

Tuna Bake Pouch O Noodles

This recipe makes 12 servings of 1 cup tuna bake and ½ cup noodles



Ingredients

2 medium yellow onions
1 cup celery
1 cup water w/ 1 tsp Chicken Bullion
OR 1 cup chicken stock
2 - 14 oz bags frozen peas
4 - 10.5 oz cans cream of mushroom soup
1 cup milk
1 tsp black pepper
1 - 8 oz bag shredded sharp cheddar
2 - 12 oz cans chunk lite tuna in water

6 pkgs Ramen Noodle (save the flavoring packets)

This recipe was contributed by John In Bibs

Directions:

1. Dice the onions and celery.
2. In a large pan cook the onions, celery and water or chicken stock until softened.
3. Add the peas. Continue cooking for an additional 10 minutes.
4. Add the soup, stirring after each can. Also add the milk, pepper and cheese and cook until the cheese is melted.
5. Add the tuna and simmer for about 5 minutes to allow the flavors to combine.
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 tuna 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. Top with parmesan cheese and some breadcrumbs.

Nutritional Value Per 1 serving

Calories: 450 Protein: 21 g Fat: 18 g Carbohydrates: 48 g Sugar: 9 g Fiber: 5 g