

Freezer Bag Meals

Chowder, serves 1-2

½ cup instant mashed potatoes
 ½ cup non-fat dry milk
 1 teaspoon Old Bay seasoning
 1 Tbsp powdered butter
 Optional: ½ teaspoon granulated garlic,
 ½ teaspoon salt, Celery seed, dried
 veggie flakes, freeze dried veggies, 3
 oz. pouch of salmon, shrimp, or crab, or
 clams, Individual packets of parmesan
 cheese

Put all items, except fish, in a one quart freezer bag and tape pouch of fish to freezer bag. When ready to cook, put the fish in the freezer bag, add 2 cups boiling water, seal bag and mix well. Put into a cozy and let sit for 10 minutes. Sprinkle parmesan cheese on top to serve.

Spinach Couscous, serves 1 per bag

Mix together in a bowl:
 1 cup couscous
 1 package dry Cream of Spinach Soup mix
 3 Tbsp non-fat dry milk

Divide ingredients and put in two quart size freezer bags. Attach a 3 oz. pouch of tuna to each freezer bag.

To make, add tuna and 1 cup of boiling water to a bag, seal, mix well and put in cozy for about 30 minutes. Can also be made with cold water and eaten cold.

Crunchy Couscous, serves 2

10 oz. plain couscous
 2 teaspoons powdered chicken bouillon
 2 Tbsp dried onion
 ½ cup diced dried apricots
 1 small package toasted sliced almonds
 1 3-5 oz package or can of chicken

Put all ingredients except chicken in a quart freezer bag. Tape chicken to bag or store bag with a can of chicken. To make, put chicken plus liquid in the freezer bag with the other ingredients and add 1 ¾ cups of boiling water. Mix well and place in a cozy for 5-10 minutes.

Stroganoff serves 2

2 Tbsp non-fat dry milk
 1 Tbsp butter buds or other butter flavor powder
 1 Tbsp tomato powder (or soup mix)
 1 Tbsp flour
 Dash of pepper
 2 Tbsp dried onion
 ¼ cup dehydrated mushroom slices
 1 package Raman noodles
 Beef flavor packet from Raman noodles
 ½ cup dehydrated hamburger or other meat in pouch or can

Mix ingredients together in freezer bag. If using dehydrated meat, add with other ingredients. If using meat in a pouch or can, do not add until ready to make. To use, add canned meat to pouch and add boiling water to cover ingredients. Mix and place in cozy for 10 minutes.

