

Sloppy Juans

This recipe makes about 4 medium trays, 12 portions per tray *

[John in Bibs Freeze Dried Sloppy Juan's Ep64](#)

Ingredients:

2 cans Fat Free Refried Beans	4 medium sized potatoes par boiled and sliced scalloped style
2 C Chicken Broth	
2 cans of Sweet Corn undrained	Or cook rice and add about 2 - 4 Cups
2 cans of Rotel drained	
4 C cooked and shredded chicken	
1lb block of cubed Velveeta Queso Blanco	



Directions:

1. In a large pan on the stove, add the cans of Fat Free Refried Beans and Chicken Broth, stir, then add the corn and stir, and then add the Rotel. Turn heat on the stove and bring to a simmer, stirring occasionally.
2. Add cooked chicken and stir and bring back to a simmer. Add cubed velveeta and stir and cook until the cheese is melted.
3. Add potatoes and cook until tender. (Simmer covered) Or add Rice and cook and simmer together for about 10 minutes.
4. You can either use silicone molds, or Tray Dividers on a lined tray
5. Freeze until Solid
6. If in molds, pop out of molds and put onto a lined tray.
7. Freeze Dry
8. I make this into an MRE using a 1pt gusseted zip seal mylar bag, I put 1 portion per bag with an O2 Absorber.
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time:Varies

Rehydration:Add 1/4C of Boiling water, stir, seal, and let sit for 2-3 minutes. Add a little more boiling water, stir, seal and let sit for a few minutes.



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Cycle times & rehydration for reference only

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



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