

# Chicken Curry Pouch O' Noodles

Makes 1 medium tray \*

[John in Bibs': Curry Pouch O Noodles Freeze Dried Ep222](#)

## Ingredients:

2.5 lbs Chicken Breast	6 Cups Chicken Broth
1 med. Onion coarsely chopped	2 Tbsp Cornstarch
1 Tbsp Onion Powder	1~ 14 oz bag frozen peas and carrots
1 Tbsp Garlic Powder	Optional
4 Tbsp Curry Powder	¼ C Mango Chutney or diced up apple
1 tsp Black Pepper (to taste)	6 pkgs Ramen Noodles do not use flavor packets.



## Directions:

1. In a large crockpot, layer the chicken breasts on the bottom, then add onion, curry powder, onion powder, garlic powder, black pepper, and chicken broth. Cook on low for 8 or more hours.
2. Turn the crock pot to high, remove chicken breasts, then make a slurry with 2 Tbsp of cornstarch and some cold water. Pour into the crockpot, stir. Shred chicken & add back to the crockpot, and add the frozen peas and carrots, then let cook on high for 1 hour.
3. Let it cool, and then dish all the meat into 12 disks in a silicone mold and freeze (or use dividers). Pop out of the molds and Freeze Dry,( if using dividers, leave them in)
4. Cook packages of Ramen according to directions, without adding flavor packaging. Pour some extra curry sauce over the noodles. Put noodles into 24 disks in a silicone mold or use tray dividers to divide into 12 servings. Freeze & pop out of molds before Freeze Drying
5. Store Appropriately. (See Tips and Tricks for storage help)

<b>Cycle Time:</b> Varies	<b>Rehydration:</b> 1 serving was 2 disks of noodles, and 1 disk of meat and this recipe made 12 servings. Add 1 C boiling water, stir and let sit for 2 minutes. Stir, and let sit for an additional 2 minutes.
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\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray

Cycle times & rehydration for reference only