

Food Storage Spaghetti

OK, I'll admit it. The hamburger wasn't from my food storage. I could have used freeze-dried hamburger, or home-dehydrated hamburger. But I thawed some hamburger I had in the freezer. So this isn't entirely food-storage spaghetti.

Before crumbling and cooking the hamburger, I set about 1/2 cup mixed freeze-dried green peppers, freeze-dried celery, and dehydrated onion to soaking. I browned and crumbled the hamburger (seasoned with 3-4 shakes of Johnny's Seasoning Salt) and dumped in the soaked veggies. Then I added 4 cups of water, 1 cup tomato powder, and 1/2 cup Spaghetti Seasoning (from Emergency Essentials). As I whisked in the tomato powder, the sauce thickened more than I wanted, so I dumped in more water until I liked the consistency--about 1/2 cup. I simmered for 15 minutes, and it was done.

I really liked the spaghetti. OK, it wasn't Preggo, but it was tasty. I didn't notice that acidic taste I've found when using tomato powder before, so either the cooking or the seasonings got rid of it.

I just dumped the tomato powder right into the water in the pan. It seemed to dissolve fine, with no clumping. I just whisked it in with a wire whisk.

The label on the tomato powder can says to mix a 2:1 ratio of water and powder for tomato sauce. But remember that when you use tomato sauce from a can, you also add water. So you really need a 4:1 or so ratio of water to tomato powder for your spaghetti sauce.

It's nice to know that if I have to eat entirely from my food storage I can still have tasty spaghetti. It'll be even better once I get some food-storage hamburger.

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