

FREE RECIPE GUIDE

8 Fast-Prep Freeze-Dried Meals

Weeknight dinners and quick lunches from a shelf-stable pantry. Each of these comes together in minutes because the prep work is already done.

1. 10-Minute Chicken & Rice

Simmer rice; stir in rehydrated freeze-dried chicken dices, sweet corn and a little broth. Done before the table is set.

2. Loaded Veggie Soup

Add freeze-dried vegetables straight to simmering broth — they rehydrate as it cooks. Finish with herbs and a handful of pasta.

3. Quick Beef Tacos

Rehydrate freeze-dried beef crumbles with taco seasoning and water; spoon into tortillas with cheese.

4. Creamy Cheddar Mac

Cook macaroni; melt in rehydrated freeze-dried cheddar with a splash of milk for instant comfort food.

5. Stir-Fry Anything

Hot pan, a little oil, rehydrated freeze-dried vegetables and protein, soy sauce. Serve over rice.

6. Hearty Chili

Beans, rehydrated freeze-dried beef and vegetables, tomato and spices. Tastes slow-cooked in 15 minutes.

7. Pasta Primavera

Toss cooked pasta with rehydrated freeze-dried veggies, olive oil, garlic and parmesan.

8. Loaded Baked Potato

Top a baked potato with rehydrated freeze-dried cheese, broccoli and a sprinkle of bacon.

Stock your fast-prep pantry at thrivefreeze.com. Not sure what to buy first? Call Aria: (832) 479-4428.