

Homemade Spaghetti Sauce

This recipe will fill 2 medium trays*

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Ingredients:

1½ lbs ground Beef	2 tsp Brown Sugar
1 large Onion, chopped	1½ tsp dried Oregano
1 large Green Pepper, chopped	1 tsp Salt
2 cloves Garlic, minced	½ tsp dried Basil
3 (15oz) cans diced Tomatoes	½ tsp dried Thyme
1(6oz) can Tomato Paste	1 Bay Leaf
	2+ C of Water or Beef Broth (make the sauce plenty runny to help separate out the fat)



Directions:

1. In a crock pot combine all ingredients and cook on low all day stirring occasionally.
2. Remove the pot from the cooker and allow to cool on the counter -Do Not stir once you have removed the sauce from the heat
3. Place cool sauce in the refrigerator overnight. In the morning skim off all the hardened fat from the top of the sauce. Pour the sauce over cooked noodles.
4. Pour onto your tray, cover with a lid, and freeze until solid. You may use dividers to pre-portion if desired.
5. Remove Lid and Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)

Notes: You can freeze dry this recipe without the noodles, and rehydrate to put on fresh noodles if desired.

Cycle Time: About 40 hours

Rehydration: Slowly add boiling water, stir and let stand, and repeat until you reach desired consistency.



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Cycle times & rehydration for reference only

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