

CAMPER'S GOULASH -- from Drying Food with an Attitude

You can use jerky or dried ground meat. The total weight of this dried meal is 1 pound and makes 6 servings.

At Home:

- 1 tbsp. olive oil
- ½ cup fresh onions, cut into ¼ inch pieces
- ¼ cup fresh green peppers cut into ¼ inch cubes
- 1 tsp. minced garlic
- 1 tsp. dried basil
- ¼ tsp. salt
- 1/8 tsp pepper
- 1 - 28 oz. can diced tomatoes
- 1 cup dried ground meat
- 1 - 7 oz. package uncooked elbow macaroni

Put oil, onions, peppers and garlic in a pan and sauté until browned. Add seasonings. Stir. Add tomatoes and cook until most of the liquid has evaporated. Cool, then spread the mixture on lightly oiled dehydrator fruit leather sheets and dry thoroughly at 110 to 135 degrees F. Cool and tear dried goulash into 1 inch pieces and store in a tight container or plastic bag. Put uncooked macaroni in a second container or bag.

At Camp:

In a pot, heat 2 cups of water to a boil and add the contents of bag #1 and stir. Cover and remove from the heat and let rehydrate at least 30 min. In another pot, boil 2 cups of water and add macaroni and bring to a rolling boil and stir. Remove from heat, cover and let sit 15 min. Covering saves cooking fuel. Stir the ingredients in both pots at least once. When the goulash mixture has rehydrated add the cooked noodles and mix.

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