

Backpackers Breakfast

This recipe makes 16 cups or 8 large servings



Ingredients

2 cups basmati rice
2 cups chicken broth
2 cups water
1 cup frozen peas (or freeze-dried peas
add $\frac{1}{3}$ c water)
2 apples
12 eggs
1 lb bacon or sausage

seasonings: italian seasoning, oregano,
garlic salt, whatever you prefer

optional: shredded cheddar cheese

Directions:

1. Prepare the rice according to the package; use the chicken broth and water as the liquid.
2. Once the rice is cooked, stir in the peas and let them cook through
3. Cook your sausage or bacon in a skillet until fully cooked. Cut or chop it into small pieces, and if the protein is greasy, drain and rinse well
4. Chop the apples into small, thin pieces to ensure they freeze-dry easily. Set them aside.
5. In a bowl, whisk the eggs with 1 teaspoon of salt.
6. Scramble them in a skillet and cook until they are just slightly undercooked, as they will finish cooking when mixed with the hot rice.
7. In a large mixing bowl, combine the cooked rice and peas with the chopped bacon or sausage, scrambled eggs, and chopped apples. Stir everything together until well mixed.
8. Add parchment paper to your trays
9. Divide the mixture evenly on your trays (we used 2 large trays)
10. If using cheese, add shredded cheese to a separate tray
11. Place dividers (if you choose). We used 4 portions per tray
12. Pre-freeze before Freeze Drying, when possible
13. Freeze Dry (my cycle time was 31 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

If using freeze-dried cheese, add $\frac{1}{2}$ cup per serving when bagging or before rehydrating. To rehydrate, add 1 cup boiling water to 1 divider portion, let sit for 5 minutes, and stir. If you did not use dividers, use 2 cups of freeze-dried mix with 1 cup boiling water. You can also rehydrate directly in a mylar bag—ideal for camping.

Nutritional Value Per 2 Cup Serving

Calories: 418 Protein: 22 g Fat: 25 g Carbohydrates: 22 g Fiber: 2 g Sugar: 7 g