

Mac n Cheese-Homemade

This recipe makes 16 cups of mac n cheese



Ingredients

4 cups small elbow macaroni, uncooked
2/3 cup milk
24 oz Velveeta cheese

Directions:

1. Boil the noodles according to the package instructions until tender
2. Drain and rinse with warm water, then return them to the pot
3. Cut the Velveeta into small squares for easy melting
4. Add the milk and Velveeta to the cooked noodles
5. Heat the mixture over low heat, stirring until the cheese melts and evenly coats the noodles
6. Add salt, pepper, garlic powder, or onion powder if desired
7. Continue stirring until the sauce is smooth and creamy
8. Add parchment paper to your trays
9. Place dividers in the 10-portion setting
10. Pre-freeze when possible
11. Freeze Dry (my cycle was 27 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 of your ten divider portions or about 1 ½ cups of the freeze-dried mac n cheese to a bowl, jar, or mylar bag. Add about ⅓ cups of hot water. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

Notes:

This is a great road trip or camping meal. Rehydrates well in a mylar bag. Add a single portion size to each mylar bag for easy rehydration for single servings.

Nutritional Value Per 1 serving (about 1 ½ cups)

Calories: 183 Carbohydrates: 28 g Protein: 8 g Fat: 6 g Sugar: 3 g Fiber: 1 g