

Tomato Soup In A Jar (Freeze Dried Pantry Recipe)

This Makes 4 Servings using your pantry ready freeze dried items

Ingredients:

2 C Freeze Dried Tomato Puree
(or Chopped Tomatoes for a chunkier Soup)

2 Tsp Freeze Dried Onions

6 Tbsp Freeze Dried Cashew Cream

½ Tsp Freeze Dried Diced Garlic
(or 1/8 tsp powdered freeze dried garlic)

(salt and pepper when prepared-to taste)



Directions:

1. Add Tomatoes, Onions, Cashew Cream and Garlic to a large Jar
2. Stir or Shake to mix.
3. Seal with an Oxygen absorber for Short Term storage

Cycle Time: N/A

Rehydration: When Ready to Prepare Add 2 ½ Cups Of Hot Water and Allow to Sit for About 10 minutes. Stir Or Blend and Serve

You could alternatively place all ingredients in a blender for a smoother texture. A Vitamix works great because it also has the option to heat the soup as it blends.



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Cycle times & rehydration for reference only

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