

Chicken Teriyaki Skillet Casserole

This recipe makes 6 servings and fills 1 large tray*

[Adventures in Freeze Drying: Freeze Dried Chicken Teriyaki Skillet Casserole](#)

Ingredients:

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|---|---------------------------------|
| 1 TBSP Sesame oil | ¼ C Water |
| 3 C bite-size Broccoli florets | 2 TBSP Cornstarch |
| 1 C diced red Bell Pepper | 2 cloves Garlic crushed |
| 1 C sliced Scallions or Green Top Onions | 3 C sliced cooked Chicken |
| ⅓ C Teriyaki Sauce | 3 C cooked brown Rice |



Directions:

1. Preheat oven to 350°F
2. Heat oil in an ovenproof skillet or dutch oven over medium heat
3. Add broccoli, bell pepper, and scallions, cook and stir until softened 3-5 minutes
4. Combine teriyaki sauce, water, cornstarch and garlic in a measuring cup
5. Add chicken and brown rice to the pan, then pour sauce over and mix well.
6. Bake until the vegetables are tender, about 15 minutes
7. Let cool, then spread across a parchment lined tray(s)
8. Freeze until frozen solid (this step can be skipped)
9. Freeze Dry
10. Store Appropriately (See Tips and Tricks for storage help)

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| Cycle Time: 24 hours | Rehydration: Add 1 - 1 ¼ C Boiling water or chicken broth per 2 servings and let sit for 3-5 minutes covered, stir and check, add more water if needed or let sit longer. |
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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