



## **SURVIVAL MODE MENU**

*These recipes can feed  
3-4 people on less than \$5!*

Trying to eat in survival mode can seem difficult, but it can be easy and fun. You can start with these recipes and find more on the internet by searching for "recipes on a budget" or "cheap and easy meals." Once you get the hang of it, use your imagination and creativity to create your own recipes. We hope you'll share them with other survivors on our Facebook page [www.facebook.com/successfulsurvivorsfoundation](http://www.facebook.com/successfulsurvivorsfoundation).

If you have no refrigerator, peanut butter, bread and a plastic knife will keep you going. Other things that don't require refrigeration are granola, protein bars, cereal, and fresh fruit. If you have access to a microwave, you can survive on cup o' noodles, microwave popcorn, and frozen microwavable meals.

If you have a toaster oven, hotplate, crockpot, electric skillet or traditional stove and oven, you can make any of the recipes below.

### **CHICKEN & GRAVY (or BBQ sauce)**

Simply put 3-4 pieces of chicken and a can of cream of chicken or cream of mushroom soup plus one can full of water and a salt and pepper (optional) into your crock pot, set it on low for 6 hours (or high for 3 hours). Serve over rice or pasta or with bread or biscuits, and you have a delicious meal that costs less \$5!

An easy variation of this recipe is to use BBQ sauce instead of soup. Depending on the thickness of the BBQ sauce, you might want to add some water so the chicken doesn't get dried out. You can put the crockpot BBQ chicken on buns, serve with rice, or just eat it by itself.

## LOADED BAKED POTATOES

Potatoes are really cheap and very filling, making them one of the best budget meals. Simply bake them in your toaster oven at 350 for about 45 minutes (or poke a few holes in them and microwave for 4 minutes). Top with butter (you can put water in the dehydrated butter and pour it on the hot baked potatoes and it pours like melted butter), salt and pepper. If you have left over chicken, you can cut it up on the potato, or add steamed broccoli (from the frozen broccoli bag) bacon, onion, or anything else you have on hand.

### SUBSTITUTIONS

When you don't have an ingredient that a recipe calls for, you can substitute other things. For example, the dried chicken noodle soup mix in the can can be used to season any chicken dish. Just mix it with the amount of water called for on the can of mix and pour it into the crock pot or skillet or pot on the stove. Sometimes the substitution leads to a new, even better tasting recipe!

## CROCKPOT CHICKEN TACOS or CHICKEN AND RICE

There's so much you can do with shredded chicken! This easy slow cooker meal is perfect for serving in warm tortillas or even over a bed of rice or served cold in a salad.

Just put 2-3 pieces of chicken in a crockpot and cover with water (or put the dried chicken noodle soup mix in the water—mix well and pour in). Set the crock pot to cook on low until the chicken shreds apart easily with a fork—probably 5-6 hours. Or cook on high for about 3 hours. *Make sure the chicken is covered with water, but not too much higher than the chicken.*

A delicious variation on this recipe is to cover the chicken in a jar of salsa (plus

however much water it takes to cover the chicken). Or cover the chicken with can of tomatoes plus water. You can also add onion, peppers, jalapeño or whatever you want to make variations of this easy meal. This chicken can be made into tacos, enchiladas, rice, mixed with lettuce to make a salad, or just eaten on it's own.

#### EXPERT TIP

Put a table spoon or two of the dried chicken noodle soup mix in the water when you boil it to make rice. The soup mix gives the rice a chicken flavor that makes any meal more tasty!

## BEEF & NOODLES

Fry up a handful of hamburger (about the amount you would use to make two hamburger patties). You can add salt, pepper, garlic, onions, etc. for flavor.

Boil noodles (or rice) according to the time recommended on the package, then mix the noodles or rice in with the hamburger in the skillet. Mix together so the juices and flavor of the meat are all over the noodles or rice.

There are lots of ways to change up this recipe. You can add mushrooms to the meat while it's cooking. You can add frozen peas or other vegetables, or you can spice it up with jalapeno, salsa, Chile powder or tain. Yum!

## STUFFING MEATLOAF

Mix together a pound of hamburger, 1 box of stove top stuffing mix, ¼ cup of ketchup, ½ cup of water and 2 eggs (or mix up some of the dried egg mix according to the directions on the jar to equal 2 eggs). Preheat oven to 350 degrees and grease a bread loaf pan or small baking pan.

1. Fill a prepared baking pan with your mixture and smash it down into the pan.
2. Spread the remaining ketchup evenly over the top. You can use BBQ sauce, chili sauce, or a combination of sauces to change this recipe up.
3. Bake for 45-60 minutes in the toaster oven at 350 degrees.

## **SHREDDED BEEF TACOS**

Buy the cheapest cut of beef (stew meat, chuck roast, flank steak, etc.) and throw it in the crockpot. Cover it with salsa and or water and whatever seasoning you like, and let it cook on low for 6 hours or until the beef shreds with a fork. You can use it to make tacos, taquitos, enchiladas, sliders or serve it with rice.

## **OLD FASHIONED ROAST**

Buy the cheapest cut of beef (stew meat, chuck roast, flank steak, etc.), cover it with water, add salt and pepper, and throw it in the crockpot on high for 2 hours. Add 2-3 peeled potatoes, 1 cut up onion, 4-5 peeled and cut carrots, 2-3 stalks of cut celery. Cover with water (or you can substitute a can of tomatoes with the juice) so that everything is covered. Cook on low for 4 hours or until you can break up the meat with a fork. Serve hot and used any leftover meat in sandwiches the next day.

## **GROUND BEEF TACOS**

Fry up hamburger and onions, season with Chile powder, salt, garlic or whatever you prefer, and serve with corn or flour tortillas. You can add chopped lettuce or cabbage, cheese, cut up tomatoes, onions, or salsa.

## **CHEESY BEEF PASTA CASSEROLE**

For this recipe, you need pasta, hamburger, canned tomato soup, and cheese. Cook and drain the pasta according to the package directions. Meanwhile, preheat your toaster oven to 375 degrees and grease a baking dish with oil or butter (this is another good use of the dehydrated butter—mix with water according to the directions on the jar and use this to grease your baking dish).

In a large skillet, brown and chop the ground beef with garlic powder, salt, and pepper or whatever seasoning you prefer. Add the cooked pasta, 2 cans of tomato soup, a half cup of water and 1 ½ cups cheese to your skillet with the browned beef; stir and cook for 2-3 minutes over medium heat. Pour the mixture into your greased dish and top with a cup of cheese. Cover with foil and bake for 20 minutes. Uncover and continue baking until the cheese on the top starts to brown—approximately 10 minutes.

## **CHICKEN PARMESAN SLIDERS**

For this recipe you can use any inexpensive bread, buns, or rolls. You can use chicken nuggets or any cooked chicken (including chicken left over from other recipes). You'll need 1 cup of pasta sauce, cheese, butter (you can use the dehydrated butter for this) and parmesan cheese.

Cook the chicken according to the package directions; set aside.

Preheat your oven to 350 degrees and butter the bottom of a 9×13 baking dish.

Cut the rolls horizontally in half without separating the rolls; place only the bottoms into your prepared dish and bake for about 3 minutes.

Place a chicken nugget or piece of chicken onto each one of the bottom pieces and then top with the marinara, then cheese and then the top halves of the rolls.

Melt the butter in the microwave (or warm the dehydrated butter and water

mixture) and mix with 1 tsp of garlic powder and 1 tsp of Italian seasoning (or Mexican seasoning if you want to change it up); brush the mixture evenly over the top of the rolls. Sprinkle the grated parmesan over top. Cover your dish with foil and bake for 15 minutes. Uncover, and bake for an additional 3-5 minutes or until the buns turn golden brown. Remove from the oven and allow them to cool for about 5 minutes.

## **GARLIC TOAST PIZZAS**

You can use frozen garlic toast prepared according to the directions on the package or you can use any bread you have, spread with butter (or reconstituted butter) and sprinkle with powdered garlic toasted in your toaster oven for 2-3 minutes. Either way, pull it out before it's done.

Top the almost-done garlic toast with 1-2 tablespoons of pizza sauce, cheese and the toppings of your choice (use the sauce very sparingly, otherwise the middle can get soggy). Place back in the oven on the broil setting for 2-4 minutes or until the cheese is bubbly and starts to brown.

## **TOP RAMEN SURPRISE**

Ramen noodles are a versatile start to lots of different recipes. You can find many of them by searching "top ramen recipes." An easy way to use top ramen is to prepare according to the directions on the package and add frozen vegetables, egg, or meat left over from other recipes.

## **SOUP**

Soup is a great way to make your ingredients stretch. You can start with just one piece of chicken in a pot or your crockpot. Add cut up potatoes, carrots, onions or whatever other vegetable you have (if using frozen vegetables, wait until the chicken is almost cooked to add them). Add a cup of rice or lentils. Fill the

water to about an inch below the top, and let it cook. It's easier to put it in the crockpot in the morning and let it cook all day.

If you're in a hurry, heat up a tablespoon of oil in the bottom of your pot, cut up the meat from one piece of chicken. Remove bones. Fry up the chicken until it's starting to brown. Add onions, garlic, and any vegetables you want and fry them up for 5 minutes. Add water to 1-2 inches below the top of the pot, season with salt, and cook on low to medium heat for 20-30 minutes.

### **BISCUITS AND CORNBREAD**

Homemade biscuits and cornbread go with every meal. They are delicious and filling. Biscuits can be eaten alone as a snack, with jam or jelly as dessert; and cornbread can be eaten alone or with butter or honey.

For BISCUITS, you need 2 cups all-purpose flour, 1 tablespoon baking powder, ½ teaspoon salt, ½ cup shortening, ¾ cup cold milk

Preheat oven to 450 degrees. In a large mixing bowl mix together flour, baking powder and salt. Cut in shortening with fork until mixture resembles coarse crumbs.

Pour milk into flour mixture while stirring with a fork. Mix in milk until dough is soft, moist and pulls away from the side of the bowl. Pull the dough out and knead dough by hand for a minute. Pull off a chunk of dough about the size of a golf ball and put on a bake sheet until golden brown, which should be about 10 minutes.

For CORNBREAD, you need 1 cup yellow cornmeal, 1 cup all-purpose flour, 1/4 cup sugar, 4 tsp baking powder, 1/2 tsp salt, 1 cup milk, 1 large egg, 1/4 cup cooking oil.

Preheat the oven to 425°F and coat the inside of a 9-inch pie plate, cast iron skillet, or 8x8 casserole dish with non-stick spray (or butter for more flavor). In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined.

In a separate bowl, whisk together the milk, egg, and oil. Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. It's okay if there are a few lumps.

Pour the batter into the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into pieces and serve.

## **PANCAKES**

Get the biggest box of pancake mix that you can afford (preferably a mix that requires only water), follow the directions to mix the flour mixture with water, make sure that all of the lumps are out of the batter. Heat up a skillet on medium heat with a tiny bit of oil in the pan (or use a non stick pan that doesn't require oil), and drop about a quarter cup of batter onto the already hot skillet.

When the batter starts to bubble, use a spatula to lift up the edge of the pancake to see if it's starting to brown on the bottom. If you see a little brown, flip it over and cook the other side. Be careful not to let it cook too long on either side—they burn easily.

You can eat them plain, and butter and or pancake syrup, jam or jelly, or you can roll a pancake with a sausage or other meat inside like a pancake sandwich!

You can also change up the flavor by adding cinnamon, vanilla or any other flavor to the mix before cooking. You can cut up a banana, add berries, or a tablespoon or two of jam or jelly. Mix well and add to the hot skillet just as you would with the plain batter.

## **MAC AND CHEESE**

Cook pasta according to the directions on the package. When done, drain the water and add cheese (shredded or cut in chunks). Mix until the heat of the hot pasta begins to melt the cheese. You can serve it this way OR you can put it into a baking dish and slide into the toaster oven at 350 degrees until the top turns brown. Variations on this are to stir in a little milk, adding breadcrumbs (crumble stale bread into crumbs) on top, and/or adding more cheese before baking.



## **PASTA AND *anything***

Cook pasta according to the directions on the package. When done, drain the water and add just about anything you have on hand. Examples include:

- A can of Chile
- Steamed broccoli (add olive oil, parmesan cheese, and garlic salt or garlic powder and salt)
- Mixed vegetables—frozen or raw either steamed or sautéed in a skillet with a little oil (add olive oil, parmesan cheese, and garlic salt or garlic powder and salt—this is Pasta Primavera)
- Ground beef or ground turkey browned
- Ground beef or ground turkey browned and cooked with a can of tomatoes
- Leftover chicken cut up with a can of tomatoes or jar of pasta sauce, warmed before mixing.
- Milk, butter and cheese with salt and pepper to taste (Alfredo sauce)
- *Use your imagination and create your own pasta dish*

*Rice can be substituted for pasta in any of these recipes.*