

**Dehydrated Beef & Barley Stew**  
*Developed by Dave McGee (Serves 8)*

2 lbs. lean hamburger  
8 oz. mushrooms  
4 plum tomatoes  
4 potatoes  
1 spanish onion - medium size  
1 cup celery  
1 cup carrots  
.5 cup quick cook barley  
6 oz. tomato paste  
1 tsp. salt  
1 tsp. pepper  
1 tsp. rosemary  
1 tsp. garlic powder  
10 cups water  
4 beef bouillon cubes in lieu of salt  
2 tbsp. corn starch

**At Home:** (all dehydrate times are approximate)

Fry Hamburger, break up as cook, drain on paper towels & blot grease out of meat  
Dehydrate at 145 degrees for 10~12 hours, break up & blot grease again and bag

Cut potatoes into 3/8" slices, steam (blanch till slightly translucent) for about 1 hr, & dehydrate for 9 hrs

Dehydrate vegetables at 135 degrees:

Cut plum tomatoes into 3/8" slices & dehydrate for 10 hrs

Cut mushrooms into 3/8" slices & dehydrate for 8.5 hrs

Cut onion into 3/8" slices & dehydrate for 8.5 hrs

Cut celery into 3/8" slices & dehydrate for 8.5 hrs

Cut carrots into 3/8" slices & dehydrate for 8.5 hrs

**At Camp:**

Rehydrate meat & barley in water bottle for 4 hours with 4 cups of water

Rehydrate vegetables in pot for 2 hour with 4 cups of water (full Nalgene bottle)

Combine meat, barley, & spices, and bring to boil

Notes:

Weight = 1 lb. 11.5 oz.