

Chicken and Celery Pasta

This recipe fills exactly 4 medium trays to the max weight*

[John in Bibs: Chicken and Celery Pasta Freeze Dried Ep269](#)

Ingredients:

3lbs Chicken Breast	2 cans Cream of Chicken Soup (98% Fat Free)
3 C Chicken Broth	2 cans Cream of Celery Soup (98% Fat Free)
8 oz Cream Cheese	2 .7oz packets of Italian Dressing mix
5 Stalks of Celery Diced	24oz of Angel Hair Pasta cooked according to directions
1 Onion Diced	



Directions:

1. Put chicken breasts, onions, celery, cans of soup, chicken broth, and cream cheese, and Italian Dressing mix packets in your crock pot, cover with lid, and cook on low for 8 hours.
2. Pull chicken out of the crock pot and shred, then put the chicken back into the crockpot, and stir it all up.
3. Cook Pasta, if you haven't already, cook until it's just about done.
4. Put the contents of the crockpot on top of the Angel Hair Pasta in a large bowl and mix it up well.
5. Spread the contents out on a lined freeze drying pan, making sure not to exceed the weight limit of your tray, a medium's weight limit is 2.5 lbs. (Use dividers set into the ten portions configuration) Push the dividers into the food to proportion.
6. Cover with a lid, and then freeze until solid.
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Will Vary

Rehydration: 3 squares is 1 meal, Add 1 Cup of boiling water, stir, cover and let sit 2-3 minutes. Stir, let sit for an additional 2 minutes.



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray