

Dehydrated Unstuffed Pepper Soup

By Joseph Parish

One of my all-time favorite meals consists of my wife's homemade unstuffed pepper soup. This marvelous tasting meal is the next best alternative to actually having a stuffed pepper dinner. My thought on this however is why one should only have this delightful meal when they have access to all fresh ingredients? Since I am an avid dehydrating fan, I decided that it would be a great bug-out meal to maintain in our bug-out RV. To this end, I used dehydrated rice, dried ground beef, dried bell peppers and my dehydrated tomato powder to create a meal worth dying for. Keep in mind that fresh rice could be used but dehydrate rice cooks much faster. Here is how I did it.

Ingredients:

- ½ Cup of dehydrated rice
- ¼ Cup of dehydrated ground beef
- ¼ Cup of dehydrated bell peppers
- ¼ Cup of powdered tomato sauce
- 2 Tbsp of parmesan cheese
- 1¼ cups of water

In separate Mylar pouches, I packed the parmesan cheese and the tomato powder while enclosing all the other ingredients in a larger storage pouch. These included the rice, ground beef, and the peppers. Since we dehydrate most of our dried foods ourselves, we generally like to include red, yellow and green peppers together.

When we are in a bug-out situation or even if we are using our RV to do some enjoyable week-end camping we can quickly create a wonderful meal with this recipe. We have found that this soup can be especially warming on those cooler days during our winter camp outs. To use these pre-made mixes you merely need to combine all of the ingredients from the main pouch with 1 ¼ cups of water and soak them for five minutes to reconstitute them. Do not add the parmesan cheese to this pot of water.

Now proceed to light the stove and bring the contents in the pot to a rapid boil. Continue to cook the soup for an additional minute with the lid on the container to hold in the steam and aid in flavoring the mix. Finally, remove the pot from the stove or fire and let it sit for an additional ten minutes to savor the flavor together. Stir in the parmesan cheese just prior to serving.