

Corn Chowder- Freeze-Dried Pantry

This recipe makes 6-8 cups of corn chowder, depending if it's a stew or blended



Ingredients

4 cups diced potatoes-freeze-dried
2 cups diced onions-freeze-dried
1½ cup carrot medallions-freeze-dried
2½ cups sweet corn-freeze-dried
1 cup chopped celery-freeze-dried
1 tbsp Italian seasoning
1½ tsp granulated garlic
8 cups water
freeze-dried rosemary to taste

This recipe uses pre-freeze-dried ingredients

Directions:

1. Add all ingredients into a large stock/soup pot on the stove
2. Bring to a boil and then simmer for 15-20 minutes (add water as needed)
3. You can eat it chunky, or you can blend it for a creamy corn chowder

Notes: You could rehydrate this in a jar or a bag with boiling water. Reduce the ingredients to 1-2 servings and store in a mylar bag or jar. Allow to sit covered for 15 minutes to rehydrate completely.

Nutritional Value Per 1 cup of corn chowder, rehydrated

Calories: 210 Carbohydrates 48 g Protein 6 g Fat 1 g Fiber 8 g Sugar 9 g