

## **Homemade macaroni and cheese Meal-in-a-bag** (1 serving)

### INGREDIENTS

2/3 cup precooked and dehydrated pasta  
1 tablespoon powdered whole milk (I used Nestle Nido)  
3 tablespoons powdered cheddar cheese (I used Augason Farms Cheese Blend)  
1-1/2 teaspoons powdered butter (I used Augason Farms Powdered Butter)  
Dash of salt  
1 cup water (for cooking)

### PREPARATION AT HOME

Put the dehydrated macaroni into a mylar bag or vacuum sealer bag.

In a zip lock baggie put:

(cheese sauce packet)

Milk powder

cheese powder

butter powder

salt

Place the cheese sauce packet into the mylar/vacuum sealer bag with the macaroni.

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

(Best quality)

Pour 1 cup water and pasta into pot.

Bring to a boil.

Remove from heat. Stir in cheese sauce packet ingredients.

Cover and let sit for 10 minutes.

### ALTERNATE COOKING OVER A FIRE/COOK STOVE DIRECTIONS

Take the ingredients out of the zip lock bag and pour in mylar/vacuum sealer bag with the macaroni.

Add the boiling water, stir, zip closed and put in a bag cozy or wrap with towel/shirt (anything to help keep it hot). Let sit for 10-15 minutes.

### MICROWAVE COOKING INSTRUCTIONS

Place all ingredients in a microwavable bowl.

Boil 1 cup water in microwave.

Add boiling water to bowl with ingredients and stir.

Cover and microwave for 30 seconds.

Let sit, covered, in microwave for 10-15 minutes.