

Bean Soup / Scotch Broth

Yield: 4 to 8 quarts, depending on variations, amendments and water

INGREDIENTS:

1. 1/4 cup each of beans: Black, White, Chickpeas, Red, etc.
2. 1/4 cup each of Split Peas, Lentils, Pearl Barley, Rice
3. 1 tsp salt
4. 1 tsp pepper
5. 6 tsp or cubes bouillon (Prefer shelf-stable, powdered bouillon)

INSTRUCTIONS:

Package items to be soaked, & seasonings each in separate sandwich bag.

Soak Beans (overnight) with 1 tsp baking soda, discard soak water.

Cook/simmer until 30 min short of done* in 6-8 cups water, add salt, pepper, bouillon / seasonings, and then add Split Peas, Lentils, Barley and Rice and other variations (see below) and cook until done (+/- 30 min). Add or vary salt/pepper & seasonings to taste. (*Note that beans require longer cook times than rice/barley/pasta/veggies - meaning the later will be mushy if cook time begins the same time as beans).

VARIATIONS:

Veggies: 1 cup each (wet): carrots, potatoes, celery, cabbage, corn, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: 1 cup of chicken, or beef, or ham/pork, etc. (omit meat if 'vegetarian' is desired).

Pasta: 1+ cup macaroni, shell or wheel pasta, etc.

NOTES:

1. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
2. Dry Ingredients: many beans varieties may be substituted, and additional amounts of any ingredient can be added depending on tastes and amount of food needed. For example: increase each dry ingredient to 1/3 or 1/2 cup each, and add additional seasoning and water/broth, vegetables, etc.
3. Add vegetables, pastas and meats at appropriate times such that all ingredients' cook time finishes near the same time. It is recommended to reconstitute and then pre-cook / fry meats before adding.
4. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry potato cubes / carrots = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.



Print and place in each packet or bucket

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- 1/4 cup each of Split Peas, Lentils, Pearl Barley, Rice
- 1 tsp salt
- 1 tsp pepper
- 6 tsp or cubes bouillon (Prefer shelf-stable, powdered bouillon)

INSTRUCTIONS:

Package items to be soaked, & seasonings each in separate sandwich bag.

Soak Beans and split peas (overnight) with 1 tsp baking soda, discard soak water. Cook/simmer until 30 min short of done* in 6-8 cups water, add salt, pepper, bouillon / seasonings, and then add Lentils, Barley and Rice and other variations (see below) and cook until done (+/- 30 min). Add or vary salt/pepper & seasonings to taste. (*Note that beans require longer cook times than rice/barley/pasta/veggies - meaning the later will be mushy if cook time begins the same time as beans).

VARIATIONS:

Veggies: 1 cup each (wet): carrots, potatoes, celery, cabbage, corn, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: 1 cup of chicken, or beef, or ham/pork, etc. (omit meat if 'vegetarian' is desired).

Pasta: 1+ cup macaroni, shell or wheel pasta, etc.

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4. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry potato cubes / carrots = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.

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Beef Stew

This makes a great beef stew. Add variations as desired at time of preparation. If adding dry beans at time of cooking, presoak beans with pinch of baking soda prior to cooking. Add other raw ingredients timed so that all ingredients would finish at same time. Add O2 absorber and desiccant packet. Use quart or half-gallon-size vacuum-seal bag as needed.

Ingredients:

- 1/2 cup freeze-dried meat (hamburger or beef chunks)
- 1/2 cup red or black beans (optional)
- 1 cup freeze dried potatoes, or 1/3 cup dehydrated cubes
- 1-2 cups vegetables – see variations below
- 1/4 dehydrated onions (or freeze-dried equivalent)
- 2 tbsp beef bullion
- 1/2 tsp Salt
- 1/2 tsp Pepper, black
- 1-2 tbsp flour or cornstarch (add if needed at time of preparation to thicken, if desired)

Variations or add-ins: Vegetables: Mixed veggies, carrots, corn, celery, green beans, etc. (dehydrated, freeze-dried, and/or fresh at time of preparation) – Note: dehydrated vegies will double in size; freeze-dried vegies will remain same size when reconstituted.

Cooking Directions: Combine all ingredients adding extra water for dried foods to reconstitute and finishing with enough for stew type result. Bring to boil, then simmer 30 minutes, or until beans/vegetables are done. Thicken with additional corn starch or flour as needed.

Note: Dehydrated and freeze-dried foods may require additional water as they reconstitute and cook. If dry beans are utilized in recipe, pre-soak with 1/2 tsp of baking soda, & discard soak water prior to cooking.

Place bullion and spices in separate baggie.

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Note: Dehydrated and freeze-dried foods may require additional water as they reconstitute and cook. If dry beans are utilized in recipe, pre-soak with 1/2 tsp of baking soda, & discard soak water prior to cooking.

Place bullion and spices in separate baggie.

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Instant Broccoli Cheddar Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1/4 cup cheddar cheese powder
2. 1/4 cup instant dried buttermilk powder (substitute Inst/reg. pwd milk)
3. 2 tablespoons dry powdered chicken bouillon
4. 1 tablespoon cornstarch
5. 1/8 teaspoon garlic powder
6. 1/8 teaspoon onion powder
7. 1/8 teaspoon ground black pepper
8. 1/2 cup freeze dried broccoli – cooked or raw

INSTRUCTIONS:

- TO COOK IN BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest until broccoli has softened (9-10 minutes).

