

1960HikerDude.com

Eat great and have fun outdoors.

Dehydrated Dirty Rice

4 Tbs Olive Oil
1 lb. ground pork
1 lb. ground chicken gizzards
1 lb. ground chicken livers
4 large yellow onions, finely chopped
4 celery stalks, finely chopped
2 red bell pepper, finely chopped
16 garlic cloves, finely diced
5 cups low sodium chicken stock
4 Tbs Cajun or Creole seasoning
2 Tsp dried oregano
2 cup long-grain white rice
12 green onions, white and light green portions, thinly sliced
2/3 cup finely chopped parsley

Heat olive oil in a large Dutch oven using medium bottom heat. Add the ground pork, ground chicken gizzards, and ground chicken livers. Cook until the meat is browned.

Thoroughly flush the browned meat with hot water until all grease is removed. Return the meat the Dutch oven.

Add yellow onions, celery, bell pepper, garlic Creole or Cajun seasoning and oregano and 1/2 cup chicken stock. Reduce heat to low, cover and simmer.

Boil 4 cups of chicken broth in a medium sauce pan. Add white rice and return to a boil. Reduce the heat to low and summer for 20 minutes until all the broth is absorbed and the rice is tender.

1960HikerDude.com

Eat great and have fun outdoors.

When the rice is ready, add it to the DO along with the green onions and parsley. Cook covered on low for another 10 to 15 minutes stirring occasionally and adding chicken broth as needed to keep it from drying out and sticking to the bottom the pot.

Line your dehydrator trays with parchment paper. Spread the dirty rice evenly over the trays. Dehydrate at 165 degrees for 6 hours. Using a spatula, flip the dirty rice over and dehydrate another 6 hours until it is thoroughly dry.

Portion out the dehydrated dirty rice into 5 to 7 ounce portions depending on your preferences. Place each serving inside a protective barrier (I use brown paper lunch bags and parchment paper. Vacuum seal. Mark each vacuum sealed bag with the contents and date. Store in a freezer until needed. Portions should last 1 to 2 years.

To rehydrate, place the dehydrated dirty rice in your cook pot. Add water to the level of the rice. Let it sit for 5 minutes. Bring to a boil and give it a good stir. Add additional water as needed. Place pot in a cozy for 10 to 15 minutes. Enjoy.