

Root Vegetable Stew

This recipe will fill 4 medium trays*

Ingredients: (Root vegetables from the store should washed, and peeled before chopping)

4 C chopped Kale	6 tsp minced Garlic
2 large White Onions, chopped	2 lbs Sweet Potatoes, chopped
2 lbs Parsnips, chopped	2 Bay Leaves
2 lbs of Potatoes, chopped	2 tsp ground Black Pepper
4 Celery Ribs, chopped	1 tsp Sea Salt
2 lbs Butternut Squash, deseeded, peeled, and chopped	2 Tbsp chopped Sage
2 lbs Carrots, chopped/diced	6 C Vegetable broth
	Carrots can take a very long time rehydrate, the smaller the better



Directions:

1. In a large crock pot, add all of the ingredients except the Kale, stir until mixed.
2. Cook on low for 8 hours.
3. Add Kale and stir until mixed, and let cook for another 10 minutes (if eating right away dish up here)
4. You can freeze dry like this, or you can use an immersion blender to create more of a bisque.
5. Let cool, and spread evenly on a parchment lined tray. You can use dividers if you wish to pre-portion. Freeze Until Frozen Solid
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)NOTE: If turned into a bisque, you may want to powder before you store.

Cycle Time: 50 hours	Rehydration: If powdered, add some boiling water, stir and let sit for 1-2 minutes, then add more water if needed until you reach desired consistency. If a stew, follow the same steps, checking chunks for tenderness/rehydration.
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Cycle times & rehydration for reference only

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