

Spaghetti and Meatballs

This recipe makes about 24 cups or 30 small portions



Ingredients

2- 16 oz packages of spaghetti noodles
4 - 24 oz jars of spaghetti sauce
60 small to medium pre-cooked meatballs (we used Costco meatballs, but you can make your own)

For homemade spaghetti sauce, see our recipes for Crockpot Spaghetti Sauce Or Homemade Spaghetti Sauce

Directions:

1. Cook the spaghetti noodles. Drain and rinse
2. Cut the meatballs into halves or fourths. Smaller size rehydrates better
3. Add parchment to your trays
4. Layer the spaghetti noodles on the trays.
5. Pour sauce over noodles. We used 1 jar per tray, for a bit more sauce. 1 ½ jars per tray would be perfect.
6. Place dividers (if you choose). We like to use 10 portions per tray
7. Add pre-cooked, cut-up meatballs on the top of each portion. 2 meatballs per portion
8. Pre freeze
9. Freeze dry (my cycle time was 33 hours)
10. Store in mylar bags for long-term storage

Rehydration:

Add one divider portion or about 1/10 of a tray to a bowl and pour ½ cup of hot or boiling water over the spaghetti and meatballs. Cover and let sit for about 4 minutes. Stir and enjoy

Notes:

Be sure to cut your meatballs into small pieces, or they will be difficult to rehydrate. You can also place portions in mylar bags and rehydrate in the bag. Just be sure to close the bag up to allow time to rehydrate.

Nutritional Value Per 1 divider portion

Calories: 283 Protein: 13 g Fat: 11 g Carbohydrates: 34 g Sugar: 7 g Fiber: 3 g