

Kielbasa, Potato, and Cheddar Cheese Soup

This will make four 5 Cup trays of soup*

Contributed by: Hallie Thompson

Ingredients:

Olive Oil Spray	3-(14oz) Cans low-sodium chicken broth
3-packages of 13oz Turkey Polish Kielbasa (cut into small 1/2" pieces)	2 Tbl Flour
2-C finely chopped Vidalia Onions	1-C half and half
3-C peeled and diced Carrots	3-C 2% milk
1-C finely diced Celery	3-C shredded Sharp Cheddar Cheese
4 lbs-Russet Potatoes peeled and diced into small 1"x1" pieces.	2-Tbsp dried Parsley
	1-tsp Salt (or to taste)
	1/2-tsp Pepper (or to taste)



Directions:

1. Spray a large pan with olive oil spray. Add cut up kielbasa pieces and cook while stirring frequently for 15 minutes. Transfer Kielbasa to a large pot.
2. Spray a large pan with olive oil spray again and add diced onions, diced celery and diced carrots. Let cook over medium heat while stirring for approximately 15 minutes and transfer to a large pot with kielbasa.
3. Add salt, pepper and parsley to the mixture in a large pot.
4. Add 4 lbs of cut up potatoes, 3 cans of chicken broth and 3 cups of milk to a large pot and begin to simmer.
5. In a bowl put 2 Tbsp flour and slowly pour in half and half while whisking. Add this to a large pot and simmer for approximately 20 minutes or until potatoes are fully cooked.
6. Remove from heat and stir in 3 cups shredded cheddar cheese.
7. Let cool, line your trays with parchment paper, then spread 5 Cups of soup out evenly on each tray. Add dividers if you would like your soup pre-portioned.
8. Freeze until frozen solid, and then freeze dry.
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: About 38 hours	Rehydration: Boil 1-2 Cups of water, add a little bit of water at a time until you get close to desired consistency. Stir, let sit for 5 minutes covered, repeat until desired consistency is reached.
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Cycle times & rehydration for reference only

*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray