

**DRIED APPLE CAKE**

2 c. dried apples

1 c. sugar

2/3 c. butter

2 tsp. baking powder

2 eggs

3 c. or more flour

1 c. raisins

1 tsp. cinnamon

1/2 tsp. nutmeg

1 tsp. soda

1 c. molasses

1 c. milk

Soak apples in water long enough to make them soft. Chop them to the

size of raisins and boil for 15 minutes in the molasses. Dissolve soda in a

little hot water and add to molasses mixture when cold. Sift dry ingredients

together. Beat butter, sugar and eggs together until fluffy. Add molasses

mixture, milk and dry ingredients. Stir in raisins. Bake at 350 degrees until

done.

**Apple- Sausage Sauté**

* 4 tsp olive oil
* 1 lb precooked chicken or pork sausages, cut into 1/2" diagonal slices
* 2 cups dehydrated apples
* 1 cup apple juice
* 1/4 tsp black pepper
* 1/4 tsp dried thyme
* 2 tbsp maple syrup

##### **DIRECTIONS**

1. Heat 2 teaspoons of the oil in large nonstick frying pan over medium heat.
2. Add sausage and cook, turning often, until lightly browned, about 6 minutes.
3. Remove from pan.
4. Add remaining 2 teaspoons oil to pan.
5. Put in apple, pepper, and thyme and drizzle with syrup.
6. Cook, tossing often, until tender, 12 to 14 minutes.
7. Return sausage to pan and toss with apple to heat through.

I hope you enjoy using your food storage carrots and apple slices in these recipes. If you incorporate them into your everyday cooking, you will be able to rotate them on a regular basis, cut your food costs and preparation times and still provide nutritious meals that your families will enjoy. In the event of a disaster, they will be familiar for you to cook and for your family to eat.

ENJOY!