

Cheesy Chili Mac

This recipe makes approximately 9 cups *

[Live Life Simple's: Cheesy Chili Mac Video](#)

Ingredients

2 cloves minced garlic
1 chopped onion
1 bell pepper
1lb. lean ground beef
28 oz can of crushed tomatoes
15 oz can of kidney beans
2 3/4 C broth (we like vegetable)
8 oz elbow macaroni
1 tsp Cayenne pepper
2 tsp Paprika
2 tsp Cumin
1.5 tsp Onion or garlic powder
1 tsp Oregano
1/2 tsp Pepper
salt to taste
Your preference of cheese



Directions

1. Since oil cannot be used, put a few tablespoons of broth at the bottom of large pot or large frying pan and add garlic, chopped onion and cook for a few minutes
2. Add bell pepper and cook until onions are translucent
3. In a separate pan cook lean ground beef and cook until browned (drain, rinse and towel to remove as much oil as possible)
4. Take heat up to high & add ground beef back into the first frying pan and mix together then add in crushed tomatoes, remaining broth, drained kidney beans and macaroni.
5. Add in spices and take heat down to medium for 10-12 minutes or until mac is cooked but firm, sauce should be thick, not water
6. Add cheese if desired
7. Line trays with Parchment or silicone mats. Add dividers to portion
8. Pre Freeze
9. Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Cycle time: was 23hr 16min in large freeze dryer with premiere pump

Rehydration for 3.9 oz serving: add 1.5 C boiling water, let sit for 5 min, stir and let sit for additional 5 min



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray