

Sloppy Joe Pouch O Noodles

This recipe makes 12 servings of 1 cup meat and ½ cup noodles



Ingredients

2.5 lbs 93% lean ground beef
2 cups yellow onion
1 green Bell Peppers
½ cup water
2 tsp Slap Ya Mama Cajun Seasoning
2 tsp sriracha sauce (optional)
3 - 15 oz cans Manwich Original

6 pkgs Ramen Noodle (save the flavoring packets)

This recipe was contributed by John In Bibs

Directions:

1. Dice the onions and pepper.
2. In a large pan fry the hamburger until evenly browned. For long-term storage, drain off the excess fat and rinse the meat with warm water before continuing. Set aside.
3. In the skillet over medium heat, combine the onions, red pepper and water. Sauté until the onions are soft and translucent.
4. Stir in the cooked and rinsed ground beef, seasonings and Manwich. Cook over medium heat for about 10 minutes, stirring occasionally to blend the flavors.
5. Divide the mix into 24 portions in silicone molds (2 portions = 1 serving), or use dividers to make 12 total portions on a lined tray.
6. Pre-freeze until solid. Remove the mix from molds and arrange on a lined tray. If using dividers you can leave them in while freeze drying.
7. Divide each of the uncooked ramen packages in half and arrange on a freeze drying tray.
8. Freeze dry.
9. Store in one serving portions in mylar bags for long-term storage.

Rehydration:

1 serving is ½ a package of Ramen noodles and 1 cup of sloppy Joe mix (2 round portions or one divider portion).

Add 1 cup of boiling water, stir and let sit for 2 minutes. Stir and let sit for an additional 2 minutes.

Notes:

The Ramen should be freeze dried even though it seems unnecessary. The Sloppy Joe mix is also great added to buns after it is rehydrated. Just rehydrate it separately from the noodles with a bit less water.

Nutritional Value Per 1 serving

Calories: 420 Protein: 27 g Fat: 14 g Carbohydrates: 44 g Sugar: 6 g Fiber: 4 g