

Taco Pouch O Noodles

This recipe makes 12 servings of 1 cup spaghetti and ½ cup noodles, plus cornbread croutons



Ingredients

2 medium yellow onions
1 red bell pepper
1 cup water
1 Ramen flavoring packet (optional)
2 pkgs taco seasoning
1 - 8oz pkg shredded cheddar cheese
2 - 10 oz cans Rotel, undrained
1 - 16 oz jar Mild Pace Picante Sauce
2 lb 93% lean ground beef
2 - 15 oz cans sweet kernel corn
2 - 8.5 oz boxes Jiffy Cornbread mix
2 eggs
⅔ cups milk
6 pkgs Ramen Noodle (save the flavoring packets)

This recipe was contributed by John In Bibs

Directions:

1. Bake the cornbread into muffins according to the directions on the box. 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, water, and the ramen noodle flavoring packet. Sauté until the onions are soft and translucent.
4. Stir in the cooked and rinsed ground beef, two cans of Rotel, two cans of corn, and two taco seasoning packets. Cook over medium heat for about 10 minutes, stirring occasionally to blend the flavors.
5. Add the cheese, stirring continuously. Continue cooking for an additional 10 minutes.
6. 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.
7. 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. Add chunks of cornbread in between where you can.
8. Divide each of the uncooked ramen packages in half and arrange on a freeze drying tray.
9. Freeze dry.
10. 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 taco mix (2 round portions or one divider portion) and a few cornbread croutons.

Remove the cornbread from the bag. Add 1 cup of boiling water, stir and let sit for 2 minutes. Stir and let sit for an additional 2 minutes. Add the cornbread back and stir to let it rehydrate.

Notes:

The Ramen should be freeze dried even though it seems unnecessary.

Nutritional Value Per 1 serving

Calories: 520 Protein: 27 g Fat: 22 g Carbohydrates: 56 g Sugar: 8 g Fiber: 3 g