

Lemon Chicken Rigatoni

This recipe makes 8-9 cups of food



Ingredients

2 **tbsp** butter
2 **tsp** finely chopped garlic
3 **1/2 cups** chicken broth
2 **tsp** lemon juice
1/2 **tsp** lemon zest
1/4 **tsp** salt
1/4 **tsp** pepper
2 **cups** shredded cooked chicken
4 **oz** cream cheese, cubed
1 (15 **oz**) can green beans
3 **cups** rigatoni

Directions:

1. In a 4-5 quart soup pot, heat butter over medium heat.
2. Add garlic and cook for 1-2 minutes, stirring frequently until tender.
3. Add chicken broth, lemon juice, lemon zest, rigatoni, salt, and pepper.
4. Bring to a boil, then simmer uncovered for 14-16 minutes, stirring occasionally, until pasta is al dente and most of the liquid is absorbed.
5. Stir in cream cheese until melted.
6. Add shredded chicken and green beans, then continue heating until warmed through.
7. Let the mixture cool.
8. Spread mixture evenly on parchment-lined trays.
9. You can use dividers set to 1/4 sections per tray to create 8 one-cup servings.
10. Pre Freeze when possible
11. Freeze dry (my cycle time was 31 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate one serving, add 3/4 to 1 cup of hot water to the freeze-dried portion. Stir well and let it sit for 5-7 minutes, or until fully rehydrated and heated through. Adjust water amount based on desired consistency.

Notes:

Some warm, crusty garlic bread to complement the creamy, lemony flavors of the rigatoni, makes an excellent companion with this recipe.

Nutritional Value Per 1 cup serving

Calories: 207 Protein: 12.4 g Fat: 9.1 g Carbohydrates: 18.4 g Sugar: 1 g Fiber: 1.3 g