

Chicken Skillet Casserole

A Freeze Dried Pantry Recipe

This recipe makes enough for 1 skillet (2-3 people)*

Ingredients: FD stands for Freeze Dried

2 T FD chopped Leeks or onion	¼ C FD Peas
½ C FD chopped Carrot	1 T FD Peppers
2 T FD chopped Celery	2 C FD chopped or shredded cooked Chicken
¼ C FD Spinach	2 T FD chopped Mushrooms
1 t FD Parsley	¼ C FD Milk
	1 ¼ C to 1 ½ C Water
	FD Rice of Choice



Directions:

1. Add all ingredients(except Rice) to a skillet on the stove top, including water.
2. Let sit for 5 minutes.
3. Over medium heat, bring to a low boil and cook until slightly thickened.
4. While the casserole is cooking, rehydrate your favorite FD Rice to spoon Casserole over
5. Store Leftovers Appropriately



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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray
Small = 5 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray