

Dad's Firehouse Rigatoni

This recipe makes 12 cups of sauce and 12 cups of rigatoni noodles



Ingredients

2- 16oz packages of rigatoni noodles
1 -15 oz can diced tomatoes
2 - 15 oz cans of tomato sauce
1 - 12 oz can tomato paste
4 cups tomato juice
1 lb meatballs or stew beef
2 lbs Italian sausage in casing
1 red bell pepper
1 onion
8 oz of mushrooms
2 cloves minced garlic
1 tbsp dried basil
½ tsp dried oregano

Directions:

1. Cook Rigatoni noodles according to the package. Strain and rinse. Set aside
2. Dice the stew beef or meatballs and Italian sausage. Cut into small chunks of ½ inch or less for easier rehydration
3. Brown the meat and transfer it to a paper towel-lined plate to remove excess grease.
4. In a large saucepan, add 1 can of diced tomatoes, 2 cans of tomato sauce, 1 can of tomato paste, and 4 cups of tomato juice.
5. Stir and simmer on low heat
6. Dice the bell pepper and onion and slice the mushrooms, and add to the sauce
7. Add the cooked meats and stir
8. Stir and simmer on low heat for 2-3 hours, stirring every 15-20 minutes
9. Add parchment to your trays
10. Pour sauce onto trays
11. Place dividers (if you choose). We like to use 10 portions per tray
12. Add noodles to separate parchment-lined trays
13. Freeze dry (my cycle time was 31 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups freeze-dried rigatoni noodles and 2 divider portions of sauce (If not using dividers, use 1 ½ cups of freeze-dried sauce) to a bowl, jar or mylar bag along with 2 cups of boiling water. Let sit for at least 10 minutes, stirring several times. This is about 2 servings. Enjoy

Notes:

Nutritional Value Per 1 cup of noodles and 3/4 cup of meat sauce

Calories: 488 Protein: 20 g Fat: 24 g Carbohydrates: 41 g Sugar: 7 g Fiber: 2 g