

Shipwreck Stew

This recipe will fill 4 medium trays by mass*

[John in Bibs': Shipwreck Stew with Cornbread Freeze Dried Ep188](#)

Ingredients:

All canned goods besides carrots and potatoes are 15 oz cans

2 lbs Hamburger (the leaner the better)	3 cans fire roasted diced Tomatoes
1 chopped Onion	3 C frozen Sweet Corn
4 C canned diced Carrots	1/4 C Beef Bullion
4 C canned sliced Potatoes	2 C of Water
2 cans of Green Beans (undrained)	1/2 T Black Pepper
2 cans of Chickpeas (undrained)	1 T Slap Ya Mama Cajun Seasoning (this adds heat, you may want less)



Directions:

1. Brown your hamburger with the chopped onion.
2. In a large crockpot, add your browned hamburger with onion and the rest of the ingredients, mix well.
3. Cook on low in your crockpot for 8 hours.
4. Let cool, then spread evenly on a lined freeze dryer tray, add dividers if you want to pre-portion your food, and put a cover on your tray. (I set my dividers up into 8 portions with a little left over, using 2 bricks for 1 portion of food)
5. Freeze until frozen solid (24-48 hours)
6. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: (1 portion was 2 of my bricks) Add 1 C of boiling water to 1 portion of food, mix up, cover and let sit for 1 minute. Stir, add more water if needed, then let sit for another minute.



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Cycle times & rehydration for reference only

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