

# Spaghetti and Meatballs

This recipe makes enough for three large trays\*

[Retired at 40's" Freeze Dried Spaghetti & Meatballs – Perfect Portions Using the Tray Dividers](#)

## Ingredients:

2- 16 oz packages of Spaghetti cooked and strained (Enough for 3 Large Trays)

3 - 24 oz Jars of Spaghetti Sauce (more or less depending on your preference)

Cooked meatballs quartered or smaller



## Directions:

1. Cook and strain the spaghetti noodles
2. Line trays with parchment or silicone mats
3. Fill trays  $\frac{2}{3}$  of the way full with spaghetti spread evenly across the tray
4. Pour sauce evenly over spaghetti
5. Configure dividers into 10 sections per tray, and push down through the spaghetti
6. Add cooked, and cut up meatballs on top
7. Pre Freeze or go directly into the Freeze Dryer
8. Freeze Dry
9. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** My cycle time in a Large Freeze Dryer with the Premier Pump was 65 hours with some vacuum issues, and extra dry time to be done in the morning.

**Rehydration:** Add  $\frac{1}{2}$  cup of hot water (This was done by finding the mass of water removed and then dividing by 10)



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray