

Chicken & Mushroom Soup

This recipe makes 10 cups



Ingredients

3 cups chicken breast, diced
1 cup chicken broth
2 cups hot water
1 - 14 oz can diced Italian tomatoes
2 red bell peppers, sliced
1 red onion, diced
¾ cup mushrooms, washed, dried, and sliced
4 cloves garlic, minced
1 tsp oregano
1 tsp ground cumin
Salt and Pepper to taste

Directions:

1. Trim as much fat as possible from the chicken breasts
2. Set your crockpot to low heat
3. Add all ingredients to the crockpot, stir to combine, and cover with the lid. Cook on low for 6 hours
4. Using a fork, remove the chicken breasts, shred them into smaller pieces, and return them to the crockpot
5. Let the mixture cook for another 1 to 2 hours, allowing the flavors to blend.
6. Let the mixture cool to handle it
7. Ladle it evenly onto parchment-lined trays
8. Use dividers if you want pre-portioned servings. I used 10 portions on a medium tray
9. Pre-freeze
10. Freeze dry (my cycle time was 42 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

3 of the 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.

Notes:

This is a low fat way to get a high dose of protein as well as lots of Vitamins C, A & B.

Nutritional Value Per 1 serving

Calories: 100 Protein: 15 g Fat: 2 g Carbohydrates: 5 g Sugar: 3 g Fiber: 1 g