

MUSHROOM & PEA ORZO

Makes 2 servings

Ingredients

1 cup orzo, pre-cooked & dehydrated
4 Tbsp freeze dried peas
4 Tbsp freeze dried mushrooms
2 Tbsp freeze dried onions
6 Tbsp butter powder
2 tsp chicken bouillon powder
2 tsp dried parsley
1 tsp garlic powder
½ tsp ground thyme
½ tsp black pepper
½ cup shelf stable parmesan cheese
2 Tbsp olive oil

AT HOME – Cook orzo al dente according to package directions. Drain, rinse with cold water, pat dry. Spread on parchment-lined cookie sheet & dehydrate in a slow oven (about 190 deg) with oven door cracked open, for about 2-3 hours. Do the same to a frozen bag of peas. Periodically spread the peas/orzo so that they all dry. Pack both in a zip lock bag & freeze until ready to use. (NOTE – 1 cup uncooked orzo yields 1 cup dried orzo).

Pack the rest of the dry ingredients (except cheese & olive oil) in another bag. Pack oil & cheese in separate leak-proof containers.

IN CAMP – Combine orzo, peas & dry ingredients together, add 1-3/4 cups hot water. Stir & let stand for 10-15 minutes. Stir in cheese & olive oil – enjoy.