

Chicken Curry Pouch O' Noodles

This recipe makes 12 servings of ½ cup curry and 1 cup noodles



Ingredients

2.5 lbs chicken breast
1 med. onion, coarsely chopped
1 tbsp onion powder
1 tbsp garlic powder
4 tbsp curry powder
1 tsp black pepper
6 cups chicken broth
2 tbsp cornstarch
1 - 14 oz bag frozen peas and carrots, broccoli, or vegetables of choice
¼ cup mango chutney or diced up apple (optional)
6 pkgs Ramen Noodles (do not use flavor packets)

This recipe was contributed by John In Bibs

Directions:

1. In a large crockpot, place the chicken breasts in the bottom. Add the onion, curry powder, onion powder, garlic powder, and black pepper over the chicken. Pour in the chicken broth. Cover and cook on low for 8 hours or more, until the chicken is tender and easily shreddable.
2. Turn the crockpot to high. Remove the chicken breasts and set them aside.
3. In a small bowl, mix 2 tablespoons of cornstarch with a few tablespoons of cold water to create a slurry.
4. Slowly pour the slurry into the crockpot while stirring to thicken the sauce.
5. Shred the chicken and return it to the crockpot.
6. Stir in the frozen peas and carrots (or other vegetables you choose).
7. Cover and cook on high for 1 more hour.
8. Scoop equal portions of the chicken mixture into 12 sections of a silicone mold (or divide into sections using tray dividers with parchment). Put in the freezer to freeze solid.
9. Cook the 6 packages of ramen according to package directions, omitting the seasoning packets.
10. Drain the noodles and mix with some extra curry sauce from the crockpot.
11. Divide the noodles into 24 sections of a silicone mold (or 24 portions of tray dividers with parchment).
12. Freeze completely before freeze drying. If using molds, remove the frozen disks before placing them in the freeze dryer. Put in the freezer to freeze solid.
13. Line your trays with parchment or silicone and pop the food out of the molds and arrange on the trays.
14. Freeze dry
15. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Combine 1 portion of meat, 2 portions of noodles and ¾ cup of boiling water. Cover and let sit for 3 minutes. Stir and let sit for another 2-3 minutes. This is one serving.

Notes:

If you store them in single serving mylar pouches, they become an on-the-go meal containing all the food groups for a well rounded meal.

Nutritional Value Per 1 serving

Calories: 456 Protein: 44 g Fat: 16 g Carbohydrates: 40 g Sugar: 5 g Fiber: 2 g