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PRESENTS

# THE FREEZE DRYING COOKBOOK



VOLUME 1



OVER 100 TRIED AND TRUE FREEZE DRYER RECIPES  
CYCLE TIMES AND REHYDRATION INCLUDED

WWW.FREEZEDRYINGCOOKBOOK.COM



# The Freeze Drying Cookbook

Presented By: Live. Life. Simple.

Volume 1

Authors: Brian Witmer and Brenda Brink

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First edition 2022

Whether you think you can, or think you can't...  
You're right!  
~ Henry Ford

### **Dedication**

This cookbook is dedicated to all of you freeze dryers who dared to believe you could! Thank you for allowing me to be a part of your journey, here's to your success in this endeavor.

Happy Freeze Drying!  
Brian

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# Before You Begin Using This Cookbook

## Cycle Times and Rehydration Methods:

These are being provided as a reference point only, many variables go into how long it will take something to freeze dry, and what exact ratios of water to food you will need to use to reconstitute the food. They are a great tool to help you out, but don't assume that your times and rehydration will be exactly the same as what is stated in the cookbook.

## Freeze Dryer Capacities:

See our Freeze Dryer Capacity Page

## Most Importantly:

Just like when cooking, individual results will vary. Precise measurements, different brands of ingredients, ambient temperature and humidity are just a few of the variables that can and will affect recipes and freeze drying. Make sure you are having fun as you learn to freeze dry, make connections between what the recipes have in common, and what they are lacking compared to normal recipes, and before you know it, you will be adjusting your own favorite recipes to make them just right for freeze drying.

Happy Freeze Drying!  
Brian





# ***Freeze Dried Baby Food***

**Apple Spinach Brown Rice**

**Mango Sweet Potato**

**Pea Spinach Pear**

**Pineapple Broccoli**

**Zucchini Banana**



# Apple, Spinach, and Brown Rice Baby Food

Recipe makes about 6 cups of baby food

## Ingredients:

1 Tbsp Lemon Juice  
(helps preserve and  
stops browning)

2½ C cooked Brown  
Rice

5 C raw Spinach

5 cored Apples



## Directions:

1. Add everything to a blender or food processor and puree into a consistent smooth puree.
2. Line tray with parchment
3. Pour baby food puree onto the tray, and spread evenly across the tray.
4. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
5. Pre-Freeze until solid (24-48 hours)
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

**Notes:** The dividers work very well for dividing into 40 (or fewer) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

**Cycle Time:** My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

**Rehydration:** Consistency and texture will vary, add water slowly and blend if possible.



# Mango Sweet Potato Baby Food

This recipe makes about 6 cups of baby food

## Ingredients:

1 tbsp Lemon Juice

2½ C cooked Sweet  
Potato

5 C Mango skinned  
and chopped or  
frozen chunks

2½ C cooked  
Quinoa

You may need  
additional water to  
get the right texture



## Directions:

1. Add everything except Quinoa to a blender or food processor and puree into a consistent smooth puree.
2. Add Quinoa, may need to add additional water to get to the right texture.
3. Line tray with parchment
4. Pour baby food puree onto tray
5. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
6. Pre-Freeze before Freeze Drying
7. Store Appropriately (See Storage Tips)

**Notes:** The dividers work very well for dividing into 40 ( or larger) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

**Cycle Time:** My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

**Rehydration:** Consistency and texture will vary, add water slowly and blend if possible.



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# Pea Spinach Pear

## Baby Food

This recipe makes about 6 cups of baby food.

### Ingredients:

1 tbsp Lemon Juice  
2½ C Peas  
5 C raw Spinach  
5 Pears cored



### Directions:

1. Add everything to a blender or food processor and puree into a consistent smooth puree.
2. Line tray with parchment
3. Pour baby food puree onto tray
4. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
5. Pre-Freeze before Freeze Drying
6. Store Appropriately (See Storage Tips)

**Notes:** The dividers work very well for dividing into 40 (or larger) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

**Cycle Time:** My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

**Rehydration:** Consistency and texture will vary, add water slowly and blend if possible.





# Pineapple Broccoli

## Baby Food

This recipe makes about 6 cups of baby food

### Ingredients:

5 C Pineapple  
3½-4 C Broccoli  
Florets

You do not need  
lemon juice for his  
one, acidity comes  
from the pineapple



### Directions:

1. Core and cut pineapple
2. Puree Pineapple first
3. Slowly add in broccoli florets
4. Line tray with parchment
5. Pour baby food puree onto tray
6. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
7. Pre-Freeze before Freeze Drying
8. Store Appropriately (See Storage Tips)

**Notes:** The dividers work very well for dividing into 40 (or larger) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

**Cycle Time:** My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

**Rehydration:** Consistency and texture will vary, add water slowly and blend if possible.



# Zucchini Banana

## Baby Food

This recipe makes about 6 cups of baby food.

### Ingredients:

1 tbsp Lemon juice

5 Bananas

2½ C cooked Zucchini  
(chopped and cooked in  
some water can leave  
skins on)

2½ C cooked Brown  
Rice

You may need  
additional water to get  
the right texture



### Directions:

1. Puree Bananas
2. Add cooked zucchini and cooked rice and puree, may need to add additional water to get to the right texture.
3. Line tray with parchment
4. Pour baby food puree onto tray
5. Put in dividers (if you choose) Can also just powder trays worth, and then make as little or as much as you want.
6. Pre-Freeze before Freeze Drying
7. Store Appropriately (See Storage Tips)

**Notes:** The dividers work very well for dividing into 40 (or larger) equal sized portions. You may want to powder this before storing, or before rehydrating to make it easier to reconstitute. This also makes great snack bars.

**Cycle Time:** My cycle time in a large freeze dryer with a premier pump was 57 hours for 5 trays of baby food.

**Rehydration:** Consistency and texture will vary, add water slowly and blend if possible.



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# ***Freeze Dried Breakfast***

**Apple Cinnamon Oatmeal  
Biscuits and Gravy  
Cereal Bars  
French Toast Dippers  
Hard Boiled Eggs  
Idaho Breakfast Skillet  
Raw Scrambled Eggs  
Whole Raw Eggs**



# Apple Cinnamon Oatmeal

This recipe makes about 6 cups of oatmeal

## Ingredients:

1 C. Steel Cut Oats	3 Large apples (skinned, cored, and chopped)
1½ C. Milk or alternative milk	1 ½ tsp Cinnamon
1 ½ C. Water	½ tsp Nutmeg
¼ C. Raisins or Cranberries or other dried fruit optional	1 tsp Vanilla
	½ tsp Ginger



## Directions

This recipe is easily done in the Instant Pot, but can be cooked anyway you like to cook oatmeal.

1. Dump all ingredients into instant pot
2. Mix
3. Close the lid, and cook under manual high pressure for 4 minutes
4. Line your trays with silicone mats or parchment paper.
5. Spread about one batch per freeze dryer tray (depending on size of your freeze dryer)
6. Add dividers to desired portion size
7. Pre Freeze until frozen solid (24-48 hrs)
8. Freeze Dry
9. Store Appropriately (See Storage Tips)

**Cycle Time:** Running standard pump and old program took 38 hours

**Rehydrate:** if this is broken up into small pieces it reconstitutes best, simply add boiling water stir, let sit, until desired consistency.



# Biscuits and Gravy

This recipe makes about 8 cups of gravy for biscuits, and as many biscuits as you can fit on your tray.

## Ingredients:

3 lbs Sausage (Cooked down to 1 lb)	Salt and Pepper to taste
4 pkgs Canned Southern Style Biscuits or homemade biscuits	I added some Paprika, salt, and garlic salt to make up for lost flavor
¾ C Flour	
4 C Milk (Whole works best)	



## Directions:

1. Cook and drain sausage, then rinse with hot water, then let drain again
2. Bake biscuits while sausage is cooking
3. In a pan, heat 4 cups of milk.
4. Pull ⅓ - ½ Cup of warmed milk out and mix with ¾ cup flour to make a rue
5. Add rue back into the heated milk
6. Add a couple pinches of pepper
7. Add 1 lb of cooked sausage
8. Line trays with parchment paper, dump gravy onto one Large tray
9. Set dividers to ten portions, and push into tray
10. Cut each biscuit into 16 pieces and put in one portion of a tray divider (set to 10 per pan)
11. Pre-Freeze
12. Freeze Dry
13. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time was just over 37 hours in a Large Freeze dryer with a premier pump running 5 trays total of makings for Biscuits and Gravy.

**Rehydration:** Separate biscuit chunks from Gravy, add just less than 1 ½ cups water to gravy, stir, add in biscuits, let stand covered for 5 minutes, stir, let stand for 4 more minutes covered. (This is for 2 portions of gravy and biscuits)



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# Cereal Bars

This recipe will fill whatever tray you are using

## Ingredients:

Cereal of Choice  
(recommend smaller  
pieces of flake type  
cereals)

Milk of choice (Dairy or  
non-dairy) (Chocolate  
adds some sweetness)

**Extras:** examples  
Flaxseed, raisins,  
blueberries cut in half,  
sliced strawberries,  
sliced bananas, PB2



## Directions:

1. Put your extras on the bottom of your tray (strawberries, blueberries etc.)
2. Put cereal on top of that (fill trays about half way up the sides)
3. Use milk or choc milk as your glue (it holds everything together)
4. You don't need to fill the trays to the top, just cover the cereal, but make sure there is enough to hold the bar together
5. Use tray dividers to form portions
6. Pre Freeze to keep the cereal from getting soggy
7. Freeze Dry
8. Eat as a cereal bar or you can also rehydrate with milk to have a bowl of cereal
9. Store Appropriately (See Storage Tips)

**Cycle Time:** About 20 ½ hours

**Rehydration:** This is a snack that does not require rehydration, however you can put in a bowl of milk for a bowl of cereal.



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# French Toast Dippers

## With Syrup and Fruit Dipping Sauce

This recipe will fill as many trays as you choose to fill

**Ingredients:**

6 eggs	1 loaf of bread (we used Hawaiian bread and it was amazing!)
½ tsp Nutmeg	
1 tsp Cinnamon	
2 Tbsp Stevia or sweetener	<u>Dipping Sauces</u> (see below)
¼-½ C Milk	
½ tsp Vanilla Extract	



**Directions:**

1. Crack 6 eggs and scramble in a bowl or casserole dish
2. Add Nutmeg, cinnamon, milk & vanilla to the eggs and mix
3. Slice bread into ¾" thick slices, dip into egg mixture only long enough to coat the slice of bread
4. Add to a lightly oiled or coated griddle or pan and brown on each side
5. Try to leave some tenderness if possible (crispy on the outside, tender on the inside)
6. Slice cooked french toast into strips or wedges about the width of your finger
7. Add sticks to a parchment lined freeze dryer tray.
8. Freeze dry with sauces (on separate trays) if desired
9. For your dipping sauce, make a puree from strawberries, blueberries, bananas or other fruit of your choice and add stevia or sweetener if desired (for more ideas, reference our video). Use dividers to portion dipping sauce. You can also package syrup, honey, pb2 into small packets made with your sealer and a mylar bag
10. Store Appropriately (See Storage Tips)

**Cycle Time:** 20 hours in the medium freeze dryer with premiere pump

**Rehydration:** Eat these freeze dried with dipping sauces or rehydrate with sauce or syrup for about 20 minutes. Or overnight with a damp paper towel in a ziplock.



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# Hard Boiled Eggs

20 hard boiled eggs chopped makes approximately 8 cups of chopped eggs

## Ingredients:

20 Eggs



## Directions:

1. Boil eggs for approximately 7 minutes
2. Rinse in cold water, peel
3. Chop into bite size pieces
4. Add parchment paper to your tray
5. Add chopped eggs to your tray (Could us dividers here if you are portioning)
6. Pre Freeze
7. Freeze Dry
8. Store Appropriately (See Storage Tips)

**Cycle Time:** About 37 ½ hours

**Rehydration:** To rehydrate for egg salad use 2 tbsp of water per ¼ cup chopped eggs, stir and let sit for a few minutes.

Once these have rehydrated they are perfect to make egg salad, or you could just eat them rehydrated.



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# Idaho Breakfast Skillet

**This recipe makes approximately 24 Cups**

**Ingredients:**

2 lbs. Potatoes (cubed or string) Onions and Peppers	½ lb-1 lb Mushrooms  4 - 4.5 dozen Eggs
24 oz. Ham Steaks cubed (you can also use sausage)	Cottage Cheese (optional)  4 cups shredded Cheese (low oil cheese)
1 or several handfuls of Spinach	rub or seasoning



**Directions:**

1. Lightly oil a pan (or use no oil if you can) and cook potatoes, onions and peppers (you can also use broth to cook)
2. Cube your ham small, trimming dense fat
3. Chop spinach and mushrooms
4. When the potatoes are halfway done, add your mushrooms
5. In a separate pan, cook eggs 1 dozen at a time, low and slow (light oil or broth) you can also mix cottage cheese in with your eggs for a super smooth scramble
6. When potatoes are starting to brown, add spinach and ham
7. When eggs are cooked, add cheese to melt on top (suggested 1 cup per dozen)
8. Combine both pans into a large bowl and mix, to make an even consistency.
9. Add mixture to trays evenly and add dividers in 10 portion configuration. 3 of these 10 portions will equal 2 servings
10. Top with salt, pepper and seasoning (i like my homemade rub)
11. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> Approximately 24 hours with no pre freeze	<b>Rehydration:</b> 1¼ C boiling water for 4 oz. Of freeze dried material (3 of 10 portions in 1 tray when using tray dividers). Add water, mix and cover for 5 min. Uncover, mix and cover for an additional 4 minutes. You can also throw back into a skillet.
--	--



# Raw Scrambled Eggs

## Freeze Dried and Rehydrated

20 Eggs will make about 8 cups of raw scrambled eggs

### Ingredients:

Eggs (enough for the capacity of your Freeze Drying Tray)



### Directions:

1. Line your trays with silicone mats or parchment
2. Add 20 eggs to a bowl (this equaled about 5-6 cups for us)
3. Use an immersion blender or whisk to scramble
4. Add raw scrambled eggs to your tray
5. Add Dividers made into 10 portions (if Using)
6. Pre Freeze until frozen solid (24-48 hours)
7. Freeze Dry
8. Powder freeze dried eggs in a food processor or blender
9. Store Appropriately (See Storage Tips)

**Cycle Time:** 37 hours and 30 minutes in medium freeze dryer

### Rehydration:

Mix 2 Tbsp of Water with 1 of the 10 portioned FD eggs powder. Or 2 Tbsp of water with 2 tbsp of FD powder This equals 2 scrambled eggs.

Let sit for a few minutes, then stir. Cook as you would normally cook scrambled eggs. (I made an omelet, see video) \*\*\*These were delicious



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# Whole Raw Eggs Freeze Dried and Rehydrated

20 Eggs will make about 8 cups of eggs

## Ingredients:

20 Large Eggs for 8  
Cups

16-18 Eggs for 6  
Cups



## Directions:

1. Line your trays with silicone mats or parchment
2. Place the dividers made into 20 portions on the tray
3. Add 1 raw egg to each portion
4. Pre Freeze
5. Freeze Dry
6. Store Appropriately (See Storage Tips)

\*\*\*\*\*Remember to mark these as raw

Rehydration was a little tricky. I would call it an 80% success. The eggs were edible and tasted great, the texture was just a bit off.

**Cycle Time:** 37 hours and 30 minutes

**Rehydration:** Add 2 Tbsp of water to 1 egg and let it sit for 24 hours if possible. Fry as you normally would OR Add to some boiling water and poach.





# ***Freeze Dried Dips and Appetizers***

**Black Bean Hummus**  
**Chickpea/Garbanzo Bean Hummus**  
**Cowboy Caviar**  
**Guacamole**  
**Hot Pepper Sauce**  
**Salsa**



# Black Bean Hummus

This recipe makes about 3 cups of hummus

## Ingredients:

3 Garlic Scapes minced  
Or 6 Garlic Cloves  
minced

2 Cans rinsed Black  
Beans (3 C)

4 Tbsp Tahini

Juice of 1 Lime (2 Tbsp)

1 tsp Cumin

1 tsp Chili Powder

¼ to ½ bunch of fresh  
Cilantro

Salt and Pepper to taste



## Directions:

1. Mince the garlic in a food processor
2. Add the rest of the ingredients to the food processor
3. Process until creamy, you can slowly add water to help get right consistency
4. Spread evenly on your lined tray, use dividers for portioning if desired
5. Pre-Freeze until frozen solid (24-48 hrs)
6. Freeze Dry
7. Powder and Store Appropriately (See Storage Tips)

**Cycle Time:** (I did not pre-freeze) In a mixed load (2 trays hummus, 2 trays chips, 1 tray of odds and ends) my time in a Large with a Premier Pump was 31 hours

**Rehydration:** Add cold water slowly and stir until you reach the right consistency



# Chickpea/Garbanzo Bean Hummus

This recipe makes about 6 Cups of hummus

## Ingredients:

3 Garlic Scapes minced Or 8 Garlic cloves minced
4 C Chickpeas
4 Tbsp Water
16 dashes Hot Sauce
6 T Lemon Juice (Or juice from 2 Lemons)
$\frac{2}{3}$ C Tahini
Salt to taste (1 tsp)



## Directions:

1. Mince the Garlic cloves or Scapes in the food processor.
2. Add all other ingredients to the food processor
3. Process until smooth and creamy. (you can add a little bit of water as you process to hit the perfect consistency)
4. Spread evenly on your lined tray, you can use dividers to create single servings
5. Pre-Freeze until frozen solid (24-48 hrs)
6. Freeze Dry
7. Powder and Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> (I did not pre-freeze) In a mixed load (2 trays hummus, 2 trays chips, 1 tray of odds and ends) my time in a Large with a Premier Pump was 31 hours	<b>Rehydration:</b> Add cold water slowly and stir until you reach the right consistency
--	--



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# Cowboy Caviar

**This recipe makes about 8 cups**

You can also freeze dry tortilla shells to make chips for this (try spritzing with lime juice)

**Ingredients:** All cans are 15 oz cans (can be fresh ingredients instead)

1 can Black Beans	1 Red or Orange bell pepper
1 can Black Eyed Peas	1 Jalapeno
1 can of Diced Tomatoes (we like Rotel for some spice)	1 tsp Chili Powder
1 can Corn	1 tsp Cumin
1 Avocado	Salt & Pepper
1 Onion	1/4 C Lime juice
	fresh Cilantro



**Directions:**

1. In a large mixing bowl add drained beans, corn, tomatoes
2. Dice avocado, onion, pepper, jalapeno, cilantro & add to bowl
3. Add chili powder, cumin, lime juice and salt and pepper to taste
4. Mix all ingredients
5. Spread evenly on a parchment paper or silicone lined tray
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> 32 hrs 40 mins in a large freeze dryer with premium pump	<b>Rehydration:</b> Add water until you reach preferred consistency and let sit for 5 minutes
---	---





# Guacamole

This Recipe makes about 5 Cups of Guacamole

## Ingredients:

3 ripe Avocados, halved, seeded, and peeled  
1 Lime juiced  
½ tsp Kosher Salt  
½ tsp Ground Cumin  
½ tsp Cayenne Pepper  
½ medium Onion diced  
1 Jalapeno, seeded and minced  
2 Roma Tomatoes, seeded and diced  
1T Chopped Cilantro  
1-2 cloves Garlic



## Directions:

1. Put all ingredients either in food processor and process or in a large bowl and mash
2. Line your tray with parchment paper or silicone mats, spread guacamole evenly on the tray, Add dividers for portioning (if desired) and cover with a lid.
3. Pre Freeze until frozen solid (24-48 hrs)
4. Freeze Dry
5. Store Appropriately (See Storage Tips)

It is recommended that you powder the freeze dried guacamole, but if you like chunkier guacamole, it is not required)

**Cycle Time:** 4 trays pre-frozen took about 24 hours.

**Rehydration:** Use ice cold water, add slowly and stir until desired consistency is reached. Refrigerate for 30 minutes, covered, before serving.



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# Hot Pepper Sauce

1 batch makes about 6 cups

## Ingredients:

10 oz of Hot Peppers of choice

6 cloves Garlic

1 Onion thinly sliced

2 C Water

1 C Vinegar

(may want some Anaheim, green peppers, or sweet bell peppers standing by to cut the heat)



## Directions:

1. Chop up peppers, slice the onion, mince the garlic
2. Heat a little bit of olive oil in a pan, and saute peppers, garlic, and onion on high heat for about 3 minutes.
3. Add 2 Cups of Water and cook for about 20 minutes or until water is cooked off, stirring occasionally.
4. Pull off of heat and let sit to reach room temperature, about 30 minutes
5. Put in Blender or Food Processor and process or puree until smooth.
6. With Blender or Food Processor running add 1 Cup of Vinegar slowly.
7. Taste and if needed add other non-hot peppers to tone down, chop before adding and puree. Repeat until desired heat is reached.
8. Store Appropriately (See Storage Tips)

The color of your hot pepper sauce will be determined by what types of peppers you use. Using Habaneros and Jalapenos, my sauce is green.

**Cycle Time:** My cycle time was 45 hours running a standard pump and old program, with a mixed load.

**Rehydration:** Add water, stir, let stand, repeat until you reach desired consistency.



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# Salsa

1 batch makes about 6 cups of salsa

## Ingredients:

8 Roma Tomatoes  
or 4-6 medium  
tomatoes

Handful of fresh  
Cilantro

3 Jalapenos

1 medium Onion

4 cloves of Garlic

Salt to Taste



## Directions:

1. Slice onions, peel garlic, core tomatoes and cut in half.
2. Place whole jalapenos, sliced onions, peeled garlic, and cut tomatoes on a baking sheet and broil until well cooked. Flipping over the vegetables to evenly broil both sides.
3. Remove from oven and let slightly cool
4. Cut stems off of jalapenos, cut in half and remove seeds and holding back until later (will add seeds back in a little at a time to reach desired heat)
5. Put all vegetables into a food processor and process.
6. Taste, add water, salt, and jalapeno seeds until desired consistency and taste.
7. Line trays with a silicone mat or parchment paper
8. Poor into Freeze Dryer tray add dividers and pre-freeze until frozen solid (24-48 hrs)
9. Freeze Dry
10. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time was 45 hours in a medium freeze dryer running a standard pump and old program, with a mixed load.

**Rehydration:** Add water, stir, let stand, repeat until you reach desired consistency.





# ***Freeze Dried Drinks***

**Lemon Powder  
Orange Juice Powder  
Protein Smoothie  
Pumpkin Spice Non-Dairy Coffee Creamer  
Sangria Wine—Using Freeze Dried Fruits  
Tomato Juice**



# Lemon Powder

This recipe makes about 8 cups of liquid lemonade to freeze dry

## Ingredients:

2 Lemons

12 tsps Stevia

5 C Water

May add more or less Stevia to sweeten to taste



## Directions:

1. Cut the ends off of the Lemons, cut lengthwise into quarters, take the center pith and seeds out.
2. Place lemon quarter skins and all into Blender or Food Processor
3. Add 5 Cups of Water and 12 Tsps of Stevia
4. Line tray with silicone mat
5. Pour onto tray
6. Pre freeze until frozen solid (24-48 hrs)
7. Freeze dry
8. Powder the freeze dried juice to store and reconstitute
9. Store Appropriately (See Storage Tips)

**Cycle Time:** I did not pre freeze before my cycle, Mixed trays of slices and juices. 32 hrs 43 minutes in Large Freeze Dryer with Premier Pump

**Rehydration:** 1/3 cup powder and 1 cup of water, can change up to make stronger or weaker to individual taste



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# Orange Juice Powder

This recipe yields 2-2.5 Cups, you can multiply it to fill your freeze dryer trays

## Ingredients:

2 Oranges

½ C Water



## Directions:

1. Peel the oranges and add them to a blender (I use a Vitamix) and add water.
2. Blend to desired smoothness.
3. You can save your peels for powdered orange zest!
4. Add to lined freeze drying tray
5. Pre-Freeze until frozen solid (24-48 hrs)
6. Freeze Dry
7. Powder and Store Appropriately (See Storage Tips)

## Helpful Hints

Homemade OJ should not foam up in the freeze drying process like store bought Orange Juice. If you are attempting a concentrate or store purchased OJ, water it down before freeze drying and it will help it to not foam up. Once done, run through a food processor to make a smooth consistency.

**Cycle Time:** My cycle time typically runs 30-40 hr in large freeze dryer with premium pump

**Rehydration for 1 Glass:** 1/2 Cup Orange Juice Powder added to 1 cup water. This ratio can change depending on the oranges used.



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# Protein Smoothie

This recipe makes about 7 cups approximately 350-400 Calories and 20-25g of protein

## Ingredients:

2 bananas  
½ lb. strawberries,  
blueberries or fruit of your  
choice (usually 2-3 Cups)  
1 Cup Kale  
1 Cup Spinach  
4 Servings of Pea Protein  
or Protein Powder of your  
choice  
(For extra sweetness,  
throw in a few dates)  
4 Cups of Milk (any type  
will work) some milks will  
add extra protein



## Directions:

1. Mix all ingredients in a blender until smooth
2. Use silicone mats or pre cut parchment to ensure it does not stick to tray
3. Use tray dividers in the 4 portion set up to make (4) 16oz. Smoothies
4. Pre-Freeze until solid
5. Freeze Dry
6. Powder and Store Appropriately (See Storage Tips)

**Cycle Time:** My total time is usually around 40 hrs.

**Rehydration:** Rehydrate by adding just under 16 oz. (1 pint) of water to a blender or glass and mix.





# Pumpkin Spice Coffee Creamer

This recipe makes a little more than 6 cups

## Ingredients:

¾ C Pumpkin Puree  
6 C Oat Milk  
¾ tsp Vanilla or  
Vanilla Stevia  
3 tsp Pumpkin Spice

### **Homemade Pumpkin Spice**

2 parts Cinnamon &  
equal parts nutmeg  
& ginger



## Directions:

1. In a large pot or saucepan, add pumpkin puree, oat milk (or milk), stevia or vanilla and pumpkin pie spice
2. Whisk all ingredients together until smooth
3. On medium heat continue to stir and heat until heated all the way through (careful not to burn this to pan)
4. On a pre cut parchment lined tray, pour mixture into freeze dryer tray and place tray dividers in the 40 portion setting (this will make single serving creamer cubes)
5. Freeze solid
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

You can powder this if desired

**Cycle Time:**  
31 hrs 20 min, using 19.58 KWh of Electricity

**Rehydration:** Rehydrate 1 cube with 1 of the following:  
\*26 grams of water (⅛ cup)  
\*26 g of heavy whipping cream  
\*1 tsp of coconut cream  
\*place cube directly into coffee



## Sangria Wine – Using Freeze Dried Fruits

### Ingredients:

Red Sangria	White Sangria
1 bottle Cabernet, Merlot, or Red Blend Wine	1 bottle of Moscato, or Chardonnay, or Prosecco Wine
Orange	Lime
Honey Crisp Apples	Orange
Pear	Strawberry
Red Pear	Mango
Mango	Peaches
Cinnamon Sticks	Grand Marnier or Triple Sec



### Directions:

1. Line your trays with parchment.
2. Spread sliced strawberries on a lined tray
3. Leave skins on the citrus fruit and slice into 1/8-1/4 inch slices and lay on a lined tray
4. Slice the top and bottoms off of pears, cut down length wise, then slice lengthwise, spritz with some lemon juice water, or dip in a lemon juice bath and lay on a lined tray
5. Sliced apples in full circles and lay on a lined tray
6. Chunk mangos and lay on a lined tray
7. Load trays into freeze dryer and freeze dry (you can pre-freeze)
8. Store Appropriately (See Storage Tips)
9. Split 1 bottle of white wine into two 1 quart ball jars add: 1/2 C strawberries, 1/2 a peach, 1/2 a lime, 1/2 an orange per jar. (Can add mint leaves if desired, fresh or freeze dried)(Can also add 1/2 cup of sparkling water, ginger ale or sprite per jar) 4 C Grand Marnier or Triple Sec per Jar.
10. Split 1 bottle of red wine into two 1 quart ball jars add: 1/2 an orange, 1 apple, 1/2 a pear, 1/4 C Mango, 1/4 C Orange Juice, 1-2 Cinnamon sticks per jar.

Great gift in a jar, set freeze dried fruits into a Mason Jar, Seal with an oxygen absorber and give away with wine.



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# Tomato Juice

This will make about 12 cups of Tomato Juice

## Ingredients:

30 medium sized tomatoes quartered	¼ C fresh or freeze dried parsley
1½ C Peppers (Green or Sweet)	1 Chopped Jalapeno with or without seeds
1 C Carrots	¼ C sugar
½ C Celery	¼ C Lemon Juice
1 Diced Onion	1½ Tbsp Salt
2-3 Cloves of Garlic	1 Tbsp Worcestershire



## Directions:

1. Quarter your tomatoes and put them into a large pot.
2. Add peppers, carrots, celery, onion, garlic, parsley and jalapeno and cook for 30-45 minutes.
3. Put through the Food Processor or Blender and return to the pot.
4. Add sugar, lemon juice, salt, and worcestershire and return to a boil.
5. Cool
6. Pour onto a freeze dryer tray for pre-freeze until frozen solid.
  - a. You may want to put your tray in the freezer, fill with juice, add stackers, next tray, etc.
7. Freeze Dry
8. Store Appropriately (See Storage Tips) (You can powder before storing if desired)

**Cycle Time:** My cycle time was 30 and ½ hours in a medium freeze dryer with 3 trays full of liquid tomato products and 1 of tomato chips

**Rehydration:** Add water, stir, let sit, repeat until desired consistency is reached.





# ***Freeze Dried Fruits and Vegetables***

**Avocados**

**Bananas**

**Blueberries**

**Cucumber Salad**

**Diced Tomatoes**

**Garden Green Beans**

**Garden Peas**

**Hot Peppers**

**Instant Pot Refried Beans**

**Lemons**

**Mashed Potatoes**

**Pickle Chips**

**Pineapple**

**Pumpkin/Squash Puree**

**Raspberries**

**Raw Sliced Potatoes**

**Strawberries**

**Sweet Corn**

**Sweet Potato Chips**

**Vegetable Broth Powder**

**Wild Apple Sauce**

**Wild Plums**



# Avocados

This recipe will make as many trays of Avocado as you choose to make

## Ingredients:

Avocados  
Lemon Juice  
Water



## Directions:

1. Slice Avocados (Remove Pits and skin)
2. Soak in lemon juice bath before freeze drying to help with browning and rehydrating
3. Spread out on Silicone lined trays
4. Pre Freeze or go straight into the Freeze Dryer
5. Freeze Dry
6. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time in a mixed load in a 2017 machine was about 25 hours.

**Rehydration:** Can be eaten dry (How I like them best). Mine failed rehydration, but I had not soaked them in a lemon juice bath first.



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# Bananas

This recipe will make as many trays as you have bananas for

## Ingredients:

Bananas



## Directions:

1. Slice bananas as uniformly as possible
2. Set upright on a lined tray, and cover with tray lid
3. Freeze Solid
4. Freeze Dry
5. Store Appropriately (See Storage Tips)

**Cycle Time:** Varies

**Rehydration:** Not intended, but can be soaked in cold water, to use in things like muffins and quick breads



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# Blueberries

This recipe will make as many cups of blueberries as you have

## Ingredients:

Fresh or Frozen Blueberries



## Directions:

1. Blueberries need to be punctured in some way, either by blitzing in the food processor, cut in half, sliced by a knife.
2. Line your trays with parchment before spreading blueberries out, this will help the fruit release easier.
3. Pre-Freeze or go straight into the freeze dryer
4. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> My cycle time in an older medium freeze dryer for a mixed load of fruit was about 48 hours.	<b>Rehydration:</b> Not intended, but can be added to smoothies, muffins etc.
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# Cucumber Salad

This recipe will make about 24 cups of Cucumber Salad

## Ingredients:

About 16 Cucumbers  
2-3 Onions  
3 Cups Vinegar  
(white or apple cider)  
1 ½ C Water  
1 ½ C Sugar  
3 Tsp Salt



## Directions:

1. Slice Cucumbers in thin slices (I used a food processor slicer)
2. Add cucumbers and onions to a large bowl and mix. Set aside
3. Mix the rest of the ingredients together and add to the cucumber and onion mixture
4. Try to submerge all of the cucumbers and onions in the liquid mixture.
5. Refrigerate for at least 20 minutes. (Can refrigerate overnight for more flavor)
6. Line trays with silicone. Add cucumbers (without the liquid) onto the trays
7. Pre Freeze if you have time
8. Freeze Dry
9. Store Appropriately (See Storage Tips)

**Cycle Time:** 31 hours and 21 minutes in a medium freeze dryer for 4 trays

**Rehydration:** Eat freeze dried as a snack or to rehydrate: add a small amount of water and stir. Let sit for a few minutes and add more water as needed to reach desired consistency



# Diced Tomatoes

This recipe will make as many cups as you have tomatoes for.

## Ingredients:

Cored and skinned tomatoes



## Directions:

1. Rinse your tomatoes and core them. Drop them in a pot of boiling water for one minute.
2. Scoop them out with a slotted spoon and put them in a bowl of ice water. Now the skins will slip off easily.
3. Core tomatoes
4. Chop tomatoes to desired size
5. Boil for 10-15 minutes
6. Line Freeze Dryer Tray with parchment or silicone
7. Spread out tomatoes (not the water)
8. Pre-Freeze or go straight into the Freeze Dryer
9. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time was 30 and ½ hours in a medium freeze dryer with 3 trays full of liquid tomato products and 1 of tomato chips

**Rehydration:** Add water, stir, let sit, repeat until desired consistency is reached.



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# Garden Green Beans

This recipe will make as many trays of green beans as you have to store

## Ingredients:

Fresh Green Beans



## Directions:

1. Snap the ends off of each green bean, and break into bite sized pieces
2. Wash, soak for a while to get dirt and bugs off. Then rinse.
3. Blanch in boiling water for 2-3 minutes and put them in ice cold water and strain.
4. Spread out on a tray lined with pre-cut parchment
5. If you want to add spices for snacks, do so now.
6. Freeze until solid
7. Freeze Dry
8. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time in a large freeze dryer with 5 trays of Green Beans with an oilless pump was about 47 hours

**Rehydration:** Add a dollop of butter if desired, then add boiling hot water, and drown the green beans. Dunk, cover with foil, and let sit for 5-10 minutes. Then cook them like you normally would. Then cover and let stand for up to 30 minutes.



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# Garden Peas

This recipe will make as many trays as you have produce to store

## Ingredients:

Fresh Garden Peas



## Directions:

1. Shell and blanch in boiling water for a couple of minutes, then Spread evenly across trays, without overloading the weight limit.
2. Pre-Freeze Solid (Makes the peas pop open)
3. Freeze Dry
4. Store Appropriately (See Storage Tips)

**Cycle Time:** 5 large trays of peas with an oilless pump took about 40 hours

**Rehydration:** Add a dollop of butter and boil them on the stove, add any seasonings.

These also make a great snack without rehydrating.



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# Hot Peppers

This recipe will fill as many trays as you have produce for

## Ingredients:

Carolina Reapers

Jalapenos

Anaheim  
Peppers

Your hot pepper  
of choice



## Directions:

1. GEAR UP! Be safe, masks, gloves and eye protection is recommended!!! Save preparing the hottest peppers for last, ventilate!
2. Cut off the tops of your peppers and chop, you can remove the seeds if you desire.
3. Spread out across parchment lined trays.
4. Pre-Freeze
5. Freeze dry
6. I stored mine several different ways:
  - a. I powdered the Reapers using a food processor (wearing a respirator mask). I would also recommend gloves and eye protection. I would recommend doing this in your garage or outside.
  - b. I stored the rest as chopped, in small portions, to throw into stir fries and eggs as I cook.
  - c. I added some straight to freeze dried egg powder, added the water for the eggs, mixed and let them stand, and then cooked.
7. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time was about 19.5 hours.

**Rehydration:** To rehydrate just the peppers, let them sit in cold water.



# Instant Pot Refried Beans

One recipe makes a little more than 6 cups of refried beans

## Ingredients:

1~ 2 lb bag of Pinto beans

1 tsp (2 cloves) Garlic

½ Onion diced

3 C Water

2 TBSP Red Wine Vinegar

1 tsp Sea Salt

1 tsp Cumin

1 tsp Chili Powder



## Directions:

1. Soak your pinto beans for 8 or more hours (water needs to be 4-5 inches deeper than bean level)
2. Rinse and strain the beans
3. Place the beans into the instant pressure cooker pot.
4. Add the garlic, onion and 3 Cups of water.
5. Cook on High Pressure for 30 minutes with a natural release.
6. Add the seasonings, and then use an immersion blender or food processor, add water to thin if you want.
7. Line a tray with pre-cut parchment, spread beans out evenly (add dividers if you want to pre-portion for meals) , cover with a lid and freeze until solid.
8. Freeze dry
9. Powder the beans before storing.
10. Store Appropriately (See Storage Tips)

**Cycle Time:** In a medium mixed load my cycle time was about 39 hours

**Rehydration:** Add a little bit of water, stir, let sit for a few minutes. Repeat until you reach desired consistency.



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# Lemons

3 pounds of lemons filled 4 - 6 cup trays

## Ingredients:

Lemons

(Any citrus fruit)

Oranges and Limes work great for this if you want slices to add to a favorite drink



## Directions:

1. Using Boiling hot water, dip each fruit into the boiling water for up to 60 seconds, then finish rubbing wax off of fruit with paper towels.
2. Slice as evenly as possible. I tried to slice mine no more than ¼ inch thick
3. Line trays with parchment or silicone.
4. Space out fruit in a single layer. It's okay if they are touching
5. Pre-Freeze in freezer or go straight into the freeze dryer
6. Freeze dry
7. Store Appropriately (See Storage Tips)

Lemons are very potent! One slice will add flavor to multiple 24 oz water bottles of water, and can get overpowering if left to sit...you may want to slice your slices in half before you freeze dry.

**Cycle Time:** My cycle time was ~24 hours using single layer of fruit in a medium Harvest Right Freeze Dryer with the Premier pump

**Rehydration:** Not intended



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# Mashed Potatoes

10 medium potatoes made enough for one 8 cup tray

## Ingredients:

Potatoes, cut with skin on or off

Add any spices you want

Avoid adding butter or oils

Can Also Freeze Dry Gravy (Portion and Freeze using Silicone Trays)



## Directions:

1. Cut potatoes, and put them in a pot, and boil.
2. Cook until potatoes are cooked clear through
3. Mash the potatoes
4. Line the tray with parchment or silicone mats.
5. Spread potatoes evenly over the tray being careful to not overfill trays.
6. Add dividers in desired portions
7. Pre-Freeze
8. Freeze dry
9. Store Appropriately (See Storage Tips)

**Cycle Time:** My Cycle time in a mixed load Large Freeze Dryer with a Premier Pump was 25 hours

**Rehydration:** Add water stir, let sit, stir, add water, stir, let sit, stir until you reach desired consistency. May want to re-whip them if you want them to be perfectly smooth.





# Pickle Chips

This recipe made 1 tray of pickle chips

## Ingredients:

Jar of Vlasic Sandwich Stackers sliced in half.



## Directions:

1. Wash pickles to remove excess saltiness
2. Spread pickles out on tray
3. Pre-Freeze until frozen solid
4. Freeze dry
5. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time in a medium freeze dryer was 28 hours

**Rehydration:** Not intended



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# Pineapple

This will make as many trays as you have produce for

## Ingredients:

Pineapple



## Directions:

1. Cut as evenly as you can, I recommend using a pineapple corer/cutter to get the slices the same, then cut down to bite size pieces.
2. Line your tray with parchment before putting pineapple on trays.
3. Pre-freeze or go straight into the freeze dryer
4. Freeze dry
5. Store Appropriately (See Storage Tips)

Note: Pineapple is very acidic. You can rinse the pineapple before freeze drying to bring the acid level down a little bit.

**Cycle Time:** About 48 hours in a mixed load of fruit

**Rehydration:** Not intended



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# Pumpkin/Squash Puree

This recipe will vary by size of Pumpkin or squash used, make sure to not overload your freeze dryer

## Ingredients:

1 or more Cooking type Pumpkin or Winter Squash

Water



## Directions:

1. Cut Pumpkin or squash in half and remove all seeds.
2. Place cut side down in a baking dish, or in your instant pressure cooker.
3. Add 1 Cup of Water per baking dish or to your instant pressure cooker.
4. Bake for 1 hour at 350°F or 10 minutes at high pressure with a natural release in your instant pressure cooker.
5. Make sure the pumpkin is tender before removing it from the oven or instant pot.
6. Remove skin.
7. Blend flesh in a blender.
8. Spread evenly on a parchment lined tray, making sure not to exceed your weight limit per tray.
9. Cover with a lid and freeze until Solid (24-48 hours)
10. Freeze Dry
11. Powder either in a blender or using a rolling pin and a plastic zip top bag.
12. Store Appropriately (See Storage Tips)

**Cycle Time:** My cycle time was about 47 hours using 11 hours of my extra dry time

**Rehydration:** I added about 230g of water to 24 g of freeze dried pumpkin powder to get about 1 cup of reconstituted Pumpkin Puree (This may vary based on type of pumpkin freeze dried)



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# Raspberries

This recipe will make as much as you have produce to make

## Ingredients:

Raspberries ~ fresh or frozen

If fresh, wash, de-stem and remove any bugs before you begin



## Directions:

1. Spread out on a lined tray
2. Pre-Freeze until solid (I recommend using lids when Pre-Freezing), or go straight into the freeze dryer.
3. Freeze Dry
4. Store Appropriately (See Storage Tips)

Note: Some people like to powder the freeze dried raspberries and use as a flavoring in cakes, frostings, etc.

**Cycle Time:** In a mixed load of fruits was about 33 hours

**Rehydration:** Not intended



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# Raw Sliced Potatoes

This recipe will make as many trays as you have product to fill

## Ingredients:

Potatoes

With Skin on or off, slice with food processor to keep thin and evenly sliced



## Directions:

1. Thinly slice potatoes in a food processor
2. Blanch sliced potatoes in boiling water for about 30 seconds
3. Rinse potatoes in ice water bath
4. Put into colander and let drip for a couple minutes
5. Line the tray with parchment and then spread out blanched potatoes
6. Pre-freeze
7. Freeze dry
8. Store Appropriately (See Storage Tips)

**Cycle Time:** 25 hours in a mixed load Large Freeze Dryer with a Premier Pump

**Rehydration:** Add water, let sit, add more water if needed. Then cook however you want to cook them, **These are still RAW**



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# Strawberries

This will make as many trays as you have strawberries to store

## Ingredients:

Strawberries



## Directions:

1. Slice strawberries. When freeze drying strawberries, uniformity in thickness of slices helps them to freeze dry more evenly and efficiently.
2. Line trays with parchment to make fruits release easily.
3. Pre-Freeze or go straight into the Freeze Dryer
4. Freeze dry
5. Store Appropriately (See Storage Tips)

**Cycle Time:** 48 hours in a medium freeze dryer with a mixed load of fruit

**Rehydration:** Not intended



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# Sweet Corn

80 Ears of Sweet Corn made approximately 40 Cups

## Ingredients:

80 Ears Sweet Corn

Johnny's Popcorn  
Salt

Salt

Pepper



## Directions:

1. Husk corn, then brush corn softly to remove silk
2. Blanch the sweet corn: Boil water, Dunk corn in boiling water for 5-6 minutes, then dunk in an ice bath for several minutes
3. After corn is cooled down, use a serrated knife to cut corn off of the cobb
4. Line tray with parchment or silicone
5. Fill trays with sweet corn (8 cups per Large tray)
6. Season each tray as desired
7. Pre-Freeze or go straight into the Freeze Dryer
8. Freeze dry
9. Store Appropriately (See Storage Tips)

The Popcorn seasoning corn was great as a snack without rehydrating.

**Cycle Time:** 52 hours 22 minutes without pre-freezing in a Large Freeze Dryer full of sweet corn

**Rehydration:** About 1 cup of corn and shy of  $\frac{1}{2}$  cup water. Let sit, and then heat in the microwave. You can also rehydrate using about  $\frac{1}{4}$  cup of butter and  $\frac{1}{4}$  cup of water



# Sweet Potato Chips

This recipe used about 10 sweet potatoes to spread across 5~8 cup capacity trays

## Ingredients:

Sweet Potatoes  
or  
Yams  
Smoked Paprika  
Pumpkin Pie Spice  
Or any of your preferred spices for flavor.



## Directions:

1. Take the ends of the yams or potatoes and then skin them. (you don't have to skin them)
2. Use a food processor to slice so they are evenly sliced.
3. Get a pot of water boiling and an ice bath ready for blanching your potatoes or yams.
4. Blanch 3-5 minutes, strain them, then straight into the ice bath and strain them again.
5. Line your trays with parchment or silicone
6. Evenly spread blanched potatoes or yams between the trays (these were double layers with parchment between them)
7. Sprinkle or dust with your preferred seasonings
8. Pre-Freeze or straight into the freeze dryer
9. Freeze dry
10. Store Appropriately (See Storage Tips)

**Cycle Time:** 19 hours in a large freeze dryer without pre-freezing

**Rehydration:** Not Intended





# Vegetable Broth Powder

This recipe will fill 5 - 8 Cup capacity trays

## Ingredients:

2lbs sliced Carrots  
2 bunches of Celery  
1.5 lbs of Mushrooms  
2 Onions  
5-6 Large Cloves Garlic  
Kale (stems cut off, leave as leaf)  
Any other spices or seasonings you want to add.



## Directions:

1. You will want to prepare the vegetables by dicing or slicing, or using a salad shooter or food processor.
2. Line trays before putting veggies onto the tray.
3. Fill 1 tray with carrots
4. Fill 1 tray with celery
5. Fill 1 tray with mushrooms
6. Fill 1 tray with kale
7. For the final tray spread out 5-6 large cloves of garlic sliced or minced, 1 bunch of parsley, & 2 Onions sliced or diced
8. Pre-Freeze
9. Freeze Dry
10. Put all Freeze Dried Veggies through the food processor and make a fine powder. 5 trays of veggies made about 5 Cups of powder.
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 35 hours in a Large Freeze Dryer with 5 trays of different vegetables.

**Rehydration:** 1 Tbsp per 1 Cup of Boiling Water for vegetable broth.



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# Wild Applesauce

This recipe makes approximately 10-12 cups of applesauce

## Ingredients:

4-5lbs of quartered apples

1 tbsp cinnamon

Sweetener (optional to taste)

FD Fruit Powder  
\*\* Optional



## Directions:

1. Rinse and quarter your apples (you can leave skins on or peel)
2. Add apples to instant pot, crock pot or pan to boil
3. Add 2 cups of water to the bottom of instant pot (if using crock pot or boiling you will require more water)
4. Add cinnamon and sweetener (some apples do not need sweetener and some can be on the sour side) \*\*\*\*this can also be done after they are cooked
5. Set instant pot for 6 min on high pressure and cook and instant release when done (if boiling or using a crock pot, cook apples until they are tender enough to put into a blender or food processor)
6. Add apples and some water into a blender and blend until you reach your desired texture. Slowly add the cooking water back in if needed
7. I typically blend ½ and then adjust my flavor. You can add additional cinnamon and sweetener if needed
8. Pour applesauce onto a parchment paper lined tray (this gets sticky!)
9. Use tray dividers in the 40 portion setting for applesauce cubes
10. Due to the thickness of the sauce, make sure all trays are warm when the cycle is done. If they are not, add more time until they are warm
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 37 hours for medium and 25.8 Kwh of electricity used

**Rehydration:** 2 divider cubes or 6 grams of apples sauce powder to 3 TBSP of water



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To add more flavor you can add FD fruit powder to the applesauce, try strawberry and peach, maybe even blueberry.

# Wild Plums

This recipe will make as many trays by weight as you have plums

## Ingredients:

Wild Plums



## Directions:

1. Wash wild plums well
2. Using a sharp knife, slice through the skin of each plum (the larger the slice the easier to freeze dry).
3. Put pre-cut parchment down on your tray, and spread the sliced plums out.
4. Cover with a lid, and freeze until solid.
5. Remove lid, and freeze dry
6. Store Appropriately (See Storage Tips)

Warning the fruit will still have a pit, so when you eat these be ready to deal with the pit.

<b>Cycle Time:</b> 37 hours in a medium freeze dryer	<b>Rehydration:</b> Not intended
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# ***Freeze Dried Meats and Main Dishes***

**Acorn Squash Bowl**  
**Award Winning Chili**  
**Backpacker's Mac 'n' Cheese**  
**Beef Stroganoff**  
**Chana Masala**  
**Cheesy Chili Mac**  
**Chicken Broccoli Salad**  
**Chicken Fried Rice**  
**Chicken Gyros**  
**Crockpot Spaghetti Sauce**  
**Easy Chicken Dumplings**  
**Egg Salad**

**Freeze Dried Turkey Leftovers**  
**Ham & Beans (Firehouse Recipe)**  
**Homemade Mac 'n' Cheese**  
**Jambalaya**  
**Lentil Sloppy Joes**  
**Precooked Cheeseburgers**  
**Raw Cheeseburger Squares**  
**Shrimp Pad Thai**  
**Spaghetti and Meatballs**  
**Traeger Honey Smoked Fish**  
**Tuna Fish Sandwich**  
**Venison Steak**



# Acorn Squash Bowl

This recipe will make enough to fill 2-8 cup capacity trays

## Ingredients:

3-4 Acorn Squash  
1/2 C Panko Bread Crumbs  
1 Tbsp. Parsley (preferably fresh)  
1 tsp Garlic Salt  
Vegetable Broth  
5-6 oz. chopped Mushrooms  
2/3 C chopped Onions  
1 clove Garlic  
3 C chopped Kale  
2/3 C Raisins or Currents  
1/4 C Soy Sauce or Tamari  
2 Tbsp Sherry or Rice Vinegar  
1 Tbsp Honey (it will freeze dry in this recipe!)  
2- 2½ C Cooked Wild Rice



## Directions:

1. Cook Wild Rice First (it takes a while)
2. Preheat oven to 400 degrees and line baking sheet with parchment paper
3. Snap off stems of acorn squash, cut squash in 1/2 lengthwise, scoop out seeds and pith
4. Place squash cut side down on a baking sheet (DO NOT USE OIL!!)  
**Bake 25-30 Minutes**
5. **While Squash is baking:**  
Brown panko bread crumbs in a frying pan (using little to no oil). Add browned panko to a small bowl and add parsley & garlic salt
6. In a frying pan, add a small amount of veggie broth (see freeze dried veggie broth recipe) and cook mushrooms, onions & garlic for 5-6 minutes, then add Kale and cook until Kale is wilted
7. Transfer mushroom mixture to a mixing bowl and add raisins, soy sauce, sherry, honey & rice and mix together.
8. Fill cavities of cooked squash and top with Panko Bread Crumbs Mixture.  
**Bake for an additional 10-30 minutes until fully cooked**
9. Remove skins from squash and evenly distribute on freeze drying pans
10. Add dividers if using. Pre Freeze
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 38 hours in a Large Freeze Dryer

**Rehydration:** slowly add boiling water and mix, then cover for 5 minutes and mix again.



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# Award Winning Chili

**This recipe makes about 9-10 cups of chili**

**Ingredients:**

1 Bell Pepper chopped	15 oz can Black beans	1 tsp smoked Paprika
1 large Onion chopped	15 oz can diced Tomatoes (fire roasted if you want spicy)	2 tbsp Chili powder
1.5 lbs. Ground Beef	6 oz Tomato Paste	1 tbsp minced Garlic
2 cups Broth of choice	1 Jalapeno diced (optional)	1 tbsp Worcestershire
15 oz can Kidney beans	1 tbsp dried Oregano	2 tsp Salt
15 oz can Pinto beans	2 tsp Cumin	1 tsp Pepper



**Directions: (This recipe can be done in an instant pot or a crock pot)**

1. In a frying pan or instant pot, Saute onion and pepper, if using an instant pot, use the saute button
2. In a separate pan brown the ground beef, then rinse fat and grease and towel off to remove as much fat as possible
3. Once the onions and peppers are sauteed and tender, add them to crock pot if using one
4. Add broth, ground beef, diced tomatoes, optional jalapeno and tomato paste to the pot
5. Drain and rinse all of the beans and add to the pot
6. Add oregano, cumin, salt, pepper, paprika, chili powder, garlic, worcestershire to the pot
7. Mix thoroughly and put lid on instant pot or crock pot
8. For the instant pot use the bean or chili setting and cook for 20 minutes, if making this in a crock pot, cook for 3-4 hours
9. Add chili to parchment lined freeze dryer trays and add tray dividers in the 10 portion setting.
10. I strongly recommend freezing chili before freeze drying!
11. You may also consider a tray of toppings such as cheese, sour cream, cilantro etc.
12. Store Appropriately (See Storage Tips)

**Cycle Time:** 36 hours using 22.85 kWh of electricity

**Rehydration:** for 1/10th portion square add ½ C Hot Water and stir, and let sit covered for 5 min, stir and let sit 3-5 additional



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# Backpackers Mac 'N' Cheese

This recipe uses freeze dried ingredients to make individual servings

## Ingredients:

1 C freeze dried  
small Elbow  
Macaroni

OR 1 C Elbow Mac  
blitzed into smaller  
pieces

1 Tbsp freeze dried  
Milk powder

5 Tbsp freeze dried  
Velveeta powder



## Directions:

1. Cook, drain and rinse your noodles.
2. These can go straight onto the trays.
3. Milk will work best if pre-frozen.
4. Velveeta needs to be cut into small, bite sized cubes or slices.

### After Freeze Drying Ingredients

5. Run the milk and Velveeta through a blender or food processor to make a fine powder.
6. If desired, you can blitz the noodles in the food processor as well, to make smaller pieces that will rehydrate faster.
7. Add all ingredients together in a bowl or rehydrate in a Mylar bag with boiling water. If possible, you may have better results boiling noodles first, then adding cheese and milk.
8. Store Appropriately (See Storage Tips)

**Cycle Time:**Varies

**Rehydration: For 1 Cup serving:** add  
1/4-1/2 Cup boiling water, let sit covered for 5  
min, stir and let sit for additional 5 min



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# Beef Stroganoff

This recipe will make 8-9 cups of Beef Stroganoff

## Ingredients:

2 lbs Lean Ground Beef

2 cans Cream of Mushroom Soup

2 Tbsp Garlic Powder

16 oz Egg Noodles

1 Cup Sour Cream



## Directions:

1. Brown 2 lbs of lean ground beef on the stove. Strain cooked beef and then rinse with hot water to help get oil off, let sit and get as much water off. Then pour on a paper towel to soak up extra water and oil.
2. While cooking ground beef, bring water to boil in a pot and cook 16 ounces of egg noodles.
3. Add strained, rinsed, and patted ground beef to a clean pan on the stove. Then add 2 cans of cream of mushroom soup and 2 tbsp of garlic powder. Stir and let simmer for 10 minutes.
4. When the egg noodles are done cooking, drain and strain, then add to the beef mixture with 1 cup of sour cream and some salt and pepper to taste.
5. Load on trays with pre-cut parchment. Add dividers and pre freeze
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

I used the dividers in the ten portion configuration, and used lids to pre-freeze or to help carry all trays to the freezer or freeze dryer without making an extra mess.

**Cycle Time:** about 60 hours

**Rehydration:** a 1/10 portion will need about  $\frac{2}{3}$  C of boiling water. Add boiling water, stir, cover and let stand for 5 minutes, stir, cover and let stand a few more minutes.



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# Chana Masala

One recipe will make about 24 cups of Chana Masala

## Ingredients:

3 C cooked Rice	4 Cloves of Garlic Minced
6 regular sized Potatoes	2 tsp Chili Powder
2 diced Onions	2 tsp Turmeric
4 cans Chickpeas/ Garbanzo Beans drained and rinsed	4 tsp Cumin
2 cans Diced Tomatoes	4 tsp Ground Coriander
2 cans light Coconut Milk	4 tsp Garam Masala
2 Tbsp Olive Oil	1-2 tsp Salt



## Directions:

1. Set your InstantPot to Saute, add olive oil, garlic, and diced onions then cook until onions are translucent.
2. In a separate bowl mix Ground Coriander, Cumin, Garam Masala, Turmeric, Chili Powder, and salt then stir together.
3. Once onions are cooked through, change InstantPot to High Pressure for 15 minutes then add your spices and stir it up, then add all of the canned stuff and potatoes and mix it all together, close the InstantPot and hit Start (I added 3 cups of cooked rice to the finished product, but you don't have to add the rice if you don't want to)
4. Mix it all up, line your trays with parchment or silicone and then spoon evenly onto the trays. Add dividers for portions
5. Pre-Freeze and Freeze Dry
6. Store Appropriately (See Storage Tips)

**Cycle Time:** 26 hrs 43 minutes

**Rehydration:** 2 ¼ C boiling water, per 7 oz cover let sit for 20 minutes



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# Cheesy Chili Mac

This recipe makes approximately 9 cups

## Ingredients:

2 cloves minced Garlic	8 oz Elbow Macaroni
1 chopped Onion	1 tsp Cayenne Pepper
1 Bell Pepper	2 tsp Paprika
1lb. lean Ground Beef	2 tsp Cumin
28 oz can of crushed Tomatoes	1.5 tsp Onion or Garlic powder
15 oz can of Kidney Beans	1 tsp Oregano
2 3/4 C broth (we like vegetable)	1/2 tsp Pepper
	Salt to taste
	Cheese



## Directions:

1. Since oil cannot be used, put a few tablespoons of broth at the bottom of large pot or large frying pan and add garlic, chopped onion and cook for a few minutes
2. Add bell pepper and cook until onions are translucent
3. In a separate pan cook lean ground beef and cook until browned (drain, rinse and towel to remove as much oil as possible)
4. Take heat up to high & add ground beef back into the first frying pan and mix together then add in crushed tomatoes, remaining broth, drained kidney beans and macaroni.
5. Add in spices and take heat down to medium for 10-12 minutes or until mac is cooked but firm, sauce should be thick, not water
6. Add cheese if desired
7. Line trays with Parchment or silicone mats. Add dividers to portion
8. Pre Freeze until solid and then Freeze Dry
9. Store Appropriately (See Storage Tips)

**Cycle Time:** 23 hrs 16 minutes

**Rehydration:** Add 1.5 C boiling water to 3.9 oz, let stand for 5 min, stir and let stand another 5 minutes



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# Chicken Broccoli Salad

One recipe makes about 3 cups of chicken broccoli salad

## Ingredients:

2 C Cooked Cubed Chicken (pan fried with broth or grilled. Do not use oil)  
1 C chopped Broccoli  
½ C chopped Bell Pepper  
1 C Cheddar Cheese  
½ C plain Greek Yogurt  
2 tsp dill  
1 clove minced Garlic  
Splash of Apple Cider Vinegar



## Directions:

1. Combine all chopped ingredients in a food processor and pulse a few times for better consistency and texture.
2. Spread evenly across a tray lined with parchment or silicone,
3. Add dividers to pre portion before freeze drying
4. Freeze (covered is best, can use lids)
5. Then Freeze Dry
6. Store Appropriately (See Storage Tips)

**Cycle Time:** 4 trays took about 30 hours

**Rehydration:** 2/10 portions use about ¾ C of water. Add a little water, stir, let stand, stir and add more water as needed.



# Chicken Fried Rice

How many cups does this recipe make

**Ingredients:**

4 Cups Cooked Brown Rice	¾ cups Carrots
1 lb Chicken	¼ cup chopped Onions
2 Tbsp Sesame Oil or Vegetable Broth	2-3 cloves diced Garlic
¾ cups peas	3 Eggs beaten
	3 Tbsp Soy Sauce



**Directions:**

1. Cook enough brown rice to make 4 cups of cooked brown rice.
2. Using 2 Tbsp of sesame seed oil, cook and dice 1 lb of chicken breast
3. Using a little bit of sesame oil, cook peas, carrots, and onions for about 2 minutes
4. Add diced garlic, and cook 1 more minutes
5. Push vegetable to side of you pan, add the beaten eggs and cook with vegetables
6. Add in chicken and stir
7. Add in rice and stir
8. Add 3 Tbsp of soy sauce and stir
9. Load on trays lined with parchment
10. Add Dividers (I portioned into servings of 10 per tray)
11. Pre Freeze until frozen solid
12. Freeze Dry
13. Store Appropriately (See Storage Tips)

**Cycle Time:** 42 hours 30 minutes for 5 trays

**Rehydration:** add 1 ¼c boiling water to 3 divider portions (divided each tray into 10 portions), mix. Let sit for 5 minutes, mix, let sit again for 4 minutes.



# Chicken Gyros

This recipe will spread across a 6 cup capacity tray

## Ingredients:

<p>4 lbs. Chicken cubed</p> <p><u>For the marinade:</u>          4 tbsp Veggie Broth          4 tbsp Lemon Juice          4 tsp Smoked Paprika          4 tsp Cumin          4 cloves Garlic          2 tsp Turmeric          2 tsp ground Coriander          2 tsp Salt          1/2 tsp Pepper          1/2 tsp Onion Powder          1/2 tsp Cinnamon          1/4 tsp Red Pepper</p>	<p><u>For optional garnish:</u>          diced Onion          diced English Cucumber          diced Tomatoes</p>
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## Directions:

1. Trim noticeable fat from chicken and cube into small cubes
2. Mix all ingredients for marinade
3. Add chicken to marinade and mix thoroughly
4. At this point you can use a vacuum chamber sealer to inject marinade or you can place in refrigerator for 4-6 hours  
 \*if using a vac sealer, add 1/4-1/2 Cup water and mix (see video)
5. Cook marinated chicken until done in a splash of veggie broth
6. You can also add the optional garnishes, Pita bread or tzatziki sauce (recipe can be found in the cookbook) to a separate freeze dryer tray
7. Add chicken to a parchment paper lined tray and freeze dry
8. Pre Freeze when possible
9. Freeze Dry
10. Store Appropriately (See Storage Tips)

<p><b>Cycle Time:</b> Approximately 30 hours without pre-freezing</p>	<p><b>Rehydration:</b> Chicken can be difficult to rehydrate. Allow 4-5+ minutes. Garnishes can be rehydrated, used as a topper in freeze dried form or added to tzatziki sauce. For Pita bread, place in zipper bag or container with a wet paper towel</p>
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# Crockpot Spaghetti Sauce

This recipe will make about 12 cups of spaghetti sauce

## Ingredients:

10 C Tomatoes roughly chopped	1 C Onion chopped
2 Tbsp Basil, fresh (or tsp dried)	6 oz canned Tomato paste (optional)
1 Tbsp Oregano, fresh (or 1 tsp dried)	1/8 tsp Baking Soda
1 Tbsp Parsley, fresh (or 1 tsp dried)	Salt and Pepper to taste
6 cloves Garlic roughly chopped	



## Directions:

1. Rinse your tomatoes and core them. Drop them in a pot of boiling water for one minute.
2. Scoop them out with a slotted spoon and put them in a bowl of ice water. Now the skins will slip off easily.
3. Cut in half (quarters for larger tomatoes) and push the seeds out with your thumb.
4. Add the tomatoes and all the ingredients (except baking soda) to your slow cooker. Cook on low for 10 hours or high for 7 hours. Stir occasionally if possible. The sauce should be reduced by about half.
5. If you want a less chunky sauce, pulse it a few times with an immersion blender or mash it a bit with a potato masher or large spoon. Add the canned tomato paste at this point if you'd like a thicker sauce.
6. Add the baking soda (it will foam a bit), salt and pepper, and additional herbs to taste.
7. Cool
8. Put onto silicone lined trays, add dividers for portions, and pre freeze
9. Freeze Dry
10. Making this one day and then refrigerating it overnight gives it extra flavor
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 30 1/2 hours with 3 trays of sauce and one of tomato chips

**Rehydration:** Add water, stir, let sit, repeat until desired consistency is reached.



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# Easy Chicken and Dumplings

This recipe will make about 6 cups of chicken and dumplings

## Ingredients:

2 cups Chicken Broth  
1 lb Chicken Breast diced  
2 Tbsp dried minced Onion or ½ cup fresh minced Onion  
1 Tbsp dried Parsley  
2 cans Cream of Chicken soup  
1- 7.5 oz can refrigerated Biscuits



## Directions:

1. Add broth, cooked and diced chicken, onion powder, parsley, peas and carrots, cream of chicken soup all into an instant pot with chicken soup covering any chicken sticking up.
2. Dice up your biscuits and put on top of all other ingredients.
3. Close the instant pot, Pressure cook for 2 minutes, and then a 3 minute natural release.
4. Line tray with parchment and empty contents on to tray
5. You may want to freeze dry the biscuits separately.
6. Make 10 portion configuration with dividers and put dividers into place
7. Pre Freeze
8. Freeze Dry
9. Store Appropriately (See Storage Tips)

**Cycle Time:** 65 hours for 5 8-cup trays

**Rehydration:** Add 1½ Cups boiling water to 4 divider portions. Mix. Let sit covered for 5 minutes, stir, let sit covered for 4 more minutes.





# Egg Salad

This recipe makes about 4 cups of egg salad

## Ingredients:

8 eggs  
½ Cup Plain Greek Yogurt  
⅓ Cup Dijon Mustard  
½ Cup Diced Celery  
½ Cup Diced Onions  
¾ Cups Peas  
½ tsp Garlic Powder  
⅛ tsp Cayenne Pepper  
1 tsp Turmeric  
Optional 1-2 pickle spears diced



## Directions:

1. Hard boil your eggs (about 9 minutes in boiling water) When done, replace hot water with cold water and let sit. Once cool enough to handle, peel and dice the eggs.
2. In a mixing bowl add greek yogurt, dijon mustard, diced celery, peas, garlic powder, cayenne pepper, turmeric, diced pickle spears, and diced eggs. Mix well.
3. Spread evenly on a lined tray, add dividers made into 10 portioned servings.
4. Pre-freeze
5. Freeze Dry
6. Store Appropriately (See Storage Tips)

**Cycle Time:** 60 hours for 5 trays of Egg Salad

**Rehydration:** I used about ⅓ Cup of Cold Water for about 1/10th of a large tray amount. Let sit for about 5 minutes.



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# Freeze Dried Turkey Leftovers

How many cups does this recipe make

## Ingredients:

Leftover  
Thanksgiving  
Traeger Turkey



## Directions:

1. Break turkey into small chunks
2. Place on a lined tray, cover with a lid
3. Freeze until solid
4. Freeze dry
5. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> 34 hours	<b>Rehydration:</b> Add a little bit of hot water, cover and let sit for up to 20 minutes, repeat until desired consistency is reached
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# Ham & Beans (Firehouse Recipe)

How many cups does this recipe make

## Ingredients:

Leftover ham bone  
2 Cloves of Garlic  
1 Yellow onion  
2 lbs of Large Lima Beans  
Salt and Pepper to Taste



## Directions:

1. Boil your ham bone in a large stock pot for about an hour (pick as much meat off as you can first) add just enough water to boil the ham bone.
2. While the ham bone cooks, dice 1 yellow onion, dice your two cloves of garlic, and dice up any meat from the bone.
3. Trim as much fat from the ham as you can, use the leanest meat you can.
4. You can either remove as much fat as possible from the hot bone broth, or cool the broth and remove hardened fat from the surface.
5. Add all ingredients into your stock pot and cook on low for 3-5 hours, checking every hour for bean consistency. Add a little water as needed to cook beans completely.
6. On a parchment lined tray, spread ham and beans evenly across the tray, using dividers to portion, and lids to pre-freeze.
7. Freeze dry
8. Store Appropriately (See Storage Tips)

**Cycle Time:** about 45 hours for 5 trays

**Rehydration:** add a little boiling water, stir, let sit covered for 5 minutes, add more boiling water, stir, let stand again, repeat to meet desired consistency.



