

Sloppy Joe Pouch O Noodles

This Recipe makes 12 Pouch O Noodle Meals*

[John In Bibs': Sloppy Joe Pouch O Noodles Freeze Dried Ep227](#)

Ingredients:

2.5 lbs Lean Ground Beef
Cooked, drained and rinsed.

2 C Yellow Onion Chopped

1 Green Bell Peppers
Chopped

½ C Water

2 tsp Slap Ya Mama Cajun
Seasoning

2 tsp Sriracha Sauce
(optional)

3 Cans Manwich Original

6 Packages of Ramen
Noodles Cut in half



Directions:

1. Put the Onions and Green Bell Pepper into your skillet, and cook on high with about ½ C of water until softened up. (about 10 minutes)
2. Add cooked ground beef, season with Slap Ya Mama Cajun Seasoning, you can also add Sriracha Sauce if you want more spice.
3. Add 3 cans of the Original Manwich, mix and simmer over medium low for 5-10 minutes
4. Spread on lined trays and use dividers set on 10 portions, or put into silicone molds.
5. Freeze until solid.
6. Pop any food out of silicone molds and place on lined trays before freeze drying, spread the ramen noodles out across 1 tray.
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)
1 package as 1 Ramen and 2 discs of Sloppy Joe with an O2

Cycle Time: Was about 26 hours

Rehydration: Add 1 Cup of boiling water, stir, seal and let sit for 2 minutes. Seal and let sit another 2 minutes.



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Cycle times & rehydration for reference only

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