

Prep Blog Review: How To Cook From Scratch

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It isn't as hard as it seems to cook delicious and nourishing food from scratch. Learning how to cook using natural, unprocessed ingredients is the first thing to do if you want to start homesteading, no matter where you live. Your family will love it!

Plus, cooking from scratch is super easy, as you will see in the following 4 articles I've gathered for you for this week's Prep Blog Review.

1. 35 Basic Ingredients You Need For Cooking From Scratch



“One thing anyone can do to start homesteading no matter where they live is cooking from scratch. It can help you eat healthier, save money, and reduce your dependence on the grocery store. However, it can be hard to make homemade meals all the time, especially if you don’t know what to keep on hand.

If you keep these simple ingredients stocked in your pantry, you’ll be much better prepared to cook all kinds of wholesome, simple meals with ease. Note: I included links to some brands I’ve tried myself, but for most of these, there are plenty of other great options.”

Read more on [Homestead Survival Site](#).

2. Mississippi Pot Roast Recipe



“The Mississippi Pot Roast craze is almost as big as the Instant Pot craze. If you haven’t heard of Mississippi Pot Roast, just take a moment on Pinterest and you will!

Mississippi Pot Roast ready to be shredded.

This recipe has gone viral and after taking one bite, I totally understand why.

This isn’t you standard pot roast. The tangy flavor of the pepperoncinis combined with the ranch dressing flavor and mouth watering buttered meat makes this a family favorite.

Serve with buttered noodles or alongside of mashed potatoes and you have a new classic comfort meal. “

Read more on [Old World Farm Garden](#).

3. DIY Bone Broth For Nourishment During Hard Times



Survival Mom DIY:
BONE BROTH FOR
NOURISHMENT DURING
HARD TIMES

TheSurvivalMom.com

“Bone broth has been enjoying a resurgence in popularity in the last little while, but it’s actually been around for a while.

Some people refer to it as stock, but according to culinary experts, while stock and broth are related, they are distinct liquids with different characteristics.

Functionally, though, they are so similar that I'll be treating them as though they are the same thing in this article.

One of my favorite meals growing up was my mom's turkey noodle soup, made from the little bits of meat and bones of our leftover Thanksgiving turkey.

My mom would make a huge pot of it every year, which we would then keep in the fridge until someone felt a little peckish.

The broth would set up like Jell-O, so if we wanted some we'd have to gouge out a portion with a measuring cup; it would melt into a liquid in the microwave."

Read more on [The Survival Mom](#).

4. How to Make and Can Vienna Sausage

"I stockpile a lot of canned goods, from tomatoes to chicken, to beans and beef. But my favorite canned goods are Libby's chicken Vienna sausages (see picture).



So I tried to make them at home and believe it or not, they are more delicious than the ones I bought.

The ones I stock have a 3 year expiration date. I have eaten lots of things that were expired. These will still be good years after that. So in the title I mentioned a 2 years shelf life for my sausages, but it can actually be much more. We'll find out."

Read more on [Ask A Prepper](#).



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*This article has been written by **Drew Stratton** for
Survivopedia.*