

# Hamburger Goulash Meal-in-a-bag

(1 serving)

## INGREDIENTS

¼ cup freeze dried hamburger  
½ cup cooked, dehydrate macaroni  
¼ cup dehydrated corn  
¼ cup tomato powder  
1 tsp dehydrated onions  
¼ tsp Italian seasoning  
¼ tsp garlic powder  
Dash salt & pepper  
1-1/2 cups boiling water (for cooking)

## INSTRUCTIONS

Place all ingredients (except water) in a mylar or vacuum sealer bag.  
Put oxygen absorber into bag.  
Squeeze out as much air as you can, then seal mylar bag using an iron, straight iron (for hair) or an impulse sealer. Seal vacuum bag using vacuum sealer.

## COOKING OVER A FIRE/COOK STOVE DIRECTIONS

Boil 1-1/2 cups water. Add boiling water into the bag, stir, zip closed and put in a bag cozy or wrap with towel/shirt (anything to help keep it hot). Let sit for 15-20 minutes.

## MICROWAVE COOKING INSTRUCTIONS

Place all ingredients in a microwavable bowl.  
Boil 1-1/2 cups water in microwave.  
Add boiling water to bowl with ingredients and stir.  
Cover and microwave for 30 seconds.  
Let sit, covered, in microwave for 15-20 minutes.