

Chicken Pot Pie and Biscuits

This recipe makes 6 servings of pot pie and biscuits



Ingredients

3 lbs chicken breasts, skinless
2 cups frozen mixed veggies
1 - 1 lb bag frozen peas
1 - 22.6 oz can cream of chicken soup
1 - 10.5 oz can cream of chicken soup
2 - 14.5 oz cans diced potatoes drained
2 tbsp Knorr Chicken Bouillon
1 ½ - 16 oz cans Grands Flaky Biscuits

This recipe was contributed by John In Bibs

Directions:

1. Place the chicken on the bottom of your crockpot. Pour the frozen vegetables over the top of the chicken. Top with the cream of chicken soup. Cook on low heat for 8 hours.
2. Once done remove the chicken and shred. Combine back with the veggies and sauce.
3. Add the diced potatoes and chicken bouillon powder to the chicken and veggies. Cook on Low for 1 hour.
4. Cut the biscuits into quarters and bake according to the directions on the can.
5. Line your freeze dryer trays with silicone or parchment and add the chicken mixture to trays.
6. Place your baked biscuits on a separate freeze dryer tray.
7. Pre-freeze when possible.
8. Freeze dry.
9. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

Combine about 1 ½ cups of chicken pot pie with 1 cup of hot water. Stir, let sit for 5 minutes covered. Place the 1 ½ full biscuits worth of pieces on the pot pie and cover, allowing them to rehydrate. Let sit for another 5-10 minutes, covered. Stir and check if you need to add more water. Enjoy!

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: 595 Protein: 26 g Fat: 25 g Carbohydrates: 66 g Sugar: 11 g Fiber: 5 g