

# Easy Chicken and Dumplings

1 recipe will fill 1 Harvest Right Medium Tray \*

[Live Life Simple's: Mountain House Chicken & Dumplings Vs. Harvest Right Home Freeze Dried](#)

## Ingredients

2 cups chicken broth  
1lb chicken breast diced  
2 tbsp dried minced onion or ½ cup fresh minced onion  
1 tbsp dried parsley  
1 ½ C frozen Peas and Carrots  
2 cans cream of chicken soup  
1 7.5 oz can refrigerated biscuits



## Directions

1. Add broth, cooked and diced chicken, onion powder, parsley, peas and carrots, cream of chicken soup all into an instant pot with chicken soup covering any chicken sticking up.
2. Dice up your biscuits and put on top of all other ingredients.
3. Close the instant pot, Pressure cook for 2 minutes, and then a 3 minute natural release.
4. Line tray with parchment and empty contents on to tray
5. You may want to freeze dry the biscuits separately.
6. Make 10 portion configuration with dividers and put dividers into place
7. Pre Freeze
8. Freeze Dry
9. Store Appropriately. (See Tips and Tricks for storage help)

**Cycle Time:** My cycle time for 5 large trays, not pre-frozen with Premier Pump was over 65 hours.

**Rehydration:** Add 1⅓ Cups boiling water to 4 divider portions. Mix. Let sit covered for 5 minutes, stir, let sit covered for 4 more minutes.



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Cycle times & rehydration for reference only

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