

Wagon Wheel Chili

Prepare this at home and dehydrate.

This makes 4 servings.

- 12 ounces of wagon wheel pasta or seashell pasta
- 1 @ 15 ounce can of white beans, rinsed and drained
- 1 @ 24 ounce can of spaghetti sauce
- 1 @ 2.25 ounce can of sliced olives
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1 tablespoon Taco Seasoning
- 1/3 cup finely grated Parmesan or Romano cheese
- 2 ounces of thin-sliced turkey pepperoni

Cook the pasta according to directions and drain.

Combine the remaining ingredients and bring back to boiling.

Spread into thin layers on dehydrating trays and dehydrate

at 125 degrees if no pepperoni and 145 degrees if with pepperoni. Dehydrate overnight or until crunchy.

In Camp To rehydrate:

1. Boil 1 1/2 cups water and add a serving.
2. Bring back to boiling and remove from heat.
3. Put in a fleece or cover with a stocking cap for 10 minutes.

Note:

- For a vegan recipe, leave out the pepperoni and add 1 cup of salsa.

Nutrition per serving with pepperoni:

- Calories - 610
- Sugars - 11g
- Carbs - 102g
- Sodium - 2100mg
- Chol - 35mg
- Fat - 11g
- Protein - 30g
- Fiber - 11g

This is one of my favorite trail recipes.

Switchback Steve