

# Chili Pouch O’Noodles

Recipe makes approximately 3 trays of chili and 1 tray of noodles \*

[John in Bibs’: Chili Pouch O Noodles Freeze Dried Ep224](#)

## Ingredients:

2lbs lean Ground Beef cooked drained and rinsed	½ tsp ground Cayenne Pepper
1 coarsely chopped Yellow Onion	½ tsp salt
2 Green Bell Peppers Chopped	1 tsp black pepper
3 Tbsp Chili Powder	1 can tomato sauce
2 Tbsp Garlic Powder	2 cans undrained diced tomatoes
2 Tbsp Onion Powder	1 6oz can tomato paste
3 Tbsp Ground Cumin	2 cans red beans or kidney beans drained and rinsed
1 Tbsp Smoked Paprika	2 Cups water
1 tsp of ground Chipotle	6 packages of Ramen Noodles



## Directions:

1. Add everything to the crockpot, and cook for 6 hours on low heat.
2. Let it cool down, then place in the refrigerator overnight and skim fat off of the top in the morning. \*\*This is an important step for long term storage
3. Slice ramen, uncooked, into 2 servings and place on a freeze drying tray
4. Put the Chili into 24 disks in silicone molds, or use dividers to make 10 portions (2 disks=1 serving)
5. Pre Freeze: Remove Chili from molds before Freeze Drying. If using dividers you can leave them in while freeze drying.
6. Freeze Dry
7. Store Appropriately. (See Tips and Tricks for storage help)
- 8.



Live.  
Life.  
Simple.

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

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

**Cycle Time:** Varies

**Rehydration:** 1 serving is  $\frac{1}{2}$  a package of Ramen noodles and two disks of Chili.

1. Add 1 C of Boiling water, stir and let sit for 2 minutes. Stir and let sit for an additional 2 minutes.



Live.

Life.

Simple.