

Dehydrated Food & Meals In a Jar Class

I started looking for ideas like this around 2009 thinking how handy it would be to have and use mason Jars for items other than wet foods (Pressure Cooker Canning) My sister in law did cookies and creative things at Christmas time why not dinners. I was talking to one of my associates at work about it and he said his wife had just finished a book titled "Dinner is in the jar" So I ordered one thinking this will be a good starting point. Each of our families are unique. We all don't like the same things, heck even sometimes in the same family, my kids will not eat dinner if there are small pieces of onion in it. So I have to use more onion powders. You need to start somewhere. My suggestion is to do some internet searches while you start dehydrating your own food items and see what you and your family likes.

Here are a few links to websites I have used for reference material and Ideas. I don't have time to create my own book and there are so many great ideas. Here are some of my favorites. Google meals in a jar and have fun.

My work associates wifes book. "Dinner is in the jar" Cathy Clark

<http://www.dinnerisinthejar.com/>

<https://www.thereadystore.com/dinner-is-in-the-jar>

My favorite online resource for recipe ideas is Chef Tess a rep of Honeyville Farms, She has some online recipes (Free) and has some Sun oven cooking time references. Needless to say I follow her blog!

<http://cheftessbakeresse.blogspot.com/>

<http://cheftessbakeresse.blogspot.com/p/52-method-recipe.html>

The Survival Mom

<http://thesurvivalmom.com/fast-healthy-meals-in-a-jar/>

Mom with a prep

<http://momwithaprep.com/101-meals-in-a-jar-recipes/>

The Preparedness Mama

<http://preparednessmama.com/meals-in-a-jar-book/>

Dehydrating References

The Ultimate Dehydrator Cookbook: The Complete Guide to Drying Food, Plus 398 Recipes, Including Making Jerky, Fruit Leather & Just-Add-Water Meals By Tammy & Steven Gangloff

https://www.amazon.com/gp/product/0811713385/ref=pd_sim_14_7?ie=UTF8&psc=1&refRID=62YD5N61JCE37SS495W4

Make your own onion soup mix - <http://goodcheapeats.com/2013/10/homemade-onion-soup-mix/>

You can make Tomato Powder, Onion Powder, etc.

Now go get started