

Chicken Fettuccine Alfredo with Broccoli

Meal in a bag

Shelf life 3-5 years

1 serving

INGREDIENTS

1 cup cooked and dehydrated fettuccine pasta
1/4 cup freeze-dried white chicken chunks
1/4 cup dehydrated broccoli
3 Tablespoons Parmesan cheese powder
1 Tablespoon Sour Cream powder
2 Tablespoons buttermilk powder
2 Tablespoons corn starch
1-1/2 teaspoons chicken bouillon powder (not the kind that requires refrigeration) OR 1 bouillon cube
1 teaspoon Italian seasoning
1/4 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground black pepper
1-1/4 cups boiling water (to rehydrate)

INSTRUCTIONS/PUTTING MEAL TOGETHER

(Write name of meal, instructions for cooking, and date on outside of mylar bag.)

1. Put all ingredients, except water, in a pint or quart sized mylar bag.
2. Place oxygen absorber (100 - 300 cc) into mylar bag.
3. Push out as much air from the bag as you can.
4. Seal mylar bag using a hair straightening iron, clothes iron (do not use steam setting), or an impulse heat sealer.
5. Store in a cool, dry, dark place.

DIRECTIONS FOR COOKING IN THE BAG

1. Remove oxygen absorber from the bag.
2. Pour 1 and 1/4 cups boiling water into the bag and stir.
3. Close bag with zipper seal or use paper clip, etc.
4. Place bag in cozy or wrap a towel or t-shirt around the bag (for insulation).
5. Let sit for 15-20 minutes, stirring about half way. Sauce should thicken as it cools.
6. Serve.

DIRECTIONS FOR COOKING OVER A FIRE/COOK STOVE

1. Remove oxygen absorber from the bag.
2. Pour the remaining ingredients from the bag into a pot with 1 and 1/4 cups of water, stir, and bring to a boil.
3. Remove from heat, stir, cover and let sit for 15 minutes. (Works best if you can wrap the pot in a cozy, towel, or t-shirt to provide insulation.) Sauce will thicken as it cools.
4. Serve.

DIRECTIONS FOR MICROWAVE COOKING (For cooking at home)

1. Remove oxygen absorber from the bag.
2. Pour all of the remaining ingredients from the bag into a glass or microwave proof bowl, add 1 and 1/4 cups water.
3. Stir, cover, and cook on high for 3 minutes.
4. Take the bowl out of the microwave and stir.
5. Put the bowl back in the microwave, cover, and cook for an additional 4 minutes at 50% power.
6. Let sit in the microwave for 10 minutes. Sauce will thicken as it cools.
7. Serve.