

# RECIPES FOR A SMALL CO-OP FOR DUMMIES



EGGLESS TOFU EGG  
SALAD MAKES A FINE  
SANDWICH

REFRIED BEANS CAN  
BE FROZEN, FRIDGED,  
DEHYDRATED, OR  
SERVED



HUMMUS, THE BEAN  
SPREAD THAT  
LAUNCHED A 1,000  
SHIPS.



## HUMMUS

Bring 9 cups of garbanzo beans, 1 tbsp baking soda, and 2 tbsp salt to a boil in a large pot of water. Make sure the water does not boil over, and keep boiling for 4 hours. Drain the beans, rinse them, and place in a large tupperware. Add 2 1/2 cups olive oil, 1 1/2 cup tahini, 24 cloves of garlic, 1 1/2 cup lemon or lime juice, any spices you like and 1/4 cup salt. Blend these all steadily with the stick blender, and make sure it comes out as creamy as possible.

## REFRIED BEANS

Bring 9 cups of pinto or black beans to a boil in a large pot of water, along with 16 cloves of garlic, 6 chipotle peppers, 2 cans of beer (if you have some available) and 3 minced onions. Boil the pot for 4-6 hours, adding water as it boils off, until the beans are very soft. Drain the beans, and place in a tupperware. Add 1/3 cup of salt to the beans, and 2 cups of shortening (or oil if we do not have shortening, preferably used fry oil) and blend until very smooth in with the stick blender. This can be refrigerated, or placed in ziploc bags and frozen.

## EGGLESS EGG SALAD

Crumble 6 lb of tofu into a feta-like consistency. Finely chop 2 sticks of celery, 2 carrots, 1 onion, and 3 cloves of garlic, and mix them into the tofu. Mix in 1/4 cup oil and 4 tsp of turmeric powder, and stir until the whole salad takes on a yellowish color. mix in 2 tbsp salt and 1 tbsp pepper, and add 1/4 cup honey or brown sugar. Mix all of this until it is a homogenous texture, with the veggies being stirred throughout the mix. Store in tupperware and keep refrigerated.

# BULK FOOD RECIPES

MMMM, HOMEMADE  
GRANOLA CEREAL...



DRIED FRUITS ARE AN  
EASY WAY TO PRE-  
SERVE CHEAP FRUIT



A QUICK SMOOTHIE  
FOR A SNACK?

I DOUGH, YOU DOUGH,  
WE ALL DOUGH FOR  
BREAD DOUGH!



## BREAD DOUGH

Mix one loaf of bread in each bread machine, using the bread dough setting, and the dough recipe posted next to the bread machine. Take the dough out when the bread machine completes its dough setting, and keep covered with plastic wrap or a clean damp towel. Repeat the process 3-5 times, until you end up with 6-10 loaves of bread dough. Knead each piece of dough with your hands for just a moment, until it shrinks down a bit (this is called punching down the dough) and then place each loaf of dough in a plastic bag in the freezer. Make sure that the cooks know that there is dough ready to be thawed, and they can make it into any shape or size loaf they want, or even make a pizza with it.

## GRANOLA

Preheat the oven to 275. In a large bowl, combine 10 cups of rolled oats, 2 cups of whatever nuts are available, 1/3 cup of brown sugar, and a touch of cinnamon. In a separate bowl, combine 1/4 maple syrup, 1/4 oil, and 3/4 of a teaspoon of salt. Mix the contents of the two bowls together, and spread out on baking sheets. Bake this stuff for 1 hour and 15 minutes, stirring it 3 or 4 times as it bakes to ensure even cooking. Take it out and cool it before you store it in a large jar in the pantry. This makes a great cereal, or a handy snack.

## SMOOTHIE BAGS

This one is waaaaaay too easy. If we have fruit laying around, especially if the fruit is over-ripe or attracting flies, just wash and peel the fruit, and put it in zippered sandwich bags. Make sure each bag has a few kinds of fruit, so each bag can make a nice smoothie. A little banana, a slice of apple or orange, whatever we have around. Put the bags in the freezer, and when they are frozen they just need a dash of juice or soymilk to have a quick smoothie!

## DRIED FRUIT

Anytime we have fruit starting to get soft or attract unwanted fruit flies, it can be washed, sliced, and layered in the trays of the food dehydrator. Plug in the dehydrator, and stack the trays. The fruit should be ready with 24 to 36 hours, at which point it should get tupperware'd and stored in the pantry or fridge, depending on how dry it is.

## BULK FOOD RECIPES



### GRANOLA BARS

As with many simple recipes, the addition of just a few more ingredients makes it more special. You can make a pretty good imitation of a granola bar by just adding some or all of the following:

- Oatmeal (toast in oven first, as with granola)
- Coconut
- Peanut butter
- Raisins
- Chocolate chips (or other but up chocolate candy )
- Chopped nuts
- Dried fruit

Press these into a glass pan with very light oil to keep it from sticking, and back at 250 for 45 minutes. Cool these off, cut into squares, and store in a labeled, sealed container.

### PICO DE GALLO

If we have a lot of tomatoes in need of a rescue, this can be a great way to deal with them. It can also be made with canned chopped tomatoes as well. Chop up as many tomatoes as we can spare, and place them into a large tupperware. Add in 1 onion to every 4 or 5 tomatoes, along with 1 or 2 jalapenos. Mince in some cilantro if there is any available, along with some salt to taste. This should be in the range of 2 teaspoons to four or five tomatoes worth of pico. Add in a few tablespoons of citrus juice, and store in the fridge.

### PITA CHIPS OR BRUSCETTA CRISPS

These are a good thing to make at times when we have a lot of bread at risk of going moldy or stale. Cut the bread into small bite sized pieces, and brush lightly with olive oil. Sprinkle with a very small amount of garlic salt or savory salt. Bake these in the oven at about 250 until they are crisp and dry. Let them cool for a few minutes, and then store them in well sealed, labeled containers in the pantry.

## BULK FOOD RECIPES



### FROZEN BURRITOS

These are a good recipe to use up leftover rice, beans, or salad material, or they can be made from scratch pretty easily. If making them from scratch, cook 4 cups of beans in 12 cups of water (with no salt) until they are soft, which is around three hours. When they have cooled enough to work with, roll about 1/2 cup of beans with a small handful of shredded cheese, a small amount of diced onion, and some hot sauce to taste. Toss on a dash of salt, and roll the tortillas into a tube. Tuck the ends of the tube into themselves to close up the ends. Place the burritos fairly closely packed into large freezer bags and freeze with a date on the bags. These will be fairly delicate for the first day or so after they are placed in there, so make sure that they do not get crushed, for example by placing a metal baking sheet over them for the first while in the freezer.

### SALSA

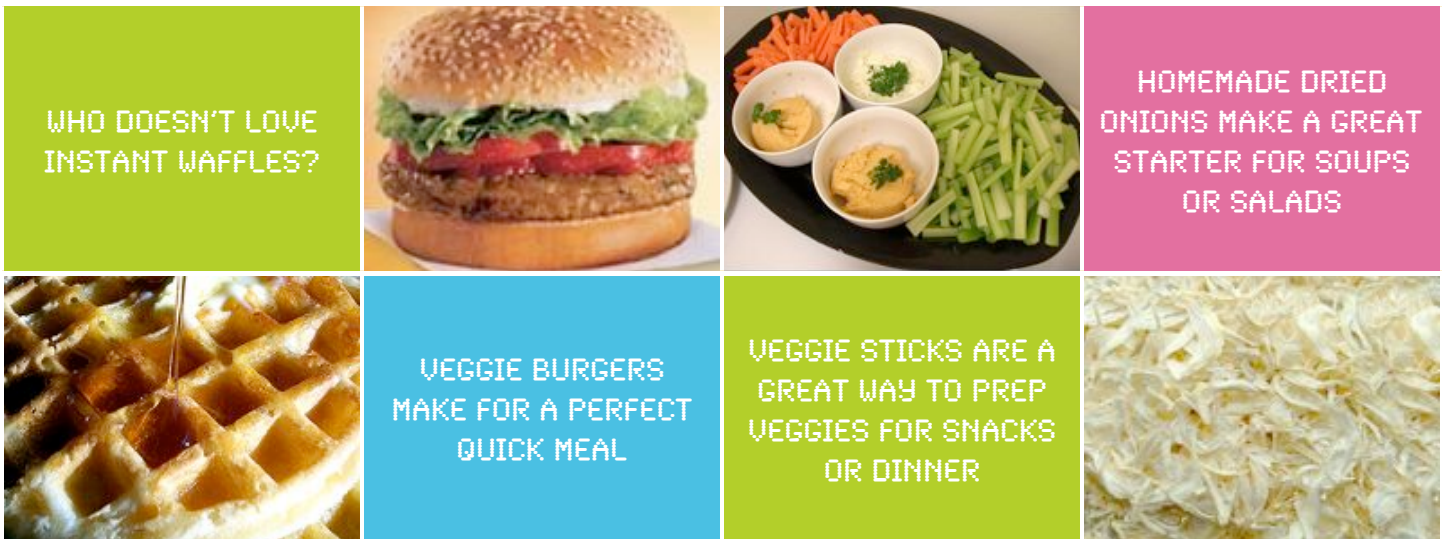
In a large container (6 or more quarts is best), coarsely chop 8 tomatoes, 10 jalapenos, 2 bunches cilantro, 3 limes, 1 onion, and 9 cloves of garlic, and then add 2 tbsp salt, and the juice of 1 orange or other tasty fruit. With the stick blender, blend all of these together until smooth. Store the salsa somewhere cool.

### SALAD DRESSINGS

This can be a very quick way to get some bulk prep labor done, and save the house some money! For an oil and vinegar dressing, start with a base of 4 cups oil for every 2 cups of vinegar. Add in 1 Tbsp of salt, and herbs and spices to taste. You can also use fresh herbs for more flavor, such as fresh garlic and fresh rosemary from outside the front door, but these will expire more quickly. The amount of herb should not exceed 3 Tbsp of flavorings if dried, or 6 is fresh. Mix these together quickly with a whisk, and store in a sealed, labeled container in the fridge.



# BULK FOOD RECIPES



## FROZEN WAFFLES

Add 7 cup flour, 8 teaspoons baking powder, 2 teaspoon salt, 4 tablespoon sugar, 12 eggs, 3 1/2 cups vegetable oil, and 6 cups milk to a large mixing bowl. Whisk all of the ingredients together until nearly smooth. Pour 1/2 cup at a time into each waffle maker. As the waffles come out, place them on plates to cool for up to five minutes, then place them in extra large ziploc bags and put them into the freezer with dates on the bags.

## VEGGIE BURGER PATTIES

Bring 8 cups of water, 2 cups of oil, 1 cup of soy sauce, and 4 lb of crumbled tofu to a boil. Add in 1/2 cup of mixed savory herbs, such as rosemary, thyme, sage, marjoram, garlic, onion powder, or anything else that strikes your fancy. Blend all of this with the stick blender once it starts boiling. Add in 16 cups of oats, and turn of the heat while stirring the oats into the mix. Stir this every five minutes or so as it cools. About an hour later, once it is cooled enough to touch, it may be removed 3/4 cup at a time and formed into burger patties. It is easiest to make the patties with wet hands. Place the patties on baking sheets with light oil, and bake at 400 for 90 minutes to 120 minutes, or until crispy at the edges. At this point, they will be mushy in the middle, but if you place them out to cool for an hour or so, the dry outside and the moist inside equalize. When they patties are cool, put them in freezer bags and label them before freezing. This recipe should make 40-50 burgers.

## DEHYDRATED ONIONS

This is a good way to store onions for a long time if they are in danger of going funky. You should be able to fit something like 6 or 7 onions in the dehydrator, sliced into french fry cut chunks which have had the individual layers broken apart. Put them in flat layers on the trays of the dehydrator, and plug the machine in. In a day or so, they should be dry and crisp, and you can store them in a labeled jar in the pantry.

## VEGGIE STICKS

If we have a large amount of carrot, celery, bell pepper, squash, or other raw-able veggies, chop them into snacking sticks. Place the veggies in a visible place in a visible container. If you are making them sometime before dinner, you could consider putting them on plates covered in cling film, and then making sure the cooks know that they can put them out with dinner, along with some dressing.