

# Ground Beef Stroganoff

serves 6-8

6 cups noodles  
2 cups cooked ground beef (\*see note)

## Sauce Mix

1/4 c. +2 TBS sour cream powder  
1 c. instant powdered milk  
1/3 c. cornstarch  
2 TBS beef bouillon  
1 TBS dried minced onion  
1/2 tsp. dried basil  
1/2 tsp. dried thyme  
1/4 tsp. pepper  
1 TBS dried parsley  
1 1/2 tsp. garlic powder

Packed as a boxed pantry meal:

1 quart (sauce mix) bag  
1 quart (noodles) bag  
water bottle (2 cups water for sauce)

Cook and drain the noodles. In a quart sized jar combine the dry sauce mix and 2 cups water. Shake to combine then add an additional cup of water to the sauce. Pour sauce into the noodles and ground beef and simmer until thickened.

MYFOODSTORAGE  
COOKBOOK