

PREPARATION INSTRUCTIONS

To prepare entire can:

1. Open can. Remove and discard oxygen absorber.*
2. Carefully add 14 cups (80oz, 3312mL) of boiling water to contents of can.
3. Stir carefully and cover. Optional: After 4 minutes stir again.
4. Let stand 8-9 minutes.
5. Drain excess water, stir and serve. **CAUTION:** container will be hot.

*If you forget to remove the oxygen absorber before adding water, don't worry. Your food is still safe to eat. Simply remove and discard the absorber.



To prepare a single serving:

Add 2/3 cup of boiling water to 1/2 cup of dry mix.

Follow steps 3-5 above.

2 cups freeze dried ground beef is equivalent to about 1 pound uncooked meat.