

## **Beef Stroganoff over Noodles**

See Ingredients for Meals for info on choosing a noodle

This makes a full cozy, about 4 cups food

AT HOME:

### **Bag 1:**

½ Cup FD ground beef

½ Cup dried sliced mushrooms

½ Cup mixed veg (maybe peas, corn, tomato, kale, onion, peppers, garlic).

1 ½ Tbsp tomato powder

¼ tsp each paprika, garlic, thyme

3 Tbsp whole milk powder

3-5 Tbsp sour cream powder

1 Tbsp beef bouillon granules (enough to make 3 C broth)

½ Tbsp soy sauce powder (you can omit this and bring 1 packet soy sauce to add on trail)

1 ½ Tbsp mushroom powder

1 ½ Tbsp nutritional yeast

### **Bag 2:**

4 oz fettucine noodles

ON TRAIL:

Put the noodles in the cozy

Put contents of Bag 1 in pan with 2 ¼ cups water, soak for 5 min, bring to a boil, lower heat and cook for a minute or two until the sauce starts to thicken. Pour the contents over the noodles in the cozy and stir really well. Let sit 10 min.

(If your pan is too small to hold all the food and water, use ½ c less water for the cooking part, then boil ½ cup water separately and add to cozy)