

Chicken and Mushroom Soup

This recipe will low fill 2 medium trays*

Ingredients:

3 C Chicken Breast diced	¾ C Mushrooms, washed, dried, and sliced
1 C Chicken Broth	4 cloves Garlic minced
2 C Hot Water	1 tsp Oregano
1 can diced Italian Tomatoes	1 tsp ground Cumin
2 Red Bell Peppers, sliced	Salt and Pepper to taste
1 Red Onion, diced	



Directions:

1. Remove as much fat from the chicken breasts as you can.
2. Preheat your crockpot on low.
3. Add all ingredients to the crockpot, cover with lid, and cook for 6 hours.
4. Using a fork, remove the chicken and break apart, add back to the crockpot.
5. Continue cooking for another 1-2 hours.
6. Let cool, then ladle and spread evenly across parchment lined trays. Use dividers to pre-portion if desired. Cover with a lid and freeze until frozen solid.
7. Remove lids and freeze dry
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 42 hours	Rehydration: (3 - 1/10 portions is 1 serving of soup) Bring 1 ½ C water to a boil, start by adding 1 C of the boiling water to 1 serving of soup, stir, cover and let stand for 2-3 minutes. Check for consistency and tenderness of the chicken, add more water if desired, stir and let stand for another 2-3 minutes.
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Cycle times & rehydration for reference only

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