

Grandma's Turkey & Noodles

This recipe makes about 24 cups



Ingredients

Turkey

3 lbs of turkey breast
1 tbsp ground rosemary or **2-3** sprigs
2-3 sprigs of thyme
5-6 fresh sage leaves
2 tsp of garlic powder

Noodles

3 eggs
¼ tsp baking soda
2½ -3 cups flour
2 tbsp of milk
8 cups of broth (maybe add more if you cook the noodles in 2 batches)

Directions:

Preparing the turkey:

We used a Sous Vide to cook the turkey. You can skip steps 1-4 and cook the turkey any way you choose

1. Set the Sous Vid at 140 degrees
2. Mix spices to create a rub and coat the turkey evenly.
3. Place the turkey in a ziplock bag, remove all air, and seal tightly.
4. Submerge the sealed turkey in the sous vide water bath and cook for 8 hours.
5. Chop the cooked turkey into bite-sized pieces.

Preparing the Noodles & Assembling the Ingredients

1. Combine noodle ingredients, adding extra flour as needed, until the dough reaches a pie crust-like consistency
2. Roll the dough out thinly and cut into fettuccine-sized noodles using a pizza cutter, pasta cutter, or knife **Note:** The noodles will double in size when cooked
3. Allow the noodles to rest for about an hour before cooking
4. Bring broth to a boil in a large stockpot. Add the noodles, reduce heat, and let simmer for 20 minutes
5. Stir in the cooked turkey
6. Optionally, add carrots and peas for extra flavor and texture
6. Add parchment paper to your trays and pour the soup into trays
7. Place dividers (if you choose). We like to use 10 portions per tray
8. Freeze dry (my cycle time was 27 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add ½-¾ cup of boiling water to 2 divider portions or about 1 ½ cups of freeze-dried noodles. Stir and cover for a few minutes. Enjoy. Adjust the water to your preference. More water will make a soup and less water will make a thicker noodle dish. Both are delicious

Notes:

This is a great on-the-go recipe or meal in a bag or jar.

Nutritional Value Per 1 serving

Calories: 177 Protein: 21 g Fat: 2 g Carbohydrates: 17 g Sugars: 1 g Fiber: 0 g