# Homemade Mac 'N' Cheese

This recipe makes enough to fill 2-8 cup trays

## Ingredients:

4 C small Elbow  
Macaroni

$\frac{2}{3}$  C Milk

24 oz. Velveeta  
cheese



## Directions:

1. Cook, drain and rinse noodles and return to pan
2. Cut Velveeta into smaller squares
3. Add  $\frac{2}{3}$  C milk & Velveeta to the noodles and mix while heating on low
4. You can also add pepper, salt, garlic or onion powder
5. Stir and heat until macaroni is evenly covered with cheese
6. Pour macaroni onto to silicone or parchment lined trays.
7. Add Dividers, if using. Portions of 10 work great
8. Pre Freeze If time allows
9. Freeze Dry
10. Store Appropriately (See Storage Tips)

I use 5 cups on each tray and use the tray dividers with 10 portions. This makes each portion a  $\frac{1}{2}$  Cup serving.

**Cycle Time:** 27 hours

**Rehydration for 1 serving:** add  $\frac{1}{4}$ - $\frac{1}{2}$  Cup boiling water, let sit covered for 5 min, stir and let sit for additional 5 min



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# Jambalaya

This recipe will fill 5-8 cup trays

## Ingredients:

3 lbs Shrimp cut into small pieces	9 C Vegetable or Chicken broth
6 diced Chicken breasts	3 cans diced tomatoes
4½ C Brown Rice	3 Bay Leaves
9 Bell Peppers diced	6 Tbsp Cajun Spice
6 Stalks of Celery diced	Add Cayenne Pepper and Salt and Pepper to taste
3 diced Onion diced	
12 Cloves Garlic	



## Directions:

1. In a large Stock Pot, just add enough broth to cover the bottom of the pot, then brown up your onions, garlic, celery and bell peppers
2. Next add your diced chicken breasts and cook.
3. Add the remainder of the broth, diced tomatoes, rice, bay leaves, and cajun spice, bring to high heat and boil, cooking rice fully. Stirring regularly, bring down to a simmer and finish cooking rice.
4. Add the shrimp, and stir until cooked.
5. Line your tray with Silicone Mats, and spread Jambalaya even on trays, dividers would be useful to portion.
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

Hint: Use a food processor for efficient dicing of ingredients

**Cycle Time:** 46 hours

**Rehydration:** Add boiling water, stir. Let sit, and add more water as needed.



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# Lentil Sloppy Joes

1 Recipe makes about 3 Cups of Sloppy Joes

**Ingredients:**

1 C Lentils	½ tsp Chili Powder
2 Tbsp + 1 tsp Veggie Broth Powder (See Recipe in cookbook)	1 Tbsp Worcestershire Sauce
1 Clove Garlic ( I used Freeze dried and rehydrated)	½ tsp Paprika
2 C Water	1 tsp Brown Sugar
½ an Onion diced	¼ - ½ C Tomato Sauce or Paste for thicker sauce



**Directions:**

1. Add a little bit of veggie broth powder, water, and freeze dried garlic to a small container and let everything rehydrate.
2. Turn Pressure Cooker on to saute, when warm add the broth and ½ a diced onion and cook the onions until lightly browned.
3. Mix up 2 Cups of vegetable broth while onions are cooking and then add to Instant Pot along with 1 C of Lentils, lock the lid, turn the pressure cooker to high pressure and set for 15 minutes. When time is up, turn off the pressure cooker and let it naturally release for 10 minutes.
4. Add ¼ to ½ C Tomato Sauce (or paste) based on your preference for thickness of sauce, Chili powder, Worcestershire Sauce, Paprika, and Brown sugar to the lentils in your pressure cooker and mix well.
5. If you like the consistency, keep it warm. If not, you can add a little more sauce or paste, this will thicken some as it cools.
6. Line tray, spread evenly and pre-freeze or go straight into the freeze dryer and freeze dry
7. Store Appropriately (See Storage Tips)

**Cycle Time:** Varies

**Rehydration:** Add a little bit of boiling water, stir, cover and let stand, repeat until desired consistency is reached.



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## Precooked Cheeseburgers With FD Avocado and Cheese

This recipe makes 10 almost 1/3 lb burgers per 8-cup tray

### Ingredients:

Hamburgers pattied into the size you want (I did 1/3 lb patties)  
With very lean ground beef.

Freeze Dried Tomatoes

Freeze Dried Cheese

1 can of beer

Freeze Dried Avocado powder



### Directions:

1. Cook burgers on the grill, or stove. I grilled to allow grease to drain off during cooking. I cooked mine to 140 °F and let rest to 145 °F for a rare burger.
2. Dab burgers with paper towels to remove excess grease and myoglobin, you can also rinse in hot water to remove extra grease. Let rest on paper towels to remove extra grease.
3. Place on a parchment lined tray.
4. Freeze Dry
5. Store Appropriately (See Storage Tips)

### Condiments directions:

**Cheese:** rehydrate shredded cheese in a bowl using a can of beer. This process is slow and will take time. May need to sit overnight.

**Avocado:** I rehydrate with lemon water to keep from going brown.

**Cycle Time:** 30 1/2 hours

**Rehydration:** I tried water, beer, pickle juice, and beef stock to rehydrate, letting the burgers sit covered in liquid until rehydrated.



**Live.** **Life.** **Simple.** **Cooking:** These burgers are cooked, they just need to be heated through

# Raw Cheeseburger Squares/Patties With FD Avocado and Cheese

How many cups does this recipe make

**Ingredients:**

3 lbs ground beef (use the leanest meat you can find)

Freeze Dried Tomatoes

Freeze Dried Cheese

1 can of beer

Freeze Dried Avocado powder



**Directions:**

1. Weigh your meat to make sure you are putting an equal amount on each tray. (Dividers set to 10 portions) are very helpful for portioning down into single burgers (IF you are not using dividers, make sure to not overfill your trays and don't make them too thick)
2. Line your tray with parchment or silicone (I recommend parchment)
3. Spread raw ground beef evenly across the tray.
4. Pre-Freeze if possible
5. Store Appropriately (See Storage Tips)

**Condiments directions:**

**Cheese** (freeze dried) rehydrate shredded cheese in a bowl using a can of beer. This process is slow and will take time. May need to sit overnight.

**Avocado (freeze dried)** I rehydrate with lemon water to keep from going brown.

**\*\*\*\*Make sure to label your packages as raw, and SANITIZE your machine when done\*\*\*\***

**Cycle Time:** 30 ½ hours

**Rehydration:** I tried water, beer, pickle juice, and beef stock to rehydrate, letting the burgers sit covered in liquid until rehydrated.



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**Cooking Directions:** The myoglobin that makes raw meat look raw is gone, it will not look raw! Make sure to cook to temperature.



# Shrimp Pad Thai

This recipe will make about 6 cups of pad thai

## Ingredients:

8 oz. flat Rice noodles  
1 ½ tsp Garlic  
8 oz. Shrimp cut into small pieces  
1 Bell Pepper sliced thin  
2 Eggs

### For the sauce:

3 Tbsp Fish Sauce  
2 Tbsp Soy Sauce or Liquid Aminos  
2 Tbsp Rice Vinegar  
1 Tbsp Sriracha  
¼ Cup Brown Sugar  
2 Tbsp PB2  
1 Tbsp Water

### Add last:

3 Green Onions  
½ cup fresh Cilantro  
2 Limes  
Bean sprouts (optional)



## Directions:

1. Prepare rice noodles as directed and rinse
2. In a saucepan, add garlic to a small amount of veggie broth
3. Bring the pan up to heat and add shrimp & peppers and saute for a few minutes
4. Push shrimp and peppers to the side of the pan and add the scrambled eggs
5. While the eggs are cooking, prepare the sauce
6. Mix fish sauce, soy sauce/ liquid aminos, rice vinegar, sriracha, brown sugar, PB2 & water (mixing with a whisk will eliminate chunks) in a bowl.
7. Combine shrimp mix with the noodles and slowly add sauce while thoroughly mixing
8. Add cilantro, green onions & bean sprouts (optional) and mix
9. Dice limes into thin wedges and set aside
10. Add mixture to a parchment paper lined pan and 4 portion divider setting
11. Top each portion with 4-5 thin lime wedges
12. Store Appropriately (See Storage Tips)

**Cycle Time:**

**Rehydration:**



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# Spaghetti and Meatballs

This recipe makes about 24 cups

## Ingredients:

2- 16 oz packages of Spaghetti cooked and strained (Enough for 3 Large Trays)

3 - 24 oz Jars of Spaghetti Sauce (more or less depending on your preference)

Cooked meatballs quartered or smaller



## Directions:

1. Cook and strain the spaghetti noodles
2. Line trays with parchment or silicone mats
3. Fill trays  $\frac{2}{3}$  of the way full with spaghetti spread evenly across the tray
4. Pour sauce evenly over spaghetti
5. Configure dividers into 10 sections per tray, and push down through the spaghetti
6. Add cooked, and cut up meatballs on top
7. Pre Freeze or go directly into the Freeze Dryer
8. Freeze Dry
9. Store Appropriately (See Storage Tips)

**Cycle Time:** 65 hours for 5 trays

**Rehydration:** Add  $\frac{1}{2}$  cup of hot water (This was done by finding the mass of water removed and then dividing by 10)



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# Traeger Honey Smoked Fish

This recipe will make as many trays of fish as you choose to make

## Ingredients:

### Brine

4 C Water  
1/4 C Sea Salt  
2/3 C Brown Sugar

### Other

1/3 C Honey  
(warmed up in microwave to make spreadable)

Pepper to Taste

Granulated Garlic to Taste



## Directions:

1. Mix Brine in a large bowl that will hold 2-3 lbs of fish. Brine fish submerged for 1 hour
2. Turn your Traeger on Smoke
3. Rinse fish with cold water and pat dry
4. Place on a baking sheet
5. Using a basting brush, coat fish with honey
6. Add pepper to taste
7. Add Garlic to Taste
8. Put on Traeger for 20 minutes on smoke
9. Raise temperature to 225 °F for 40 minutes
10. Cool and then Freeze Solid
11. Spread frozen fish out on your trays
12. Freeze Dry
13. Store Appropriately (See Storage Tips)

**Cycle Time:** 23.5 hours

**Rehydration:** Add some water to the bottom of a shallow bowl or plate, put your fish in, cover with a wet paper towel. Microwave for about 3 minutes, leave covered and let sit an additional 5 minutes.



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# Tuna Fish Sandwich

1 recipe makes approximately 3 cups of tuna salad

**Ingredients:**

1 - 12 oz can of Tuna in Water	¾ C Plain Yogurt (Not Greek)
2 Whole Dill Pickles chopped	Dash of Smoked Paprika
1 stalk of Celery chopped	Dash of Sumac (Optional)
½ red onion chopped	Bread
1 tsp Dijon Mustard	
1 tsp Lemon Juice	



**Directions:**

1. Mix all ingredients
2. Line tray with parchment or silicone mat
3. Spread tuna salad out on tray
4. Put sliced bread on a tray
5. Configure dividers into 20 portions and push down into tuna salad
6. Pre Freeze or go straight into the Freeze Dryer
7. Freeze dry
8. Store Appropriately (See Storage Tips)

**Notes:** You can rehydrate with yogurt or mayo if you omit before freeze drying.

<b>Cycle Time:</b> Varies	<b>Rehydration:</b> To rehydrate bread put into a bag with a damp paper towel for 15-16 hours For the tuna salad add water, stir, let sit, repeat until desired consistency is reached.
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# Venison Steak

This recipe made 4 venison steaks, there is enough brine to do a few more steaks

## Ingredients:

1.5lb Venison Steak or loin

### Rehydration/Cooking Ingredients

½ G Water  
¼ C Soy Sauce  
¼ C Brown Sugar  
(½ C Salt, be careful, because the meat will take on more salt because of Freeze Dried, less is more I would recommend less)

### Rub Ingredients

1 Tbsp Pepper  
1 Tbsp Paprika  
1 Tbsp Garlic Powder  
½ Tbsp Onion Powder



## Directions:

1. Trim the meat into 5-6 oz portions to help cook and freeze dry
2. Freeze Solid and then freeze dry. **Make sure to take appropriate precautions when Freeze Drying Raw MEAT.**
3. Store appropriately. (See Storage Tips)

## Rehydration/Cooking Directions

1. Mix brine and then put your meat into the brine, Cover and put in the fridge overnight.
2. Make Rub and save.
3. Set meat in Colander, and let extra juice drain.
4. Rub olive oil over meat on all sides, then add rub on all sides
5. Smoke slowly to 140°F internal temp, Keeping smoker in the 200°F range
6. Cover Meat and let it rest for 10 minutes before eating

**Cycle Time:** 54 hours

**Rehydration:** See directions above



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# ***Freeze Dried Side Dishes***

**Coleslaw**

**Cranberry Apple Orange Relish**

**Easy Cheesy Scalloped Potatoes**

**Fried Rice Replacement**

**Frog Eye Salad**

**Instant Mashed Potatoes**

**White Rice and Brown Rice**



# Coleslaw

This recipe makes enough to fill 1-8 cup capacity tray

## Ingredients:

- ½ C Plain Greek Yogurt
- 3 ½ Tbsp Apple Cider Vinegar
- 3 Tbsp Sugar
- 1 tsp Salt
- A pinch of Pepper
- 1~ 16 oz bag of Coleslaw mix or Fresh Cabbage



## Directions:

1. Add Greek Yogurt, Apple Cider Vinegar, Sugar, Salt and Pepper to a mixing bowl and whisk together.
2. Add the bag of Coleslaw mix and combine.
3. Line tray, spread evenly and pre-freeze or go straight into the freeze dryer.
4. Freeze Dry
5. Store Appropriately (See Storage Tips)

Dividers work great with this recipe, so you can easily package as single servings.

<b>Cycle Time:</b> Varies	<b>Rehydration:</b> Add a splash of cold water to the coleslaw, stir, let stand, repeat until you reach desired consistency.
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# Cranberry Apple Orange Relish

This recipe will fill 1-6 cup capacity tray

## Ingredients:

- 1 bag Cranberries
- 1 med- large Orange
- 1 med-large Apple
- ¼ C Sugar (you can add more if you want this to be sweeter)
- 1 tsp Cinnamon



## Directions:

1. Wash all fruit, I use a tiny bit of Dawn in a sink of cold water, sort out any mushy cranberries. Use boiling water poured over the apple and orange and wipe with a paper towel to remove wax
2. Quarter and core your apple, chop the ends off of your orange and quarter, removing any seeds, leave the rind
3. Put all ingredients in a food processor and process until uniform chunks is achieved
4. Spread evenly on a parchment lined tray, cover with a lid and freeze until solid (dividers can be used if you want to portion this)
5. Remove lid and Freeze Dry
6. Store Appropriately (See Tips and Tricks for storage help)
7. Store Appropriately (See Storage Tips)

**Cycle Time:** 36 hours in a mixed load

**Rehydration:** You will want to very slowly add cold water, stir, let stand, repeat until everything is rehydrated, but there is no standing water. This will get mushy if you over hydrate



# Easy Cheesy Scalloped Potatoes

This recipe will make about 8 cups

## Ingredients:

6 Yellow Potatoes  
sliced in Food  
processor

1 C Heavy Whipping  
cream divided into ¼  
Cups

1 C Parmesan Cheese  
divided into ¼ Cups

4 Cloves of Garlic diced  
(1 clove per layer)

½ tsp salt (⅛ tsp per  
layer)



## Directions:

1. Preheat oven to 400 F
2. Very sparingly spray 9 x13 casserole dish with oil
3. Spread about ¼ of sliced potatoes on bottom
4. Drizzle ¼ C heavy whipping cream over potatoes
5. Add 1 clove diced garlic, ¼ C Parmesan Cheese, & ⅛ tsp salt sprinkled over the layer.
6. Repeat steps 3-5 3 more times
7. Bake for about 1 hour or until potatoes are cooked all the way through
8. Place Silicone or Parchment On your tray
9. Spread scalloped potatoes on tray
10. Pre Freeze and Freeze Dry
11. Store Appropriately (See Storage Tips)

**Cycle Time:** My Cycle time in a mixed load Large Freeze Dryer with a Premier Pump was 25 hours

**Rehydration:** Soak thoroughly, then cook on the stove in a pan. Air Fry after cooking off water brings back the crispness, taste is there after cooking off water.



