

BACKPACKING RECIPES



Troop 344 Backpacking Recipes

Version 3.0 – July 2014

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"I just love how they come individually wrapped to seal in the flavor."

Breakfasts

Banana Chocolate Walnut Granola Bars

Servings: 12 bars

Amount	Measure	Ingredient -- Preparation Method
3	Tbsp	Coconut oil, plus more for greasing the pan
2/3	cup	Honey
1/4	cup	Brown sugar
1/2	tsp	Salt
2	tsp	Vanilla extract
2	cups	Rolled oats
1	cup	Crispy rice cereal
1	cup	Walnuts
1	cup	Banana chips
1	cup	Chocolate chip

1. Preheat the oven to 300 degrees F. Grease a 9 by 13 inch baking pan with coconut oil.
2. In a mixing bowl, combine the oats, crispy rice cereal, walnuts, and banana chips.
3. Place the coconut oil, honey, brown sugar, salt and vanilla in a small pot and bring to a boil over medium heat.
4. Boil for about a minute and then pour over the oatmeal mixture. Stir well, add the chocolate chips, and stir again.
5. Pour the mixture into the prepared baking pan. With wet fingers, press the mixture into the pan so that the top is even. Bake for 30 minutes. The bars should be golden brown.
6. Let cool completely and cut into bars.
7. Let cool for about 15 minutes, and then turn out onto a cutting board. Slice, enjoy a warm piece with butter, and cover the rest with foil or in a food storage container for your trip.

Breakfast Scramble

Servings: 18-20

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cup	Instant mashed potatoes
1/2	cup	Freeze-dried eggs with bacon
1 1/2	cup	Water
1	Tbsp	Powdered milk
		Cheddar cheese (optional)

At home: Combine all dry ingredients in a zip lock freezer bag.

On the trail: Boil water in pot. Add ingredients and stir. Let sit for 5 minutes. *Makes 1 serving*



Crunchy Granola

Servings: 18-20

Amount	Measure	Ingredient -- Preparation Method
7	cups	Uncooked oats
1	cup	Wheat germ
1/2	cup	Brown Sugar
1	cup	Slivered almonds
1/2	cup	Oil
1/2	cup	Honey
1/2	cup	Pecans
1	tsp	Salt
1	Tbsp	Vanilla extract
1/2	tsp	Cinnamon
1/2	cup	Dried Cranberries
1/2	cup	Raisins

1. Mix all ingredients thoroughly except cranberries and raisins and bake in a shallow pan at 275 degrees for approximately one hour.
2. Cool and add cranberries and raisins.
3. Store in refrigerator or freezer.

Tasty Omelets

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1	cup	Powdered eggs
1	tsp	Dehydrated tomatoes
1	tsp	Dehydrated green peppers
1	tsp	Onion flakes
?	cups	Hot water
		Salt -- as needed
		Pepper -- as needed

NOTES: Use differing quantities of tomato, peppers, and onion to taste. The trick is to pre-mix everything at home, after experimenting with spice quantities, so that all you have to do is pour your powdered concoction into a bowl of hot water to get a morning or lunch omelet that doesn't have the traditional "powdered egg blahs."

Sunrise Spuds

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1	cup	Dehydrated potato flakes
2	Tbsp	Powdered milk
1/4	cup	Powdered cheese
1	tsp	Dried parsley
2	Tbsp	Imitation/pre-cooked bacon bits
1	tsp	Powdered butter
		Salt - as needed
		Pepper - as needed

Boil water. Add hot water to the mixture until desired consistency is achieved.

Additional Breakfast Ideas

Instant oatmeal
Mini shredded wheats
Honeynut Cheerios
Grapenuts

Tang
Hot chocolate
Coffee

Lunches

Backpackers Burritos

Serves 4

Amount	Measure	Ingredient -- Preparation Method
2	15 oz can	Refried beans
1	each	Medium onion
1	each	Green pepper
1	1 lb	Pork sausage
8	oz	Shredded sharp cheddar cheese
8	packets	Sauce (from Taco Bell)
1	pkg (8)	Flour tortillas

At home: Dice the onion and green pepper and sauté with the sausage. Drain and dehydrate. Spread the refried beans on a tray and dehydrate. Package all dehydrated ingredients together.

In camp: 1 hour prior, rehydrate refried bean mix and pork sausage. (Don't add too much water). Boil enough water to cover 2/3 of the Ziploc bag with the rehydrating ingredients. Place the Ziploc bag in the boiling water for about two minutes, turn off the stove and allow the bag to remain in the hot water for a few more minutes. Spoon onto tortillas with cheese and salsa.

Texas Caviar

Serves 4

Amount	Measure	Ingredient -- Preparation Method
1/2	can	Diced tomatoes, canned and dried
1/2	can	Black beans, canned and dried
1/2	can	Corn, canned and dried
1	each	Lime
2	Tbsp	Chili powder

At home: Drain tomatoes, corn, and black beans. Rinse and spread on drying sheets. Squeeze lime juice onto top of all ingredients along with a little pulp and dry. Add Chili powder and package in a Ziploc bag.

In camp: Rehydrate with a little water for about 20 minutes. Stir well and serve. Can be eaten with a tortilla, crackers, or eaten plain as a salad.

Trail Tacos

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
1	lb	Ground beef
1	each	Small onion
1-3	each	Jalapeno peppers
1	pkg	Taco seasoning
1	8-oz	Jar salsa
3 - 4	oz	Shredded cheddar cheese
4	each	Tortillas

At Home:

Brown 1 pound of ground beef, add onion and hot peppers. I use about 3 jalapenos, sliced. Cook until peppers and onion soften. Add taco seasoning packet and water per package instructions. Bring to a boil and cook for 5 minutes. Spread taco meat onto dehydrator trays in 2 cup servings and dry until meat is thoroughly dry. Salsa is easy to dry into leather. Run through blender and spread thinly on dehydrator trays covered with non-stick sheets or parchment paper. Dry at 135 degrees for approximately 10 hours. You won't use all of the salsa leather for this recipe. Package dried taco meat and a ¼ cup to ½ cup of dried salsa together, tortillas in another bag, and cheese in another bag.

On the Trail:

Add the taco meat and salsa to a cook pot with 1 ¾ cups water. Bring to a boil, then reduce heat and simmer until fully rehydrated (about 10 minutes). Remove from heat and stir in cheese. When cheese is melted, tear tortillas into small pieces and add to pot. Stir to combine and eat with a fork. You can easily make it mild or very hot, depending on the peppers. You can use cheese powder from a box of Mac and cheese if it's going to be a long haul over many days,

Additional Lunch Ideas

Beef jerky

Cheddar cheese

Crackers or tortillas

Honey

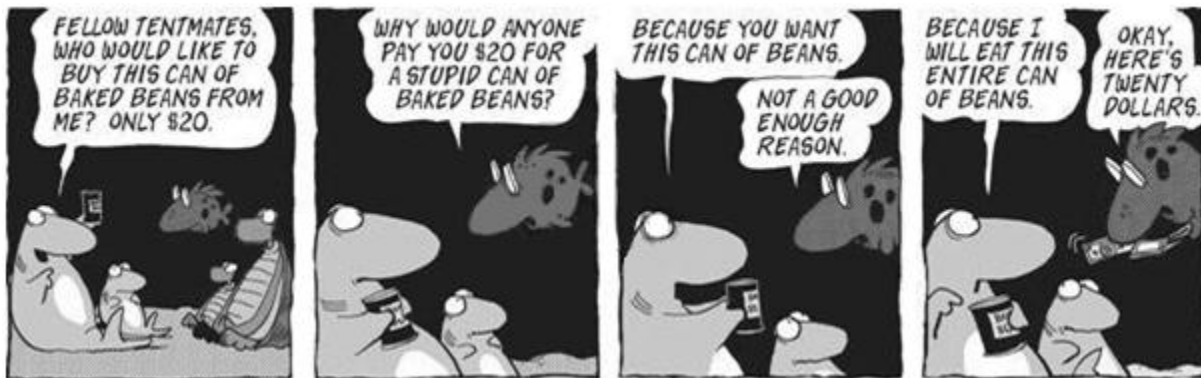
Jelly

Lipton cup-o-soups

Nutella

Peanut butter

Summer sausage in a tortilla smothered in chili sauce and rolled up like a burrito.



