

# Beef Stroganoff

A Delicious dinner worth the pre trip prep time of dehydrating egg noodles and ground beef.

## Ingredients to have 8 servings

- 4 cups of egg noodles
- 4 lbs (2 kgs) of lean ground beef (best is Costco lean bison beef)
- 2 cups Bread crumbs
- 6 large mushrooms sliced
- 1 large onion diced
- Vegetable seasoning
- Stroganoff sauce mix (make your own)
  - 8 tbsp powdered milk or powdered coconut milk
  - 8 tsp tomato powder
  - 8 tsp mushroom powder
  - 4 tsp parsley
  - 4 tsp garlic powder

## Steps to make it

1. Cook and Dehydrate the egg noodles.
  - a. Cook according to the package and dehydrate (8 hrs 120F) and package.
  - b. Dehydrate the mushrooms at the same time if a spare tray is empty.
2. Cook and dehydrate the ground beef.
  - a. Mix the ground beef, onion and bread crumbs, then fry medium heat 20 minutes until no pink while applying vegetable seasoning to taste.
  - b. Crumble/breakup the mixture into small granules, drain all the fat.
  - c. Dehydrate for 10 hrs at 145F, until hard, blot the beef a few times with paper towel if greasy, then package.
3. In camp rehydrate the noodles, mushrooms and beef for at least 30 minutes.
4. Boil equal cups of water to the dehydrated noodles then add the noodles, mushrooms and beef. After 2 minutes bring to simmer and stir in the sauce mix. Cover and serve in 5 minutes
5. Yield for this recipe is approx. 8 dishes.

End