

Tortellini or Bow Ties w/ Meat Sauce
Developed by Dave McGee (Serves 8)

INGREDIENTS:

- 1~2 - packets McCormack's or other Spaghetti sauce dry mix (amount that uses approximately 12 oz paste (check cooking instructions on back)
- 1 – 12 oz. tomato paste
- 1 - dash garlic powder & Italian seasoning and/or oregano (crushed red pepper optional – or bring some as garnish (dehydrated food tends to be bland)
- 2 - dashes sugar
- 2 - 8 oz DaVinci Tortellini with cheese – or 1 lb. box of bow tie pasta
- 1.5~2 lbs lean ground hamburger, particularly if pasta instead of Tortellini is a great optional addition to sauce
- 1 small can of Kraft Parmesan Cheese (share w/ anyone else cooking Italian)

AT HOME:

- Open paste can at both ends, remove one lid and use other to push paste out (like push up popsicle) onto fruit roll dehydrator tray – smooth out onto tray with spatula so it is even thickness & Dehydrate
- Fry meat and crumple up as much as possible as cooking, drain as much as possible, spread evenly on a plate covered with 3~4 layers of paper towels & place another set of paper towels and use second plate to press down/squeeze grease out of meat, repeat if necessary ... crumple meat more and spread evenly onto screened/holed tray to dehydrate
- Eliminate packets and add seasoning so all dry ingredients (except pasta) in zip lock bag, use scissors to cut paste roll up into small strips and add to dry ingredient bag. Separately bag paste with seasonings; meat & pasta. (I put paste/seasonings in smaller bag & in bag with meat so I have two bags to grab at camp)

AT CAMP:

- Add water to bag with meat and set aside
- Add water (about 16 oz. ... add water as necessary to re-hydrate and after all re-hydrates to get desired thickness of sauce) & dry ingredients to smaller of camp pots and put on stove (make sure you stir by scraping bottom of pot, particularly in center where flame is, to keep from burning on bottom ... as this spoils the sauce) .. bring to a boil and stir constantly (hold pot!!!) till boiling, cover & set aside
- Have big pot ready to go with water to put on as soon as remove sauce with pasta, stir to keep from sticking as well ... alternate stirring pasta & stirring sauce to break up past roll ups ...
- Once pasta rolls ups fully re-hydrated (may have to re-heat to do so) add meat to sauce
- Remove pasta about 1-2 minutes before done and set aside (will keep cooking) and swap sauce/meat back to stove ... stir/scrape/hold!!!
- Drain pasta and re-cover ... the longer you heat & set sauce aside, the better it will taste (unless it burns to bottom!) & serve with cheese

UTENSILS:

- MSR stove
- 2 & 3 qt pots with lid
- cooking/serving spoon
- strainer tool (to drain pasta)
- handle tool to hold/remove pots

NOTE:

If someone else cooking or heating water, not a bad idea to heat/start sauce & meat re-hydrating before boil pasta ... meat & paste will not re-hydrate without bringing to a boil and letting stand while stirring and the longer the better.