

Hearty Soups

Chili

Ingredients (6 servings)

- 1 -796 ml can diced tomatoes
- 1 - 398 ml can tomato sauce
- 4 cups water
- 2 cups FD ground beef
- 1 cup FD chick peas
- 1 cup FD kidney beans
- 1½ cups FD corn
- ½ cup FD diced onions
- ½ cup FD diced green peppers
- 1 cup FD chopped colored peppers
- 1½ Tbsp chili powder
- Salt & pepper to taste

Instructions

- ◆ Put all ingredients in a pot, cover, and bring to a boil.
- ◆ Simmer for about 15 minutes, stirring frequently and adding more water if needed.

Chicken Noodle Soup

Ingredients (4 servings)

- 5 cups chicken broth
- 2 cups FD diced cooked chicken
- ¼ cup FD diced onions
- ¼ cup FD julienne cut carrots
- ¼ cup FD diced celery
- ½ cup FD parsley (loosely packed)
- 2 cups fine egg noodles (not freeze dried)
- Salt & pepper to taste

Instructions

- ◆ Put all ingredients in a pot, cover, and bring to a boil.
- ◆ Simmer for about 15 minutes, stirring frequently and adding more water if needed.

Beef Barley Soup

Ingredients (4 servings)

- 5 cups beef broth
- 2 cups FD beef cubes
- ¼ cup cups FD corn
- ¼ cup cups FD diced onions
- ¼ cup cups FD diced green peppers
- ¼ cup FD celery
- ½ cup FD parsley (loosely packed)
- 2 cups FD barley
- Salt & pepper to taste

Instructions

- ◆ Put all ingredients in a pot, cover, and bring to a boil.
- ◆ Simmer for about 15 minutes, stirring frequently and adding more water if needed.

Make Your Own Recipe

You can use any soup recipe, but substitute a freeze dried ingredient (equal volume). For example, if the recipe calls for 1 cup of diced onions, substitute 1 cup of freeze dried onions. The freeze dried foods will absorb water, so add extra water and frequently check while the soup simmers to see if you need more.

Stock your pantry with variety of freeze dried ingredients and you can quickly make many different types of soup.

- ★ Alternatively, you can freeze dry leftover cooked soup.

Freeze Drying Guide

Here's some tips to freeze dry the soup ingredients. The quantity listed is the amount for one large tray. Reduce by 25% for a medium tray and 40% for a small tray. Multiple by the number of trays in your freeze dryer to figure out the quantity of food that you can freeze dry in each run.

Food	Preparation	Quantity/ large tray	FD Settings
Vegetables - a food processor helps for dicing vegetables			
Diced onions	Dice finely	6 medium (2 lbs or 6 cups)	Default
Pepper, colored,	Dice finely, broil for a few minutes to blacken	5 peppers	Default
Pepper – green	Dice finely	5 peppers	Default
Carrots	Dice finely or cut into match sticks (julienne)	10 carrots	Default
Celery sliced	Dice finely	11 stocks	Default
Corn kernels	Use frozen corn kernels	6 cups (1.3 lbs or 0.6 kg)	Default
Herb			
Parsley	Separate leaves from the stem	1 large bunch	Default
Meat - 6 cups cooked is about 3 lbs of raw meat			
Chicken – ground, cooked	Cook with salt and pepper. Drain fat.	6 cups	Default
Chicken—cooked	Cubed	6 cups	Default
Beef - lean ground, cooked	Cook with salt and pepper. Drain fat	6 cups	Default
Beef—cooked	Cubed	6 cups	Default
Beans - cook from dry, if you have time; 2 cups dry makes approximately 6 cups cooked			
Chick peas, whole	Rinse well	6 cups	Increase final dry to 9 hr
Kidney beans, whole	Rinse well	6 cups	Increase final dry to 9 hr
Black beans, whole	Rinse well	6 cups	Increase final dry to 9 hr
Grains			
Cooked barley	1 ½ cups of raw barley yields approximately 6 cups cooked	6 cups	Default