

Mac and Cheese in a Jar

Ingredients:

cheese powder
butter powder
milk powder
salt and pepper
elbow macaroni



Add dry ingredients to a plastic baggy and vacuum seal, or remove as much air as possible. Fill a jar $\frac{3}{4}$ of the way with elbow macaroni and place the dry ingredients baggy on top. Add an oxygen absorber.

Vacuum seal the jar or allow the oxygen absorber to do its thing and wait for the jar to seal itself. Store the jar in a dark, dry place until needed.

Cooking Directions:

Remove plastic baggy and set aside. Add elbow macaroni to a pot of boiling water and cook for 8-10 minutes. Once the pasta is cooked, set aside approximately $\frac{1}{2}$ – $\frac{3}{4}$ cups of the pasta water.

Drain the remaining water from the pasta and return it to the pot. Pour $\frac{1}{2}$ a cup of the pasta water back into the pot and add the dry ingredients from the baggy. Stir until thick and cheesy, adding more water if required.

You can use other kinds of pasta, but cooking times will vary. You may also want to add some freeze-dried veggies to make this meal more nutrient-rich.

Taste Of Texas Chili

fully cooked and ready to serve or store



Ingredients:

1 can of kidney beans, drained or two cups of dried beans, cooked and drained;
1-1 ½ lbs ground beef;
1 onion or dried onion flakes;
1-2 cloves of garlic or 1- 2 tsp garlic powder;
1 tsp oregano;
1 can of crushed tomatoes;
1 tbsp chili powder;
1-2 bell peppers, seeded and chopped;
½ a can of root beer;
chili flakes and any other spices you like.

Cooking Directions:

Cook ground beef in a pan with onion, peppers, and spices. Add the ½ can of root beer to the meat halfway through cooking and continue until the meat is browned and the root beer is beginning to thicken a bit. Add the kidney beans and tomatoes, simmer for 10-15 minutes.

Pack the cooked chili into heated jars, leaving 1-inch of headspace. Wipe the rim, add the lid, and seal in a pressure canner for 1 ½ hour. Store in a spot that is dark and cool.