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Beef Jerky Food Dehydrators

There are a multitude of beef jerky food dehydrators on the market. You can select from small three or four round tray, air up from the bottom, type dehydrators to the larger square or rectangle style with back to front heated air circulation. Both will do the job. Well, just doing the job is not sometimes enough. Round units are not conducive to jerky for lack of good spacing of the product. Yes you can use a round one and get the most excellent jerky. However, if I am going to invest the time to make jerky or anything else, then I want the maximum result. Square or rectangle food dehydrator trays increase the productivity of the unit itself. The meat can be placed evenly on the tray. Drying is also more effective. There are three or four units that I believe meet the standards to do jerky drying with efficiency and turn out an excellent product. These are in random order.

The Good4U Food Dehydrator: This dehydrator is a little new twist to old designs. The unit is door-less. The manufacture took a different approach to the unit, very clean and very inventive. For ten shelves and horizontal drying this is a good value. It can be found on the internet for around \$ 170.



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The Excalibur 2900 Food Dehydrator: This is the grand daddy of the food dehydrator industry. Well built with ease of use. This will dry all day and dry all night. A great addition to any kitchen. Can be found on the internet for \$ 190.

The Weston Products 10-tray stainless steel dehydrator: This, by far, is some serious piece of commercial grade equipment. While it is the highest cost at approximately \$ 250. This is the Cadillac and Caterpillar combined. If you want to do multiple different tasks with one machine then consider this one. It lets you perform bread dough rising for proofing. Remove the shelves and use it to dry arts and crafts. Dry your own artisan pasta. This is a great choice if you are willing to go the extra expense.

Lequip Food Dehydrator: This unit is the least costly of the four, but do not underestimate the abilities of this machine. The FilterPro will supply endless clean heated air to create an excellent result your family will enjoy. Design is easy to clean up and a 24 hour timer shutoff is standard. The unit can be increased to 20 trays if so desired. This will give you a maximum of 24 feet of drying surface. The FilterPro is



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on the internet right now for around \$ 140.

Please remember when comparing the machines, keep in mind your needs now and in the future. Most of the folks we talk with will comment they should have gone with the larger machine. Once you use one and reap the benefits it will be in almost constant use. Eat right and eat well.

Mary Dahlberg

Mary Dahlberg has been active with food preparation her whole life. Her mother had a step stool for Mary to be right by her side in the kitchen learning good techniques early on. Her delight to please the palettes of others took Mary into healthcare management of food and nutrition services for over 20 years. Mary and her husband now own Food Tools Plus, an e-commerce site to offer quality food preparation equipment. They carry a range of Home Food Dehydrators to fit the need of anyone.

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Recipes For Dog Food

Recipes For Dog Food

There are several recipes for dog food out there. They are fast and easy to use to make sure your dog gets all the nutrition that she needs each day. You can choose to be elaborate or simple with your dog food, it is up to you. The best part is you can easily make your pet's food for cheap, at a higher quality, and better health wise than buying any of the best foods on the market in a store. Recipes are all over the web and once you make it once, you will never forget. Most of the recipes for dog food you make will make not only your dog's mouth water, but yours too.

Vegetable Meatloaf For Dogs

Other recipes for dog food have nothing on this delicious meatloaf. Not only is it tasty, it has everything your dog will need as far as nutrients are concerned. You will need to have the following ingredients:

- 2 pounds of ground beef, chicken, or turkey
- 4 stalks of celery
- 5 carrots
- 6 ounces of tomato paste
- 4 potatoes



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- ☐ 1 apple
- ☐ 2 eggs
- ☐ 2 slices of bread
- ☐ 1 cup of rolled oats
- ☐ 1 cup of wheat germ

In a very large bowl you will want to add the ground meat, three chopped celery stalks, two grated carrots, the chopped apple, eggs, rolled oats, wheat germ, shredded bread, and tomato paste. Mix it all with your hands to make sure it is thoroughly mixed and divide into four loaves. You will want to cook these loaves in a preheated roasting pan at 350 degrees. You will surround the loaves with cubed potatoes, carrots, and celery and then cover and cook for 80 minutes. Each loaf should be stored with a quarter of the vegetables in the refrigerator. Feed 1/3 of each bag each day. You can feed with kibble or without.