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. Makes 2 cups prepared soup--1 to 2 servings.
3. May use quart-sized mylar bag.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from www.theyummylife.com/recipe/469

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INGREDIENTS:

1. 1/4 cup cheddar cheese powder
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3. 2 tablespoons dry powdered chicken bouillon
4. 1 tablespoon cornstarch
5. 1/8 teaspoon garlic powder
6. 1/8 teaspoon onion powder
7. 1/8 teaspoon ground black pepper
8. 1/2 cup freeze dried broccoli – cooked or raw

INSTRUCTIONS:

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Chicken Noodle Skillet Meal

Use pint-size vacuum-seal bag, O2 absorber and desiccant packet. Don't suction completely if noodles have sharp edges or can be broken and yield sharp edges/ends which can puncture bag. Pkg in Mylar bag for long-term.

Ingredients:

- 2 cups Egg Noodles, dry
- 1/4 cup White Sauce Base mix*
- 1 cup Chicken, freeze dried (reconstitute prior to cooking)
- 1/3 cup Vegetables, mixed – dehydrated (½ cup freeze dried)
- 1 tbl Onion, minced - dehydrated
- 1/4 cup Milk non-fat
- 1/3 cup cheese powder / blend
- 4 tbl Butter Powder
- 1 tsp Italian Seasoning
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 1 tbl Bouillon powder, chicken

Variations or add-ins: (dehydrated, freeze-dried, and/or fresh at time of preparation); Rice 1/3 cup; Mushrooms – 1/4 cup freeze dried or fresh

Cooking Directions: Reconstitute cooked freeze-dried meat, or pre-cook fresh meat at time of prep. Place all ingredients in large skillet, Dutch oven or deep dish. Add 4 cups water. Stir. Reduce heat and simmer 12-15 minutes, stirring often (or cook in Solar Oven). Rest 3-5 min to thicken.

*** White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/4 cup in Chicken Noodle Skillet Meal-in-a-Bag. Makes 6 cups dry powder mix – enough for 24 meals/bags. Also equivalent of 18 cans soup mix. Double recipe for 48 meals/bags. (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses. Simmer while stirring until thickened.)

- 3 1/2 cups Milk, dry (non-instant)
- 3/4 cup Corn Starch
- 1 1/4 cup Flour
- 1/3 cup Bouillon (chicken)
- 4 tsp Onion powder
- 3/4 tsp Garlic powder
- 1/2 tsp Thyme
- 1/2 tsp Parsley
- 1 tsp Salt
- 1 tsp Pepper, black

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

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- 1/2 tsp Black Pepper
- 1 tbl Bouillon powder, chicken

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- 1/2 tsp Parsley
- 1 tsp Salt
- 1 tsp Pepper, black

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

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Instant Chicken Noodle Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 2 tbs powdered dry chicken flavor bouillon
2. 1/8 teaspoon garlic powder
3. 1/8 teaspoon onion powder
4. 1/8 teaspoon poultry seasoning
5. 1/8 teaspoon ground black pepper
6. 1/4 teaspoon salt
7. 1/4 cup chopped (& cooked) freeze dried chicken
8. 1 tablespoon freeze dried scallions (spring onions)
9. 2 tbs freeze dried peas (or mixed veggies, carrots, mushrooms)
10. 1/2 cup fine noodles (use pasta that normally cooks on stovetop in 4 min. or less--thin rice or egg noodles, ramen noodles, broken angel hair pasta, or quick-cooking artisan pasta)*

INSTRUCTIONS:

- TO COOK IN BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. Makes 2 cups prepared soup--1 to 2 servings.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
5. Avoid using "spiky" pasta to prevent poking holes in bag.
6. Use 100 cc O2 absorber (and silica desiccant bag – optional)
7. Adapted from www.theyummylife.com/recipe/467

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Instant Chicken Noodle Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 2 tbs powdered dry chicken flavor bouillon
2. 1/8 teaspoon garlic powder
3. 1/8 teaspoon onion powder
4. 1/8 teaspoon poultry seasoning
5. 1/8 teaspoon ground black pepper
6. 1/4 teaspoon salt
7. 1/4 cup chopped (& cooked) freeze dried chicken
8. 1 tablespoon freeze dried scallions (spring onions)
9. 2 tbs freeze dried peas (or mixed veggies, carrots, mushrooms)
10. 1/2 cup fine noodles (use pasta that normally cooks on stovetop in 4 min. or less--thin rice or egg noodles, ramen noodles, broken angel hair pasta, or quick-cooking artisan pasta)*

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Chili

This makes a delicious chili base. Add variations as desired. Pre-package regular dry beans and 1/2 tsp baking soda in Zip-Lock sandwich bag; puncture bag with pin-hole to allow oxygen to be removed. Place bean Zip-Lock bag plus all ingredients together in pint-size vacuum-seal bag. Do not vacuum-suction completely if dry ingredients have sharp edges and can puncture bag. Add O2 absorber and desiccant packet. Use quart-size vacuum-seal bag as needed.

Ingredients:

- 1 1/2 cup Beans (Pinto, White, Red, etc. Regular dry or Quick Cook*)
- 1 tbl Chili Seasoning Mix**
- 1 tbl Bouillon Powder
- Vegetables / Variations – see below
- 2 tbl Corn Starch or Flour (thickener) – or half:half
- 1 tbl Onion Powder
- 1/2 - 1 cup Meat – freeze-dried (or fresh at time of prep); optional, omit for vegetarian
- 1/2 - 1 cup Tomato Powder; (or - 1 can Tomato Sauce at cook time)
- 1 cup Tomatoes, diced – FD or Deh, (or add canned or fresh at cooking)
- 1 tsp Salt
- 1/2 tsp Pepper, black

Variations or add-ins: Vegetables: Onions, Bell Peppers, Carrots, Corn, Celery, Zucchini, tomatoes; (dehydrated, freeze-dried, and/or fresh at time of preparation) - 1/4 cup dehydrated; 1/2 cup freeze-dried. Sausage – FD.

Cooking Directions: Pre-soak Regular Dry beans with 1/2 tsp baking soda; discard soak water. (If using Quick-Cook beans go straight to cooking.) Combine all ingredients including any fresh or canned tomatoes at time of prep, with 8-9 cups water in stock pot or Dutch oven. optional variations. Bring to boil, then simmer 30 minutes, or until beans/vegetables are done. Thicken with additional corn starch or flour as needed.

*** Quick Cook Beans:** Advantage is shorter cook time and no pre-soak, therefore Quick-Cook Beans can be combined with all other ingredients in bag (no Zip-Lock baggie necessary. Disadvantage would be shorter shelf life compared to regular dry beans. Directions: Add beans to rolling-boil water and cook for 10 minutes. (Cook Red/Kidney beans 12 min.) Remove and cool rinse. Dehydrate for 24 hours at 95 degrees in dehydrator. Store in air-tight jar/bag with O2 absorber and silica desiccant bag.

****Chili Seasoning Mix:** Combine 4 tbl Chili Powder, 1 tsp Garlic Powder, 1 tsp Onion Powder, 1 tsp Red Pepper flakes, 1 tsp Cayenne Pepper, 1 tsp Oregano, 2 tsp Paprika, 2 tbl Cumin. Yields approx. 8 tablespoons – enough for ~8 Meals/Bags. Multiply by 7 for enough for 52 meals. Store in air-tight jar/bag with O2 absorber.

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Chili

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Ingredients:

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Country Soup

Yield: 4 to 8 quarts, depending on variations, amendments and water

INGREDIENTS:

1. 1/2 cup each of Barley, split peas, white rice, dry lentils
2. 2 tbs dried minced onion
3. 2 tbs dried parsley
4. 1 tsp salt
5. 1/2 tsp lemon pepper
6. 2 tbs beef bouillon
7. 1/2 cup pasta (wheel, shell, alphabet, etc.)
8. 1 cup macaroni
9. Vegetables as available

INSTRUCTIONS:

Add contents of jar to 3-4 cups water. Add additional water as needed. Remember freeze-dried and dehydrated foods will soak up additional water). Add vegetables as available (celery, carrots, cabbage, tomatoes, zucchini, etc. Cook over medium low heat, cover and simmer 1 hour or until vegetables and split peas are tender.

VARIATIONS:

Veggies: 1 cup each (wet): carrots, potatoes, celery, cabbage, corn, tomatoes, squash, etc. (See note below for dehydrated and freeze-dried foods).

Meats: 1 cup of chicken, or beef, or ham/pork, etc. (omit meat if 'vegetarian' is desired).

NOTES:

1. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
2. Add vegetables, pastas and meats at appropriate times such that all ingredients' cook time finishes near the same time. It is recommended to reconstitute and then pre-cook / fry meats before adding.
3. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry potato cubes / carrots = 1 cup reconstituted (wet) food product. Freeze-dried food maintains it size when rehydrated.

Country Soup

Yield: 4 to 8 quarts, depending on variations, amendments and water

INGREDIENTS:

10. 1/2 cupeach of Barley, split peas, white rice, dry lentils
11. 2 tbs dried minced onion
12. 2 tbs dried parsley
13. 1 tsp salt
14. 1/2 tsp lemon pepper
15. 2 tbs beef bouillon
16. 1/2 cup pasta (wheel, shell, alphabet, etc.)
17. 1 cup macaroni
18. Vegetables as available

INSTRUCTIONS:

Add contents of jar to 3-4 cups water. Add additional water as needed. Remember freeze-dried and dehydrated foods will soak up additional water). Add vegetables as available (celery, carrots, cabbage, tomatoes, zucchini, etc. Cook over medium low heat, cover and simmer 1 hour or until vegetables and split peas are tender.

VARIATIONS:

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Instant Creamy Potato, Chive, & Bacon Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1/3 cup instant potato flakes
2. 2 tablespoons grated dried Parmesan cheese *
3. 1-1/2 teaspoons corn starch
4. 1 tablespoon freeze dried chives (substitute scallion/spring onions)
5. 2 tablespoons dry powdered chicken bouillon
6. 1/4 cup instant dried buttermilk powder (substitute Inst/reg pwd milk)
7. 1/8 teaspoon garlic powder
8. 1/8 teaspoon onion powder
9. 1/8 teaspoon ground black pepper
10. 1/8 teaspoon salt (omit if adding bacon)
11. 2 tablespoons packaged real bacon bits (optional)**

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

VARIATION:

- Add pre-cooked freeze dried (or dehydrated) potato cubes (1/4")

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. *Use unrefrigerated, dry Parmesan cheese – long shelf life
5. ** This or fresh cooked may be added at time of preparation.
6. Use 100 cc O2 absorber (and silica desiccant bag – optional)
7. Adapted from www.theyummylife.com/recipe/468

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4. 1 tablespoon freeze dried chives (substitute scallion/spring onions)
5. 2 tablespoons dry powdered chicken bouillon
6. 1/4 cup instant dried buttermilk powder (substitute Inst/reg pwd milk)
7. 1/8 teaspoon garlic powder
8. 1/8 teaspoon onion powder
9. 1/8 teaspoon ground black pepper
10. 1/8 teaspoon salt (omit if adding bacon)
11. 2 tablespoons packaged real bacon bits (optional)**

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

VARIATION:

- Add pre-cooked freeze dried (or dehydrated) potato cubes (1/4")

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. *Use unrefrigerated, dry Parmesan cheese – long shelf life
5. ** This or fresh cooked may be added at time of preparation.
6. Use 100 cc O2 absorber (and silica desiccant bag – optional)
7. Adapted from www.theyummylife.com/recipe/468

