

Herb Beef with Mushroom Gravy

Prep time

20 mins

Total time

20 mins

Description Meaty and full of mushrooms the sauce is perfect for topping nearly any carb.

Author: Perry Perkins

Recipe type: Dinner

Cuisine: Freezer Bag Cooking

Serves: 1

Ingredients

- 1 c cooked and dehydrated hamburger (see notes)
- ¼ c crumbled dried mushrooms
- 1 t low sodium beef bouillon
- 1 t dried garlic
- ½ t dried thyme
- ½ t cornstarch
- ⅛ t dried rosemary, crumbled
- ⅛ t ground black pepper
- 1 T olive oil (1 packet)
- ¾ c water

Instructions

1. At home pack all the dry ingredients in a quart freezer bag. Put the olive oil with the bag.
2. FBC method:
3. Add the oil and ¾ cup near boiling water. Stir, seal tightly and put in a cozy for 15 minutes.
4. Serve over instant rice, pasta, couscous or mashed potatoes.

Notes

Optional: add ¼ cup white wine.

Substitute freeze dried hamburger or 'beef' TVP for the dehydrated hamburger.

Recipe by Trail Cooking at <http://www.trailcooking.com/fbc/herb-beef-mushroom-gravy/>