# Fried Rice Replacement

## (Riced Cauliflower, Quinoa, and Diced Vegetables)

One recipe will fill 2-6 cup capacity trays

### Ingredients:

1 medium-large head of Cauliflower  
1-2 medium Zucchini  
2 Sweet Bell peppers  
1 medium-large sweet Onion  
1 C of uncooked Quinoa  
2 C + Chicken or Vegetable broth  
Salt and pepper



### Directions:

1. Start Quinoa on the stove in a medium to large saucepan, cooking 1 cup of Quinoa in 2 cups of chicken or vegetable broth. While Quinoa is cooking, do the following.
2. Clean and prepare cauliflower and then rice in a food processor
3. Dice zucchini, bell peppers, and medium onion
4. In a stock pot, use a little bit of chicken or vegetable broth to saute zucchini, bell peppers, onions
5. About this time Quinoa should be done cooking, set aside
6. Once vegetables are sauteed add the riced cauliflower and cook until just heated through
7. Add Quinoa and salt and pepper to taste, and mix well.
8. Spread evenly across a parchment lined tray.
9. Pre-Freeze
10. Freeze Dry
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 22 hours

**Rehydration:** Add a little boiling water, stir let stand, repeat... about a 1:1 ratio



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# Frog Eye Salad

1 recipe will fill 2-6 cup capacity trays

**Ingredients:**

1 can of Pineapple Tidbits in juice, reserve the juice.	½ C Sugar
1 can of Mandarin Oranges drained and rinsed	1Tbsp Flour
1~1lb box of Acini De Pepe pasta	1/4 tsp Salt
1 Egg	1 small tub of Whipped Topping
	1 C Mini Marshmallows if desired



**Directions:**

1. Cook pasta according to the directions on the box
2. While cooking the pasta, cook the custard dressing
  - a. In a heavy saucepan, beat the egg until foamy
  - b. Stir in sugar, flour and salt
  - c. Stir in reserved pineapple juice
  - d. Cook and stir over medium heat until thick and bubbly
3. Rinse the pasta, and then combine pasta and dressing in a large bowl, chill for 1 hour
4. Add the Whipped Topping, fruit, and marshmallows (you can substitute a can of fruit cocktail for the mandarin oranges)
5. Spread evenly on lined trays, cover with a lid, and pre-freeze (Use dividers if you want proportioned)
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

<p><b>Cycle Time:</b> 4 trays took about 30 hours</p>	<p><b>Rehydration:Best:</b> Use cold water, add a little bit of cold water, stir, let sit for 5 minutes, add more, stir, let sit for 5 minutes. Cold water will take about 1 hour for full rehydration, this will turn out the creamiest.  <b>Fast:</b> Add a little bit of boiling water, stir, cover, let sit for 5 minutes, check, stir, cover, and let sit another 5 minutes.</p>
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# Instant Mashed Potatoes

12-15 lbs. Of potatoes will fill 4-6 cup capacity trays

## Ingredients:

12-15 lbs. Potatoes



## Directions:

1. Dice the potatoes into cubes for faster cooking. Boil all the potatoes and mash them using no oil butter or additives
2. Try to get the smoothest texture potatoes using the least amount of added water
3. When smooth, take a spatula and add to a parchment lined lined tray
4. Add potatoes until filled up to the rim of the freeze drying pan
5. Add tray dividers in the 40 portion setting to make portion size
6. Freeze in a freezer, then freeze dry
7. Use the portioned potato cubes to determine your storage amount (2 cubes =  $\frac{1}{4}$  Cup of powder)
8. You can rehydrate these as cubes for a more chunky mashed potato or for a smooth texture, run the cubes through a food processor to make powder
9. Store Appropriately (See Tips and Tricks for storage help)

You can also use 1 tray for potato additives such as sour cream & cilantro

### Cycle Time:

34 hours in medium freeze dryer  
25.92 KWh of Electricity

### Rehydration for powder:

$\frac{1}{2}$  Cup Potato powder + 1 cup HOT water +  
 $\frac{1}{4}$  Cup milk + 1 tbsp butter = 1 serving  
Boil or heat all liquid ( $1\frac{1}{4}$  -  $1\frac{1}{2}$  C) together,  
add to flakes and whip, let sit for 3-5 minutes

### Rehydration for cubes:

4 cubes +  $\frac{1}{4}$  Cup HOT water = 1 serving  
Let sit for 3 minutes



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# White Rice and Brown Rice

This recipe will fill 1-6 cup capacity tray

## Ingredients:

White Rice

Brown Rice

Water



## Directions:

1. Rinse your rice
2. Add rice and water to instant pot (1:1 ratio) (This is the same for brown and white rice) (if using the stove top, cook according to directions on package)

**White Rice:** Cook On high pressure in the Instant Pot for 4 minutes. (if using the stove top, cook according to directions on package) Do a quick release on the instant pot

**Brown Rice:** Cook On high pressure in the Instant Pot for 22 minutes. (if using the stove top, cook according to the directions on the package). Do a quick release on the pressure cooker.

3. Line your trays with parchment or silicone
4. Add rice to trays (3 cups uncooked equals approximately 1 medium tray after cooked)
5. Pre Freeze if time allows
6. Freeze Dry
7. Store Appropriately (See Storage Tips)

**Cycle Time:** About 36 hours

**Rehydration: White Rice:** 1 Cup FD Rice and 1 Cup water. Microwave for 3 minutes. Stir at each minute  
**Brown Rice:** 1 Cup FD Rice and 1 Cup water. Microwave for 4 minutes. Stir at each minute



# ***Freeze Dried Snacks***

**Apple Chips**

**Crouton Ice Cream Topper**

**Infused French Bread Croutons**

**Fruit Bars**

**No Bake Apple Cinnamon Date Granola Bars**

**Parmesan Croutons**

**Zucchini Crackers**



# Apple Chips

About 5 lbs of Apples yielded 4-6 cup capacity trays, triple stacked with parchment paper between each layer of chips

## Ingredients:

Several Apples  
of your choice...

I recommend:  
Jonna Gold  
Honeycrisp  
Gala  
Pizazz

Lemon Juice  
bath to stop  
apples from  
browning

Cinnamon if you  
want



## Directions:

1. Clean your apples and then you can leave skin, or peel (An apple corer works great for this).
2. Core, and thinly slice apples (Apple corer/slicer works great for this) trying to keep apples the same thickness.
3. If you want to dip your apples in a lemon juice bath to keep from browning do this as you slice the apples.
4. Put parchment down on your tray, layer apples, sprinkle with cinnamon if you desire.
5. I did 3 single layer layers on my trays, putting parchment between each layer.
6. Pre-Freeze or add directly to machine and Freeze Dry
7. Store Appropriately (See Storage Tips)

**Cycle Time:** About 24 hours

**Rehydration:** Not Intended





# Crouton Ice Cream Toppers

This recipe will spread across 1-6 cup capacity tray

## Ingredients:

Approx. 7 slices  
Hawaiian Bread

Cinnamon (optional)  
Nutmeg (optional)



## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray with bread pieces as you go.
2. Add pieces of bread to pre cut parchment lined freeze dryer pan
3. You can spritz with water and add cinnamon or nutmeg if desired
4. Cover trays with tray lids and pre freeze before freeze drying
5. This recipe can also be done with our french toast dippers recipe, just dice them and treat the same
6. Store Appropriately (See Storage Tips)

**Cycle Time:** 22 hours

**Rehydration:** Not recommended



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# Fruit Bars

This recipe will fill as many trays as you choose

## Ingredients:

Bananas  
Blueberries  
Strawberries  
Peaches  
Optional sweetener:  
Dates  
Optional Add Ins:  
Orange Juice,  
Yogurt, Milk  
  
\*\*You can use any fruit and it can be fresh or frozen.



I used 16 oz of Strawberries (add whole berry for extra greens) and 10 bananas for 1 large tray  
I used 16 oz of frozen peaches and 10 bananas and a dash of water for 1 large tray  
I used 16 Oz Blueberries and 13 bananas for 1 large tray

\*\*\*\*Modify the recipe to your taste. You can add more or less of any of the fruits and even mix fruits together for a variety of fruit bars. This recipe has a stronger banana taste.

## Directions:

1. Add your fruit of choice to the blender or food processor. I like to add the juicier fruit first and then add the bananas.
2. Line tray with parchment paper
3. Pour fruit mixture onto trays and add dividers (I used 10 portions per tray)
4. Pre Freeze
5. Freeze Dry
6. Remove dividers and store. These stay in "bar" form and are great for snacks and also store well.
7. Store Appropriately (See Storage Tips)

Cycle Time: 42 hours

Rehydration: Not intended



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# Infused French Bread Croutons

This recipe will spread across 1-6 cup capacity tray

## Ingredients:

Approx. 10 slices  
French Bread

4 C Broth

Salt, Garlic salt.  
Pepper (to taste)



## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray first with bread pieces and then move onto the next steps. Fill the tray with bread because they will shrink later in the recipe
2. Cover the bread pieces with 4 Cups of broth of your choice
3. Season evenly with Oregano, Basil and/ or seasoning of your choice
4. Cover trays with tray lids and pre freeze before freeze drying
5. Store Appropriately (See Storage Tips)

**Cycle Time:** 22 hours

**Rehydration:** Not Recommended



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# No Bake Apple Cinnamon Date Granola Bars

One recipe will heavy fill 1-6 cup tray, I recommend splitting between two trays for thinner bars

**Ingredients:**

3 Tbsp Chia Seeds soaked in 2 C of Hot Water	1 Cup Apple Sauce (unsweetened)
1 Cup chopped Pitted Dates	2 Cups High Quality Oatmeal
1 tsp fresh Lemon Zest	1 Cup Coconut Flakes (unsweetened)
Juice from 1 Lemon	½ tsp Salt
2 C water	1 Tbsp Cinnamon
1 ripe Avocado	½ tsp cloves



**Directions:**

1. Put 3 Tbsp of Chia Seed into 2 cups of hot water and set a side
2. In a heavy saucepan on the stove, add your dates, 1 cup of water, lemon zest, and lemon juice. Cook over medium heat until thick and bubbly.
3. Once thick and bubbly add 1 C water and cook for an additional 5 minutes stirring frequently.
4. Add the soaked Chia Seeds to your saucepan and boil on low heat for an additional 10 minutes stirring often.
5. In a blender or food processor, pour in the date mixture, add the applesauce, avocado, salt and Cinnamon. Puree for 1-2 minutes.
6. In a large mixing bowl, measure out oatmeal and coconut, add contents from the blender and mix well.
7. Pour onto a lined tray, use dividers set as 20 portion or 40 portion, cover with a lid
8. Pre-freeze until solid
9. Freeze dry (This is heavy, do not freeze dry more than 2 batches at a time)
10. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> 27 hours	<b>Rehydration:</b> Not intended
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# Parmesan Croutons

This recipe will spread across 1-6 cup capacity tray

## Ingredients:

Approx. 8 slices  
Sourdough Bread

½ C Broth

Salt, Garlic Salt,  
Pepper (to taste)

1 C Grated  
Parmesan



## Directions:

1. Dice up slices of bread into small pieces. It's helpful to fill up the tray first with bread pieces and then move onto the next steps. Fill the tray heaping with bread because they will shrink later in the recipe
2. Add to a mixing bowl and evenly coat bread with broth of choice
3. Season evenly with salt or garlic salt and pepper if desired while mixing
4. Add coated bread to frying pan and heat
5. Keep pan moving while heating to avoid bread pieces from sticking together
6. Some clumping is normal and they will break apart after freeze dried
7. Add bread pieces back onto to pre cut parchment lined tray
8. Store Appropriately (See Storage Tips)

**Cycle Time:** 22 hours

**Rehydration:** Not recommended



# Zucchini Crackers

This recipe doubled made enough for 1-8 cup capacity tray

## Ingredients:

4-6 Zucchini (4 cups total once drained and strained)

1/3 C Mozzarella Cheese

1/3 C Parmesan Cheese

1 Eggs

1/2 tsp red pepper flakes

1-2 tsp garlic salt

Other spices as desired



## Directions:

1. Chop ends off of zucchini's and shred them (12 Cups)
2. Strain and use cheesecloth to get as much moisture out of zucchini
3. Preheat oven to 375°F
4. Add rest of ingredients to strained zucchini and mix well by hand
5. Put parchment down in bottom of Freeze Drying tray
6. Spread mix out evenly across the tray (Do not bake with dividers in trays)
7. Bake for about 15 minutes or until golden brown
8. Blot some of the grease with paper towel
9. Let cool until it reaches room temperature
10. Use dividers to create cracker portions (do not put dividers into oven)
11. Pre-Freeze
12. Freeze Dry
13. Store Appropriately (See Storage Tips)

**Notes:** Thinner is better with this recipe, so spread the mixture out evenly but thinly on your tray

**Cycle Time:** 40 hours

**Rehydration:** Not intended



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# ***Freeze Dried Soups***

**Butternut Squash Soup**

**Creamy Butternut Squash, Sweet Potato, Apple Soup**

**Cream of Mushroom Soup**

**Grandma's Wild Turkey and Noodles**

**Hearty Homemade Chicken Noodle Soup**

**Pizza Soup**

**Pho**

**Split Pea Soup**

**Tomato Soup**



# Butternut Squash Soup

This recipe will fill 1-6 cup capacity tray

## Ingredients:

1 Butternut Squash	3-4 Cups of Vegetable Broth
Olive Oil	1/8 tsp Nutmeg
Salt and Pepper to Taste or Homemade Rub	1 tsp pepper
1/2 C Onion or Shallot chopped	1 tsp maple syrup
4 cloves of minced Garlic	



## Directions:

1. Preheat oven to 425°F cover baking sheet with parchment paper and set aside.
2. Cut Squash in half and remove seeds
3. Put a little bit of olive oil on the cut side of the squash, spreading out to cover the cut side. (Be mindful of using very little, the more oil the less long term storage time)
4. Salt and Pepper to taste or use homemade rub
5. Put face down on your tray and roast face down in oven for 40-50 minutes
6. Cook onion on the stove in a little olive oil or chicken broth. (You can add salt) once onions start to get soft add garlic and cook for 1 minute
7. Once Squash is done and cooled, peel skin from squash
8. Add all ingredients to a blender or food processor, process until smooth
9. Spread evenly on a lined tray, freeze and then freeze dry (Use dividers if you want to portion for long term storage)
10. Powder
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 32 hours

**Rehydration:** At a little bit of boiling water, stir, let sit, add more water until desired consistency is reached. (about a 1:1 ratio)





# Cream of Mushroom Soup

This recipe makes enough for fill 2-6 cup capacity trays

## Ingredients:

2 Cups Milk  
6 tbsp flour(more can be added)  
  
24 oz. Chopped Mushrooms  
  
2 onions chopped  
5 Cups broth  
  
Sage  
  
Pepper  
  
Salt



## Directions:

1. In a mixing bowl, add milk and flour and whisk until blended. If it does not seem thick enough, add more flour 1 tbsp at a time until desired consistency. This makes the rue cream or thickening agent and will yield approximately 2 cups. Set aside.
2. In a large pot or saucepan add 4 tbsp of your choice of broth
3. Add mushrooms and onion and saute until soft
4. Turn down to medium heat and pour in 5 cups broth and stir
5. Slowly pour in the rue mixture while stirring
6. Add a dash of sage, pepper and salt to taste
7. Cook on medium for 10-15 minutes to get desired thickness
8. If you want the soup thicker, add more rue
9. If you want the soup more thin, add more broth
10. Ladle onto trays to disperse evenly
11. Add to parchment paper or silicone lined tray with tray dividers in the 4 portion setting
12. 2 squares out of 4 of the tray will equal 1 can of fully rehydrated cream of mushroom soup. This may come in handy if adding to recipes in the future
13. Use tray lids and freeze solid
14. Store Appropriately (See Storage Tips)

**Cycle Time:** 34 hours using 29.69 kWh of electricity

**Rehydration:** 2 squares tray divider squares (out of 4) will equal 2.½ -3 Cups of soup. Add 1-1 ¼ Cups hot water, mix vigorously and let sit for 3-5 min. and serve



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# Creamy Butternut Squash, Sweet Potato, Apple Soup

