

# *Tofu Noodle Soup*

## *Freeze-Dried Pantry*

*This recipe makes two-2 cup servings*



### Ingredients

**¼ cup** of freeze-dried broth or 2 bouillon cubes  
**1 cup** cooked, freeze-dried egg noodles  
**½ cup** freeze-dried tofu(cubed or crumbled)  
**½ cup** freeze-dried celery, diced  
**½ cup** freeze-dried onions, diced  
**½ cup** freeze-dried carrots, thinly sliced  
**1** freeze-dried lemon slice  
**2 tsp** freeze-dried thyme  
**1** bay leaf (optional)

**This is a freeze-dried pantry recipe using already freeze-dried ingredients**

### Directions:

1. Add all the ingredients to a mylar bag, jar, or bowl, add an oxygen absorber, and vacuum seal

### Rehydration:

Add about 2-3 cups of hot water(fill the jar to the top). Cover and let it sit for 5 minutes. Stir and let it sit for 3-4 more minutes. Stir and enjoy

### Notes:

This is a great road trip or camping meal. Rehydrates well in a mylar bag.

### Nutritional Value Per 2 cup serving

Calories: 146 Protein: 5 g Fat: 1 g Carbohydrates: 30 g Sugar: 4 g Fiber: 3 g