

# Hamburger/ Sausage Crumbles

## A Freeze Dried Pantry Recipe

This recipe will fill 1 medium tray with meat crumbles\*

[Adventures in Freeze Drying: Pantry Fill: Meat Crumbles and Rehydration of Meat Crumbles](#)

### Ingredients:

2 lbs Hamburger  
or 3 lbs of  
sausage

Salt and Pepper  
to Taste

1-2 Tbsp Italian  
Seasoning

1-2 Tbsp Onion  
Powder



### Directions:

1. Add spices if desired to the uncooked meat and mix together. Let sit 5-10 minutes
2. Over medium-medium high heat cook the hamburger or sausage in a large pot until cooked through completely, stirring frequently to help make it crumble.
3. Using a colander, strain the meat and let the grease drain off.
4. Remove grease from the cooking pot, rinse the hamburger well, return to pot, and cover with HOT Water
5. Let sit for at least an hour, ( or with hamburger you can put it in the fridge overnight and remove solidified fat from the surface)
6. Dump the meat into a colander again and let the water drip off.
7. Turn onto a cookie sheet with paper towels and pat dry.
8. Spread evenly on a parchment lined tray, cover with a lid and freeze until solid.
9. Remove Lid and Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

Approximately 94g of freeze dried hamburger or 80g of sausage has the same volume as a 1 lb package of cooked meat.

**Cycle Time:** 22 hours including 9 hours of extra dry time.

### Rehydration:

Add 2 C of Broth to the equivalent of 1 lb of cooked meat. Stir and let sit for 10-15 minutes.

Move to a pan on the stove, and cook off any remaining broth over low-medium low heat in a simmer.



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Cycle times & rehydration for reference only

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