

Macaroni and Cheese Recipes (Serves 8)

For these macaroni and cheese recipes, I recommend borrowing the cheese powder and macaroni from Annie's Homegrown or Back to Nature brands. These brands contain no artificial ingredients and the cheese powder rehydrates into a nice cheesy sauce. You will use one third of the cheese powder and almost half of the macaroni from the package for these recipes. I usually assemble several meals at one time using the contents from several boxes. Nothing goes to waste.

To learn more about dehydrating meat and vegetables for these macaroni and cheese recipes, review the [dehydrating meat](#) and [dehydrating vegetables](#) pages.

Ham and Cheese Macaroni

Ingredients:

- ¼ cup deli ham, dried
- ¼ cup mixed vegetables, dried (corn, carrots, peas, and green beans)
- ½ cup macaroni
- 1 Tbl + 1 tsp cheddar cheese powder
- 1 Tbl powdered milk
- 1 cup water

At Home:

Combine ham, vegetables, and macaroni in a 4 x 6 plastic bag.

Combine cheese powder and instant dry milk in a 2 X 3 plastic bag. Enclose the smaller bag in the larger bag and seal.



On the Trail:

Add all ingredients except the cheese/milk mix to your pot with one cup water. Allow contents to rehydrate for five minutes.

Light stove, bring to a boil, and continue cooking with the lid on at medium to high heat for two minutes.

Quickly stir in cheese/milk mix, put the lid back on, and place pot into insulating cozy. Wait ten minutes for the meal to continue rehydrating and cooking inside the cozy.
