



## ***Chef Tess Vegetarian Base for 3 Jar Meal Variations***

### **In a quart jar add:**

- 4 oz spaghetti noodles** (gluten free work)(one pound yields 4 quart-sized meals)
- 1/4 cup [Dehydrated Carrot](#)** (one can yields 35 quart-sized meals of this recipe)
- 1/3 cup [Freeze Dried Peas](#)** ( one can yields 40 quart-sized meals of this recipe)
- 1/3 cup [Freeze Dried Bell Pepper](#)** (one can yields 30 quart-sized meals of this recipe)
- 1 cup (scant) [Freeze Dried Mushroom](#)** (one can yields 10 quart-sized meals of this recipe)
- 1 cup [Freeze Dried Zucchini](#)** (one can yields 12 quart-sized meals of this recipe)
- 2T [Freeze Dried Onion](#)** (one can yields 40 quart-sized meals of this recipe)

**Make sure you weigh the noodles. Don't just guess. If the noodles are long, break them in smaller sized pieces to fit into the jars. Proceed to add your sauces of choice.**

### **Italian Marinara and Saucy Vegetables**

**to each Vegetarian Noodle base quart-sized jar add:**

2/3 cup [Tomato Powder](#)

1 T sugar or granulated honey

1T [Chef Tess Italian Seasoning](#)

Top each jar with an oxygen absorber and tighten lid.

Label clearly and date.

**Directions to prepare meal:** Bring 5 cups water to a rolling boil. Remove and discard oxygen absorber (they are only good once!). Pour contents of jar into boiling water and stir. Boil 8-10 minutes until noodles are tender.

Serve hot

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### **Oriental Ginger Noodle Wok**

**to each quart jar with the vegetarian noodle base, add:**

1/4 c Corn Starch or 1/3 cup ultra-gel

1T chicken bouillon/stock granules (optional)

1 tsp hot pepper flakes (optional)

1T garlic powder

1T Chef Tess Amazing Wok Star seasoning –not gluten free)

2T Granulated Honey

2T [vinegar powder](#)

1/4 tsp [hickory smoke powder](#)

Shake powdered ingredients into the jar. Top each jar with an oxygen absorber and tighten lid. Label clearly and date.

**Directions to prepare meal:** Bring 4 1/2 cups water to a rolling boil. Remove and discard oxygen absorber (they are only good once!). Pour contents of jar into boiling water and stir. Boil 8-10 minutes until noodles are tender. Cool 5 minutes. It will thicken slightly. Serve hot.

### **Classic Creamy Pasta Primavera**

**to each quart jar with the vegetarian noodle base, add:**

1/4 c Corn Starch or 1/3 cup ultra-gel

1T chicken bouillon/stock granules

1/4 cup [instant non-fat dry milk](#)

1/4 cup [sour cream](#) powder

1T [Chef Tess Italian Seasoning](#)

Shake powdered ingredients into the jar. Top each jar with an oxygen absorber and tighten lid. Label clearly and date.

**Directions to prepare meal:** Bring 4 1/2 cups water to a rolling boil. Remove and discard oxygen absorber (they are only good once!). Pour contents of jar into boiling water and stir. Boil 8-10 minutes until noodles are tender. Serve hot.