

Breakfast Burrito

Freeze-Dried Pantry

This recipe makes 2 servings in a quart jar



Ingredients

4 tbsp freeze-dried, cooked sausage crumbles
½ cup freeze-dried blanched potato cubes
¼ cup freeze-dried kale
½ cup freeze-dried bell peppers, diced
1 tbsp freeze-dried chopped jalapeno
½ cup freeze-dried mushrooms, diced
¼ cup freeze-dried onions, chopped
½ cup freeze-dried raw egg powder
½ cup freeze-dried cheese powder

tortilla shells
fd salsa (optional)

This recipe uses freeze-dried ingredients to make a meal in a jar or bag.

Directions:

1. Add ingredients to a jar in the order given on the ingredients list
2. Add an oxygen absorber and seal for long term storage

Rehydration and cooking:

Add 1 cup of hot water to your jar and give it a good shake. Allow to sit for about 10 minutes, giving the potatoes time to rehydrate. Cook this mixture in a skillet just like you would cook an egg scramble. Serve with tortillas, salsa and guacamole

Notes: We used raw egg powder. Be sure to cook this thoroughly before eating. You could double this recipe and still fit it in a quart size jar.

Nutritional Value Per 1 serving or ½ the recipe

Calories: 339 Protein: 29 g Carbohydrates: 9 g Fat: 20 g Fiber: 3 g Sugar: 4 g