

# CASE LOT QUICK SHOP

Recipes from the book *100 Day-Pantry* by Jan Jackson



At case lot sales, the food often comes in flats of 24 cans. If you buy everything for these four recipes in multiples of 24, you will immediately have 96 meals in your pantry. The ingredients are varied enough that you can use them for many different menus, as well as for these recipes. For each of these, you simply put all the ingredients in a pot and heat through.

**You can store ALL THIS in a space 30" x 20" x 50".**

It will fit under a queen size bed, if you have a ten-inch clearance (use risers).

You will also need a **#10 can of dried onions** and one of **bell peppers**, plus the listed **seasonings**.

## YOU WILL NEED:

- 48 cans chicken
- 24 cans beef
- 24 cans tuna \*(48 for 6 servings)
- 24 (2-3 oz.) pkg. bacon crumbles
- 48 cans diced potatoes
- 24 cans diced tomatoes
- 24 cans stewed tomatoes
- 24 cans corn
- 24 cans lima beans
- 24 cans carrots
- 24 jars onions
- 48 cans black beans
- 24 (15 oz.) cans pumpkin puree
- 24 cans tomato soup
- 48 cans cream of potato soup \*(72 for 6)
- 24 cans chicken broth
- 24 cans evaporated milk
- 24 bottles BBQ sauce

### Pumpkin Chili

Serves 6-8

- 1 10- to 15-oz. can chicken
- 2 cans black beans, rinsed
- 1 15 oz. can pumpkin puree\*\*
- 1 can diced tomatoes
- 1 can chicken broth
- Dried:
  - ½ cup dried bell pepper
  - ½ cup dried onion
- Seasonings:
  - 1½ tsp. oregano
  - 2 tsp. cumin
  - 2 tsp. chili powder

\*\*There is currently a pumpkin shortage; you may find only 30 oz. cans. You can use it all or divide it and use half for Pumpkin Chocolate Chip Cookies (recipe in book).

### BBQ Beef Stew

Serves 4-6

- 1 10- to 15-oz. can beef
- 1 can potatoes, drained
- 1 can carrots, drained
- 1 16-oz. jar whole onions, drained
- 1 16-oz. bottle BBQ sauce
- Dried:
  - 2 Tbsp. dried celery, optional
- Seasonings:
  - Salt & pepper

### Brunswick Stew

Serves 6

- 1 10- to 15-oz. can chicken
- 1 can potatoes
- 1 can tomato soup
- 1 can stewed tomatoes
- 1 can corn
- 1 can lima beans
- Seasonings:
  - 3 Tbsp. onion flakes
  - 1 bay leaf
  - ½ tsp. Worcestershire sauce
  - Salt & pepper

### Tuna Chowder

Serves 4\*

- 1 5- to 7-oz. can tuna, undrained
- 2 cans cream of potato soup
- 1 can evaporated milk
- 2 oz. bacon crumbles
- Dried:
  - 2 Tbsp. dried onion
  - 1 Tbsp. dried bell pepper
- Seasonings:
  - ¼ tsp. paprika

\* (to serve 6, use more tuna & soup)

# 100 Day PANTRY

## FOOD STORAGE MADE PRACTICAL

Based on recipes from the book *100-Day Pantry* by Jan Jackson

- Recipes made entirely from your pantry with ingredients you can store two years.
- Based on ordinary food from the grocery store
- Store the makings for 100 such meals
- Using one meal a week, you use everything every two years
- Regularly restock and rotate items used
- Always have three months of food on hand
- Nothing is outdated or wasted

### FREQUENTLY USED INGREDIENTS

The number after each item shows how many recipes in *100-Day Pantry* use that ingredient. When you find a good sale, you know you'll be able to find recipes that use these things.

#### **MEAT**

Canned beef 42 recipes  
Canned chicken 44 recipes  
Canned ham 9 recipes  
Canned salmon 3 recipes  
Canned tuna 5 recipes

#### **BEANS**

Black beans 4 recipes  
Garbanzo beans 3 recipes  
Kidney beans 16 recipes

#### **BROTH**

Beef broth 26 recipes  
Chicken broth 46 recipes  
Vegetable broth 16 recipes

#### **MILK**

Evaporated milk 16 recipes

#### **SOUP**

Cream of celery soup 8 recipes  
Cream of chicken soup 6 recipes  
Cream of mushroom soup 18 recipes  
Cream of potato soup 5 recipes  
Cream of tomato soup 10 recipes

#### **VEGETABLES**

Carrots 28 recipes  
Corn 28 recipes  
    Creamed corn 6 recipes  
    Mexican-style corn 3 recipes  
Green beans 17 recipes  
Lima beans 5 recipes  
Mushrooms 29 recipes  
Peas 8 recipes  
Potatoes, diced or sliced 24 recipes  
    Diced tomatoes 33 recipes  
    Italian-style tomatoes 3 recipes  
    Mexican-style tomatoes 5 recipes  
    Stewed tomatoes 3 recipes  
Green chilies 8 recipes  
Salsa 5 recipes

#### **CHEESE**

Parmesan cheese 13 recipes  
Processed cheese, 8 oz. jar 14 recipes  
Processed cheese, 8 oz. block 11 recipes  
Because you might use these recipes when you do not have refrigeration, I recommend buying small (8 oz.) Cheez Whiz and Velveeta (recipes specify jar or block, but you can usually use either).  
Parmesan will last awhile after opened, but I still do not recommend buying large containers.

