

# **Chicken Fettuccine Alfredo with Broccoli**

## **Meal in a bag**

Shelf life 5-10 years

1 serving

### **INGREDIENTS**

- 1 cup cooked and dehydrated fettuccine pasta
- ¼ cup freeze-dried white chicken chunks
- ¼ cup dehydrated broccoli
- 3 Tablespoons Parmesan cheese powder
- 1 Tablespoon Sour Cream
- 2 Tablespoons buttermilk powder
- 2 Tablespoons corn starch
- 1-1/2 teaspoons chicken bouillon powder (not the kind that requires refrigeration)
- 1 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

### **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 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 1/2 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. 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 1/2 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 or towel to provide insulation.) Serve.

**DIRECTIONS FOR MICROWAVE COOKING DIRECTIONS (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 1/2 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. Serve.