

Pineapple Chicken

This recipe makes 6 cups



Ingredients

1 ½ - 2 lbs chicken breasts
½ tsp garlic powder
1 tbsp black pepper
2 - 8oz cans pineapple tidbits
1 red bell pepper
½ medium onion

Sauce Ingredients

3 tbsp honey (or 1 ½ tbsp sugar)
¾ cup pineapple juice (from drained pineapple)
2 tbsp soy sauce
1 tsp rice vinegar (or apple cider vinegar)
1 tsp grated ginger
2 cloves minced garlic
1 tbsp cornstarch

Directions:

1. Cut the chicken breasts, pepper and onion into bite sized pieces.
2. Add all of the sauce ingredients into a small bowl and whisk until smooth.
3. Toss the chicken pieces with the garlic powder and pepper.
4. Using a small amount of olive oil or chicken broth, cook ½ the chicken pieces over medium high heat, remove from the pan and cook the other ½ of the chicken pieces and remove from the pan.
5. Add the pineapple to the pan and cook for about 1 minute. If needed, add 1 tbsp chicken broth to help keep it from sticking.
6. Add the veggies to the pan and cook for another 3 minutes or so.
7. Add the chicken back to the pan and then stir in the sauce. Let it bubble until thickened .
8. Let cool, then spread evenly across a parchment lined tray. Add dividers to make 4 servings if desired.
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 36 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

In a bowl, combine pineapple chicken with boiling water or chicken broth, starting with ½ cup per serving. Let it sit for 5 minutes, then stir. If needed, add more hot liquid and let it sit again, repeating the process until the desired consistency is reached.

Notes:

Honey on its own isn't ideal for long-term storage, but when incorporated into a recipe, it can extend its shelf life. For more reliable long-term storage, consider using sugar as a substitute, or simply omit the honey altogether.

Nutritional Value Per 1 ½ cups

Calories: 365 Protein: 36 g Fat: 5 g Carbohydrates: 45 g Sugar: 35 g Fiber: 2 g