

Vegetarian Goat Mountain Chicken Noodle Soup

1-2 serving size

[Live. Life. Simple's: Chic Noodle Soup in a Jar --Freeze Drying Pantry Series #2](#)

Ingredients: ALL Ingredients are freeze dried

2C equivalent of Bouillon cube or FD Vegetable stock/broth

1 Cup cooked Egg Noodles or your favorite Rice

½ Cup cubed or shredded cooked favorite Chicken Substitute(ie. Abbots Butcher:Plant Based Chicken or Seitan or Tofu)

½ C diced Celery

½ Cup diced Onions

½ Cup thinly sliced Carrots

1 Lemon slice

2 tsp Thyme

1 Bay Leaf (optional)



Directions:

1. In a quart Mason jar or food storage bag, add ingredients in the order listed.
2. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: NA each ingredient was freeze dried, and came out of a freeze dried pantry.

Rehydration: Add 4-5 cups of hot water to a jar or bag, mix, and let stand for 3-5 minutes. (In a quart jar, you can fill up just to the bottom of the lip/top of the jar (leaving headspace) with hot water)



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray