

# BACKPACKING RECIPES

Version 10.3 – March 2026



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## Backpacking Recipes

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## Introduction

Backpacking is a great way to unplug, immerse yourself in nature, and challenge yourself both physically and mentally. While there's a lot of natural beauty to take in, experienced backpackers know that no matter how spectacular the scenery is, much of the day is spent thinking about the next meal!

After a long day on the trail, one of the best things is taking off your pack, finding a comfortable spot to sit, and enjoying a hot dinner! This is why it's so important to find a meal that will end your day on a happy and satisfying note.

Figuring out what food to pack can be a challenge all on its own! Since you'll be carrying all of it on your back, backpacking food needs to strike the right balance between taste, nutrition, weight, ease of preparation, and cost.

Instead of purchasing commercially prepared meals, making your own dehydrated or freeze-dried meals for backpacking might be the way to go. Here are some benefits of DIY backpacking meals.

1. **Limitless meal options**

Very few things cannot be dehydrated or freeze-dried, so your options for meals are almost limitless.

2. **Control over ingredients to meet dietary needs**

Food intolerances can range from mild to severe. Using a dehydrator or freeze-dryer to prep your own meals allows you to customize your meals to know exactly what's going in the bags. This allows you to branch out far beyond the limited number of commercially packaged meals available that do not contain the ingredients you need to avoid.

3. **Reduced Cost**

You can dehydrate or freeze-dry your own food and assemble all of your meals, including trail snacks for about \$5 per day. Commercially prepared backpacking meals from your favorite outdoor retail store can easily cost between \$10 and \$15 per meal. If you eat two prepared meals per day, that will add up to \$20 to \$30 per day. A single week-long backpacking adventure can easily pay for the cost of a basic food dehydrator from the savings of making your own food versus commercially prepared meals.

Homemade trail meals are easy to prepare and memorably delicious. This guide will provide you with over 270 recipes for making your own backpacking meals, snacks, desserts, and drinks along with complete instructions on how to pack the meals, rehydrate them, and cook the meals on the trail with nothing more than a small pot, stove, and a spoon. As an extra benefit, introduce unlimited variations in your menu by interchanging different meats and vegetables in these recipes. Read the section on **Dehydrating vs. Freeze-Drying Backpacking Meals** to help you decide which technique might be best for you and your budget.

So, whether you like to be fancy with your food or keep it simple, the following recipes can be your path to better eating and enjoyment of your outdoor experience. Enjoy your wanderings!



## Breakfast

### Backcountry Fried Rice

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                              |
|--------|---------|---|
| 1      | cup     | Freeze dried veggies (peas, onions, carrots, red bell pepper) |
| 1      |         | chicken or vegetable bouillon cube                            |
| 1/2    | tsp     | brown sugar   |
| 1/2    | tsp     | ground ginger   |
| 1/4    | tsp     | garlic powder   |
| 2      | Tbsp.   | Powdered butter   |
| 1      | cup     | Instant brown rice  |
| 2/3    | cup     | Freeze dried eggs   |
| 2      | packets | Soy sauce   |
|        |         | Salt and pepper to taste                                      |

*At Home:* Put freeze dried eggs in a small Ziploc bag. In a separate small Ziploc bag, put the instant brown rice. In a third bag put the vegetables and spices. Place all three bags along with the soy sauce packets in a larger Ziploc bag.

*On the Trail:* Mix the freeze dried eggs with 5 ounces plus 2 teaspoons water in your cookpot and stir to blend. Place the cookpot on your stove over low heat and scramble, stirring frequently so the egg doesn't stick to the bottom. Once cooked, remove and set aside. Add 2 cups water and the contents of the veggies and spices bag to the pot. Bring to a boil, then reduce the heat and simmer until the veggies are soft, about 5 minutes. Add instant rice, stir, and remove the pot from the heat and cover. Let sit for 5 minutes. Return the egg to the pot and stir to combine and re-warm the eggs.

### 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                              |

*At Home:* Preheat the oven to 300 degrees F. Grease a 9 by 13 inch baking pan with coconut oil. In a mixing bowl, combine the oats, crispy rice cereal, walnuts, and banana chips. Place the coconut oil, honey, brown sugar, salt and vanilla in a small pot and bring to a boil over medium heat. Boil for about a minute and then pour over the oatmeal mixture. Stir well, add the chocolate chips, and stir again. 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. Let cool completely and cut into bars. 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 Burrito

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method     |
|--------|---------|--------------------------------------|
| 1/3    | cup     | Instant mashed potato flakes         |
| 1/2    | cup     | Freeze dried scrambled eggs          |
| 3      | Tbsp.   | Freeze dried shredded cheddar cheese |
| 1      | Tbsp.   | Freeze dried onions                  |
| 1      | Tbsp.   | Freeze dried diced bell peppers      |
| 1      | Tbsp.   | Butter powder                        |

*At Home:* Mix all ingredients together and seal in a Ziploc freezer bag.

*On the Trail:* To prepare, add 1-1/3 cup boiling water. Stir immediately. Reseal bag, place in a cozy if you have one, and wait for 10 minutes to rehydrate. Stir again before serving. Divide burrito filling equally between two flour tortillas. Top with hot sauce as desired. Fold and enjoy!

