

# 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 ¾ 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 serving

Calories: 508 Protein: 26 g Fat: 27 g Carbohydrates: 40 g Sugar: 6 g Fiber: 3 g

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)