

Appendix B - Alphabetical List of Ingredients & Add ons

Ingredient	Amount for 30/60/90 day supply				Page
	30 day	60 day	90 day		
Baking Powder	7	14	21	tsp	51, 55, 65
Baking soda	1.5	3	4.5	tsp	9, 39, 45, 55, 61, 65
Barley	6	12	18	Tbs	35
Basil	6.13	12.25	18.38	tsp	11, 13, 19, 23, 27, 31, 43, 65
Bay leaf	5	10	15		21, 31, 35, 65
Beef (Ground 1 pint)	12	24	36	pints	9, 13, 17, 19, 27, 31, 33, 35, 43 x 2, 45, 59
Beef bouillon granules	53	106	159	tsp	13, 19, 27, 29, 31, 33, 35, 37, 39, 43, 49, 61, 63, 65
Beef TVP	1.25	2.5	3.75	Cups	11, 23
Bell peppers (dried & chopped)	1.58	3.17	4.75	Cups	9, 15, 29, 31, 37, 45, 59
Black beans	0.67	1.33	2	Cups	61
Black pepper	4.63	9.25	13.88	tsp	9, 11, 13, 19, 21, 23, 27, 29, 31, 33, 35, 41, 45, 47, 51, 53, 55, 57, 63, 65
Broccoli (dried)	2	4	6	Cups	23, 55
Brown / beef gravy mix	0.75	1.5	2.25	Cups	17, 33
Butter	5	10	15	Tbs	15, 41
Butter powder	11.5	23	34.5	tsp	33, 35, 65
Buttermilk powder	2	4	6	tsp	33
Carrots (dried & chopped)	3.25	6.5	9.75	Cups	21, 31, 33, 39, 43, 47, 51

Ingredient	Amount for 30/60/90 day supply				Page
	30 day	60 day	90 day		
Cayenne pepper	1.13	2.25	3.38	tsp	9, 11, 29, 41, 45, 47, 51, 55
Celery flakes	12	24	36	Tbs	21, 29, 31, 33, 35, 37
Cheddar cheese powder	1.34	2.69	4.03	Cups	23, 29, 41, 47, 51, 55, 57, 65
Chicken (1 pint)	10	20	30	pints	7, 15, 21, 29, 35, 41, 47, 49, 51, 53, 55
Chicken bouillon granules	45	90	135	tsp	7, 13, 15, 19, 21, 25, 27, 29, 41, 47, 53, 61
Chicken gravy powder	3.31	6.63	9.94	Cups	29, 41, 47, 51, 55
Chiles (4 oz can diced green)	2	4	6	Cans	53, 59
Chili powder	0.74	1.49	2.23	Cups	9, 15, 17, 27, 43, 45
Cilantro (dried)	3	6	9	tsp	25, 43
Cinnamon	0.0625	0.125	0.1875	tsp	37
Corn (15 ounce can)	1	2	3	Cans	17
Corn (sweet corn dried)	5.17	10.33	15.5	Cups	31, 33, 37, 43, 45, 51, 61, 63
Cornstarch	2.02	4.04	6.06	Cups	9, 11, 13, 19, 23, 27, 49, 57, 65
Cream of tartar	1	2	3	tsp	55, 65
Cumin	6.13	12.25	18.38	tsp	17, 25, 37, 45, 49, 65
Egg powder	5.5	11	16.5	Tbs	11, 55, 65
Flour (all purpose white)	20.63	41.25	61.88	Cups	23, 49, 51, 53, 55, 57, 59, 65

Ingredient	Amount for 30/60/90 day supply				Page
	30 day	60 day	90 day		
Garlic powder	0.41	0.82	1.23	Cups	7, 11, 13, 15, 17, 19, 21, 23, 25, 27, 29, 31, 33, 35, 37, 39, 41, 43, 45, 47, 49, 51, 53, 55, 57, 59, 63
Garlic (dried minced)	2.5	5	7.5	Tbs	9, 37, 65
Garlic salt	2.38	4.75	7.13	tsp	17, 29, 41, 47, 51
Gluten flour	6	12	18	Tbs	11
Great northern beans	2.5	5	7.5	Cups	39, 45
Green Beans (14 oz can)	2	4	6	Cans	15
Green beans (dried)	1	2	3	Cups	31, 33
Italian seasoning	29	58	87	tsp	7, 9, 11, 15, 21, 23, 29, 41, 47, 51, 55, 57, 65
Ketchup	0.5	1	1.5	Cups	43
Lemonade powder with sugar	5	10	15	tsp	25, 39
Lentils	1.13	2.25	3.38	Cups	7, 35
Macaroni	18.46	36.92	55.38	Cups	7, 13, 17, 19, 21, 27, 29, 35, 47
Marjoram	0.5	1	1.5	tsp	33
Milk (non-instant dry)	6.90	13.79	20.69	Cups	13, 19, 27, 29, 41, 47, 51, 55, 63, 65
Mushrooms (dried)	4.88	9.75	14.63	Cups	7, 11, 13, 21, 31, 55, 65
Olive Oil	1.25	2.5	3.75	Cups	11, 23, 49, 53, 57, 59

Ingredient	Amount for 30/60/90 day supply				Page
	30 day	60 day	90 day		
Olives (small can; sliced)	3	6	9	Cans	49, 57, 59
Onion (dried & chopped)	4.05	8.10	12.16	Cups	7, 9, 11, 13, 15, 17, 19, 21, 25, 27, 29, 31, 33, 35, 37, 43, 45, 47, 51, 53, 55, 59, 61, 63, 65
Onion powder	0.5	1	1.5	tsp	45, 55
Oregano	0.32	0.64	0.96	Cups	7, 9, 11, 15, 17, 23, 29, 33, 41, 43, 45, 47, 49, 51, 57, 65
Paprika	2.5	5	7.5	tsp	11, 15, 23, 45, 57
Parsley	0.35	0.70	1.06	Cups	
Parmesan Cheese	2.38	4.75	7.13	Cups	7, 11, 19, 23, 57, 63
Parsley	5.50	11	16.5	Tbs	7, 13, 15, 19, 23, 27, 35, 63
Peas (dried)	1.5	3	4.5	Cups	31, 33, 51
Pepperoni TVP	0.5	1	1.5	Cups	23
Pinto beans	0.5	1	1.5	Cups	45
Potato dices (dried)	2.25	4.5	6.75	Cups	39, 51, 63
Potato flakes (instant)	4.5	9	13.5	Cups	33, 63
Ranch dressing mix	4	8	12	Tbs	45
Red or kidney beans	3	6	9	Cups	9
Refried bean flakes (dried)	5.5	11	16.5	Cups	37, 59, 61
Rice (long grain white)	12.04	24.08	36.13	Cups	15, 21, 25, 29, 31, 35, 37, 41, 43, 47, 61

Ingredient	Amount for 30/60/90 day supply				Page
	30 day	60 day	90 day		
Rosemary	0.56	1.13	1.69	tsp	39, 65
Salt	0.33	0.66	0.98	Cups	9, 11, 23, 25, 31, 33, 49, 51, 53, 55, 57, 59, 65
Sausage TVP	2.25	4.5	6.75	Cups	11, 23, 65
Seasoned bread crumbs	5.5	11	16.5	Tbs	11, 23
Seasoning salt	1	2	3	tsp	45
Shortening powder	18	36	54	Tbs	51, 55, 65
Sour cream powder	1.09	2.19	3.28	Cups	13, 29, 41, 47, 51, 53, 55
Spaghetti (1 pound package)	1	2	3	packages	11
Split peas	6	12	18	Tbs	35
Sugar (white)	2.5	5	7.5	tsp	11, 51
Taco seasoning	6	12	18	Tbs	59, 61
Taco TVP	0.25	0.5	0.75	Cups	59
Thyme	3.79	7.58	11.38	tsp	13, 15, 19, 27, 31, 35, 39, 63, 65
Tomato powder	2.38	4.75	7.13	Cups	9, 11, 19, 23, 33, 35, 57
Tomatoes (14 oz can diced)	19	38	57		9 x 2, 11, 17 x 2, 25, 27 x 3, 31, 43 x 2, 45, 49, 53, 57, 59, 61
Tomatoes (28 oz can crushed)	1	2	3	Cans	37
Tomato Sauce (15 oz can)	1	2	3	Cans	49
Tortilla chips	2	4	6	Bags	17, 25

Ingredient	Amount for 30/60/90 day supply			Page
	30 day	60 day	90 day	
Vegetables (15 oz can; mixed)	1	2	3	Cans 13
Yeast (4 oz jar)	1	1	1	Jar 23, 57

Note: The 30 day supply amounts listed in Appendix B are assuming you are doing each recipe once. The 60 day supply amounts are assuming you are doing each recipe twice. The 90 day supply amounts are assuming you are doing each recipe three times.

Dinner Is In The Jar

Visit us on the internet at:

www.DinnerIsInTheJar.com and www.FoodStorageRecipes.org



If you enjoyed *Dinner Is In The Jar*, you may also enjoy Mix-A-Meal. The Mix-A-Meal Cookbook shows you how to make a variety of delicious mixes. It also shows you how you can convert your own recipes into mix recipes. Mix-A-Meal can be purchased at www.FoodStorageRecipes.org.