### Breakfast Hashbrowns

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | cup     | Powdered cheddar cheese          |
| 1/4    | cup     | Dried chives                     |
| 1/4    | cup     | Shelf stable bacon bits          |
| 3      | cups    | Dehydrated hashbrown potatoes    |
| 1/2    | cup     | Dried bell peppers               |
| 1      | Tbsp.   | Dried marjoram                   |

*At Home:* Place all of the ingredients in a Ziploc bag.

*On the Trail:* Bring to boil about 2 cups of water. Pour contents of the bag into the boiling water. Remove from the heat and stir thoroughly. Wait 12 minutes or until the ingredients are fully rehydrated.

### Breakfast Ramen and Eggs

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method          |
|--------|------------|---|
| 1      | 3 oz. pkg. | Chicken flavored ramen with flavor packet |
| 4      | Tbsp.      | Real bacon bits                           |
| 1/2    | cup        | Freeze-dried eggs                         |
| 2      | Tbsp.      | Powdered milk                             |
| 1      | Tbsp.      | Powdered butter                           |
| 2      | Tbsp.      | Cheddar cheese powder                     |
| 1      | Tbsp.      | Olive oil                                 |

*At Home:* Combine eggs, milk, butter, and cheese in a small Ziploc bag. Place the small bag in a larger Ziploc bag with the rest of the ingredients.

*On the Trail:* Cook ramen noodles according to package directions, but don't add the flavor packet. Drain excess water. Heat oil over a medium flame in a large, nonstick pot/skillet. In a bowl, whisk the powdered eggs, 2/3 cup water, milk powder, cheese powder, butter powder, and the flavor packet together. Add to the skillet. Pour in the noodles and toss until the eggs are just set and take off the heat. Divide among two bowls, scatter bacon on top and serve!

**Breakfast Scramble #1**

Servings: 8

| Amount | Measure      | Ingredient -- Preparation Method       |
|--------|--------------|--|
| 1      | lb.          | Ground beef                            |
| 1      | medium       | Onion, chopped                         |
| 4      | cups         | Hashbrowns, freeze dried or dehydrated |
| 1      | 14.5 oz. can | Diced tomatoes                         |
| 3/4    | cup          | Freeze-dried eggs                      |
| 1/4    | cup          | Powdered butter                        |
| 1/2    | cup          | Powdered milk (Nestle Nido)            |
| 3/4    | cup          | Powdered Cheddar cheese (optional)     |

*At Home:* Combine the eggs, butter, cheese and milk in one Ziploc bag and the remaining dry ingredients in a separate Ziploc bag.

*On the Trail:* In a large pot, rehydrate the contents of the Ziploc bag with the beef and hashbrowns by using a 1 to 1 ratio of dried food to water. Bring to a boil stirring constantly. Reduce heat and simmer while continuing to stir. Mix the contents of the second Ziploc bag with 2 1/4 cups of water to bring to a consistency of scrambled eggs and add to the pot. Cook and stir until eggs are completely set. Salt and pepper to taste.

**Breakfast Scramble #2**

Servings: 1-2

| 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                              |
| 2      | Tbsp.   | Powdered butter                    |
| 1      | Tbsp.   | Powdered milk (Nestle Nido)        |
| 2      | Tbsp.   | Powdered 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.

**Breakfast Scramble #3**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method        |
|--------|---------|---|
| 1/2    | cup     | Sausage crumbles, freeze-dried          |
| 1/4    | cup     | Onion, diced and freeze-dried           |
| 1/4    | cup     | Mushrooms, diced and freeze-dried       |
| 1/2    | tsp.    | Garlic powder                           |
| 2      | tsp.    | Butter powder                           |
| 1/2    | cup     | Swiss cheese, shredded and freeze-dried |
| 1/2    | cup     | Scrambled eggs, freeze-dried            |
| 1      | packet  | Olive oil                               |
|        |         | Salt and pepper to taste                |

*At Home:* In a quart Ziploc bag place the sausage, onion, mushroom, and garlic. Place the cheese in a snack-size Ziploc bag and seal it, pushing out all air. Repeat with the egg and butter powder in a second snack-size Ziploc bag. Place all of the smaller bags in a gallon Ziploc bag along with the packet of olive oil.

*On the Trail:* Add 3/4 cup of water to the bag with the sausage, onion, mushroom, and garlic and stir well. Seal and set aside. Add 1/3 cup cool water to the cheese bag. Seal and set aside. Add 1/2 cup cool water to the egg bag. Seal and shake till the egg powder dissolves. Set aside. Let the bags sit for 10 to 15 minutes to rehydrate. Heat a pot over medium-low heat and add the olive oil. Drain off any water remaining in the sausage mix, add to the pan, and sauté until it smells good. Shake the egg bag again and slowly pour in. Drain off any remaining water in the cheese bag,

and sprinkle the cheese on top. Scramble until the eggs are done, lowering the flame as needed. Stir to prevent sticking to the pan. Salt and pepper to taste.

Note: 1/2 cup freeze-dried eggs is equal 4 fresh eggs.

### Breakfast Skillet

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method     |
|--------|---------|--------------------------------------|
| 1/2    | cup     | Red bell pepper slices, freeze-dried |
| 1/2    | cup     | Onion, diced and freeze-dried        |
| 1      | cup     | Sausage crumbles, freeze-dried       |
| 1-1/2  | cups    | Cubed freeze-dried potatoes          |
| 1      | cup     | Scrambled eggs, freeze-dried         |
| 4      | tsp     | Butter powder                        |
| 2      | packets | Olive oil                            |
| 4      | packets | Salsa, ketchup, or hot sauce         |
|        |         | Salt and pepper to taste             |

*At Home:* In a quart Ziploc bag place the red bell peppers, onions, and sausage crumbles. In a second quart Ziploc bag place the potatoes. In a snack-size bag place the eggs and butter powder. Place all of the smaller bags in a gallon Ziploc bag along with the packet of olive oil.

*On the Trail:* Open the pepper bag with onions and sausage, add 1-1/2 cups cool water and reseal. Open the potato bag, add in 1 cup cool water, and reseal. Let both rehydrate for 15 minutes, shaking the bags gently, every couple of minutes. Add 1 cup cool water to the egg bag. Stir well to combine. Be sure to get into the bag corners to get all the powder. Set aside for 5 to 10 minutes to rehydrate. Add the oil to a pot over a medium flame. Add the pepper, onion, and sausage bag and potato bag to the pot and sauté until smelling good and getting golden. Cook off any excess water (it will add flavor). Stir or shake the egg mix again, then gently pour in. Scramble until the eggs are done, lowering the flame as needed. Stir to prevent sticking to the pan. Salt and pepper to taste. Serve with salsa, ketchup, or your favorite hot sauce.

Note: 1 cup freeze-dried eggs is equal to 8 fresh eggs.

### Breakfast Smoothies

*At Home:* Put the rolled oats in the blender and process until mostly a powder. Add the rest of the ingredients to the blender. Process at high speed until smooth and frothy. Spread on dehydrator tray covered with a non-stick sheet or parchment paper. Dehydrate at 115F/46C for about 6-12 hours until completely dry and brittle. Remove from dehydrator and let cool to room temperature. Use a food processor to grind dried smoothie mixture into a powder. Pack in a small zip lock bag.

*On the Trail:* Pour smoothie powder into a mug. Add 2/3 cup water and stir/shake well. Let stand for 5 minutes to rehydrate.

### Blueberry Pie Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Frozen blueberries               |
| 1/2    |         | Banana                           |
| 1/4    | cup     | Plain non-fat Greek yogurt       |
| 2      | Tbsp.   | Rolled oats                      |
| 1/2    | Tbsp.   | Peanut butter                    |
| 1      | tsp     | Vanilla extract                  |
| 1/2    | tsp     | Ground cinnamon                  |
| 1/4    | cup     | Vanilla almond milk              |

### Chocolate Almond Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      |         | banana                           |
| 2      | Tbsp.   | Rolled oats                      |
| 1      | Tbsp.   | Peanut butter                    |
| 1      | tsp     | Ground flaxseed                  |
| 1      | tsp     | Cocoa                            |
| 2      | tsp     | Brown sugar                      |
| 3/4    | cup     | Almond milk                      |

### Mango Coconut Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Frozen mango chunks              |
| 2      | Tbsp.   | Rolled oats                      |
| 2      | Tbsp.   | Shredded coconut, unsweetened    |
| 3/4    | cup     | Coconut milk                     |

### Strawberry Kiwi Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method                |
|--------|---------|---|
| 2      | small   | Ripe kiwis — peeled and quartered               |
| 1/2    | cup     | Frozen strawberries                             |
| 1/2    | medium  | Orange — or 1 clementine, peel and pith removed |
| 1/2    |         | Banana  |
| 1/2    | cup     | Skim milk                                       |
| 2      | Tbsp.   | Rolled oats                                     |

### Tropical Pina Colada Smoothie

Servings: 4

| Amount | Measure    | Ingredient -- Preparation Method            |
|--------|------------|---|
| 1      | 16 oz. bag | Season's Choice Tropical Blend Frozen Fruit |
| 1      | 15 oz. can | Coconut milk                                |
| 1      | tsp        | Vanilla Extract                             |
| 1/2    | cup        | Rolled oats                                 |

### Very Berry Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Frozen mixed berries             |
| 1      |         | Banana                           |
| 2      | Tbsp.   | Rolled oats                      |
| 2/3    | cup     | Orange juice                     |

### Mocha Cocoa Peanut Butter Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | cup     | Freeze dried bananas, ground     |
| 2      | Tbsp.   | Rolled oats, ground              |
| 1      | packet  | Hot chocolate mix                |
| 2      | tsp     | Freeze-dried/instant espresso    |
| 1      | Tbsp.   | Peanut butter powder             |

### Cheesy Bacon Grits

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | packets | Instant grits                    |
| 2      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 2      | Tbsp.   | Shelf stable bacon               |
| 1/2    | tsp     | Onion powder                     |
| 1/4    | tsp     | Garlic powder                    |
| 4      | Tbsp.   | Cheddar cheese powder            |

*At Home:* Pack the dry ingredients in a pint freezer bag. Mark bag “Add 1 cup water”.

*On the Trail:* Add in 1 cup near boiling water stirring well. Let sit for 5 minutes or until cool enough to eat.

*Notes:* Find instant grits in well stocked grocery stores, in the cereal aisle. Make sure they are NOT ‘quick cooking’.

