

## Rockin's Dehydrated Trail Food:

Note: This is a variation from Trail Cooking and Our Hiking Blog

### Spaghetti with Meat and Mushrooms

1 lb. organic grass fed ground beef  
1 jar Trader Joe's organic Marinara Sauce  
1 16 ounce package organic mushrooms sliced  
1 pkg Barilla Plus Wheat Thin Spaghetti  
½ tsp Italian Seasoning  
pinch of cayenne pepper  
Parmesan cheese packets

Brown the lean hamburger and the mushrooms, then add pasta sauce, Italian seasoning, and cayenne. Cook the pasta until barely al dente. Add pasta sauce to the pasta noodles and stir. Split it into 4 or 5 servings on parchment lined trays, at 135° till dry for 10 to 12 hours. Single servings fit nicely in 1 quart freezer bags. To cook: add enough boiling water to cover the Spaghetti, sit in a cozy for 25 to 30 minutes.