This recipe makes enough to fill 2-6 cup capacity trays

**Ingredients:**

2 Tbsp coconut oil  1 medium sweet onion chopped  3 garlic cloves peeled and chopped  1 medium butternut squash, peeled, seeded and cut into 1-2 inch chunks  1 medium sweet potato peeled and cut into 1-2 inch chunks  ½ can full-fat coconut milk  Toasted pumpkin seeds, coconut cream and smoked paprika for topping	1 tart-sweet Apple (Pink Lady, Honey Crisp etc.) cored and cut into 1-2 inch chunks  1 tsp dried sage (I use Thyme)  ¼ tsp pumpkin pie spice or just cinnamon  ¼ tsp dried ginger  ½ tsp kosher salt  ⅛ tsp fresh cracked pepper  2 cups vegetable stock or chicken bone broth
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**Directions:**

1. Using Instant Pot, saute onion and garlic using coconut oil.
2. Add Squash and potato, stir to combine, cook for a few minutes until squash begins to soften, stirring occasionally.
3. Add all other ingredients except Coconut Milk. Stir to combine. Close Instant Pot
4. Press the “Manual” button and set the timer to 10 minutes on high pressure. Let the pressure release manually at the end of the cycle.
5. Using an immersion blender or pouring carefully into a large blender, puree the soup. Blend until smooth.
6. Add the coconut milk and additional seasonings to taste. Blend to combine
7. Top with toasted pumpkin seeds, coconut cream, dash of smoked paprika if desired.
8. Pour into trays and pre-freeze before freeze drying, then Freeze Dry.
9. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> 48 hours	<b>Rehydration:</b> a 1:2 ratio powder to liquid. This can be thicker or thinner to taste.
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# Grandma's Wild Turkey and Noodles

This recipe will make 4-6 cup trays of Turkey and Noodles

## Ingredients:

### Wild Turkey

- \*3 lbs of Wild Turkey
- \*1 Tbsp ground rosemary (fresh is better) 2-3 Sprigs
- \*A few sprigs of thyme
- \*5-6 fresh sage leaves
- \*2 tsp of garlic powder

### Noodles

- 3 Eggs
- Pinch of Baking Soda
- 2½ -3 C Flour
- 2 Tbsp of milk

### Soup

- 16 Cups of Broth



## Directions:

1. Use a Sous Vide Cooker, to cook your turkey to keep it tender and moist.
2. Cook turkey to 140°F
3. Make a rub of the spices, and work into the outside of the meat. Put the meat into a zip lock bag, remove all air, let cook for 8 hours in the Sous Vide Bath.
4. Remove from Sous Vide, and let rest for 10 minutes. Chop into bite sized pieces
5. Mix Noodles, adding extra flour as needed until about a pie crust consistency. Roll it out thinly and use a pizza cutter, pasta cutter, or a knife to cut noodles similar to a fettuccine noodle. These will double in size as cooked. Let rest for about an hour
6. (I made this ½ at a time using ½ the broth, noodles, and turkey) Bring broth to a boil in a large stock pot, add noodles and turn down heat and let simmer for 20 minutes.
7. Add turkey (you can add carrots and peas if desired) and let sit for about 5 minutes.
8. Spread evenly across the trays. Weight trays in grams, to keep track of moisture for rehydration purposes.
9. Pre-Freeze using stackers or lids, freeze dry, re-weigh keeping track of weights
10. Store Appropriately (See Storage Tips)

**Cycle Time:** 27 hours

**Rehydration:** Add back the percentage of water in grams to a zip lock bag, add the turkey noodles, and use the sous vide to heat and rehydrate.



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# Hearty Homemade Chicken Noodle Soup

This recipe will make enough to fill 12-6 cup trays

## Ingredients:

2 lbs of carrots, cleaned and chopped	4 lbs Chicken breasts
1 bag of Celery cleaned and chopped	2 Tbsp Coarse Sea Salt
1 bulb of Garlic (13 cloves) chopped	1 Tbsp Ground Black Pepper
2 Yellow Onions Chopped	4 dried Bay Leaves
Chicken backs and carcasses (for flavor and a little meat)	8 fresh Basil Leaves
	2 fresh Sage Leaves
	A couple sprigs of fresh Oregano
	A bunch of Parsley
	24 C Water
	2 lbs of Egg Noodles



## Directions:

1. In a large stock pot on your stove add the veggies, Chicken backs and carcasses, and all of the spices and seasonings, add 24 C of Water.
2. Bring everything to a boil on the stove top, turn the temperature to low and boil for 4-6 hours.
3. Add 4lbs of chicken breasts and continue to cook on low heat for 1 hour.
4. Pull all chicken and bones out of the broth, put broth and veggies in the fridge to cool overnight. Put Chicken in the fridge overnight.
5. Chop chicken breasts into small pieces, for rehydration purposes smaller is better. You can pull some of the meat off of the chicken bones if you wish.
6. Remove as much fat as possible from the top of the Chicken broth and vegetables.
7. Add everything back into your stock pot and return to a boil.
8. Add noodles and cook until noodles are 98% done. Stopping early will help them to not fall apart when they reconstitute.
9. I chose to pour 2 Cups of soup into Quart sized baggies and freeze them laying flat.
10. Remove from baggies and place on a lined tray, I placed 2 baggies per tray because of weight limits of the Freeze Dryer.
11. Store Appropriately (See Storage Tips)

**Cycle Time:** 46 hours which includes 15 hours extra dry time

**Rehydration:** a 1:1 ratio of Water and 2 Cup Portion of Soup. Add boiling water, stir let sit for 5-10 minutes



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# Pho

This recipe will make 4-6 cup trays of Pho

## Ingredients:

4 Onions Diced	4 tsp 5 Spice Powder	16-20 Cinnamon Sticks	10 Green Onions or Scallions
8 Inches fresh Ginger or 4 tbsp Squeeze Ginger	4 tsp Coriander Seeds	8 tsp Sesame Seed Oil	1 bunch Cilantro
8 tsp Minced Garlic or 10-12 Cloves	½ tsp Ground Cloves or 20 whole Cloves	Protein of choice	<b>OPTIONAL</b> Diced Jalapeno
16 Cups Vegetable Broth	Salt	4 oz Rice Noodles	Lemon Slices
7-8 stalks Lemongrass	Pepper	Vegetable Oil	Mint Leaves
	12 Star Anise	4 CBean Sprouts	
		1 C Mushrooms	

## Directions:

- Put Instant Pot on saute and add 8 tsp sesame oil. Add Star Anise, Cloves, Cinnamon Sticks, Coriander Seeds and let roast for a minute.
- Add Garlic, Onion, Ginger, Mix and saute until onions are slightly charred
- Add Lemon Grass, 5 Spice Powder, Salt and Pepper to taste, Vegetable Broth, stir and mix
- Cook at High Pressure for 15 minutes, let naturally release for 10 minutes when done.
- While broth cooks prepare your protein 2-3 lbs
- Release pressure from Instant Pot
  - For Tofu: you will need 2-3 bricks
  - Squeeze moisture out until fairly solid
  - Cut into small chunks
  - Put into a container with 1 tsp of cornstarch (do this one brick at a time) and coat the tofu with cornstarch
  - Bake tofu in oven at 400°F, bake for 15 minutes, then flip and bake for 15 more minutes
- Strain broth and separate solids from liquids.
- Save the solids and use one more time if you want to make more Pho)
- Take ½ of an 8 oz package of rice noodles and add to hot broth and let soak for 15 minutes
- Add dry garnishes spread across Freeze dryer trays as evenly as possible (mushrooms, cilantro, green onions, bean sprouts and any other toppings you want)
- Add protein spread out as evenly as possible across your freeze dryer trays and toppings
- Separate rice noodles from liquid, and spread evenly from trays

13. Add liquid as evenly as possible across the trays
14. Pre Freeze
15. Freeze Dry
16. Math time, Weight of trays before freeze drying - Weight of trays after freeze drying = removed moisture, then use ratio to know how much water to use.
17. Store Appropriately (See Storage Tips)

**Cycle Time:** was 25:26:41 in a medium freeze dryer with a premier pump and 4 trays of Pho

**Rehydration:** 1 oz of Pho to 1 Cup of hot water added very slowly, the protein will take longer to rehydrate, the smaller the protein pieces the faster the rehydration rate



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# Pizza Soup

1 recipe will fill 4-6 cup capacity trays

## Ingredients:

16 oz of Mushrooms sliced	4 cans White Beans drained and rinsed
3 small Zucchini diced	2 tsp Garlic Powder
2 Yellow Onions diced	2 tsp Basil
2 C diced Bell Peppers	1 tsp Red Pepper Flakes
4 cans Fire Roasted Diced Tomatoes	1 1/3 Tbsp Oregano
2 cans Tomato Sauce	Salt and Pepper to taste
	Meat of Choice



## Directions:

1. If you add meat, pre-cook, rinse, use a paper towel to remove excess and set aside.
2. In a Large Stock pot add 2-4 Tablespoons of water, bullion, chicken broth etc. to cook diced peppers, onions, zucchini, and mushrooms. Cook until onions start to become translucent.
3. Add all tomatoes with juices, rinsed beans, add a couple of extra cups of water, then add all spices.
4. Bring to a boil covered, then simmer on low for about 10 minutes (you will want the meat in before you bring to a boil.)
5. Line your trays with silicone or parchment and spread evenly across trays.
6. Add tray dividers into 10 portion setting
7. Pre-Freeze or let everything cool and then Freeze Dry.
8. Store Appropriately (See Storage Tips)

You may want to add Freeze Dried Cheese to the top after rehydrating. Dividers work well for making single portions.

**Cycle Time:** 37 hours

**Rehydration:** Add some boiling water, stir, cover, let sit 3-4 minutes. Repeat the process until desired consistency is reached.



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# Split Pea Soup

1 recipe makes 8 cups of soup

## Ingredients:

2 C Split Peas  
5 C Vegetable Broth  
1 tsp Garlic Powder  
½-1 Onion diced  
2 Stalks of Celery sliced or diced  
2 whole Carrots sliced or diced  
1 C diced Ham  
Salt and Pepper to Taste



## Directions:

1. Set your InstantPot on Saute, (prepare vegetable broth so saute onions and ham instead of oil.) Spoon a tablespoon or two of vegetable broth into the bottom of InstantPot and add Onion and lean diced ham and let cook until onions are slightly browned.
2. Add Carrots and Celery and the rest of the 5 Cups of Vegetable Broth, 2 Cups of Split Peas, 1 tsp of powder, and salt and pepper to taste then stir it all together.
3. Close InstantPot set to High pressure cook and set for 20 minutes.
4. Line your tray with pre cut parchment and spread out on your tray, then add tray dividers in the 10 portion setting
5. pre-freeze and then freeze dry.
6. Store Appropriately (See Storage Tips)

**Cycle Time:** 37 hours

**Rehydration:** Add water, stir, let stand for a few minutes and then repeat. You may want to rehydrate in a blender or food processor to make it creamy.





# Tomato Soup

This recipe will fill 1-8 cup capacity tray

## Ingredients:

3 lbs. tomatoes  
8 cloves garlic  
2 onions (sliced or chopped)  
1/2 C fresh basil  
1-2 C vegetable bullion or water  
1/2 tsp dried oregano



## Directions:

1. Core the tomatoes, stick the cloves of garlic into a cored area and spray lightly with cooking spray or cover with oil. Be careful not to over do the oil. Salt and pepper to taste.
2. Bake for 40-45 minutes at 400 degrees F.
3. While the tomatoes bake, caramelize your sliced onions.
4. When tomatoes, garlic and onions are done, add them to a blender with basil and blend smooth.
5. Put blended mixture into a pot and add bullion.
6. Boil and it's ready to eat or freeze dry!
7. Freeze dry
8. Powder in a blender or food processor
9. Store Appropriately (See Storage Tips)

**Cycle Time:** About 30 ½ hours

**Rehydration:** Depends on the texture you prefer .Start with a little and let sit until powder has time to absorb water, this is concentrated.





# ***Freeze Dried Vegan/Vegetarian***

**Butter Cauliflower**

**Enchilada Sauce**

**Seitan**

**Sweet Potato and Black Bean Enchiladas**

**Tofu Gyros**

**Tofu No-Egg Salad Sandwich**

**Tzatziki Sauce**

**Vegan Cream of Mushroom Soup**



# Butter Cauliflower

This recipe will make 1-6 cup capacity tray

**Ingredients:** (You can make rice according to the directions for this meal)

<b>Sauce Ingredients:</b> 1 Tsp Salt  1 Tsp Cumin  ½ tsp Ground Ginger  1 TBSP Garam Masala  1 Tsp Chili Powder  ½ C Raw Cashews  2 ¾ C Water	1 6oz can Tomato Paste
	<b>Cauliflower Mixture:</b> 1 Head of Cauliflower cut into bite sized pieces  1 Yellow Onion chopped  4 Cloves of Garlic chopped  2 TBSP Plant Butter



**Directions:**

1. Make the sauce first, Put all ingredients into a high power blender, (if you don't have a high power blender, boil the cashews for 10 minutes first) blend until thick and creamy.
2. In a large pot, add garlic, butter, and onion and cook until translucent.
3. While garlic and onions are cooking, chop up your cauliflower.
4. Add Cauliflower to cooked onions and garlic, then cover everything with your sauce, and cook at a simmer for about 10 minutes, until the cauliflower is tender but not soggy.
5. Spread rice on a lined tray, spread the butter cauliflower on a different lined tray.
6. Cover with lids, and freeze until solid. Weigh your trays before freeze drying
7. Freeze Dry
8. Weigh your trays after freeze drying
9. Store Appropriately (See Storage Tips)

<b>Cycle Time:</b> Varies	<b>Rehydration:</b> Add the amount of water that was lost during freeze drying and cook over medium heat until everything is tender. About 12-13 minutes
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## Enchilada Sauce

This recipe will make 1-6 cup capacity tray

### Ingredients:

9 Tbsp All purpose flour  
6 Tbsp Chili Powder  
4 ½ tsp Cumin  
2 ¼ tsp Garlic Powder  
3 tsp Oregano  
1 ½ tsp Salt  
1 tsp Cinnamon

½ Cup Vegetable Broth  
6 tbsp Tomato Paste  
6 Cups Vegetable Broth  
6-10 tsp Apple Cider Vinegar

**4 Tbsp = ¼ Cup**



### Directions:

1. Mix all spices in a mixing bowl
2. Heat Vegetable broth in a saucepan
3. Add spice mixture and heat while stirring to release flavor (about 1 min)
4. Add tomato paste and mix some more
5. Stir in vegetable broth slowly while stirring and bring to a simmer
6. Simmer for about 5 minutes until sauce thickens (stirring the entire time)
7. Pull from heat and add apple cider vinegar to taste
8. Add to silicone lined tray and add tray dividers in the 40 portion setting
9. Freeze Dry
10. Store Appropriately (See Storage Tips)

**Use this recipe with our Sweet Potato Enchilada Recipe!**

**Cycle Time:** 25-30 hours

**Rehydration:** Add water slowly until the mixture is pourable



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# Seitan: Plant Based Meat Substitute

This recipe will make 1-8 cup capacity tray after “Dough” is boiled

## Ingredients:

<p><b>Seitan Dough</b>                  2 Cup Vital Wheat Gluten                  ½ Chickpea Flour                  2 Cup water</p> <p><b>For BEEF Flavored broth:</b>                  5 1/2 C veggie broth                  1/2 C dry red wine                  1/3 C soy sauce                  2 Tbsp worcestershire sauce                  1 tsp thyme                  1/2 tsp onion powder                  1/2 tsp garlic powder                  1/2 tsp black pepper</p> <p><b>For PORK Flavored broth:</b>                  6 C veggie broth                  1/3 C soy sauce</p>	<p>2 Tbsp maple syrup                  2 Tbsp apple cider vinegar                  2 tsp liquid smoke                  2 tsp smoked paprika                  1 tsp onion powder                  1 tsp garlic powder</p> <p><b>For CHICKEN Flavored broth:</b>                  6 C veggie broth                  1/3 C soy sauce                  1/4 C nutritional yeast flakes                  1 1/2 tsp white wine vinegar                  1 1/2 tsp poultry seasoning                  1 tsp onion powder                  1/2 tsp garlic powder                  1/2 tsp liquid smoke</p>
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## Directions:

1. Mix seitan dough ingredients in a mixer for about 5 minutes. This will make a bread dough like texture
2. Let the dough mixture rest for about 5 minutes
3. While the dough is resting in a large stock pot, make your flavored broth
4. Bring broth to a boil
5. Cut your Seitan dough into desired sizes (can cut into bite size pieces, slices or leave in a “loaf size” and slice after boiling)
6. Drop dough into boiling broth.
7. Simmer the dough in the broth for about 1 hour. It will expand a lot so be sure you have a big enough pot to allow for expansion
8. Remove Seitan from broth and cool
9. Add parchment or silicone liner to you freeze dryer pan
10. Add Seitan (I would suggest thin slices or small chunks)
11. Pre Freeze and then Freeze Dry
12. Store Appropriately (See Storage Tips)

