

# Ramen Hamburger Veggie Soup

## Freeze-Dried Pantry

*This recipe fill a 1 quart jar-2 servings*



### Ingredients

1 brick of ramen noodles with flavor packet  
1/4 cup freeze-dried celery  
1/4 cup freeze-dried onions  
1/2 cup freeze-dried cooked ground beef  
1/4 cup freeze-dried mixed vegetables  
1/4 cup freeze-dried yellow squash  
1/2 tsp freeze-dried onion powder  
1/2 tsp freeze-dried garlic powder

salt and pepper (to taste)

### This recipe was contributed by Nessa's Nook

This recipe uses freeze-dried ingredients to make a meal in a jar or bag.

#### Directions:

1. Place Ramen Noodles in the bottom of your 1 Quart Jar. (you will want to break these up some as you put them in)
2. Layer your vegetables and meat into the jar.
3. If storing place the sealed Ramen Flavor Packet and an OA on top of the ingredients and seal the jar

#### Rehydration:

Add the Ramen seasoning packet to the jar. Add 2 cups of boiling water, cover and let sit for 5-10 minutes stirring occasionally. Enjoy

**Notes:** Freeze dry the Ramen Noodles for longer term storage. The Ramen bricks you buy in the store may not have as long of a shelf as freeze-dried Ramen.

#### Nutritional Value Per 1 serving or 1/2 the recipe

Calories: 359 Carbohydrates: 33 g Protein: 15 g Fat: 18 g Fiber: 2 g Sugar: 2 g