

Breakfast Bowl meal-in-a-bag

1 serving

1/4 cup dehydrated (DH) diced or shredded potatoes

1/8 cup freeze dried bacon bits

1 tsp DH onions

2 TBSP powdered cheese

1/4 cup powdered scrambled eggs

Dash of salt

Dash of pepper

3/4 cup water (for cooking)

INSTRUCTIONS

1. Prepare mylar or vacuum sealer bag by putting the name of the meal, date prepared (and expiration if desired) and instructions for cooking on the outside of the bag. Or have the dates and instructions printed out and place them inside the bag after all ingredients have been added.

2. Put in in a separate baggie:

Powdered cheese

Powdered scrambled eggs

3. Put in a mylar or vacuum sealer bag:

DH diced potatoes

Freeze dried bacon bits

DH onions

Salt

Pepper

4. Put the separate baggie into the mylar or vacuum sealer bag and seal.

NOTE: If using a mylar bag, you will need to place an oxygen absorber inside the bag before sealing it. If you do not add an oxygen absorber the contents of the mylar bag it will need to be used within a couple of weeks. Using an oxygen absorber inside the mylar bag will allow the contents to be shelf stable for 5-10 years, if stored properly.

COOKING IN THE BAG

Boil 3/4 cup water

Remove separate baggie from the vacuum sealer/mylar bag and dump the contents directly into the vacuum sealer/mylar bag with the other ingredients. Shake bag to mix ingredients. Pour the boiled water into the bag. Stir and seal or clamp bag closed. Place bag with the food into a bag coozie, or wrap with a towel or other clothing to insulate the bag. Let sit for 15 minutes. Open bag, stir, and eat.

COOKING OVER A FIRE/COOK STOVE DIRECTIONS

Remove separate baggie inside the mylar or vacuum sealer bag and set aside. Add ingredients in the mylar or vacuum sealer bag to the 3/4 cup water and bring to boil. Remove from heat, stir in powdered cheese and eggs (from the separate baggie), cover, and let sit for 10-15 minutes.

MICROWAVE COOKING DIRECTIONS (For cooking at home)

Remove separate baggie inside the mylar or vacuum sealer bag and set aside. Add ingredients in the mylar or vacuum sealer bag in a medium to large microwave safe bowl and add the 3/4 cup water. Cover bowl and put in microwave on high for 2 minutes. Remove from microwave and stir in powdered cheese and eggs (from the separate baggie). Cover, and place back in the microwave, cook for 30 seconds and let stand in microwave for 10-15 minutes.