

Taco Meat

This will make 2 medium freeze dryer trays of taco meat *

[John in Bibs': Freeze Dried Taco Meat Ep92](#)

Ingredients:

5 Taco Bell Seasoning
Packets

5lbs of Ground Beef
(the leaner the better)

Water



Directions:

1. Brown your meat, drain the meat, rinse with hot water for 5 minutes to get rid of as much fat as possible.
2. Season the meat according to the taco seasoning package. (adding water, seasonings, and cooking)
3. Line your freeze drying tray with parchment or silicone mats
4. Spread half of the meat into one medium tray and the rest into another.
5. Cool down, or Freeze solid
6. Freeze Dry
7. Store appropriately. (See Tips & Tricks for storage help)

Cycle Time: Varies

Rehydration: Add a little boiling hot water, stir, let stand for 3-5 minutes, check and repeat if necessary until the meat is rehydrated.



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Cycle times & rehydration for reference only

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