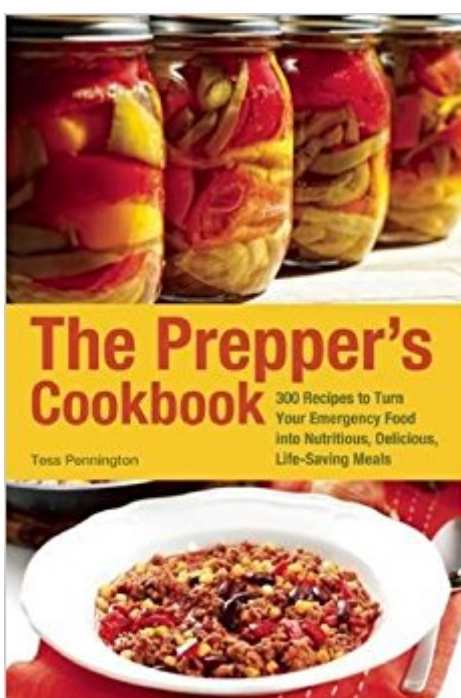


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# The Prepper's Cookbook: 300 Recipes To Turn Your Emergency Food Into Nutritious, Delicious, Life-Saving Meals



## Synopsis

**STOCK YOUR PANTRY TO SURVIVE ANY DISASTER** When a catastrophic collapse cripples society, grocery store shelves will empty within days. But if you follow this book's plan for stocking, organizing and maintaining a proper emergency food supply, your family will have plenty to eat for weeks, months or even years, with meals such as: \* French Toast \* Black Bean Soup \* Chicken Pot Pie \* Beef Stroganoff \* Fish Tacos \* Potatoes Croquette \* Asian Ramen Salad \* Quinoa Tabouli \* Rice Pilaf \* Buttermilk Biscuits \* Peach Cobbler Packed with tips for off-grid cooking, canning charts for over 20 fruits and vegetables, and checklists for the best emergency pantry items, The Prepper's Cookbook will have you turning shelf-stable, freeze-dried and dehydrated foods into delicious, nutritious dishes your family will love eating.

## Book Information

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## Customer Reviews

The Prepper's Cookbook is an excellent resource and foundation that covers many topics of preparation. Especially helpful for the seeker and the new-to-prepping... --Real Food Living

Not only is it a must-have for any survival bookshelf - but you can use it daily to create fantastically healthy and great-tasting meals for the whole family! --SHTF Plan

The Prepper's Cookbook gets to the heart of a preparedness pantry! --The Organic Prepper

The beauty of this cookbook is that basic prep information is contained in one easy-to-read, well-organized book... --Survival Blog

It's more than a cookbook. It's also a handy guide for beginning preppers who have wondered, "So what do I actually do with all this extra food I'm buying?" -- The Survival Mom

Tess Pennington is the founder of ReadyNutrition.com, a popular prepping website with over 160,000 readers a month. She is a lifelong prepper who lives in the Pacific Northwest where she and her family are taking steps to live a more self reliant lifestyle.

I just received this book and sat down for several hours checking the entire book. The beginning has a concise description of water bath and pressure canning. Even if you'd never done it before, you could learn it from this section. I can say this with confidence because I've been canning for more than 30 years and know what a beginner would need. This book is aimed at people who already have an interest in stocking up so it uses items commonly found in a prepper's stash. It's a well-known truism that you should rotate your food storage. So, if you've been afraid to try it, this book should motivate you to actually make soups, stews, meat dishes from your stores. I especially liked the section on making your own dried soup mixes! I have food allergies and most commercial dried soups contain things I can't have. This book solves that problem and expands my possibilities. The recipes for dehydrated beef jerky and fruit leathers look good. I would have liked some information on what to do about dehydrating without power, just as she included information on canning outside on an open fire. But this is a small complaint compared to all that this book does contain. There is also a section on substitutes that would help a cook any time there's something missing in the pantry. Don't have butter? Recipe calls for buttermilk and you don't have it? Don't have whipped cream for a dessert topping? There are instructions on how to make your own substitutes. I tried the whipped topping already. Not bad! Actually, pretty good. It's made from dried milk, something most preppers store. There is a wonderful section on creating your own herbal mixtures for different recipes. What if you couldn't get your favorite McCormick Spice blend? Check this section. The book is arranged logically, with sections for breakfast, lunch, dinner, beverages and snacks. There are recipes for homemade saltines, homemade vanilla wafers, and directions on how to turn quinoa into a really tasty sounding breakfast cereal. There's a recipe for homemade corn flakes! There are directions for pressure canning meats. Only one recipe concerns me. The meat loaf recipe has bread crumbs in it and the USDA has stated that putting wheat products in pressure canned recipes increases the chance for botulism. I would like to know if this recipe the author included really is safe because based on what I know, canning a solid chunk of meat loaf like this may not be. Still, I could be wrong. There are also instructions for canning hot dogs. I am an experienced cook, canner, and prepper and this book had plenty of new ideas for me. Finally, I am impressed with the author's credentials. She worked with the American Red Cross specializing in

the Armed Forces Emergency Services center and was trained in disaster management. With personal experience in helping manage aid for families after 9/11, the author says that and seeing families struggle during hard economic times has convinced her of the need to share her expertise in helping others prepare for emergencies. If I hadn't been convinced of the need already, this book would have convinced me. This book is common sense. It's not screaming doomsday. It's teaching survival, but it also teaches frugality, how to stretch your food to feed more people, what to do if you run out of certain things. This book is hope, but more than that, it's a tool useful to anyone who wants to do more with their food storage. After all, we aren't creating a food museum in our pantries. Also, who says you have to eat boring or bland food during a crisis? With this book in hand, you can practice now what might save your family later. (I've been through a fourteen day power outage after a horrible ice storm here and have personally used many of the ideas in this book--but I still wish I had this book sooner! It would have saved me some trial and error.) So five stars for this comprehensive, jam-packed little powerhouse of a cookbook. In these difficult times, learning how to do more with less is a good thing.