Print and place in each packet or bucket



Instant Creamy Tomato and Basil Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1/4 cup dried tomato powder (or freeze dried tomato paste)
2. 1/3 cup instant dried milk powder
3. 2 tablespoons dry powdered chicken bouillon
4. 1 tsp dried basil
5. 1/8 tsp garlic powder
6. 1/8 tsp onion powder
7. 1/8 teaspoon ground black pepper
8. 1/4 teaspoon salt

-
9. 1-3/4 cups boiling water

VARIATIONS:

- May substitute freeze dried tomato paste or sauce

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. Makes 2 cups prepared soup--1 to 2 servings.
4. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from www.theyummylife.com/recipe/471

Instant Creamy Tomato and Basil Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

10. 1/4 cup dried tomato powder (or freeze dried tomato paste)
11. 1/3 cup instant dried milk powder
12. 2 tablespoons dry powdered chicken bouillon
13. 1 tsp dried basil
14. 1/8 tsp garlic powder
15. 1/8 tsp onion powder
16. 1/8 teaspoon ground black pepper
17. 1/4 teaspoon salt

-
18. 1-3/4 cups boiling water

VARIATIONS:

- May substitute freeze dried tomato paste or sauce

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

7. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
8. May use quart-sized mylar bag.
9. Makes 2 cups prepared soup--1 to 2 servings.
10. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
11. Use 100 cc O2 absorber (and silica desiccant bag – optional)
1. Adapted from www.theyummylife.com/recipe/471



Hamburger Stew

If using 'quick cook' beans*, combine all ingredients in pint-size vacuum seal bag, with O2 absorber and desiccant packet. If using regular dry beans, separate beans in fold-top sandwich bag (or Ziploc bag) to allow for overnight soaking at time of preparation. Place in Mylar bag for long term storage.

Ingredients:

- 1 cup Red Beans small, regular dry (pre-soak with 1/2 tsp baking soda) if using Quick Cook* beans, see below.
- 1 cup Hamburger – freeze-dried
- 1 cup Potatoes, diced – dehydrated
- 1/4 cup Onion, minced - dehydrated
- 1/2 tsp Thyme
- 1 tsp Garlic, granulated/powder
- 1/4 cup Flour
- 3 tbl Bouillon powder, beef
- 1/3 cup Carrots - dehydrated
- 1/2 cup Corn – dehydrated or freeze-dried
- 1/2 cup Beans, green – dehydrated or freeze-dried
- 1 tsp Salt
- 1 tsp Black Pepper

Variations or add-ins: (dehydrated, freeze-dried, and/or fresh at time of preparation: 1/4 cup dehydrated; 1/2 -1 cup freeze-dried, or fresh.

- Meat: TVP for vegetarian; Beef or Chicken - (chicken bouillon for chicken stew)
- Vegetables: Add or subtract, or other
- Pasta – wheels, shells, macaroni, etc.

Cooking Directions: Pre-soak beans with 1/2 tsp baking soda; discard soak water. Place all ingredients in stock pot or Dutch oven. Add 6 cups water, bring to boil; reduce and simmer for 30 min until done. Add additional water as needed.

*** Quick Cook Beans:** Advantage is shorter cook time and no pre-soak, therefore Quick-Cook Beans can be combined with all other ingredients in bag (no Zip-Lock baggie necessary. Disadvantage would be shorter shelf life compared to regular dry beans. Directions: Add beans to rolling-boil water and cook for 10 minutes. (Cook Red/Kidney beans 12 min.) Remove and cool rinse. Dehydrate for 24 hours at 95 degrees in dehydrator. Store in air-tight jar/bag with O2 absorber and silica desiccant bag.

Print and place in each packet or bucket



Hamburger Stew

If using 'quick cook' beans*, combine all ingredients in pint-size vacuum seal bag, with O2 absorber and desiccant packet. If using regular dry beans, separate beans in fold-top sandwich bag (or Ziploc bag) to allow for overnight soaking at time of preparation. Place in Mylar bag for long term storage.

Ingredients:

- 1 cup Red Beans small, regular dry (pre-soak with 1/2 tsp baking soda) if using Quick Cook* beans, see below.
- 1 cup Hamburger – freeze-dried
- 1 cup Potatoes, diced – dehydrated
- 1/4 cup Onion, minced - dehydrated
- 1/2 tsp Thyme
- 1 tsp Garlic, granulated/powder
- 1/4 cup Flour
- 3 tbl Bouillon powder, beef
- 1/3 cup Carrots - dehydrated
- 1/2 cup Corn – dehydrated or freeze-dried
- 1/2 cup Beans, green – dehydrated or freeze-dried
- 1 tsp Salt
- 1 tsp Black Pepper

Variations or add-ins: (dehydrated, freeze-dried, and/or fresh at time of preparation: 1/4 cup dehydrated; 1/2 -1 cup freeze-dried, or fresh.

- Meat: TVP for vegetarian; Beef or Chicken - (chicken bouillon for chicken stew)
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Print and place in each packet or bucket

Hash Browns – Southwest Style

INGREDIENTS:

1. 4 +/- cups of shredded or cubed potatoes – fresh at time of cooking or freeze dried if assembling in a Meal-in-a-Bag ahead of time
2. 1/3 cup sweet corn – freeze dried (less if dehydrated)
3. 1/4 cup sweet peppers – fresh or freeze dried (adj if dehydrated)
4. 1/4 cup green peppers – fresh or freeze dried (adj if dehydrated)
5. 1/3 cup salsa (freeze-dried or fresh at time of cooking)
6. 1/2 tsp salt
7. 1/2 tsp black pepper

INSTRUCTIONS:

Soak freeze dried or dehydrated produce in water for 10-15 minutes until fully reconstituted. (In this recipe, dehydrated or freeze-dried corn will take the longest to reconstitute). Drain in colander expressing excess water. Place in frying pan and add salsa. If using freeze dried salsa reconstitute separate from other produce and then add. Cook oil/butter as normal for hash browns.

If using freeze-dried salsa, pre-assemble salsa, salt and pepper in separate fold-top baggie and place in bag, not mixing with loose ingredients.

VARIATIONS:

Veggies: Add other vegetables if available and to suit taste: carrots, cooked beans, celery, cabbage, zucchini, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: Add sliced or cubed ham, bacon, bacon bits, chicken, beef, etc.

NOTES:

1. Dehydrated foods will swell in size when reconstituted; freeze-dried foods will not. Factor this into assembling this recipe or others that are similar in terms of anticipating final amounts in finished recipe. A full cup of produce when dehydrated often shrinks to 1/2 or 1/3 that amount when dried. Freeze-dried produce maintains its size and shape.

Hash Browns – Southwest Style

INGREDIENTS:

1. 4 +/- cups of shredded or cubed potatoes – fresh at time of cooking or freeze dried if assembling in a Meal-in-a-Bag ahead of time
2. 1/3 cup sweet corn – freeze dried (less if dehydrated)
3. 1/4 cup sweet peppers – fresh or freeze dried (adj if dehydrated)
4. 1/4 cup green peppers – fresh or freeze dried (adj if dehydrated)
5. 1/3 cup salsa (freeze-dried or fresh at time of cooking)
6. 1/2 tsp salt
7. 1/2 tsp black pepper

INSTRUCTIONS:

Soak freeze dried or dehydrated produce in water for 10-15 minutes until fully reconstituted. (In this recipe, dehydrated or freeze-dried corn will take the longest to reconstitute). Drain in colander expressing excess water. Place in frying pan and add salsa. If using freeze dried salsa reconstitute separate from other produce and then add. Cook oil/butter as normal for hash browns.

If using freeze-dried salsa, pre-assemble salsa, salt and pepper in separate fold-top baggie and place in bag, not mixing with loose ingredients.

VARIATIONS:

Veggies: Add other vegetables if available and to suit taste: carrots, cooked beans, celery, cabbage, zucchini, tomatoes, etc. (See note below for dehydrated and freeze-dried foods).

Meats: Add sliced or cubed ham, bacon, bacon bits, chicken, beef, etc.

NOTES:

1. Dehydrated foods will swell in size when reconstituted; freeze-dried foods will not. Factor this into assembling this recipe or others that are similar in terms of anticipating final amounts in finished recipe. A full cup of produce when dehydrated often shrinks to 1/2 or 1/3 that amount when dried. Freeze-dried produce maintains its size and shape..



Instant Minestrone Vegetable Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1 & 1/2 tbs dry powdered chicken bouillon
2. 2 tsp tomato powder (or freeze-dried tomato paste/sauce)
3. 1/4 teaspoon Italian herb seasoning
4. 1/8 tsp garlic powder
5. 1/8 tsp onion powder
6. 1/8 tsp black pepper
7. 1/4 tsp salt
8. 1/3 cup mixed freeze-dried vegetables
9. 1/3 cup quick-cooking rotini or other pasta (use pasta that normally cooks on stovetop in 4 minutes or less)*

-
10. 1 & 3/4 cups boiling water

VARIATIONS:

- May substitute freeze dried tomato paste or sauce
- Add additional fresh vegetables at time of preparation

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
4. * Avoid using "spiky" pasta to prevent poking holes in bag.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from www.theyummylife.com/recipe/472

Print and place in each packet or bucket

Instant Minestrone Vegetable Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1 & 1/2 tbs dry powdered chicken bouillon
2. 2 tsp tomato powder (or freeze-dried tomato paste/sauce)
3. 1/4 teaspoon Italian herb seasoning
4. 1/8 tsp garlic powder
5. 1/8 tsp onion powder
6. 1/8 tsp black pepper
7. 1/4 tsp salt
8. 1/3 cup mixed freeze-dried vegetables
9. 1/3 cup quick-cooking rotini or other pasta (use pasta that normally cooks on stovetop in 4 minutes or less)*

-
10. 1 & 3/4 cups boiling water

VARIATIONS:

- May substitute freeze dried tomato paste or sauce
- Add additional fresh vegetables at time of preparation

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 1 3/4 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, it would be better to put dry soup mix into bowl or pot and then add hot water – or heat over stove.
4. * Avoid using "spiky" pasta to prevent poking holes in bag.
5. Use 100 cc O2 absorber (and silica desiccant bag – optional)
6. Adapted from www.theyummylife.com/recipe/472

Print and place in each packet or bucket

Instant Mushroom, Beef Broth, and Couscous Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1 tbs dry powdered beef bouillon
 2. 2 tsp onion powder
 3. 1/8 tsp garlic powder
 4. 1/8 tsp thyme
 5. 1/4 tsp salt
 6. 1/8 tsp black pepper
 7. 1/3 cup chopped freeze-dried mushrooms
 8. 1-1/2 tbs freeze-dried scallions (spring onions)
 9. 1-1/2 tbs freeze-dried tomato bits (diced tomatoes)
 10. 2 tablespoons couscous
-
11. 1 & 3/4 cups boiling water

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. Use 100 cc O2 absorber (and silica desiccant bag – optional)
5. Adapted from www.theyummylife.com/recipe/466

Print and place in each packet or bucket

Instant Mushroom, Beef Broth, and Couscous Soup

Yield: 2 cups soup; 1-2 servings

INGREDIENTS:

1. 1 tbs dry powdered beef bouillon
 2. 2 tsp onion powder
 3. 1/8 tsp garlic powder
 4. 1/8 tsp thyme
 5. 1/4 tsp salt
 6. 1/8 tsp black pepper
 7. 1/3 cup chopped freeze-dried mushrooms
 8. 1-1/2 tbs freeze-dried scallions (spring onions)
 9. 1-1/2 tbs freeze-dried tomato bits (diced tomatoes)
 10. 2 tablespoons couscous
-
11. 1 & 3/4 cups boiling water

