

Pineapple Chicken & Rice In A Jar

Freeze Dried Pantry

This recipe makes a 1-quart jar and is 2 servings



Ingredients

1 cup cooked rice, freeze-dried
2 tbsp sliced carrots, freeze-dried
1 tbsp chopped green onion, freeze-dried
3/4 cup cooked, diced chicken freeze-dried
1/4 cup chicken broth powder, freeze-dried
3/4 cup diced bell peppers, freeze-dried
1/4 cup diced onion, freeze-dried
1 tbsp diced ginger, freeze-dried
1 tsp dice garlic, freeze-dried
1/4 cup BBQ sauce, freeze-dried
3/4 cup diced pineapple, freeze-dried

This is a freeze-dried pantry recipe using already freeze-dried ingredients

Directions:

1. Add all the ingredients to a jar in the order listed
2. Add an oxygen absorber and seal
3. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 cups of boiling water or enough to fill the jar to the top. Close the lid and shake the jar a bit to mix everything. Allow it to sit covered for 10-15 minutes. Remove the lid and pour into bowls or eat it right out of the jar or bag.

Notes:

This makes a pretty full jar. You could pour this all into a saucepan with 2 cups of water and cook covered on low for about 10 minutes to warm and rehydrate

Nutritional Value Per 1/2 recipe

Calories: 425 Protein: 26 g Fat: 9 g Carbohydrates: 58 g Sugar: 27 g Fiber: 3 g