

Ham and Beans

This recipe makes about 14 cups



Ingredients

1 lb of cooked ham
2 cloves of garlic
1 yellow onion
2 lbs of large lima beans, uncooked
10 cups of water or broth
Salt and pepper

Optional: ham bone

Directions:

1. If you use a ham bone, boil it for about 1 hour in 10 cups of water. Remove from the pot and pick off any meat left on the bone (you do not have to use a ham bone; you can just use diced ham). Save the broth
2. Dice yellow onion, mince two garlic cloves, and dice your ham. Trim excess fat from the ham, using only the leanest portions.
3. Add all ingredients to the stockpot with your leftover ham broth (OR add about 10 cups of water or broth to a large pot) and cook on low for 3 to 5 hours, checking the beans' consistency every hour. Add small amounts of water as needed to ensure the beans cook thoroughly.
4. Add parchment paper to your trays
5. Pour ham and beans onto trays
6. Place dividers (if you choose). We like to use 10 portions per tray
7. Pre Freeze when possible
8. Freeze dry (my cycle time was 45 hours)
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried ham and beans to a bowl with about 1 cup of boiling water. Stir and cover. Let it sit for about 5 minutes. Stir and adjust consistency as needed. Enjoy

Notes:

This would be a great camping or road trip meal. Rehydrate in a mylar bag.

Nutritional Value Per 1 ½ cup serving

Calories: 441 Protein: 31 g Fat: 8 g Carbohydrates: 58 g Sugar: 4 g Fiber: 9 g