Gorp Ingredients

Mix and match to suit your own tastes:

Almonds
 Cashews
 Cheerios (regular or honey nut)
 Chocolate chips
 Dried fruits (i.e. raisins, pineapple, cherries, bananas, etc.)
 Goldfish crackers
 Hard candy (i.e. Lifesavers, Jolly Ranchers, etc.)
 M & M's (peanuts, peanut butter, plain, etc.)
 Maple Nut Goodies candy
 Peanuts
 Pecans
 Pretzel pieces
 Reese's Pieces
 Starburst
 Sunflower seeds



Dinners

Beef Stew with Savory Dumplings

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
8	oz	Dried ground beef
16	oz	Frozen carrots dried
16	oz	Frozen onions dried
2	cups	Dried sliced mushrooms
8	cups	Dried sliced potatoes (from au gratin boxed potatoes)
2	pkg	Instant beef gravy mix or beef stew mix
		Salt and pepper -- as needed
		Water (as required)
		** Dumplings **
4 1/2	cups	Bisquick in a Ziploc bag
1 1/3	cups	Milk
1	Tbsp	Instant minced onions
1	Tbsp	Dried Parsley
1/2	tsp	Sage

1. Rehydrate the beef, carrots, onions, mushrooms, peas, and potatoes in 8 cups water for ½ hour. Bring to a boil and simmer 10 minutes, stirring regularly. Add water if necessary to keep the ingredients just covered.
2. Mix the gravy or beef stew mix with a little water before adding to the meal. Add gravy mix and stir.
3. Reconstitute dried milk, add to Bisquick with other ingredients, and knead in the zip-lock bag. When soup is hot, tear off a corner of the bag and squeeze out plops of dough into the pot. Cover and cook for about 10 minutes on low heat.

Beef Stroganoff

Servings: 4

Amount	Measure	Ingredient -- Preparation Method

		** Package Together **
4	oz	Dried Beef
4		Beef Bouillon Cubes
1/2	cup	Dried Mushroom Slices
2	Tbsp	Instant Minced Onions
1/8	tsp	Garlic Powder
8	oz	Fettuccini
		** Package Separately **
1	env	Cream Of Mushroom Soup Mix
8	oz	Sour Cream Mix
7 1/2	cups	Water

1. Add pasta-beef mix to 7 cups of boiling water and simmer, stirring occasionally, for 10 minutes.
2. Mix about 1/2 cup water with soup mix. Pour into pot, stirring, and simmer for 5-10 minutes, or until pasta and meat is tender.
3. Reconstitute sour cream mix with cold water and mix into pot. Serve.

Cashew Chicken

Servings: 3

Amount	Measure	Ingredient -- Preparation Method

1 1/2	cups	Instant rice
1	pkg	Chicken (7 oz)
2	Tbsp	Dried onions
1	cup	Dried mushrooms
1		Dried bell pepper
1	cup	Unsalted cashews (or peanuts)
2	tsp	Garlic powder
2	tsp	Powdered ginger
3	packets	Soy sauce (takeout packets)

1. Add vegetables to water and let them soak for 1/2 hour. Bring to a boil; add the rice, chicken, and spices. Stir regularly. Cook 2 minutes. Let stand 5 minutes. Fluff with a fork.
2. Stir in soy sauce.

Cheddar Cheese Sauce Mix

Servings: 4

Amount	Measure	Ingredient -- Preparation Method

1	cup	Powdered milk
6	Tbsp	Cheddar cheese powder
1/4	cup	Butter powder
1 1/2	tsp	Garlic powder
1/2	tsp	Onion powder (not onion salt)
1/2	tsp	Ground black pepper

At home: Mix all the ingredients together. Store in a tightly sealed container.

On the trail: Each serving is about 7 Tablespoons. To make sauce combine 1 serving mix with 1/4 cup water. You can cook up 4-ounces pasta; drain off all but 1/4 cup water and mix the sauce in, adding a tablespoon of oil if desired, for a homemade mac and cheese. Also use the powder in any number of recipes calling for 'cheese sauce powder.'

Cheddar Potato Soup

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
1	pkg	Bear Creek Cheddar Potato soup mix
8	oz	Dehydrated hamburger
16	oz	Dried Broccoli
		Salt and pepper -- as needed
		Water as required

1. Rehydrate broccoli and hamburger in water ($\frac{1}{2}$ cup more than soup calls for) and let them soak for $\frac{1}{2}$ hour
2. Bring to a boil and make soup according to instructions, stirring regularly.

Chicken and Rice

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
3	pkg	Chicken (7 oz)
1	cup	Instant rice
$\frac{1}{4}$	cup	Lima beans, dried
$\frac{1}{4}$	cup	Corn, dried
$\frac{1}{2}$	cup	Peas and carrots, dried
2	packets	Chicken gravy mix

1. Rehydrate the vegetables in a small amount of water for about 20 minutes.
2. Cook the rice in a saucepan with about 2 cups of water.
3. Combine the rice, rehydrated vegetables, chicken and gravy mix, and stirring to spread the gravy mix throughout. Add about 1 cup water and heat until bubbling and the gravy mix is thick.

Chicken Cacciatore

Servings: 2

Amount	Measure	Ingredient -- Preparation Method
1	12.5 oz Can	Chicken
$\frac{1}{2}$	lb	Egg Noodles
2	each	Medium Onions
2	each	Cloves Garlic
1	16 oz Can	Stewed Tomatoes
1	8 oz Can	Tomato Sauce
1	tsp	Salt
$\frac{1}{4}$	tsp	Pepper
1	tsp	Dried Oregano and/or Basil
$\frac{1}{2}$	tsp	Celery Seed

At Home:

Cut onions into $\frac{1}{4}$ inch slices and sauté in skillet with minced garlic until tender but not brown. Combine stewed tomatoes, tomato sauce, salt, pepper, oregano/basil, and celery seed in skillet with sautéed onions and garlic. Cover and simmer for 15 minutes, then add canned chicken (be sure to break up the pieces of canned chicken). Simmer for another 15 minutes and let cool overnight. Spread cooled mixture over dehydrator trays covered with parchment paper or non-stick sheets. Dehydrate at 125 degrees until mixture is a pliable bark.

Once dry, combine cacciatore bark and noodles.

On the Trail:

Add all ingredients and 12 oz of water to a pot and let stand for approximately 30 minutes. Heat to a boil, stirring constantly.

Chicken Curry

Servings: 4

Amount	Measure	Ingredient -- Preparation Method

** Package Together **		
6	oz	Rice, Instant
2		Chicken Bouillon Cubes
1	pkg	Chicken (7 oz)
1	pkg	Cream Of Mushroom Soup Mix
** Package Separately **		
1	tsp	Curry Powder
		Salt -- as needed
3	oz	Coconut -- grated
7	oz	Peanuts -- salted
1	cup	Raisins
6	cups	Water

1. Add water and soup mix to pot and bring to a boil. Add rice and bouillon. Simmer gently for several minutes, until rice is almost tender.
2. Add chicken and continue simmering until done.
3. Add curry powder to taste and add salt if needed.
4. Serve with coconut, peanuts and raisins.

Chicken Noodle Soup

Servings: 8

Amount	Measure	Ingredient -- Preparation Method

1	pkg	Bear Creek Chicken Noodle soup mix
3	pkg	Chicken (7 oz)
16	oz	Frozen carrots and peas dried
		Salt and pepper -- as needed
		Water as required

1. Rehydrate carrots and peas in water (½ cup more than soup calls for) and let them soak for ½ hour
2. Bring to a boil, add the chicken, and make soup according to instructions. Stir regularly.



"Eat less and exercise more? That's the most ridiculous fad diet I've heard of yet!"

Chicken Pot Pie

Serves 6

Amount	Measure	Ingredient -- Preparation Method
2	pkg	Chicken (7 oz)
1/2	cup	White flour
1/2	cup	Cornmeal
2	Tbsp	White sugar
1	tsp	Baking powder
3	Tbsp	Margarine
1	5.25-oz box	Scalloped potatoes
1	pkg	Knorr Leek Soup Mix
		Salt and pepper -- as needed

1. Add 4 cups of water to the potatoes. Cover and bring to a boil. Let boil for one minute, stirring occasionally. Add the leek recipe mix, stirring contents continuously until fully dissolved.
2. Reduce the heat to medium-low and mix in the chicken. Cover the pot and let simmer three to four minutes, until potatoes are tender. Set aside.
3. While the first pot is simmering, make the crust: Add 2/3 cup water and 2 tablespoon margarine to the zip-top bag containing the dry flour ingredients. Squish the bag with your fingers until the dough becomes runny like pancake batter.
4. Heat the pot lid, and coat the bottom with 1 tablespoon of margarine. Pour the batter into the pot, making sure to completely cover the bottom. Cook two to three minutes on medium heat until bubbles appear and the crust begins to pull away from the sides. Shake the pot (up, down, and sideways) or use a spatula to loosen the crust from the bottom.
5. Once the stew is ready, remove the lid and carefully flip the crust onto the top of the pot-pie filling. Cover the pot, and put it back on the burner on medium for one to two minutes to finish baking the other side of the crust.

Chicken Quesadillas

Servings: 10

Amount	Measure	Ingredient -- Preparation Method
1	Tbsp olive	Oil
1	1.27 oz pkg	Fajita seasoning
1		Onion, chopped
2		Green bell peppers, chopped
2		Red bell peppers, chopped
3	7oz	Chicken foil pack
1	Cup	Salsa, chunky (optional)
10	10 inch	Flour tortillas
1	8 oz pkg	Shredded cheddar cheese
1	8 oz pkg	Shredded Monterey Jack cheese
2	Tbsp	Bacon bits
		Salt and pepper as needed
10	Pieces	Aluminum foil, heavy duty (precut squares)

1. Heat the oil in a skillet over medium heat. Stir in fajita seasoning, green bell peppers, red bell peppers, onion, and chicken. Cook and stir until the vegetables have softened, about 10 minutes. Remove from heat and add salsa. Salt and pepper to taste.
2. Lay out ten pieces of foil and place a tortilla on top of each piece. Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese, bacon bits, and Monterey Jack. Fold the tortillas in half and then wrap the quesadilla in the foil, sealing the edges to make a packet.
3. Place the packets on an optional campfire grate or in coals and cook for a few minutes on each side, until the cheese is melted and the tortilla crisp. Use tongs or spatula to flip.

Chili Mac

Serves 6

Amount	Measure	Ingredient -- Preparation Method
		** Package Together **
1	cup	Pasta (small shapes)
8	oz	Dried hamburger
1		Bell pepper, diced and dehydrated
1	15 oz can	Kidney beans, dehydrated
2	15 oz can	Diced tomatoes, dehydrated
1/4	cup	Dried corn
1	Tbsp	Minced onion
		** Package Separately **
2	pkg	Tomato Cup-O-Soup
2	tsp	Chili powder
1/8	cup	Brown sugar
		** Also take **
4	oz	Cheddar cheese

1. Add chili powder, brown sugar, vegetables, beans, and hamburger to 7 cups water and soak for 1/2 hour.
2. Bring water to a boil; Add pasta and cook until tender. Remove from the heat and add in the cheese, stirring well.
3. Salt and pepper to taste

Cream of Chicken Soup with Vegetables and Savory Dumplings

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
3	pkg	Chicken (7 oz)
16	oz	Frozen mixed vegetables dried
4		Chicken Bouillon Cubes
1	pkg	Bear Creek Chicken Noodle Soup
4	Tbsp	Margarine
1 1/2	cups	Milk (for soup)
		Salt and pepper -- as needed
		Water (as required)
		**Dumplings **
4 1/2	cups	Bisquick in a Ziploc bag
4	Tbsp	Powdered milk
1 1/3	cups	Water
1	Tbsp	Instant minced onions
1	Tbsp	Dried Parsley
1/2	tsp	Sage

1. Add cold water to the pot and add all ingredients except dumplings and milk. Bring to a boil and simmer 10 minutes, stirring regularly.
2. Mix 1 c water with milk powder; add to soup gradually while stirring. Add margarine.
3. Reconstitute dried milk, add to Bisquick with other ingredients, and knead in the zip-lock bag. When soup is hot, tear off a corner of the bag and squeeze out plops of dough into the pot. Cover and cook for about 10 minutes on low heat.

Cream of Mushroom Soup Mix

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
1	cup	Powdered milk
6	Tbsp	Cornstarch
1/4	cup	Dried mushrooms, crumbled
2	Tbsp	Granulated chicken bouillon
1	Tbsp	Dried parsley
1	tsp	Dried onion powder
1/2	tsp	Dried thyme
1/2	tsp	Dried basil
1/2	tsp	Salt
1/4	tsp	Ground black pepper

Mix dry ingredients together. Makes about 20 Tablespoons, or 4 batches worth. Store in an airtight container, shake before using. To make soup, add 5 tablespoons mix to 1 cup water, heat over a low flame till thickened, whisking constantly.

Creamy Tomato Soup

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Sundried tomatoes, diced
2	Tbsp	Powdered milk
1	Tbsp	Tomato powder
1	Tbsp	Dried onion, diced
1	tsp	Butter powder
1/2	tsp	Sugar
1/2	tsp	Italian herb blend
1/4	tsp	Garlic powder
1/4	tsp	Black pepper
1	cup	Water

At home: blend everything in a blender till combined. Pack in a pint freezer bag.

On the trail: Add dry ingredients to water in your pot. Bring to a boil, stirring often. Turn off the heat, cover tightly and let sit for 5 minutes. Salt to taste.

Dumplings – Cheese or Savory

Servings: 4 Makes 8-9 Dumplings.

Amount	Measure	Ingredient -- Preparation Method
2 1/4	cups	Bisquick in a Ziploc bag
2	Tbsp	Powdered milk
2/3	cup	Water
		** Cheese Dumplings **
1/4	cup	Powdered cheddar cheese or grated parmesan cheese
1/4	tsp	Oregano
		** Savory Dumplings **
1	Tbsp	Instant minced onions
1	Tbsp	Dried Parsley
1/2	tsp	Sage

1. Reconstitute dried milk, add to Bisquick with other ingredients and knead in the zip-lock bag.

2. When soup is hot, tear off a corner of the bag and squeeze out plops of dough into the pot. Cover and cook for about 10 minutes on low heat.

Easy Pad Thai

Servings: 3

Amount	Measure	Ingredient -- Preparation Method
3	pkg	Ramen noodles (leave seasoning packets at home)
1	pkg	Chicken (7 oz)
1	cup	Shelled peanuts (crushed)
1/2	cup	Asian sesame dressing (Newman's Own Asian Sesame Natural Salad Mist, 7 oz plastic bottle)

1. Boil water, cook ramen noodles, and drain.
2. Stir the chicken and dressing into the pot and cook for one minute.
3. Sprinkle crushed peanuts over the noodles.

Elegant Chicken in Sour Cream

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
8	oz	Pasta
1	pkg	Chicken (7 oz)
2	oz	Dried peas
1	tsp	Dill
4		Chicken bouillon cubes
1	env	Cream of Onion soup mix – to make 2 1/2 cups
1/2	cup	Sliced Almonds
8	cups	Water
8	oz	Sour cream mix
		Salt -- as needed

1. Add vegetables to 7 cups water and let them soak for 1/2 hour. Bring to a boil; add the pasta, chicken, and spices. Stir regularly. Cook for 5 minutes.
2. Mix soup mix with 1/2 cup of water. Pour into pot while stirring and simmer 5-10 minutes more, or until pasta is tender.
3. Reconstitute sour cream mix with cold water and stir in. Serve with almonds sprinkled on top.

Explorer's Enchilada

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
8		Flour tortillas
4	packets	Lawry's enchilada sauce
2	box	Mexican rice
2	pkg	Chicken (7 oz)
2	Tbsp	Dried onions
16	oz	Cheddar cheese
8	packets	Hot sauce
4	oz	Sour cream mix

1. Cook rice according to directions.
2. Heat the enchilada sauce, dried onions, and chicken in a separate pot.
3. Fill the tortillas with the rice, cheese, enchilada sauce mixture, and sour cream.

Farmer's Mash

Servings: 6

Amount	Measure	Ingredient -- Preparation Method
2	pkg	Chicken (7 oz)
2	pkg	Knorr Vegetable Soup Mix
1	5.25-oz box	Scalloped potatoes
2/3	cup	Instant potatoes
5	cups	Water
		Salt and pepper -- as needed

1. Stir the scalloped potatoes and vegetable mix into 5 cups water. Boil for one minute uncovered. Reduce the heat to medium-low and simmer uncovered for two minutes.
2. Add the chicken and the instant potatoes, stirring slowly and continuously to thicken the stew. Once the instant potatoes are dissolved, let simmer uncovered for one to two minutes. Serve hot.
3. Optional: Stir in two cheese packets from a mac 'n cheese box

Fiesta Trail Chicken

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
5	cups	Instant rice
3	pkg	Chicken (7 oz)
2	1/2 oz	Packages tomato soup mix
1 1/2	tsp each	Cumin, chili powder, garlic powder
4		Chicken bouillon cubes
16	oz	Frozen vegetables (southwest blend) dried
7	cups	Water
8	oz	Sour cream mix
		Salt -- as needed

1. Add vegetables to water and let them soak for 1/2 hour. Bring to a boil; add the rice, chicken, and spices. Stir regularly. Cook 5 minutes. Let stand 5 minutes. Fluff with a fork.
2. Add sour cream mix and stir in.

