

Turkey Noodle Soup

This recipe makes ~ 15 cups



Ingredients

2-3 lbs shredded turkey
10 cups water
10 tsp Better Than Bullion (chicken)
1 large yellow onion, diced
2 cups celery, chopped
3 cloves minced garlic
2 cups carrots, chopped
1 Tbsp worcestershire sauce
2 bay leaves
1 Tbsp dried parsley flakes
4 cups dried egg noodles

This recipe was contributed by John In Bibs

Directions:

1. In a large pot or Dutch oven, heat a small amount of oil over medium heat. Add the carrots, onion, and celery, and cook until lightly browned, stirring occasionally.
2. Stir in the garlic and bay leaves, cooking for about 30 seconds until fragrant. Pour in 6 cups of water and bring to a boil.
3. Add the Better Than Bouillon and Worcestershire sauce, stirring to dissolve. Once the mixture returns to a boil, cover the pot and reduce heat to medium. Let it simmer until the vegetables are tender.
4. Stir in the cooked turkey and parsley, then return the soup to a gentle boil over medium heat.
5. Remove the bay leaves, increase the heat to high, and add the egg noodles. Cook until the noodles are tender, stirring occasionally.
6. Add parchment paper to your trays. Pour the stew onto the trays. Place dividers using 10 portions per tray - I used 3 trays.
7. Pre-freeze when possible.
8. Freeze dry (my cycle time was 38 hours).
9. Store in jars for short-term use or in mylar bags for long-term storage.

Rehydration:

3 of the 1/10th portions makes 1 serving (about 1 ½ cups) of stew. In a bowl, combine each serving with about 1 cup of boiling water. Stir, cover and let sit for 5 minutes. Enjoy!

Notes:

I stored each portion of this along with a piece of Pilot Bread Crackers in individual mylar bags.

Nutritional Value Per 1 serving

Calories: 238 Protein: 20 g Fat: 10 g Carbohydrates: 16 g Sugar: 2 g Fiber: 1 g