

# Garlicky Rice

This recipe will fill 1 medium tray\*

## Ingredients:

5 C Vegetable  
Broth plus extra  
for sauteing Garlic

8 cloves Garlic  
chopped (fresh is  
best)

3 C White Rice

Salt and Pepper  
to taste



## Directions:

1. In a saucepan large enough to cook your rice, add several tablespoons of broth at medium-high heat. Add the garlic and saute for about 1 minute.
2. Add the rice and the broth to your pan, and bring to a boil.
3. Once boiling, reduce heat to a simmer and cook until all of the liquid is gone, about 15 minutes.
4. Fluff with a fork, add salt and pepper if desired.
5. Let cool.
6. Spread evenly across a parchment lined tray, you can add dividers if you want to pre-portion. Freeze until frozen solid
7. Freeze Dry
8. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 37 hours

### Rehydration:

Use a 1:1 ratio. For 1 Cup of Rice and Water, cook for 3 minutes in the microwave, stirring at each minute.



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Cycle times & rehydration for reference only

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