

Beans and Bacon Soup

Freeze-Dried Pantry

This recipe makes approximately 11 cups of Soup



Ingredients

1 cup freeze dried lima beans
3 cups water
2 bay leaves
1 tsp fresh thyme, chopped
1 tsp fresh oregano, chopped
8 strips hickory smoked bacon
2 carrots peeled, 1/4 inch dice
1 medium yellow onion, 1/4 inch dice
3 cloves garlic, minced
32 oz chicken broth
2 tbsp hickory Liquid Smoke
3 large kale leaves, stripped off stalks, coarsely chopped
salt and pepper to taste

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

Directions:

1. Place the freeze-dried lima beans in a pot with water, bay leaves, thyme, and oregano. Simmer gently as the beans rehydrate, adding extra liquid if needed.
2. Fry the bacon until crisp, then drain on paper towels. Coarsely chop and set aside.
3. Reserve half of the bacon drippings in the pan. Add the carrots and onion and cook until the onion is translucent.
4. Stir in the garlic and cook until softened, taking care not to let it burn.
5. Add the sautéed vegetables and drippings to the pot with the beans. Stir in chicken broth, three-quarters of the chopped bacon, and Liquid Smoke.
6. Season with salt and pepper. Simmer on low heat until the beans are tender and the soup thickens, adding more liquid if necessary.
7. Remove the bay leaves. Stir in the chopped kale and cook until tender.
8. Serve hot, garnished with the remaining bacon.

Rehydration:

No need to rehydrate the beans, they will suck up moisture from the recipe while cooking, you may need to add more broth or water to achieve the desired consistency for the soup.

Notes:

The lima beans should have been freeze dried utilizing the fast beans recipe for freeze drying beans. This soup makes approximately 6 -1 ¾ cup servings of soup.

Nutritional Value Per 1 serving

Calories: 145 Protein: 10 g Fat: 5 g Carbohydrates: 16 g Sugar: 3 g Fiber: 3 g