

BBQ Chicken

Freeze-Dried Pantry

This recipe makes about 12 servings



Ingredients

6 cups freeze-dried shredded chicken
2 cups barbecue sauce
OR

1 ½ cups freeze dried bbq sauce
powder + **2 cups** of water
½ cup apple cider vinegar
3 ½ cups chicken broth

Salt and pepper to taste

This is a freeze-dried pantry recipe using already freeze-dried ingredients

Directions:

1. In a medium pan, whisk together barbecue sauce (rehydrate if using freeze dried), apple cider vinegar, and ½ cup of broth.
2. Bring sauce to a simmer and reduce heat to medium-low, keeping the sauce at just a simmer. Cover and cook for 5 minutes. Then remove the lid and simmer for 5 more minutes until the sauce begins to thicken.
3. In a separate pot add 3 cups of broth and the freeze-dried shredded chicken. Cover and simmer on low until the chicken rehydrates (about 10 minutes). This works best in large pot or frying pan so the chicken can be in a thin layer on the bottom and ve covered in the broth
4. Drain any excess liquid from the rehydrated chicken and add the chicken to the sauce.
5. Simmer for about 5 minutes. Enjoy

Nutritional Value Per 1 serving or about ½ cup

Calories: 205 Protein: 18 g Fat: 5 g Carbohydrates: 19 g Sugar: 16 g Fiber: 0 g