French Onion Noodle Bowl

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
3	oz	Package ramen
3	Tbsp	Minced dried onion
2	Tbsp	Dehydrated hamburger
2	each	Beef bouillon cubes
1	tsp	Celery flakes
1/4	tsp	Ground black pepper
1/4	cup	Instant stuffing mix
2	cups	Water

At home pack the onion, hamburger, bouillon, celery and pepper in a small bag. Pack the stuffing in a small bag and tuck the ramen noodles with them. Add 2 cups water to pot. Add the onions and beef, along with the broth mix. Let sit for 5 to 10 minutes to soak. Discard the "flavor" packet for the ramen. Bring the water to a boil, add in the ramen and cook on a gentle boil for 3 minutes. Pull off the heat and top with the stuffing mix.

Garden Vegetable Soup with Beef

Servings: 4 Makes 8-9 cups.

Amount	Measure	Ingredient -- Preparation Method
4	oz	Dried Beef
4	oz	Macaroni
4	oz	Dried mixed vegetables (peas, carrots, corn, green beans)
1	Tbsp	Instant Minced Onion
2	Tbsp	Dried Parsley
1/4	cup	Tomato Powder
4		Beef Bouillon cubes
1	tsp	Basil
1/8	tsp	Garlic Powder
2	env	Vegetable Beef Broth Soup -- making 20-24 oz each
3	oz	Parmesan cheese, grated
7	cups	Water -- or more as needed

1. Package all ingredients together, except the cheese, which is bagged separately.
2. To prepare, put ingredients in the pot (except cheese). Add 7 cups cold water and heat, covered, to boiling. Reduce heat and simmer 10-20 minutes, or until vegetable and meat are the correct tenderness.
3. Add more water if soup is too thick. Add cheese on top of each serving.

Green Goulash

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
4	oz	Dried beef
8	oz	Spinach egg noodles
2	oz	Tomato powder
1	tsp each	Basil, Paprika
4		Beef bouillon cubes
1/4	cup	Dried bell pepper
1	env	Cream of Onion soup mix -- to make 2 1/2 cups
7 1/2	cups	Water
8	oz	Sour cream mix
		Salt -- as needed

1. Bring 7 cups water to a boil. Add all ingredients except soup mix and sour cream mix. Simmer for 10 minutes.
2. Mix soup mix with 1/2 cup of water. Pour into pot while stirring and simmer 5-10 minutes more, or until pasta is tender.
3. Reconstitute sour cream mix with cold water and stir in.

Herb & Spice Blend for Fish

Servings: 2

Amount	Measure	Ingredient -- Preparation Method
3/4	tsp	Dried parsley
1/2	tsp	Onion powder (not onion salt)
1/2	tsp	Dill seed
1/4	tsp	Dried marjoram
1/4	tsp	Paprika

Blend in a small bowl. Store in a tightly sealed bag. Sprinkle on pan fried fish with a little olive oil.

Instant Cheesy Potato Soup Mix

Servings: 12

Amount	Measure	Ingredient -- Preparation Method
2	cups	Instant potato flakes
2	cups	Coffee creamer (instant)
1	Tbsp	Granulated chicken bouillon
2	Tbsp	Dried minced onion
1	Tbsp	Parsley flakes (dried)
1/2	cup	Cheddar cheese (powder)
1/2	cup	Bacon bits (imitation)
1/2	tsp	Pepper

Mix all ingredients together and store in an airtight container. To make one serving, combine 1/2 cup of mix with 1 cup of boiling water.

Instant Cream of Whatever Soup Mix Recipe

Amount	Measure	Ingredient -- Preparation Method
1 1/3	cups	Instant milk
2/3	cup	Non-dairy creamer
3/4	cup	Corn starch
1/4	cup	Instant chicken bouillon crystals
1	tsp	Onion powder or 1Tbsp dried onion flakes
1/2	tsp	Dried thyme
1/2	tsp	Dried basil
1/4	tsp	Pepper

1. Combine these and store in an airtight container. To use for soup, combine 1/3 cup mix and 1-1/2 cup water. Bring to a boil while stirring often. Add a vegetable for more flavor, such as diced celery for cream of celery soup, sliced mushrooms for cream of mushroom soup, or diced broccoli (for cream of broccoli soup).
3. To use for any recipe calling for a can of cream of mushroom, chicken or celery soup can be replaced with 1/3 cup mix and 1-1/4 cup water. Boil for a few minutes, stirring often.

Instant Potato Soup Mix

Servings: 7

Amount	Measure	Ingredient -- Preparation Method
1 3/4	cups	Instant potato flakes
1 1/2	cups	Nonfat dry milk
1	Tbsp	Granulated chicken bouillon
2	Tbsp	Dried minced onion
1	tsp	Parsley
1/2	tsp	Thyme
1/4	tsp	Bacon bits (imitation)
1/4	tsp	Pepper

Mix all ingredients together and store in an airtight container. To make one serving, combine 1/2 cup of mix with 1 cup of boiling water.

Instant Tomato Soup Mix

Servings: 4 to 6.

Amount	Measure	Ingredient -- Preparation Method
3	cups	Tomato powder
1/2	cup	Nonfat dry milk
1	Tbsp	Sugar
1	Tbsp	Granulated chicken bouillon
1/2	tsp	Butter buds

Mix all ingredients together and store in an airtight container. To make one serving, combine 1/2 cup of mix with 1 cup of boiling water.

Macaroni and Beef Simple Supper

Servings: 4 Makes 8 - 8 1/2 cups.

Amount	Measure	Ingredient -- Preparation Method
9	oz	Macaroni
4	oz	Dried Beef
4		Beef Bouillon Cubes
2	oz	Tomato Powder
1	tsp	Basil
1	tsp	Oregano
1/4	tsp	Garlic Powder
1	env	Cream Of Onion Soup -- to make 2 1/2 cups
8	oz	Frozen corn, dried
7 1/2	cups	Water

1. Add corn and dried beef to 7 1/2 cups water and let them soak for 1/2 hour. Bring to a boil. Add the rest of the ingredients and simmer 10 minutes, or until macaroni is tender.

Mashed Potatoes, Gravy with Chicken (or Beef), and Mixed Vegetables (or Corn)

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
3	pkg	Chicken (7 oz) or
8	oz	Dried hamburger
16	oz	Frozen mixed vegetables dried (or corn)
2 2/3	cups	Dehydrated potatoes (Potato Pearls)
4	pkg	Gravy mix, chicken or beef (Lawsons)
		Salt and pepper -- as needed
		Water (as required)

1. Make mashed potatoes according to instructions.
2. Make gravy according to instructions. Add chicken (or hamburger) to gravy.
3. Add mixed vegetables (or corn) to water and let them soak for 1/2 hour. Bring to a boil and simmer 10 minutes, stirring occasionally. Strain, season, and serve.

Mexican Beef and Rice

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
2	cups	Instant or dried rice
1	cup	Dried hamburger
1	cup	Bell peppers, onions, and tomatoes dried
1	cup	Black beans, dried
1/3	cup	Cheese mix (Kraft)
4	tsp	Taco seasoning (or 4 Taco Bell packets)
4	Tbsp	Powdered milk
5	cups	Water

1. Combine all ingredients except cheese, milk, and taco powders with water in pot and soak for 1/2 hour.
2. Bring to boil, and cook until beans are soft.
3. Remove from stove, stir in cheese, milk, and taco powders.

Onion Soup Mix

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
3	Tbsp	Minced dried onion
4	tsp	Beef bouillon
1	tsp	Onion powder (not onion salt)
1/4	tsp	Celery seed
1/4	tsp	Ground black pepper

Mix all ingredients together and store in a tightly sealed bag or container. The mix is equivalent to a commercial envelope that will make 4 cups of soup.

Pasta and Cheesy Tomato Sauce with Beef

Servings: 6

Amount	Measure	Ingredient -- Preparation Method
2	boxes	Kraft Mac and Cheese
1 1/2	cups	Ground beef, dried
2	cups	Frozen bell peppers, onions, mushrooms, tomatoes dried
3/4	cups	Tomato Sauce leather, tightly packed
1/2	cup	Milk, reconstituted from powder
8	Tbsp	Butter
6 1/2	cups	Water
** Optional **		
30	oz	Kidney beans, dehydrated
30	oz	Diced tomatoes, dehydrated
2	tsp	Chili powder
1/4	cup	Brown sugar

1. Package vegetables, macaroni, tomato sauce, and beef together. Package chili powder and brown sugar separately
2. To prepare, put all ingredients in the pot (except cheese and milk). Add 6 1/2 cups cold water and allow to rehydrate for 30 minutes.
3. Heat to boiling. Reduce heat and simmer until macaroni is the correct tenderness.
4. Add butter, milk, and cheese. Add more water if mixture is too thick. Salt and pepper to taste

Pasta Primavera with Chicken

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
3	pkg	Chicken (7 oz)
16	oz	Frozen oriental vegetables dried
4	pkg	Liptons Pasta Alfredo
1	pkg	Alfredo sauce mix
		Powdered milk -- as needed
		Margarine -- as needed
		Salt and pepper -- as needed
		Water (as required)

1. Add oriental vegetables to water and let them soak for 1/2 hour. Bring to a boil, add the chicken, and make the Liptons Pasta Alfredo according to instructions. Stir regularly.
2. Add alfredo sauce ingredients to above.
3. Cook until the pasta is tender.

Pepperoni Pizza

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
4	pkg	Betty Crocker Pizza Crust Mix
2	15 oz	Contadina's pack-friendly Pizza Sauce Squeeze bottle
32	oz	Asiago cheese or Mozzarella
6	oz	Pepperoni slices pouch
4	Tbsp	Italian seasoning
4	Tbsp	Olive oil

1. Finely dice cheese.
2. In a bowl combine baking mix and water according to directions; stir until dough forms.
3. Pour oil into a 12 inch skillet and spread dough evenly across skillet with a spoon.
4. Top with tomato sauce, cheese, Italian seasoning, and pepperoni.
5. Cover the pizza with a pot lid and cook over medium heat for 5 minutes, or until cheese melts.

Shepherd's Pie – Chicken (or Beef)

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
2	pkg	Chicken (7 oz) (or 8 oz dried beef)
2	pkg	Chicken gravy mix (or brown gravy mix)
2	env	Cream of chicken soup (or cream of mushroom soup)
1 1/2	cup	Mixed dried veggies (carrots, peas, onions)
1	cup	Instant mashed potatoes

1. Add dried vegetables (and beef if making beef shepherd's pie) to 8 cups water and let them soak for 1/2 hour.
2. Bring to boil. Add everything else but instant mashed potatoes stirring constantly. Simmer 7-8 minutes.
3. Add instant mashed potatoes, cook for 1 minute, stirring constantly. Remove from heat, let sit for minute.

Sloppy Joes for the Trail

Serves 4

Amount	Measure	Ingredient -- Preparation Method
1/2	lb	Ground beef
1	each	Small onion
1/2	each	Green pepper
1/2	tsp	Garlic powder
1/2	cup	Ketchup
1	Tbsp	Brown sugar
Salt and pepper to taste		
4 tortillas		

At Home:

In skillet, cook beef, onion, and pepper. Drain off liquid. Stir in remaining ingredients (except tortillas) and simmer for 15 minutes. Cover dehydrator trays with non-stick sheets or parchment paper and dehydrate mixture at 135° for 8 to 10 hours.

On the Trail:

Add the dried Sloppy Joe mix to a pot. Add enough water to cover plus a quarter inch. More water can be added if needed. Bring to a boil, turn off stove, and then let sit covered until rehydrated. Scoop mixture onto tortillas. For more tender meat on the trail, work in 1/4 cup of ground bread crumbs to the 1/2 pound of raw meat in this recipe before you cook and dehydrate it.

Spaghetti with Meat Sauce

Servings: 6

Amount	Measure	Ingredient -- Preparation Method
1	jar	Dehydrated spaghetti sauce
8	oz	Dehydrated hamburger
16	oz	Frozen spring vegetables dried
1	pkg	Spaghetti noodles

1. Add spaghetti sauce, hamburger, and vegetables to water and let them soak for 1/2 hour. Bring to a boil and simmer 10 minutes, stirring regularly.
2. Boil spaghetti noodles until tender, drain, and add to sauce.

Taco Macaroni and Cheese

Serves 6

Amount	Measure	Ingredient -- Preparation Method
2	boxes	Kraft Mac and Cheese
1 1/2	cups	Ground beef, dried
1	can	Green chilies -- diced and dried
1/2	cup	Milk, reconstituted from powder
2	cups	Mexican blend vegetables, dried
8	Tbsp	Butter
1	Tbsp	Taco seasoning
6 1/2	cups	Water

1. Package vegetables, macaroni, and beef together.
2. To prepare, put ingredients in the pot (except cheese, milk, and taco seasoning). Add 6 1/2 cups cold water and allow to rehydrate for 30 minutes heat.
3. Heat to boiling. Reduce heat and simmer until macaroni is the correct tenderness.
4. Add butter, milk, cheese and taco seasoning. Add more water if mixture is too thick. Salt and pepper to taste

Tacos

Serves 4

Amount	Measure	Ingredient -- Preparation Method
8	oz	Dried beef
1	pkg	Taco seasoning mix
1	can	Tomatoes -- diced and dried
8	oz	Cheddar cheese, shredded
2	Tbsp	Dried onion flakes
8		Tortillas

1. Rehydrate beef in small amount of water (20 minutes) or until soft.
2. Rehydrate tomatoes and onions in water.
3. In saucepan, combine beef, taco seasoning, and 1/2 cup water. Heat to boiling and continue to cook for about 5 minutes or until the sauce thickens.
4. Meanwhile, heat the tortillas in a skillet until warm and browned. Serve with the cheese, tomatoes and onion.

Thanksgiving Dinner

Servings: 2

Amount	Measure	Ingredient -- Preparation Method
1	packet	Stove Top stuffing
1	pkg	Chicken (7 oz)
1	cup	Dried cranberries

1. Boil 1 1/2 cups water and then stir in stuffing.
2. Add chicken and cranberries.

Tomato Bisque with Cheese Dumplings

Servings: 4

Amount	Measure	Ingredient -- Preparation Method
4	pkg	Tomato Cup-O-Soup mix
4		Chicken bouillon cubes
1/2	tsp	Sugar
1 1/2	Tbsp	Italian seasoning
3/4	cup	Milk (for soup)
4	cups	Water
		** Dumplings **
2 1/4	cups	Bisquick in a Ziploc bag
2	Tbsp	Powdered milk
2/3	cup	Water
1/4	cup	Powdered cheddar cheese or grated parmesan cheese
1/4	tsp	Oregano

1. Put all ingredients except dry milk into pot, add water, and bring to a boil. Reduce to simmer.
2. Add 1 cup water to dry milk powder and make a smooth cream. Add to simmering soup, cover, and cook 5-10 minutes.
Dumplings
3. Reconstitute dried milk, add to Bisquick with other ingredients, and knead in the zip-lock bag. When soup is hot, tear off a corner of the bag and squeeze out plops of dough into the pot. Cover and cook for about 10 minutes on low heat.

Turkey Tetrazzini

Servings: 3

Amount	Measure	Ingredient -- Preparation Method
4	cups	Water
4	pkg	Dry mushroom soup mix
8	oz	Frozen mixed vegetables dried
1	pkg	Turkey (7 oz)
3	pkg	Ramen oriental noodles

1. Rehydrate vegetables
2. Mix water and soup mix until smooth.
3. Add turkey and noodles. (Don't use the sauce mix from the Ramen package. You can leave that at home.)
4. Cook 7 minutes and serve.

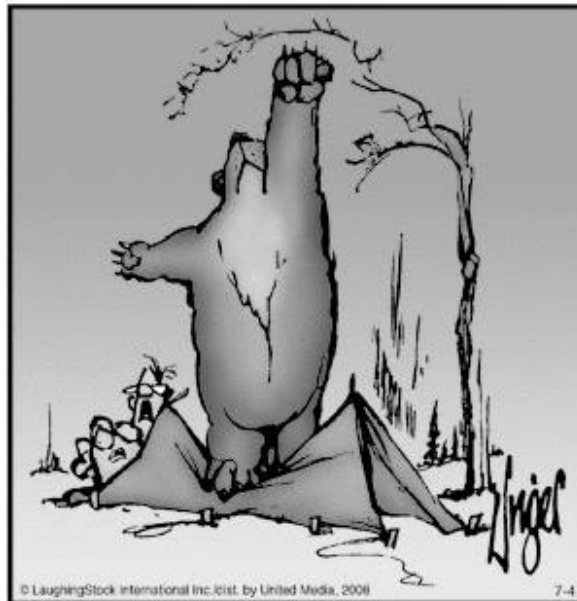
Veggie Beef & Rice Pilaf

Servings: 2

Amount	Measure	Ingredient -- Preparation Method
2	cups	Instant rice
1/2	cup	Dehydrated hamburger
1/4	cup	Dried vegetable blend
2	tsp	Beef bouillon
1	tsp	Dried parsley
1	tsp	Garlic powder
1	tsp	Dried thyme
3/4	cup	Cheddar cheese sauce mix
2 2/3	cup	Water

At home in a quart freezer or sandwich bag pack the dry ingredients.

On the trail: Add 2²/₃ cups boiling water to dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Fluff up.



**“Did you have to hang the food
right above the tent?”**

White Bean Chili

Servings: 6

Amount	Measure	Ingredient -- Preparation Method
1½	lbs.	Ground beef, dehydrated
3	Tbsp	Minced onions, dried
1	tsp	Garlic powder
3	4.5 oz. cans	Green chilies, diced
1 - 2	Tbsp	chipotle powder
1	Tbsp	Ground cumin
3	15 oz cans	Small white beans, drained and rinsed
6	tsp	Chicken bouillon crystals
1	tsp	Chopped cilantro, dried
2	cups	Instant Cream of Whatever Soup Mix (page 15)
		Salt and Pepper to taste
		Sour cream powder

At Home: Brown the ground beef with the onions and garlic. Drain. Add chopped green chilies to the ground beef and dehydrate. Dehydrate small white beans. Package separately the cilantro, chicken crystals, cumin, salt, pepper, and chipotle powder.

On the Trail: Rehydrate with 9 cups of water for 30 minutes. Bring to a boil stirring constantly for about 5 minutes. Add more water if necessary. Add remaining ingredients, lower heat, and stir for 5 more minutes. Turn off heat and let sit for about 10 minutes with lid on pot. Reconstitute the sour cream and add before serving. Optional: shredded cheese.

Make Your Own Chipotle Powder

Amount	Measure	Ingredient -- Preparation Method
1	Tbsp	Ground chipotle chili pepper
1	Tbsp	Garlic powder
1	Tbsp	Onion powder
1	Tbsp	Ground coriander
2	tsp	Paprika
1	tsp	Black pepper
1	tsp	Cumin
1	tsp	Oregano
1/2	tsp	Seasoned salt
1/2	tsp	Cayenne pepper



Desserts

Apple Crisp

Serves 4

Amount	Measure	Ingredient -- Preparation Method
		** Filling **
2	tsp	Cinnamon
3	Tbsp	Brown sugar, packed
1/4	tsp	Nutmeg
2	tsp	Corn starch
1	cup	Dried apples
1	cup	Water
		** Topping **
3	bars	Granola bar
1/4	cup	Flour, whole-grain wheat
1	Tbsp	Powdered milk
2	Tbsp	Butter
1	package	Dream Whip topping
3	Tbsp	Powdered milk
1/2	tsp	Vanilla extract

At home: Put whole grain flour and 1 Tbsp of milk powder into a Ziploc bag. Put cinnamon, nutmeg, brown sugar, and corn starch in another. Put apples in a third. Package all into a Ziploc bag.

On the trail: Topping: Break up granola bars. Add flour and dried milk. Knead in margarine or butter. Filling: In a covered pan, simmer the sugar mixture (filling) and dried apples in water for 5 minutes or until fruit is soft. Once soft, spoon topping over the filling and allow to heat through. Whipped topping: While apple mixture is cooking, mix milk, cold water and vanilla together. Add dream whip and beat vigorously.

To serve: Spoon crisp into a bowl. Top with whipped topping.

Apples and Sweet Dumplings

Serves 4

Amount	Measure	Ingredient -- Preparation Method
		** Bag 1 **
2 2/3	cup	Bisquick baking mix
4	Tbsp	Sugar
		** Bag 2 **
1 1/3	cup	Brown sugar
1	tsp	Cinnamon
1/2	tsp	Salt
4	each	Apples, sliced and dehydrated

At home: Package the above ingredients in their designated Ziploc bags.

On the trail: Make dough by adding about 1 cup water to the Bisquick/sugar mix. Set aside. Add 3 cups of water to a pot along with the contents of Bag 2. Heat to a boil, turn down heat and simmer stirring frequently. Pour prepared biscuit mixture over hot fruit mixture, cover with a lid, and cook for 10 more minutes. It is ready when the dough is firm but moist. Be careful not to burn the sugary fruit mixture.

Banana Walnut Pudding

Serves 4

Amount	Measure	Ingredient -- Preparation Method
1	5.1 oz box	Instant banana cream pudding
1	cup	Powdered milk
1/4	cup	Dried bananas
1/4	cup	Chopped walnuts

At home: Combine the milk and pudding mix in a Ziploc bag. Label the bag with "add 3 cups cold water". Combine the bananas and walnuts in a second bag.

In camp: Add 3 cups of cold water to the pudding mix. Mix the pudding well. Serve topped with the dried bananas and walnuts.

Margarita Cheesecake

Serves 4

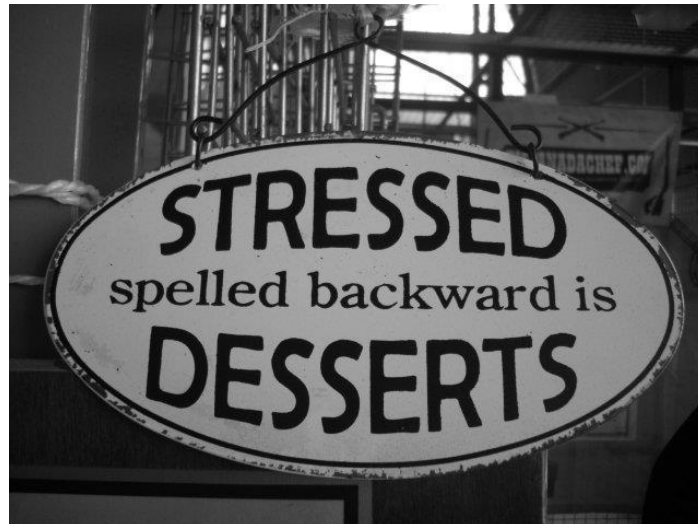
Amount	Measure	Ingredient -- Preparation Method
1	11.1 oz pkg	Instant cheesecake mix
1	3 oz pkg	Lime Jello
1/2	cup	Powdered milk
2	oz	Tequila
1/4	cup	Salted pretzels, crushed

At home: Combine the cheesecake mix, Jello and powdered milk in a Ziploc bag. In a second bag, combine the pretzels and 1/4 cup of the crust mix that comes with the cheesecake. Use the remaining (about 3/4 cup) crust mix for something else.

In camp: Add enough water to the tequila to equal 1 1/2 cups. Mix this with your cheesecake/Jello mixture in your pan. Let sit for a minute or two, then top with the pretzels/crust mix.

Puddings and Jell-O

Various flavors. Pudding: Use powdered milk, water, and follow directions on the box. (Add mint M&M's, Heath bits, or peanut butter chips to chocolate pudding or crushed Nilla Wafers on top of vanilla pudding). Jell-O: Use clean snow for ice if available and follow directions on the box. Rehydrate dried fruit for 10 minutes over gentle flame. Don't boil or apply too much heat. Add to pudding or Jell-O.



Strawberry Shortcake

Serves 4

Amount	Measure	Ingredient -- Preparation Method
		** Shortcake **
1 1/2	cups	Bisquick baking mix
1/2	cup	Powdered milk
		** Topping **
2	cups	Dried strawberries
1	Tbsp	Cornstarch
1	Tbsp	Sugar
1	pkg	Dream Whip topping
3	Tbsp	Powdered milk
1/2	tsp	Vanilla extract

At home: Package baking mix and milk in one Ziploc and package strawberries, cornstarch, and sugar into another.
On the trail: Make biscuits by adding about 1/2 cup water to the Bisquick mix. Form into flattened disks and "bake" on a low fire with the large pot over the small fry pan. Turn as the bottom becomes brown. Remove to a warm place. Rehydrate strawberries by covering with hot water. When soft, drain water into a fry pan and add cornstarch, heating until mixture is thick. Gently stir in berries. While berries are cooking, make Dream Whip by adding milk to vanilla and 1/2 cup water. Stir in Dream Whip and mix vigorously. Split biscuit in half, spoon strawberry mixture over biscuit and top with whipped topping.

Shakes and Smoothies

Hot Chocolate Smoothie

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1 1/4	Tbsp	Sugar
1 1/4	Tbsp	Flavoring – Hershey's Cocoa
1 1/4	Tbsp	Potato starch
1/4	cup	Powdered milk
1	cup	Boiling water

At home: Combine all ingredients and place in a Ziploc bag.

On the trail: Place the ingredients in a mug, add 1 cup boiling water, stir well, cover, and let stand 5 minutes.

Hot Fruit Smoothie

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1/2	tsp	Sugar
1	tsp	Potato starch
1	Tbsp	Orange-flavored breakfast drink
1/4	cup	Dried fruit
1	cup	Boiling water

At home: Place the dried fruit in a blender and swirl until they are cut into very small pieces. Mix the fruit with the other ingredients and place in a Ziploc bag.

On the trail: Place ingredients in a mug, add 1 cup boiling water, stir well, cover, and let stand 10 minutes.

Hot Pina Colada Smoothie

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1	envelope	Pina colada mix
1/3	cup	Powdered milk
1	cup	Boiling water

At home: Combine the two dry ingredients and place in a Ziploc bag.

On the trail: Place ingredients in a mug, add 1 cup boiling water, and stir well.

Hot Tropical Smoothie

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
2	Tbsp	Pina colada mix
2	Tbsp	Orange-flavored breakfast drink
1	Tbsp	Coconut cream powder
1	tsp	Potato starch
1	cup	Boiling water

At home: Combine the dry ingredients and place in a Ziploc bag.

On the trail: Place ingredients in a mug, add 1 cup boiling water, and stir well.

Trail Milk Shakes

Servings: 1

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Nonfat Dry Milk
1	Tbsp	Flavoring – Hershey’s Cocoa
1	Tbsp	Malted Milk Powder
1	cup	Water

Fill cup with cool water, stir and serve. Flavorings: Cocoa or Instant coffee, Kool-Aide fruit flavors, Blueberry syrup, Jams

Drinks

Black Cherry Iced Tea

Serves 8

Amount	Measure	Ingredient -- Preparation Method
1	0.15-oz pkg	Unsweetened, black cherry flavored instant powdered drink mix
1	cup	Unsweetened instant iced tea
		Sugar to taste (can use Splenda)

Cherry Lemonade

Serves 8

Amount	Measure	Ingredient -- Preparation Method
2/3	cup	Lemonade powder
1/3	cup	Sweetened cherry flavored drink mix

In camp: Add 2 tablespoons mix to 8 ounces cold water. Stir and enjoy.

Commercial Brand Drinks

Crystal light, Wylers, and others make single packet drink mixes for flavoring 16 ounces of water.

Snickerdoodle Coffee Mix

Serves 9

Amount	Measure	Ingredient -- Preparation Method
1/2	cup	Sugar
1/2	cup	Powdered milk
1/4	cup	Powdered non-dairy creamer
1/4	cup	Unsweetened cocoa powder
3	Tbsp	Instant coffee granules
1/4	tsp	Allspice
1	tsp	Ground cinnamon

In camp: Add 3 tablespoons of mix to 3/4 cup boiling water. Stir and enjoy.



I finally remembered—red with hunter, white with fisherman.

Estimating Quantities

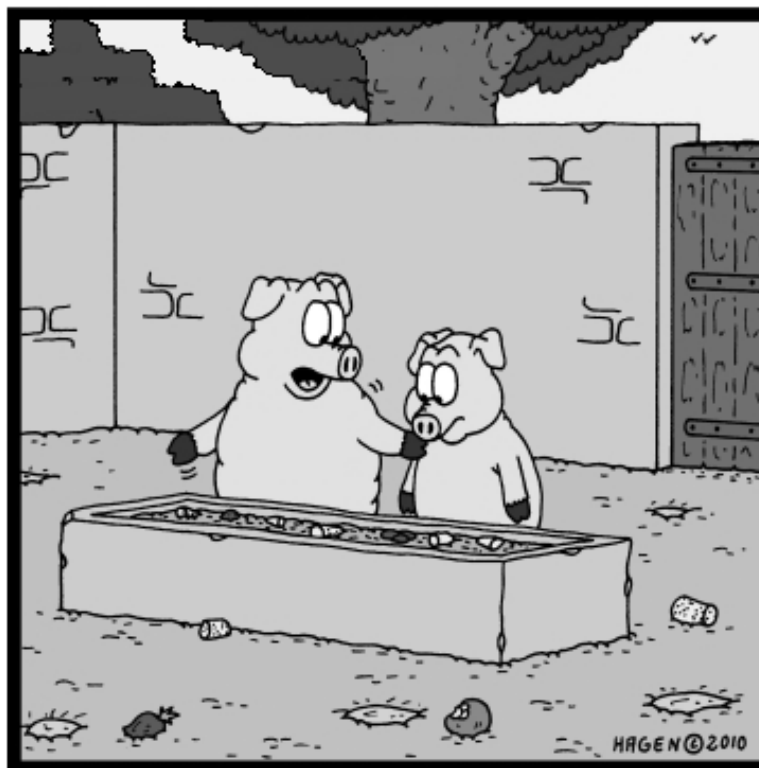
Use these guidelines to determine how much food you'll need. Where normal caloric requirements may be between approximately 2,000 and 2,800 Calories/day/person, the energy requirements for a strenuous or high adventure trip are 3,000 - 5,000 Calories/day/person and winter treks require 1,000 MORE Calories/day than summer treks. This translates to about 2 - 2.5 lbs. of (lightweight) food per day per person, and the food should be nutritionally balanced at about 50% carbohydrates, 25% fats and 25% protein.

Nutrition

Carbohydrates are easily digested and release energy in minutes, but their energy is rapidly consumed. During cold, wet weather it is important to continuously stoke up with carbohydrates and it is recommended that you eat lunch "from breakfast to dinner" or snack frequently on carbohydrates during the day. Carbohydrates come from starches (potatoes, rice, pasta), cereals, fruit, nuts (trail mix or gorp!), honey and candy (esp. hard candy).

Protein is more difficult to digest and the energy boost takes longer to take effect. High protein foods should be taken in small amounts during the day and concentrated at the evening meal so energy is available for "body repair" and generating body heat while you sleep. Meat is high in protein and are particularly recommended for winter camping. Jerky is a great trail snack for late in the day as you set up camp. Foods high in protein (other than meats) include instant milk (add to your instant oatmeal, which also has protein, and to your hot cocoa and packaged pasta mix), nuts (peanut butter), and cheese.

Fats produce energy that is consumed by the body over comparatively long periods and have over twice the energy of proteins. Carbohydrates and protein-rich foods tend to be more light-weight than fatty foods, but the fats are essential to keep your metabolism running high in the cold weather. Fats, like proteins, are harder to digest, so they should be consumed in small quantities during the day and most of the daily fat intake should be concentrated in the dinner menu.



Yeah, not very appetizing, is it?
Just close your eyes and eat: It's not that bad...

Dehydrating Food

Dehydrating Meat: Ground Beef & Turkey

Use only lean or extra lean ground meat. Meat with high fat content produces beads of oil as it dehydrates which you have to blot off throughout the dehydration process. Also, fatty meats may spoil on the trail, so stick with the skinny stuff. Pork is not recommended for dehydrating, with the exception of lean ham, because of its high fat content. Ground turkey breast is naturally low in fat. Check the labels for ground beef and shoot for a fat content of 15% or less, even though it costs a little more. Ground beef with 15% fat content is often labeled as Ground Round. Ground Chuck and Hamburger will have higher fat content.

Servings: 8

Amount	Measure	Ingredient -- Preparation Method
1	lb.	Hamburg, extra lean
1	Tbsp	Flour
1	tsp	Garlic powder
1	tsp	Onion powder
1	tsp	Salt
1	tsp	Black pepper

Brown the hamburger. Stir well to crumble things up. Cook until it's almost done. Drain off the grease. Add the garlic powder, flour, onion powder, salt, and pepper. Cook another minute or two. Remove from heat. Put everything on a solid sheet and dry at 135°. Pat remaining grease with a paper towel and put in a Ziploc bag. Rehydrate by soaking in water for 1/2 hour and then add to the meal you are cooking.

Spaghetti Sauce

Servings: 6

Amount	Measure	Ingredient -- Preparation Method
1	32 oz jar	Spaghetti sauce

Spread the spaghetti sauce on a solid sheet. Dry at 135° F until the consistency of a fruit roll-up. Put it in a Ziploc freezer bag. Store in the freezer until you leave. On the trail add the dried sauce to water and simmer and stir until reconstituted.

Dehydrating Vegetables

Your mamma wasn't kidding when she said, "Eat your vegetables." Dehydrating vegetables at home is the easy way to nourish your body on the trail. In addition to providing necessary vitamins, minerals, fiber, and complex carbohydrates, veggies brighten your backpacking meals with color and flavor. Beef and rice is okay, but it's not a real meal until you add dark green broccoli, a medley of corn, carrots, peas, and green beans, or some peppers-- red, yellow, orange, and green peppers. So listen to your mamma and start dehydrating vegetables! If you don't have any fresh produce on hand, use frozen produce. Most grocery stores carry a variety of frozen vegetables and vegetable mixes. Frozen vegetables from the store dehydrate well because they are already uniformly cut, saving you prep time in the kitchen.

Classic Mixed Vegetables: (corn, carrots, peas, green beans)

- Place the thawed, uncooked vegetables directly on the dehydrator trays in a single layer and dehydrate at 125° for approximately six hours. A one pound package weighs approximately three ounces when dry and amounts to just under one cup.

Pepper Medley:

- Green peppers are the workhorses of the pepper family, but the yellow, orange, and red cousins add color to backpacking feasts. Peppers combine well with beef, beans, or shrimp and make themselves at home in pasta, rice, couscous, and grits.

- Cut fresh peppers into 1/2" pieces, trimming away the white fleshy part on the inside. Raw peppers retain their color better than cooked peppers, so don't bother cooking them before dehydrating.
- Place cut peppers on dehydrator trays in single layers and dehydrate at 125° for approximately six hours.

Onions:

- The favorite onions for dehydrating are Vidalia Onions from South Georgia because of their sweet and mild flavor.
- You can achieve more complete and faster drying times when the onions are diced.
- Spread out in a single layer on the dehydrator trays and dehydrate at 145° for two hours and reduce to 135° for approximately six hours or until pliable.
- Onions can smell pretty strong when dehydrating, so you might want to open a window or set up the dehydrator on the front porch.

Broccoli:

- A nutritional power food, broccoli supercharges many of backpacking meals with extra vitamins, fiber, and minerals.
- After washing and soaking the broccoli for ten minutes in salt water to remove any contaminants, rinse and cut the florets into 1/2" bouquets and the stems into small pieces 1/2" or smaller.
- Steam the broccoli for about five minutes to break down the fibrous walls of the stems and to bring out the dark green color. Broccoli dehydrates best when firm, not mushy.
- Dehydrate at 125° for approximately eight hours. Dehydrated broccoli will be brittle when done.

Mushrooms:

- Use a variety of mushroom for your backpacking recipes.
- Thoroughly wash all the dirt off in cold water and cut into 1/8 inch slices.
- Place pieces on the dehydrator tray in a single layer and dehydrate at 125° for six to eight hours until leathery.
- An eight ounce package will weigh less than an ounce when dry and amount to one cup.

Tomatoes:

- Cut tomatoes into 1/8 inch slices using a sharp knife and place in a single layer on the dehydrator trays sprinkled with a little salt.
- Tomatoes can also be diced depending on how you like them and how you plan to use them.
- Dehydrate at 145° for two hours and reduce to 135° for approximately six more hours until pliable.

Carrots:

- When dehydrating carrots for snacking or for use in dried salads, peel large carrots and cut into 1/8 inch slices.
- Dehydrating sliced baby carrots will result in very small dried carrot pieces.
- That's fine for cooked recipes, but for snacking you'll want larger pieces you can grab with your fingers.
- Dehydrate at 125° for approximately six to ten hours or until leathery.

Dehydrating Fruit

Dehydrating fruit is easy and fun. Cut the fruit into small, equal-sized pieces; spread in a single layer on the dehydrator trays, and crank up the dehydrator. It takes from 6 to 36 hours to dry fruit, depending on the juiciness of the fruit, but the wait is worth it when you taste the final product.

Dehydrating fruit concentrates the natural sugars so your pineapples and bananas will taste extra sweet on the trail. Choose mature, firm fruits for the highest sugar and nutritional content, but avoid bruised or overripe fruit. When dehydrating fruits such as apples with the skins on, thoroughly wash and rinse the fruit to remove any wax and pesticides.

On the trail, you'll maintain peak energy by snacking on dried fruit throughout the day. There are simple ways to incorporate dehydrated fruit into your breakfasts, desserts, and trail mixes. Try cooking oatmeal with dried apples, raisins, and cinnamon, topped with crunchy granola for a quick-energy breakfast.

The range of drying times listed below for dehydrating fruit are what you could expect using most food dehydrators. Factors such as humidity, the size and thickness of your fruit pieces, and the juiciness can all affect how fast fruit dries. Most fruit will be pliable or leathery when done, meaning you can bend it and it won't break. You can easily

tear a piece of dried fruit in half and if no moisture beads up on the inside and there is no stickiness on the outside, it's done.

Dehydrating Bananas

- Choose yellow bananas with some brown speckles on the peel for maximum sweetness.
- Peel the bananas and cut into 1/8" slices.
- Dehydrate at 135° until leathery and the banana slices do not stick together. (6 – 10 hours)

Dehydrating Apples

- Thoroughly wash apples and peel off the skin.
- You can core and slice apples into rings or cut them into whatever size pieces you like. Whichever you choose, make sure you cut the apple into slices no thicker than 1/8".
- Dehydrate at 135° until pliable (7 – 15 hours).
- Because the flesh of apples turns a little brown when exposed to air (oxidation), some people dip their cut apples into a bath of water and sodium bisulfate or ascorbic acid for a couple of minutes before dehydrating. Treating apples with either of these anti-oxidants is safe and will prevent the fruit from browning.

Dehydrating Pineapples

- Remove the fibrous skin and core. You can cut up a pineapple any way you like, such as into 1/4" thick rings, but it is easier to cut the pineapple into 3/4" thick rings first and then slice the rings cross-wise into thinner 1/8" pieces. The smaller pieces dry faster than larger chunks or rings and are the perfect size to use in recipes and trail mixes.
- Dehydrate at 135° until pliable (10 – 18 hours). If you are dehydrating canned pineapple, it will take up to twice as long because of the extra juices.

Dehydrating Peaches

- Thoroughly wash peaches to remove any pesticides if you plan to dehydrate with the skins on.
- The skin can be easily removed by dipping the peaches in boiling water for one minute and then dipping in cold water. The skins will come right off.
- Cut the peaches in half, remove the pit, and then cut the halves into 1/8" slices. There is no absolute right or wrong way to slice and dice your fruit. Peel and slice one peach at a time to minimize browning.
- Dehydrate at 135° until pliable (20 – 36 hours).

Dehydrating Cherries

- Wash the cherries and remove the stems
- Cut the cherries in half, remove the pit, and then cut the halves in two.
- Place cherries on the dehydrator tray with the skin side down and begin dehydrating at 145° for two hours. Reduce temperature to 135° and dehydrate until leathery (12 – 15 hours).
- Dehydrated cherries feel like raisins in your mouth.

Dehydrating Mangos

- Remove the skin with a sharp knife and try to slice large chunks away from the pit. This is tricky because it's hard to tell exactly how the large, flat pit is oriented inside the flesh. Cut whatever size chunks you end up with into 1/8 inch thick slices.
- Spread in a single layer on the dehydrator tray and begin dehydrating at 145° for two hours and then reduce the temperature to 135° until pliable (18 – 24 hours depending on the juiciness of the mangos you are working with).

Dehydrating Blueberries

- Wash blueberries and remove the stems.
- Place blueberries in a colander and dip in boiling water for 15 to 30 seconds to check the skins.
- Cut the berries in half before dehydrating. Place the berries in a single layer on the dehydrator tray with the skin side down. Your blueberries will turn out crispier using this method.
- Dehydrate at 125° until leathery (12 – 18 hours).

Dehydrating Strawberries

- Wash strawberries and cut off the leafy crown.
- Cut into 1/8 to 1/4 inch slices.
- Place sliced strawberries in a single layer on the dehydrator tray and dehydrate at 135° until leathery and crisp (8 – 12 hours).

Cooking Measurement Equivalents

Measurement	Equivalents						
	Tsp	Tbsp	Oz	Cup	Pint	Quart	Gallon
Tsp	1	1/3	1/6	1/48			
Tbsp	3	1	1/2	1/16	1/32		
Oz	6	2	1	1/8	1/16		
Cup	48	16	8	1	1/2	1/4	1/16
Pint	96	32	16	2	1	1/2	1/8
Quart	192	64	32	4	2	1	1/4
Gallon	768	256	128	16	8	4	1

Resources

1. AlpineAire Foods. For a list of retailers, contact P.O. Box 926, Nevada City, CA 95959; (800) 322-6325; www.alpineairefoods.com
2. Adventure Foods, 481 Banjo Ln., Whittier, NC 28789; (828) 497-4113; www.adventurefoods.com; adfoods@dnet.net
3. Asian food stores-bigger cities usually have one or two Asian groceries
4. Backpacker's Pantry, 6350 Gunpark Dr., Boulder, CO 80301; (800) 641-0500
5. Bob's Red Mill, www.bobsredmill.com
6. Mountain House. For a list of local suppliers, contact P.O. Box 1048, Albany, OR 97321; (800) 547-0244; www.ofd.com/mh; mtnhouse@ofd.com
7. Supermarkets
8. The Baker's Catalogue, P.O. Box 876, Norwich, VT 05055-0876; (800) 827-6836; www.kingarthurfLOUR.com
9. From Pack to Plate in 10 Minutes (The Mountaineers Books, 800-553-4453) and Good Food for Camp and Trail.
10. All-Natural Recipes for Delicious Meals Outdoors (Pruett Publishing, 800-247-8224).



The Food Chain Gang