

Spicy Zucchini

This recipe makes approximately 6 cups



Ingredients

4 zucchini, cut into ½ inch pieces
1 cup water
½ tsp Italian seasoning
½ tsp red pepper flakes
1 tsp garlic minced
1+ tbsp broth (chicken or vegetable recommended)
½ - 15 oz can crushed tomatoes
salt, to taste

Directions:

1. Add water and zucchini to the Instant Pot.
2. Seal the pot with the lid and cook on high pressure for 2 minutes.
3. Once the cooking time is complete, release the pressure using the quick release.
4. Remove the lid and drain the zucchini well.
5. Clean the Instant Pot.
6. Add the broth to the Instant Pot and set it to sauté mode.
7. Add the garlic and sauté for 30 seconds.
8. Add the remaining ingredients along with the zucchini and stir well.
9. Cook for 2-3 minutes. Let cool
10. Place on parchment lined trays
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 37 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate the freeze-dried zucchini dish, place the freeze-dried food in a bowl. Pour cool or room temperature water over it, using about 1 to 1.5 times the volume of the freeze-dried mixture. Let it sit for 15 to 20 minutes, stirring occasionally, until fully rehydrated. If needed, adjust the water amount to reach the desired consistency before serving. Heat prior to serving if desired

Notes:

This recipe makes a delicious snack even without rehydrating. To enjoy it as an instant hot dish, simply add hot water for quick rehydration, though the zucchini may become slightly softer.

Nutritional Value Per 1 cup serving

Calories: 26 Protein: 1.6 g Fat: 0.3 g Carbohydrates: 5.3 g Sugar: 2.1 g Fiber: 1.6 g