Sensible Survival Solution

Dehydrated
Beef Flavored Instant Rice

Ingredients

- 3 Cups Beef Stock (From cubes or otherwise)
- 1 Cup Rice
- 1/2 Teaspoon Salt

Directions

- Pour rice and salt into a pan with the stock.
- Bring to a boil over medium heat.
- Stir often as the rice will want to stick. If it does, reduce heat and stir.
- When the stock is absorbed into the rice taste the rice. If it is crunchy reduce the heat and add a small amount of stock to extend cooking time.
- When the rice is done remove from heat and let stand for 5 minutes to allow the rice to absorb any remaining stock.
- Rinse off starch in colander. Yes, you will lose some of the stock that was not absorbed but the rice will turn out much fluffier.

Dehydration

- Cover trays with parchment paper.
- Spread cooked rice evenly over the paper trying to avoid mounds of rice. Rice spread too thick will not dehydrate properly.
- Set dehydrator for 135 degrees for 12 hours.
- When completely dry crumble the rice and then pour it into jars for vacuuming and sealing.

Yield

3 Cups of beef flavored rice that can be eaten now or dehydrated to make instant rice. About 24 dry ounces. The rice will appear to be about the same size as before dehydrating but is fully cooked and only will take a small amount of water to rehydrate. It is a 1 to 1 ratio of dehydrated rice to boiling water needed to rehydrate. Rehydration time is less than 5 minutes and takes much less water than it does to cook.

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