

# OATMEAL – Using Your Food Storage

## Oatmeal Cinnamon Bread – Mary Christiansen

2 pkgs. (¼ oz. each) active dry yeast  
 ½ cup warm water  
 1 ½ cups quick-cooking oats  
 1 ½ cups warm milk  
 2/3 cup shortening  
 1 cup sugar, divided

2 eggs, lightly beaten  
 2 tsps. salt  
 5 ½ cups all-purpose flour  
 2 Tblsps. butter, melted  
 2 tsps. ground cinnamon

In a mixing bowl, dissolve yeast in warm water. Add oats, milk, shortening, ½ cup sugar, eggs, salt and 2 cups flour; beat until smooth. Add remaining flour (more or less) to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; cover and let rest for 10 minutes. Divide in half; roll each portion into a 16x8-inch rectangle. Brush with butter. Combine cinnamon and remaining sugar; sprinkle over dough to within ½ inch of edges. Roll up jelly-roll style, starting with a short side; pinch seams and ends to seal.

Place loaves seam side down in two greased 9x5x3-inch loaf pans. Cover and let rise in a warm place until doubled, about 25 minutes. Bake at 375 degrees for 25 minutes. Cover loosely with foil to prevent over-browning and bake an additional 10-15 minutes. Remove from pans and cool on wire racks. Yield: 2 loaves

## Grant's Burgers – Mary Christiansen

1 lb. ground beef  
 ¼ cup ketchup  
 ½ cup quick-cooking oatmeal

1 tsp Worcestershire sauce  
 1 tsp. Canadian steak seasoning\*

With your hands mix ingredients together well. Divide into 4 patties about ½-inch thick and either grill or broil until thoroughly cooked. Serve as a meat patty or on a bun as a hamburger.

\*Note: Could substitute garlic salt and pepper to taste

## South Dakota Meat Loaf – Mary Christiansen

1 egg  
 1/3 cup evaporated milk  
 ¼ cup quick-cooking oats  
 ¼ cup chopped onion  
 2 Tblsp. Worcestershire sauce

1 tsp. salt  
 ½ tsp. rubbed sage  
 1/8 tsp. pepper  
 1 ½ lbs. lean ground beef  
 ¼ cup ketchup

In a large bowl, combine the first 8 ingredients. Crumble beef over mixture and mix well. Press into an ungreased 8x4x2-inch loaf pan. Bake, uncovered, at 350 degrees F. for 1 ¼ hours; drain.

Drizzle with ketchup; bake 5-10 minutes longer or until meat is no longer pink and a meat thermometer reads 160 degrees F. Yield: 6 servings.

## Strawberry Rhubarb Crunch – Taste of Home Magazine

2 cups all-purpose flour  
 2 cups packed brown sugar  
 1 cup cold butter or margarine  
 2 cups quick-cooking oats  
 6 cups sliced fresh rhubarb or frozen rhubarb, thawed

1 cup sugar  
 2 Tblsps. cornstarch  
 1 cup water  
 1 tsp. vanilla extract  
 1 (3 oz.) pkg. strawberry gelatin  
 Vanilla ice cream (optional)

In a bowl, combine flour and brown sugar. Cut in butter until crumbly. Stir in oats. Press half of oat mixture into a greased 9x13-inch baking dish; top with rhubarb.

In a saucepan, combine sugar and cornstarch; stir in water until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat, stir in vanilla. Pour over rhubarb. Sprinkle with gelatin powder. Top with remaining half of oat mixture.

Bake at 350 degrees F. for 40-45 minutes or until rhubarb is tender and topping is golden brown. Serve with ice cream if desired. Serves 10-15.

## Cranberry Nut Bagels – Taste of Home Magazine

1 cup plus 2 tablespoons water (70-80 degrees)  
 2 Tblsps. sugar  
 1 tsp. salt  
 1 ¼ tsps. ground cinnamon

¼ cup quick-cooking oats  
 3 cups bread flour  
 2 ½ tsps. active dry yeast  
 ¼ cup dried cranberries  
 ¼ cup chopped pecans

### TOPPING:

2 Tblsps. brown sugar  
 1 tsp. ground cinnamon

In bread machine pan, place the first 7 ingredients in order suggested by manufacturer. Select dough setting (check dough after 5 minutes of mixing; add 1 to 2 Tblsps. of water or flour if needed). Just before the final kneading (your machine may audibly signal this), add the cranberries and pecans.

When cycle is completed, turn dough onto a lightly floured surface; cover and let rest for 5 minutes. Divide into 8 balls. Push thumb through the center of each ball to form a 1-inch hole. Place on a lightly floured surface. Cover and let rest for 5 minutes.

