

Cheeseburger Soup

Freeze-Dried Pantry

This recipe makes about 2 servings



Ingredients

¾ cup freeze-dried ground beef crumble
3 tbsp freeze-dried diced onions
3 tbsp freeze-dried diced carrots
3 tbsp freeze-dried diced celery
¼ tsp freeze-dried basil
¼ tsp freeze-dried parsley
1 tsp freeze-dried minced garlic
4 tbsp freeze-dried broth powder
¾ cup freeze dried potato cubes (blanched)
½ cup freeze-dried velveeta powder
¼ cup freeze-dried milk powder
Optional Toppers
2 tsp freeze-dried diced jalapenos
½ cup freeze-dried sliced pickles

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

Directions:

1. Add all the ingredients to a mylar bag, or a large jar, add an oxygen absorber, and vacuum seal

Rehydration:

Add 3 cups of hot water to the bag or jar. Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

Notes:

This is a great road trip or camping meal. Rehydrates well in a mylar bag.

Nutritional Value Per ½ recipe

Calories: 642 Carbohydrates: 26 g Protein: 51 g Fat: 36 g Sugar: 20 g Fiber: 1 g