

# Hamburger Veggie Soup

## Meal-in-a-bag

1 Serving

### INGREDIENTS

¼ cup freeze dried Hamburger  
¼ cup dehydrated diced potatoes  
¼ cup dehydrated mixed vegetables  
¼ cup dehydrated green beans  
2 TBSP tomato powder  
1 TBSP dehydrated onion flakes  
¼ teaspoon beef bouillon  
¼ teaspoon thyme  
1-1/2 cups water

### INSTRUCTIONS

1. Put all the ingredients except the water into a vacuum seal or mylar bag. Note: Using a sharpie, write the directions for cooking on the outside of the bag, along with the date, before adding the ingredients.
2. Vacuum seal the bag or put an oxygen absorber inside the mylar bag and seal the mylar bag.

(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 couple of 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 DIRECTIONS

Put all ingredients into a pot with 1-1/2 cups of water and bring to boil  
Remove from the fire, stir, cover and let sit for 15 minutes.

### MICROWAVE COOKING DIRECTIONS (For cooking at home)

Put all ingredients, including 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 and stir.

Cover the bowl and put it back in the microwave, cook for an additional minute, leave the covered dish in the microwave to keep warm for 15 minutes.

You can also make this soup into a meal-in-a-jar to have in your pantry or long term food storage. Four servings should fit inside a quart canning jar.