

ONE POT MEALS

The idea is to create a stew or casserole in one pot. A mixture of starches, proteins, vegetables, and spices or a delectable sauce can become a gourmet feast. The following recipes are examples. Use the Chart to help create your own specialties.

One pot dinners can be easy to prepare with a little thought before hand. Which foods need to cook longer? - Start them first. How much water is needed? - Is the pot big enough?

- Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up.
- Plastic freezer bags can serve for carrying and mixing items such as instant potatoes.
- Reduce the cleanup, add the boiling water to the bag and mix. This works with quick rice as well.

DIRECTIONS:

1. Select and assemble your ingredients from the grocery store, camping outlet or food co-op. Use amounts of each ingredient to suit individual preferences, servings, and appetites.
7 oz pasta, 1 lb. meat, 2 cups vegetables, 1 cup sauce, & seasonings should feed 4-5
2. Determine the order of preparation based on the cooking times of each ingredient. Place items with similar cooking times and methods together in a plastic bag. Noodles may take 10 minutes, Instant Mashed Potatoes only the time to boil water.
3. Put the bulkiest or main items in a large bag, and put the other items in smaller bags and seal them. Place these smaller bags inside the large bag and seal it.
4. Check the instructions for each sauce or mix to be sure you include any extra items such as butter, dry milk, etc. If you keep all your oil in one container, then write on the bag the extra ingredient.
5. Decide how much water you need, based on each ingredient. Too much water will change Instant mashed potatoes to Potato soup.
6. Write instructions on each package for the meal. Include the order of preparation, cooking times, ingredients not included in the bags, etc. Use a waterproof pen or cut from boxes and placed in bag
7. Include the instructions for each package with the package. Place the instructions for the whole meal with the large bag.
8. Label each bag
i.e. Large bag can be labeled "dinner Day 3" with list of contents
Orange drink, chicken soup, Mac & cheese, chocolate pudding
9. Amounts will depend on # of servings and appetite.

One Pot Dinners Chart *(take one from each column)*

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
7oz - 1 lb.	1-2 cups	5 oz-1 lb.	1 cup	1-2 tbs.	1-2 tbs.
Spaghetti	<i>fresh</i>	ground beef	cheese	oregano	nuts
Thin Spaghetti	carrots	can beef	sour-cream	herbs	toasted
Vermicelli	potatoes	can chicken	stroganoff	sage	sunflower
Capellini	summer squash	can turkey	spaghetti	basil	pumpkin
Fettuccini	onions	dried chipped beef	dry soup mix	salt, pepper	coconut
Macaroni Ribbons	cucumbers	can meat spread	miso powder	Poultry seasoning	sesame seeds
Egg Noodles	<i>frozen</i>	stew meat	gravy mixes	garlic salt	margarine
Linguine	for short trips & cold weather	hard salami	curry	onion salt	cheese
Elbow Macaroni		Vienna sausage	sweet & sour	chili powder	catsup packets
Rotini	<i>freeze dried</i>	SPAM	au jus	butter buds	bacon bits
Small Shells	peas	jerky	teriyaki	soy sauce	croutons
Juniorettes	green beans	canned fish		bouillon	dumplings
Pasta Nuggets	corn	clams	thickeners	chicken	
Kluski noodles		tuna	cornstarch	beef	wheat germ
Rigatoni	<i>home dried</i>	salmon	flour	vegetable	
Mostaccioli	onions	sardines	cornmeal	mixes	
Ziti	mushrooms	crab	SOUPS	chili	
Ready-cut Spaghetti	mixed vegetable flakes	shrimp	Cream of Mushroom	taco	dried fruit bits
Rotelle	soup blends	pepperoni	Tomato	Sloppy Joe	raisins
Rainbow Rotini	pepper flakes	<i>freeze dried</i>	Creamed corn		
Medium Shells	celery flakes	ham	Tomato juice		
Cous Cous	can onion rings	beef			
Acini di Pepe		chicken	Cheddar		
Rosmarina		shrimp	cheese		
A-B-C- noodles		dried fish	soup		
Rings		smoked fish			
Ramen noodles	Chow Mein noodles	bacon bar			
Quick Rice	### Helper's	TVP			
Rice-A-Roni	Stuffing	beef flavor			
Instant Potatoes	box mixes	chicken flavor			
	Mac & cheese				
Quick Grits	Rice & ###				
	Noodles & ###				