Recently, I had the pleasure to review *The Prepper's Cookbook, 300 Recipes to Turn Your Emergency Food Into Nutritious, Delicious, Life-Saving Meals* by Tess Pennington. This book contains practical information for the beginning as well as for seasoned preppers, but doesn't stop there. It's more than a cookbook of great recipes. It's a how-to guide for preppers and newbies. In the introduction to the book, Ms. Pennington sets up a beautiful and rich story of the history of these recipes from tales of her great, great grandmother, who traveled across Oklahoma in a covered wagon with seventeen children. They not only lived on the food that they produced, but also put a portion of their harvest aside for future use. She addresses homesteaders and preppers as neo-pioneers and begins her book by starting with the basics of prepping, food storage and rotation. Topics such as how much food to store, how to rotate your supplies and why you need to store certain types of foods are covered. There is even good advice offered on how to economically stretch your meals. Ms. Pennington then addresses how to store and treat potentially unsafe water for use. In the next section, food preservation is tackled. This section contains information on water bath and pressure canning including considerations for "Canning Off The Grid". It also covers the topic of dehydration, including some delicious recipes for jerky. *The Prepper's Cookbook* then moves on to the mouth-watering recipes which encompass everything from breakfast to dinner and from snacks to desserts. The meals listed go from simple to complex and include a great variety of cultural (Southern, Italian, Greek and Tex-Mex) recipes as well as comfort food. This book is packed

with a lot of different ideas and recipes for food that would suit even the pickiest of eaters as well as those with special dietary needs, such as diabetics. When I received this book, my wife saw it and literally ran with it, looking through it, noting various recipes for us to try. One of our personal family favorites is King Ranch. Thank you, Tess! I'd like to conclude this review with some thoughts from my wife, who is a great cook in her own right. My wife read the book as well and when I asked her her thoughts, she commented, "It is a great cookbook and is not just for preppers. It's a great cookbook in general and the author was brilliant in creating it." This book is kid friendly and contains something for every palate, from drinks to full meals. As the author recommends, "Don't just survive, thrive!" This book will definitely help you to do just that and belongs on your list of "must haves."

I ordered several books from I got all at once. This was the one I read immediately and couldn't put down! Love it! It has fantastic advice and helps you to prepare you for a short term emergency to something worse. The information is extremely practical and useful. Highly recommend! I also own Tess Pennington's other book "The Prepper's Blueprint" which is also great.

Good book filled with simple inexpensive recipes for difficult times. There are no pictures--that's a minus for me. There is also extra information on preserving food and some pointers about how to prep your food stores. Good book to have in your food storage library! One thing I read was a recipe for canning meatloaf--it contained bread or cracker crumbs. Those are not an approved ingredient for home canning so it would be a good idea to have a reliable canning resource/book to at least be a cross reference in that area. The recipe sounds tasty; just not for canning. There is a good section on using and preparing dried foods that is an easy reference chart that is good. For those who have young children, there is even a chapter of "kid approved recipes". (My husband will probably like some of those! LOL) Tess Pennington has put much thought into this book and made extremely user friendly. If you get a copy, you won't be sorry.

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Prepper Essentials: Prepper Essentials What Every Survivalist Needs To Know When Building The Ultimate SHTF Stockpile (Survival Handbook, DIY, Emergency ... Essentials Books, Emergency Prepared)  
Crock Pot: Delicious Crock Pot Dump Meals, Freezer Meals and More! (Crock Pot, Crockpot Recipes Cookbook, Dump Meals, Freezer

Meals, Chicken and Soup Recipes) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook) Prepper's Survival Pantry: The Ultimate SHTF Preparedness Guide To Canning, Dehydrating And Emergency Water And Food Storage (Prepper Hacks, DIY Hacks, ... Survival Needs, Hack It, Prepare Your,) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) Hungry Girl 300 Under 300: 300 Breakfast, Lunch & Dinner Dishes Under 300 Calories CROCK POT: Delicious Freezer Meal and Dump Meal Recipes for Busy People (Crock Pot, Crock Pot Cookbook, Crock Pot Recipes Cookbook, Crockpot Cookbook, ... Dump Meals, Crock Pot Freezer Meals Book 1) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets into ... Slicer! (Vegetable Spiralizer Cookbooks) Casseroles: 365 Days of Casserole Recipes for Quick and Easy Meals (Casserole Cookbook, Party Recipes, Family Meals, One Dish Recipes, Dump Dinner, Make Ahead Meals) Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Cold Press Juice Bible: 300 Delicious, Nutritious, All-Natural Recipes for Your Masticating Juicer The Prepper's Canning Guide: Affordably Stockpile a Lifesaving Supply of Nutritious, Delicious, Shelf-Stable Foods Egg Recipes: 50 Delightful Egg Recipes for Your Everyday Meals: Egg Cookbook, Egg Recipe Book, Best Egg Recipes, Delicious Egg Recipes, Frittata, Quiche, Omelette Recipes and More! CAKE COOKBOOK: The Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book, delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Raw Vegan Cookies: Raw Food Cookie, Brownie, and Candy Recipes. (Healthy Recipes, Sweet Recipes, Healthy Desserts, Nutritious and Delicious Snacks, Cookies and Bars) Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children, toddler recipes, baby food recipes)

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