

Garlicky Rice

This recipe makes about 9 cups



Ingredients

5 cups vegetable broth plus extra for sauteing garlic
8 cloves garlic minced
3 cups white rice
salt and pepper to taste

Directions:

1. In a medium saucepan (large enough to cook your rice), heat 2-3 tablespoons of broth over medium-high heat until it begins to simmer
2. Add the minced garlic and sauté for about 1 minute, stirring frequently until fragrant but not browned.
3. Stir in the rice, coating it with the garlic and broth mixture for enhanced flavor
4. Pour in the remaining broth and increase the heat to bring the mixture to a boil. Once boiling, reduce the heat to low and cover the pan with a lid
5. Let the rice simmer gently for about 15 minutes, or until all the liquid is absorbed and the rice is tender
6. Remove the saucepan from heat. Let it sit, covered, for 5 minutes to finish steaming. Then, fluff the rice with a fork and season with salt and pepper to taste
7. Allow the rice to cool
8. Add parchment paper to your trays
9. Spread the rice out onto your trays
10. Pre-freeze when possible
11. Freeze dry (my cycle time was 37 hours)
12. Store in mylar bags for long-term storage

Rehydration:

In a microwave-safe bowl, mix freeze-dried rice with water at a 1:1 ratio. Heat the mixture in the microwave on high for 3 minutes, stopping to stir thoroughly after each minute to ensure even rehydration. Let it stand for 5 minutes. If the rice isn't fully rehydrated, add a tablespoon of water and microwave in 30-second intervals, stirring between each, until desired texture is reached. You can also just add hot or boiling water and let it sit covered for 5-10 minutes

Notes:

This is a great road trip or camping meal. Add some freeze dried protein for a complete meal.

Nutritional Value Per 1 cup

Calories: 146 Protein: 3 g Fat: 0 g Carbohydrates: 32 g Sugar: 0.5 g Fiber: 0.5 g