INSTRUCTIONS:

- TO COOK IN MYLAR BAG: Bring 2 cups water to boil. With opened bag resting in bowl, pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Seal bag and let soak for 9-10 minutes, until broccoli is softened. Open bag and eat directly from bag, if desired. Or, transfer to a bowl or mug for eating.
- TO COOK IN A BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

NOTES:

1. Add boiling water for instant soup. Perfect for backpacking, camping, dorms, office, travel, and emergencies.
2. May use quart-sized mylar bag.
3. If using a 'food-saver' plastic bag for storage, put dry soup mix into bowl or mug and then add hot water – or heat in pan over stove.
4. Use 100 cc O2 absorber (and silica desiccant bag – optional)
5. Adapted from www.theyummylife.com/recipe/466

Print and place in each packet or bucket



Oatmeal w/ Fruit – 1-2 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Use pint-size vacuum-seal bag. Place in Mylar bag for long-term storage.

Ingredients:

- 1 cup Rolled or Quick-cook Oats
- 1 tbl non-fat dry milk powder
- 1/8 cup dehydrated, or 1/4 cup freeze-dried fruit
- 2 tsp white sugar (or brown sugar)
- 1/16 tsp Salt

Variations or add-ins: 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

Cooking Directions: Add all dry ingredients to 2 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

Notes:

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.

Print and place in each packet or bucket



Oatmeal w/ Fruit – 1-2 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Use pint-size vacuum-seal bag. Place in Mylar bag for long-term storage.

Ingredients:

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- 1 tbl non-fat dry milk powder
- 1/8 cup dehydrated, or 1/4 cup freeze-dried fruit
- 2 tsp white sugar (or brown sugar)
- 1/16 tsp Salt

Variations or add-ins: 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

Cooking Directions: Add all dry ingredients to 2 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

Notes:

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.

Print and place in each packet or bucket

Oatmeal w/ Fruit – 4-6 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Place in Mylar bag for long-term storage.

Ingredients:

- 4 cups Rolled or Quick-cook Oats
- 1/3 cup non-fat dry milk powder
- 1/2 cup dehydrated, or 1 cup freeze-dried fruit
- 3 tbs white sugar (or brown sugar)
- 1/8 tsp Salt

Variations or add-ins: 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

Cooking Directions: Add all dry ingredients to 8 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

Notes:

You may want to pre-package the brown sugar (or any other ingredients) in a sandwich baggie, inside the vacuum-seal bag - to add to meal at time of preparation and after fully cooked.

Non-fat milk powder is included to make 1 cup milk equivalent in the mix, thus requiring only water for cooking. If you have fresh milk or want to add milk after cooking, omit the milk powder – and add milk later in the process.

Dehydrated food will swell in size when reconstituted, and generally freeze-dried foods will not increase in size when reconstituted. Hence the different measures for quantities for dehydrated vs freeze-dried fruit, in recipe.

You may opt to reduce quantities proportionately for smaller sizes such as individual packets for individual meals – especially with quick-cook variety where ‘cooking’ can occur quickly in microwave or with boiling water.

Print and place in each packet or bucket



Oatmeal w/ Fruit – 4-6 people

This is a basic and simple breakfast using normal rolled oats or quick-cook oats. Adjust cooking time based on which version you have. This basic breakfast-in-a-Bag has all the listed ingredients, mixed together (unless you separate them, as noted below). Simply open bag, add to hot/boiling water and cook. Add additional milk, peanut butter, or additional sugar or fruit at time of preparation as desired. Place in Mylar bag for long-term storage.

Ingredients:

- 4 cups Rolled or Quick-cook Oats
- 1/3 cup non-fat dry milk powder
- 1/2 cup dehydrated, or 1 cup freeze-dried fruit
- 3 tbs white sugar (or brown sugar)
- 1/8 tsp Salt

Variations or add-ins: 1 tablespoon peanut butter powder (or fresh at time of preparation); brown sugar to taste; honey powder (or fresh at time of preparation); fresh fruit at time of preparation; etc.

Cooking Directions: Add all dry ingredients to 8 cups hot/boiling water and cook according to type – 1-2 minutes for quick-cook and 5+ minutes for regular rolled oats. Add additional water/milk, sugar, fruit as needed or desired. Dehydrated/freeze-dried fruit will require additional water while reconstituting.

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Print and place in each packet or bucket

Pasta Alfredo

This makes a delicious Pasta Alfredo. Add variations as desired. Place all ingredients in pint-size vacuum-seal bag. Do not vacuum-suction completely if noodles have sharp edges or can be broken and yield sharp edges/ends which can puncture bag. Add O2 absorber and desiccant packet. The Basic White Sauce mix can be used for Stroganoff, Scallop Potatoes, Alfredo, etc.

Ingredients:

- 1/3 cup White Sauce Base mix*
- 2 cups Pasta (Bow Tie, Rotini, Wheels, Shells, Egg Noodles, etc.)
- 1/3 cup Parmesan cheese
- 1/4 cup Vegetables (Peas)**
- 1/2 cup Meat, freeze-dried – hamburger, chicken, etc. (or fresh at prep)
- 1/2 Salt
- 1/2 tsp Black Pepper

Variations or add-ins: (dehydrated, freeze-dried, and/or fresh at time of preparation)

- **Vegetables: Peas, corn, asparagus, mushrooms, etc.; 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh or wet-pack canned Vegetables at time of preparation.
- Cheese powder, optional - or grated freeze dried or fresh

Directions:

- Combine all ingredients with 4 1/4 cups water in sauce pan. Add optional variations. Dehydrated vegetables may require 15-30 min soaking in water to rehydrate prior to cooking. Simmer 15-20 minutes, frequent stirring until noodles are tender and sauce thickens.

*** White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/3 cup in each pasta alfredo Meal-in-a-Bag. (Makes 6 cups dry powder mix – enough for 18 meals/bags; equivalent of 18 cans soup mix. Triple recipe for 54 bags). (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses.)

- | | |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch | • 1/2 tsp Thyme |
| • 1 1/4 cup Flour | • 1/2 tsp Parsley |
| • 1/3 cup Bouillon (chicken) | • 1 tsp Salt |
| • 4 tsp Onion powder | • 1 tsp Pepper, black |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket



Pasta Alfredo

This makes a delicious Pasta Alfredo. Add variations as desired. Place all ingredients in pint-size vacuum-seal bag. Do not vacuum-suction completely if noodles have sharp edges or can be broken and yield sharp edges/ends which can puncture bag. Add O2 absorber and desiccant packet. The Basic White Sauce mix can be used for Stroganoff, Scallop Potatoes, Alfredo, etc.

Ingredients:

- 1/3 cup White Sauce Base mix*
- 2 cups Pasta (Bow Tie, Rotini, Wheels, Shells, Egg Noodles, etc.)
- 1/3 cup Parmesan cheese
- 1/4 cup Vegetables (Peas)**
- 1/2 cup Meat, freeze-dried – hamburger, chicken, etc. (or fresh at prep)
- 1/2 Salt
- 1/2 tsp Black Pepper

Variations or add-ins: (dehydrated, freeze-dried, and/or fresh at time of preparation)

- **Vegetables: Peas, corn, asparagus, mushrooms, etc.; 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh or wet-pack canned Vegetables at time of preparation.
- Cheese powder, optional - or grated freeze dried or fresh

Directions:

- Combine all ingredients with 4 1/4 cups water in sauce pan. Add optional variations. Dehydrated vegetables may require 15-30 min soaking in water to rehydrate prior to cooking. Simmer 15-20 minutes, frequent stirring until noodles are tender and sauce thickens.

*** White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/3 cup in each pasta alfredo Meal-in-a-Bag. (Makes 6 cups dry powder mix – enough for 18 meals/bags; equivalent of 18 cans soup mix. Triple recipe for 54 bags). (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses.)

- | | |
|--------------------------------------|-------------------------|
| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch | • 1/2 tsp Thyme |
| • 1 1/4 cup Flour | • 1/2 tsp Parsley |
| • 1/3 cup Bouillon (chicken) | • 1 tsp Salt |
| • 4 tsp Onion powder | • 1 tsp Pepper, black |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

Print and place in each packet or bucket

Rice Roni Meal-in-a-Bag

This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with extra rice, add-ins and variations, or add water for a soup. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet.

Ingredients: Base Recipe

- 1/2 cup Spaghetti*, broken into small pieces (1/4 – 1/2”)
 - 3/4 cup Rice
 - 2 tsp Bouillon, or 2 cups liquid Broth (Chicken, Beef)
 - 2 tbsp Butter Powder (or 2 tbsp Butter) - optional
 - 1 tsp Minced Dehydrated Onion
 - Salt – 1/2 tsp
 - Pepper – 1/2 tsp
 - 3 cup Water (plus additional water as needed, especially if adding dehydrated veggies or Freeze-dried meats)
- * *Hint – to break up, pulse/chop broken Spaghetti noodles in blender

Variations or add-ins: (dehydrated, freeze-dried, and/or fresh at time of preparation)

- Meat: Chicken, Beef to match bouillon (pre-cooked freeze-dried, or cooked in skillet at time of prep)
- Vegetables: 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh Vegetables at time of preparation
- Garlic, minced – 1 tsp
- Parsley – 1 tsp
- Mushrooms – 1/4 cup
- Seasonings: Italian, Ranch, Lawry’s seasoned salt, onion salt, etc. 1 tsp
- Diced Tomatoes, 1/2 cup

Directions:

- If using fresh butter, melt butter in skillet. Add all ingredients and lightly brown. Then add water and bring to boil, reducing to simmer for 20-25 minutes until rice and vegetables are tender.
- If not using fresh butter, omit “lightly brown” step and proceed as above.
- Add-ins and variations: Add as desired – veggies, meats, spices, seasonings, etc. at time of cooking.
- Meat: Freeze-dried or canned. If meat is FD & uncooked, reconstitute and fry/cook in skillet first.

Print and place in each packet or bucket



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This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with extra rice, add-ins and variations, or add water for a soup. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet.

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Print and place in each packet or bucket

Scalloped Potatoes

This makes a nice main or side-dish for a meal, serving 4-6 people. Extend with add-ins and variations. Use pint-size vacuum seal bag, with O2 absorber and desiccant packet. Do not vacuum-suction completely if dry ingredients have sharp edges and can puncture bag. Place in Mylar bag for long term storage. Use quart-size vacuum-seal bag if more room is needed.

Ingredients:

- 3 - 4 cups or large handfuls sliced Potatoes, dehydrated (Winco)
- 1/3 cup White Sauce Base Mix*
- 1/3 cup Milk, powdered non-fat (not instant)
- 1/4 cup Bell Pepper, or Sweet Pepper – dehydrated or freeze dried
- 2 tbl Onion, minced dehydrated
- Cheese, grated – freeze dried (FD) (or add fresh at time of prep)
- 2 tbl Butter Powder – optional
- 2 tbl Cheese powder - optional
- Mixed vegetables – freeze dried / dehydrated – optional

Variations or add-ins:

- Meat: Chicken, Beef to match bouillon - freeze dried or fresh
- Vegetables: 1/4 cup dehydrated; 1/2 cup freeze-dried; and/or fresh Vegetables at time of preparation.
- Mushrooms – 1/4 cup freeze dried or fresh

Cooking Directions: Place all ingredients in casserole dish, Dutch oven or deep dish. Add 3 – 3 1/2 cups boiling water. Stir. Bake at 350 for 30-35 min; or in Solar Oven until done. Add fresh or FD grated cheese near end of cooking.

