

Mac and Cheese with Variations

See Ingredient for Meals notes for info on choosing macaroni (do yourself a favor and test the chosen noodles at home in your cozy, before you make a bunch of meals out of it)

These recipes call for whole milk or heavy cream powder – you can use non-fat dry milk (if you must) but might want to add some extra

When you drain the water out of your noodles, just eye how much water seems to be left in the cozy – you can leave a little more or less, depending on how thin or thick you like your mac and cheese.

You can do straight up mac and cheese, just use a little more pasta and a little less water to rehydrate the pasta

These will make almost 4 cups of food if you use 2.5 C raw pasta, a little less if you use 2 C

Chili Beef and Veggie

Bag 1:

2 to 2.5 C elbow macaroni, cooked and dehydrated (or suitable substitute, see notes)

½ C FD ground beef

½ C mixed veggies like green beans, broccoli, kale, zucchini, peppers, onion

Bag 2:

4-5 Tbsp cheddar cheese powder

1 Tbsp sour cream powder (optional, but it adds a lot of creamy)

2 Tbsp whole milk or heavy cream powder

2 Tbsp butter powder

1 Tsp tomato powder

½ Tsp cumin powder

½ Tsp garlic powder

½ Tsp oregano

1 – 3 Tsp chili powder (depending on your taste and how spicy your chili powder is)

Chicken Veggie

Bag 1:

2 to 2.5 C elbow macaroni, cooked and dehydrated (or suitable substitute, see notes)

½ C FD chicken

½ C mixed veggies like green beans, broccoli, kale, zucchini, peppers, onion

Bag 2:

4-5 Tbsp cheddar cheese powder

1 Tbsp sour cream powder (optional, but it adds a lot of creamy)

2 Tbsp whole milk or heavy cream powder

2 Tbsp butter powder

ON TRAIL:

Boil 2 - 2.5C water (depending on how much macaroni you used), pour over Bag 1 in cozy.

Cover the cozy and let sit. At 10 min, check and make sure pasta is done. Drain the water (if needed) so about ¼C to 1/3C water remains in cozy. Add contents of Bag 2 and stir well.

