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Dehydrated American Chop Suey

2 tablespoons olive oil
1 to 1.5 pounds very lean (90/10 or leaner) ground beef
1 medium onions finely chopped
1 green bell pepper finely chopped
1 Tablespoons Italian Seasoning
1/2 teaspoon ground black pepper
1/4 teaspoon salt
1 14.5 oz cans diced tomatoes (undrained)
1 14.5 oz cans tomato sauce
1 6 oz cans tomato paste
4 Tablespoons Worcestershire sauce
sugar to taste
1 pound elbow macaroni

Heat 1 tablespoons olive oil in a very large skillet. Thoroughly brown ground beef on medium heat. Break up the clumps as small as possible. Remove beef to a large colander and rinse with hot water to remove as much grease as possible. Set aside.

Wipe out the skillet with a paper towel. Heat 1 more tablespoon olive oil. Add onions green bell pepper. Sauté until onions become translucent and peppers start to soften.

This is a good time to start the water for your pasta.

Return the ground beef to the skillet. Add Italian seasoning, black pepper, diced tomatoes, tomato sauce and tomato paste. Give it a good mix. Add just enough sugar to cut that acidity of the tomatoes. Reduce the heat, cover and simmer until the pasta is ready

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When the water boils, add your pasta and cook according to the package directions. When the pasta is ready drain and return to the pot. Add the contents of the skillet to to the pot and give it all a good mix.

Line your dehydrator trays with parchment paper. Spread the American Chop Suey evenly over the trays. Dehydrate at 165 degrees for 6 hours. Using a spatula, flip the chop suey over and dehydrate another 6 hours until it is thoroughly dry.

Portion out the dehydrated American chop suey into 5 to 7 ounce portions depending on your preferences. Place each serving inside a protective barrier. I use brown paper lunch bags and parchment paper. Vacuum seal Mark each vacuum sealed bag with the contents and date. Store in a freezer until needed. Portions should last 1 to 2 years.

To rehydrate, place the dehydrated American chop suey in your cook pot. Add water to the level of the pasta. Let it sit for 5 minutes. Bring to a boil and give it a good stir. Add additional water as needed. Place pot in a cozy for 10 to 15 minutes. Enjoy.