

Chicken A La King

This recipe makes 12 servings of Chicken A La King & Noodles



Ingredients

10 - 10.5 oz cans of Swanson Chicken a La King

6 packages Ramen Noodles (save the seasoning packets)

This recipe was contributed by John In Bibs

Directions:

1. Arrange your 2x3" silicone molds on a medium tray. If you don't have molds, you can use dividers set to roughly the same dimensions with parchment on your tray.
2. For each 10-oz can, split the contents evenly among approximately 2½ portions.
3. Place the filled silicone molds in the freezer until the contents are completely solid.
4. Add parchment paper to your trays.
5. Once frozen, gently pop the solid squares out of the molds. Transfer them onto the trays.
6. Split each package of Ramen Noodles in half and add them to the tray.
7. Freeze dry.
8. Assemble each meal package by combining 2 squares of Chicken a la King with ½ package of Ramen Noodles. This is one serving. Store in mylar bags for long-term storage.

Rehydration:

Add 1 cup of boiling water to each pouch of Chicken A La King and noodles. Stir, seal the bag again and let it sit for 2-3 minutes. Stir again and let sit for another 2 minutes.

Notes:

The Ramen should be freeze dried even though it seems unnecessary. Feel free to substitute the noodles for other carbs such as rice or biscuits.

Nutritional Value Per 1 serving

Calories: 232 Protein: 10 g Fat: 14 g Carbohydrates: 16 g Sugar: 1 g Fiber: 2 g