

Hearty Homemade Chicken Noodle Soup

This recipe makes enough to fill 12 medium trays*

[Adventures in Freeze Drying For Beginners:Hearty Homemade Chicken Noodle Soup Freeze Dried](#)

Ingredients:

| | |
|--|----------------------------------|
| 2 lbs of carrots, cleaned and chopped | 4lbs Chicken breasts |
| 1 bag of Celery cleaned and chopped | 2 Tbsp Coarse Sea Salt |
| 1 bulb of Garlic (13 cloves) chopped | 1 Tbsp Ground Black Pepper |
| 2 Yellow Onions Chopped | 4 dried Bay Leaves |
| Chicken backs and carcasses (for flavor and a little meat) | 8 fresh Basil Leaves |
| | 2 fresh Sage Leaves |
| | A couple sprigs of fresh Oregano |
| | A bunch of Parsley |
| | 24 C Water |
| | 2 lbs of Egg Noodles |



Directions:

1. In a large stock pot on your stove add the veggies, Chicken backs and carcasses, and all of the spices and seasonings, add 24 C of Water.
2. Bring everything to a boil on the stove top, turn the temperature to low and boil for 4-6 hours.
3. Add 4lbs of chicken breasts and continue to cook on low heat for 1 hour.
4. Pull all chicken and bones out of the broth, put broth and veggies in the fridge to cool overnight. Put Chicken in the fridge overnight.
5. Chop chicken breasts into small pieces, for rehydration purposes smaller is better. You can pull some of the meat off of the chicken bones if you wish.
6. Remove as much fat as possible from the top of the Chicken broth and vegetables.
7. Add everything back into your stock pot and return to a boil.



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Cycle times & rehydration for reference only

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

8. Add noodles and cook until noodles are 98% done. Stopping early will help them to not fall apart when they reconstitute.
9. I chose to pour 2 Cups of soup into Quart sized baggies and freeze them laying flat.
10. Remove from baggies and place on a lined tray, I placed 2 baggies per tray because of weight limits of the Freeze Dryer.
11. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My Cycle time was about 46 and ½ hours in a medium freeze dryer. However I added 15 hours of extra cycle time so I wouldn't have to get up in the middle of the night.

Rehydration: Add boiling hot water, stir, let sit for 5 minutes, check and repeat until you reach desired consistency. I used 2 C of water for each 2 C pre portioned section of soup.



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