

Chicken Teriyaki Skillet Casserole

This recipe makes 8 cups



Ingredients

- 1 tbsp** sesame oil
- 3 cups** bite-size broccoli florets
- 1 cup** diced red bell pepper
- 1 cup** sliced scallions or green top onions
- 1/3 cup** teriyaki sauce
- 1/4 cup** water
- 2 tbsp** cornstarch
- 2 cloves garlic, crushed
- 3 cups** sliced cooked chicken
- 3 cups** cooked brown rice

Directions:

1. Heat a large skillet or wok over medium-high heat and add 1 tablespoon of sesame oil.
2. Add the bite-sized broccoli florets and diced red bell pepper to the skillet. Stir-fry for about 3 to 4 minutes until they start to soften.
3. Stir in the sliced scallions or green top onions and the crushed garlic. Cook for another minute until fragrant.
4. In a small bowl, whisk together the teriyaki sauce, water, and cornstarch until smooth.
5. Add the sliced cooked chicken to the skillet and stir to combine with the vegetables.
6. Pour the teriyaki sauce mixture over the chicken and vegetables, stirring constantly until the sauce thickens and evenly coats everything, about 2 to 3 minutes.
7. Remove the skillet from heat and combine the stir-fry with the cooked brown rice.
8. Add parchment paper to your trays
9. Spread the casserole over your tray
10. Place dividers (if you choose). We recommend creating 10 portions per tray
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 31 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup freeze-dried freeze dried casserole to a bowl, jar or mylar bag along with 1- 1/2 cups of boiling water. Let sit for at least 10 minutes, stirring several times. This is about 1 serving. Enjoy

Notes:

Changing up the type of rice you choose to use can change the texture of this meal.

Nutritional Value Per 2 Cup Serving

Calories: 431 Protein: 31 g Fat: 9 g Carbohydrates: 49 g Sugar: 6 g Fiber: 5 g