

Queso

This recipe makes ~5 cups



Ingredients

2 lbs Velveeta, cubed
2 - 10 oz cans Rotel
1 lb hamburger

Directions:

1. Cube the Velveeta and place it in a crockpot set to low heat.
2. Pour in both cans of Rotel and stir to combine.
3. In a skillet, cook the hamburger over medium heat until fully browned. If you like, add seasonings.
4. Drain and rinse the cooked meat with hot water to remove excess grease.
5. Add the cooked hamburger to the crockpot and stir. Stir the mixture every 15 minutes until the queso is smooth and fully melted.
6. Add parchment paper to your trays.
7. Pour the queso onto the trays.
8. Place dividers (if you choose). We like to use 40 portions per tray.
9. Pre-freeze when possible.
10. Freeze dry (my cycle time was 22.5 hours).
11. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

One serving is about 10 squares. Pour $\frac{1}{2}$ cup of boiling water over 10 squares. Use a fork or spoon to break them apart while stirring. Cover and let sit for 5 minutes. Stir again, adding a little more water if needed. If necessary, microwave briefly to reheat and continue letting them sit until fully rehydrated. Be patient—this process takes time for complete rehydration.

Notes:

It is important to rinse as much fat from the hamburger as you can if you intend to store this long term. Freeze dried queso is a great item to keep on hand and pull out when you have company or head to a friend's house for a big game! Just rehydrate and serve with tortilla chips.

Nutritional Value Per 1 serving

Calories: 396 Protein: 32 g Fat: 23 g Carbohydrates: 13 g Sugar: 9 g Fiber: 0 g