**Cycle Time:** 36 hours

**Rehydration:** Add to a pot of boiling broth until softened



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(You can freeze dry the broth for future use)

# Sweet Potato & Black Bean Enchiladas

This recipe will make 2-6 cup capacity trays

## Ingredients:

3-4 lbs. Sweet Potatoes  
2 Onions  
Vegetable Broth  
2 cloves garlic  
2 cans black beans (drained)  
6 tsp Cumin  
4 tsp Chili Powder  
1 tsp Salt  
Juice of 2 limes  
4 avocados  
Cheese (optional)



## Directions:

1. Cube Sweet potatoes into small cubes and add to a basket lined instant pot (if not using an instant pot, boil or cook until done)
2. Add 1 Cup water to pressure cooker or instant pot, 5 minutes on high pressure and instant pressure release at finish
3. While the sweet potatoes are cooking, dice onions
4. Add a small amount of vegetable broth to a frying pan
5. When pan is hot, add onions and garlic and saute until translucent
6. Add drained black beans
7. Combine sweet potatoes to pan and mix while adding additional spices
8. Mash avocados to a guacamole type texture and mix with other ingredients (this gives a creamy texture to the mix without using sour cream, cheese or butter)
9. If adding cheese, now is a good time to do so while mix is hot
10. Add to parchment lined tray and add tray dividers in the 10 portion setting
11. Freeze Dry
12. Store Appropriately (See Storage Tips)

After rehydrating the filling, roll 1 serving into 1 tortilla shell. Use our **ENCHILADA SAUCE RECIPE**, and add a small amount of sauce to the bottom of a baking pan, use the rest to top the enchiladas (with optional cheese) and bake at 350 for 25-35 minutes until edges are crisp

**Cycle Time:** 28 hours

**Rehydration:** Add water slowly and let sit for 3 minutes, add more water if needed and let sit for an additional 3-4 Minutes



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# Tofu No-Egg Salad Sandwich

One recipe makes about 8 cups

## Ingredients:

2 block of tofu	3 Tbsp Nutritional Yeast
1½ C Chickpeas or Garbanzo Beans	1 tsp Garlic Powder
1 C Plain Greek Yogurt	¼ tsp Cayenne Pepper
⅓ C Dijon Mustard	1 tsp Turmeric
1 C Diced Celery	Salt and Pepper to taste
1 C Diced Onions	A little Sumac
1 ½ C Peas	



## Directions:

1. Cube the tofu, and then add all ingredients into a large mixing bowl and mix thoroughly.
2. Spread Evenly on a lined tray, pre-freeze or go straight into the freeze dryer.
3. Freeze Dry
4. Store Appropriately (See Storage Tips)

Using dividers configured for 10 will help to portion this out for rehydration

<b>Cycle Time:</b> 60 hours for 5 trays	<b>Rehydration:</b> I used about ⅓ Cup of Cold Water for about 1/10th of a large tray amount. Mix and let stand covered for a while. This might be a good recipe to let sit in the fridge for a while to fully rehydrate the Tofu
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# Tzatziki Sauce

This recipe makes enough for 1-6 cup capacity tray

## Ingredients:

5 cups plain Greek Yogurt (or Vegan yogurt)

10 cloves Garlic

2.5 tsp dried dill

3 1/3 tbsp lemon juice

1 english cucumber diced

salt and pepper to taste



## Directions:

1. Mix all ingredients
2. Add mixture to trays lined with parchment or silicone evenly and add dividers in 40 portion configuration. 1 section is approximately 1 dollop
3. Pre-freeze
4. Freeze Dry
5. Store Appropriately (See Storage Tips)

This is a great compliment to Tofu Gyros

**Cycle Time:** About 24 hours

**Rehydration:** Slowly add cold water and stir to reach the desired texture. I like a thicker consistency for spread



# Vegan Cream of Mushroom Soup

This recipe will fill 2-6 cup capacity trays

## Ingredients:

<p>1 Cup Raw Cashews          ½ Cup water          2 tbsp lemon juice          2 tbsp broth          1 clove garlic          Dash of salt</p> <p>24 oz. Chopped Mushrooms          2 onions chopped          5 Cups broth          Sage          Pepper          Salt</p>
---



## Directions:

1. In a high powered blender, add cashews, water, lemon juice, broth, garlic, salt and blend smooth. This makes the cashew cream or thickening agent and will yield 2 cups. Set aside. If you do not have a high powered blender, soak cashews for several hours first to soften them.
2. In a large pot or saucepan add 4 tbsp of your choice of broth
3. Add mushrooms and onion and saute until soft
4. Turn down to medium heat and pour in 5 cups broth and stir
5. Slowly pour in the cashew cream mixture while stirring
6. Add a dash of sage, pepper and salt to taste
7. Cook on medium for 10-15 minutes to get desired thickness
8. If you want the soup thicker, add more cream or rue
9. If you want the soup more thin, add more broth
10. Ladle onto trays to disperse evenly
11. Add to parchment paper or silicone lined tray with tray dividers in the 4 portion setting
12. 2 squares out of 4 of the tray will equal 1 can of fully rehydrated cream of mushroom soup. This may come in handy if adding to recipes in the future
13. use tray lids and freeze solid
14. Store Appropriately (See Storage Tips)

<p><b>Cycle Time:</b> 34 hours using 29.69 KWH of electricity</p>	<p><b>Rehydration:</b> : 2 squares tray divider squares (out of 4) will equal 2.½ -3 Cups of soup. Add 1-1 ¼ Cups hot water, mix vigorously and let sit for 3-5 min. and serve</p>
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# *Appendix*

Freeze Dryer Capacity  
Freeze Dryer Friendly Substitutions  
Quick Tips  
Storage Tips

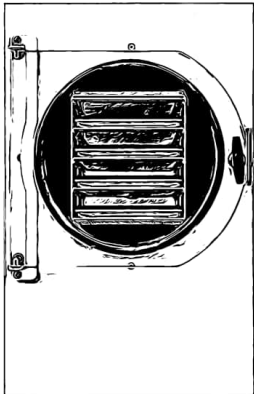


**Live.**

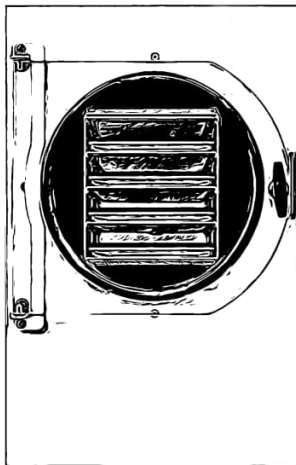
**Life.**

**Simple.**

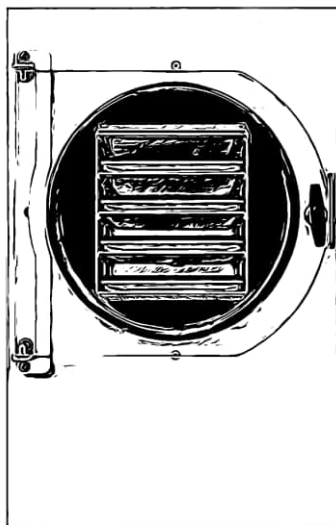
## Freeze Dryer Capacity & Tray Allowance



Small Freeze Dryer  
each tray holds 5 Cups  
3 trays = 15 Cup total capacity  
4-7 Pounds Per Batch



Medium Freeze Dryer  
each tray holds 6 Cups  
4 trays = 24 Cup total capacity  
7-10 Pounds Per Batch



Large Freeze Dryer  
each tray holds 8 Cups  
5 trays = 40 Cup total  
capacity  
12-16 Pounds Per Batch

\*These are suggested capacities and totals for the recipes provided in this cookbook. This is not a representation of manufacturers recommendations.

## Freeze Dryer Friendly Substitutes

**Mayonnaise:** Plain yogurt, plain Greek yogurt, plant based yogurt, sour cream (in some cases)

**Syrup and Honey :** These have a long shelf life and don't FD well. I like to make packets of them. For example with french toast sticks I packaged some syrup in a sealed packet and put it in the bag with the FD'd sealed french toast sticks (for other ideas See sugar substitutes below)

**Sugar in baked dishes :** bananas, Stevia, or (in some cases)freeze dried watermelon powder or freeze dried banana powder are great sweeteners

**Peanut Butter :** Powdered PB2 for peanut butter flavor. Can also use Avocado if you just need the "fat" content of the peanut butter for baking

**Butter:** Use Avocado in place of butter when baking (mash or blend for butter like consistency)

**Oil For Cooking/Sautéing :** Any kind of broth or plain old water. Just add a little at a time as you sauté.

**Oil For Baking:** Apple Sauce, Banana, Pumpkin, avocado (cup for cup substitution)

**Eggs (Yes, eggs do freeze dry. These are suggestions for vegan recipes):**

-Aquafaba (liquid from chickpea cans)

-You can use a quarter-cup unsweetened applesauce for one egg

-Flax Seed Egg: Combine one tablespoon of ground flax seeds with three tablespoons of water for every large egg you need

-Mix a teaspoon of baking soda and a tablespoon of white vinegar together for a light and fluffy substitute for one egg

**Heavy Cream:**

-Cashew Cream (soak cashews in hot water for 30 minutes, drain, add to a blender with a little water. Add water until thick "cream" consistency)

-1 cup milk with 1 to 2 tablespoons cornstarch or flour. (Whisk milk into cornstarch or flour little by little.)

-Cream cheese whisked with a little water

**Buttermilk:** -1 tablespoon fresh lemon juice (or light vinegar, such as white, white wine or champagne) to a measuring cup and add enough milk to reach 1 cup

## Quick Tips

- ★ If possible, PREFREEZE! Pre-freezing your food saves energy, saves wear and tear on your freeze dryer and makes your batch times faster. If you have a freezer that is running all the time anyway, why not utilize the freezing temps?
- ★ Keep your freeze drying area well ventilated, and climate controlled between 60-78 degrees. It may also be helpful to use a fan aimed at your pump and freeze dryer to help the freeze dryer run at optimal efficiency. You may also want to consider a dehumidifier in the room you are freeze drying in, if in a humid climate.
- ★ If cooking oily meats or foods, rinse with water and pat oils and fats off with paper towels before freeze drying. This can be repeated as needed to extend storage time.
- ★ When doing raw meats, raw eggs or other contagious foods, DO NOT mix with other foods in the cycle to avoid cross contamination. Also, don't forget to label bags and anything that these foods come in contact with. You might remember the contents now, but you may not in the future.
- ★ When doing onions, garlic or other potent and/or stinky foods, follow up with a batch of rice, soups, stir fries or complimentary type foods. This will remove most or all of the smells and add flavor to the follow up batch. If this does not help, clean it.
- ★ To clean your freeze dryer and plexiglass door, DO NOT use bleach or harsh chemicals, they will deteriorate the glass, rubber seals and heat mats as well as potentially get into your food. Some suggested alternatives would be grain alcohol, Vodka, vinegar, rubbing alcohol but best of all, good ol' fashioned soap and water with some elbow grease. Please do your own research before cleaning.
- ★ Weighing your food can be very beneficial in some cases. I prefer to add tray dividers from [www.freezedryingsupplies.com](http://www.freezedryingsupplies.com) to make this even more consistent and accurate. If you make all of your trays weigh close to the same, you can weigh all trays before and after the freeze drying process. This allows you to pinpoint how much weight (in water) needs to be reintroduced.
- ★ DON'T skip the defrost at the end of a cycle. For quick defrosting, PRESS and HOLD the leaf on the upper left of your home screen. This will allow you to manually turn on your tray heaters (as well as other tests). Place a clip-on fan aimed at your vacuum chamber. The fan will move hot air around the chamber quicker than if you were to just do the defrost mode at the end of each cycle. This method usually only takes about 15-20 minutes to defrost instead of hours. DON'T FORGET TO TURN OFF THE HEATERS when you are done.

## Storage Tips

\*The first thing you need to determine for food storage is the length of storage time desired. If you are only storing short term for personal use, or giving freeze dried food as a gift, then the next sentence may not be as relevant to your situation. The 3 worst enemies of Freeze Dried food are: 1) light 2) moisture 3) oxygen

The reason these 3 things are so detrimental for food storage is because those 3 things are needed for bacteria to grow.

\*If this is a product that you desire to reach maximum storage longevity, you will need to eliminate the following 3 things:

1) **MOISTURE** --- If you introduce any amount of moisture to your freeze dried food or the food you are trying to store is not an absolute "0" moisture level, the clock is ticking for end of shelf life. Also, be mindful of your storage location. Just because your food is dry immediately after freeze drying, a humid climate or damp basement can affect storage time. To ensure your best chances of having a "0" moisture level, keep reading for additional practices.

2) **LIGHT** – Light can be avoided by storing your freeze dried food in Mylar bags followed by storage in an area that does not regularly receive any light (natural or man made). 5 mil and 7 mil Mylar bags are capable of blocking all or most light if they are true to their claimed specs. Keep in mind that ball jars will not block much, if any light (see more info below). Mylar bags are not all created equal and I encourage you to do your due diligence, especially before purchasing a large amount. At [www.freezedryingsupplies.com](http://www.freezedryingsupplies.com) we sell 5.5mil Mylar food grade bags that are created by a food bag manufacturer. We are not the thickest or the least expensive, but the bags are USA made by a reputable food storage bag manufacturer.

3) **OXYGEN** --- The two most effective ways I have found to remove oxygen in large amounts and trace amounts are with oxygen absorbers and a chamber vacuum sealer that is capable of sealing thick Mylar bags. In most cases, a 300cc oxygen absorber is enough to eliminate a satisfactory amount of oxygen in the smallest Mylar bags all the way up to a 1 gallon size. Please consult the bag manufacturer especially if you are storing in a bag larger than 10 x14 or 1 gallon size. As for vacuum sealers, I have only found a handful that will

remove a useful amount of oxygen, under vacuum, as well as sealing or double sealing the thickness of Mylar bag needed for long term food storage.

I prefer the Avid Armor USV32 and the Avid Armor ES41 Euro Series because they have the ability to do large size (10x14 or 1 gallon bags) and they can also DOUBLE seal the thickest 7 mil bags. There are other brands out there that are fully capable of doing these things, but for overall price vs. function and quality, these are the best in my opinion. If you would like to get 10% off a chamber vacuum sealer or any other products from AVID ARMOR, you can follow this link <https://avidarmor.com?aff=43> and enter the code **LIVELIFESIMPLE** into the promo code area at checkout.

## **Rodents**

Always keep in mind that rodents can be a huge factor in storage. I have heard on many unfortunate occasions that rodents have broken through containers or boxes and destroyed years worth of effort and food. Keep your freeze dried food off the ground in a rodent free environment or in a rodent proof storage container or box.

## **Ball/ Mason Jars**

If you are using Ball/ Mason jars to store your food, your shelf life will be dramatically reduced due to the fact you are only eliminating moisture and oxygen. Ball jars, even if kept in a dark place, will allow light over time and you will see the food “fade” in color. Another factor to consider when storing in jars is the reliance on a lid seal. If the seal is not properly seated, defective or just has a very slow leak, you run the risk of adding another component of failure into storage.

## **How to get moisture free food**

If you are not 100% certain that your freeze dried food is free from moisture, oxygen and light, proceed with caution. Foods can look and smell alright, but may still be unsafe to eat. Always use your eyes and sense of touch as your first line of defense when it comes to whether or not your food is done. I also feel more confident when the trays removed after a cycle is complete are ALL warm to the touch. As a second line of defense, these things may help determine as well.



**INFRARED THERMOMETER** – The infrared thermometer is capable of finding cold spots in the center of foods, especially thick items. While there is no magic number you are looking for when using this, a dramatic drop in temperature (ie. one section of the tray reads 87 degrees and one section has readings of 42, there are most likely spots that are not fully sublimated (freeze dried).

**FOOD SCALE** – Weighing your food can be extremely helpful as well. If you are ever unsure if your food is not done after the cycle is complete, weigh your food and place it back into the freeze dryer for another 2 hours (or more). After that cycle is done, weigh your food again. If the weight is the same as the end of the last cycle, there is no additional water that can be removed. Therefore, your food is as dry as it can be. If the weight is less, repeat the time add process until the two weight readings are the same.

\*\*\*All above statements are based on my personal experience, and do not necessarily reflect absolute results for the reader. As in every case in our freeze drying cookbook and freeze drying in general, results can vary greatly with varying climates, foods, drying times, products used etc. etc. etc.

**This is not your everyday cookbook. These recipes are tried and true recipes tailored specifically for the freeze dryer. This cookbook is a handy resource for successful freeze drying recipes along with a few tips and tools for the avid freeze dryer. Our recipes include ingredients, instructions on how to prepare your food (and make it freeze dryer friendly), how to freeze dry it, cycle time, and how to rehydrate. We hope you enjoy it.**

**Happy Freeze Drying**

