

Taco Soup

This Recipe will make 1+ Large Trays*

[Nessa's Nook's: Freeze Dried Taco Soup](#)

Ingredients:

| | |
|---|--|
| 1 lb hamburger cooked, rinsed, and drained | 1 TBSP chicken broth powder (omit if you use liquid chicken broth) |
| 1~ 8oz corn | 1 TBSP Italian seasoning |
| 1 ~8 oz tomato sauce | 2.5 TBSP Taco seasoning |
| 1 ~jar of rotel | 1.5 cups of water or chicken broth |
| 1~ 16 oz of pinto beans washed and drained | Serve with cheese, sour cream or whatever you like, maybe even over chips. |
| Onions to taste (fresh or preserved) | |
| Green Peppers to taste (fresh or preserved) | |



Directions:

1. Cook the hamburger, if using fresh Onions and Peppers, add to meat while cooking.
2. Drain the hamburger, and rinse thoroughly with hot water to remove as much grease as possible.
3. Add Rotel, pinto beans, chicken broth powder(if not using chicken broth), taco seasoning, and water. (If using Freeze Dried Onions and Peppers add now)
4. Stir, and then cook until hot (you can do this on the stove or in a crock pot.
5. Cool, and then pour into lined trays, I would pre-freeze before going into the freeze dryer.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My cycle time was about 28 hours

Rehydration: Add boiling water a little at a time, stir, let sit for 2 minutes, and repeat until you reach desired consistency.



Live.
Life.
Simple.

www.freezedryingcookbook.com

Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray