

# Jambalaya

This recipe will fill 5 Large Freeze Dryer trays with Jambalaya\*

Live.Life.Simple's: [Freeze Dried Jambalaya 🍴🍴 Using the NEW! Food Funnel Mylar Bag Holder 😊](#)

## Ingredients:

3 lbs Shrimp cut into small pieces	9 C Vegetable/Chicken broth
6 diced Chicken breasts	3 cans diced tomatoes
4½ C Brown Rice	3 Bay Leaves
9 Bell Peppers diced	6 Tbsp Cajun Spice
6 Stalks of Celery diced	Add Cayenne pepper and salt and pepper to taste
3 diced Onion diced	
12 Cloves Garlic	



## Directions:

1. In a large Stock Pot, just add enough broth to cover the bottom of the pot, then brown up your onions, garlic, celery and bell peppers
2. Next add your diced chicken breasts and cook.
3. Add the remainder of the broth, diced tomatoes, rice, bay leaves, and cajun spice, bring to high heat and boil, cooking rice fully. Stirring regularly, bring down to a simmer and finish cooking rice.
4. Add the shrimp, and stir until cooked.
5. Line your tray with Silicone Mats, and spread Jambalaya even on trays, dividers would be useful to portion.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

I used my food processor to dice everything.

**Cycle Time:** A full load in my large freeze dryer ran about 46 hours, with an oilless pump

**Rehydration:** Add boiling water, stir. Let sit, and add more water as needed.



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[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

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