

Chicken Noodle Soup

Mylar Bag: Serves: 6
6 tsp. chicken bouillon
¼ c. dehydrated onion
½ Tbsp. parsley
½ Tbsp. Garlic Rosemary Seasoning
2 c. noodles
1 c. freeze dried chicken
1 c. freeze dried celery
½ c. dehydrated carrots
½ c. spinach.

Directions:

Add 6 cups of water to pot.
Pour contents of mylar bag into the water.
Bring to a boil then lower heat and cover
Until the noodles and chicken are done.
Check to see if you need to add more water to
the consistency that you desire for your soup.

Sausage & Ziti Pasta

Mylar Bag: Serves: 6
2 c. ziti or tubular pasta
1 c. freeze dried sausage
1/3 c. freeze dried mushrooms
1/2 c. dehydrated onion
½ c. green pepper
½ c. diced tomato
Plastic bag= 2/3 c. tomato powder,
¾ tsp. Italian Seasoning, 1 ½ Tbsp. sugar,
¾ tsp. garlic, 1 tsp. salt, ½ tsp. basil,
½ tsp pepper.
Plastic bag= 2/3 c. freeze dried mozzarella
cheese to sprinkle on top.

Directions:

*In a pot boil water and add the pasta
mixture. Cook, stir occasionally.
*In separate saucepan add 2 – 3 cups of
water. Add plastic bag with tomato powder
and spices. Cook until blended and the sauce
is the consistency you desire to pour over the
pasta.
*Drain pasta, then pour over pasta the
tomato sauce. Top with the hydrated cheese.

Chicken, Broccoli & Rice

Mylar Bag: Serves: 6
1 ¼ c. rice
2 chicken bouillon cubes
*Plastic bag = 1 1/4 c. freeze dried chicken,
1 c. broccoli.
*Plastic bag = white sauce (1 cup)
*option-plastic bag of cheddar cheese

Directions:

*Cook rice with 2 ½ c. water and bouillon
cubes. Set aside.
*In another saucepan stir white sauce and 5
cups of water with chicken and broccoli.
Bring to boil, cover, and turn down heat. Stir
occasionally and add more water if needed.
Cook about 25 minutes until chicken is
tender. SALT to taste. Put rice in bowls then
pour the chicken mixture over. Top with
hydrated cheese.

White Sauce Recipe for Chicken, Broccoli & Rice.

***Note – this mixture will make approximately
10 bags of sauce to put in the mylar bag.**

5 c. powdered milk
3 c. cornstarch (you might try potato flakes
1 c. dehydrated onion also for thickener)
½ c. chicken bouillon
2 Tbsp. basil
1 Tbsp. pepper
3 Tbsp. garlic

Chicken & Corn Enchilada Soup

Mylar Bag: Serves: 6
4 cubes chicken bouillon
2 Tbsp. dehydrated onion
1 c. corn
1 ½ c. freeze dried chicken
½ c. freeze dried corn
½ c. green peppers
½ c. chopped tomatoes
*Plastic Bag of Seasonings= 2 Tbsp. cumin,
1 Tbsp. paprika, 2 tsp. garlic, ½ tsp. red
pepper seeds
*Plastic Bag white sauce = 1/2 cup white
sauce

Directions:
Set aside the white sauce bag.
Put 4 bouillon cubes with 7 c. water. Pour
contents of mylar bag and seasoning bag into
the water. Bring to boil then turn down and
cook on medium heat.
Add white sauce bag when ingredients are
fully cooked and hydrated.
Cook further about 10 min.
Good as a soup or pour over rice.

White Sauce for Chicken Enchilada Soup

5 cups powdered milk
3 cups cornstarch
1 cup dehydrated onion
½ c. chicken bouillon
1 Tbsp. pepper

*Will make about 18-20 bags for mylar bags.

Shepherd's Pie

Mylar Bag; Serves: 6
1 ½ c. freeze dried beef
½ c. dehydrated onion
1 c. green beans
½ c. dehydrated carrots
3 cubes beef bouillon
½ tsp. garlic
½ tsp. salt
½ tsp. thyme
1/8 tsp. pepper
*Plastic bag = 2 c. potato flakes, ¼ c. butter
powder, ½ c. powdered milk.

Directions:
In pot boil 4 cups of water put mylar bag
ingredients in reduce heat and cook till beef
is tender.
In another pot add 2 cups of water bring to a
boil. Then add the potato flakes bag. Reduce
heat. Stir until potato mixture is smooth and
creamy. Set aside.
When beef mixture is cooked pour into a 9x9
baking dish. Then top with the mashed
potato mixture.

Curry Chicken

Mylar Bag: Serves: 6
2 cups freeze dried chicken
1 c. freeze dried celery
½ c. freeze dried mushrooms
1 c. freeze dried broccoli
¼ c. dehydrated onions
¼ c. powdered milk
*plastic bag = 2 T. cornstarch, ½ Tbsp. sugar,
1 Tbsp. curry powder, 1 tsp. chicken bouillon,
1 tsp. garlic

Directions: Cook rice with 2 c. water. Set
aside.
Put in pot 5 c. water add contents of mylar
bag and bring to a boil turn down heat and
add the seasoning packet. Cook till chicken is
tender. More water may be necessary for a
gravy consistency. When ready pour over
rice.

Beef Stew

Mylar Bag: Serves: 6+
¼ c. dehydrated onion
1 c. freeze dried celery
½ c. dehydrated carrots
1 c. freeze dried green beans
1 c. freeze dried beef chunks
4 cubes beef bouillon
1 pkg. Lipton onion soup mix
*Plastic bag = 1/3 c. potato flakes, ¾ t. salt.

Directions:

Set aside bag of potato flakes to thicken stew at the end.
Put 8 cups of water in a pot. Pour contents of Mylar bag in water and bring to a boil then reduce heat and cook until the beef chunks are tender. Then add the bag of potato flakes to thicken. Ready to eat.

Ham & Potato Soup

Mylar Bag: Serves: 6
1/3 c. dehydrated onion
2 c. freeze dried potato dices
½ c. freeze dried celery
½ c. freeze dried cauliflower
½ c. freeze dried pea
½ c. tvp ham
2 tsp. garlic
1 tsp. parsley
*Plastic bag = ¼ c. powdered butter
*Plastic bag = ½ c. white sauce

Directions:

Put aside the white sauce & butter bags.
Pour contents of mylar bag into 7 cups of water.
Bring to boil, then turn down and cook on medium heat about 20 minutes. Then add packages of white sauce and butter. Cook until onions are soft.
Add water if needed to the consistency you desire.

Ham and Potato Soup continued.

White Sauce for Ham & Potato Soup

5 cups powdered milk
3 cups cornstarch (try potato flakes for thickener for another option)
1 cup dehydrated onion
½ c. chicken bouillon
1 Tbsp. pepper

Makes approx. 18-20 bags of white sauce for Mylar bags.