### Chocolate Covered Cherry Granola Bars

Servings: 12 bars

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2 1/2  | cups    | Crisp rice cereal                |
| 1 1/2  | cups    | Old-fashioned oats               |
| 1/2    | cup     | Dried Cherries                   |
| 1/2    | cup     | Dark chocolate chips             |
| 3/4    | cup     | Chunky peanut butter             |
| 1/4    | cup     | Honey                            |
| 1/4    | cup     | Pure maple syrup                 |
| 1/4    | cup     | Brown sugar, packed              |

*At Home:* Spray or lightly oil a 9×13” pan. Line with parchment paper cut to fit bottom of pan, and up the end sides. Spray or oil the paper. Mix the cereal, oats, cherries and chocolate chips together in a large bowl. Add the peanut butter, honey, maple syrup and brown sugar to a medium mixing bowl, heat in microwave for 1 minute on high. Remove and stir until smooth. Add to dry mix, stir till thoroughly combined with a silicone spatula. Pack into prepared pan, pressing down evenly. Let cool for an hour, cut with a sharp knife into bars. Wrap each bar individually. For best storage, keep in refrigerator or freezer until trail time. Keep away from heat/sunlight on the trail.



**Denver Scramble**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method          |
|--------|---------|---|
| 1/2    | cup     | Sausage crumbles, freeze-dried            |
| 1/4    | cup     | Green bell pepper, diced and freeze-dried |
| 2      | Tbsp.   | Onion, diced and freeze-dried             |
| 1/2    | cup     | Scrambled eggs, freeze-dried              |
| 2      | tsp.    | Butter powder                             |
| 1/4    | cup     | Shredded cheddar cheese, freeze-dried     |
| 1      | packet  | Olive oil                                 |
|        |         | Salt and pepper to taste                  |

*At Home:* In a sandwich or quart freezer bag place the freeze-dried sausage crumbles, green bell pepper, and onion. In a snack-size bag place the eggs and butter powder. In a separate snack-size bag put the cheddar cheese. Place all of the smaller bags in a gallon Ziploc bag along with the packet of olive oil.

*On the Trail:* Add 2 tablespoons cool water to the cheese bag, seal it, and let it rest for 15 minutes. Add 1/2 cup cool water to the meat and vegetable bag, seal it, and let it rest for 15 minutes. Add 1/2 cup cool water to the egg bag. Seal and shake well. Set aside for 5 minutes. Add the oil and heat over a medium flame in a pot. Drain off remaining water in the meat bag, add it to the pan, and sauté until it sizzles and smells good. Shake the egg bag again, pouring into the pot, then top with the cheese. Lower the flame and cook, scrambling gently, until the eggs are set. Stir often to prevent sticking to the pan. Salt and pepper to taste.

Note: 1/2 cup freeze-dried eggs is equal 4 fresh eggs.

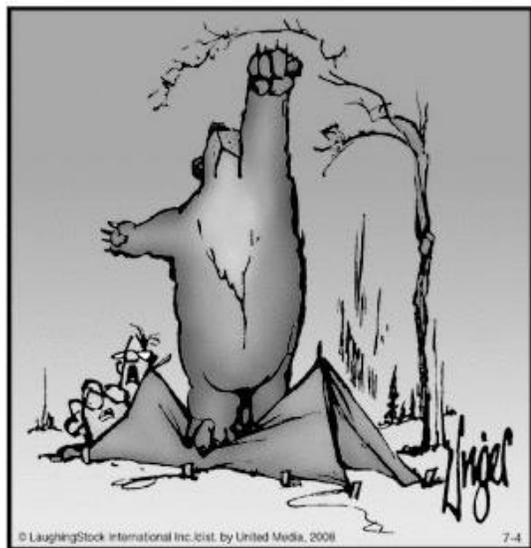
**Frittata**

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 6      | Tbsp.   | Powdered whole eggs              |
| 2      | Tbsp.   | Powdered butter                  |
| 1      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 2      | Tbsp.   | Chopped sun-dried tomatoes       |
| 1/4    | tsp     | Dried oregano                    |
| 1/4    | tsp     | Dried marjoram                   |
|        |         | Salt – to taste                  |
|        |         | Pepper – to taste                |
| 1      | Tbsp.   | Olive oil                        |
| 1      | oz.     | Sausage                          |
| 1      | tsp     | Dried minced onion               |
| 1      | Tbsp.   | Grated Parmesan cheese           |

*At Home:* Mix powdered eggs, powdered butter, milk, tomatoes and dried herbs in a Ziploc bag. Pack other ingredients separately.

*On the Trail:* Add 3/4 cup water to the egg mixture; beat well with a fork. Season to taste with salt and pepper and set aside. Place oil in a frying pan. Slice sausage into the pan; cook until sausage is hot. Add the beaten eggs mixture and cover with a lid. Reduce heat to low. Continue to cook until center of frittata is set, about 10 minutes. Remove from the heat and sprinkle with Parmesan.



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

### **Fruity Breakfast Rice**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method      |
|--------|---------|---------------------------------------|
| 1/2    | tsp     | Cinnamon                              |
| 1/4    | cup     | Diced dried fruit blend (your choice) |
| 2      | Tbsp.   | Milk powder                           |
| 2      | Tbsp.   | Brown sugar                           |
| 2      | Tbsp.   | Butter powder                         |
| 1      | cup     | Instant rice                          |

*At Home:* Add all ingredients into a quart freezer bag.

*On the Trail:* Add 1-1/4 cups water to a small pot and bring to a boil. Add dry ingredients, stirring well. Remove the pot from the stove and let it sit for 10 minutes. In cooler weather or at altitude, use a pot cozy to insulate. Stir well and serve.

