

Succotash

This recipe will make 12-14 cups of soup



Ingredients

½ **cup** vegetable broth
1 large sweet onion, chopped
1 large green bell pepper, chopped
3 large sweet bell peppers, chopped
2 garlic cloves, chopped
2 **tsp** kosher salt, plus more to taste
2 **tbsp** yellow or brown mustard seeds
1 **tbsp** smoked paprika
¼ **tsp** red pepper flakes
4 sprigs fresh thyme
1 **lb** dried black-eyed peas, soaked overnight
1 ½ **lb** unripe green tomatoes chopped
½ **cup** basil leaves roughly torn
1 ½ **cup** corn kernels, optional

Directions:

1. Seed and remove membranes from all peppers before chopping. Remove seeds from the tomatoes before roughly chopping.
2. Heat a few tablespoons of vegetable broth in a large, heavy pot over medium heat until simmering. Add the chopped onion, bell peppers, and garlic. Season generously with salt (about 1 teaspoon). Cook, stirring often and adding more broth as needed to prevent sticking, until the peppers are soft and their juices have reduced and thickened into a sweet syrup, about 15 minutes.
3. Stir in the mustard seeds, paprika, red pepper flakes, thyme, black-eyed peas, tomatoes, and 6 cups (1 ½ quarts) water. Season generously with salt (about 2 teaspoons).
4. Cover and bring to a boil. Reduce heat and simmer the soup, covered, until the beans are tender but haven't started to break apart, about 40 minutes.
5. Stir in the basil and season the soup with additional salt to taste. Add corn kernels, if using. Remove thyme stems before freeze drying.
6. Let the soup cool and then divide evenly between freeze drying trays. Add dividers in the 4 portion configuration if desired.
7. Freeze until frozen solid.
8. Freeze dry (My cycle time was 40 hours)

Rehydration:

Add 1 ½ to 1 ¾ cups of hot water to 1 serving of this soup and stir gently to combine. Let it sit covered for 5-10 minutes, stirring occasionally, until fully rehydrated and heated through.

Notes:

This recipe makes 8 servings of Soup, if divided evenly on 2 trays each portion will be one serving.

For on the go rehydration pack individual freeze-dried servings in lightweight, sealable bags. Rehydrate with hot water directly in the bag or a small heat-safe container using a stove or thermos.

Nutritional Value Per 1 serving

Calories: 260 Protein: 14 g Fat: 4 g Carbohydrates: 48 g Sugar: 9 g Fiber: 13 g