

Rockin's Dehydrated Trail Food:

Turkey Teriyaki

- 1 lb. organic ground turkey
- 1 cup Trader Joe's San Soyaki (Teriyaki Sauce)
- 1 ½ cups carrots
- 1 ½ cups snow peas
- 2 bell peppers
- 1 pkg. sliced mushrooms
- Uncle Ben's Instant Rice (1/2 cup per serving)

Lightly brown the lean ground turkey, add vegetables and Teriyaki Sauce. Cook until tender. Spread on parchment lined trays, cook at 145° till dry or 8 to 10 hours. Divide into 1 cup single servings. Add ½ c dry instant rice for each serving. To cook: add enough boiling water to cover mixture, sit in a cozy for 30 minutes.