

# Chicken Cacciatore

This recipe will make 2 medium trays by weight\*

[John in Bib's: Chicken Cacciatore Freeze Dried Meal in A Mylar Bag MRE Ep170](#)

## Ingredients:

3.5 lbs boneless skinless Chicken Breasts	1 8 oz pkg of fresh mushrooms sliced
1 Onion chopped	1 jar of your favorite Spaghetti sauce
1 Red Pepper chopped (seeds removed)	2 tsp Italian Seasoning
1 Green Pepper chopped (seeds removed)	Black Pepper to taste
2 cloves of minced Garlic	2 tsp Crushed Red Pepper Flakes



## Directions:

1. In a pan on your stove, brown your chicken breasts (it's fine if they are not fully cooked) in a little olive oil, water, or chicken broth.
2. Place the browned chicken breasts on the bottom of your crockpot, top with your chopped vegetables, cover with your spaghetti sauce, and add your spices.
3. Cook in the crockpot on low heat for about 8 hours. (If it is really runny you can add some freeze dried tomato powder or paste to help thicken it up)
4. Shred the chicken. Then let it cool down.
5. Spread on a silicone lined tray, and then using dividers set to six portions push down through the chicken cacciatore. Cover with a lid, and freeze until solid.
6. Remove lids and Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** Varies

**Rehydration:** I used 2 portions per meal pouch. Add ½ cup Boiling water, mix, cover and let it stand for 2 minutes. Stir, add more water if needed, cover and let stand for 2 more minutes.



Live.  
Life.  
Simple.

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

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray