

Angry Red Lentil Tortilla Soup
First Place Entree and Overall

Chris Gilliam, Greenwood Village, CO

4 tablespoons olive oil
1/4 cup minced onion
1/4 cup minced carrot
1 clove garlic, minced
1/2 habanero pepper, minced
1/3 cup red lentils
2 cups water
salt and pepper to taste
2 6-inch stale flour tortillas
2 tablespoons dried chives
6 tablespoons grated Manchego cheese
2 lime wedge

In camp

Heat oil in a saucepan. Saute onion, carrot, garlic, and pepper until caramelized. Add lentils and cook for about a minute. Add water, cover, and simmer (stirring occasionally) for about 15 minutes until lentils are soft. Mash the lentils with a fork. Add salt and pepper. Rip tortillas and place them in the bottom of two bowls. Add soup, then garnish with chives, cheese, and lime. Serves two.

High Country Beef Curry

Second Place Entree

Derek Sullivan, Seattle, WA

2 cups water
1 clove garlic, chopped
1/2 cup beef jerky, cut into small pieces
2/3 cup dehydrated veggies (like mushrooms, onion, and carrots)
1 tablespoon curry powder
1 beef bullion cube
1 2-ounce packet powdered coconut milk
1/4 cup raisins
1/2 package (6 ounces) vermicelli rice noodles or angel hair pasta

In camp

Place all ingredients, except pasta, into a pot and bring to a boil. Cover and remove from heat. In another pot, cook pasta, following package directions. Drain pasta and add to curry pot. Return pot to stove, reduce heat, and stir until well mixed and bubbling (if it seems too dry, add water). Cover and let stand 5 to 7 minutes to thicken. Serves two or three.

Smoky Mountain Paella

John Combs, Louisville, Kentucky

2 1/2 cups Water
1 tablespoons olive oil
1 package dry Spanish Rice Mix (5.6 oz.)
1/2 cup sun dried tomatoes, quartered
1 can smoked oysters, do not drain (3.75 oz.)
1 can medium size shrimp, do not drain (6 oz.)
1 pouch pre-packaged, chopped chicken breast (7 oz.)
1/8 teaspoon crushed red pepper flakes
1/8 teaspoon cracked black pepper
1 clove garlic, sliced
1 teaspoon oregano

In camp

In a 2 quart pot, bring 2 cups of water and oil to a boil. Add rice mix, reduce heat and simmer for 5 minutes. Stir in remaining ingredients including juices from the oysters and shrimp, simmer approximately 4 minutes, stirring occasionally. Cook a few minutes longer if rice needs it. Add remaining water a little at a time if sauce becomes too thick. Be careful not to overcook the rice to where it becomes pasty. Tear off a piece of french bread, pass the Sangria.

Sierra Sushi

Kelly Ogle, Columbia, California

2 cups short grain sushi rice
1/4 cup rice vinegar
dash salt
2 tablespoons sugar
1 package kanpyo (marinated gourd strips)
1 tin unagi (broiled eel)
1- 4oz. pack smoked salmon
4 inari skins (fried tofu pockets)
2 sheets nori (dried laver seaweed)
1- 10 oz bag spinach
3 tablespoons miso paste
4 packets soy sauce (from Chinese takeout)
1 tablespoon wasabi powder
1 small packet bonito flakes
wild onions (if available)
1 small bottle saki (of course!)

In camp

Rinse rice, place in pot, cover with enough water to almost reach one knuckle length (index finger, held perpendicular) above rice. Boil until water is dissolved, remove from heat, set aside. Boil another pot of water. While water is heating, rehydrate wasabi, gather and chop wild onions, send friend to find 4 downed twigs for chopsticks (after a hard day on the trail you need time away from each other). When water boils, blanch spinach for 10 seconds, remove from boiling water, leaving a few bits to add interest to miso. Add miso paste and wild onions. Cover, set aside. Place unopened bottle of saki right in the soup to warm. Mix vinegar, salt, and sugar; add to rice, fan frantically while stirring rice. Set pan in snowbank or river to cool quickly. Then form rice into sushi rice balls, top with sliced salmon and eel. Fill inari skins, roll kanpyo in nori. Cut and arrange. Squeeze as much water from spinach as possible. Pile loose clumps (artistically) of spinach, pour on soy sauce, top with bonito flakes. Serves two.

Ravioli Frijoles Negros with Cashew Lime Cream Sauce (vegetarian)

Raili Taylor, Salt Lake City, Utah

Filling (can also be used as dip)

1/4 cup black bean flakes OR 2 tbsp black bean flakes + 2 tbsp powdered hummus
dash of salt
1/4 teaspoon cumin
1/4 teaspoon oregano
4 teaspoons cilantro
1/3 cup boiling water

Pasta

2/3 cup flour
1/4 teaspoon salt
1/8 cup + 1 tablespoon water (may need to add a little more as it is kneaded)

Sauce

1/4 cup raw unsalted cashews (ground to powder)
dash of salt
dash of garlic powder
2 tablespoon lime juice (about 1 lime)

At home

Mix all dry ingredients at home; carry in separate zip-locked bags.

In camp

Stir water into flour/salt mixture. Knead dough for about 4 minutes. Do this in the cooking pot to cut down on dishes, then remove. Boil water in cooking pot. While water is boiling, cut lime and squeeze juice into mixture of mashed cashews, salt and garlic powder. This is best done in the bag that everything was mixed in at home. Make little round circles with the dough (about 2-3" across and about the thickness of a penny). Add some of the boiling water to the bag of black bean flakes, salt, cumin and oregano. Stir and let sit for about 5min.

When the black bean mixture is ready, stir in cilantro if you are using it. Place a mound of the black bean filling in the center of one of the pieces of dough. Moisten the edges of the dough with your finger and stick the top piece on. Seal it with your fingers or a fork to make a decorative edge. Drop in boiling water. It will sink to the bottom, when it starts floating, in about 3 min, it is done. Cook 3 to 4 at once. Serve with cashew lime cream sauce, and a beer. Serves one.

Thai Altitude Two-Course Meal

Christina Woo, San Francisco, California

8 fresh spring roll appetizers, and Spicy Phad Thai
8 rice dried paper wrappers
1/4 cup dried bean vermicelli
3 cups frozen precooked shrimp (will serve as ice pack)
3 cups water
2 cups dry rice noodles
1 cups bean sprouts
2 tablespoon cooking oil
2 stalks spring onion
2 cloves garlic
20 fresh basil leaves
1 cup fresh coriander
1 medium carrot, cut into thin strips
4 tablespoons peanuts
4 tablespoons fish sauce
2 tablespoons oyster sauce
2 1/3 tablespoons brown sugar
1 tablespoon white vinegar
2 teaspoons soy sauce
1 lime
1 teaspoon small finely chopped red chili (remove seeds for less lethal dose of spice)

At home

Before departing, prepare chili dipping sauce and pad thai cooking sauce. Store in small containers. Chili dipping sauce: Add 1 tablespoon brown sugar to 1/3 cup cold water and stir, adding 2 tablespoons fish sauce, 1 tablespoon white vinegar, 1 tablespoon chopped coriander leaves, and 1/2 teaspoon finely chopped red chili. Spicy Pad Thai cooking sauce: Chop spring onion into small pieces, crush garlic, and mix with 2 tablespoons fish sauce, 2 tablespoons oyster sauce, 2 tablespoons brown sugar, 2 teaspoons soy sauce, and 1/2 teaspoon finely chopped red chili.

In camp

Soak the dry rice noodles and dried bean vermicelli in 2 cups water while setting up camp stove.

Spring Rolls

Dip paper wrapped into water. Place 2 thawed, cooked shrimp in center of wrapper. Top with 2 basil leaves, 1tablespoon coriander. Add some carrots, a squeeze of limejuice, noodles, and chili sauce. Press filling down, fold in 2 sides, and roll up the parcel. Sprinkle with water. Repeat for all wrappers. Garnish with sauce and coriander leaves.

Spicy Pad Thai

Heat oil in largest frying pan you've brought over medium heat. (Approximately 2 minutes.) Add shrimp, noodles, and 1/2 cup water. Stir until soft. (1 minute) Turn heat to low and add pad thai cooking sauce. Add a few squeezes of limejuice and stir. Turn up heat to medium and add bean sprouts and chives. Cook for another minute. Remove from heat and serve with crushed peanuts. Serves two hungry hikers.

Chicken 'n Green-Eyed Gravy

1 tablespoon vegetable oil
7-ounce pouch chicken breast (fully cooked)
1 medium onion, chopped
3/4 cup water
1 chicken bouillon cube
4-ounce package freeze-dried peas
salt and pepper to taste
1 tablespoon flour

Heat a 1.5-quart pot over medium flame. Add the oil and brown the chicken for 3 to 4 minutes. Add the onion and cook it until it's soft. Mix in all other ingredients except flour and cook for about 15 minutes, stirring occasionally to rehydrate peas. To thicken the gravy, combine the flour and enough water to make a paste, then slowly add the mixture to the pot, stirring to prevent lumps. For even creamier gravy, stir in 1 tablespoon of powdered milk. Variation: Include an additional cup of water and 3/4 cup of instant rice after the chicken and onion have been sauteed to make a complete meal. Serves two.

Go Light, Not Hungry

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Tennessee Stir Fry

1 tablespoon corn oil
1 medium onion, diced
1 medium green pepper, julienne-sliced
3 medium russet potatoes, peeled and thinly sliced
8 ounces turkey ham, precooked and diced
black pepper to taste

Over medium flame, heat the oil in a 12-inch fry pan and cook the onion and pepper until they're soft. Add the potatoes and brown them, then mix in the ham. Stir until the mixture is hot. Variation: For a breakfast treat, add reconstituted egg powder for a stir-fry scrambler. (To cut weight, use dehydrated spuds.) Serves two.

Corn Chowder

1 tablespoon vegetable oil
1 medium onion, diced
1 stalk celery, diced
2 tablespoons flour
1 cup water
4-ounce package freeze-dried corn
1/2 cup powdered milk salt and pepper to taste

Heat a 2.5-quart pot over a medium flame. Add the oil, onion, and celery. Saute for 2 to 3 minutes. Mix in

the flour and cook (without letting veggies or flour brown) for another 4 minutes. Stir in the water, corn, and powdered milk. Bring to a boil over high flame, stirring occasionally. Season with salt and pepper, reduce heat to a low simmer, and cook for another 10 minutes. Add enough water to achieve the desired thickness of soup. Serves two.

Recipes

Dinner Side Dish

In-The-Mug Hot Mince Pie

Recipe Ingredients

- 8 Ounces condensed mince pie mix
- 8 shortbread cookies

Serves: 4

Instead of reserving mincemeat pie for just the Christmas season, reader Ron Bonig spreads the traditional food around the calendar. "I serve hot mince pie in a mug to trailmates on the first night out, particularly in winter. It tastes exactly like mince pie, except it takes only a one-burner stove to make."

In Camp: Follow the package instructions for preparing the mince pie. Break up two cookies in each mug. Ladle the hot mince into the mugs and stir.

Dinner Entree

Lake Conway Chicken

Recipe Ingredients

- 1 Cup instant brown rice
- 1/4 Cup slivered almonds
- 1/4 Cup dried mushrooms
- 2 Tablespoons onion flakes
- 1 Tablespoon dried green or red pepper flakes
- 1/2 Teaspoon salt
- 1 1/2 Cups water
- 20 Ounces canned chicken (don't drain)
- 2 instant cream of chicken soup

Serves: 3

As Scoutmaster of Troop 283 in Orlando, Florida, reader Steve Diedrich is always searching for easy-to-make dinners that'll satisfy 30 or so boys while backpacking through Ocala National Forest and the Smokey Mountains. Several years of trial and error yielded this recipe, which gets the troop's thumbs-up (offered here in an easier-to-manage version that serves 3, instead of 30).

At Home: Combine the first six ingredients in a zipper-lock bag.

In Camp: Stir the bagged ingredients into the water and simmer for 15 minutes. Stir in the chicken and soup mix, and simmer for an additional 3 to 5 minutes.

Drink

Orange Delight

Recipe Ingredients

- 1 Teaspoon orange-flavored instant drink mix
- 1 Teaspoon powdered milk
- 2 Teaspoons instant vanilla pudding

Serves: 1

Remember the sweet, satisfying taste of a Creamsicle you ate as a kid? Mike Davis of Scituate, Massachusetts does and loves them so much he invented this refreshing and fairly healthy drinkable alternative. The bonus: no need to lick dripped ice cream off your hands afterward.

In Camp: Dump all the ingredients in a 16-ounce mug, add cold water, and stir.

Dinner Entree

The Converted: Coosa's Venison Stroganoff

Recipe Ingredients

- 1/3 Pound jerky, chopped into tiny pieces
- 1 1/2 Tablespoons onion flakes
- 1 Tablespoon paprika
- 4 Tablespoons dried mushrooms
- 1 1/2 Teaspoons tomato powder
- 2 Cups instant cream of mushroom soup
- 1/2 Cup instant potatoes
- 1 1/2 Teaspoons dried parsley
- 3/4 Cup powdered sour cream
- 3 3/4 Cups water

Serves: 4 to 6

When we invited folks to send their favortie at-home recipe for us to convert into a lightweight, easy-to-handle trail version, Appalachian Trail addict "Coosa" Carol Donaldson of Blairsville, Georgia, took us up on the offer.

At Home: Place the jerky, onion flakes, paprika, mushrooms, tomato powder, soup, and instant potatoes in a zipper-lock bag. Place parsley and sour cream powder in a separate zipper-lock bag.

In Camp: Pour the contents of the jerky bag into a pot and add the water. Bring to a boil, then simmer 15 minutes, stirring occasionally. Add more water if needed. Stir in the contents of the sour cream bag and heat, but do not boil, the mixture. Serve over noodles or rice.

He was rooting around in the dirt like a pig after truffles, hungrily snatching up whatever looked edible, then clutching his prize like it was better than gold. Never mind that he'd tripped and his food had rolled around on a portion of Oregon's Hart Mountain National Antelope Refuge. When a man has eaten nothing but freeze-dried meals for six straight days, he gets desperate and isn't about to let a few twigs, or thoughts of what ungulates may have done on that very spot, come between him and his fresh salad. It's still a gift-albeit a slightly dirty one-from the food gods.

I've avoided such desperate measures by including fresh food in my backcountry menus, much to the amazement and sheer delight of my companions. Fruits and vegetables provide vitamins, minerals, antioxidants, and micronutrients found in no other backwoods victuals. Plus, biting into something juicy and sweet courtesy of Ma Nature enhances your physical and emotional well-being. You should see the smiles when I add finely sliced red bell pepper to a mundane bagel with cream cheese. Happiness soars to a heavenly level.

Perishability

The downside to fresh food, of course, is its short shelf life. Take away refrigeration and factor in a cramped pack, and you have a recipe for an unhealthy mess. There are ways around this, though.

~ Choose recipes and fresh foods appropriate for your trip. For instance, broccoli won't last two days in a warm climate, but cauliflower will stay firm for several days. Here are some general rules for how long fresh foods will last in 70°F weather.

1 to 2 days: asparagus, bananas, broccoli, cucumbers, green beans, green onions, and pit fruits (peaches, plums).

3 to 5 days: avocados, cauliflower, celery, mushrooms, pears, peppers, summer squash, and underripe tomatoes. (Note: When mushrooms' gills, the accordionlike flesh on the underside of the cap, are open, they're mature and flavorful, but they don't travel well.)

6+ days: apples, cabbage, citrus fruits, garlic, onions, potatoes, and root vegetables (carrots, beets, turnips).

~ Buy only unblemished, brightly colored fruits and vegetables that are heavy for their size. Yes, they add weight to your pack, but they're the foods bursting with flavor.

~ Smaller fruits and vegetables were harvested younger and will be superior in flavor, texture, and durability. Look for dense broccoli and cauliflower heads, and select root vegetables with healthy, fresh-looking greens.

~ Experiment with different varieties to find sturdy, long-lasting fruits and veggies. For instance, Braeburn, Fuji, and Granny Smith apples, as well as yellow Finn, red, and Yukon gold potatoes, will withstand the rigors of packing. Plum or Roma tomatoes, with their thick, meaty, almost-dry flesh, are also excellent; salad tomatoes are a good runner-up. D'anjou pears stay firm when ripe and provide a juicy, sweet change of pace from dried fruit. Fresh shiitake mushrooms' tight, strong flesh holds up better to pack abuse than the more common white button variety. Even a small, tight head of iceberg lettuce or Romaine hearts can last up to four days in the backcountry.

~ You can extend the packlife of some foods by buying them when they're almost ripe. Try slightly green and firm avocados, tomatoes, pears, and pit fruits. The caveat: Keep your menus flexible because when something ripens, you have to use it.

~ Don't wash or cut food until you're ready to prepare the meal. Once they have been cut, many fruits and vegetables discolor, plus spoilage accelerates, and flavor and nutritional value suffer. Remove excess greens, but leave an inch of stem to help retain moisture in root veggies like beets, carrots, and radishes.

~ Experiment with the exotic. Try chayote (a light green, pear-shaped vegetable), diced and boiled with pasta; fennel (which looks like flattened celery), raw in salads or cooked into pilafs; or kohlrabi (which looks like a green turnip), shredded and added to salad.

Cooking Time

Sometimes no cooking is best. After all, you've gone to the trouble of hauling weighty produce, so why not enjoy it raw when it's at its peak of flavor? Grate beets into salad. Eat baby carrots with lunch, and try thinly sliced turnips as a refreshing midafternoon snack.

Potatoes are too starchy to eat raw, and, like all root vegetables, they are slow to cook. Save them for campfires, when you can prepare them slowly while you enjoy the sunset. If you're using a pack stove, you don't have to drain the fuel tank to cook fresh potatoes. Dice them small, cover with water, and bring to a boil while keeping the pot covered. Turn off the heat, and let the pot stand for 15 minutes. The potatoes will be tender, especially if you wrap the pot in a sweater to retain the heat.

Summer squash cooks faster than potatoes and is just as filling. Add diced zucchini to noodles about 5 minutes before the pasta is ready; the squash will be ready by the time the pasta is al dente. The same goes for broccoli or asparagus.

Weight

This is where most backpackers balk, because not only does fresh food weigh more than its freeze-dried counterpart, but if you want to cook it, you have to carry about 25 percent more fuel than freeze-dried foods require. Personally, I'm willing to carry a slightly heavier pack on

shorter trips if it means eating "real" food at day's end. I make every ounce count by going for more flavor, texture, and substance with crisp apples, crunchy cabbage, and filling potatoes. While some people tote onions and garlic, I save a few ounces with onion and garlic granules (1/4 tablespoon garlic granules = 1 garlic clove; 1 tablespoon onion powder = 1 medium onion).

The only time I stick to freeze-dried is in bear country. The weight and volume of fresh grub makes it tough to bear bag or cram into slender bearproof canisters, not to mention the smells of fresh foods that can attract hungry bruins.

Waste

To reduce waste, consider produce that's entirely edible, like sugar snap or snow peas, zucchini, or carrots, rather than weighty and wasteful things like artichokes. Some people eat the entire apple, core and all, while others cook with the seeds and membranes of bell peppers. For snacking, there's almost nothing I like better than the spicy core of a cabbage or cauliflower.

Get the most out of leeks and green onions-the dark green portions are edible and visually enhance the meal. Thinly sliced broccoli stems add texture and zing to salads and replace water chestnuts in a stir-fry.

Buy organic, and you can eat the peels of apples and cucumbers, since they're not sprayed with pesticides or treated with waxes. Even citrus peels can be grated into pancakes, desserts, and salads for a flavorful twist.

Packing Produce

Once you're jazzed about fresh fruits and veggies, how do you avoid making fruit salad inside your pack?

~ Store easily bruised or squashed items in hard-sided cooking pots and mugs. I carry lettuce and tomatoes in a 1-quart plastic container that is also my plate and bowl.

~ Wrap ripe items in loose clothing or bubble wrap, which makes for essential entertainment if you become tentbound.

~ Pack apples and oranges near the top of your pack or in side pockets, and don't overfill or cinch too tightly.

~ Perishables can also be placed in a bag attached to the outside of your backpack.

Don't forget that fresh food needs to breathe (I use a paper bag or perforated plastic vegetable bag) and should be kept out of the sun. A light cotton pillowcase allows ventilation, and in camp you can plop it in a stream or snowbank. Or simply douse the pillowcase with water, wring out the excess, and let evaporation keep your food cool.

As T.S. Eliot asked in his poem *The Love Song of J. Alfred Prufrock*, "Do I dare to eat a peach?" My answer is, "Why not?" Whatever you find delicious at home will be sheer heaven on the trail.

Recipes

Breakfast Entree

Breakfast Potatoes

Recipe Ingredients

- 1/2 Teaspoon ground coriander
- 1 Teaspoon ground cumin
- 1/2 Tablespoon chili powder
- 1/2 Teaspoon salt
- 1 Teaspoon onion granules (or 1 small onion, minced)
- 1/2 Teaspoon garlic granules (or 2 cloves garlic, minced)
- 6 potatoes
- 2 Teaspoons olive oil
- 1 zucchini, diced (optional)
- 4 Ounce-packages green chiles, chopped (optional)

Serves: 4

You can cut down on morning prep time by boiling the potatoes the night before.

At Home: Mix spices, including onion and garlic granules if you are using them, in a plastic bag.

In Camp: Scrub the potatoes, pare the eyes and damaged spots, and dice into 1/2-inch cubes. Cover with water, bring to a boil, then remove from heat. Let sit until tender (approximately 15 minutes), then drain. Meanwhile, if you are using fresh onions and garlic, sauté them in olive oil for 5 minutes. Add zucchini to the pot and cook for 5 more minutes. Stir in the potatoes, spices, and green chiles. Cook on high heat, turning often, until golden brown and crispy.

Dinner Side Dish

Carrot Salad

Recipe Ingredients

- 1 Teaspoon dried parsley
- 1 Teaspoon dried chives
- 1/4 Teaspoon salt

- 1/4 Teaspoon ground black pepper
- 2 Teaspoons olive oil
- 2 Tablespoons lemon juice
- 4 carrots, grated
- 1/4 sprouts (optional)

Serves: 4

A flat grater is a lightweight and extremely useful addition to your camp kitchen.

At Home: Mix spices in a plastic bag.

In Camp: Add spices to oil and lemon juice. Pour over carrots and sprouts, and mix thoroughly.

*** Vegetarian**

Dinner Entree

Cauliflower-Potato Curry

Recipe Ingredients

- 2 Tablespoons vegetable oil
- 1/2 Teaspoon black mustard seeds
- 1 Teaspoon cumin seeds
- 1/2 Teaspoon ground ginger
- 2 potatoes, scrubbed and diced
- 1 cauliflower, very small, cut into florets
- 1 tomato, diced
- 1/2 Teaspoon turmeric
- 1/2 Teaspoon garam marsala (an Indian spice blend available in natural food stores)
- 1 Teaspoon ground coriander
- 3/4 Teaspoon salt
- 1/2 Cup water

Serves: 4

A great meal over a bed of rice.

At Home: Heat 1 tablespoon oil, then fry the mustard seeds, cumin seeds, and ginger until the mustard seeds pop. Cool, pack in a zipper-lock bag.

In Camp: Heat 1 tablespoon oil and add the seasonings from the zipper-lock bag. Fry for a moment, then add potatoes and cauliflower. Cook, stirring constantly, for 5 minutes or until vegetables begin to brown. Add the remaining ingredients, stir well, cover, and cook over low heat for 15 to 20 minutes, until tender. Add more water if necessary. Serve over rice.

*** Vegetarian**

Tofu Migas

Recipe Ingredients

- 1/4 Teaspoon dried basil
- 1/4 Teaspoon ground cumin
- 1/4 Teaspoon salt

- 1/4 Teaspoon dried oregano
- 1/4 Teaspoon ground black pepper
- 1 small onion, diced
- 1 small bell pepper, diced
- 1 Tablespoon vegetable oil
- 1 Pound tofu, crumbled
- 1 Tofu Scrambler
- 1/2 Cup crumbled tortilla chips
- 3 Ounce-packages monterey jack cheese, grated
- 1/2 tortillas

Serves: 4

You can find tofu and Tofu Scrambler, a seasoning packet used with tofu to create dishes similar to scrambled eggs, at natural food stores.

At Home: Mix spices in a plastic bag.

In Camp: Sautß onion, pepper, and spices in oil. Add tofu and Tofu Scrambler, mix well, and cook for 2 to 3 minutes. Add chips and cheese, then stir until the cheese melts. Serve with warm tortillas.

*** Vegetarian**

Dinner Side Dish Tricolor Salad

Recipe Ingredients

- 2 beets
- 1/4 red cabbage
- 1/2 medium jicama (found in exotic section of supermarket)
- 1 small turnip
- 1/4 onion
- 1 celery stalk
- 1 cucumber, small
- 1 fresh jalapeno pepper, minced
- 4 Tablespoons apple cider vinegar
- 2 Tablespoons olive oil
- 1 Dash salt
- 1 Dash pepper

Serves: 4

Traditionally, the different vegetables are dressed and served separately, so the salad has three distinct hues rather than rosy pink from the beets. But that's too fussy for the backcountry. With the exception of the cucumber, everything in this dish will keep at least five days, so omit the cucumber if you want to serve this salad toward the end of your trip.

In Camp: Boil the beets until tender-about 20 minutes. Cool and remove skins. Dice and mix the rest of the vegetables. Add the jalapeño peppers, vinegar, olive oil, salt, and pepper.

1. Quick oats. Make your own no-cook oatmeal by running 1-minute (a.k.a. "quick") oats briefly through a food processor. You want them to be the consistency of the instant oats you find in store-bought packets of instant oatmeal. Team them up with powdered milk, fruit, and brown sugar or other sweetener. On the trail, pour the oatmeal mix (3/4 cup feeds one hungry hiker) into a mug, add boiling water, stir, and let stand.

- 2. Powdered milk.** No breakfast cereal is complete without it. Powdered milk supplies calcium, protein, and flavor. The instant, nonfat variety is easy to use, it doesn't lump, and it stores for a long time.
- 3. Coffee, tea, And hot choco-late.** Would you be able to start or finish the day without them?
- 4. Quick-cooking hash browns.** At the grocery store, look for hash browns that rehydrate with boiling water. If the store doesn't stock them, you might buy a package of instant latkes and use the dried potatoes. Hash browns are the foundation of a sticks-to-your ribs breakfast.
- 5. Dried fruit.** Branch out from plain old raisins and prunes to exotic mango, papaya, pineapple, cranberries, and other dried fruit. They taste great in cereals, curries, and desserts. Dried cherries with chocolate pudding is a favorite of mine.
- 6. Powdered eggs.** For breakfast on the first day, go ahead and use EggBeaters or a similar egg white product. After that you'll want powdered eggs, which can be doctored quite nicely. Some outdoors stores stock powdered eggs, as do mail order companies AlpineAire and The Baker's Catalogue.
- 7. Bagels and tortillas.** Keep a supply of these ready to go in the freezer, or pick up fresh ones on the way out of town. Bagels and tortillas are the backbone of any trail lunch and a good source of complex carbohydrates, which replenish your store of glycogen.
- 8. Quick-cooking grains.** For fast dinners you'll want a supply of instant rice, couscous, and small-grained bulgur to choose from. Freeze-dried wild rice is available through AlpineAire.
- 9. Chinese or instant Ramen noodles.** These are precooked and dried, so they're ready in a flash, which saves stove fuel. They are good with vegetables and soup mixes. Many supermarkets stock these in the international foods aisle.
- 10. Pasta.** Small shells and elbows are easier to drain and eat than are long strands of spaghetti. No-cook pasta is available through AlpineAire.
- 11. Instant mashed potatoes.** Allows you to make shepherd's pie, potato pancakes, and a quick, hot lunch on soggy, cold days.
- 12. No-cook refried beans.** A real boon for Mexican meals. Just add boiling water and-Presto!-you have seasoned refries for burritos. Look in the international foods or instant soup section of your supermarket. Black bean powder can be substituted if they're not available.
- 13. Lentils.** Place in a screw-top bottle with water at the start of the day, and come dinner time the lentils will cook up in about 5 minutes (1/2 cup dried lentils + 1 cup water = 1 cup of ready-to-eat lentils). Use in stews, burritos, curries, and other dishes.
- 14. Dried vegetables.** Carrots, cabbage, bell peppers, mushrooms, onions, and tomatoes enhance dinners and create the impression you're eating "real food" rather than trail food. Beware of veggie mixes that contain dehydrated peas, corn, chunks of carrots, and squares of potatoes, all of which may take more than 30 minutes to rehydrate. Health food stores and supermarkets have some dried veggies. Order carrots, cabbage, bell peppers, mushrooms, onions, and tomatoes through AlpineAire. For tomato flakes and dried tomatoes, check out The Baker's Catalogue. Just Tomatoes, Etc. and Backpacker's Pantry sell several mixtures of freeze-dried and dehydrated vegetables.
- 15. Freeze-dried corn and peas.** So good-tasting, these gems are worth making the effort to order through the mail (AlpineAire).
- 16. Canned turkey, chicken, shrimp, and tuna.** Because of their weight, these meats should be used sparingly, but a little goes a long way toward adding heft and flavor to dinners. Freeze-dried meat and seafood is much lighter than canned, and makes a viable alternative on extended trips, but high cost can

be a deterrent. Shop for freeze-dried meat and seafood at your local outdoor store or through AlpineAire or Backpacker's Pantry.

17. Dried ground beef. The only way to stock up on this light, extremely versatile ingredient is to make it yourself. Buy extra-lean ground beef, and crumble into very small pieces as you cook it, being careful not to leave any rare meat. Dry the cooked meat in a dehydrator or oven at 130° to 140°F. If you use an oven, leave the door open an inch or two to circulate the air. Dry two to four hours, or until ground beef is dry and hard to the touch. Store in a plastic bag in the refrigerator or freezer.

18. No-cook soups. Supermarket shelves brim with delectable offerings that require only adding boiling water, but watch out for astronomical sodium levels. These soups are great as an appetizer and help you rehydrate. Combine a quick-cooking grain and extra seasoning for a simple dinner.

19. Nuts. Peanuts, cashews, almonds, and other nuts add flavor, texture, and lots of calories (in the form of fat) to trail meals. Toasting nuts in an oven set at 350°F for 10 minutes enriches their flavor.

20. Cheese. Cheese is loaded with calories, and it gives your taste buds a soothing sensation that carb-rich foods can't come close to. Parmesan keeps well under trail conditions, as does mozzarella. Plastic-wrapped mozzarella "strings" in single-portion servings must have been designed with backpackers in mind.

21. Powdered dairy products. It's incredible what you can find in convenient powdered form, like cheddar cheese, blue cheese, butter, and sour cream. Use these as flavor enhancers to make a mundane meal marvelous. Powdered cheddar (order through AlpineAire or The Baker's Catalogue) goes with almost anything. Blue cheese powder (The Baker's Catalogue) makes pasta or a rehydrated vegetable salad special. Butter powder (The Baker's Catalogue) adds smoothness to grits, cereal, and dinners. I recommend pure butter powder over butter-flavored sprinkles like Butter Buds or Molly McButter, which are available in the baking goods section of most supermarkets. Powdered sour cream (AlpineAire and The Baker's Catalogue) makes a mean beef stroganoff.

22. Exotic fruit powder. Use coconut cream powder in Asian dinners, backwoods smoothies, and desserts for intense flavor and lots of additional calories. You'll find coconut cream powder in Asian markets. Coconut powder can be ordered through The Baker's Catalogue. Pure orange powder, also available through The Baker's Catalogue, weaves a distinct flavor into cereals, smoothies, and desserts.

23. Single-serving condiments. Praise the fast-food giants for neatly packaging trail-size portions of catsup, mustard, sweet and sour sauce, mayonnaise, lemon juice, relish, salsa, soy sauce, and honey. Get your supply from leftover fast-food meals or negotiate with the folks behind the counter.

24. Seasonings. Spices, herbs, and herb blends are obvious choices, but I pack along hot sauce, wasabi (powdered horseradish), bouillon, and good old salt and pepper, too.

25. Comfort food. Treat yourself to whatever you really love—chocolate, miso, tapioca pudding, salmon jerky, graham crackers. Buy quality products and don't skimp on portions.

The Backcountry Cupboard

(page 3)

Resources

AlpineAire Foods, P.O. Box 926, Nevada City, CA 95959; (800) 322-6325;
<http://www.alpineairefoods.com>.

Backpacker's Pantry, 6350 Gunpark Dr., Boulder, CO 80301; (800) 641-0500.

Just Tomatoes, Etc., Box 807, Westley, CA 95387; (800) 537-1985.

The Baker's Catalogue, P.O. Box 876, Norwich, VT 05055-0876; (800) 827-6836;
<http://www.kingarthurfLOUR.com>.

Recipes

Dinner Entree Beef Stroganoff

Recipe Ingredients

- 3 Tablespoons powdered sour cream
- 1 Pinch nutmeg
- 6 Tablespoons dried ground beef
- 6 Tablespoons thinly sliced dried mushrooms
- 1/2 Teaspoon dried chopped onion
- 1 1/3 Cups Chinese noodles

Serves: 2

If you don't have sour cream powder on hand, a packet of cream cheese saved from your last trip to the bagel store makes a fine substitute.

At Home: Place sour cream powder and nutmeg in their own bag. Remaining ingredients go in a separate zipper-lock bag.

On the Trail: Place beef mixture in an insulated bowl or pot and add 2 1/4 cups boiling water. Cover and let stand 10 minutes. Drain off (and drink, if you like) the broth. Add nutmeg and sour cream powder and mix well.

Breakfast Entree Breakfast Burrito

Recipe Ingredients

- 2 Cups dried hash browns
- 2 Tablespoons dried onion
- 1 Tablespoon dried tomatoes
- 1 Tablespoon dried red and green peppers
- 1 Tablespoon dried mushrooms
- 9 Tablespoons egg (powdered)
- 2 Tablespoons powdered cheddar cheese
- 2 Tablespoons oil
- 5 flour tortilla

Serves: 2

At Home: Package hash browns and veggies in the same bag. Eggs and cheese go together in a bag.

On the Trail: Place dried hash browns and veggies in a pot or bowl, cover with boiling water, and let stand 5 to 8 minutes. Drain any excess water, using the liquid to reconstitute the eggs. Heat the oil in a frying pan and add the potatoes and veggies. Cook undisturbed for 3 to 7 minutes until brown and crispy (a nonstick pan is a godsend on this duty). Turn with a spatula and fry the other side for about a minute. Pour egg mixture right in with the potatoes and cook until the eggs set. Warm the tortillas and wrap around about 1/2 cup of the hash brown/egg. Serve with salsa, ketchup, or hot sauce.

Calories: 430
Carbohydrates: 86.5
Cholesterol: 0
Dietary Fiber : 5.9
Protein: 8.99
Saturated Fat: 0
Sodium: 520
Total Fat: 5.6

Dinner Entree
Lunch Entrée

Cashew Chicken Wrap

Recipe Ingredients

- 3/4 Cup dried cabbage
- 3/4 Cup thinly sliced dried mushrooms
- 1/4 Cup dried pineapple without sugar added
- 2 Tablespoons dried onion
- 2 Tablespoons flaked coconut without added sugar
- 8 tortillas
- 1 1/2 Cups toasted chopped cashews
- 10 Ounces canned chicken

Serves: 2

If you can't find unsweetened dried pineapple and coconut in your supermarket, try the health food store. You can substitute 1 1/2 teaspoons coconut cream powder for coconut flakes, but package it with the cashews rather than with the fruits and vegetables.

At Home: Package veggies and fruit in a zipper-lock bag.

On the Trail: Pour fruit/vegetable mix into an insulated bowl or pot and add 1 1/2 cups boiling water. Stir well, cover, and let stand 10 minutes. Meanwhile, briefly heat tortillas in frying pan or pot lid. When the filling has rehydrated, drain excess water. Add cashews, chicken, and salt to taste. Spoon 1/2 cup of filling onto each tortilla, turn in the ends, then roll.

Breakfast Entree

Cranberry-Orange Cereal

Recipe Ingredients

- 3/4 Cup bulgur
- 6 Tablespoons dried cranberries
- 3 Tablespoons orange powder
- 4 Tablespoons toasted chopped walnuts

Serves: 2

This cereal is a not-too-sweet change of pace from oatmeal that requires no fuel to make. You can substitute orange-flavored breakfast drink for pure orange powder, but it doesn't taste the same.

At Home: Place all ingredients except nuts in a zipper-lock plastic bag.

On the Trail: Add 1 1/2 cups cold water to the bag and let stand overnight. In the morning, add walnuts.

Drink

Hot Ginger-Coconut Smoothie

Recipe Ingredients

- 1/4 Cup powdered milk
- 1 Tablespoon coconut cream powder
- 1 Teaspoon sugar
- 1/2 Teaspoon ground ginger

Serves: 1

This hot drink is delicious as a pick-me-up when you first reach camp. Or, savor it as a yummy dessert. The powdered coconut provides fat calories and keeps your taste buds happy. If you are a real sugar hound, add more to taste.

At Home: Combine and bag ingredients.

On the Trail: Place dry mixture in an insulated cup and add 1 cup boiling water. Stir well.

Dinner Entree

International Couscous

Recipe Ingredients

- 3/4 Cup couscous
- 4 Teaspoons dried cranberries
- 4 Teaspoons raisins
- 4 Teaspoons thinly sliced dried carrots
- 4 Teaspoons dried onion
- 3 Teaspoons chicken bouillon powder
- 3 Teaspoons chili powder
- 1 Teaspoon garlic powder
- 1/4 Teaspoon brown sugar
- 1/2 Teaspoon butter powder
- 3 Tablespoons toasted sliced almonds

Serves: 2

This quick recipe produces a lively and unusual dinner.

At Home: Package all ingredients except almonds in a zipper-lock plastic bag.

On the Trail: Place the couscous mixture in a pot or bowl and add 1 1/4 cups of boiling water. Mix well, cover, and let stand 10 minutes (insulate from the cold ground with a fleece jacket). Before serving, add almonds and, if you like, a dash of hot sauce.

Think a fresh tomato on day 3 is an impossible dream? Think again. Many fruits and vegetables can withstand the rigors of the trail and are compact and light enough to warrant packing. Use our day-by-day guide and stay-fresh tips to perk up your backcountry menu.

Best If Eaten By...

DAY

1 Bananas, berries, eggs, lettuce/greens (washed and bagged), raw meats (see "The Big Chill" below)

2 Avocados, broccoli, eggplant, mushrooms, olives, peaches, pears, string beans

3 Bell peppers, cauliflower, celery, cucumbers, herbs, radishes, summer squash, zucchini

4 Apples, cabbage, carrots, cheese, unshucked corn, garlic, jalapeños, lemons, limes, tomatoes, onions, oranges, potatoes, salami and other cured sausages

Keep in mind that foods last longer in cool, dry weather. If it's really steamy, subtract a day. Bruised fruits and veggies will decay faster.

Before You Go

5 tips for keeping fresh foods fresh

- When shopping, choose underripe fruits and veggies.
- Pack fragile foods inside pots or hard plastic containers that can double as bowls.
- Stow durable veggies in brown paper bags, which breathe better than plastic bags.
- Keep foods whole until you're ready to use them; once cut, they go bad quickly.
- Conserve water in camp by giving your produce a quick rinse at home, then a thorough drying before you pack them. (Exception: mushrooms and berries will deteriorate rapidly once washed.)
- If you're paddling and weight is not a concern, pack produce in a cooler with ice blocks (the bigger the block, the longer it'll last) or, better yet, dry ice.

The Big Chill

Freezing foods at home will keep some must-refrigerate items edible for a day.

- Cook and cool meats, then triple-wrap them-first in stretchy plastic, then in foil, then in a zipper-lock bag-and freeze.
- For scrambled eggs on your first morning in camp, crack eggs into a leakproof bottle and freeze overnight.
- Sauces freeze well, too. Try this recipe from adventure photographer Layne Kennedy: "Transfer pesto into a zipper-lock bag and freeze. Within the first 2 days of your trip, mix the thawed pesto with dehydrated sweet tomatoes, fresh garlic, and toasted pine nuts. It is a delicious topping for pasta, rice, freshly caught fish, even a cheese and salami bagel." ([Click here](#) for more fresh meal ideas.)

Middle Eastern Sauce

- Raw tahinni
- Crushed garlic
- Lemon juice
- Salt and pepper
- Dried falafel powder
- Basil
- Cumin
- Cider vinegar
- Olive oil!

Pesto Sauce

For our “Groovy-Biotic” meals, we were hardcore vegans (alas, pesto contains cheese). However, pesto is a simple and delicious addition for cheese eaters. I usually use pre-made pesto with a little extra salt, pine nuts, crushed garlic, sun-dried tomatoes and olive oil. When I’m a bit more relaxed about my diet, the following **dairy-free pesto sauce** tastes fantastic:

- Chopped fresh basil
- Crushed fresh garlic
- Chopped Anaheim pepper
- Olive oil
- Chopped sun dried tomatoes
- Chopped walnuts
- Chopped pine nuts
- Pinch of salt
- Pinch of pepper

(There are soy parmesan and romano cheese substitutes, add a little if you want.)

Thai Peanut Butter Sauce

- Peanut butter
- Vinegar
- Olive oil
- Ginger
- Soy sauce
- Salt and pepper
- Crushed garlic
- Thai curry paste

How much per meal?

For cooking a dinner, I’ve found that 6 ounces of dry food (pasta, polenta or couscous) per person/per meal is about right. Any less and you’ll still be hungry, any more - and you might have some leftovers.

If you’re cooking for a team of two, you’ll have a 12-ounce bag for each dinner. Use it all. It can be cooked in a 1.5-liter pot.

Breakfast is usually a little lighter, 4 or 5 ounces of dry food per person/per meal is enough. I make up a specialized oatmeal product before leaving home, and I eat it each and every morning! Some folks need a little more variety, but I love this stuff!

Oatmeal

My nutritional guru, Mary (Howley) Ryan, has this to say about oatmeal: “Oatmeal shouldn’t be underestimated as a source of protein. One half cup of cooked oatmeal has 6 grams of protein, an egg has 7 grams. The egg is a complete protein, and the oats require some other amino acids, and much of these can be achieved with the addition of nuts and fruit in the oatmeal mix.”

- 3 cups rolled oats (or spelt flakes)
- 1 cup chopped almonds (I use a food processor to chop all the nuts)

- 1 cup chopped pecans
- 1 cup chopped cashews
- 1/2 cup golden raisins
- 1/4 cup dried cranberries
- 1/4 cup powdered milk
- 1/4 cup protein powder
- 1 teaspoon vanilla extract
- 1 tiny splash of almond extract
- pinch of salt

Put all the dry ingredients in a big mixing bowl and stir it up. Then add the only wet ingredients (the almond and vanilla extract) and stir it into the mix. All done!

Often, I'll go through my kitchen and add other things that I may have around. Things like granola, dried cherries, sunflower seeds, etc. For non-vegans, add powdered milk.

This mix can be eaten cold with cold water (nice while on the trail) or hot on a chilly morning. Put some in a mug, add a little water, let it sit for a few minutes to soften up the oats - and EAT!

Super Spackle

I wanted to create a calorie packed goop that I could add to my morning oatmeal, but I found that it's more enjoyable to "drink" straight from the bottle. I got the idea after a long day when I gorged myself on straight almond butter. It was so satisfying! I wanted to put it in a squeeze tube so I could partake of its goodness without a spoon.

This stuff is so ridiculously rich, that just a tiny bit is unbelievably gratifying.

- 1 cup Almond Butter
- 1 cup Cashew Butter
- 1/4 cup agave syrup
- 1/4 cup macadamia nut oil
- 1 teaspoon vanilla extract
- 1 tiny splash of almond extract
- pinch of salt

Put all the ingredients in a big measuring cup. With a fork and a strong arm, start mixing it all together. This stuff is gloppy and thick. Get it just thin enough that you can get it through a funnel and into a soda bottle. You can add more of the macadamia nut oil if it's too thick. Actually, a 0.75 liter plastic bottle, the kind they sell at the grocery store for spring water, works the best. The plastic is just a little thinner, and it makes a good "squeeze" bottle. Any time the Super Spackle came out of my backpack, I found myself surrounded by very friendly teammates with their spoons at the ready!

GORP

Practically every backpacker starts a hike with a bag full of dried fruit and nuts. The list below contains some vegan ingredients that you can dump in to help you get some extra nutrients on the trail.

- chopped figs (calcium)
- soy nuts (calcium and complete protein)
- whole raw almonds (calcium)
- walnuts (omega-3s)
- hemp seeds (omega-3s)
- pumpkin seeds (omega-3s)
- dark chocolate (antioxidants)

- peanuts (protein)
- sunflower seeds (vitamin E)

Steam Baking

You can make muffins with an ultralight cook kit!

Using your cook pot (1.5 liter size) and a small titanium mug or bowl that fits in the pot, you can actually bake, and the results are delicious!

One option is to use a pre-mixed pancake flour (like Bisquick). Add cold water (do NOT use warm water!) and just a bit of olive oil - make sure the batter stays nice and thick. Fill the small bowl about half way with batter. About 4 ounces of dry mix should be plenty.

Put a few tiny rocks in the bottom of the big cook pot, and add a little water. Set the small bowl with the batter on the rocks, put a lid on it, and put it on the stove.

The water boils and fills the pot with steam, which cooks the batter evenly. Let it steam for about 6 minutes, since there's no risk of anything burning with steam, and you should have a great big fluffy muffin!

Biscuit Batter Recipe

Caution: if you want to get creative and add more goodies (raisins, cranberries, more chopped nuts), you'll need to add a little extra baking powder to the mix. Excessive tweaking of the batter can make the end product a goopy disaster. This is easy to test at home, so do a practice run before heading into the backcountry.

- 1 cup white flour
- 1/2 cup whole wheat flour
- 1 tablespoon baking powder
- 1 tablespoon sugar (I used organic unrefined sugar)
- pinch of salt
- 1/4 cup crushed almonds
- (non-vegans add 1/2 cup powdered milk)

Rations Plan

I've listed an entire 6-day ration of two-person meals. It totals 19 pounds, which works out to 9.5 pounds of food in each backpack. For our 12 night (13 day) expedition, we went through this 6-day menu twice (we had a food resupply halfway through), with a just few minimal changes for variety.

Daily Ration Plan for Two People for Six Days				
Breakfast / 68 oz total	Dinners / 72 oz total	Sauces in bottles / 40 oz total	Drinks / 10 oz total	Snacks & lunch / 114 oz total
Oatmeal mix - 48 oz Super Spackle - 20 oz	Dehydrated Yams - 12 oz Polenta - 12 oz (pre spiced) Kamut pasta - 12 oz Whole wheat couscous - 12 oz (pre spiced) Bulgur - 12 oz (pre spiced) Rice noodles - 12 oz	Thai sauce - 11 oz Tahinni sauce - 11 oz Garlic basil sauce - 11 oz Olive oil - 7 oz	Tea bags - 3 oz Coffee - 7 oz	Whole grain crackers - 10 oz Homemade GORP - 24 oz Dried bananas - 6 oz Dried mango - 6 oz Pine nuts - 4 oz Golden raisins - 7 oz Peanut butter - 21 oz Chocolate - 10 oz 15 LARA bars (my favorite - choose your own bars) - 26 oz (1 bar per person per day, with 3 bonus bars)
Total: 304 oz = 19 pounds Divide by 2 people = 9.5 pounds each (Approximately 1.6 pounds per person per day)				
Balance Within the Diet				
Carbs (a mix of high fiber, whole grains and refined types - including sugar)	Protein	Fats	Salt and Electrolytes	Manna from Heaven
oatmeal yams couscous pasta rice noodles whole wheat crackers raisins dried fruit chocolate bars	nuts peanut butter tahinni (a good source of calcium) super-spackle whole grains (including oatmeal) also contain protein	super-spackle olive oil nuts the sauces peanut butter	spice kit the sauces crackers dried fruit and yams (a good source of potassium)	coffee

Any diet devoid of fresh fruits and vegetables will lack important nutrients. Add a daily multi-vitamin to your rations, especially for a long expedition. Supplements high in vitamin B will be especially helpful for a vegan diet when there are no fresh vegetables available.

5-Minute Meal Hearty & Spicy "Baked" Ziti



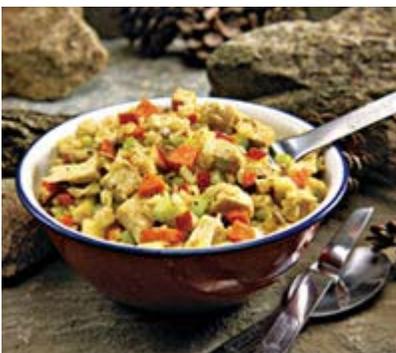
©Mitch Mandel; styling by Melissa Mayo

- 2 cups uncooked ziti
- 1 clove garlic
- 1 fresh jalapeño pepper
- 1 cup cured hard sausage or salami
- 4 tablespoons olive oil
- 1 cup white cheddar, Monterey Jack, or other cheese, grated
- 1 tomato
- 1 zucchini

At home Pack pasta in a zipper-lock bag. Pack olive oil in leakproof bottle.

In camp Cook pasta al dente. Drain, cover, and set aside. While you're waiting, mince jalapeño and garlic (to cut down on the heat, discard the pepper seeds). Cut sausage, tomato, and zucchini into ¼-inch cubes. In your largest pot, heat 1 tablespoon of olive oil. Add garlic and jalapeño and cook over medium/low heat until soft and fragrant (about 3 minutes). Add sausage, tomato, and zucchini and stir while cooking another 3 to 4 minutes. Remove from heat and add veggies, meat, and cheese to the pasta. Mix well. Cover and let stand for 3 minutes. Serves 2.

5-Minute Meal Chicken Curry Rice Salad



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Salad:

- 1 bag "boil-in-bag" brown rice
- 2 boneless chicken breasts, cooked
- 1 stalk celery
- 1 carrot
- 1 small apple
- ½ cup sunflower seeds

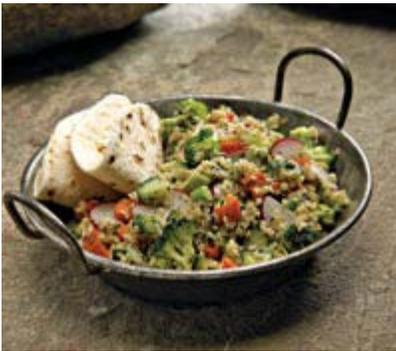
Dressing:

4 tablespoons olive oil
1 teaspoon brown sugar
pinch of coarse salt
½ teaspoon garlic powder
1 teaspoon curry powder
½ teaspoon cumin

At home Dressing: In a bowl, whisk together all ingredients and carry in a small leakproof container. Meat: Cook chicken or steak, let it cool, then triple-wrap it (first in plastic wrap, then aluminum foil, then in a zipper-lock bag). Freeze overnight. Pack it just before you head out the door.

In camp Cook rice per instructions. Meanwhile, dice the now-defrosted meat. Finely chop the carrot, celery, and apple. Let the rice cool for about 10 minutes, then mix together all the remaining ingredients, including dressing. Serves 2.

Crunchy Tabbouleh



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6-ounce box tabbouleh mix (including spice packet)
1 small cucumber
2 scallions
1 carrot
2 radishes
½ cup broccoli florets
4 sprigs parsley
2 tablespoons lemon juice (optional)
2 tablespoons olive oil

At home Combine bulgur from tabbouleh mix with contents of spice packet; pack in a zipper-lock bag.

In camp At breakfast, chop veggies and combine all ingredients in a leakproof container with 1 cup cold, filtered water. By lunchtime, the bulgur will be rehydrated and the salad will be ready to devour. Serve with tortillas. Serves 2.

Adapted from *Backcountry Cooking*, by Dorcas Miller, \$16.95

5-Minute Meal

Lemony Maple Blueberry Sauce



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- ½ pint fresh blueberries (Substitutes: any other berry, or soft fruit like peach, pear, and plum)
- ½ cup real maple syrup
- ½ lemon (juice and rind)
- 1 tablespoon brown sugar
- 1 tablespoon butter

At home Pack syrup in a leakproof bottle; pack sugar in a zipper-lock bag.

In camp Using a sharp knife, gently peel the yellow part of the lemon rind. Avoid cutting too deep into the white part of the skin (it's bitter). Finely chop the yellow peel and set aside. In a skillet, melt the butter over low heat, then add the blueberries. Mash some of the blueberries with a fork, then add the remaining ingredients, including the lemon rind. Simmer over low heat for about 5 minutes until the mixture starts to thicken. Makes 1 cup. Pour over pancakes, oatmeal, French toast, breads, or cakes.



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5-Minute Meal Speedy Bannock (Mountain Bread)

- 1 cup white flour
- 1 cup whole wheat flour
- ½ cup powdered milk
- 4 teaspoons double-acting baking powder
- ½ cup (1 stick) butter
- ½ teaspoon salt
- 1 cup water
- cooking oil

At home Mix dry ingredients and pack in a zipper-lock bag. Carry butter in a small container (Lexan works best for both butter and oil). It'll soften nicely on the trail.

In camp Place butter and water in a pot and warm until butter melts. Mix in dry ingredients. Press into well oiled 10-inch skillet (no need to cover). Bake on medium heat (if your stove has only high heat, hold the pan an inch above the flame for best results) until edges look slightly brown (about 3 minutes). Flip and bake 2 to 3 more minutes. Makes 2 servings. Variations: Add raisins, sugar and cinnamon, or walnuts. Even easier: Use Bisquick to make a lighter, fluffier, but slightly less hearty bread.



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5-Minute Meal Chapatis

- 2 cups whole wheat flour
- ½ teaspoon salt
- ¾ cup water
- 2 tablespoons cooking oil

At home Mix dry ingredients and pack in a zipper-lock bag.

In camp Add water and oil to dry mixture and knead until dough is smooth. Pinch off 12 small balls of equal size. Use your palms to pat balls into thin, round disks. Drop the flattened dough into lightly oiled hot skillet. Cook each side about 2 minutes or until golden brown. Spread with jelly for breakfast, hummus for lunch, or eat with cheese as an appetizer before dinner. Makes 2 servings. (Page 1 of 2) [Next >>](#)



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5-Minute Meal Cornbread

- 1 cup cornmeal
- 1 cup flour
- ½ teaspoon salt
- 1 tablespoon sugar
- 2 teaspoons double-acting baking powder
- 2 tablespoons powdered egg
- 1 tablespoon cooking oil
- 1 cup water
- extra oil for cooking

At home Mix dry ingredients and pack in a zipper-lock bag.

In camp Stir together remaining ingredients and dry mixture in a bowl. Divide into 2 or 3 portions and flatten like a pancake if you have a large skillet. (If not, thicker dough pressed against the sides of a pan will still cook up just fine.) Bake over medium heat (if your stove has only high heat, hold the pan an inch above the flame) in well-oiled skillet until the edges look slightly brown (about 3 minutes). Flip and bake 2 to 3 minutes more. Makes 2 servings. Variations: Add ½ cup sunflower seeds into batter for crunchy cakes, or ½ cup grated cheddar or jack for a cheesy bread.



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5-Minute Meal Hush Puppies

- 1 cup cornmeal
- ½ cup white flour
- 1 tablespoon sugar
- 2½ teaspoons double-acting baking powder
- 2 tablespoons powdered egg
- 1 tablespoon onion flakes
- 3 tablespoons powdered milk
- ½ teaspoon salt
- ¾ cup water

cooking oil

At home Mix dry ingredients and pack in a zipper-lock bag.

In camp Add water and mix thoroughly. Add just enough oil to the skillet to almost cover the bottom. (Hush puppies are traditionally deep-fried, but you can get away with less oil by turning them frequently.)

Heat oil and pan on high heat, then drop dough by the spoonful into hot oil and fry until brown. Makes 2 servings.

Campfire Baked Apples

1/2 cup brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
pinch salt
1/2 cup raisins
1/2 cup unsweetened shredded coconut
4 teaspoons maple syrup
4 tart apples

At home: Mix all ingredients except syrup and apples in a zipper-lock bag.

In camp: Core the apples. Fill each apple halfway with spoonfuls of the spice mixture. Add one teaspoon syrup to each apple then top off with more spice mix. Wrap apples individually in foil and bury in warm, ashy campfire coals for about 20 minutes or until apples are soft. Serves four.

These crunchy, easy-to-prepare side dishes will make your hiking buddies green with envy.

By [J. Lynn Cutts](#), October 2001

The great salad experiment started when my husband refused to pack *Edible Plants of the Southwest* into New Mexico's Gila Wilderness. "It weighs only 16 ounces. Surely a big, strong man like you can handle an extra pound," I coaxed. The ploy didn't work, so the book stayed home—I sure wasn't going to lug it. The next 6 days, devoid of fresh, green foods, were agony. I began to fantasize about salads: leafy mixes, crisp slaws, and tangy beans. I gazed longingly at the unfamiliar vegetation growing along the trail. I knew I was in trouble when I called a friend Romaine instead of Ronald.

I vowed never to go saladless again. And thus began a frenzy of dehydrating fresh veggies that easily could be rehydrated into a backcountry salad bar (see "Easy Drying" in sidebar for basic dehydrating tips).

I discovered that some methods and ingredients are vastly more successful than others. For instance:

- Shredded vegetables dry more thoroughly and rehydrate faster than sliced, and are less likely to crumble into powder inside a pack. A food processor fitted with a medium grating disk is ideal for shredding firm veggies. For tomatoes and other soft fruits and veggies, stick to slices or chunks.
- Marinate your vegetables in spices for at least 24 hours before drying and you won't need to pack dressing ingredients. To get the full flavor blast, my marinade contains double the amounts of spices I'd normally use in camp.
- Cabbage in all its forms dries exceptionally well, even pickled red cabbage and sauerkraut straight from the jar. Every version of cole slaw—unless it has a creamy dressing—makes the transformation from fresh to dry to salad successfully.
- Other trailworthy candidates for shredding include carrots, zucchini, yellow squash, and apples. Put shredded apples in lemon juice or vinegar right away to keep them from turning brown.

My experiments yielded five packable salads that do more than just satisfy my craving for fresh produce on the trail. They're easy to prepare quickly and don't require cooking, so I can have a salad with any meal. I carry them in zipper-lock bags and just add water half an hour or so before mealtime. Salads also add punch to a trailside lunch. In the morning, I divide the dried ingredients into individual servings in

zipper-lock bags, add water, and by noon, I have a crispy, refreshing salad to augment crackers, cheese, and beef jerky. Eat it out of the bag, and there are no dishes to wash.

All of the salads in these recipes dried in 24 to 36 hours with my old dehydrator. Newer dehydrators will do the job in about 15 hours at 130°F. If you've never dried veggies, or if you're using an oven or brand-new dehydrator, check their consistency after 15 hours; veggies should be crunchy, but not brittle. Dried salads last for up to 6 months in the freezer without spoilage or loss of flavor and texture.

Recipes

Packer's Cole Slaw

1 tablespoon noniodized or canning salt
1 cup water
1/2 cabbage, washed and finely shredded
1 stalk celery, shredded
1 carrot, shredded
1/2 green pepper, shredded
3/4 cup vinegar
1 teaspoon mustard seed
1/2 teaspoon celery seed
1 cup sugar

At home: Dissolve the salt in the water in a large bowl, then soak the cabbage in the salt water for an hour. Add the next three ingredients and let them soak for another 20 minutes, then drain and rinse thoroughly. Meanwhile, combine the vinegar, mustard seed, celery seed, and sugar in a pan and bring it to a boil, stirring until the sugar is dissolved. Pour the dressing over the rinsed vegetable mixture in the bowl and marinate, covered, for at least 24 hours before dehydrating. Divide the dried slaw into plastic bags (1/3 cup of dried salad is adequate as a side dish for one person).

In camp: Add an equal amount of water to each portion of salad (1/3 cup of water to 1/3 cup of salad) and allow it to reconstitute for at least half an hour. Yield: 3 1/2 to 4 cups (10 to 12 side dishes).

Carrot-Pineapple Crunch

1 large lemon's peel, grated
1 cup sugar
1/2 cup lemon juice
4 large carrots, peeled and shredded
1 8-ounce can crushed pineapple, drained
1 tablespoon toasted slivered almonds

At home: Stir the lemon zest and sugar into the lemon juice in a pan and simmer gently until the sugar is dissolved. Put the carrots and pineapple in a bowl, pour the juice mixture over them, cover the bowl, and marinate for at least 24 hours before drying. Package the dried mix in zipper-lock bags (1/3 cup of dried salad will make side dishes for two people). Package the almonds separately.

In camp: Add an equal amount of water to each portion of salad (1/3 cup of water to 1/3 cup of salad) and allow to reconstitute for at least half an hour, then add almonds. Yield: 1 cup (6 side dishes).

Mexi-Bean Salad

1 tablespoon minced cilantro
1/2 teaspoon salt
1 tablespoon vinegar
1/3 cup salsa
1 15-ounce can kidney beans, rinsed and drained

1 cup frozen corn, thawed
1/2 bell pepper, sliced into strips
2 scallions, chopped

At home: Stir the cilantro, salt, and vinegar into the salsa in a large bowl. Add the remaining ingredients, stir, cover the bowl, and marinate for at least 24 hours before drying. The salad is done when the beans are crunchy and the corn is still a bit leathery. Place a single serving (1/4 cup) of the dried mix in each zipper-lock bag.

In camp: Add an equal amount of water to each portion of salad (1/4 cup of water to 1/4 cup of salad) and allow it to reconstitute for at least 1 hour. Use as a side salad or as filling for a vegetable burrito-just add cheese. Yield: 1 1/2 to 2 cups (6 to 8 side dishes).

Oriental Cabbage Salad

1/4 cup vinegar
1 cup sugar
1/2 teaspoon salt
1/2 cup vegetable oil
1/4 cup soy sauce
1 large Chinese cabbage, shredded
1 bunch scallions, white bulb discarded, chopped
1 teaspoon toasted sesame seeds
1 tablespoon toasted slivered almonds

At home: Mix the vinegar, sugar, salt, oil, and soy sauce in a bowl and stir until the sugar is dissolved. Place the cabbage and scallions in a bowl, pour the marinade over them, and toss to thoroughly coat the vegetables. Marinate for 24 to 36 hours, then dehydrate. Package a single serving (1/4 cup) of the dried mix in each zipper-lock bag. Pack the sesame seeds and almonds in a separate bag.

In camp: Add 1/8 cup of water to 1/4 cup of dried mix and let it soak for at least half an hour. Sprinkle with the sesame seeds and almonds just before serving. Yield: 1 1/2 to 2 cups (6 to 8 side dishes).

Zucchini-Apple Salad

1/4 cup lemon juice
1 tablespoon minced fresh ginger
2 tablespoons sugar
1 large zucchini, shredded
1 large apple, cored and shredded

At home: Combine the lemon juice, ginger, and sugar in a bowl and stir until the sugar dissolves. Place the zucchini and apple in another bowl, pour the juice mixture over them, cover, and marinate for at least 24 hours before dehydrating. Package a single serving (1/3 cup) of the dried salad in each zipper-lock bag.

In camp: Add 1/3 cup of water to 1/3 cup of salad and allow it to reconstitute for at least half an hour. Yield: 1 to 1 1/3 cups (4 side dishes).

A box of good quality freezer bags. My personal favorites are the Glad bags that are a greenish blue color. Ziploc brand is an excellent choice. I do recommend bringing 1 or 2 extra bags, especially if you are taking sharp pointy items like dried pasta. A little insurance is a good thing.

[Ziploc Freezer Bags Quart Size, Value Pack, 40 ct](#)

[Glad Zipper Freezer Bags, Quart Size 20 bags](#)

A black sharpie to write on your bags.

When getting ready to “cook” your meal, bring your water to a boil. Pour the water into your cup, measure, then add it to your freezer bag. This way you avoid painful burns, adding too much water, or touching your freezer bag with a burning hot piece of metal-and having the small potential of melting the bag.

Stir with a Lexan or plastic spoon. No sporks or forks for stirring.

After you have mixed it well, zip up the bag tightly and wrap in a fleece hat, jacket or cozy made for the purpose. Then let sit for 5-15 minutes, make yourself a drink, stir real well, and eat. I usually put my freezer bag into my cozy before I add the water (since I often use a dedicated sided cozy), this works well as I don't have to hold the bag upright while I add the water.

For information on Cozies, see [here](#).

A Note On Squeezing/Kneading Bags:

If you squeeze or knead your bags to mix up the food, be very careful- be sure you have pushed out all the air before you do this. The steam from the hot liquid can cause a build up and your kneading could cause the bag to pop open. Personally, I don't knead the bags.

The "How Do I Eat Out Of The Bag" question:

This can take a little practice, but after your food is ready, roll the top 1/3 of the bag down (imagine you are cuffing socks). This will make your bag into it's own bowl. If eating soup or chowders, be careful.

The "How Do I Feed 2 People" Question:

Many of the recipes are listed as feeding two people, which might make one wonder, how do you feed 2 out of 1 bag? My answer to this has to been to bring two bags with me-an extra bag (usually recycled from having held dry food before). After the meal is ready, I do the final stirring, then divide the meal between the two bags.

Not Into Freezer Bags, But You Want To Do The Recipes?

If you don't want to use freezer bags:

Adding the dry ingredients into your boiling water, in the pan.

Insulated mugs that can take hot water.

Gladware, Rubbermaid Take-A-Longs, or Rubbermaid food containers that have a lid. If it is dishwasher safe, you can use it. These can be put in soft sided cozies.

Roasting bags, found near the plastic bag section.

Food Vac bags.

Other options include:

The [Civilized Set](#) from Light My Fire.

[Civilized Mess Kit](#)

[Orikaso](#) Dishes.

[Orikaso Flatworld Orikaso Dish/Plate](#)

[Light My Fire Outdoor MealKit Camping Set –Available in 4 Colors!](#)

Concerns over using plastics?

I recently wrote a [blog entry](#) on the topic of plastics, leaching and safety concerns. Freezer bags do NOT contain Dioxin, the chemical that is a real concern. As my blog entry explains, there is a lot of myth on the internet about plastics.

Are freezer bags recyclable?

Yes, they are! Both Glad and Ziploc's are fine to recycle if your area takes #2 and #3 plastics. Rinse them out though!

Intro To Dehydrating Food:

Going one step beyond - Dehydrating:

At some point many outdoorsy types will consider getting two items:

A food dehydrator and a food vacuum sealer. Both are very worth the investment. Drying your own food is easy and can be a big savings on many items, especially if the only other way to find the item is by mail. Some things are cheaper or less of a pain to just buy. What to look for in a dehydrator:

- Ability to add trays
- A wide range in temperatures
- The heat being able to flow throughout the machine
- For doing small or messy items , line the trays with parchment paper. It is naturally non stick, non porous and heat resistant.

My dehydrator is a Nesco. They are affordable, and found at most big box stores and online. While not overly fancy they do the job and have a good life.

[Nesco American Harvest FD-61WHC Snackmaster Express Food Dehydrator All-In-One Kit with Jerky Gun](#)

[Nesco American Harvest FD-61 Snackmaster Encore Dehydrator and Jerky Maker](#)

Extra "fruit leather" tray liners:

[Nesco American Harvest Fruit Roll Sheets for FD-27 & FD-50](#)

Parchment paper for lining trays:

[Reynolds Parchment Cooking Paper, 30 sq ft](#)

Making your own dehydrator:

An easy to make and affordable dehydrator can be made on your own with a few furnace filters for racks, bungee corded to a simple box fan. This works real well! In some cases it is better as it does not use heat, so it will not cook your food as it dries. [See here](#) for the Alton Brown 'Good Eats' method.

For more references on drying food at home, these books can help:

[Complete Dehydrator Cookbook](#)

[Trail Food: Drying and Cooking Food for Backpacking and Paddling](#)

[Dry It-You'll Like It](#)

[How to Dry Foods](#)

[Making & Using Dried Foods](#)

Food vacuums are a great way to preserve your dried food. Especially if you are doing the food in the winter for the next year. I use [Food Vac](#) . You can find them at most big box stores and online. The best buys are at Costco and Sams Club where you can get kits, heavily discounted.

[Tilia FoodSaver Vac 1075](#)

With a little work and time, you can have a year's worth of trail foods!

General Drying Time Guidelines:

Ground Hamburger:

Dry at 135*

This is a very easy one to do. Buy the leanest hamburger you can get. Cook it 100% done, breaking it up as much as you can , you want it tiny. When done, pour off as much grease as you can. Then rinse the meat in a strainer with hot water. Drain well, blotting with paper towels.

At this point put it on your dehydrator and dry till rock hard. Figure 3-6 hours. Stir every 30 minutes or so.

You want to make sure there is no moisture left. Store in freezer bags. Store this in your freezer till you go backpacking. In camp add equal amounts of boiling water (or cover) and let sit 10 minutes or so, then add to your meals. You can also add the meat directly to your meal-adding the water for the meat at that time. How much will you need? Figure 8 ounces of hamburger per meal before you dehydrate is a good start. This will be around 1/2 cup dried. That will work well for two people, for one person, 1/4 cup is a good amount of dried hamburger.

A Pictorial How-To:

Fully cooked, drained and rinsed, on a lined tray.



3 1/2 lbs of hamburger fully dried, and ready to be stored in the freezer till needed for trips.



Vegetables:

Dry at 135*

Time will depend on how small cut and type of vegetable. Expect 3-12 hours. Using frozen vegetables will take less time than fresh. You are looking for hard when done. Moisture can cause mold, so let sit in a freezer bag for a couple hours after drying to see if moisture shows, if so, dry for longer.

Frozen vegetables are excellent to use, as they are blanched for you, and give you a "precooked" vegetable. This will mean that they come back to life faster when rehydrating, and don't need any extra cooking in camp. You do not need to defrost either. If large pieces, do cut in small pieces.

Drying a 16 ounce bag of frozen chopped broccoli:



Root Vegetables:

Dry at 135*

How would you like to have "instant" mashed sweet potatoes and yams on the trail? With a little prep you can! Peel, cut up and steam your favorite variety (2 lbs will give you enough for 4 servings). When done, drain and mash. Flavor how you like, but leave the butter or oil out. Maple syrup is very good to add, along with black pepper. Spread on lined trays in 1/2 cup servings. When dry, powder up, and package in quart freezer bags. Each bag will have one serving. Rehydrate by slowly adding hot water till you reach the perfect state.



Mushrooms:

Dry at 135*

Pop the cap off the stem, toss the stems. If you have an egg slicer, use it to slice, then cross cut the caps. This gives you a smaller, and uniform drying surface. Dry for 4-10 hours, depending on humidity. 8 ounces of prepped mushrooms will give a shy 1 ounce when dry (about 2/3 of a cup). The heat while drying does cook them just enough that you can use them in freezer bag cooking with no extra cooking needed.



Fruits:

Dry at 135* for 3-12 hours on average. Time depends on how thin the fruit is sliced. You are looking for pliable but not damp, wet or overly sticky. On some fruits and berries, you will want to do a dip in lemon juice (mixed with water). This will prevent browning of the fruit. If the fruit browns after being cut, dip it. Rehydration is equal amounts water to product.

Pasta:

Dry at 135* for 8-12 hours till brittle hard. Smaller types of pasta dry fastest and recook in bags at a faster rate. Rehydration is equal amounts of water to pasta. As a tip, undercook your pasta by one to two minutes, as it will finish cooking while being rehydrated. In camp use boiling water, and let sit in a cozy for 5-15 minutes.

Drying one serving of wagon wheel pasta (about 4 ounces before cooking):



Rice:

Dry at 135-140*. Any type of fully cooked rice can be dried. Wild rice and brown rice work well this way. You want hard, almost brittle. You will need to break it up, and stir every 30 minutes.

Canned Meats:

A lot of people don't realize that you can dehydrate canned chicken easily-and it comes back to life simply. While pop-top cans and the newer pouched versions of canned chicken are convenient, and easy to get (and affordable if bought at Target or Walmart), it can be heavy to carry, and you also have to hump out empty cans/bags. Which tend to have a strong smell. And not everyone wants to use the broth in the cans, draining it in the backcountry is not a good choice in bear country.

And you can also use the same way to dry canned turkey, tuna, or ham...which usually do not have pop top lids. You can also find lower sodium versions sometimes, and this is a great way to watch salt if you need to.

I use one dehydrator tray per can. Since there is usually two of us per meal, I use the 10 ounce size cans (or use a 7 ounce pouch). If doing for one person, you could use 5 ounce cans, or just split the 10 ounce can up after drying. I prefer to line my trays with parchment paper (or use fine mesh screens if you have them).

Open the cans, and drain well. Put on prepared trays. Using clean hands, smush up the meat, till it has no big chunks. This will help with the drying and with rehydrating.

Spread each can evenly over one tray. Dry at 135 till dry. Expect 4-8 hours, this will vary by the temp/humidity in your house.

When dry, store in freezer bags, in your freezer till trip time. This helps the meat stay fresh. Since canned meat has some fat left in it(though if you buy chicken breast versions it is usually 99% fat free), you do have some chance of it going rancid if stored in less than optimal conditions (ie. in a hot kitchen, in summer).



As a note, canned meats work in drying as they are essentially pressure cooked. Boiling chicken at home and drying it will sadly give you chicken jerky. Though if you pressure cook chicken, it will work usually. Canned meats though tend to be safer overall.

Canned Beans:

A tray of of canned black beans. I used lower sodium beans, well drained and well rinsed, then spread on a lined tray.



A tray of canned black eyed peas. They are on a tray lined with parchment paper.



Both of the above beans were dried at 135* for between 4-6 hours. Bean should be bone dry. They will split open while drying. A 15 ounce can becomes about 2 1/2 ounces when dry.

Tofu:

Baked tofu, in a savory flavor. It was from Wildwood Natural Food. I diced it up into bite size pieces and spread it on the tray.



Regular tofu, extra firm. I partially opened it and squeezed gently out the little bit of water in it. I then halved it widthwise, then cut lengthwise pieces, then diced it. And spread it out on the tray.



Everything was dried at 135*.

Tofu can take some getting used to when drying. It can also take a couple tries to get it right. Cut pieces small, as it needs to get dry inside, and this can be the hardest part of the process. Tofu is not always the best choice for home drying as the rehydration time is very long. (Most dried foods come back to life in 5-15 minutes, tofu can take all day).

Basic rice cooking:

Serving sizes:

1 person: 1 cup rice/1 cup water

2 persons: 2 cups rice/ 2 cups water

You can find white rice, premium white rice and brown rice in instant versions. I prefer the premium white rice, and I prefer Minute Rice brand.

Rice can handle sweet or savory flavors well.

Rice should be put in a cozy for 5-10 minutes after you add boiling water.

Vegetarian, Vegan and Low Sodium options are noted by the recipes to help you out. Some recipes noted as Vegetarian may contain low sodium chicken bullion, but you can use the homemade low sodium chicken bullion recipe below for a vegan

version. To make most vegetarian recipes vegan, just substitute soy milk powder for dairy milk powder and don't use any cheese called for.

Notes on salt, sodium and commercial bullion mixes :

In most recipes where chicken or beef bullion powder is called for, I will recommend next to it using the low sodium version. Most big grocery stores in the US carry this next to the regular bullion. It gives flavor without containing a ton of sodium. Then you can add salt to taste. If though you don't care, then feel free to use regular bullion powder.

For most of the following recipes that call for bullion, the following can help you, this recipe for me has made me so happy! It has allowed me to be free of commercially free bullion mixes finally. An excellent MSG free and low sodium seasoning blend.

***Vegetarian* Low Sodium "Chicken" Bullion Mix:**

- 2 tsp dried vegetables
- 1/8 tsp granulated garlic
- 1/4 tsp onion powder
- 1/2 tsp celery seed
- 1/2 tsp poultry seasoning
- 1/2 tsp sugar
- 2 Tbl nutritional yeast

Mix all ingredients in a blender or spice grinder till powdered. Makes 3 servings of 1 Tbl each. Store in a tightly sealed ziploc bag. This is my favorite bullion. It has the smell of chicken soup! Salt can be added if desired. If a recipe calls for 1 tsp, cube or packet of bullion, use 1 Tbl of the homemade version.

Rice Recipes~

If there was one recipe that I would consider my flagship recipe, this it:

Cranberry Chicken Rice (lower sodium):

In a quart freezer bag put:

- 1 cup instant rice
- 1 Tsp. Chicken bullion (low sodium)
- 1/4 Tsp. salt, if desired
- 1/2 Tsp. granulated garlic
- 1 Tsp. Parsley
- 1 Tsp. Dried Onion
- 2 Tbl. Dried veggie flakes or freeze dried mixed vegetables
- 2 Tbl.+2 Tsp. Craisins

Put all items in a quart freezer bag.

Also take a 3-5 oz. can of chicken with you.

In camp put the chicken and it's liquid into the freezer bag, and 1 1/4 cups boiling water. Stir well and put into a cozy for 10 minutes. This is great with 2 cups water as a soup.

Serves 1.

***NEW* Creole Albacore:**

1 pouch albacore fillets
1/4 tsp mesquite seasoning
1 dash ea garlic powder and black pepper
1 tsp dried onion
2 Tbs dried bell pepper
1 pouch spaghetti sauce powder (found in the packet aisle)
1 pkt soy sauce
1 pkt lemon juice
1 pkt hot sauce (Franks)
2 cups instant white rice, uncooked

At Home:

1. Combine dry ingredients in a quart freezer bag.
2. Put rice in another quart freezer bag w/unopened sauce packets

In Camp:

1. Combine sauce packets, dry spices and 1/2 cup hot water and mix well, add fillets and place in bottom of cozy.
2. Add 2 cups boiling water to rice, place in cozy on top of fillets. Put in cozy 15 minutes.
3. Divide fish, sauce and rice between the two bags and enjoy!

Serves 2.

Thanks to Perk (now Grizz) for the recipe.

NEW* Cheezy Chicken and Corn:

In a quart freezer bag put:

2 cups instant rice
1/4 cup freeze dried corn
3 Tbl cheese sauce powder
1/4 tsp granulated garlic
2 tsp dried chives
1/2 tsp dried thyme, crumbled up
black pepper to taste
salt to taste

Also take:

1 7 ounce pouch chicken
1 packet or 1 Tbl olive oil

In camp add chicken, oil and 2 1/4 cups boiling water. Stir well, and put in a cozy for 10 minutes. Stir before eating
Serves 2.

***NEW* Orange Rice w/ Salmon:**

In a quart freezer bag put:

1 1/2 cups instant rice
2 tsp low sodium chicken bullion

1 Tbl dried orange peel
1 tsp orange flavor crystal light
1/2 cup chopped unsalted pecans, toasted
2 Tbl dried onion
2 Tbl parsley flakes

Also take:

1 3 ounce pouch pink salmon

In camp add salmon and 1 1/2 cups boiling water, stir well and put in a cozy 10 minutes. Stir again and serve.

Serves 1-2.

***NEW* Beans & Rice (vegetarian):**

In a quart freezer bag put:

1 Tbl dried onion
1 tsp cumin
1 tsp low sodium chicken or vegetable bullion
1 tsp Italian seasoning
1/4 cup black bean soup mix or dried beans
3/4 cup instant brown rice

Also take:

1 Tbl or 1 packet olive oil

In camp add 1 cup boiling water and oil to bag. Stir well and let sit in a cozy for 10-15 minutes.

Serves 1

Sushi Bowl (Vegetarian):

In a quart freezer bag put:

1 cup instant white rice
1/2 cup dried veggies
1-2 sheets nori seaweed, cut into 1 inch squares
1/2 tsp sugar

Also take 1-2 packets soy sauce

In camp, add 1 1/4 boiling water, stir and let sit for 10 minutes in a cozy. Add soy sauce to taste.

Thanks to Catzia for the above recipe.

Veggies, Beef & Rice (Low Sodium):

In a quart freezer bag put:
2 cups instant rice
1/4 cup freeze dried vegetables (mixed works well)
1/2 cup dried hamburger
2 Tsp low sodium beef bullion
1/2 tsp granulated garlic
1 tsp dried parsley
1/2 tsp dried thyme

Also take 1 ounce Swiss cheese.

In camp add 2 2/3 cups boiling water, stir well and put in a cozy for 10 minutes. Top with Swiss cheese.

Veggie Hamburger Rice:

In a quart freezer bag put:

2 cups instant rice
1 pkg Knorr Spring Vegetable Soup Mix
1/2 cup dehydrated cooked hamburger

In camp add 2 1/4 cups boiling water, stir well. Let sit in a cozy for at least 10 minutes. Stir again. Cheese on top makes it even better. Serves 2. A higher sodium meal, very filling and easy to do.

Creamy Mushroom Rice (Vegetarian):

In a quart freezer bag put:

1 cup instant rice
2 Tbl freeze-dried white mushrooms (crumbled up)
1 Tbl dry milk
1/2 package [Knorr](#) Wild Mushroom & Chive Soup mix.

In camp add 1 1/2 cups boiling water, mix well. Pop in cozy for 5 minutes. Stir well, and enjoy!

Serves 1. This recipe can be stretched to feed 2 hikers by adding 1 cup more rice, the other half pkg of soup mix, 1 cup more water and 1 Tbl more milk. Higher in sodium, creamy and filling.

Creamy Chicken With Rice:

In a quart freezer bag put:

1 cup instant rice
1 pkt [Lipton Cup A Soup](#) Cream Of Chicken soup mix (the 1 cup of water type)
1 tbl dried onions
pinch of granulated garlic
pinch of dried parsley

Also take a 3-5 oz can of chicken or a 7 oz foil packet of chicken. In camp add 1 cup boiling water & chicken (liquid and all), stir well, put in cozy for 5 minutes. Enjoy!

Serves 1. Adding a packet of salsa is good too!

Creamy Chicken With Rice #2:

In a quart freezer bag put:

1 1/2 cups instant rice

1/3 cup dry milk

1 pkg [Erin Traditional Cream Of Chicken soup mix](#) (Found at Cost Plus World Market)

Also take a 3-5 oz can of chicken.

In camp add chicken (liquid and all) and 1 1/2 cups boiling water, and stir well. Let sit for 5-10 minutes in a cozy. Would also be great with parmesan cheese on top, and some freeze dried mushrooms.

Serves 2.

Creamy Leek Chicken Rice (vegetarian):

1 cup instant rice

3 Tbl Knorr Leek Soup Mix (half a package)

1 Tbl dry milk

1 Tbl dried veggie mix or mixed freeze dried veggies

Put all the ingredients into a quart freezer bag. Also take a 3-5 oz can of chicken.

In camp add the chicken (liquid and all) and 1 cup plus 2 Tbl boiling water. Mix well, pop in a cozy for 10 minutes.

Serves 1.

Curry Lentils With Rice (Vegetarian):

You will need 2 quart freezer bags.

In one put:

1 cup instant rice

pinch of salt, if desired.

In the other put:

1/2 cup [Curry Lentil](#) soup mix

In camp add 1 cup boiling water to the rice, and 2/3 cup boiling water to the lentils. Pop into a cozy for about 5 minutes. I like to dump the lentils on top of the rice. (Roll the bag down a bit, and make a bowl)

Serves 1.

As a note, Taste Adventure products can be found in co-op's, health food stores and in some places in bulk. They also sell online thru their company. It is a good company with great products!

Split Peas With Rice (Vegetarian):

You will need 2 quart freezer bags.

In one put:

1 cup instant rice
pinch of salt, if desired.

In the other put:

1/2 cup [Split Pea](#) soup mix

In camp add 1 cup boiling water to the rice, and 2/3 cup boiling water to the Split Peas. Pop into a cozy for about 5 minutes. I like to dump the lentils on top of the rice. (Roll the bag down a bit, and make a bowl)

Serves 1.

Note: Taste Adventure products can be found in co-op's, health food stores and in some places in bulk. They also sell online thru their company. It is a good company with great products!

Mexi Rice (Vegetarian):

In a quart freezer bag put:

1 cup instant rice
1 tsp low sodium chicken bullion powder
1 Tbl dry onions
1 Tbl dry bell pepper flakes

Also take 4-6 pkts salsa, or 1 small tub.

In camp add the salsa packets to the freezer bag, and add 1 cup boiling water. Stir well, and pop in cozy for 5-10 minutes.

This recipe works great with cheddar cheese added on top, or used as a burrito filling, with cheddar cheese, and more salsa packets.

Serves 1.

Cheesy & Crunchy Veggie Rice (Vegetarian):

In a quart freezer bag put:

1 cup instant rice
2 Tbl dried veggie flakes or freeze dried vegetables
1 tsp low sodium chicken bullion powder
1/4 tsp salt if desired

Separately pack 2 Tbls worth of Fried Onions in a sandwich bag.

Also take 1-2 oz's cheese of choice.

In camp add 1 1/8 cups boiling water to bag, stir well, toss in cheese, and pop in cozy for 5-10 minutes. Stir well, try to mix cheese in. Toss in fried onions and munch away.

Serves 1.

Cheesy Rice (Vegetarian):

In a quart freezer put:

1 cup instant rice
pinch of salt
2 Tbl dry milk
2 Tbl cheese sauce powder

In camp add 1 1/8 cups boiling water to the bag and stir very well. Let sit in a cozy for 5 minutes, then stir well again.

Serves 1. This is great with some italian bread crumbs on top.

Cheesy Chicken Veggie Rice:

In a quart freezer bag put:

1 cup instant rice
1/4 cup freeze dried vegetable mix
2 Tbl cheese sauce powder
2 Tbl instant milk
pinch of salt if desired

Also take 1 can of chicken (3-5 ounce size)

In camp put the chicken w/ liquid into the bag. Add 1 1/4 cups boiling water. Mix well, and put in cozy for 5 minutes. Stir, and let set for another minute, to thicken. Very good with any type of cheese on top.

Rice & Beans (Vegetarian):

In a quart freezer put:

- 1/2 cup instant rice
- 1 Tbl dry onion
- 1/3 cup instant refried beans (brown or black)

Tape onto this 2-3 salsa packets and some parmesan cheese packets.

In camp add 1 cup boiling water and stir VERY well. Sit in cozy for 5-10 minutes, stir again and add salsa.
Serves 1.

Chicken Diablo Rice:

In a quart freezer bag put:

- 1 cup instant rice
- 1 package tomato cup-a-soup (Lipton's)
- 2 tsp chili powder
- 1/4 cup freeze dried corn

Take one 3-5 oz can of chicken also.

In camp add chicken with liquid and 1 cup boiling water. Stir well and pop in cozy for 10 minutes.
Serves 1.

Pizza Rice (Vegetarian):

In a quart freezer bag put:

- 1 cup instant rice
- 1 Tbl dry bell pepper flakes
- 1 Tbl dry onions
- 1 Tbl freeze dried mushrooms

Also great with a pinch of "pizza seasoning" or "spaghetti seasoning" herbs and spices.

Attach to the freezer bag with tape 2-3 packets of Parmesan cheese.

Also bring with you one 4 to 5 oz package of Boubolli pizza sauce (these can be found at the grocery store or at Orowheat bakery outlets. They are in clear pouches.)

In camp boil your water, and add 3/4 cup water plus the pizza sauce, and stir well. Pop in cozy and let sit for 10 minutes. Add cheese and eat.

Serves 1.

Curry Rice With Chicken Or Shrimp:

- 2 Tsp. Dried onion
- 1 tsp. Butter Buds / [Molly McButter](#)

Dash each: Allspice, cinnamon, Salt & Pepper

1/2 tsp Curry powder (Personally I use 1-2 tsp or more, as I like curry!)

1 cup instant rice

2 Tbl. raisins (I like Golden ones)

2 Tbl. "Apple Chips" chopped up (Find in the produce department. If you cannot find them, you can use chopped up dried apples)

1/2 tsp or more salt to taste, if desired.

Put all items in a quart freezer bag.

Also pack either a pouch or can of chicken (3-7 oz.'s) or a pouch of shrimp (3 oz's).

In a ziploc snack bag take 2 Tbl. toasted slivered almonds, peanuts or cashews.

In camp, add 1 cup boiling water to the mixture. Add the chicken or shrimp (with any liquid). Stir well, pop in a cozy and let sit for 10 minutes. Toss in the nuts and enjoy.

Serves 1 hungry person..

Spaghetti Rice (Vegetarian):

In a quart freezer bag put:

1 package Knorr Tomato and Basil soup mix

2 Tbl freeze dried mushrooms (crumbled up)

2 cups instant rice

In camp add 2 1/4 cups boiling water, stir well. Pop in cozy for 5 minutes.

Also good with a couple packets Parmesan cheese added.

Serves 2.

Notes: Would be great with 1/4 cup rehydrated dried hamburger added in.

Chicken & Peas With Rice:

In a quart freezer bag put:

2 cups instant rice

2 tsp [chicken boullion \(low sodium\)](#)

1 tsp Butter Buds or Molly McButter, if desired.

1/4 cup freezedried peas

Also take a 5 oz can of chicken and 4-8 pkts parmesan cheese.

In camp add the chicken (w/ liquid) and 2 1/4 cups boiling water. Stir well, and cozy for 10 minutes. Stir again and top with parmesan cheese.

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Trail Rice (Vegetarian):

In a quart freezer bag put:

1 cup instant rice
1 tsp [low sodium chicken broth](#)
pinch of salt
1/2 cup trail mix (pick any candy or chocolate out)

In camp add 1 cup boiling water and stir well. Let sit in cozy for 5 minutes, and stir again. Would also be good with a can of chicken added.

Chicken & Mushroom Rice:

In a quart freezer bag put:

1 1/2 cups instant rice
2 tsp [low sodium chicken broth](#)
1/4 cup freeze dried mushrooms, crumbled
1 tsp dry thyme leaves
A pinch of salt, if desired, and couple grinds of black pepper

Also take one 3-5 oz can of chicken or a 7 oz pouch of chicken.

In camp put the chicken in and add 1 1/2 cups boiling water. Stir well and put in your cozy for 5-10 minutes. Good with parmesan cheese on top.

Sesame Orange Chicken by Perk:

2 tsp sesame seeds, toasted
1/2 tsp butter buds
1 tsp dry whole milk
1 cube chicken bullion, crushed (low sodium can be used)
Dash of red pepper
1/2 tsp crystal light orange powder (or tang)
1/2 tsp cornstarch

Also take:

A 7oz pouch of chicken

1-2 cups instant rice in a separate freezer bag.

Combine all but meat with 1/4 cup boiling water and shake to mix well. Add meat and put in a cozy for 10 minutes.

Serve over instant rice.

Serves 1-2. (1 cup instant rice per person.)

Herbed Beef with Mushroom Gravy by Perk:

1 tsp granulated garlic
1/2 tsp thyme

Dash rosemary, black pepper
¼ cup dried mushrooms (or freeze dried mushrooms)
1 chicken bullion cube, crushed (low sodium can be used)
½ tsp cornstarch
1 tsp olive oil (1 packet)
1/2 cup dried hamburger

In camp: Add boiling water to cover and put in a cozy for 10 minutes. Optional: add ¼ cup white wine
Serve over instant rice (1 cup worth), or mashed potatoes (see potato section for recipe)
Serves 1.

Chicken with Chinese Ginger Lemon Sauce by Perk:

Dash of Five Spice powder, granulated garlic, black pepper
½ tsp powdered ginger
1 tsp dry onion
1 cube chicken bullion, crushed (low sodium can be used)
1 tsp brown sugar
½ tsp lemonade powder
½ tsp cornstarch

Also take:

a 7oz pouch chicken
1 pkg soy sauce

In camp combine all but meat with ¼ cup boiling water and shake to mix well. Add meat and put in a cozy for 10 minutes.

Serve over instant rice, or mashed potatoes (see potato section for recipe, pasta section for recipe.)

Optional: For a real treat, replace powdered ginger with a chunk of candied ginger, diced. Also, ¼ cup of dry sherry is nice to add.

Serves 1-2.

Roast Chicken with Cranberry Sauce by Perk:

Dash of sage, thyme, black pepper.

1 cube chicken bullion, crushed (low sodium can be used)
¼ cup dried cranberries (Craisins)
¼ cup dried cranberries (powdered)

Also take:

a 7oz pouch chicken
1 pkg grape jelly (1 use size)

In camp combine all but chicken with ¼ cup boiling water and shake to mix well. Add chicken and put in a cozy for 10 minutes.

Serve over instant rice (1 cup), or mashed potatoes (see potato section).

Serves 1.

Chicken Adobo by Perk:

Dash black pepper
1 chicken bullion cube, crushed (low sodium can be used)

1 Tbs granulated garlic
¼ bay leaf

Also take:

1 cup instant rice in sandwich bag
1 pkg soy sauce
1 pkg vinegar
1 7 ounce pouch chicken

In camp add ¼ cup boiling water to all and cozy 5 minutes. Add instant rice and remaining water (¾ cup). Put in cozy until done, 10-15 minutes.

Serves 1.

For any of the following recipes that call for bullion, the following can help you, this recipe for me has made me so happy! It has allowed me to be free of commercially free bullion mixes finally. An excellent MSG free and low sodium seasoning blend.

***Vegetarian* Low Sodium “Chicken” Bullion Mix:**

2 tsp dried vegetables
1/8 tsp granulated garlic
1/4 tsp onion powder
1/2 tsp celery seed
1/2 tsp poultry seasoning
1/2 tsp sugar
2 Tbl nutritional yeast

Mix all ingredients in a blender or spice grinder till powdered. Makes 3 servings of 1 Tbl each. Store in a tightly sealed ziploc bag. This is my favorite bullion. It has the smell of chicken soup! Salt can be added if desired. If a recipe calls for 1 tsp, cube or packet of bullion, use 1 Tbl of the homemade version.

Vegetarian, Vegan and Low Sodium options are noted by the recipes to help you out. Some recipes noted as Vegetarian may contain low sodium chicken bullion, but you can use the homemade low sodium chicken bullion recipe below for a vegan version. To make most vegetarian recipes vegan, just substitute soy milk powder for dairy milk powder and don't use any cheese called for.

Couscous Dishes:

Couscous cooking tips:

You can use either couscous in boxes or for a better buy, find it in bulk. Couscous is made from semolina, the same as pasta. It is pasta, it just doesn't need anything but boiling water to cook. You can find it in regular, whole wheat or in flavored varieties.

Basic cooking method:

1 person: 1/3 cup couscous to 1/2 cup water

2 persons: 3/4 cup couscous to 1 cup water

To this you can add whatever flavorings, herbs or spices you might desire. A pinch of salt is usually mandatory with couscous. I always take salt packets with me to be sure. Couscous works well with either savory or sweet recipes-and handles items like nuts and dried fruit well. It does not do well though, with heavy thick sauces. Add your boiling water, stir well, and let sit for 5-10 minutes in a cozy.

Curry Couscous (Low Sodium/Vegetarian):

3/4 cup couscous

2 Tbl. coconut cream powder

2 Tbl. dried veggie flakes or freeze dried vegetables

2 Tsp. curry powder (if you aren't used to curry, you can use less)

1/2 Tsp. ginger powder

Put all items in a quart freezer bag.

In camp add 1 1/4 cups boiling water, stir well, seal and put in a cozy for 5-10 minutes. Stir and enjoy. I like adding a 3 oz. can of chicken, some chopped unsalted peanuts (carry in a ziploc snack bag) and even some coconut (use snack bags).

Serves 1 or 2 if you add a can or pouch of chicken to the meal.

Spinach Couscous (Vegetarian):

In a quart freezer bag put:

1/4 cup dried tofu cubes

1/2 cup dried spinach

1/8 cup dehydrated or freeze-dried veggie flakes

2 tsp veg broth powder OR onion soup mix

1/3 cup couscous

1/2 tsp pepper

Also take 1 Tbl or 1 packet olive oil

In camp, add olive oil and 1/2 to 2/3 cup boiling water.

Serves 1.

***NEW* Mexican Chicken:**

In a quart freezer bag put:

1/3 cup couscous

1 1/2 tablespoon dried mixed vegetable flakes/freeze dried vegetables

1 tsp each dried adobe & chipotle powder

1 packet low sodium chicken bouillon (1 tsp)

1/2 tsp Mexican spice

1 tsp granulated garlic

1 tsp granulated onion powder

Also take 1 can chicken (4.5 to 5 ounce size)

In camp, add ½ cup boiling water and the canned chicken, including liquid into the bag. Stir well and let it sit in a cozy for 10 or so minutes.

Stir and top off with some fresh ground pepper if desired, and dig in.

For the dried adobe and chipotle powder, puree a can of the stuff and dehydrate until crumbly, run through a food processor/blender until it is almost a powder. Need to do the dehydrating outside, this stuff has a strong smell.

Serves 1.

***NEW* Chicken Italian:**

In a quart freezer bag put:

1/3 cup couscous

1/4 cup freeze dried mixed vegetables

2-3 Tbl Knorr Tomato With Basil soup mix

1 Tbl dry onion

1/4 tsp granulated garlic

Also take one can chicken (4-5 ounce size)

In camp add chicken and liquid to the bag with 1 cup boiling water. Stir very well. Let sit in a cozy for 10 minutes. Depending on personal taste, you may prefer up to 1/4 cup more water, as the recipe is very thick.

Serves 1.

***NEW* Cranberry Couscous (low sodium/vegetarian):**

In a quart freezer bag put:

1 cup couscous

1/3 cup Craisins

2 Tbl dried onion

2 tsp low sodium chicken bullion

Pepper to taste, salt, if desired.

Also take:

1 Tbl or 1 packet olive oil

In camp pour 1 1/2 cups boiling water and add the oil. Stir well and put in a cozy for 5 minutes. Would work well with either a 5 ounce can or 7 ounce pouch of chicken added with the boiling water.

Serves 1, 2 if chicken is added.

Cheezy Couscous (vegetarian):

In a quart freezer bag put:

1/2 cup couscous
3 Tbl. cheese sauce powder
1/4 tsp. salt, if desired.
1 Tbl. dry milk

In camp: add 1 cup boiling water. Mix well, seal and pop in a cozy. Let sit for 10 minutes, stir again. A very good recipe for young kids. This is my son's favorite backcountry recipe.

Serves 1.

***NEW* Dried-Fruit Couscous (low-sodium/vegetarian):**

In a quart freezer bag put:

1 1/3 cups couscous
2 tsp low sodium bullion of choice
1/3 cup pitted dates, diced
1/3 cup dried figs or prunes, diced

Also take:

1 Tbl or 1 packet olive oil

In camp add 2 cups boiling water and oil to bag. Stir well and let sit in a cozy for 5 minutes.

Serves 2

***NEW* Golden Couscous (low sodium/vegetarian):**

In a quart freezer bag put:

2 tsp low sodium chicken bullion
1 cup Couscous
1/2 cup dried diced or shredded carrots
2 Tsp dill

Also take:

1 packet lemon juice
1 Tbl or 1 packet olive oil

In camp pour 2 cups boiling water, lemon juice and oil, stir well and put in a cozy for 10 minutes.

Serves 1-2.

***NEW* Nutty Couscous (low sodium/vegetarian):**

In a quart freezer bag put:

2 tsp low sodium Chicken bouillon
1 cup Couscous
1/3 cup Toasted unsalted walnuts, chopped
2 Tbl diced dried bell pepper
1 Tbl dried parsley

Pepper, to taste

In camp add 1 ¾ cups boiling water, stir well and put in a cozy for 5-10 minutes.

Serves 1-2

Pasta/Ramen/Oriental Noodles:

Notes on cooking with pasta (& dehydrating) :

When a recipe calls for "cooked dried pasta" it is referring to pasta you cook at home, till al dente, drained, rinsed and dried at 135* in a dehydrator (depending on type, 2-6 hours, till good and dry-you are looking for hard and almost brittle. No flexibility at all.).

If you want to use dried pasta in recipes of your own making, the rehydration method is equal pasta to water. I would suggest 1/2 cup of pasta per person if you are adding meat. Otherwise give 1 cup of pasta per person if not. In camp add the boiling water to your freezer bag (ie..1/2 cup pasta, 1/2 cup water). Seal, put in cozy for a good 10-15 minutes. Be sure to shake the bag once or twice to make sure everything gets coated. After it has cooked up, you could add whatever sauce you want..the Knorr pasta sauce packets are great-and can be done in a freezer bag when you first do the pasta.

Note:

Some of these recipes were given to me by Perk (Grizz)...he uses the method of "covering with boiling water". As I try them out I will try to convert them to actual water measurements for everyone.

Perk's Smoked Salmon Pasta:

In a quart freezer bag put:

1 cup cooked dried pasta (penne or mac)
1 tsp butter buds (1 Tbl Butter or margarine can be used.)
1/4 cup dry sweet or regular onion
1 chicken bullion cube, crushed (or low sodium if preferred)
2 Tbs dry milk
2 Tbs grated Parmesan cheese (about 4 packets)
2 tbs tomato power (or tomato soup mix)
1/4 cup freeze dried peas
Dash of dill, salt, coarse grind black pepper

In Camp: Add boiling water to cover and cozy 10 minutes. Shake to mix several times. When pasta seems done, add 2 oz smoked salmon (skinned & diced) and toss. (You can find small pkgs of smoked salmon in vac sealed bags in grocery stores.)

Serves 2.

Perk's Beef Stroganoff:

In a quart freezer bag put:

2 Tbs powdered milk
1 Tbs butter buds (or use fresh butter/margarine, 1 Tbl.)
1 Tbs tomato powder (or soup mix)
1 Tbs flour
Dash of pepper
2 Tbs dried onion
1 cube beef bullion (crushed) (or use low sodium Beef bullion)
1/4 Cup dried chopped mushroom slices (or freeze dried mushrooms)
1 Cup cooked & dehydrated noodles (egg noodles work well, see drying section.)
1/2 cup dried hamburger

In Camp top with boiling water and cozy for 10 minutes.
Serves 2.

Spicy Mussel Noodle Bowl by Perk:

In a quart freezer bag put:

1 Cup cooked & dried pasta (linguine works well)
2 Tbs dry onion
1 Tbs dry green bell pepper
4 oz cooked turkey sausage, dried (or you could use summer sausage)
1 tsp granulated garlic
Dash of saffron, black pepper, parsley
1 chicken bullion cube, crushed
1/8 cup dried tomato chunks (or sun dried tomatoes, non oil variety)

In camp: Add 1 foil pouch smoked mussels. Add boiling water to cover and cozy 10 minutes.

Optional: If first night, replace sausage with a baggies of cooked chorizo or sliced kielbasa. Also, 1/2 cup of white wine added is nice if you carry wine with you.

Serves 2.

Red Bean Stew with Pasta by Perk:

1/4 cup dried mushrooms (or freeze dried mushrooms)
1/4 cup dried carrot
1/2 tsp granulated garlic
Dash of black pepper
1/4 cup kidney beans, cook and dried (canned & dehydrated)
1/4 cup dried tomatoes, crumbled (or sundried)
1 beef bullion cube, crushed
1 cup cooked, dried pasta, cooked & dried
2 Tbs parmesan cheese (4 packets)

In camp add boiling water to cover and cozy 15 minutes.

Serves 2.

***NEW* Beef Stroganoff:**

3 Tbl powdered sour cream (see ingredient page)

1 Pinch nutmeg

1/3 cup dehydrated ground beef

1/3 cup thinly sliced dried mushrooms

1 Tbl dried onion

1 1/3 Cups Chinese instant noodles (you can use ramen or choka soba noodles also)

If you don't have sour cream powder on hand, a packet of cream cheese is a good substitute.

At Home:

Put sour cream powder and nutmeg in a small zip bag. Remaining ingredients go in a separate quart freezer bag.

In camp:

Pour 2 cups boiling water into main bag. Stir and put in a cozy for 10 minutes. Drain off the broth-this makes a nice starter soup if you like. Add nutmeg and sour cream powder to the bag and any extra broth as needed and mix well.

Serves 1-2.

Ramen Recipes:

Cheesy Ramen:

In a quart freezer bag put 1 block ramen noodles.

Also pack 1-2 tubs cheese sauce. (This can be found at Papa John's pizza joints, thru Enertia foods, or in cases at some Sams Clubs. If you can't find the tubs or tubes, Velveeta can be used.)

In camp pour 1 to 1 1/2 cups boiling water into the bag of noodles. Seal and squish around. Let sit in a cozy for about 10 minutes. Drain out water and add cheese sauce.

Serves 1.

Ramen Pot Pie:

In a quart freezer bag put:

1 pkg chicken flavored ramen w/ seasoning packet. Break up the ramen.

1 pouch or can of chicken (3-7 ounces depending on your taste)

A ziploc with instant mashed potatoes. (I would recommend the Idahoan ones that have everything in them, or use the cup version that has everything in it.)

In camp add 2 cups boiling water to the ramen. Add in the chicken. Pop in a cozy for 10 minutes or so, then start adding the potatoes till it becomes nice and thick.

Serves 2.

Notes: This is a salty meal, but filling.

Different Ramen (Low Sodium/Vegetarian):

In a quart freezer bag put:

1 block ramen (toss flavor packet)

1/4 cup freeze dried vegetables of your choice

Also bring:

1 tsp dried spices of your choice (chili powder, garlic, oregano, etc..)

1/4-1/2 cup Parmesan cheese.

In camp add 1 1/2 cups boiling water to the ramen. Let sit for 5-10 minutes. Drain off almost all the water except for a bit, add spices and toss. Toss in cheese and eat up.

Serves 1.

Notes: For low sodium, use Swiss cheese, or less than 1/4 cup of Parmesan cheese.

***NEW* Mountain Spaghetti (Low Sodium/Vegetarian):**

In a quart freezer bag put:

1 block ramen or choka soba noodles

In a small zip bag put:

1 Tbl dried parsley

1/2 tsp granulated garlic

1 Tbl Italian herb seasoning

1/4 cup Parmesan cheese

Also take 2 packets or 2 Tbl olive oil

Pour 1 1/2 cups boiling water over the ramen, seal bag, rotate bag till ramen softens. Put in a cozy for 10 minutes. Drain. Add olive oil and toss. Add in spices and cheese and toss again.

Serves 1

Pasketti a la Stephen (Low Sodium/Vegetarian):

In a quart freezer bag put:

Angel Hair pasta – 1 serving, broken in half or thirds

1 tsp dried basil

1/2 tsp dried oregano

1 tsp granulated garlic

3-4 sun dried tomatoes (dry, not in oil), minced

handful of dried mushrooms of your choice, minced

handful of dried zucchini

Also take 1 Tbl olive oil or 1 packet

In camp, add olive oil and 1 1/2 cup boiling water, stir, and let sit for 10 minutes in a cozy. Salt and pepper to taste.

Serves 1

***NEW* Herby Pasta (Low Sodium/Vegetarian):**

In a quart freezer bag put:

8 ounces spaghetti, precooked and dried (break in thirds)

In a small sandwich bag put:

1 Tbl dried parsley

1 Tbl freeze dried chives

1 tsp celery seed

1 tsp granulated garlic

1/8 tsp black pepper

Also take 1 packet or 1 Tbl olive oil.

In camp:

Cover the noodles with boiling water, seal the bag, and put in a cozy for 5 minutes. Drain. Toss with oil and herbs.

Serves 1-2.

Note: You can use ramen or choka soba noodles instead.

Lipton's Packets:

Yes, it can be done in a freezer bag.....

But! Do not do this on the trail till you try it at home!!

You can use any of the Lipton side dish packets they sell in grocery stores-the small noodle ones work best, think angel hair ones. If it calls for milk, just remember: 1/3 cup of dried milk for every cup of milk called for (add the powdered milk before you add the water). The meals are just fine without butter or oil added. Package the meal (plus powdered milk if milk is called for) into a quart freezer bag. Add the amount of water called for (ie...if it calls for 1 1/2 cups water and 1/2 cup milk, you would add 2 cups water). Make sure your water is at full boil. Stir well, and pop in a cozy for 10-20 minutes. Each type of meal is different, and will do differently. Please try it out at home first, and see how it works for you.

Stuffing & Potato Dinners:

Chicken & Cranberry Gravy with Mashed Potatoes:

In a quart freezer bag put:

1 cup instant mashed potatoes
1 tsp salt
Fresh ground black pepper, to taste
1 tsp dried chives

In a second freezer bag put:

1 pouch chicken gravy mix (the add 1 cup water type)
1/2 cup Craisins
7 oz foil pouch of chicken.

In camp add 1 cup boiling water to the potatoes, stir well. Add 1 cup boiling water to the gravy mix, stir well, add chicken. Let sit in a cozy for 5 minutes. Stir again, pour over potatoes and eat!

Serves 2.

Sasquatch's Taters (vegetarian):

Mix these ingredients in a bowl:

1-3/4 cups instant mashed potatoes
1-1/2 cups dry milk
2 tsp Low sodium chicken bullion
2 tsp dried onion

1 tsp dried parsley
1/4 tsp ground pepper
1/4 tsp dried thyme
1/8 tsp turmeric (or an Indian curry powder)
1-1/2 tsp seasoning salt, if desired-salt to taste.

At home: combine all ingredients, then put 1/2 cup mix in a freezer bag.

In camp: add 1 cup boiling water. Stir until smooth. Serve.

Serves 1 as a side dish.

Notes: Leaving salt out will give you a low sodium dish.

Evening Potatoes:

In a quart freezer bag put:

1/2 cup instant potatoes
1 Tbl instant milk
salt and pepper packets
2 Tbl cheese sauce powder
1/2 bag of precooked crumbled bacon bag. (Shelf stable)

In camp add 1/2 cup boiling water (sometimes a bit more) and mix well.

Serves 1.

Burritos & Wraps:

Bean & Rice Burritos (Vegetarian):

In the first quart freezer bag

1/2 cup instant rice
pinch of salt, if desired.
1/4 tsp granulated garlic
1 tsp dried onions

In a second quart freezer bag

1/3 cup instant refried beans

Also take 4 tortillas, 2 parmesan cheese pkts, or cheddar cheese, and a salsa or picante pkt per burrito.

In camp: add 1/2 cup boiling water to the rice, and 1/2 cup to the beans. Let sit for 5 minutes. The beans may be thick-add water to thin to liking. Spread the beans on tortillas. Put rice and toppings on top.

Serves 2.

***NEW* Razzie chicken:**

1 7 ounce foil package of chicken
1-2 tbl of dried cranberries
1-2 tbl dried apples - plain (fresh is better if you want to pack one in)
1 tbl walnuts, chopped in quarters
basamalic raspberry dressing to taste, in a single serve pouch

In camp, mix together in chicken pouch. Works great as a filling for 2 tortillas.
Serves 1-2 as a light meal.

Taco Couscous Burritos (Vegetarian):

At home in a mixing bowl put:

1 1/2 cups couscous
1 packet taco seasoning mix
2 Tbl dried onion
1 Tbl dried bell pepper flakes

Mix up well, and divide between 3 quart freezer bags.

Take with you on your trips:

1 packet mix
2 tortillas
2-4 packets salsa

cheddar cheese

In camp add 2/3-3/4 cup boiling water to a packet. (2/3 produces couscous tender, 3/4 would produce a saucier couscous).
Stir well, and let sit for 5 minutes or so. Put cheese on tortillas, the couscous mixture and salsa. Wrap and eat!

Each packet serves 1

Oddball Items That Are Fun To Make:

Bowls:

***NEW* Grizz's BBQ Bowl:**

1/2 cup dried ground beef/turkey
2 Tbs dried green pepper
1/4 cup freeze dried corn
2 tubs/packets bbq sauce
1/2 tsp chili powder
1/4 cup French fried onions
1 cup Instant hash browns

In one quart freezer bag, combine beef, peppers, corn and chili powder. Mix well in bottom of bag. Top with hash browns. (Don't mix)

Put French fried onions in a sandwich bag with unopened bbq tubs.

In camp, add bbq sauce, then boiling water to the quart freezer bag (not quite covering), knead gently and cozy 15 minutes.
Divide and top with onions.

Serves 2.

Thanks to Perk (now known as Grizz)

Low Sodium Faux Rice You-Know-What Roni:

2 Tbl Olive Oil
1 cup Long Grain Rice
1/2 cup Orzo Or Other Small Pasta (I used Hispanic pasta that comes in tiny spaghetti bits)
1 1/2 cups Water
2 cups very low sodium chicken broth
1 tsp dried onion
1/2 tsp granulated garlic
1 tsp Parsley
1/4 cup Soy Sauce Substitute* see below for recipe

1/2 lb natural low fat ground beef
4 large mushrooms, chopped

In a separate pan cook the meat and mushrooms till well done. Drain grease if needed.

Sauté rice and pasta in oil about 2 minutes or until pasta is golden brown. Add meat, water, broth and spices and soy sauce substitute, cover, reduce heat and simmer 20 minutes or until rice is tender. Stir every couple minutes-in the last 5 minutes you may need to turn the heat down.

For drying for trail use:

Spread on parchment lined trays. Dry till brittle dry at 135*. Seal well when cool. Food vac bags are ideal here. Or use freezer bags. Store in freezer till trip time. In camp add equal amounts boiling water to dry food and let sit in a cozy for 10 minutes or so. (ie. 1 cup food, 1 cup water.) A serving would be 1-2 cups rehydrated. Depending on appetite!

Low Sodium "Soy Sauce":

2 Tbl Very Low Sodium Beef Bouillon (or use 4 packets of Herb Ox brand LS Beef bouillon)
2 tsp Red Wine Vinegar
1 tsp Molasses
1/8 tsp Ground Ginger
couple grinds Black Pepper
1/8 tsp Garlic Powder
3/4 cup Water

In small sauce pan, combine and boil gently uncovered about 5 minutes or til mixture is reduced to 1/2 cup. Store in refrigerator. Stir before using. Will gel sometimes in refrigerator, but it does not affect it.

Note: I was very surprised that it actually DOES taste like soy sauce.

***New* Faux Hamburger Helper For Trail and For Home:**

This is a mix you can make in advance and use in a number of ways.

At home mix together:

2 cups nonfat dry milk

1 cup corn starch
1/4 cup low sodium beef bouillon powder
2 tablespoons onion flakes
1 teaspoon dried basil
1 teaspoon dried thyme
1 teaspoon black pepper
2 tablespoons dried parsley
1 tablespoon garlic powder

Store tightly sealed. Use mix as a base for the following dinners:

Chili Mac:

1 pound ground beef, browned and drained
1 cup water
1/2 cup macaroni noodles (uncooked)
2 cans no salt added diced or stewed tomatoes
1 Tlb chili powder
1/2 cup dry mix

Stroganoff:

1 pound ground beef, browned and drained
2 cups water
1/2 cup dry mix
2 cups uncooked egg noodles
1/2 cup sour cream

Potato Beef Casserole:

1 pound ground beef, browned and drained
3/4 cup water
6 potatoes, peeled and thinly sliced
1 cup frozen mixed veggies
1/2 cup dry mix

Directions:

Chili Mac: Combine all and simmer 20 minutes or until macaroni is cooked

Stroganoff: Combine all except sour cream. Simmer 20 minutes or until noodles are tender. Stir in sour cream and serve.

Potato Beef Casserole Combine all and simmer, covered, until potatoes are tender, about 30 minutes, stirring occasionally. Remove cover and cook until excess water is evaporated.

The above recipes can be dehydrated and taken with you for simple FBC style meals, or one could simmer in camp. To cut down on cooking time, one could use dried sliced potatoes (found in bulk sections), freeze-dried vegetables (sub 1/2 cup fd vegetables for 1 cup frozen) and precooked and dried pasta. Precooked pasta will cut back on cooking time by about half. Canned tomatoes can be pureed and dried at home.

I will update these recipes as I work on them.

Servings would be in the 2-4 person range, per recipe made.

Trail Sushi:

Shrimp Sushi:

In a quart freezer bag put:

2 cups instant rice

Also take:

1/3 cup rice wine vinegar

1 package nori (seaweed sheets, about 10)

1 cucumber

1 avocado

2 ounces sesame seeds

1 can or preferably, pouch of shrimp or crab meat

Soy sauce packets or preferred dipping sauce

Ginger and wasabi in tubes (Get at an Asian food store or online.)

At home: If you've never made sushi before, practice at home. You'll need a sushi mat (most weigh just a few ounces and cost about \$2).

In camp: Add 1 3/4 or so cups boiling water to rice, and let sit in a cozy for 10 minutes. Add vinegar to the rice to make it sticky. Let the rice cool completely before rolling sushi. Place a nori sheet on top of a sushi mat, and layer rice, veggies, sesame seeds, and seafood on top, then roll and cut to your desired length. Serve with soy sauce, wasabi, and ginger. Serves four as an appetizer.

One can also this easy to use flavoring pouch for the rice:

***NEW* Trail Fried Rice:**

In a quart freezer bag put:

2 cups instant rice

1 cup freeze dried mixed vegetables

2 tsp low sodium chicken bullion

1 Tbl dried chives

1 tsp granulated garlic

1/4 tsp of ground ginger

Also take:

1-2 Tbl or 1-2 packets oil

1-2 eggs, in shell (first night out they are fine)

In camp:

Pour 2 3/4 cups boiling water into freezer bag. Stir well and put in a cozy for 5-10 minutes.

Heat oil in pan, add eggs, cook until done, stirring occasionally. Lower heat if you can. If you cannot, keep the pan moving constantly

over the heat.

Stir in rice bag, start tossing till mixed. Remove from heat.

Serves 2-3

Note: If you are not watching sodium, take 2 packets of soy sauce and add when tossing. A 7 ounce foil pack of chicken or a foil pouch of shrimp is excellent added with the rice, when you add the boiling water.

Serves 2.

*While this is not a true FBC meal, it is a fun recipe to do if you are doing a short trip, or want to impress hiking partners.

Spices & Seasonings:

Spices, blends & condiments for low sodium diets:

This recipe for me has made me so happy! It has allowed me to be free of commercially free bullion mixes finally.

NEW

Low Sodium "Chicken" Bullion Mix:

2 tsp dried vegetables

1/8 tsp granulated garlic

1/4 tsp onion powder

1/2 tsp celery seed

1/2 tsp poultry seasoning

1/2 tsp sugar

2 Tbl nutritional yeast

Mix all ingredients in a blender or spice grinder till powdered. Makes 3 servings of 1 Tbl each. Store in a tightly sealed ziploc bag.

This is my favorite bullion. It has the smell of chicken soup!

Salt can be added if desired. If a recipe calls for 1 tsp, cube or packet of bullion, use 1 Tbl.

Home made seasoning blends:

Going low sodium can be boring sometimes - if not done seasoned well, your food can be bland. While there are many good salt free blends on the market it can be fun to make your own-and that way you know everything is as fresh as possible. Buying herbs in bulk from shops with a high turn over, or air drying your own is the best choice. Try to get as uncrushed as possible.

Salt Free Creole Seasoning:

2 1/2 Tbl paprika

2 Tbl garlic powder

1 Tbl black pepper

1 Tbl onion powder

1 Tbl cayenne pepper

1 Tbl dried oregano

1 Tbl dried thyme

Blend well.

Note: This will spice up any bland meal! Perfect for pasta, mashed potato and rice dishes.

All purpose:

2 tsp garlic powder
1 tsp basil
1 tsp dillweed
1 tsp oregano
1 tsp powdered lemon rind
Blend well.

Herb mix:

1 tsp ground red pepper cayenne
1 tsp garlic powder
1 tsp basil
1 tsp mace
1 tsp dried parsley
1 tsp savory
1 tsp thyme
1 tsp onion powder
1 tsp freshly ground black pepper
1 tsp sage

Blend well.

For potatoes & veggies:

1 tsp dry mustard
1/2 tsp sage
1/2 tsp thyme
1/4 tsp marjoram
Blend well.

For Fish:

3/4 tsp dried parsley
1/2 tsp onion powder
1/2 tsp dill seed
1/4 tsp marjoram
1/4 tsp paprika
Blend well.

Season-all:

1/2 tsp garlic powder
1/4 tsp crushed thyme leaf
1/4 tsp onion powder
1/4 tsp paprika
1/8 tsp celery seed

1/4 tsp crushed white pepper
1/4 tsp ground dry mustard
1/4 t sp dried lemon peel
1/4 tsp freshly ground black pepper

Blend well.

Notes on salt, sodium and commercial bullion mixes :

In most recipes where chicken or beef bullion powder is called for, I will recommend next to it using the low sodium version. Most big grocery stores in the US carry this next to the regular bullion. It gives flavor without containing a ton of sodium. Then you can add salt to taste. If though you don't care, then feel free to use regular bullion powder.

For most of the following recipes that call for bullion, the following can help you, this recipe for me has made me so happy! It has allowed me to be free of commercially free bullion mixes finally. An excellent MSG free and low sodium seasoning blend.

***Vegetarian* Low Sodium "Chicken" Bullion Mix:**

2 tsp dried vegetables
1/8 tsp granulated garlic
1/4 tsp onion powder
1/2 tsp celery seed
1/2 tsp poultry seasoning
1/2 tsp sugar
2 Tbl nutritional yeast

Mix all ingredients in a blender or spice grinder till powdered. Makes 3 servings of 1 Tbl each. Store in a tightly sealed ziploc bag. This is my favorite bullion. It has the smell of chicken soup!
Salt can be added if desired. If a recipe calls for 1 tsp, cube or packet of bullion, use 1 Tbl of the homemade version.

Some of the below recipes were given to me by Perk. He uses the "cover with boiling water" method. As I try out all his recipes, I will convert them to cup measurements for the water.

Recipe sizes for the soups and chowders are:

Serves 1 as a main meal, 2 as an appetizer or served with another item.

Salmon Chowder:

1/2 cup instant mashed potatoes
1/2 cup dried powdered milk
1 Tsp. [Old Bay seasoning](#)
1 Tsp. dried chives
2 Tbl. dried veggie flakes or Just Veggie freeze-dried veggies
1/2 Tsp. granulated garlic
salt to taste, if desired

Put all items in a Quart freezer bag.

Also take a 3 oz. pouch of salmon.

In camp put the salmon in the freezer bag, and add 2 cups boiling water. Stir well, pop in a cozy and let sit for 10 minutes. Great with 2 or 3 packets of parmesan cheese.

Serves 1-2.

Seafood Chowder:

1/2 cup instant mashed potatoes

1/2 cup dried instant milk

1 Tbl. Butter Buds/[Molly McButter](#)

1 Tsp. [Old Bay seasoning](#)

a few shakes of celery seed

Put all items in a quart freezer bag.

Also take 1 3 oz. pouch each of shrimp and crab meat (can substitute clams)

In camp add the seafood, and 2 cups boiling water. Stir well, and put in a cozy for 5-10 minutes.

Serves 1-2.

Lucky's Hearty Clam Chowder:

Put in a quart freezer bag:

1 Pkg [Knorr Leek Soup](#)

1 cup instant mashed potatoes

Also take with you 1 3 oz. pouch of clams or a can of baby clams in oil. A 1/4 cup of margarine is good to take if the weather is cool.

In camp, add 2 cups boiling water to the freezer bag, add the clams and the margarine. Stir well. Pop in a cozy for 5 minutes. Season to taste with salt & pepper.

Serves 1-2.

Perk's Chili

In quart freezer bag put:

1/8 cup dried onion

2 Tbs dried green pepper

1 tsp granulated garlic

1/2 tsp dried jalapeno peppers (or Serrano if you like the heat)

2 tsp brown sugar

1 Tbs tomato powder (or soup mix)

1/2 tsp ground ancho chili pepper

Dash of: oregano, red pepper, cumin, ground cinnamon, salt

1/8 cup diced tomatoes, dried and crumbled

1/4 cup dark red kidney beans, cooked and dried (canned and dehydrated)

1/4 cup hot chili beans, cooked and dried (canned and dehydrated)

In Camp:

Add 1 pkg chipped beef (or use a packet of ground beef)

Top with boiling water and put in a cozy for 10 minutes.

Optional: You can use a ¼ Cup of red wine also, and top with a couple of tablespoons of fresh pico de gallo if you want to pack it.

Asian Inspired Soups/Bowls:

Thai coconut and seafood soup

Mix at home in a quart freezer bag:

2 ½ tsp. fish or vegetable stock base

1 tsp. ground ginger or [galangal](#)

2 Tbl. dried chives

2 Tbl. dried cilantro

1 Tbl. dried shallots (can sub onions)

6 Tbl. [coconut cream powder](#)

1-2 tsp. sugar

1-3 tsp. Thai green curry paste (1 for mild, 3 for hot) buy it [here](#) or [here](#)

Salt and pepper if needed, to taste

1 ½ tsp. powdered lime juice

Label and package with:

½ - 1 cup instant rice in a second quart freezer bag.

1-2 foil pouches seafood (shrimp, crab, tuna)

1 condiment package soy sauce

In Camp: Add 2 ½ cups boiling water to bag containing dry ingredients; add soy sauce and seafood. Prepare rice separately and pour soup over rice.

Serves 2-4, depending on taste.

Sushi Bowl (vegetarian):

In a quart freezer bag put:

1 cup instant white rice

½ cup dried or freeze dried vegetables

1-2 sheets nori seaweed, cut into 1 inch squares

½ tsp sugar or other granulated sweetener

Also take 1 - 2 condiment packets of soy sauce

In camp: Add 1 ¼ cups boiling water, sit 10 minutes. Add 1-2 packets soy sauce to taste.

Serves 1.

Miso Stew (vegetarian):

In a quart freezer bag put:

- 2 Tbl. dried green onions (or white onion flakes)
- 1 Tbl. dried minced garlic
- 2 T dried carrots
- 1 Tbl. dried chives (optional)
- ¼ cup dried tofu cubes
- wakame or nori seaweed, cut into 1 inch squares (amount is up to you)
- 1 Tbl miso paste (red or yellow is your choice)

In camp: Add 2 cup hot water (NOT boiling) and stir to dissolve miso. Put in a cozy for 5-10 mins til veggies are tender.
Serves 1.

Notes: Dried tofu can be hard to find, but can be bought online from [Eden Foods](#).

Miso Soup (vegetarian):

You can add soybean paste (sold at any Asian market) or dried miso (I prefer the paste) to a bag (or your cup) and some dried seaweed. Once you add the hot water, the seaweed rehydrates in a couple of minutes. You can also add dried green onions if you want. It's simple, hearty, full of protein, and tastes great on a cold morning. There is no rule about how much soybean paste to add. It's a matter of preference. I like mine strong because I love salty things when I backpack, but it should be adjusted to taste.

Thai Tomato Soup by Perk (vegetarian):

In a freezer bag put:

- 1 pkg tomato soup mix (Lipton Cup A Soup)
- 2 Tbs dried onion
- ¼ tsp powdered ginger
- 1 tsp granulated garlic
- ¼ cup diced tomatoes (dried)
- 1 tsp sugar (or Splenda)
- ½ tsp red pepper powder
- ½ tsp chili powder
- Dash of salt, if desired
- 1 Tbs [coconut cream powder](#)

Add boiling water to cover and put in cozy 10 minutes.
Serves 2.

***NEW* Homemade Ramen Bowl (low sodium/vegetarian):**

In a quart freezer bag put:

1/2 package choka Soba noodles
1/4 cup freeze dried vegetables
2 tsp low sodium chicken or beef bullion
1/2 - 1 tsp granulated garlic
red pepper flakes to taste

In camp add 2 cups boiling water , seal the bag , carefully roll the bag till the noodles soften, then put in a cozy for 5-10 minutes. Eat with chopsticks. Don't have any? Well, wittle up a pair while your noodles "cook".

This recipe works well with freeze dried shrimp or chicken added also.

Serves 1.

Note: Choka Soba noodles are similar to ramen noodles. They are deep fried, but are low in sodium. They can be found in ethnic sections of large grocery stores. Ramen noodles can be used instead.

Soups:

Minestrone Soup (low sodium/vegetarian):

In a quart freezer bag put:

2 tsps [chicken boullion](#) (I prefer the low sodium/no MSG variety)
1/2 cup instant refried bean flakes (brown or black)
1/4 cup dried veggie flakes or crushed freezedried vegetables
1/4 cup couscous
1/4 tsp granulated garlic
1/2 tsp dried parsley

Tape onto bag 1 salt packet and 1 pepper packet.

In camp: Add 2 cups boiling water, stir well, seal and pop in cozy for 10-15 minutes. This is a an almost chowder thickness soup, so if you like it thinner, add 3 cups water instead (but add 1 more tsp boullion)

Serves 1-2.

Notes: Salt to taste, if desired. For lower sodium, leave out. If using homemade bullion, use 1 Tbl for every teaspoon called for. For vegetarian, use homemade or vegetable bullion.

Cheesy Chicken Rice Soup:

In a quart freezer bag put:

1/2 cup instant rice
3 Tbl cheese sauce powder
1 Tbl dried powdered milk
1 Tbl dried veggie mix or freezedried vegetables
salt to taste, if desired
A 3-5 oz can of chicken.

In camp: Add 1 cup boiling water and chicken with liquid. Stir, put in cozy, and let sit for 5-10 minutes.

Serves 1.

Traditional Breakfasts:

Basic Oatmeal with a little extra (vegetarian):

2 pkts instant oatmeal, your choice of flavor
2 tbls dry milk
1-2 tbl dried fruit

Put in a quart freezer bag.

In camp add 1 cup boiling water. Stir well, let cool a bit, and eat.
Serves 1.

CyndiH's Super Oatmeal (vegetarian):

In a quart freezer bag put:

2 packages instant oatmeal
1 Tbl dry milk
2 Tbl brown sugar
1 Tbl each: dried Craisins (cranberries), chopped dates and sliced or chopped almonds.

In camp add 1 cup boiling water, stir and let sit till cool enough to eat.

Serves 1.

***NEW*Couscous and Fruit for Breakfast (low sodium/vegetarian):**

In a quart freezer bag put:

1 1/2 cups couscous
1/2 cup ground dried berries of choice
1/4 cup ground dried bananas
1/2 cup dried pineapple bits
1/4 cup raw sugar
1/2 tsp cinnamon
1 Tbl or 1 packet olive oil

In Camp:

Pour 3 cups boiling water into the freezer bag. Stir well and put in a cozy for 5 minutes. Fluff the couscous and eat.

Serves 2-3.

***NEW* Dried-Fruit Couscous (low sodium/vegetarian):**

In a quart freezer bag put:

1 1/3 cups couscous
2 tsp low sodium bullion of choice
1/3 cup pitted dates, diced
1/3 cup dried figs or prunes, diced

In camp add 2 cups boiling water, stir well and put in a cozy for 5-10 minutes. Fluff and eat.

Serves 2-3.

Super Charged Oatmeal (low sodium/vegetarian):

Put in a quart freezer bag:

1/2 cup oats ground in a coffee grinder or food chopper. A couple pulses will do (use quick cooking oats)
1/4 cup instant dried milk
2 Tbl. TVP (textured vegetable protien, find in bulk/natural food stores)
1 Tbl. milled Flax seed
1 Tbl. wheat germ
2 Tsp. brown sugar
A handful of raisins

In camp: Add 1 cup boiling water. Mix well, and put in a cozy for 5 minutes.

Warning: This recipe is very high in fiber.

Thanks to Turbobill for this recipe.

Granola:

Nora Ann's Homemade Granola (low sodium/vegetarian):

Preheat oven to 225-F. In a large bowl, mix:

2 cups rolled oats
2 cups Bob's Red Mill 5-grain cereal (rolled mixed grains)
1/3 cup toasted wheat germ
1 T cinnamon
2 cups coarsely chopped pecans

In a separate bowl, whisk together:

1/4 cup honey or real maple syrup (not 'pancake' syrup)
1/4 vegetable oil
1/4 cup water
2 t vanilla

Add liquid mixture to grains mixture and toss to coat evenly. Spray 2 jelly roll pans with cooking spray, and spread mixture evenly in a thin layer on the pans. Bake for 75-90 minutes, or until starting to brown lightly. Cool in pans, then store in heavy plastic bags in cool, dry place. Granola will get crisp when it cools.

You can increase the calorie content by adding more oil (up to 1 cup) and more sweetener -- this is not a very sweet granola.

We eat this for breakfast almost every day on the trail. I put about 3/4 cup of granola in a quart ziploc bag, add some dried fruit (mmm, strawberries), and some powdered milk, then add cold water in camp and eat right from the bag.

Thank you for the recipe Ken and Nora! (Note: 1/3 cup dry milk for every cup of water on the trail).

Not-Gorp Trail Mix/Breakfast Cereal (vegetarian):

2 parts Quaker Oatmeal Squares cereal
1/2 part Grapenuts
1 part dried cherries
1/2 part dried cranberries
1/2 part dried blueberries
1 part whole raw almonds
1 part hazelnuts (aka filberts)
1/2 part macadamia nuts
1/2 part brazil nuts
1/2 part dehydrated banana slices (unsweetened, not fried)

I usually take a "part" to be a cup, then half-fill as many quart bags as it takes. I eat this often during the day (I'm a grazer) but it also makes a great breakfast.

For breakfast:

Combine 3 T your choice of milk powder (soy, rice, cow – plain, vanilla, carob, cocoa, you decide!) and 1 cup cold water – shake – pour over your Not-Gorp.

Cran-Orange Cereal (low sodium/vegetarian):

In a quart freezer bag put:

3/4 Cup bulgur (I like Hodgson Mill Bulgur Wheat w/ Soy Hot Cereal)
4 Tbl dried cranberries
2 Tbl dried blueberries

3 Tbl orange powder (Tang can be used, but it doesn't quite taste the same!)

In camp: Add 1 1/2 c water before bed. In the morning, add 4 T toasted chopped walnuts (or your favorite nuts/seeds) and enjoy!

Serves 2.

Eggs On The Trail:

Before trying this on the trail, try it at home so you know how to do it.

Making eggs without a frying pan:

Breakfast Omlettes:

In camp, crack 2 eggs into a quart freezer bag. Add in whatever you would like with them into the bag.

Ideas:

Ham, chicken, sausage, etc.....

Dried bell peppers you have soaked in a snack bag.

Onion flakes done the same way.

Shredded or cubed cheese.

Add the ingredients and any salt/pepper/herbs you want, seal well, getting the air out. Squish around carefully to mix up

Bring a pot of water to boil. You want the pot about half full of water. When it boils turn it down to a simmer. Pop the sealed bag in and let it simmer in the water, flipping over carefully every once in awhile. You will want to take the bag out of the water periodically and carefully squish the contents so that uncooked egg inside gets to the outer. After a couple minutes you eggs are done-and are nonstick also.

Non-Traditional Ideas:

Other Ideas For Breakfast:

Just remember, if you like it at home, most likely you can have it on the trail! Options for breakfast can be any hot cereal you like that is instant or any cold cereal you like. You can premix the instant milk in with any cereal and just add cold water and stir well.

Peanut Butter & Banana Wraps (vegetarian):

1 tube squeeze peanut butter per tortilla

1 small banana

Cut the banana into slices and lay on the pb. Roll and eat.

Bagels:

I like packing in bagels. You can usually fit 2 bagels into a quart freezer bag. They will stand up to pack abuse pretty well. If you use the grocery store ones like Sara Lee's, they will stay fresh for a week. I like almost anything on them, from a tube of pb, to honey, to a margarine packet or jam. You can get cream cheese in shelf stable pkgs at some bakeries, such as Albertson's grocery stores. You can also semi-freeze the tubs of cream cheese by Philly and take them with you-and store them in a cold stream in camp.

Dinner For Breakfast:

I have also been known to eat dinner for breakfast. If I know I have an easy start, but a long day of hiking (like hiking out, all downhill) I will eat a heavy breakfast. Stuffing and gravy is one of my fav's! Any dinner item works well for breakfast and can provide much more get-up-and-go than traditional breakfast foods.

Morning Potatoes:

In a quart freezer bag put:

1/2 cup instant potatoes
1 Tbl dry milk
salt and pepper to taste
2 Tbl cheese sauce powder
1/2 bag of precooked crumbled bacon bag.

In camp add 1/2 cup boiling water (sometimes a bit more) and mix well.

Serves 1.

Eggs & Potatoes:

Recipe by Slowly Walking~

One of our favorite breakfasts is to take a Mt. House freeze-dried egg breakfast (plain, with peppers or with bacon) and one envelope of Idahoan mashed potatoes (we usually use herb or Loaded Baked Potato). Mix the two pkgs together, and split in two servings, then put in two quart freezer bags. This makes two breakfasts.

In camp add one cup boiling water for the potatoes plus half of the water called for on the egg pkg (most likely it will be two cups total). Stir well, pop in a cozy for 5 minutes, stir well and eat.

Each pkg serves 1.

Hot Bacon:

Bacon is good eating on the trail.....just use the shelf stable version that is precooked, such as by Hormel. In winter you won't have to worry, but in summer, you should eat the whole package the day you open it-just to be safe.

In camp in the morning, put the amount of slices you crave into a sandwich bag (ziploc style), and seal up.

When you make your morning oatmeal or eggs, after you pop that freezer bag into the cozy, pop the bacon baggie next to it. 5-10 minutes later...warm bacon!... Thanks Perk!



Huevos Revueltos con Papas

The real breakfast of champions? Potassium-rich potatoes, eggs, and zesty jalapeños.

3 ounces powdered eggs (such as Backpacker's Pantry)

1 tablespoon dried instant milk

3/4 cup plus 1 1/2 tablespoons water

2-3 medium-sized potatoes

2-3 jalapeños

1 small onion

1/2 teaspoon adobo seasoning

1/2 teaspoon chipotle seasoning

Salt and pepper to taste

2-3 tablespoons olive or canola oil

Tortillas (optional)

At Home

Combine powdered eggs and dry milk in a zip-top bag.

In Camp

Add water to powdered eggs/milk mixture; set aside. Coat a skillet with oil. Chop potatoes and cook for 5 minutes. Add diced chilies and onion to skillet; sprinkle with adobo, chipotle, salt, and pepper. Cook for 10 minutes or until potatoes are browned. Add eggs; stir and cook until set. For extra spice, garnish with additional chipotle or adobo seasoning. Eat as is or wrap in tortillas. Serves 4-5.



Chicken Tortilla Soup

Fresh lime juice takes this traditional soup over the top.

- 1 small onion
- 3 tablespoons flat leaf parsley
- 4-5 serrano chilies
- 3 cloves garlic
- 1 teaspoon ground cumin
- Juice from 2 medium limes
- 5 chicken bouillon cubes
- 5 cups water
- 3/4 cup dried corn
- 3/4 cup dried diced tomatoes
- 1 pouch chunk chicken (7 ounces)
- Salt and pepper to taste
- 2-3 green onions
- Corn tortilla chips

In camp Chop onion and parsley, dice chilies, and mince garlic. Add first six ingredients to a large pot and sauté for 6-7 minutes. Add bouillon cubes, water, corn, and tomatoes. Bring to a boil and simmer about 10 minutes. Season with salt and pepper, add chicken, and cook for an additional 5-6 minutes. Garnish with sliced green onions and crushed tortilla chips. Serves 4-6.



Orange Chili Salsa

This light, fruity garnish is so good you'll make it at home.

- 1 red jalapeño
- 1 green jalapeño
- 1 tablespoon fresh cilantro or parsley
- 1/4 cup slivered raw almonds
- 2 large navel oranges
- 1 tablespoon olive oil

In camp

Dice jalapeños and sauté in olive oil for about 8 minutes. Add almonds and chopped parsley and sauté for 6-7 minutes more, or until almonds are lightly browned. Peel oranges and slice out segments, holding each orange over a bowl to catch the juice; cut segments into bite-size chunks. Squeeze juice from leftover orange membranes into bowl. Add chili mixture and toss. Serves 4-5.

Anaheim Skillet Quesadillas

Meet the comfort food of the Southwest.

- 1 small red onion
- 1 small red bell pepper
- 1 Anaheim chili
- 2 tablespoons flat leaf parsley
- 3/4 cup each sharp cheddar and pepper jack cheese, shredded
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 4 flour tortillas
- 2-3 tablespoons olive oil
- Chopped jalapeños and Orange Chili Salsa (see next page) for garnish (optional)

At home

Put shredded cheese in a zip-top bag.

In camp

Cut onions and peppers into thin two-inch strips; chop parsley. Sauté all three in olive oil until slightly tender (about 10 minutes); set aside. Place one tortilla in skillet, adding slightly more olive oil if needed. Sprinkle with cheese, pepper mixture, cumin, and chili powder. When crispy, fold tortilla over and remove to a plate. Cut into wedges and top with jalapeños and salsa. Repeat for each quesadilla. Serves 4.
