

Pasta w Red Sauce

see notes in Ingredients for Meals about choosing pasta and making/measuring sauce
This will make about 3.5 cups of food

At Home: In one bag:

1. The weight of dried tomato sauce needed to make 1 C of sauce (this makes a pretty saucy portion)
2. ½ cup of either vegetables, ground beef, or a combination (For veggies, try thin sliced dehydrated zucchini and yellow squash and some small dice onion and pepper. For meat, try freeze dried ground beef and/or sausage)
3. 5 oz pasta (make sure you pack sharp pasta so no ends are poking into the bag)
4. A small baggie of grated parmesan cheese, which can go right in the main bag.

On Trail:

Boil 2C water (2 ¼ cup if you like juicier sauce).

Take the parmesan out of Bag 1. Put the rest of the bag in your cozy. Add boiling water to the cozy and stir. Stir again in a couple minutes to help insure the sauce is all distributed.

(If you have a longer cooking noodle, like penne, you can boil pasta for 1-2 min, then add water and pasta to the sauce/meat/veggie mix in cozy).

Let sit 10 min, maybe 7 min if you used angel hair pasta. (it gets mushy with 10 min soak)

Stir in the bag of parmesan