

Meal-in-a-bag: Chicken Noodle Soup

1 Serving (approximately 1-3/4 cups, cooked)

1/4 cup freeze dried white chicken

1/4 cup dehydrated egg noodles

1/4 cup dehydrated mixed vegetables

2 tsp chicken bouillon (NOT the kind that needs refrigeration). May substitute with 2 bouillon cubes, crushed.

1/2 tsp cornstarch

1/4 tsp dehydrated onion flakes

1/8 tsp parsley

pinch of thyme

pinch of celery seeds

pinch of garlic powder

1-1/2 cups boiling water for cooking

PREPARATION AT HOME

1. Place all of the ingredients (except the water) into a mylar or vacuum sealer bag.
2. Put oxygen absorber into the mylar bag (not needed if using vacuum sealer bag).
3. Squeeze out as much air as you can, then seal mylar bag using a household iron, a straight iron (for hair), or an impulse sealer. Seal vacuum bag using vacuum sealer.

COOKING IN BAG DIRECTIONS

Add the boiling water into the bag with the ingredients, stir, zip closed and put in a bag cozy or wrap with towel/shirt (anything to help keep it hot). Let sit for approximately 15 minutes.

COOKING OVER A FIRE/COOK STOVE DIRECTIONS

Pour 1-1/2 cups water and ingredients from bag into pot.

Bring to a boil.

Remove from heat.

Cover and place in a cozy or wrap a towel/shirt (anything to help keep it hot). Let sit for approximately 15 minutes.

MICROWAVE COOKING INSTRUCTIONS

Place all ingredients in a microwavable bowl and set aside.

Boil 1-1/2 cups of water in microwave.

Add the boiling water to the bowl with ingredients and stir.

Cover bowl and microwave for 1 minute.

Let sit, covered, in microwave for approximately 15 minutes.