Chicken Recipe For Dogs

Recipes for dog food that include chicken are a very popular replacement for other wet foods. This recipe can feed a large dog for about a week if you portion out the correct amount and freeze it. You will need to have 3 pounds of chicken either minced from a whole bird or ground. You will also need some vegetables. The best ones are the frozen variety packs that contain no garlic or onions. Make sure they have small chunks



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or that you cut them into small chunks. You will also need a bag of brown or whole wheat rice as well.

Place the chicken and two and a half cups of the veggies into a large sauce pan with six and a half cups of water. Bring the mixture to a boil while stirring constantly. Add four cups of rice and reduce the temperature to medium-low and simmer for 25 minutes covered. Make sure all the liquid is absorbed. Separate into individual servings and store in the refrigerator. This mixture is served cold with or without kibble.

Brad Weston writes dog food related articles for the Good Dog Food Recipes website at <http://www.gooddogfoodrecipes.com>

Vegetarian Picnic Food Ideas

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you're a vegetarian or sharing a picnic with a few, you'll need to make sure that there is plenty of vegetarian picnic

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food available. Here a few options.

Veggie Burger

A veggie burger is a meatless hamburger patty. Instead of beef, a veggie burger can be made from vegetables, soy meat, dairy products, wheat or other ingredients. Veggie burgers made of soy meat can be tossed on the grill just like regular burgers. A few of the most popular versions of the veggie burger are the portabella mushroom burger and the spicy black bean burger.

Falafel

Give your picnic food some Middle Eastern flair by preparing a few falafels. This tasty vegetarian dish consists of a ball or patty constructed of ground chickpeas and fava beans and usually served in a pita. It is often topped with vegetables and tahini-based sauces.

Big salad

Toss all of your favorite veggies together in a delicious salad and you have a killer picnic meal. Here's a swell recipe for a sun-dried tomato salad that will satiate any picnicker's hunger.

Tofu Dog



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Want a hot dog without the meat? Then, just toss a tofu dog on the grill. A tofu dog is high in protein, low in fat and a delicious picnic food. Feel free to slather it in ketchup and mustard just like you would with a regular hot dog.

Deviled Eggs

Typically composed of hard-boiled eggs, mayonnaise, salad dressing and mustard, deviled eggs are a delectable picnic food option. Spice your deviled eggs up by by tossing a little paprika or garnish on them.

Pasta Salad

A pasta salad can be made in a variety of options, from Greek salads to anti-pasta salads to Italian pasta salads. Toss in vegetables like baby carrots, sweetcorn, snow peas and others to give your pasta salad some extra punch.

The bottom line on vegetarian picnic food

Everyone loves a picnic, children, parents, grandparents, dogs. The list just goes on and on. But, not everyone at your picnic will like the same sort of picnic food, which is why it's important to have a wide variety of picnic cuisine. If you spend some time considering your options, you should be able to find numerous vegetarian dishes for your picnic and ensure that all of your fellow picnickers are accommodated.



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John Moxly has spent more than 30 years working as a writer in various facets of the outdoors and camping industries. He is an avid camper and buys all of his picnic baskets and backpacks from Picnic World.

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Chicken Recipes – Where Can I Find Chicken Recipes and Other Kinds of Barbecue Food?

I would like to continue the topic of barbecue meals. It's becoming really popular these days, so I think this topic can be really interesting. I would like to give you some information about tools used for barbecues, about some meals (especially chicken meals and chicken recipes), and about some additions, such as sauces or salads.

The first thing I would like to describe is corn. The corn from barbecue is very popular and a tasty appetizer in the United States of America. It's good to put a toothpick at the



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ends of the corn, so it will be easier to handle it.

The next thing (or things) that I want to describe are barbecue tools. You should remember about the cutlery of course (knife, fork etc). I think that a metal barbecue graticule can be useful (for example for fish).

Of course the most important part of a barbecue is meat. I prefer chicken meat. You can prepare it in many ways, because there are many chicken recipes. Chicken meat is very tasty and delicate. It is also very cheap meat and it is healthy, so people with health problems can eat it. They can forget about heart diseases or a high cholesterol level in the blood when eating chicken. You can make a lot of chicken meals, such as chicken breast with spinach or chicken shish-kebab with banana-coconut sauce and many more dishes. As you can observe, there are lots of chicken recipes for barbecue.

I also want to add some information about things that are making barbecue food more tasty. These things are marinades made from oil, fresh herbs and garlic. Chicken meat is very soft, so you can put it in marinade for half an hour. If you prefer stakes, use herb butter. There are also other barbecue additions or appetizers such as figs (or other fruits such as bananas or peaches). I think that roasted potatoes are also a very tasty barbecue appetizer. You can eat them in salad as well (which is very tasty). Of course, don't forget about



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different sauces. You can prepare them yourself or buy some.

