

Beef Stroganoff

This recipe makes about 10 cups



Ingredients

2 lbs lean ground beef
2- 10.5 oz cans cream of mushroom soup
2 tbsp garlic powder
16 oz egg noodles
1 cup sour cream

Directions:

1. In a large skillet over medium heat, brown the ground beef until fully cooked.
2. Strain the beef to remove excess grease, then rinse with hot water to further reduce oil.
3. Allow the beef to drain completely, then pat dry with a paper towel to absorb any remaining moisture
4. While the beef is cooking, bring a large pot of water to a boil
5. Add the egg noodles and cook according to the package instructions until tender, drain and set aside
6. Return the drained and patted ground beef to a skillet over low heat
7. Stir in the cream of mushroom soup and garlic powder until well combined
8. Let the mixture simmer for about 10 minutes, stirring occasionally
9. Add the drained egg noodles to the beef mixture
10. Stir in sour cream, then season with salt and pepper to taste
11. Add parchment paper to your trays
12. Spread the beef stroganoff evenly onto your trays
13. Add dividers if using. We like the 10-portion setting
14. Pre Freeze when possible
15. Freeze dry (my cycle time was 60 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried beef stroganoff to a bowl, jar, or mylar bag. Add about 1 ⅓ cup of hot water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Enjoy

Notes:

Store this in meal-size portions for easy grab-and-go for road trips or camping

Nutritional Value Per 1 ½ cups

Calories 583 Carbohydrates 58 g Protein 38 g Fat 20 g Fiber 3 g Sugar 4 g