*** White Sauce Base** – Mix all dry ingredients together; store in vacuum bag/jar with O2 absorber. Use 1/3 cup in each pasta alfredo Meal-in-a-Bag. (Makes 6 cups dry powder mix – enough for 18 meals/bags; equivalent of 18 cans soup mix. Triple recipe for 54 bags). (Note: Use 1/3 cup Mix with 1 1/4 cup water to make Sauce base for other uses.)

- | | |
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| • 3 1/2 cups Milk, dry (non-instant) | • 3/4 tsp Garlic powder |
| • 3/4 cup Corn Starch | • 1/2 tsp Thyme |
| • 1 1/4 cup Flour | • 1/2 tsp Parsley |
| • 1/3 cup Bouillon (chicken) | • 1 tsp Salt |
| • 4 tsp Onion powder | • 1 tsp Pepper, black |

Variations: Add Sour Cream powder, Butter powder, Cheese powder, Parmesan Cheese, Mushroom powder, Asparagus, etc.

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Print and place in each packet or bucket

Taco Soup

This makes a delicious Taco Soup. Add variations and garnishes as desired. Place all ingredients in quart-size vacuum-seal bag. Do not vacuum-suction completely as some sharp food items can puncture bag. Add O2 absorber and desiccant packet. The Ranch Dressing Dry mix can come pre-packaged or made from scratch (recipe below).

Ingredients:

- 1-2 cups ground beef – freeze-dried beef crumbles (or fresh)
- 2 tbs taco seasoning (or 1 package)
- 2 cup beans – quick cook* (pinto, black, or from can)
- 1 cup sweet corn – (1/2 dehydrated)
- 1/4 cup sweet peppers – dehydrated or freeze-dried
- 1/4 cup green peppers – dehydrated or freeze-dried
- 1 tsp chili powder (if not using green chilies)
- 1 cup tomatoes (freeze-dried, or stewed, diced, fresh)
- 1 cup tomato (powder or 1/3 cup tomato paste freeze-dried)
- 1/4 cup ranch dressing dry (1 envelope dry mix)**
- 1/2 tsp black pepper
- 1/2 tsp salt – to taste

Variations or add-ins: (veggies - dehydrated, freeze-dried, or fresh at time of preparation)

- Cheese, sour cream optional - grated freeze dried or fresh at prep time

Directions:

- If cooking hamburger fresh, add taco seasoning to meat. Combine all ingredients with 4 cups water in saucepan. Add optional variations. Bring to boil and reduce to simmer 15-20 minutes, frequent stirring. Add extra water as needed due to FD-ed / dehydrated ingredients.

*** Quick Cook Beans:** To avoid having to soak and cook beans separately at time of preparation, pre-cook beans and dehydrate them as normal. – Put all ingredients in a large bowl and mix. OR – mix in food processor or blender for a finer softer texture.

**** Ranch Dressing Dry Mix** – Put all ingredients in a large bowl and mix. OR – mix in food processor or blender for a finer softer texture.

- 1/2 cup dry buttermilk powder
- 2 tbs dried parsley
- 1tbsp onion powder
- 2 tsp dried chives
- 1 tsp garlic powder
- 1/2 tsp dried dill weed
- 1/2 tsp paprika
- 1/2 tsp white pepper
- 1/4 tsp salt, or to taste

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Print and place in each packet or bucket

Traveling Noodles – “Grandpa’s Awesome Noodle Soup”

Yield: 2-3 servings, depending on variations, amendments and water

INGREDIENTS:

1. One pkg Top Ramen Noodles
2. 2 tsp dry bouillon – and/or utilize the provided flavor packet.
3. 1/2 - 1 cup freeze dried meat (chicken or beef) - prepackage
4. Mixed vegetables – 1/2 cup dehydrated or 1 cup freeze dried
5. 1/4 cup Zucchini dehydrated
6. 1/4 tsp salt
7. 1/4 tsp black pepper
8. 1/2 cup spinach or kale – dehydrated
9. 1/8 tsp onion powder
10. 1/8 tsp ginger
11. 1/8 tsp chili powder or pepper flakes

INSTRUCTIONS:

Pre-soak all dehydrated / freeze-dried ingredients to reconstitute. Boil Ramen noodles for 2-3 minutes. Add reconstituted ingredients and all spices.

VARIATIONS:

Veggies: Any assortment of freeze-dried and/or dehydrated vegetables can be used or substituted. Use half the quantity (dry measure) of dehydrated as freeze-dried ingredients. Add other noodle products if desired (macaroni, shells, etc. – allow extra cook time). Meats: 1/2 to 1 cup of chicken, or beef, or ham/pork, freeze dried or fresh, etc. (omit meat if ‘vegetarian’ is desired).

NOTES:

1. You may want to simply add all dry ingredients to the noodles in water at one time. Allow to soak until vegetables are soft and reconstituted – otherwise allow extra time following cooking for full reconstitution. Add extra water as needed. Boil noodles in 3-4 cups water if adding all dry ingredients together and not pre-soaking.
2. This recipe provides the base for many variations. Add bouillon flavor and meat as desired; add a variety of vegetables in season from garden, store or available from storage.
3. Prepackage freeze dried meat and bouillon in plastic baggie – discard and replace if rancid at time of opening / use.
4. For dehydrated or freeze-dried veggies, or freeze-dried meats, either add additional water to compensate, or rehydrate prior to adding. Note that dehydrated foods will swell in size when reconstituted (1/3 – 1/2 cup dry = 1 cup reconstituted (wet) food product. Freeze-dried food maintains its size when rehydrated.



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