I think that the facts included in this article are the most important ones and that they can be very helpful for you. Remember them when you are preparing your barbecue. You should also remember chicken recipes for barbecues because they are really good. That's all I wanted to write. I hope you have enjoyed this article.

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Being A Raw Versus Cooked Food Vegan

As with all things, being a vegan is an evolutionary process. Many who begin as cooked food vegans evolve into raw food vegans. Then, of course, there are those who opt to remain



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cooked vegans, which is generally a matter of individual preference and often primarily depends on where one is in his or her journey. Some are in a place where they can stand to make more of a dietary sacrifice, while others are happy with the status quo and don't feel the need to be any more extreme, so to speak.

Either way, there are certainly pros and cons for both as well as a fair share of differences. For one, maintaining a cooked vegan diet, at first glance, appears to be more convenient as it requires only that one omit all meat and meat products and eat only plant-based foods whether cooked or raw. Meanwhile, a raw vegan diet consists of the same with the exception of the state of the food. Specifically, raw vegans eat only uncooked plant-based foods. The term 'uncooked' means that the food has not been heated above 118 degrees, which is said to destroy the food's nutrients, minerals and enzymes. Essentially, a raw food vegan diet consists of one that is at least 75 percent uncooked, unprocessed, fresh, natural fruits, vegetables, nuts, seeds, some seaweeds and juices. The remaining 25 percent of the diet generally consists of plant-based foods that have either been cooked above 118 degrees and/or are minimally processed.

For many cooked food vegans the observation of such restrictions proves to be unbearably challenging and



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admittedly so. However, the source of the challenge is mainly external, specifically with regards to how others perceive raw foodists. Raw vegans are often viewed as extremists. Yet, unlike cooked food vegans who are viewed this same way by non-vegans, raw vegans are viewed this way by both non-vegans and vegans alike.

Nonetheless, despite the perceptions of this group of nutrition enthusiasts, most who try it admittedly experience improved health, the need for less medications, healthy weight loss and weight management, improved vision, enhanced moods and most commonly, increased energy. Increased energy is usually due to the fact that a raw food diet enables the body to absorb more nutrients from food which translates into more energy. Also, with fewer toxins being absorbed, the body exerts less energy trying to process and digest foods and substances that it doesn't recognize, subsequently freeing up a lot of energy.

Either way you look at it there are vast benefits to both. A cooked vegan diet is more convenient and a lot healthier than most alternatives, whether meat or dairy-based. However, it is no match for a nutrient-dense raw food diet.

Amirah Bellamy is a Vegan Coach, Vegan Fitness Meal Planning Expert, and Author. To learn more about her fabulous Vegetarian Meal Plans, purchase her infamous eBook "The 50¢

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Book "That's Hotter Than 50 Cent," or INSTANTLY grab her FREE Vegetarian Starter Kit go to www.AmirahBFit.com

Old Fashion Comfort Food Casserole Recipes

In today's society with all the worries about jobs, finances, etc most families are trying to cut back on spending everywhere they can. One of the areas where many families are cutting back is on eating out and the food budget. Casseroles to the rescue. Casseroles are inexpensive to make, feed several, and they are comfort foods. Here is a variety of old-fashion casserole recipes for you to choose from. Try our Beef and Rice Hot Dish, Turkey Noodle Casserole, or Tamale Pie. Surely one will be a big hit with your family.

BEEF AND RICE HOT DISH

1 lb hamburger meat

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1 med onion, chopped

1/2 cup chopped green pepper

1/2 tsp salt

pinch pepper

1 1/2 cups uncooked instant rice

1 can (14 1/2 oz) stewed tomatoes

1 can (8 oz) tomato sauce

1 1/2 cups hot water

1 tsp prepared mustard

In a large skillet, brown hamburger meat and drain. Add onion, green pepper, salt and pepper to skillet and cook over medium heat until vegetables are tender. Add remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Serves 4.

TURKEY NOODLE CASSEROLE



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2 cups cooked, drained noodles

1 tbsp margarine, melted

5 tbsp grated Parmesan

4 to 5 slices cooked turkey

1 cup milk

1 cup shredded Cheddar cheese

Mix noodles, margarine, and half of the Parmesan cheese. Pour into a greased baking dish. Top mixture with turkey slices. In saucepan, heat milk and Cheddar cheese until cheese melts. Pour over turkey and top with remaining Parmesan. Bake at 350 degrees for 40 minutes.

