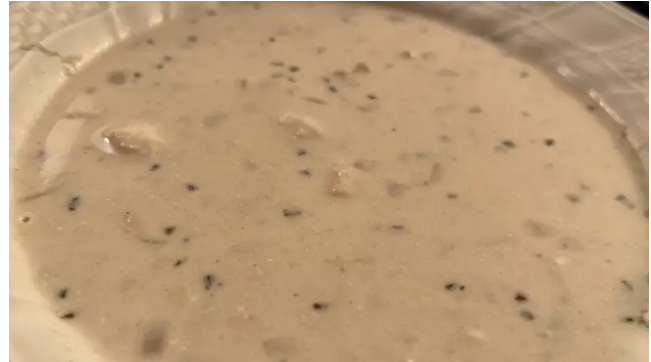


Creamy Cheese White Chili

This recipe will fill 1 medium tray with some left over*

Ingredients:

2-15 oz cans Great Northern Beans (rinsed)	¼ tsp salt
2 lbs cubed Chicken Breast or boneless skinless Chicken Thighs	½ tsp Pepper
1½ C Chopped Yellow Onion	¾ C Chicken Stock divided (¼ cup for browning chicken may not need all the broth for this)
5 cloves minced Garlic	1-4 oz can chopped Green Chiles
¾ C chopped Celery	4 oz Reduced Fat Cream Cheese
1 tsp ground Cumin	



Directions:

1. Wash 1 C of beans, place in a bowl, and mash with a potato masher.
2. Heat a little chicken broth over high heat in a pot. Add the chicken, turning occasionally while cooking the chicken until it is browned. (4-6 minutes)
3. Add the garlic, onion, celery, cumin, and salt, and pepper.
4. Cook until the onions are translucent. (about 5 minutes)
5. Add the mashed beans, whole beans, chiles, and 3 C of stock. Reduce heat to medium and simmer until chicken is fully cooked. (about 3-5 minutes)
6. Remove from heat. Stir in the Cream Cheese, continue stirring until it is melted.
7. Let cool
8. Line your tray with parchment, and spread soup evenly across your tray. Add dividers in the ten portions set up if you want to pre-portion your soup. Cover with a lid.
9. Freeze until frozen solid
10. Remove lid and freeze dry
11. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 36 Hours	Rehydration: Add a little bit of boiling water and stir until it is about the right consistency, then add a little more boiling water, cover, and let sit for 2 minutes, check the chicken, add more water if needed, or let sit a little longer if needed.
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Cycle times & rehydration for reference only

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