

# Sloppy Juans

*This recipe makes 36 servings, ~½ cup each*



## Ingredients

2 - **16 oz cans** fat free refried beans  
2 **cups** chicken broth  
2 - **15 oz cans** sweet corn, undrained  
2 - **10 oz cans** Rotel, drained  
**4 cups** cooked and shredded chicken  
**1 lb block** Velveeta Queso Blanco  
4 medium sized potatoes par boiled and sliced scalloped style  
-Or-  
2-3 **cups** cooked rice

**This recipe was contributed by John In Bibs**

## Directions:

1. In a large pan over medium heat, add the fat-free refried beans and chicken broth, stirring until well combined.
2. Stir in the corn, followed by the Rotel, mixing everything evenly.
3. Turn on the heat and bring the mixture to a gentle simmer, stirring occasionally.
4. Add the cooked chicken, stir well, and return the mixture to a simmer.
5. Cube the Velveeta and add to the pan, stirring continuously until the cheese is fully melted and the mixture is smooth.
6. Add the potatoes or rice, stir and simmer uncovered for about 10 minutes, allowing it to absorb the flavors.
7. Freeze until solid.
8. Freeze dry.
9. Store in one serving portions in mylar bags for long-term storage.

## Rehydration:

In a bowl, combine ¼ cup of hot water with one serving of Sloppy Juans. Stir and cover. Let it sit for 5 minutes. Stir and let sit for an additional 2 minutes.

## Notes:

Serve them like you would Sloppy Joes - on a bun, pita bread or with crackers.

## Nutritional Value Per 1 serving

Calories: 89 Protein: 7 g Fat: 3 g Carbohydrates: 10 g Sugar: 2 g Fiber: 1 g