

Chicken & Celery Pasta

This recipe makes about 24 cups



Ingredients

3 lbs chicken breast
3 cups chicken broth
8 oz cream cheese
5 stalks of celery diced
1 onion, diced
2-10.5 oz cans cream of chicken soup
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2-packets of italian dressing mix about
.7 oz each-1.4 ozs total)
24 oz of angel hair pasta, cooked

This recipe was contributed by John In Bibs

Directions:

1. Add whole chicken breasts, chopped onions, celery, canned soups, chicken broth, cream cheese, and Italian dressing mix packets to your crock pot.
2. Cover with a lid and cook on low for 8 hours.
3. Remove the chicken from the crock pot, shred it, then return it to the crock pot and stir to combine.
4. Cook angel hair pasta until it's just about done.
5. In a large bowl, mix the cooked pasta with the contents of the crock pot until well combined.
6. Add parchment paper to your trays
7. Spread the chicken and celery dish evenly on trays
8. Add dividers if using. We like the 10-portion setting
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 26 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 3 divider portions or about 2 cups of freeze dried chicken and celery to a bowl with 1 cup of boiling water. Stir and cover for 3 minutes. Stir again and cover for an additional 2 minutes. Enjoy

Nutritional Value Per 1 ¾ cups pre freeze dried

Calories: 346 Protein: 28 g Fat: 14 g Carbohydrates: 25 g Sugar: 1 g Fiber: 2 g