TAMALE PIE

2 lb hamburger meat

2 medium onions, chopped



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1 tbsp chili powder

1 bell pepper, chopped

1 cup vegetable oil

2 tsp red pepper

1 1/2 tsp salt

1 can whole kernel corn

1 can diced tomatoes

2 cups corn meal

1 cup milk

3 eggs

In a large skillet, brown hamburger meat in oil with onions, chili powder, bell pepper, red pepper and salt. Do not drain. When meat is brown, add corn and tomatoes. In a large bowl, mix corn meal, milk, and eggs. Add skillet mixture and mix well. Bake in a greased 9 x 13-inch baking pan for 30 minutes



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or until done at 375 degrees.

Enjoy!

Grandma Linda shares her vintage recipe collection on her blog at <http://grandmasvintagerecipe.blogspot.com>

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Soul Food Recipes Websites Offering Healthy Heart Cooking Tips

Soul food recipes are growing healthier, to the delight of health experts and medical professionals. The popular southern cuisine have been a tradition of tasty eating for people for many decades. But the high calorie, fat and sodium have been a concern for health professionals. Traditional recipes have called for high amounts of fat, butter, salt and cream.

Recipes from The Weekend Chef (<http://theweekendchef.com>)



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This has always worked to make food rich and tasty – but unhealthy. The ingredients have proven to contribute toward obesity, high blood pressure, diabetes and other health ailments. But new website offers visitors creative ways to cook healthy soul food recipes while keeping the robust flavors and taste people have come to love.

The experts do this by using natural herbs, spices and flavors to make the dishes interesting and entertaining. In addition, lighter cooking techniques is also demonstrated with free state-of-the art videos visitors can watch on demand. The website is updated each day, so visitors can get the latest healthy cooking tips.

More websites also offers entertaining video recipes and demonstrations by experts – of the top soul food recipes. The recipes are voted by readers and experts based on page views for the day. That means visitors get minute by minute updates on the most popular recipes.

An interesting addition to many websites is the addition of a soul food seasoning dictionary, where the reader can see what seasoning goes with what foods. This is an important aspect of cooking southern food. Why? Because robust flavors is the hallmark of southern cooking.

The biggest mistake people make when seasoning is either too



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much, or too little. The seasoning dictionary helps cooks to accurately apply herbs, seasonings and spices ... mistake free. The best way to prepare and enjoy soul food cooking now is the healthy way. This website helps visitors cook with flair, fun and health in mind.

See The Top 20 Soul Food Recipes Voted by Our Readers This Week Based On Taste and Ease of Preparation, Go to ... Free Soul Food Recipes

Diabetic Food List For Type 2 Diabetics

A diabetic food list is not like the grocery list prepared by someone to cater the kitchen needs. The right person to suggest such foods is the physician who can diagnose the case and prepare the list of diabetic foods for type 2 diabetics. Food is prime that tops the human need for energy. People know that foods can do wonders in curing certain diseases. However when it comes to diabetes, they fail to develop the right concept in choosing proper diet to help reduce blood sugar. So if you are a diabetic, you ought to be careful in choosing

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diabetic foods to eat whatever medication you are taking. The right choice of foods will speed up to lower the risks of diabetes.

Unfortunately, consuming unlimited volumes of whatever one feels to have aggravates the diabetic condition. You can eat whatever you want, but you're to be within bounds on making better choices of foods for diabetes and avoiding some treats in volumes. There are lots of things to care when choosing the right type of diabetic foods to serve you to the need. You should keep close watch on what are the diets that really help you control blood sugar. However, I'm pleased to give you a simple and short list of diabetic foods for type 2 diabetes so that you are benefited anyway. Just spend a few minutes to have a glance of the following small list of diabetic foods.

Vegetables: You can consume vegetables in plenty and as much as you like. If the vegetables you choose to eat are fresh and green, the benefits will be more than what you can have from stored varieties. You have in this list Spinach, black beans, cabbage, etc. Potatoes should be excluded as they can give negative results in controlling blood glucose.

Fruits: Fruits have wonderful medicinal effects for diabetics when they eat just to the need. It's bad to take for stomach filling but can be justified if small servings are enjoyed by type 2 diabetics. There is no allowance for juices and fruits

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from freezers since they have no place in the list of diabetic foods to beat diabetes.

Grains: Grains are working well if they are whole and not broken. Wheat and oats are the best of diabetic foods to eat. Don't get to bread daily but it may be something special when you are a diabetic of type 2.

With warning symptoms of diabetes, controlling diabetes is an art with diabetes foods to eat AND diabetes foods to avoid.

Varadharajan R is the author of this article. This article can be used for reprint on your website provided all the links in the article should be complete and active.

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French Food Recipes – Sesame



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Chicken With Aioli

This dish is a French classic, as aioli is a speciality of Provence. Many French food recipes are extremely rich and therefore not low in fat – this is no exception. For a lower fat version you could use ready made light mayonnaise, mixed with mustard, garlic and parsley – if you go this route, you can omit the egg and the olive oil from the list of ingredients.

Ingredients

4 skinless, boneless chicken breasts
4 cloves garlic
bunch of spring onions
1/2 teaspoon Dijon mustard
1 egg
6fl oz/175ml olive oil
juice of 1/2 lemon
1/2 bunch parsley
1 tablespoon sesame seeds
4oz/100g quick cook noodles
2 tablespoons sunflower oil
4oz/100g sugar snap peas
2 tablespoons mango chutney
salt and black pepper



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Method

Cut the chicken into thin strips. Trim the spring onions and slice them diagonally, approximately the same width as the chicken. Peel and finely chop the garlic. Finely chop the parsley.

To make the aioli sauce; blend the garlic, mustard, parsley and 2 tablespoons of the olive oil in a blender or food processor until creamy and smooth. Keep the blender running and add the egg, then slowly add the remaining olive oil, followed by the lemon juice. Season with salt and black pepper. Empty the mixture into a bowl and set aside in the refrigerator until required.

Heat a wok and toast the sesame seeds until golden, remove and set aside. Heat the sunflower oil and stir-fry the spring onions for 2-3 minutes. Add the chicken and stir-fry for a further 5-6 minutes until browned.

Add the noodles and peas and stir-fry for 2-3 minutes. Stir in the chutney, season and sprinkle the sesame seeds on top. Spoon the sesame chicken onto four plates and serve with the aioli sauce.

Be aware:- I should advise you that any dish containing raw egg should not be consumed by women who are pregnant, vary



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young children or the elderly and infirm!

Bon Appetit.

In his latest project, James Martin concentrates on Fast Food Recipes – these are recipes which can be made quickly, rather than fast foods like burgers, fried chicken etc.

Avoidable Food for the Diabetic

With diabetes, one's body is unable to regulate glucose to be converted into energy properly due to the lack of or inability to produce insulin. Because of this, diabetic people have specific diabetic food to consume in order to stay healthy. There is still a lot of food that diabetics can consume, just that there is some food they should avoid. Here are some of them.

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The number one rule for diabetics is to avoid sweet food. Food that is rich in sugar like candy, donuts, and chocolate can be

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detrimental to the health of a diabetic, as they are rich in glucose, in which diabetics cannot regulate well. Having too much glucose in the system would cause hyperglycemia, a nerve, blood vessel, and organ-damaging condition. High carbohydrate food is also high in fructose and glucose, so do avoid them as well.

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With diabetes, it is found that the condition lowers good cholesterol and raises bad cholesterol. Because of this, diabetic people are susceptible to cardiovascular diseases. Avoiding food that is rich in bad cholesterol like egg yolk, high-fat dairy products, poultry, and fried food helps reduce the chances of such diseases.

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Although fruits and vegetables may seem like the healthier choices of food, there are several fruits and vegetables that can be bad for diabetics. Fruits like mango and strawberries and vegetables rich in starch like potatoes, can raise blood sugar levels. You can substitute them with carrots, beans, or beet roots instead.

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Another avoidable thing to consume is alcohol. Especially when



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consumed on an empty stomach, one can get hypoglycemia, which is lower than normal levels of glucose, and can cause damage to the brain. A damaged liver due to excessive alcohol intake will also make a diabetic's body have difficulty controlling the glucose levels in their body.

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Fried food in general is unhealthy, because they tend to be fried with hydrogenated oil, which raises bad cholesterol. If a diabetic wishes to have some fried food occasionally, they should be cooked in healthier oil like canola or olive oil. Otherwise, they should go for other healthy cooking methods, such as steamed, baked, grilled, or boiled.

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All in all, diabetic food consists of food low in sugar, carbohydrates, and cholesterol. Eat right, and you will be able to enjoy a healthier life.

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Chris is the writer of this article , you can visit us for more information on Diabetic food . Visit for more details.

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