



KATHI LIPP

PREPARING YOUR HEART
AND HOME FOR ANY
CRISIS BIG OR SMALL

READY FOR ANYTHING

A PDF COMPANION TO THE AUDIOBOOK

CHAPTER
ELEVEN

**PREP #8: PRACTICE
CRISIS COOKING**

Creating Meals from Your Two-Week Supply

SPANISH RICE

10 minutes hands-on prep

Ready in 30 minutes

Ingredients

- 2 tablespoons oil
- 2 tablespoons chopped onion
- 1½ cups uncooked white or brown rice
- 2 cups chicken broth
- 1 cup chunky salsa

Directions

1. Heat oil in a large skillet over medium heat.
2. Stir in onion and cook until tender, about 5 minutes.
3. Add rice to skillet, stirring often.
4. When rice begins to brown, stir in chicken broth and salsa.
5. Reduce heat, cover, and simmer 20 minutes, until liquid has been absorbed by the rice.

NOTE: Cast iron skillets are perfect for any heat source, whether it's a stovetop, a barbecue grill, or a camp stove.

Other Ideas:

Add a can of chicken to create a main dish. Add it at the last minute just to heat it through.

Substitute chopped up Italian stewed tomatoes for the salsa and sausages for a different flavor profile.

KATHI'S CHILI

A less-spicy version that even kids will like.

Ingredients

1 16-ounce can chicken
1 cup chopped onions
1 clove garlic, minced
1 16-ounce can stewed tomatoes
1 16-ounce can kidney beans, drained
1 16-ounce can tomato sauce
1 tablespoon chili powder
1/2 teaspoon basil
1 6-ounce can tomato paste
Pepper, to taste

Directions

1. In large saucepan, cook chicken, onions, and garlic until onions are translucent and meat is brown.
2. Drain.
3. Stir in tomatoes, kidney beans, tomato sauce, tomato paste, chili powder, basil, and pepper.
4. Bring to a boil.
5. Reduce heat, cover, and simmer 30 minutes.

CHAPTER

F I F T E E N

PREP #12: GET YOUR SUPPLIES TOGETHER

HOMEMADE HIGH-EFFICIENCY LAUNDRY DETERGENT

Ingredients

- 3 bars Fels-Naptha, grated (\$1.33 × 3)
- 1 box Borax (\$5.75 for 76 ounces)
- 1 box Washing Soda (\$4.00 for 55 ounces)
- 2 cups baking soda (\$0.65)
- 2 containers powdered OxiClean (\$12.99 for 7.2 pounds)
- 1–2 containers of Purex fabric softener crystals (\$6.97 for 28 ounces). One bottle is plenty of scent for my gang.

We found all of the ingredients to make homemade HE laundry detergent at Target and on Amazon. I was impatient to try this out, so I bought all the ingredients right away. Now I watch for them to go on sale to try to keep the price down even more.

Directions

1. Start by grating the Fels-Naptha. I see that most people do this with a hand grater, but the soap is not that hard, and I was able to use my food processor to grate it. Most people want it more grated (and would use a different blade), but I loved the cheesy look of it.
2. Next, mix grated soap and the rest of your ingredients together. It seems that most people mixed right into the tub where they were going to store their soap. I wanted to make sure it got completely mixed up, so I used a big

black trash bag to line my bucket and poured everything in there. (Another hint: do this outside for better ventilation; the powder scent is strong.)

3. Gather the top of the trash bag and keep tossing the ingredients over and over until fully mixed.
4. Store soap in a sealed container with a scoop. I transfer what I'll need for a month into a smaller jar to keep in my laundry area. Use 2 tablespoons of detergent for every load of laundry. Make sure to put the detergent directly into the tub and not in the detergent dispenser.