

ASSEMBLED ALFREDO OVER NOODLES

This is a version of Pasta Alfredo with Salmon that uses an “assembled” alfredo sauce, not a home dehydrated fully cooked alfredo. This version will store better and is simpler to make. I would still freeze it, especially if you use heavy cream powder.

This is also a smaller meal, making about 2.5 – 3 cups of food

AT HOME:

Bag 1:

½ C cup dried zucchini and yellow squash

1 tbsp green and/or red pepper

1 tbsp green onions or chives (regular onions work fine too)

2 Tbsp dried cherry tomatoes

4.5 Tbsp sauce mix (see below)

Bag 2:

2 – 3 oz quick cooking fettuccine noodles

Bag 3:

1 2.5 to 3 oz pouch salmon (can sub in tuna if you prefer, or no fish at all)

A small baggie of extra parmesan cheese to add after re-hydrated

Alfredo sauce mix: (if you use 1 Tbsp = 1 part, you get enough for 4 meals)

5 parts shelf stable parmesan

3 parts cornstarch or kuzu root

3 parts butter powder,

3 parts sour cream powder

3 parts heavy cream powder or whole milk powder

1 part nutritional yeast,

salt pepper garlic powder parsley

ON TRAIL:

I have tried 2 different cooking methods.

This is the one I prefer:

Pour 1 C boiling water over the noodles in the cozy. Let sit until they are about half done – a few minutes depending on what kind of noodle you used. Drain the water from the noodles back into the pan.

Add enough water to the pan to make 1 Cup (minus a few Tbsp if you want a thicker sauce)

Add contents of Bag 1 to the water in the pan, bring to a boil, lower heat and stir until sauce thickens. Pour the pan contents over the noodles and let sit 10 min. Add the salmon and stir in.

This is the easier, no pan wash method:

Dump everything in the cozy. Put 1.75 C water (minus a few tablespoons if you want thicker sauce) and bring to a boil. Add the pan contents to the cozy. Mix well. Let sit. Stir a couple times to try to get the sauce to thicken a little more.