

Backpacker's Beefy Noodles

We know every ounce of gear counts when you're trying to stay light on the trail. For your next adventure, stick to the essentials with Backpacker's Beefy Noodles. This recipe is simple, nutritious, and weighs less than some other store-bought instant meals. Combine ingredients with the help of your NESCO Vacuum Sealer. Ingredients will stay fresh and secure inside your pack until you're ready to refuel.

Your Key Ingredient:

[NESCO Vacuum Sealer](#)

Grocery Ingredients:

4 tablespoons shredded beef jerky
1 ounce (3 packages) Ramen noodles
1 ounce (1 package) instant onion soup
2 tablespoons mixed dehydrated vegetables
1-1/4 teaspoon crushed red pepper
1/4 teaspoon garlic powder
1/4 teaspoon ground ginger
1/2 teaspoon dried cilantro
12 packets soy sauce

Instructions:

At home:

1. Combine all of the dry ingredients in a large NESCO Vacuum Sealer freezer bag.

On the trail:

1. Boil 2 cups of water. Add water to bag and stir.
2. Let noodles soften and vegetables re-hydrate for about 5

minutes.

3. Season with soy sauce to taste. Serves 2.