

Tuna Bake Pouch O Noodles

This recipe will make 24 pucks or 3 medium trays of Tuna Bake and 1 tray of Ramen*

[John in Bibs: Tuna Bake Pouch O Noodles Freeze Dried Ep226](#)

Ingredients:

2 C Chopped Yellow Onion	1 C Milk
1 C Chopped Celery	1 tsp black pepper
1 C Water w/ 1 tsp Chicken Bullion OR 1 C of Chicken Stock	8oz bag of shredded sharp cheddar
2 ~14oz bags of Frozen Peas	2 Large Cans of Chunk Lite Tuna in Water
4 Cans Cream of Mushroom Soup	6 PKGS Ramen Noodles (pull out the flavor packets and save)



Directions:

1. Put Onions, Celery, Water or Chicken Stock, into a Skillet and cook on medium heat until veggies soften. (About 5 minutes)
2. Add Peas, and continue cooking until Peas have warmed up (About 10 minutes)
3. Add Soup and stir after each can, add milk and 1 tsp of black pepper, and Cheese. Cook until the cheese is melted.
4. Add Tuna, and stir.
5. You can either spread evenly on a lined tray and use dividers to portion, or use silicone molds for pucks. I get 24 pucks out of this recipe and 2 pucks = 1 serving.
6. Freeze until solid, then pop out of molds and put on lined tray to Freeze Dry
7. Cut Ramen noodles in half for 12 servings, and place on one.
8. Place all 4 trays in the freeze dryer and Freeze Dry.
9. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: Varies

Rehydration: Add 1 Cup of Boiling water to the pouch, zip shut and let sit for 2 minutes, stir, zip, and let sit for another 2 minutes.



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Cycle times & rehydration for reference only

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