



Food Storage Digest



January 2006

FYI

Cannery Location

4400 Presidential Dr. NE
(See map on other side of sheet.)

Cannery Phone

343-1905

Ward Canning Specialists

David & April Thomas 299-1537

Stake

Ralph & Kathy Pringle 296-8914

Regional

Butch & LuJean Hess 296-8157

(See other side for canning times.)

Spiritual Thought

Elder Glenn L. Pace addressed us at our January 2006 Stake Conference. He based his remarks for the Saturday evening meeting on a talk he gave in General Conference in 1992 and said it was even more relevant today. Here are a few excerpts from his talk, "Spiritual Revival".

"I believe the time has come for all of us to feast on the fruit of our own testimony as opposed to the testimony of another person. The testimony of which I speak is much deeper than knowing the Church is true. We need to progress to the point of knowing we are true to the Church. We also need to increase our capacity to receive personal revelation. It is one thing to receive a witness that Joseph Smith saw God and Christ. It is quite another to have spiritual self-confidence in your ability to receive the revelation to which you are entitled."

"Many of us take the blessings of the gospel for granted. It is as if we are passengers on the train of the Church, which has been moving forward gradually and methodically. Sometimes we have looked out the window and thought, "That looks kind of fun out there. This train is so restrictive." So we have jumped off and gone and played in the woods for a while. Sooner or later we find it isn't as much fun as Lucifer makes it appear or we get critically injured, so we work our way back to the tracks and see the train ahead. With a determined sprint we catch up to it, breathlessly wipe the perspiration from our forehead, and thank the Lord for repentance...I would propose that the luxury of getting on and off the train as we please is fading. The speed of the train is increasing. The woods are getting much too dangerous, and the fog and darkness are moving in.

"...With all the prophecies we have seen fulfilled, what great event are we awaiting prior to saying, "Count me in"? What more do we need to see or experience before we get on the train and stay on it until we reach our destination? It is time for a spiritual revival. It is time to dig down deep within ourselves and rekindle our own light...We are following a cycle which was repeated over and over again in the Book of Mormon...We shouldn't be too surprised, therefore, that the Lord is allowing some wake-up calls to jar us loose from apathy just as he has done in previous dispensations...In our dispensation the Lord has said, "And my people must needs be chastened until they learn obedience, if it must needs be, by the things which they suffer" (D&C 105:6).

To some, the events unfolding in the world today are frightening. This is not a time to panic, but it is definitely a time to prepare. What can we do to better prepare ourselves for that which is at our doorstep? It is simple. We need to get back to basics and "learn obedience"... It is my hope that each of us will experience a spiritual revival as we become more obedient. This increased depth of spirituality will help give us the perspective we need to face today's adversities and the strength we need for tomorrow." --Glenn L. Pace, *Spiritual Revival*, Ensign, Nov. 1992

Cooking Old, Hard Beans

Wash and sort the beans to remove any discolored beans or foreign material. For each cup of dry beans, add 2 1/2 cups hot tap water and 2 tsp. baking soda; soak overnight. Drain and rinse two times, then add water to cover the beans. Cook until tender and soft (about 2 hours), adding more boiling water as needed.

Adding a tablespoon of oil will cut down on foam as the beans cook. Stored beans should be rotated regularly. They continue to lose moisture and will not reconstitute satisfactorily if kept too long. You can also pressure cook old beans for 20 minutes, and they will be soft.



Recipe White Bean Soup



- 1 cup dried white beans
- 5 cups chicken broth
- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 onion, chopped
- 1 large carrot, chopped
- 1 can golden corn, drained
- 1 cup fresh mushroom or 1 canned
- 1 can cream of chicken soup
- 3/4 cup medium sized pasta (use your favorite)
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- salt and pepper to taste

Soak beans at least 2 hours (overnight is best) then rinse. Place beans in a large pot with chicken broth and cook for 1 1/2 hours or until almost tender. Then, heat oil in small skillet over medium-high heat. Sauté garlic and onion until tender, approximately 5 minutes. Add garlic and onion, carrot, mushrooms, corn, and soup to beans and cook 30 minutes. Stir in thyme, parsley, salt and pepper, and bring to a low boil. Reduce to a simmer, cover, and cook 20 minutes. Separate out 4 cups of soup and allow to cool. Once cooled, purée in a blender or food processor until smooth. Return to the stockpot, and then add pasta and cook for 10 minutes more. Adjust seasoning with salt and pepper as needed. Serve hot.