

Cheesy Chicken Rice and Broccoli Meal-in-a-bag

RECIPE

1 Serving

1/2 cup instant rice

1/4 cup dehydrated chicken

1/4 cup dehydrated broccoli

Sauce Mix:

1 Tbsp. instant non-fat dry milk

2 Tbsp. powdered cheese (I used Augason Farms Powdered Cheese Blend)

1/2 tsp. dried sage leaf

1/2 tsp. garlic powder

salt and pepper to taste (I did not add either)

1/2 tsp. corn starch

1 1/4 cup water to re-hydrate

DIRECTIONS – AT HOME

1. Combine powdered ingredients in a smaller separate plastic baggy, this is your sauce mix. Combine rice, veggies, and ground chicken in a larger plastic baggy.
2. Store the small powdered baggy in the larger baggy!

DIRECTIONS – ON THE TRAIL

1. Add all ingredients, except the sauce mix, to your pan with the water, to soak for 5 minutes.
2. Light your stove, bring to a boil and cook for 2 minutes.
3. Remove from heat and stir in the sauce mix
4. Cover/insulate and let sit for 10 minutes.

DIRECTIONS – MICROWAVE

1. Add all ingredients, except the sauce mix, to your microwave dish and microwave on high for 3 minutes.
2. Remove from microwave and stir in the sauce mix.
3. Cover/insulate and let sit for 10 minutes.

NUTRITIONAL INFO

I used an online app for the nutrition info, this is not guaranteed accurate, but will give you an idea of the nutrition:

Calories: 422 kcal

Protein: 25.77 g

Fat: 13.79 g

Carbohydrates: 46.95 g

Fiber 1.5 g

Sugars, total 4.64 g

Starch 35.02 g