

Midwest Chili

This recipe will make 4 medium trays of chili*

[Adventures in Freeze Drying: Midwest Chili; Cooked, Freeze Dried, and Rehydrated](#)

Ingredients:

2 Lbs of Hamburger	Salt and Pepper to taste
2 cans Kidney Beans, drained and rinsed	1-2 Tbsp Italian Seasoning
2 cans Chili Beans	1-2 Tbsp Chili Sauce
4 15.5oz cans Tomato Sauce or 2 32 oz cans	1 Tbsp Chili Powder
2 Cans Petite Diced Tomatoes	1-2 Tbsp Worcestershire Sauce
½ Tbsp crushed Red Pepper flakes	1 large squirt Yellow Mustard
	1 Yellow Onion Diced



Directions:

1. Cook the onion in a little bit of Chicken broth in a separate pan, to keep the onion from soaking up hamburger grease.
2. Put the hamburger in a large stock pot, add salt, pepper, and Italian seasoning to taste, and cook until the hamburger is done.
3. Drain the hamburger, and then rinse very thoroughly with hot water or even boiling water to get rid of as much grease as possible.
4. Return to the stock pot, or crock pot
5. Add all of the remaining ingredients, stir and cook over low heat for 3-4 hours
6. Chill, then spread evenly on parchment lined trays. Then add dividers in the ten portion configuration. Cover with a lid and freeze until solid.
7. Remove the lids, and Freeze Dry.
8. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 44 hours with 12 hours extra dry time to get to morning

Rehydration: Each 1/10th portion will need about ½ C of boiling water, stir and let sit for 5 minutes, check and add more water if needed, let sit for 5 more minutes.



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* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray

Cycle times & rehydration for reference only