OPM: AGUA CALIENTE

Phil Monte

ONEPOT

32 oz water

1 large pot

Carefully measure the water and place in the pot. Add your metal cups and spoons. Cover and place on stove. Lite the fire and bring water to a boil for 3 minutes. Remove utensils, placing them on a clean surface. Use the hot water for coffee or preparing food. Use leftover water for cleaning.

OPM: ALPINE SPAGHETTI

Servings: 2

8 oz Spaghetti or Noodles

1 Tbs. Olive Oil

1 c Parmesan Cheese

3 tsp. Ground Sweet Basil

1 Tbs. Parsley Flakes

1 Garlic clove, minced

Water

1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.
2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

OPM: ASIAN RICE AND LENTILS

ONEPOT

Servings: 2

1/2 c Brown Rice

1/2 c Lentils

2 Tbs. Butter

1 Onion, chopped, or 1 Tbs. Onion Flakes

1/2 tsp. Salt

1/2 tsp. Cinnamon

1/2 tsp. Ginger

1/2 tsp. Cardamon

2 Whole Cloves

1 Bay Leaf

1 pn Cayenne Pepper (optional) 2 1/2 c Water

Rice and lentils, when eaten together, make a richer balance of protein than if they are eaten separately.

1. Melt butter in cook-pot and add all dry ingredients. Sauté a few minutes and then cover with water.
2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder at home.

OPM: BBQ RICE AND BEANS

Minute Rice

ONEPOT

1-1/2 cups Minute Rice	1 small can Kidney beans, drained
2 Tbls. dried onion flakes	2 Tbls dried Green Peppers
1 Tbls oil	1-1/2 cups water
1 beef bouillon cube	1/4 tsp. garlic powder
1/2 cup barbecue sauce or 4-6 tubs from McD's or such.	

Rehydrate onion flakes and green peppers in boiling water. Stir in beans, BBQ sauce, garlic powder, bouillon cube. Bring to boil. Stir in Rice and cover. Remove from heat. Stand 5 minutes Fluff with fork. serves 4-6.

OPM: BEEF STROGANOFF #1

version 1

TWOPOT

2 cups egg noodles	1/2 cup dried beef	2 tsp. salt	3 cups water
---------------------------	---------------------------	--------------------	---------------------

boil and simmer 15 minutes, Stir in sauce and 4 T. margarine.

2/3 cup powder milk	1 pkg. sour cream mix	1 pkg. stroganoff mix,
----------------------------	------------------------------	-------------------------------

mix above with 1 1/2 cup water and simmer

OPM: BEEF STROGANOFF #2

version 2

ONEPOT

- | | |
|------------------------------|-------------------------------------|
| 1 package dried beef | 1 small can sliced mushrooms |
| 2 T. dried onions | 2 T. oil |
| 1 cup beef bouillon | 1 T. Worcestershire sauce |
| 1/2 teas. paprika | sour cream mix |
| 1 1/2 cup Minute Rice | tomato soup mix |

Mix all but the rice and bring to full boil. Add rice and cover and stand 5 minutes.

OPM: BROWN RICE AND SHRIMP

ONEPOT

Servings: 2

- | | |
|-------------------------------|------------------------------|
| 2 c Brown Rice | |
| 1 can Shrimp, 6 1/2-oz | or 1/2 c Freeze-dried Shrimp |
| 1 c Freeze-dried String Beans | 1 Tbs. Onion Flakes |
| 1/2 tsp. Salt | 1/8 tsp. Oregano |
| 1/8 tsp. Thyme | 1 Tbs. Oil |
| 5 c Water | |

1. To boiling water and oil add rice, salt, and onion. High simmer for 30 to 45 minutes.
2. During the last few minutes add string beans and shrimp.

