

Chicken Broccoli Alfredo in a Jar

A Freeze Dried Pantry Recipe

Recipe is for 1 Quart Jar*

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Ingredients: FD stand for Freeze Dried

1 Cup FD Alfredo Sauce (Store bought is fine)

1 Cup FD Cooked Chicken

1 cup FD raw Broccoli

¼ tsp pepper

1½ Cups broken up Fettuccine Noodles or Egg Noodles



Directions:

1. Layer the ingredients in the jar. (They don't have to be layered, but it does look cool)
2. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: NA

Rehydration:

1. Dump the contents of 1 Jar into a large skillet, add 4 Cups of hot water.
2. Stir well and let sit for 10 minutes.
3. Bring contents to a boil, then reduce heat to low, cover and let simmer for 20-25 minutes until noodles are tender.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray