

White Rice

1 CUP White Rice
2 CUPS Water

Put rice and water into a small pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer until liquid is completely absorbed and rice is just tender, between 15 and 20 minutes.

1 CUP BROWN RICE
2 CUPS Water

Put rice and water into a small pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover pot and simmer until liquid is completely absorbed and rice is just tender, between 30 and 40 minutes.

BROWN RICE

PASTA

2 CUPS Water
1 CUP Pasta
Dash Of Salt

Boil water in sauce pan. Turn heat down to medium high, add pasta and salt and cook between 7 and 12 minutes, until it is 'al dente' - firm, yet tender. Cooking time depends on type of pasta. Drain.

1 GALLON Water
3 CUPS POWDERED Milk

In large bowl whisk 3 cups of powdered milk and 1 quart of water until dissolved. Pour into 1 gallon jug and add 2 more quarts, shake well, place in frig and wait till bubbles go down then add last quart.

POWDERED Milk

1 3/4 CUPS Water
1 CUP Quick Oats
1/8 TSP. Salt

Bring water and salt to boil. Stir in quick oats. Cook about 1 minute over medium heat or until thickened. Stir occasionally. Take off heat and serve with milk and honey.

Quick Oats

1 CUP ROLLED Oats
2 CUPS Water
1/4 TSP. Salt

Bring water and salt to a boil. Add rolled oats, reduce heat, and cook 10-15 minutes (depending on the consistency you desire). Stir occasionally. Cover and remove from heat and let stand a few minutes. Serves two people.

OATS