

Italian Stew (Dehydrated)



Ingredients

- 1/4 cup dehydrated grilled vegetables
- 1/4 cup freeze-dried beef mince
- 1 tablespoon tomato sauce powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 2 tablespoons freeze-dried grated Parmesan cheese
- 1 tablespoon ghee

Info

- **Prep:** 5
- **Cook:** 5
- **Serves:** 1
- [Source](#)

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Directions

1. Pour the Italian Stew mixture into the pot; add 3/4 cup water.
2. Place pot over medium heat and bring to the boil.
3. Cook, stirring occasionally, for about 10 minutes.
4. Remove from the heat, cover, and let stand for another 5 minutes to rehydrate meal completely.
5. Stir in in Parmesan cheese and ghee.

[dehydrated vegetables](#), [dehydrated](#), [ground beef](#), [tomato powder](#), [parmesan](#), [basil](#)

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