

# Chili Pouch O'Noodles

*This recipe makes 12 servings of 1 cup chili and ½ cup noodles*



## Ingredients

**2 lbs** lean ground beef  
**1** yellow onion  
**2** green bell peppers  
**3 tbsp** chili powder  
**2 tbsp** garlic powder  
**2 tbsp** onion powder  
**3 tbsp** ground cumin  
**1 tbsp** smoked paprika  
**1 tsp** ground chipotle  
**½ tsp** ground cayenne pepper  
**½ tsp** salt  
**1 tsp** black pepper  
**1 -15 oz can** tomato sauce  
**2 - 14.5 oz cans** diced tomatoes  
**1 - 6 oz can** tomato paste  
**2 -15.5 oz cans** red beans or kidney beans, drained and rinsed  
**2 cups** water  
**6 pkgs** Ramen Noodles, no seasoning

**This recipe was contributed by John In Bibs**

## Directions:

1. Cook the ground beef and crumble. Strain and rinse. Set aside
2. Chop the onion and green bell peppers. Add ground beef, vegetables and all remaining ingredients (except Ramen noodles) to the crockpot and cook for 6 hours on low heat.
3. Let it cool down, then place in the refrigerator overnight and skim fat off of the top in the morning.  
\*\*This is an important step for long term storage
4. Divide each of the uncooked ramen packages in half and arrange on a freeze drying tray.
5. Divide the chili into 24 portions in silicone molds (2 portions = 1 serving), or use dividers to make 12 total portions on a lined tray.
6. Pre-freeze until solid. Remove the chili from molds and arrange on a lined tray. If using dividers you can leave them in while freeze drying.
7. Freeze dry.
8. Store in one serving portions in mylar bags for long-term storage.

## Rehydration:

1 serving is ½ a package of Ramen noodles and 1 cup of chili (2 round portions or one divider portion).  
Add 1 cup of boiling water, stir and let sit for 2 minutes. Stir and let sit for an additional 2 minutes.

## Notes:

The Ramen should be freeze dried even though it seems unnecessary. Enjoy this on the 4th Thursday of every February, it's National Chili Day!

## Nutritional Value Per 1 serving

Calories: 300 Protein: 12 g Fat: 11 g Carbohydrates: 40 g Sugar: 5 g Fiber: 5 g