

Dehydrated Home Prepared MREs

Tomato Vegetable Soup With Chicken

2 tablespoons tomato powder
1 tablespoon beef or chicken flavored TVP
1 teaspoon onion flakes
1 teaspoon carrot flakes
1 teaspoon dried peas
1/4 teaspoon potato flakes
1/4 teaspoon sugar
Pinch of salt
Pinch of pepper
Pinch of Worcestershire sauce powder

Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

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Pinch of pepper
Pinch of Worcestershire sauce powder

Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

Tomato Vegetable Soup With Beef

2 tablespoons tomato powder
1 tablespoon Beef flavored TVP
1 teaspoon onion flakes
1 teaspoon carrot flakes
1 teaspoon dried peas
1/4 teaspoon potato flakes
1/4 teaspoon sugar
Pinch of salt
Pinch of pepper
Pinch of Worcestershire sauce powder

Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

Tomato Vegetable Soup With Noodles

2 tablespoons tomato powder
½ pack Ramen Noodles
1 teaspoon onion flakes
1 teaspoon carrot flakes
1 teaspoon dried peas
1/4 teaspoon potato flakes
1/4 teaspoon sugar
Pinch of salt
Pinch of pepper
Pinch of Worcestershire sauce powder

Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

Chicken or Beef or Ham Vegetable soup

2 tablespoons TVP meat
2 tablespoons chicken or beef freeze dried soup
1 teaspoon onion flakes
1 teaspoon carrot flakes
1 teaspoon dried peas
1/4 teaspoon potato flakes

Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

Taco Pizza

2 tortillas
4 tablespoons taco flavored TVP
2 tablespoons dried tomato flakes
1 teaspoon dried green onion
2 tablespoons freeze dried shredded cheddar

Vac pack tortillas separately. Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

Tortilla Pizza

2 tortillas
4 tablespoons sausage flavored TVP
2 tablespoons tomato powder
1 tablespoons dried tomato flakes
1 teaspoon dried green onion
2 tablespoons freeze dried shredded mozzarella

Vac pack tortillas separately. Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it.

Nachos

1 piece of tin folded foil the size of the tortillas
2 tortillas
2 tablespoons of beef flavored TVP
2 tablespoons freeze dried shredded Cheddar
1 tablespoons tomato powder
1 tablespoon tomato flakes
½ teaspoon freeze dried jalapenos (pack separate)
½ teaspoon freeze dried onion
½ teaspoon freeze dried green bell pepper

Vac pack tortillas separately. Vac pack. Add ½ to ¾ cup hot water to rehydrate depending on how thick you want it. Tortillas can be heated until crispy on a hot engine or over a fire. If you can steal some hot sauce from taco bell.

Ham and Cabbage

3 tablespoons dried cabbage
2 tablespoons Ham flavored TVP
Pinch of salt
Pinch of pepper

Vac pack. Add ½ to ¾ cup hot water to rehydrate.

Sausage and Cabbage

3 tablespoons dried cabbage
2 tablespoons Sausage flavored TVP
Pinch of salt
Pinch of pepper

Vac pack. Add ½ to ¾ cup hot water to rehydrate.

Fruit Smoothies

Take freeze dried fruit slices and throw them into a blender or food processor and chop to a powder or small chunks.

Add 4 tablespoons of the freeze dried fruit of your choice
4 tablespoons freeze dried WHOLE milk

They also sell a powdered Fruit Smoothie at Honeyville Foods that you can pack into individual packs for the guys. They like berries best!

Vac pack. Add ½ to ¾ cup cold water to rehydrate.

NOTE: When buying tortillas buy the ones that don't require refrigeration and seal them in a separate pouch. Fold them into quarters after sealing to keep the package pocket sized. Your packs should be not much bigger than a cigarette pack.

Sources for excellent freeze dried fruits vegetables, Meat substitute (TVP-Textured Vegetable Protein) can be found here.

<http://store.honeyvillegrain.com/>

<http://www.alpineaire.com/>

<http://www.bulkfoods.com/>

<https://www.usaemergencysupply.com/>

<http://www.packitgourmet.com/>

<http://www.northbaytrading.com/>

<http://www.thefoodguys.com/>