

Chicken & Rice Soup

Freeze-Dried Pantry

This recipe makes two-2 cup servings



Ingredients

¼ **cup** of freeze-dried broth or 2 bouillon cubes
1 **cup** cooked, freeze-dried rice
½ **cup** freeze-dried chicken (cubed or shredded)
½ **cup** freeze-dried celery, diced
½ **cup** freeze-dried onions, diced
½ **cup** freeze dried carrots, thinly sliced
1 freeze-dried lemon slice
2 **tsp** freeze-dried thyme
1 bay leaf (optional)

This is a freeze-dried pantry recipe using already freeze-dried ingredients

Directions:

1. Add all the ingredients to a mylar bag, jar, or bowl, add an oxygen absorber, and vacuum seal

Rehydration:

Add about 2-3 cups of hot water (fill the jar to the top). Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

Notes:

This is a great road trip or camping meal. Rehydrates well in a mylar bag.

Nutritional Value Per 2 cup serving

Calories: 168 Protein: 10 g Fat: 1 g Carbohydrates: 30 g Sugar: 3 g Fiber: 3 g