

Chili in a bag recipe and instructions
(Updated 10/19/2018)
(1 serving)

INGREDIENTS

1/4 cup freeze dried ground beef
1/4 cup dehydrated pinto beans
1/8 cup dehydrated red and green bell peppers with onions
1/2 TBSP onion powder
1-1/2 TBSP tomato powder
1/4 tsp Spanish paprika
1/4 tsp crushed red pepper flakes
1/2 tsp garlic powder
1/2 tsp chili powder
1 tsp cumin
1 cup water
dash of salt and pepper (optional)

NOTE: You can add other dehydrated peppers and spices, etc. to your liking.

INSTRUCTIONS

1. Put the ground beef, pinto beans, and peppers in a quart size vacuum sealer bag.
2. Put the spices in a small baggie. Do NOT seal the baggie, just fold it over and remove as much air as you can.
3. Place the small baggie with the spices inside the vacuum sealer bag on top of the meat, etc. Do NOT seal the baggie with the spices.
4. Vacuum seal the bag containing all of the ingredients.
5. With a sharpie/magic marker put the date on the vacuum sealed bag. You can also print out this recipe's instructions to put inside the bag before vacuum sealing it if you want.

(NOTE: If you are using this meal-in-a-bag for an upcoming camping, hiking, etc. trip you can put everything in a zip lock baggie instead of a vacuum sealed bag. As long as you make sure you will be using it within a few weeks. You can also store the meal in a zip lock baggie in the freezer for up to a year.)

COOKING OVER A FIRE/COOK STOVE

Put ground beef and beans in pot with 1 cup of water and bring to boil
Add additional ingredients, stir, cover and let sit for 10 minutes.

MICROWAVE COOKING DIRECTIONS (For cooking at home)

(I actually tested this recipe by cooking it in the microwave.)

Put the meat, beans, peppers, and water into a glass or microwave proof bowl, cover, and cook on high for 3-1/2 minutes.

Take the bowl out of the microwave, stir in the spices.

Cover the bowl and put it back in the microwave (not turned on) to keep warm for 15 minutes.

<https://www.christianpreppergal.com/blog/chili-with-beef-and-beans-meal-in-a-bag>