

# Creamy Chicken Chili

*This recipe makes about 21 cups*



## Ingredients

2 ½ **lbs** top round, sirloin, or strip steak cut into strips  
2 medium yellow onions, diced  
2 **cups** pace chunky salsa  
3 sweet bell peppers, cut into strips  
2 steak fajita seasoning packets  
1 **cup** chicken or beef broth  
1 ½ cups long grain white rice, uncooked

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

## Directions:

1. Trim as much fat as possible from the steak, then cut it into strips.
2. In a crockpot, combine the steak strips, peppers, onions, salsa, fajita seasoning, and broth.
3. Cook on low for 8 hours.
4. Stir in the rice and continue cooking for 45 minutes to an hour. If the rice isn't fully cooked and moisture is low, add a little water as needed.
5. Line your trays with silicone or parchment and evenly distribute the casserole onto your trays.
6. Add dividers if using, We like 10 portions for this recipe
7. Pre-freeze until solid.
8. Freeze dry (my cycle time was 40 hours)
9. Store in one serving portions in mylar bags for long-term storage.

## Rehydration:

Add 3 divider portions or about 1 ½ cups of freeze dried casserole and 1 cup of hot water to a bowl or mylar bag cover or seal the bag for 3 minutes. Stir and cover for an additional 3 minutes. Enjoy

## Notes:

This makes a great camping or road trip meal. You can rehydrate and eat it right out of a mylar bag

## Nutritional Value Per 1 ½ cup serving serving pre=freeze-dried

Calories: 558 Protein: 38 g Fat: 25 g Carbohydrates: 42 g Sugar: 6 g Fiber: 3 g