

DEHYDRATED GIRL SCOUT STEW
(SERVES 8)

1.5 lbs. Lean Hamburger
2 Green Pepper
1 Large Onion
6 ounce can of Italian Tomato Paste
7 Plum Tomatoes
2 cups+ Elbow Noodles (brimming to top of 2 cup Pyrex Measuring Cup - around .75 lbs.)
1 tsp Pepper
1.5 tsp Salt
1.5 tsp Garlic Salt
1.5 tsp Lemon Pepper
2 tsp Italian Seasonings
16 ounces Water (+ water to re-hydrate)

At Home:

Cook hamburger, drain & blot grease & arrange on two dehydrater trays
Spread paste evenly on dehydrater fruit roll tray
Slice tomatoes about 3/8" & arrange on dehydrater tray
Radially slice onion & pepper about 3/8" & arrange on two dehydrater trays

Dehydrate All for about 12 -14 hours (paste may be 2 more hours- start first)

Package:

Spices into zip lock snack bag, seal & place in one of 1 quart bags
Vegetables into zip lock snack bag, seal & place in one of 1 quart bags
Elbows into separate 1 quart zip lock bag
Meat & Paste (cut into strips) into separate 1 quart zip lock bag

At Camp:

Add enough water to meat & paste to cover about 2 hours ahead
Add meat/paste + 16 ounces water, spices & vegetables to 2 quart pot - bring to boil, stirring so paste doesn't stick to bottom, add water as necessary to make mix loose, somewhat watery - cover & set aside
Boil Elbows separately in 3 quart pot - cover & set aside when almost done & re-heat 2 quart pot mix till mix tender/re-hydrated
Drain Elbows when done, add mix, let set covered & serve - may need salt or garlic salt to taste