

Breakfast Skillet-Freeze Dried Pantry

This recipe makes 1 serving



Ingredients

¼ cup freeze-dried bacon
1 cup freeze-dried shredded hash browns
½ cup freeze-dried scrambled eggs
¼ cup freeze-dried onions and peppers
2 tbsp freeze-dried cheese dip (see instructions below)

This recipe was contributed by John In Bibs

Directions:

1. Add all the ingredients to a mylar bag or jar
2. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration: Add $\frac{3}{4}$ cup of boiling water to all the ingredients listed above. Use a jar, bowl or pour water directly into a mylar bag. Stir and cover. Allow it to sit for 5 minutes. Stir and enjoy

Notes: To freeze dry the bacon, I baked it in the oven on a wire rack, baked one side and flipped, then baked the other side. Place it on paper towels to absorb grease, and let it cool. I put paper towels on my freeze dryer tray, put a row of bacon, a paper towel and another row of bacon. You could keep the bacon in a separate bag if you are looking for long-term storage.

For the cheese dip, melt 16 oz of Velveeta and mix in a 10 oz can of Rotel. Freeze dry on a parchment-lined pan. Powder with a blender.

Nutritional Value Per 1 cup of noodles and 3/4 cup of meat sauce

Calories: 230 Protein: 45 g Fat: 6 g Carbohydrates: 45 g Sugar: 32 g Fiber: 2 g