Variations

- a. Dried shrimp and dehydrated string beans may be used instead--add them halfway through cooking.

OPM: CHEESEBURGER RICE

Minute Rice

ONEPOT

- | | | |
|--------------------------|-------------------------------|------------------------------|
| 1 lb. ground beef | 1 sm. onion, chopped | 1 1/2 cups water |
| 1/2 cup catsup | 2 T. mustard | 1/2 tsp. salt |
| 1/2 tsp. pepper | 1 1/2 cups Minute rice | 1 cup shredded cheese |

Brown meat and onions, drain fat. Stir in water, catsup, mustard, salt & pepper. Bring to boil. Stir in rice, cover. Remove from heat and let stand 5 minutes. Fluff with fork and sprinkle with cheese, cover. Let stand 3 minutes or until cheese melts. Serves 4.

OPM: CHICKEN FRIED RICE

Matt Schmitt T928

ONE POT

**2 cups cooked instant rice
dried onion flakes
vegetable. mix peas & carrots**

**margarine / oil 1 Tsp.
2-3 Soy Sauce packets, Chinese Rest. Supply
canned chicken 8 oz. 2 eggs**

Boil water and cook rice with dried onion flakes, then fry in oil in large fry pan. Add soy sauce, vegetables. and chicken. Break eggs over heated mixture and cook eggs as you stir. **Serves 4.**

OPM: CHILI

ONEPOT

Servings: 2

1 c Lentils	3 Tbs. Tomato Powder (optional)
2 Tbs. Masa or Corn Flour (optional)	1 Tbs. Chili Powder
1 Tbs. Onion Flakes	1 tsp. Cumin
1 tsp. Oregano	1 tsp. Salt
1 Clove Garlic	4 c Water

1. Combine all ingredients and simmer 30 to 45 minutes depending on altitude.
2. Put some cheese in your bowl and pour on some chili. Good with cornbread cakes on a cold night.

OPM: CHILI MAC

Mac Kool

ONEPOT

1/2 cup dried beef	1 1/2 tsp. salt,	
1/4 tsp. black pepper	2 T. chili powder	3 cup water

Bring to boil. Add 1 1/2 cups noodles and simmer 15 min. When done, stir in 1/3 cup powder milk and 4 T. margarine. Top with parmesan cheese or cheddar.

OPM: CHICKEN STEW WITH DUMPLINGS

ONEPOT

Servings: 6

3 pkg. Chicken Noodle Soup envelopes 3 can Chicken, boned 12/14 oz
4 Tbs. Flour 9 c Water

Dumplings

1. Put the soup mix and flour into a large kettle.
2. Stir in water and add the boned chicken.
3. Place on the fire and bring to a boil, stirring occasionally.
4. Make dumplings. See the Dumpling recipe for directions.

OPM: CHUNKS

Campbell's Soup

ONEPOT

1 cup Quick Rice 1 can of Campbell's Chunky Beef Soup

Heated and served over rice. **Serves 2**

OPM: CHUNKY BEEF OVER RICE

Campbell

ONEPOT

1 can Campbell's Chunky Beef Soup 2 tbs. Worcestershire Sauce
1 cup broccoli flowerets cooked 1 pkg. Success Rice, cooked
1 T vegetable oil

In saucepan, combine soup, broccoli and Worcestershire sauce. Over medium heat, heat through, stirring often. Serve over rice. Yield: 2 servings

OPM: CIMARRONCITO CARBONARA

Philmont

ONEPOT

2 1/4 cups elbow macaroni	1 pkg. white sauce mix	1/4 cup powder milk
1/4 cup dried vegetable mix	salt & pepper to taste	
5 cups water	1/4 cup bacon bits	

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

OPM: CLAM CHOWDER

ONEPOT

2 cups dried potatoes	3 cups water	> can use hash browns
1 T. dried onions	parsley	>cook potatoes, et etc., about 10 min.
1 cup dried milk	2 T. margarine	>add the rest, stir and heat, don't boil
2 T. crumbled bacon.	8 oz can minced clams	>add more water if needed.

OPM: CORN CHOWDER

ONEPOT

Servings: 2

1/2 c Dehydrated Corn	4 1/4 c Water
1/2 c freeze-dried Potatoes	or
1 Potato, raw, unpeeled, cut in small pieces	
2 Tbs. Corn Meal	2 Tbs. Whole Wheat Flour
2 Tbs. Soy Milk Powder	1 tsp. Parsley Flakes
1 tsp. Onion Flakes	1 tsp. Celery Flakes
1/2 tsp. Salt	1/8 tsp. Paprika
ds Pepper	1 Tbs. Butter
1 can Cracked Crab w/juice, 6 1/2-oz (optional)	

OPM: GOODER GOULASH

Dan and Pat

T928

ONEPOT

1 (5 oz) can water chestnuts 1 can chicken 2 pkg. ramen noodles, chicken

Cook noodles as usual. At end, add drained water chestnuts and put stove on simmer. Add chicken and remove from stove. Stir and enjoy. Serves 2-3

OPM: GREEN GOO

Dennis A. Schmitt

T928

ONEPOT

**1 bag Success boil-in-bag rice, 2 packages Lipton's Green Pea Cup-of-Soup Mix,
1 T. onion flakes, 1 (4 oz) can Chunk Ham.**

Boil the rice, set aside the cooked rice and with 2 cups of the boiling water mix the onion, soup mix and Ham. Pour over the rice. Season to taste. Serves 2-3.

OPM: I CAN HAM, AND YOU CAN TWO

Dick Ross

ONEPOT

**“I” can ham 4 oz Lipton Alfredo Noodle mix dry milk
dried mushrooms butter parmesan cheese**

1/2 package Alfredo noodle mix (left over from yesterday), (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in), “I” can ham (4 oz.), dried mushrooms, butter. Hard Roll. Cook in that pot from yesterday.

OPM: INSTANT REFRIED BEANS

Fantastic Foods *ONEPOT*

1 1/2 cups instant refried beans **2 cups water**
1 Tbsp. butter **cheese**

Boil water and add to beans in a bowl. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

OPM: IT'S IN THE BAG CHINESE

Dennis A. Schmitt *T928* ***ONEPOT***

1 can Chinese vegetables, **1 can bean sprouts,**
1 can Chinese noodles **2 @ 4 oz cans of cooked chicken.**
1.5 cups Minute Rice **Soy Sauce**

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.
No pot to clean... **serves 4-5**

OPM: JUST A MINUTE

ONEPOT

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

OPM: KOOSAH (SKY) MOUNTAIN STEW

This recipe was taken from "The Well-Fed Backpacker" by June Flemming, 1986.

ONEPOT

Try the basic recipe first, or put together variations that are cheaper, lighter or quicker to suit the needs of your particular journey.

At home: pack in a 1-quart zipper bag

**1 packet sour cream sauce mix, 1/4 cup instant dry milk,
1/4 cup grated Parmesan cheese, 1/4 tsp. paprika.**

**Also pack: 1 lg. clean but unpeeled potato one small can
turkey, one 2 serving pack of freeze dried green beans or 2
handfuls fresh green beans.**

In camp:

Cut the clean, unpeeled potato into small dice and cook it and the green beans for about 8 minutes in 2 1/2 cups boiling water. While this simmer, add 1/2 cup cold water to sourcream bag, seal and knead until well mixed. In the can, cut the turkey into bite sized pieces. When the veggies are tender, add the sauce mix and meat, stir well and heat through.

Ramen noodles can be substituted for potatoes to cut cooking time.

