

Frugal Chili Recipes by Food Storage Moms

White Chili with Chicken

- 3 cans (15-ounces each) of small white beans (not drained)
- 2 cans (12.5 ounces each) can of chicken (drained) or 2 cups freeze-dried chicken pieces
- 1 stick butter or reconstituted powdered butter equal to one cube
- 2 cups chicken broth
- 1 cup mozzarella cheese grated or freeze dried-reconstituted
- ¼ ounce can of diced green chilies
- ¼ cup freeze-dried onions or 1 onion, chopped
- 16-ounce jar of salsa
- sour cream to garnish
- Tortilla chips crushed for garnish

Combine all the ingredients and set it on low in a pan or slow cooker for 6-8 hours. It is so comforting to know you can have all the ingredients to make this delicious meal right in your pantry or food storage closet and don't have to travel to the store. I think this recipe not only tastes great, and with the chicken and beans, it's high in protein. My grandkids loved this meal and actually asked for seconds. We were able to put the leftover chili in the fridge for a second meal over the weekend. You could also make a batch and put it in the freezer for future entertaining or a quick meal when you are on the run. Just pull it out, put it in the microwave and you are set.

It is still a little cool here so the slow cooker white chicken chili was a real hit tonight for dinner. This is such a great soup to make for a crowd because you can just add another can of beans.....yep we always have enough to feed anyone who shows up for dinner...that's how we roll here...enjoy!

Wheat Chili by Food Storage Moms

- One-pound hamburger fried or 1-1/2 cups freeze-dried hamburger
- 3/4 cup chopped onion or 1/2 cup freeze-dried onion
- 1 garlic clove, minced or 1 tablespoon dehydrated garlic
- 2 cups cooked whole wheat (Here is how I make cooked whole wheat: 1 cup washed whole wheat berries, 3 cups water, 1/4 teaspoon salt (optional), place all the ingredients in a slow cooker on low at night for 9-10 hours (**UPDATED**-I have a new Crock Pot and it cooks faster) and you will have cooked wheat in the morning. Please note I got an email from another person named Linda and she mentioned the following: I cooked wheat for the first time in a slow cooker last night. I used exactly the amounts that you suggested. It was too crunchy. I figure that I will need to cook only 8 or 10 hours and/or add more water. Me: I am thinking everyone must check their own slow cookers for the cooking times because some may cook faster or hotter. Drain the excess water and use it in recipes like you would rice or quinoa. Store in the refrigerator for up to three days. You can also eat it with milk and honey!
- 6 teaspoons chili powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cumin
- 5 cups beef broth
- one- 6 ounce can tomato paste
- Combine the ingredients in a slow cooker and set it on low for about 6-8 hours. Serves about 6 people. Serve with crushed tortilla chips and grated cheese with a dollop of sour cream.

Chili Con Carne

- 3 pounds cooked hamburger, drained or 6 to 7 cups freeze-dried hamburger
- 3 onions chopped or 3 cups freeze-dried onions
- 3/4 cups of chopped celery or 1/2 cup freeze-dried chopped celery
- 2 cloves of garlic, minced or 1 tablespoon dehydrated garlic
- 1 tablespoon chili powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon black pepper
- one 10-3/4 ounce can tomato soup
- 3-15-ounce cans red kidney beans

Combine all of the ingredients except the kidney beans in a slow cooker and set on low for 6-8 hours. Add the kidney beans the last hour of cooking. Serve with tortilla chips, grated cheese, and chopped green onions. Serves 8-10 people.