

Lemon Chicken Rigatoni

This recipe will fill 2 medium trays*

Contributed by: Nancy Tyrrell

Ingredients:

2 Tbsp Butter	¼ tsp Salt
2 tsp finely chopped Garlic	¼ tsp Pepper
3½ C Chicken Broth	2 C shredded cooked Chicken
2 tsp Lemon Juice	4 oz Cream Cheese cubed
½ tsp Lemon Zest	1- 15 oz can Green Beans
3 C Rigatoni	



Directions:

1. In a 4-5 quart Soup Pot, heat better over medium heat. Add garlic, cook 1-2 minutes, stirring frequently, until garlic is tender.
2. Add chicken broth, lemon juice and zest, rigatoni, salt and pepper. Heat to boiling. Simmer uncovered for 14-16 minutes, stirring occasionally, until pasta is al dente and most of the liquid is absorbed.
3. Stir in cream cheese and melt it.
4. Stir in chicken and green beans (or your choice of vegetables); continue heating until heated through.
5. Spread evenly on parchment lined trays, and pre-freeze if desired.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: ?

Rehydration: Add a little bit of boiling water, let sit for 3-5 minutes, check and either continue to let it sit or add a little more boiling water. Repeat the process until desired consistency is reached.



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* XL Tray = 15 Cups/tray Large Tray = 8 Cups/tray Medium = 6 Cups/Tray
Small = 4 Cups/Tray

Cycle times & rehydration for reference only