

Spanish Rice Bibs Style

This recipe makes 6-7 cups



Ingredients

2 cups water

2 cups long grain white rice, rinsed and drained

1 16 oz jar Pace Chunky Salsa Medium Heat

Directions:

1. Place all ingredients in your electric pressure cooker, and cook on High Pressure for 3 minutes.
2. Let it naturally release for 10 minutes.
3. Add parchment paper to your trays.
4. Spread the mixture onto your trays.
5. Pre Freeze when possible
6. Freeze dry (my cycle time was 36 hours in a mixed load)
7. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Combine the rice and hot (boiling) water in a 1:1 ratio in the mylar pouch or a covered bowl. Start slowly with the water and stir periodically, adjusting the water as needed.

Notes:

Feel free to enhance this recipe by adding chicken to create a hearty, well-rounded meal. You can even freeze dry the chicken and rehydrate with the rice.

Nutritional Value Per 1 cup

Calories: 170 Protein: 4 g Fat: 0.5 g Carbohydrates: 39 g Sugar: 2 g Fiber: 2 g