

Nessa's Stir Fry

This recipe will make about 1 medium tray of Stir Fry and Rice*

[Nessa's Nook's: Instant Pot Jasmine Rice with Stir Fry](#) and [Stir Fry and then Freeze Dried and Reconstituted Yumm](#)

Ingredients:

1 C Jasmine Rice	1 pint of canned mushrooms
2 C water	1 can Water Chestnuts
1 Onion chopped	1-2 C frozen Broccoli
½ cup Chicken Broth	1 frozen bag of Kroger's Stir Fry Starters
2 Tbsp Soy sauce	Vegetables with noodles
Garlic and Onion Powder to Taste	
Chicken Broth	



Directions:

1. Make the rice in the instant pot with 2 C of water on high pressure for 3 minutes, and then naturally release.
2. In a dutch oven, add onion and cook for a few minutes, then add the water, soy sauce, garlic and onion powder, used to deglaze the pan from cooking the onions.
3. Then add mushrooms, water chestnuts, and broccoli, cook and stir for a few minutes
4. Add the Kroger's Stir Fry Starter, stir and cook together on low, until rice is done and released.
5. Line your tray with parchment, spread rice and stir fry mix out across the tray. You may add dividers to portion if you want. Cover with a lid and freeze until solid.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: Add a little bit of boiling water, stir, let sit for a few minutes, add more water if needed let sit a few more minutes.



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Cycle times & rehydration for reference only

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