

SEPTEMBER Provident Living Ideas

Meat & Potatoes • Earthquake Prep

Group Prep Order

Orders due **SUN Sept. 23rd**



LDS HOME STORAGE CENTER

- Potato Flakes 1.8 lb. can \$5.00
- Potatoes Instant 1.75 lb. pouch \$4.25
- White Beans 5.3 lb. can \$4.50 **SALE**
- Granola 2.0 lb. pouch \$6.50 **SALE**
- Apple Slices 1 lb. can \$10.25 **SALE**
- Honey 15.5 oz. bottle \$3.50 **SALE**

1.5 YR shelf life



30 YR shelf life



Our September focus is meat, potatoes and earthquake prep. The LDS Church sells **dehydrated potato flakes** which are useful for making rolls, pancakes and mashed potatoes. Each #10 can has a 30-year shelf life. The **instant potatoes** come in a pouch and have a 1 1/2 year shelf life.

Gather small cans of meat which typically have a 3-5 year shelf-life. Find some on sale this month at **case lot sales**, or Sam's Club and Costco. Meat tends to be expensive, so watch for sales.

Below are a few earthquake prep goals to work on with your family this month. You **CAN** do it!

Case Lot Sales are here!

AUG 29-SEPT 11: Macey's, Fresh Market & Dick's Fresh Market

SEPT 5-18: Smith's

OCT 1-13: Bowman's



Family Goals

- Strap water heater to wall
- Bolt tall furniture to walls
- Learn how to shut off water & gas
- Practice Drop, Cover and Hold on shakeout.org/utah/dropcoverholdon



SEPTEMBER Gathering

3-MONTH SUPPLY

- chicken, beef, Spam, ham, tuna, canned
- LDS potatoes, instant
- stew, can

12-MONTH SUPPLY

- chicken, beef, Spam, ham, tuna, canned
- Potato Flakes 12 LDS #10 cans

GRAB & GO KIT

- glasses or contact lenses, dust masks

HOME STORAGE

- laundry detergent, bleach, clothesline, clothes pins

EQUIPMENT

- generator & fuel, pry bar, gas shut off key

EMERGENCY WATER

- 14 gallons per person

EMERGENCY SAVINGS

- save money weekly

RECIPES

Tomatillo Chicken Enchiladas

livekeyouarerich.com



INGREDIENTS

3 Tb dehydrated onions OR 1 small onion diced
1½ C tomatillo salsa/sauce (mild, med, or hot depending on your preference)
1½ C sour cream
1 tsp oil
1 Tb water
¼ tsp garlic powder OR 2 garlic cloves
2 x 12.5 oz cans of pre-cooked chicken OR 3 Cups shredded chicken breast
1 can of diced green chilis (mild, med or hot depending on your preference)
2 C shredded cheddar or Mexican blend cheese
10 x 6 inch tortillas or 4 10 inch tortillas

INSTRUCTIONS

1. Preheat oven to 350 degrees
2. First, take onions and put them in a pan with the garlic powder, oil, and water to soften them under med-high heat for a few minutes. (If you use fresh onion do not use water.) When the fresh onion has sweat or the dehydrated onions are somewhat soft mix in sour cream, tomatillo sauce, green chilis, canned chicken, and ½ Cup cheese in the pan and warm through. Taste test and adjust by adding more spices or ingredients if needed.
3. If you use 6 inch tortillas you will end up with about 10 enchiladas, if you use the big 10 inch tortillas like us you will end up with 4.
4. Spray a 9x13 pan with spray coating. Then spoon equal amounts of the mixture into the tortillas, roll up, and place seam-side down. Cover with any extra sauce you may have and the remaining cheese. Cook 15-20 minutes. Serve warm.

Amish Potato Rolls

mykitchenescapades.com



YIELD Makes 16 large rolls

INGREDIENTS

1 1/4 C warm water
1/4 C milk
1 package yeast
1/3 C sugar
2 eggs
6 Tb softened butter
1 1/2 tsp salt
2/3 C potato flakes
4 1/4 C flour

INSTRUCTIONS

1. In the bowl of your mixer, combine the warm water, milk, yeast and sugar. Allow yeast to proof.
2. Add the remaining ingredients and mix on low until the dough forms and is well kneaded, about 5 minutes. Remove the dough hook, cover the bowl and allow to rise until doubled in size, about 90 minutes.
3. Divide the dough into 16 equal portions and roll them into tight balls. Place them on a lightly greased 9x13 inch glass pan, cover and allow them to rise until doubled, about 90 minutes.
4. Preheat oven to 350 degrees. Bake for 25 minutes, until light brown. Leftover rolls can be stored in an airtight container for several days. You can double the recipe and bake them on a half sheet pan.

Spam & Macaroni Casserole

geniuskitchen.com

INGREDIENTS

2 C elbow macaroni, cooked
1 C peas, cooked
1 can light Spam, cubed
1 C milk
1/2 lb Velveeta cheese, cubed
1 tsp salt
1 can cream of chicken soup
1/2 cup onion

DIRECTIONS

Mix all ingredients together. Place into casserole dish & bake 375 degrees for 30 minutes.

