



Veggie & Potato Soup Mix

(4-6 servings)

Ingredients:

- 3 c. Potato (shredded & powdered) or just powdered potatoes (not instant mashed)
- 3 c. Veggies (a variety of your favorite) see list below on Freeze-Dried Vegetables Guide
- 3 tsp. Chives (freeze dried)
- 1 tsp. Garlic (freeze-dried) (you can also use powdered garlic)
- ¼ - ¾ cup Onions (freeze-dried)
- ½ Tables Chicken bouillon or veggie bouillon
- Salt & Pepper to taste (when you make)

Instructions

Combine the ingredients in a Gallon Mylar Gusset, add 500cc oxygen absorber and heat seal the top of the Mylar. I like using the PackFreshUSA® Mini Bag Sealer, but you can also use a hair-straightener.

To use:

Add 6 cups of hot water, stir to combine. Stir a few times. Add more water as needed to your desired consistency. Enjoy. You can add freeze dried ham or chicken for a meat variation.



Veggie Soup

(makes 4-6 servings)

Ingredients:

- 3 cups freeze-dried white northern beans.
- 3 cups squash or zucchini cut into cubes (freeze-dried)
- 1.5 cups corn (freeze-dried)
- 1.5 cups green beans (freeze-dried)
- 1 cup cornered tomatoes (freeze-dried)
- ½ cup leaks with the greens (freeze-dried)
- 8 1 ½ Tablespoons onion diced (freeze-dried)
- 1 tsp. garlic powder or 2 tsp. dehydrated garlic
- 5 tsp. bouillon (chicken, beef, or veggie)
- Salt and pepper to taste.

Variations:

- Adding cabbage and mushrooms for another level of rich vitamins and crunchy earthy flavor.
- Do cauliflower or broccoli.
- You can use any bean you would like and change it up with other vegetables or greens like kale.
- Adding pasta (cook pasta al dente and freeze-dry).
- Add beef (FD ground beef or chunked or shredded beef).

To Use:

To reconstitute, add the Garden Stew Mix to a pot. Add 5 cups of hot water. Add more water as needed.



Goulash (freeze-dried version)

Ingredients:

- 1 lb Lean ground beef &/or 2 c Beans if wanting a vegetarian recipe.
- 2 c green beans (divided)
- 4 cups Pasta – FD elbow macaroni (divided)
- 2 c Tomatoes stewed or diced FD. (divided)
- 1 C Tomato sauce FD (divided into ½ c)
- 2 c Corn FD (divided)
- 1.5 to 2 cups Onion FD (divided)
- 2 tsp Garlic powder (divided)
- 1 c Bell pepper FD (divided into ½ c)
- 2 tsp paprika (divided)
- 1 tsp oregano (divided into ½ tsp)
- 1 Table Worcestershire sauce (use as you cook the ground beef) (divided)
- Salt and pepper to taste
- Sprinkle with cheese (FD)

DIRECTIONS FOR COOKING THE GROUND BEEF :

Cook ground lean ground beef and drain off as much fat as possible. Add the Worcestershire Sauce before pulling the beef out. Put several layers of paper towels on a plate, add the ground beef. Pat the ground beef and remove as much oil as possible. If not lean, I would cook 60% of the way and put in strainer and rinse ground beef in very hot water, not too long, but try and get the water to run clear. Meanwhile, clean the pan and remove as much extra oil as you can. Put rinsed beef back on hot pan and add the Worcestershire Sauce and finish cooking. When placing it on the freeze-drier place extra paper towels down on the pans.

Additional Information:

- Adding pasta (cook pasta al dente and freeze-dry).
- You can use this for the meat substitute or also add them to this recipe. Taking canned beans and freeze-drying them is a quick way to be able to reconstitute and use in a variety of recipes.
- Corn, green beans, crushed or stewed tomatoes, tomato sauce.
- Place in (2) Gallon Gusset 7 Mil Mylar bags and add 500cc oxygen absorbers to each bag. Zip and then heat-seal.

To use:

Add 4 c water and add more as needed to get the consistency you want. This recipe should be divided into two batches. This can feed up to 8 – 10 people or 4-5 each bag. This is a very savory recipe with a tomato base and is delicious. So, enjoy.



Chicken White Green Chili (freeze-dried)

(makes 4-6 servings)

Ingredients:

- 4- 6 cups great northern beans FD
- 1/2 cup green chili from a can FD (or more depending on your heat preference)
- 4 cups shredded or cubed cooked FD chicken.
- 1 cup onion FD
- 2 cup corn FD
- 1 packages of Mild Chili Seasonings
- 3 cups chicken broth (FD) can use bouillon (1.5 tablespoons)
- 1 cup sour cream (FD) reconstitute separately and or mix it in
- 1 cup Cheese FD
- 1 cup Salsa Verde FD (but less on chicken broth) by equal amount)
- Black pepper to taste

Instructions:

Separate the sour cream and place in a small bag.

Place all the ingredients in the Gallon 7 Mil Mylar Gusset bag and tap down to settle the food into the Mylar. Add the oxygen absorber (500cc) and seal up with a mini-sealer or hair straightener.

To Use:

Add 5-6 cups of water to reconstitute. Start with 5 cups and add more until you get the density of the chili you want.

For questions about long-term food storage please call us at 844-857-8277 or email us at customerservice@packfreshusa.com