

Packing Instant Mashed Potatoes into family sized servings in Mylar Bags

Makes 4 servings

INGREDIENTS

2 cups potato flakes

1/3 cup powdered whole milk (I used NIDO)

3 TBSP powdered butter

2 TBSP powdered cheese (optional, for cheesy mashed potatoes)

3/4 tsp salt

2-3/4 cup boiling water (for cooking)

PACKING INSTRUCTIONS

Add the dry ingredients to a quart sized mylar bag or canning jar.

If using mylar bag add an oxygen absorber to the mylar bag and seal it using a hair straightening iron or a clothes iron that is not set on steam.

If using a canning jar, seal the jar using a vacuum sealer with lid attachment, or put an oxygen absorber into the jar and close the lid tightly.

Should have a shelf life of around 5-10 years if packaged and stored properly. If you don't add the powdered milk and butter (or powdered cheese), the shelf life should be indefinite. Also, if you don't add the powdered milk and butter (or powdered cheese), use 1 cup less water when cooking.

COOKING INSTRUCTIONS

Boil 2-3/4 cups water. Remove from heat.

Remove oxygen absorber from mylar bag.

Pour contents of mylar bag into boiling water and stir. OR, pour the boiling water into mylar bag and stir.