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Eat great and have fun outdoors.

Dehydrated Pasta and Meat Sauce

2 Tbs olive oil
16 oz mushrooms diced
2 bell peppers diced
2 onions diced
1.5 pounds lean ground beef
10 cloves garlic finely chopped
2 cans pasta sauce
3 TBS Italian seasoning
1 TSP black pepper
1 Lb of your favorite pasta

Pour olive oil in the bottom of a large skillet. Add mushrooms, peppers, and onions. Sauté over medium heat.

In the meantime, brown the ground beef in a medium skillet. Be sure to break up any clumps. When browned rinse the the ground beef with hot water to remove as much tease as possible.

Add the ground beef to the veggies in the large skillet. Add, garlic, pasta sauce, Italian seasoning and black pepper. Reduce the heat and simmer.

Start the water for your pasta in a large pot. 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.

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Add the meat sauce from the large skillet to to the pot and give it all a good mix.

Line your dehydrator trays with parchment paper. Distribute the pasta and meat sauce evenly over the trays. Dehydrate at 160 degrees for 6 hours.

Using a spatula, flip the pasta and meat sauce over and dehydrate another 6 hours until it is thoroughly dry

Portion out the dehydrated pasta and meat sauce 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 pasta and meat sauce 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.