### **Fruity Dream**

Servings: 4

| Amount | Measure        | Ingredient -- Preparation Method |
|--------|----------------|----------------------------------|
| 1 1/2  | oz. (40 grams) | Freeze-dried strawberries        |
| 1 1/2  | oz. (40 grams) | Freeze-dried diced apples        |
| 1 1/2  | oz. (40 grams) | Freeze-dried sliced bananas      |
| 4      | Tbsp.          | Almond flour                     |
| 4      | Tbsp.          | Ground flaxseed                  |
| 4      | oz.            | Pecans, chopped                  |
| 1/2    | cup            | Nestle Nido milk powder          |

*At Home:* Combine all the ingredients in a medium-sized zip-lock bag.

*On the Trail:* Bring 2 cups of water to a boil. Carefully add the contents of the bag to the water. Stir well, cover and let sit for about 5 minutes.

### **Granola #1**

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                          |

*At Home:* Mix all ingredients thoroughly except cranberries and raisins and bake in a shallow pan at 275 degrees for approximately one hour. Cool and add cranberries and raisins. Store in refrigerator or freezer.

## Granola #2

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 4      | cups    | Uncooked oats   |
| 2/3    | cup     | Pure maple syrup  |
| 2/3    | cup     | Unsweetened applesauce  |
| 2      | tsp     | Ground cinnamon   |
| 2      | tsp     | Vanilla extract   |
| 1/2    | tsp     | Fine sea salt   |
| 1-1/3  | cups    | Chopped nuts (pecans or walnuts)  |
| 2      | cups    | Freeze dried or dehydrated fruit of choice (cranberries, raisins, blueberries, cherries, peaches, etc.) |
| 1-1/3  | cups    | Powdered milk   |

*At Home:* Preheat your oven to 350°F. Mix all ingredients except for freeze dried or dehydrated fruit and powdered milk together in a large bowl so that the oats are evenly coated. Pour the granola mixture onto a silicone mat or parchment paper lined baking sheet. Press down on the granola with the back of a spatula. Bake for a total of 22 minutes. At the halfway point, stir the granola and press down on the granola with the back of a spatula. Once it's finished cooking, let cool completely before breaking it up. Place 1-1/3 cups granola, 1/2 cup dehydrated or freeze dried fruit, and 1/3 cup powdered milk in a quart Ziploc freezer bag.

*On the Trail:* Add 1/2 cup cold water and mix until milk powder is dissolved. Consume immediately

## Homemade Instant Oatmeal Packets

Servings: 1 (Basic recipe for a single serving packet)

| Amount | Measure | Ingredient -- Preparation Method                                     |
|--------|---------|--|
| 1/3    | cup     | Rolled oats (instant or quick)                                       |
| 2      | tsp     | Oat bran (or wheat germ/bran)  |
| 2      | tsp     | Powdered milk (Nestle Nido)  |
| 1 to 3 | tsp     | Brown sugar, Splenda, pure maple sugar, or other preferred sweetener |
| 1/8    | tsp     | Cinnamon   |
| 1      | pinch   | Salt   |

*At Home:* Combine basic recipe ingredients in individual zip top bags. Add additional flavor ingredients, if desired (see suggestions below).

Twelve flavor variations (use the basic recipe ingredients, plus these additions):

1. Plain -- Use basic recipe ingredients.
2. Apple Cinnamon Maple -- 2 tablespoons dried or 1/4 cup freeze-dried chopped apples; additional 1/4 teaspoon cinnamon; use maple sugar for sweetener
3. Blueberry -- 2 tablespoons dried or 1/4 cup freeze-dried blueberries.
4. Cherry Almond -- 2 tablespoons dried or 1/4 tablespoons freeze-dried cherries; 1 tablespoon sliced or slivered almonds.
5. Apricot Ginger -- 2 tablespoons chopped dried apricots; 1 teaspoon minced crystallized ginger.
6. Cranberry Orange Pecan -- 2 tablespoons dried cranberries, 1 teaspoon dried orange peel bits, 1 tablespoon chopped pecans.
7. Pineapple Coconut -- 2 tablespoons dried or 1/4 cup freeze-dried chopped dried pineapple, 1 tablespoon freeze-dried coconut
8. Raspberry Vanilla Bean-- 2 tablespoons dried or 1/4 cup freeze-dried raspberries, 1/4 teaspoon ground vanilla powder
9. Peach (or Mango) Macadamia Nut -- 2 tablespoons chopped dried peaches (or mangos), 1 tablespoon chopped macadamia nuts
10. Cocoa Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 2 teaspoons cocoa powder

11. Peanut Butter Banana -- 1/4 cup chopped freeze-dried bananas (dried banana chips not recommended), 1 tablespoon PB2 peanut butter powder
12. Mocha -- 1 teaspoon cocoa powder, 1/2 teaspoon instant espresso powder

*On the Trail:* To prepare 1 serving of hot oatmeal:

Add 1 oatmeal packet to mug or bowl. Pour in 2/3 cups boiling water and stir. Let instant oats stand for 3-4 minutes to soften and thicken; stir, and they are ready to eat. Quick oats may need to soften an additional minute or two.

### Latte Breakfast Bars

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3      |         | Eggs                             |
| 1 1/2  | cups    | Sugar                            |
| 2      | tsp     | Vanilla                          |
| 1/4    | cup     | Butter, melted                   |
| 2      | cups    | All-purpose flour                |
| 1/2    | tsp     | Salt                             |
| 1/4    | cup     | Instant coffee crystals          |
| 1/4    | cup     | Milk or heavy cream              |
| 1      | cup     | Pecans, chopped                  |
| 1/2    | cup     | Mini chocolate chips             |

*At Home:* Preheat oven to 325°F. Lightly grease a 13 by 9 inch pan. Beat the eggs in a mixing bowl until light and fluffy. Add the sugar, vanilla and butter, beating to combine. Stir in the flour and salt. Set aside 1 1/2 cups of batter. Stir the coffee crystals and cream and add to the remaining batter. Spread the coffee batter into the prepared pan. Add chocolate chips to the reserved batter and spoon over the coffee batter. Run a knife through the two batters to marble them. Sprinkle the pecans over the top. Bake 20-25 minutes or until the center is firm and set. Cool before cutting into bars. Wrap tightly in plastic wrap.