In a large saucepan, bring 2 quarts water to a boil. Drop bagels, one at a time into boiling water. Cook for 45 seconds; turn and cook 45 seconds longer. Remove with a slotted spoon; drain well on paper towels.

Combine brown sugar and cinnamon; sprinkle over bagels. Place 2 inches apart on greased baking sheets. Bake at 375 degrees F. for 20-25 minutes or until golden brown. Yield: 8 bagels.

## Cowboy Cookies – Renee Christiansen

1 cup sugar  
 1 cup brown sugar  
 1 cup shortening  
 2 eggs  
 1 teaspoon vanilla  
 1 teaspoon cinnamon

1 teaspoon nutmeg  
 2 cups flour  
 1 cup oatmeal  
 1 teaspoon baking powder  
 ½ teaspoon baking soda  
 ½ teaspoon salt

Mix together all ingredients. Drop by rounded spoonfuls on a greased cookie sheet. Bake at 350 degrees F. for 7 to 10 minutes.

## Nathan's "Can't Fail" Oatmeal Cookies – Pam Conover

¼ cup shortening  
 1 cup packed brown sugar  
 ½ cup granulated sugar  
 1 egg  
 ¼ cup water  
 1 tsp. vanilla

1 tsp. salt  
 1 cup flour  
 ½ tsp. baking soda  
 3 cups old-fashioned rolled oats  
 1 handful raisins, coconut and/or chocolate chips (your choice)

Cream together shortening and sugars. Add remaining ingredients and mix well. Drop by spoonfuls onto a greased cookie sheet. Bake at 350 degrees F. for 15 to 20 minutes. Let cool slightly before removing from cookie sheet.

## Oatmeal Batter Bread – Hyrum 5<sup>th</sup> Ward Cookbook

1 ½ cups boiling water  
 1 cup rolled oats  
 6 Tblsps. shortening  
 ½ cup molasses  
 4 tsps. salt

2 pkgs. active dry yeast  
 ½ cup warm water  
 2 eggs  
 5 ½ cups flour  
 1 ½ tsp. cinnamon (optional)

In a large bowl stir together water, oats, shortening, molasses, and salt. Cool to lukewarm. In a separate small bowl, dissolve yeast in warm water. Add dissolved yeast, eggs and half flour to oat mixture. Beat 2 minutes on medium speed, scraping sides and bottom of bowl frequently. Add remaining flour and stir with spoon until flour is blended thoroughly into dough. Spread dough evenly in 2 greased loaf pans (8 1/2 x 4 1/2 x 2 1/4 inches). Smooth top. Cover and let rise in warm place until batter reaches top of pan (about 1 ½ hours). Bake at 350 degrees for 55 minutes. Brush top with butter. Cool on rack out of draft.

### Breakfast Flakes – Hyrum 5<sup>th</sup> Ward Cookbook

8 cups old-fashioned rolled oats	2 tsps. salt
6 cups rolled wheat, flaked	1 ¼ cups brown sugar
2 cups untoasted wheat germ	1 cup water
2 cups coconut	3 tsps. vanilla
1 cup vegetable oil	

Mix dry ingredients together, then mix liquid together and gradually add to dry mixture and stir. Put on ungreased cookie sheets or flat pans with sides. Bake for 2 hours at 225 degrees until golden brown. Stir occasionally. You can add nuts if used for snacking.

### Honey Oatmeal Chews – Hyrum 5<sup>th</sup> Ward Cookbook

½ cup butter	2/3 cup all-purpose flour
½ cup honey	½ tsp. baking powder
½ cup sugar	½ tsp. soda
1 egg	¼ tsp. salt
1 tsp. vanilla extract	1 cup quick-cooking oats
½ cup chopped almonds	1 cup flaked coconut

Cream butter, honey, and sugar until light and fluffy. Add egg and vanilla; beat well. Sift together dry ingredients. Add to creamed mixture. Stir in oatmeal, coconut, and nuts. Spread in greased 9x13-inch pan. Bake at 350 degrees F. for 20-25 minutes. Cool and cut into bars.

### Whole Wheat Oatmeal Raisin Bread – 1988 B.C. North Stake Cookbook

2 cups all-purpose flour	¾ cup water
2 Tbsp. yeast	½ cup vegetable oil
½ cup sugar	4 cups whole wheat flour
3 tsps. salt	1 cup rolled oats
1 tsp. cinnamon	1 cup raisins
½ tsp. nutmeg	1 ¾ cup white flour
2 cups scalded milk, cool to lukewarm	

Blend first 6 ingredients together. Mix together milk, water and oil. Add to dry mixture. Add last 4 ingredients and knead. Let rise 20 to 30 minutes. Divide dough in half and place into 2 loaf pans. Let rise 20 to 30 minutes. Bake at 350 degrees F. until done. Brush with butter and sprinkle with sugar while hot.