OPM: LENTIL SOUP

Servings: 2

1/2 c Lentils	1 tsp. Dried Carrot Flakes
1 tsp. Dried Minced Onion	1/2 tsp. Salt
1/4 c Potato Buds	1 tsp. Butter or Margarine
3 c Water	2 Tbs. Parmesan Cheese (opt.)

Dumplings, optional

1. Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
2. Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. butter or margarine or cut some parmesan cheese into the soup.
3. Add dumplings if desired. See Dumplings recipe.

OPM: LENTIL TOMATO SOUP

ONEPOT

Servings: 2

2/3 c Lentils

1/4 c Freeze-dried Tomato Powder

2 tsp. Parsley Flakes

1/4 tsp. Garlic Granules

1 Tbs. Oil

1/2 c Noodles, whole wheat, soy-rice, or sesame

1 Tbs. Vegetable-seasoned Broth Powder

1 tsp. Salt

ds Pepper

5 c Water

1. Add all ingredients to boiling water and oil and cook at a low boil for 30 to 40 minutes.

OPM: LIPTON ONE-POTS

Based on LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more...

Serves 2-3.

- Lipton Alfredo Carbonara *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes
- Lipton Alfredo *AND* 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.
- Lipton Cajun Style Rice & Beans *AND* 1 T. onion flakes, 2 T. margarine, 1 T. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.
- Lipton Stroganoff *AND* 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.
- Lipton Chicken & Rice *AND* 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.
- Lipton Mushroom & Rice *AND* 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.
- Lipton Chicken Broccoli & Noodles *AND* 1/2 cup milk, 1 T. dried green peppers, 2 T. Parmesan cheese, garlic salt, 2 T margarine.
- Lipton Beef Rice *AND* 1 package freeze dried (FD) beef, 1 T. onion flakes.

OPM: MAC AND.....

Kraft

1 box macaroni and cheese, 1 can of tuna, chicken, or turkey, 1 small can vegetable. Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat. ~ **4 servings**

MAC and	1 cup Meat	1 cup Vegetables	some EXTRAS
1 box of Mac & Cheese	ground beef	stewed tomatoes	1 t. chili powder
	chicken	broccoli	2 t. mustard
	ham or SPAM	red pepper	1/4 cup Miracle Whip
	tuna	peas	1/4 t. Italian seasoning
	ground beef or turkey	peas & carrots	1/8 t. pepper

OPM: MEXICAN RICE & BEEF

Dennis A. Schmitt T928

ONEPOT

1/2 lb. ground beef **4 whole scallions,** **1+1/2 tsp. chili powder**
1 (8 oz). can tomato sauce **1/2 cup water,** **3/4 cup Minute Rice**

Brown beef & scallions, add tomato, water, chili powder. Bring to boil. Stir in rice, cover, stand for 5 min. Serve with tortilla chips. **Serves 4.** Alternate: Freeze-Dried beef and dried onions.

OPM: PARAMECIUM ALFREDO

Dick Ross

ONEPOT

Lipton Alfredo Noodle mix **dry milk** **1 can chicken 4 oz**
broccoli **butter** **parmesan cheese (parameciums)**

1/2 package Alfredo noodle mix, (with 2-3 Tablespoons dry milk and some extra parmesan cheese mixed in) 1 can 4 oz. chicken meat, fresh broccoli, butter. This all goes in one pot and cooks together. Add a Hard Roll.

OPM: PATRICK J'S DINDIN

Patrick Jennings T928

ONEPOT

1@ 4 oz. can chicken	1/4 lb. spaghetti	oil
3/4 cup instant rice	soy sauce	spice mix
1 packet spaghetti sauce	1 small can tomato paste	

Boil 1 3/4 cups water, mix sauce, pasta, and spice. Add rice and chicken. Cover and remove from heat. Let stand 5 min. and eat.

OPM: PINTO BEANS

ONEPOT

Servings: 2

1 c Pinto Beans, cracked in a loose-set grain grinder	
1 tsp. Cumin	1/2 tsp. Salt
1 Garlic Clove, minced	1 pn Cayenne Pepper
1 Tbs. Oil	4 c Water

1. Beans should be cracked about the size of split peas.
2. Add all ingredients to boiling water and oil and simmer 30 minutes.
3. Serve with Corn Pancakes and cheese.

Variations

- a. Add 1 teaspoon chili powder.

OPM: POLENTA CHEESE SOUP

ONEPOT

Servings: 2

1/2 c Dehydrated Corn	1/4 c Polenta
1 Tbs. Dehydrated Bell Pepper	1 Bay Leaf
1 tsp. Parsley Flakes	1 tsp. Onion Flakes
1 tsp. Celery Flakes	1/2 tsp. Salt

Polenta Cheese Soup continued:

1/8 tsp. Savory	ds Cayenne Pepper
1 tsp. Oil	4 c Water
1/2 c Milk Powder	1/4 lb. Cheddar Cheese
1/4 c Sunflower Seeds (optional)	

1. Combine all ingredients, except cheese, milk powder, and seeds, with oil and 3 cups of water. Bring to boil and simmer for 15 minutes.
2. Mix milk powder and remaining 1 cup water. Combine with polenta when it is cooked.
3. Grate in cheddar cheese or cut in small chunks and stir in. Sprinkle with sunflower seeds if desired.

OPM: POTATO SOUP #1

Dennis A. Schmitt T928

ONEPOT

1 T. dried onion flakes	1 Box Betty Crocker Hash Brown Potatoes
1 tsp. dried bell peppers	dash cooking oil
crumbled bacon	dash salt and pepper.

Dump in large pot and cover with water. Boil and simmer for about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh. serves 4-6

OPM: POTATO SOUP #2

ONEPOT

1 cup potato buds	1/2 cup dry milk,
2 beef bouillon	dried parsley and onions.

Boil 4 cups water, mix, bring back to boil and simmer couple of minutes.

OPM: RICE N' CHICKEN

T928

ONE POT

1-1/3 cups instant rice **2 Tbls. Dry onion flakes** **1 can boned chicken**
1/2 tsp. Sage **2 tsp. Instant bouillon**

Boil 1-2/3 cups water. Add dry ingredients and can chicken. Simmer 5 min.

Variations: Tuna and dry mushrooms 2 servings

OPM: RICE STUFF

Dennis A. Schmitt

T928

ONEPOT

1 bag Success boil in bag rice **1 bag Campbell's instant vegetable soup mix**
1 Tablespoon onion flakes **1 (4 oz) can chunk chicken**
1 chicken bouillon cube.

Boil the rice, set aside the cooked rice and with 1 cup of boiling water mix the bouillon, soup mix, and chicken. Pour over the rice. Season to taste. **Serves 2-3.**

OPM: SCOUTMASTER STEW

Richard Welch

T928

ONEPOT

1 can soup **1 can vegetables** **1 can potatoes** **1 can Dinty Moore**

Open cans, slice the potatoes, put in pot, heat, eat with copious amounts of grunts and growls.

OPM: SOUPER RICE

Minute Rice

ONEPOT

1 can Cream of Mushroom soup **2 cups Minute Rice, uncooked**
1 1/3 cans water or milk

Open cans, heat soup and water to a boil and add 2 cups of Minute Rice. Cover and set aside for 5 minutes. Fluff and serve. 4 servings. *Try other Cream Soups..*

OPM: UTE PARK POT

Phil Monte T928

ONEPOT

2 1/4 cups elbow macaroni
2 #27 cans whole tomatoes
5 cups water

3 tsp. salt
1/2 lb. bacon

1 onion
salt and pepper

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

OPM: ZASTROW-RONI

Philmont

ONEPOT

2 1/4 cups elbow macaroni
1/4 cup dried vegetable mix
5 cups water

1 pkg. taco sauce mix
salt & cayenne pepper to taste
1/2 cup grated Parmesan cheese

1/4 cup powder milk

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