*On the Trail:* Unwrap and enjoy! Makes about 2 dozen.

*Note:* These firm up as they cool. They are not like a granola bar. More like a dense coffee cake or brownie.

### Omelets

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 4      | Tbsp.   | Powdered eggs (equals 2 large eggs) |
| 1      | tsp     | Dehydrated diced tomatoes           |
| 1      | tsp     | Dehydrated green peppers            |
| 1      | tsp     | Dried minced onions                 |
|        |         | Water (see directions below)        |
|        |         | Salt and pepper -- as needed        |

*At Home:* Place the powdered eggs, tomatoes, green peppers, and onions in a Ziploc bag.

*On the trail:* Measure 2 Tbsp. of the powdered egg for every egg being replaced. Dump the measured powder into a mixing bowl. For example, a recipe calling for three eggs would require 6 Tbsp. of powder. Pour 2 Tbsp. and 2 tsp of water into the mixing bowl for every egg you are rehydrating. For example, a recipe calling for three eggs would require 8 Tbsp. of water to rehydrate the powder. Stir the water and the egg powder together along with the dehydrated vegetables and allow them to rest and absorb the water for 15 minutes. Pour the rehydrated eggs into a frying pan to make scrambled eggs.



“We forgot the food!”

### **Peachy Quick Oats**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Quick oats                       |
| 1/2    | cup     | Freeze-dried peaches, crumbled   |
| 1/4    | cup     | Brown sugar, packed              |
| 1      | Tbsp.   | Powdered milk                    |
| 1      | tsp     | Ground cinnamon                  |
| 1      | Pinch   | Fine sea salt                    |

*At Home:* Pack in a quart freezer bag. Mark the bag with a permanent marker, "Add 2 cups boiling water".

*On the Trail:* Add water and bag contents to a 1 Liter or bigger pot and bring to a boil. Lower the flame and cook for a minute, stirring the whole time.

### **Ramen and Eggs Breakfast**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | package | Ramen noodles (any flavor)       |
| 1/2    | cup     | Freeze-dried eggs                |
| 1/2    | cup     | Shelf stable bacon bits          |
| 1/4    | cup     | Dried onions, diced              |
| 2      | Tbsp.   | Powdered butter                  |
| 1/4    | cup     | Powdered cheddar cheese          |
| 2      | packets | Olive oil                        |
|        |         | Salt and pepper to taste         |

*At Home:* Place the freeze-dried eggs and powdered butter in a small Ziploc sandwich bag. Place the bacon bits and packets of olive oil in a second small Ziploc sandwich bag. In a third small Ziploc sandwich bag, put the powdered cheddar cheese. Break the ramen noodles into pieces and place the noodles, onions, and seasoning packet in a quart Ziploc bag. Finally, place all of the smaller bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1/2 cup water to the powdered eggs bag and mix thoroughly until blended. Heat olive oil in a pot (non-stick is preferable) over a medium flame. Add eggs and bacon bits and scramble; set aside. Cook the ramen noodles in 2 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved; then turn off the heat. Thoroughly mix the cheddar cheese powder with the ramen noodles. Divide noodles and broth between two bowls. Top with scrambled eggs and bacon. Serve and enjoy!

### **Ramen Breakfast Bomb**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | packet  | Maruchan Chicken Flavor Ramen    |
| 1/2    | cup     | Potato Pearls                    |
| 1/2    | cup     | Freeze-dried eggs                |
| 1/2    | cup     | Shelf stable bacon bits          |
| 1/4    | cup     | Dried onions, diced              |
| 2      | Tbsp.   | Powdered butter                  |
| 1/4    | cup     | Powdered cheddar cheese          |
| 2      | packets | Olive oil                        |
|        |         | Salt and pepper to taste         |

*At Home:* Place the freeze-dried eggs and powdered butter in a small Ziploc sandwich bag. Place the bacon bits and packets of olive oil in a second small Ziploc sandwich bag. In a third small Ziploc sandwich bag, put the powdered cheddar cheese. In a fourth small Ziploc sandwich bag, put the Potato Pearls. Break the ramen noodles into pieces

and place the noodles, onions, and seasoning packet in a quart Ziploc bag. Finally, place all of the smaller bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1/2 cup water to the powdered eggs bag and mix thoroughly until blended. Heat olive oil in a pot (non-stick is preferable) over a medium flame. Add eggs and bacon bits and scramble; set aside. Cook the ramen noodles in 2 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved; then turn off the heat. Add in the Potato Pearls and cheddar cheese powder. Stir thoroughly and let stand for two or three minutes. Divide noodles and potatoes between two bowls. Top with scrambled eggs and bacon. Serve and enjoy!

### Savory Pancakes

Servings: 2-4

| Amount | Measure | Ingredient -- Preparation Method                               |
|--------|---------|--|
| 2      | cups    | Instant pancake mix (the kind that only requires adding water) |
| 1/4    | tsp     | Garlic powder  |
| 1      | tsp     | Onion powder   |
| 1/4    | cup     | Chives, freeze-dried   |
| 3      | oz.     | Shelf stable bacon bits  |
| 1/4    | cup     | powdered cheddar cheese  |
| 1      | tsp     | Salt   |
| 1/2    | tsp     | Mustard powder   |
| 1/4    | cup     | Olive oil  |

*At Home:* Put oil in a spill proof container. Put all dry ingredients in a small Ziploc bag.

*On the Trail:* In a bowl, combine the savory powdered pancake mix with enough water to make a batter the consistency of a beaten egg. Place frying pan over flame to preheat. When the pan is evenly warmed, add oil to coat surface. Spoon the batter into the pan to form pancakes that are roughly 2 inches in diameter. Watch the pancakes closely, and when you see tiny bubbles start to form, flip them with a spatula or a fork. When they're browned on both sides, serve immediately.

### Scrambled Eggs

Servings: 3

| Amount                   | Measure | Ingredient -- Preparation Method |
|--------------------------|---------|----------------------------------|
| 1 1/4                    | cups    | Powdered whole eggs              |
| 3                        | Tbsp.   | Powdered milk (Nestle Nido)      |
| 1                        | tsp     | Salt                             |
| 1/2                      | tsp     | Pepper                           |
| 1 3/4                    | cups    | Water                            |
| 1                        | Tbsp.   | Olive oil                        |
| <i>Optional add-ins:</i> |         |                                  |
| 3                        | Tbsp.   | Cheese (Freeze Dried)            |
| 3                        | Tbsp.   | Bacon (shelf stable)             |
| 3                        | Tbsp.   | Onion (Freeze Dried)             |
| 3                        | Tbsp.   | Green Peppers (Freeze Dried)     |

*At Home:* Place the powdered eggs and powdered milk along with the salt and pepper in a Ziploc bag. Put oil in a spill proof container or use packets of olive oil.

*On the Trail:* Place all ingredients into a pot. Beat mixture for 3 minutes or until completely dissolved and frothy. By beating the egg mixture for a few minutes you are incorporating air into the eggs. This help the texture turn out right. Add 1 tablespoon olive oil to a large skillet. Heat oil over medium heat. Add the egg mixture to the hot oil. Cook eggs using medium low heat, stirring continuously until dry and crumbly.

### Steak and Egg Scramble

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                      |
|--------|---------|---|
| 1      | cup     | Red bell pepper slices, freeze-dried                  |
| 1      | 16 oz.  | Sirloin steak, grilled, thin sliced, and freeze-dried |
| 1      | cup     | Scrambled eggs, freeze-dried                          |
| 2      | tsp.    | Butter powder   |
| 2      | packets | Olive oil   |
| 4      | packets | Salsa, ketchup, or hot sauce                          |
|        |         | Salt and pepper to taste                              |

*At Home:* Trim all visible fat off of a 16 oz. Sirloin steak and marinate the steak with your favorite marinade sauce. Grill to your preference of doneness. Thinly slice the steak (1/2" or thinner) before freeze-drying. In a quart Ziploc bag place the red bell pepper and steak slices. In a separate quart Ziploc bag place the scrambled eggs and butter. Place both smaller bags in a gallon Ziploc bag along with the packets of salsa/ketchup/hot sauce.

*On the Trail:* Open the pepper and steak bag, add 1 cup cool water. Let rehydrate for 10 minutes adding additional water if necessary. Shake the bag gently every now and then. Add 1 cup cool water to the egg bag. Stir well to combine. Egg powder can hide in the bag corners, so massage it gently. Add the olive oil to a pot over a medium flame. Add in the pepper and steak with any remaining soaking liquid, sauté until smelling good and all water is cooked off. Stir or shake the egg mix again, then gently pour in, over the beef. Scramble until the eggs are done, lowering the flame as needed. Stir to prevent sticking to the pan. Salt and pepper to taste. Serve with salsa, ketchup, or your favorite hot sauce.

Note: 1 cup freeze-dried eggs is equal to 8 fresh eggs.

### Sunrise Spuds

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method          |
|--------|---------|---|
| 1/2    | cup     | Dehydrated potato flakes or Potato Pearls |
| 2      | Tbsp.   | Powdered milk (Nestle Nido)               |
| 1/4    | cup     | Powdered cheese                           |
| 1      | Tbsp.   | Powdered sour cream                       |
| 1      | tsp     | Dried parsley                             |
| 1      | tsp     | Onion powder                              |
| 2      | Tbsp.   | Shelf stable bacon bits                   |
| 1      | tsp     | Powdered butter                           |
|        |         | Salt - as needed                          |
|        |         | Pepper - as needed                        |

*At Home:* Place all ingredients in a Ziploc bag.

*On the Trail:* Boil 2/3 cup water. Add hot water to the ingredients and mix well.

### Tropical Breakfast Rice Pudding

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | cups    | Instant rice                     |
| 1/2    | cup     | Powdered dry milk                |
| 1/4    | cup     | Brown sugar, packed              |
| 1/4    | cup     | Freeze-dried mangoes crumbled    |
| 1/4    | cup     | Freeze-dried bananas, crumbled   |
| 2      | tsp     | Potato starch                    |
| 1      | tsp     | Ground cinnamon                  |
| 1/4    | tsp     | Fine sea salt                    |

*At Home:* Add all the ingredients into a quart freezer bag. Mark the bag with a permanent marker: “Add 2-1/2 cups water”.