### Oatmeal Muffins – 1988 B.C. North Stake Cookbook

1 egg	1 tsp. baking powder
1 cup buttermilk	1 tsp. salt
½ cup shortening	½ tsp. baking soda
1 cup quick-cooking oats	½ cup brown sugar, packed
1 cup all-purpose flour	

Heat oven to 400 degrees F. Line muffin tin with cupcake papers. Beat eggs; stir in buttermilk, brown sugar, and shortening. Mix in remaining ingredients just until flour is moistened. Batter should be lumpy. Fill papers 2/3 full. Bake 25 to 30 minutes or until browned. Remove immediately from pan.

### Granola – 1988 B.C. North Stake Cookbook

2 ½ cups wheat germ	1/3 cup vegetable oil
6 cups oatmeal	1 tsp. vanilla
1 tsp. cinnamon	½ cup honey
2 Tbsp. brown sugar	1 cup raisins
1 cup coconut	
½ to ¾ cup sunflower seeds, almonds or other nuts & seeds	

Mix all together except raisins. Put in a 9x13-inch pan. Bake at 250 degrees F. for 15 to 20 minutes, stirring occasionally. Add raisins when cool and store in covered container.

### Oatmeal Carmelitas – 1988 B.C. North Stake Cookbook

**CRUST:**

2 cups flour	2 cups quick-cooking oats
1 ½ cup packed brown sugar	1 tsp. baking soda
½ tsp. salt	1 ¼ cups margarine, softened

**FILLING:**

1 cup semi-sweet chocolate chips	½ cup chopped nuts (opt.)
3 Tbsp. flour	12 oz. jar caramel ice cream topping

Heat oven to 350 degrees F. Grease 9x13-inch pan. Combine all crust ingredients at low speed until crumbly. Press half of mixture (about 3 cups) in prepared pan. Bake for 10 minutes.

Sprinkle warm crust with chocolate chips and nuts. Combine caramel topping with 3 Tbsp. flour; pour evenly over chocolate chips and nuts. Sprinkle with reserved crumb mixture. Return to oven for 18 to 22 minutes or until golden brown. Cool before cutting.

### Oatmeal Fudge Bars – 1988 B.C. North Stake Cookbook

½ cup shortening	½ tsp. vanilla
1 cup brown sugar	¾ cup flour
1 egg	½ tsp. salt
½ tsp. baking soda	½ cup nuts (optional)
2 cups quick-cooking oats	

(Double batch fills one of the large aluminum cookie sheets.) Mix all ingredients together. Flatten on cookie sheet and bake at 350 degrees F. for 12 minutes. Cool slightly and cover with icing recipe below. Cut into bars while still warm.

**ICING:**

1 pkg. semi-sweet chocolate chips*	1 Tbsp. butter
1 tsp. vanilla	1/3 cup evaporated milk
¼ tsp. salt	Nuts (optional)

Heat, stirring constantly, until chocolate chips are melted and all is well-blended. Pour over oatmeal bars.

\*Note: May also use cocoa and sugar to accomplish the same thing or a mixture of chocolate chips and caramel topping is good too.

### Oatmeal Chocolate Chip Cake – 1988 B.C. North Stake Cookbook

1 ¾ cup boiling water	1 tsp. soda
1 cup quick-cooking oats	1 Tbsp. cocoa
1 cup brown sugar	½ tsp. salt
1 cube margarine, softened	1 cup chocolate chips
2 eggs	¾ cup walnuts
1 ¾ cup unsifted flour	Additional chocolate chips

Mix oats and water together, let stand 10 minutes. Mix together brown sugar, margarine and eggs. Slowly add flour, soda, cocoa, and salt. Mix well. Add 1 cup chocolate chips to batter. Pour into greased and floured 9x13-inch pan. Sprinkle additional chocolate chips and walnuts on top. Bake at 350 degrees F. for 40 minutes.

### All-Day Meatballs – Taste of Home Magazine

1 cup milk	1 cup ketchup
¾ cup quick-cooking oats	½ cup water
3 Tbsp. finely chopped onion	3 Tbsp. cider vinegar
1 ½ tsps. salt	2 Tbsp. sugar
1 ½ lbs. ground beef	

In a bowl, combine the first 4 ingredients. Crumble beef over the mixture and mix well. Shape into 1-inch balls. Place in a 5-qt. slow cooker.

In a bowl, combine the ketchup, water, vinegar and sugar; mix well. Pour over meatballs. Cover and cook on low for 6-8 hours or until the meat is longer pink.