

# Freeze Dried Steak and Eggs Burritos

## A Freeze Dried Pantry Recipe

This recipe makes 2 Steak and Egg Burritos

[Nessa's Nook: Freeze Dried Steak and Eggs Burritos](#)

### Ingredients: From your Freeze Dried Pantry

1 Cubed Raw Freeze Dried Steak

Beef Broth

½ C Dehydrated or Freeze Dried Shredded Potatoes

¼ C of freeze dried or fresh onions and peppers

6 Fresh Eggs, or equivalent of Freeze Dried Eggs Rehydrated

Salt and Pepper to Taste

Shredded Cheese



### Directions:

1. Soak the raw freeze dried steak in beef broth until tender. You do not need to worry about over-hydrating steak. Once steak is rehydrated add any seasonings you desire.
2. Rehydrate your shredded potatoes with the onions and peppers with water (can dump off excess water)
3. Scramble 6 eggs add salt and pepper to taste (can add milk or water if desired)
4. Cook eggs on the stove, cook the potatoes and steak in the air fryer with a little bit of butter.
5. Combine Eggs, steak, and potatoes, put some shredded cheese on your tortilla and then add steak, eggs, and potatoes.

### Rehydration:

Soak steak in Beef Broth, discarding extra broth after rehydrating.

Soak Dehydrated, or Freeze Dried Shredded Potatoes In water along with onions and pepper discarding extra water after rehydrating

Freeze Dried eggs 1 egg is about 2 Tbsp of Powder plus 2 Tbsp of Water



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