

# Chicken Burrito Bowl in a Jar

## A Freeze Dried Pantry Recipe

This recipe will fill 1 quart jar

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**Ingredients: FD stands for Freeze Dried**

1 C FD Chicken Slices	½ tsp Garlic Powder
¼ C FD Onions	½ tsp Chili Powder
1 C FD or Instant Rice	1 tsp Cumin
¼ C FD Green Chilies	1 TBSP Chicken Bouillon
½ C FD Tomato Sauce	
1 C FD or Instant Black Beans	



### Directions:

1. Layer all ingredients in the Jar in order starting with Chicken and ending with the Chicken Bouillon.
2. Store Appropriately (See Tips and Tricks for storage help)

<b>Cycle Time: NA</b>	<b>Rehydration/Cooking Directions:</b> 1: Add 3 Tbsp Olive oil in a large saucepan over med-med/high heat 2: Add contents of the jar and saute for about 30 seconds 3: Add 4-5 C of Water and simmer for 5 minutes, (if you end up with too much water you can strain, if all water is absorbed before 5 minutes, add a little more. 4: Remove from heat and cover, let sit for 10 minutes.  Serve in a bowl adding toppings to taste. Suggested toppings: Cheese, Diced Tomatoes, Diced Green Onions, Sour Cream, Guacamole
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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray