

Skillet Chicken and Mushrooms

This recipe makes 6 cups



Ingredients

1½ lb boneless, skinless chicken breasts
1 tsp oregano
1 tsp paprika
1 tsp coriander
12 oz fresh sliced mushrooms
2 Tbsp chicken broth
3 green onions, chopped
2 garlic cloves, minced
Salt and pepper
Parsley for garnish
½ cup chicken broth
1 Tbsp butter

Directions:

1. Combine the oregano, paprika, and coriander in a small container. Shake to mix and set aside.
2. If freeze drying, cut the chicken into small cubes. Otherwise, halve the chicken breasts.
3. Pat the chicken dry and season with salt and pepper. Then, coat it with the seasoning mix.
4. In a large skillet, heat 2 Tbsp of chicken broth over medium heat. Add the chicken and cook until fully done, adding more broth as needed to prevent sticking. Remove the chicken from the pan and set aside.
5. In the same skillet, add the butter and let it melt. Add the mushrooms and sauté for 5 minutes.
6. Stir in the broth, green onions, garlic, and a pinch of salt and pepper. Bring the mixture to a boil.
7. Return the chicken to the pan and mix well to combine.
8. Spread the meal evenly across a parchment-lined tray. If desired, use dividers to create four portions for easy separation.
9. Pre Freeze when possible
10. Freeze dry (my cycle time was 27 hours)
11. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add the one serving to a pan with 1 to 1½ cups of hot water, stirring occasionally over low to medium heat until the chicken and vegetables are fully rehydrated and heated through. Adjust the water as needed for desired consistency, then serve immediately.

Notes:

Rehydrating on the stove allows for better heat distribution, controlled moisture absorption, and prevents the chicken from becoming soggy while ensuring the flavors meld properly.

Nutritional Value Per 1 ½ C

Calories: 128 Protein: 18 g Fat: 4.6 g Carbohydrates: 4.25 g Sugar: 1 g Fiber: 1 g