

Freeze-dried Meals Ideas

Making your own MRE is easy and here are a few tried and true recipes that I love!



Lasagna Soup

This is so good! It is easy to make in the crock pot, electric skillet, or on the stove. Crock pot allows you to start the soup and put it on low so you can cook it and then go to work. Dinner will be done in about an hour with just a few simple steps when you get home from work. Turn the crock pot on high and add your noodles. Break up lasagna noodles or I also like using bow tie

noodles. Make up the cheese mix as a dollop on top or mix it into the soup when you serve it. I use cottage cheese since you get double the protein over ricotta cheese. I use my immersion blender to blend the curds to a smooth consistency, it is more of a stew consistency and one of my easy go to meals.



LASAGNA SOUP

1 lb lean ground beef or chicken/turkey
1 medium white onion
1-2 tablespoon garlic
1 tablespoon Italian seasoning (I used more like 2 or 3)
1 tsp garlic salt
1 cans crushed tomato (28 oz)
1 jar of marinara sauce (24 oz)
1 quart of beef stock, but you can use vegetable or chicken stock

Pasta

Lasagna noodles broken down or bowtie pasta is a great substitute.

Cheese Mix

2 cups cottage cheese (immersion blend it)
1 cup parmesan cheese grated
2 cup of mozzarella cheese (use 1 cup and reserve the rest)
Basil leaves (5-6 leaves) rolled and cut in slices

Brown the ground beef. I add the onion in when the beef is about ½ way cooked. Add in the garlic and other seasonings just before the beef is done. Stir in the crushed tomatoes and marinara sauce. Stir to combine. Add the stock and lid.

(If using a crock-pot) cook the ground beef and onions to ½ cooked. I then add it to the crock pot with the other main ingredients minus the Cheese mix.

About an hour before dinner, turn the crock pot on high and add in the pasta (break lasagna noodles down or use bow tie paste) . I used about ½ the box of lasagna or 2ish cups of bow tie pasta. Stir into the soup mix. Cook until tender. Add in the 1 cup reserved mozzarella cheese.

Stir to combine the cheese mix. If you are eating right away and if you are eating right away then you can add it into the soup or dollop it on top.

If you are not freeze-drying this, use Italian sausage instead. I have also made this in an electric skillet and on the stove in a pot.

To reconstitute the MRE - I separated the cheese mix from the sauce/meat mix. I added 1.5 cups of very hot water to the 7 mil Gusset Quart size Mylar bag with the meat mixture.



Chili for MRE meals (frozen adding into the freeze-drier)

1 lb 93%/7% lean ground beef
1 medium onion chopped
1 medium green bell pepper
1 tablespoon Garlic
1 garlic/salt
½ tsp black pepper
1 - 2 tsp chili powder
3 (15 oz) cans of Mixed Chili Beans in chili sauce
1- can of pinto beans (15.5 oz) drained
10 oz can of diced tomatoes / can use Rotel style
Cumin is also tasty. (½ to 1 tsp.)

I used an electric skillet, but you can do this on the stove as well. Brown the lean ground beef. When the ground beef is

about ½ way cooked add the onions and bell peppers. Once the ground beef is cooked. Put the lid on and let steam to soften the bell peppers and onion more (2 minutes). Add the garlic, garlic salt, pepper, and chili powder. Add the diced tomatoes or Rotel. Mix and then add 3 cans of the Mixed Chili Beans in chili sauce 15 oz. Add the drained can of pinto beans (15.5 oz). Get it to a boil and then cover and turn on low. Let heat for 15-20 minutes and when you are ready to serve. I love adding a dollop of sour cream and a good sprinkle of cheese.



Green Chili Beef Stew

I served this over some rice, but you can also add some barley into the stew as you are making it. Also, adding vegetables like green beans would be an added bonus. This has a great broth that is not only full of flavor, but you want some crusty bread to dip it into.

2 lbs of beef chuck cut up into big bite size pieces
1 large onion (chopped)
1 - 2 tablespoons olive oil
1 can pinto beans drained and rinsed
1 7 oz can of green chili (I used mild)
1 28 oz can of diced tomatoes
3 tablespoons of beef bouillon
2 - 4 cups beef broth. (4 cups but if you don't add rice at the end use less)
2 heaping tablespoons of garlic minced

Salt to taste

¼ teaspoon of black pepper

Add ons - shredded cheese (cheddar or monterey cheese)

Rice or vegetables like corn or green beans. Or your vegetables of choice.

Brown the beef and onion in oil. You can cook this on the stove, Crock Pot, or Instant Pot.

I cooked mine on high in the crock pot and it took about 4 hours plus on high. Drain any juice as you can off the beef and onions as you brown it. Once brown and onions are translucent then transfer to the pot. Add your other ingredients and adjust the setting to high or low depending on how long you want the pot to cook (instant pot or crock-pot). The stove you would keep on a low setting to allow the meat to get tender.