

Amish Prepper Recipes ~ Main Meal ~ Meat Dishes

Amish Canned Meat Loaf

20 lbs ground beef	4 oz. salt
5 eggs	5 slices bread
45 crackers (saltine works great)	1½ C oatmeal
8 C water	1½ tsp pepper
1 Tbs seasoning salt	

Firstly, mix all the above ingredients, then press into canning jars. Following, pressure cook the jars for 1 hour. Canned meatloaf can last up to a year, without opening.



Chunky Chicken Soup

2 gallons water	4 qts potatoes, diced
6 qts chicken broth	8 lbs chicken, cooked and cut up
¼ cup butter	2 onions, diced
2 qts celery, chopped	handful parsley
2 qts carrots, chopped or sliced thinly	¼ cup flour
3 qts peas	

Cook all the veggies, then drain (but save the water). Heat the water and chicken broth and bring to a boil. Meanwhile, make a flour paste and add it to the boiling water/chicken broth mix. Then, add the chicken and veggies, stir well. Pour into canning jars, and pressure can at 10 lbs for 40 minutes. Unopened, it should last at least a year.

See... more Amish recipes in book, **Lost Superfoods**