

Kielbasa, Potato, and Cheddar Cheese Soup

This recipe makes about 20 cups of soup



This recipe was contributed by Hallie Thompson

Ingredients

Olive oil spray (use sparingly)
3 packages - 13 oz turkey Polish kielbasa (cut into small ½" pieces)
2 cups finely chopped Vidalia onions
3 cups peeled and diced carrots
1 cup finely diced celery
4 lbs russet potatoes, peeled and diced into small 1" x 1" pieces
3 (14 oz) cans low-sodium chicken broth
2 Tbsp flour
1 cup half and half
3 cups 2% milk
3 cups shredded sharp cheddar cheese
2 Tbsp dried parsley
1 tsp salt (or to taste)
½ tsp pepper (or to taste)

Directions:

1. Spray a large pan with olive oil spray. Add the kielbasa pieces and cook over medium heat, stirring frequently for 15 minutes. Transfer the cooked kielbasa to a large pot.
2. Spray the pan with olive oil spray again. Add the diced onions, celery, and carrots. Cook over medium heat, stirring occasionally, for 15 minutes. Transfer the vegetables to the large pot with the kielbasa.
3. Add the salt, pepper, and parsley to the pot and stir to combine.
4. Add the diced potatoes, chicken broth, and milk to the pot. Bring to a simmer over medium heat.
5. In a small bowl, whisk together the 2 tablespoons flour and half and half until smooth. Slowly pour it into the pot while stirring. Let the soup simmer for 20 minutes, or until the potatoes are fully cooked.
6. Remove the pot from heat and stir in the shredded cheddar cheese until fully melted.
7. Let the soup cool slightly. Line your freeze-drying trays with parchment paper, then spread 5 cups of soup evenly on each tray. Add dividers if you choose, we like using the 10 portion setting.
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 38 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate, place 1 ½ cups (3 portions) of freeze-dried soup into a bowl or pot. Slowly add 1 ½ cups of hot water, stirring continuously to help the soup absorb the liquid evenly. Let the soup sit for 5 to 10 minutes, stirring occasionally, until fully rehydrated. If the consistency is too thick, add more hot water gradually until it reaches your desired texture.

Notes:

Nutritional Value is based on assuming 1 ½ cup servings and 13 servings per batch.

Nutritional Value Per 1 ½ cup serving

Calories: 452 Protein: 27 g Fat: 20 g Carbohydrates: 40 g Sugar: 10 g Fiber: 3 g