

WANDA & BRUNSTETTER'S

Amish Friends **NO WASTE** COOKBOOK



More than 270 Recipes Help Stretch a Food Budget


BARBOUR
PUBLISHING

© 2022 by Wanda E. Brunstetter

Print ISBN 978-1-63609-385-7

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Scripture quotations are taken from the King James Version of the Bible.

Published by Barbour Publishing, Inc., 1810 Barbour Drive, Uhrichsville, OH 44683, www.barbourbooks.com

Our mission is to inspire the world with the life-changing message of the Bible.



Printed in China.



INTRODUCTION

During my growing-up years, my mother was always frugal when it came to using the food she cooked for more than one meal. Leftover baked meatloaf that we'd eaten for supper became cold meatloaf sandwiches for lunch the following day. Nearly every chicken dinner gave us leftover chicken meat, which Mom used in homemade noodle soup, stir-fry, or a chicken-based casserole. Pot roast on Sundays meant cold roast beef sandwiches on Monday or vegetable-beef soup for Monday night's supper.

My Amish friends are also prudent when it comes to not being wasteful with the food they prepare for their families' meals. Leftovers are used wisely, and a meat dish for supper might end up being used the following day in a tasty homemade soup, potpie, or casserole dish or for sandwiches. On several occasions, my husband, Richard, and I have been invited to share in some of those tasty meals.

Within the pages of this new cookbook you will find many recipes and tips from Amish and Mennonite women who were pleased to share how they cook with no waste. I hope you will enjoy reading each of their contributions.

A big thank-you goes to my editor, Rebecca Germany, for compiling the recipes and tips that were submitted.

—Wanda E. Brunstetter



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ADVICE *for* SURVIVING HARD TIMES – LESS IS MORE

If the children are young and hubby is willing, cut a lot of things out and remember that less is often more.

Cut out baking. Small children don't even know that some folks have dessert at every meal. Rather than eating something like rhubarb at every meal (with oatmeal for breakfast, cobbler for lunch, and cold bread soup for supper) just because it is in season, do without that second course. Remember, sugar is very hard on teeth, and our culture has far too many sweets anyway.

Serve meals that are time-saving and filling. Breakfast should be eggs primarily; then if available, add meat and cheese. Keep pancakes, waffles, biscuits, and the like as a special treat. In the long run, whole foods such as eggs, meats, dairy products, and good healthy fats actually result in a much lower grocery bill, providing that you grow at least some of those things yourself.

Keep a cow and some chickens if possible. Eat veggies that are in season. Instead of canning endless rows of foods, grow food that keeps through the winter like potatoes, beets, carrots, onions, cabbage, sweet potatoes, and dried beans. Keep in mind that millions of people live on rice and beans—maybe not the best diet but undoubtedly healthier than the American processed food trend.

Fruits can be frozen. We grow berries and buy blueberries. Remember, though, that even fruit should be eaten in moderation and not necessarily at every meal. Especially moderate use of fruits canned with added sugar.

If you eat a diet high in healthy fats and whole foods, you may find that you don't crave processed junk foods as much—and save money.

Most of this advice comes out of necessity for a busy farmer's wife. I couldn't keep up with chores, laundry, canning, and baking, plus my three preschoolers, so I discovered that less is more. Less food and less things to manage results in more. More quality time. More relaxing moments in this busy life.

May God bless you all as we journey through this life.

S. BEILER, Woodward, PA



BEVERAGES



Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light.

MATTHEW 11:28-30

REFRESHING PEACH TEA

1 cup sugar
7 cups water

3 cups sliced peaches
3 to 4 black tea bags

In saucepan, bring sugar, 1 cup water, and peaches to a boil. Reduce heat to medium and stir mixture constantly, crushing peaches as you stir. Turn off heat; cover and let sit for 30 minutes. Boil 6 cups water and brew tea. Let steep for 5 minutes. Remove tea bags and refrigerate until chilled. Strain peach mixture through strainer to remove fruit pieces. Add to tea and serve over ice.

SADIE AND EDNA BEILER, Ronks, PA

ICED TEA CONCENTRATE

4 cups water
1½ quarts tea leaves, tightly packed
¾ cup honey

Boil water and add tea leaves. Turn off heat and let steep for 15 minutes, then strain. Add honey, stirring until dissolved. Put in freezer boxes. Mix 1 part concentrate to 3 parts water.

SARAH STUTZMAN, Homer, MI

TIP:

Leftover coffee or coffee grounds make good fertilizer for your houseplants.

LYDIA RUTH BYLER, Newburg, PA

COFFEE CONCENTRATE FOR A CROWD

5 cups coffee grounds

7 quarts cold water

Mix coffee and water and let sit for 2 days. Strain. Put in canner of hot water. Heat and serve.

RHODA MILLER, Decatur, IN

TIP:

Never boil coffee. It brings out the acids and causes a bitter taste.

RHODA MILLER, Decatur, IN

ICED COFFEE SYRUP

¾ cup instant coffee

1 cup sugar

2 cups boiling water

3 tablespoons vanilla

Mix coffee and sugar; add boiling water and stir until dissolved. Add vanilla. Cool.

To serve, use ¼ cup coffee base to 1 cup cold milk.

ALMA I. SCHWARTZ, Stanwood, MI

ICED COFFEE

¼ cup coffee

2 cups hot water

½ cup sugar

¾ cup brown sugar

½ cup caramel syrup

1 gallon milk

In gallon jug, combine coffee, hot water, sugar, brown sugar, and caramel syrup. Mix until dissolved and cooled. Add milk and fill pitcher with ice when ready to serve.

FANNIE MILLER, Pierpont, OH

MAPLE MOCHA

12 cups milk

4 teaspoons instant coffee

Dash salt

4 cups hot water

2 teaspoons vanilla

$\frac{3}{4}$ cup maple syrup

In saucepan, slowly heat milk. In bowl, dissolve coffee and salt in hot water. Add to milk with vanilla and maple syrup. Serve hot, or cool and serve over ice.

MRS. MONROE MILLER, Blanchard, MI



COZY HOT CHOCOLATE

¼ cup cocoa powder

½ cup sugar

1 cup water

½ gallon milk

In saucepan, bring cocoa, sugar, and water to a boil for 1 minute. Add milk and heat through. Serve hot.

ANNA M. SCHWARTZ, Willshire, OH



CHOCOLATE MILK

½ cup cocoa powder
⅓ cup evaporated cane sugar
½ cup milk

Whisk all ingredients together until smooth. Store in refrigerator. To use, add 1 to 2 teaspoons to glass of milk.

HANNAH HOCHSTETTLER, Centreville, MI

EGGNOG

3 cups milk
2 eggs
1 teaspoon vanilla
2 tablespoons maple syrup

Combine all ingredients in pitcher and beat until foamy.

“We live on a small farm where fresh milk and eggs are always plentiful. A meat and cheese sandwich plus a tall glass of eggnog makes an easy meal on a busy summer day. Add a scoop of ice cream to each glass of eggnog for a treat.”

BARB FISHER, Ronks, PA

HOMEMADE ROOT BEER

- 2 cups sugar
- $\frac{3}{4}$ tablespoon yeast
- 3 tablespoons root beer extract

Combine all ingredients in gallon jug and fill with lukewarm water. Do not put lid on tight. Let sit overnight in warm place. The next morning, put in refrigerator. Ready to drink when chilled.

KATIE ZOOK, Apple Creek, OH

ORANGE SMOOTHIE

- 1 (12 ounce) can frozen orange juice concentrate
- 2 cups milk
- 1 teaspoon vanilla
- 10 ice cubes

Mix all in blender and blend until smooth.

KATIE ZOOK, Apple Creek, OH

FROTHY PUMPKIN DRINK

- 2 to 3 eggs
- 1 quart pumpkin
- 2 cups milk
- $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- Whipped cream (optional)

In bowl or glass pitcher, beat eggs until foamy. Add pumpkin, milk, sugar, vanilla, cinnamon, and salt. Beat until frothy. Serve with whipped cream on top.

JULIA BEACHY, Salisbury, PA

OLD-FASHIONED ENERGY DRINK

1 quart warm water

1 tablespoon fresh grated ginger
or 1 teaspoon ground ginger

3 tablespoons apple
cider vinegar

3 tablespoons maple syrup

Lemon juice to taste (optional)

Mix all ingredients and enjoy.

FANNIE GINGERICH, Navarre, OH



GRAPE PUNCH

1 quart grape juice
¼ cup lemon juice
½ cup cranberry juice

1 (12 ounce) can orange
juice concentrate

Combine grape juice, lemon juice, cranberry juice, and orange juice in 1-gallon pitcher. Mix. Add water to fill pitcher (or use less water if you like it strong). A great drink during cold and flu sickness.

KATIE ANN FISHER, Christiana, PA





BREAKFAST



*Let prayer be the key to the day,
and the bolt to the night.*

AMISH PROVERB

HEARTLAND CEREAL

3 sticks butter

1 cup honey

1 cup brown sugar

2 tablespoons peanut butter

10 to 11 cups oats

1 cup wheat germ or bran

1 cup coconut

¼ teaspoon cinnamon

In saucepan, melt butter, honey, brown sugar, and peanut butter. In bowl, mix oats, wheat germ, coconut, and cinnamon. Pour warm mixture over dry mixture and mix well. Spread on cookie sheets and bake at 350 degrees for 1 hour or until browned.

SADIE ZOOK, Taneytown, MD

HEALTHY GRANOLA

4 cups quick oats

2 cups flax meal

½ cup coconut

¼ teaspoon salt

½ cup chopped pecans

½ cup chopped almonds

¾ cup honey

⅔ cup coconut oil

1 tablespoon maple
flavoring (optional)

Cinnamon to taste (optional)

1 cup raisins

In large bowl, mix oats, flax meal, coconut, salt, pecans, and almonds. In saucepan, melt together honey and coconut oil. Mix in maple flavoring and cinnamon. Add to oat mixture and mix well. Spread in roaster and bake at 325 degrees for 20 minutes, stirring every 5 minutes. Add raisins before mixture cools. To keep granola fresh, put in canning jars while still hot, affix lids, and store jars upside down in cool place so they seal.

“This is very good. We have two children on a special diet that can eat this. We have made other granola for the rest of the children, but they would rather eat this.”

ELIZABETH SWAREY, Charlotte Courthouse, VA

PUMPKIN SEED GRANOLA

- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup sliced almonds
- ½ cup cashews
- 2 tablespoons unsweetened coconut (optional)
- 2⅔ cups quick or old-fashioned oats
- 1 cup oat bran
- 2 tablespoons toasted buckwheat (optional)
- ½ cup dried fruit (figs, mango, papaya, banana, etc.)
- ½ cup raisins
- ½ cup dried apple rings

Put pumpkin and sunflower seeds in food processor and pulse to chop coarsely. Put in dry skillet and heat until lightly toasted but not browned. Transfer to large pitcher and let cool. Put almonds and cashews in food processor and pulse to chop coarsely. Put in dry skillet and add coconut; heat until lightly toasted but not browned. Transfer to pitcher and let cool. Add oats, oat bran, buckwheat, dried fruit, raisins, and apple rings. Stir well. Store in airtight container. Serve with milk, honey, or sugar. Yield: approximately 8 servings.

ELIZABETH SWAREY, Charlotte Courthouse, VA

