

Meals in a bag

Hamburger Gravy and Mashed Potatoes

1 Serving (approximately 1-1/2 cups, cooked)

INGREDIENTS

- 1 Cup instant mashed potatoes
- 3 TBSP country gravy mix (I used Pioneer Country Gravy Mix)
- 1 TBSP powdered milk – *not instant nonfat dry milk* (I used Nido Fortificada, which is a dried whole milk)
- 1 TBSP Butter powder (I used Augason Farms)
- 2 tsp beef broth powder (I used Orrington Farms Broth Base & Seasoning, Beef Flavored)
- ¼ Cup freeze dried ground beef (I used Mountain House)
- 1-1/2 Cup boiling water for “cooking”

PREPARATION AT HOME

1. Place all ingredients except ground beef and water in a zip lock baggie. Do not zip baggie closed; fold it over and roll it from the bottom up to get out as much air as possible.
2. In a mylar bag or vacuum sealer bag put the freeze dried ground beef and the zip lock baggie with ingredients from Step 1 above.
3. Put oxygen absorber into the mylar bag (not needed if using vacuum sealer bag).

4. Squeeze out as much air as you can, then seal mylar bag using a household iron, a straight iron (for hair), or an impulse sealer. Seal vacuum bag using vacuum sealer.

COOKING IN BAG DIRECTIONS

Remove the zip lock baggie (and oxygen absorber if applicable) and set aside.

Boil the water and pour the boiling water into the mylar or vacuum sealer bag with the freeze dried ground beef and stir. Zip or clamp closed and put into a bag cozy or wrap with towel/shirt (anything to help keep it hot).

Let sit for approximately 10-15 minutes.

Add ingredients from zip lock baggie and stir. Let sit one minute.

COOKING OVER A FIRE/COOK STOVE DIRECTIONS

Remove zip lock baggie (and oxygen absorber if applicable) and set aside.

Pour 1-1/2 cups water and freeze dried ground beef into pot. Bring to a boil.

Remove from heat.

Cover and place in a cozy or wrap a towel/shirt (anything to help keep it hot). Let sit for approximately 10-15 minutes.

Add ingredients from zip lock baggie and stir. Let sit one minute.

MICROWAVE COOKING INSTRUCTIONS

Remove zip lock baggie (and oxygen absorber if applicable)

<https://www.christianpreppergal.com/blog/meals-in-a-bag-hamburger-gravy-and-mashed-potatoes>

and set aside. Place freeze dried ground beef in a microwavable bowl and set aside.

Boil 1-1/2 cups of water in microwave.

Add the boiling water to the bowl with freeze dried ground beef and stir.

Cover bowl and microwave for 1 minute.

Let sit, covered, in microwave for approximately 10-15 minutes.

Add ingredients from zip lock baggie and stir. Let sit one minute.