*On the Trail:* Bring the water to boil in a 1L or bigger pot, add the dry mix, and stir well. Cover and remove the stove. In cool weather, place in a pot cozy for best results. Let rest for 10 minutes, stirring before serving.

**Additional Breakfast Ideas**

|                      |               |
|----------------------|---------------|
| Instant oatmeal      | Tang          |
| Mini shredded wheats | Hot chocolate |
| Honeynut Cheerios    | Coffee        |
| Grapenuts            |               |

**Lunches**

**Alfredo Mashed Potatoes**

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| -----  | -----   | -----   |
| 3/4    | cup     | Instant mashed potatoes   |
| 2      | Tbsp.   | Powdered milk   |
| 1      | Tbsp.   | Alfredo mix (See <b>Sauce Recipes</b> included in this cookbook or from a packet) |
| 1      | packet  | Olive oil   |
| 2      | Tbsp.   | Parmesan cheese   |

*At Home:* In a quart Ziploc freezer bag place the instant potatoes, powdered milk, and Alfredo mix. In a second sealable bag, place the parmesan cheese and olive oil packet.

*On the Trail:* Add 1 cup boiling water and the olive oil to the package of potatoes and mix well. Stir in cheese. As soon as the potatoes cool down enough, start eating.

**Black Bean and Corn Salad**

Servings: 8

| Amount | Measure    | Ingredient -- Preparation Method        |
|--------|------------|---|
| -----  | -----      | -----                                   |
| 1      | lb.        | Frozen corn kernels                     |
| 1      | 15 oz. can | Black beans, drained and rinsed         |
| 2      | cups       | Cherry tomatoes, quartered              |
| 1      | large      | Red onion, diced                        |
| 1/2    | cup        | Green bell pepper diced                 |
| 1/2    | cup        | Orange bell pepper diced                |
| 1/4    | cup        | Fresh cilantro, minced                  |
| 2      | cloves     | Garlic, minced                          |
| 1/2    | cup        | Feta cheese, crumbled                   |
| 1      | cup        | Balsamic Vinaigrette (1 packet/serving) |

*At Home:* Combine all ingredients except for dressing in a medium bowl. Toss to combine. Generously season with salt and pepper. Marinate at least 1 hour in the refrigerator. Freeze dry. To pack for the trail, place the dehydrated ingredients into a sealable bag (or divide between small bags for individual portions) along with the unopened packets of balsamic vinaigrette dressing.

*On the Trail:* At least an hour before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary to complete hydration. Add the balsamic vinaigrette dressing and enjoy.

## Burritos

### Bacon-Cheeseburger Burritos

Servings: 4 burritos

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Ground beef                      |
| 3-4    | cloves  | Garlic, minced                   |
| 2      | Tbsp.   | Water                            |
| 4      | tsp     | Worcestershire sauce             |
| 1      | tsp     | Black pepper                     |
| 1/2    | tsp     | Salt                             |
| 4      | packets | Mayonnaise                       |
| 4      | packets | Ketchup                          |
| 4      | packets | Yellow mustard                   |
| 4      | packets | Sweet relish                     |
| 1/2    | cup     | Tomatoes, diced                  |
| 1/2    | cup     | White onion, diced               |
| 1/2    | cup     | Powdered cheddar cheese          |
| 3      | oz.     | Shelf stable bacon bits          |
| 4      | 10-inch | Flour tortillas                  |

*At Home:* Combine the ground beef, garlic, water, Worcestershire sauce, black pepper, and salt. Cook over medium-high heat until browned, breaking it apart and stirring it as it cooks. Drain excess liquid. Dehydrate or freeze dry. Dehydrate or freeze dry the diced tomatoes and onions. When dry, place meat in a Ziploc bag along with the diced tomatoes, onions, and powdered cheddar cheese. In a separate Ziploc bag place the packets of mayonnaise, ketchup, mustard, sweet relish, and the bacon bits.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated, pour the contents into a pot along with the bacon bits. Heat up over a stove, stirring constantly. Lay tortillas out on a flat surface and divide the mixture among the 4 tortillas. Add one packet each of the mayonnaise, ketchup, mustard, and relish to each burrito. Fold each burrito-style and enjoy.

*Optional:* Toast the burritos by placing in the skillet seam side down and cook until toasted. Flip and toast other side.



## Beef Burrito

Servings: 8 burritos

| Amount | Measure    | Ingredient -- Preparation Method                 |
|--------|------------|--|
| 1      | lb.        | Ground beef                                      |
| 1/2    | cup        | Chopped onion                                    |
| 3      | cloves     | Garlic minced                                    |
| 3      | Tbsp.      | Tomato paste                                     |
| 1/2    | Tbsp.      | Ground cumin                                     |
| 1      | tsp        | Chili powder                                     |
| 1      | tsp        | Dried oregano                                    |
| 1/2    | tsp        | Salt   |
| 2      | Tbsp.      | Fresh lime juice                                 |
| 1/4    | cup        | Water  |
| 1      | 15 oz. can | Refried beans                                    |
| 6      | oz.        | Shredded cheddar cheese                          |
| 8      | Tbsp.      | Sour cream powder                                |
| 2      | cups       | Prepared Mexican rice (Rice a Roni, Knorr, etc.) |
| 8      | 10-inch    | Flour tortillas                                  |

*At Home:* In a large skillet, over medium-high heat, add ground beef, onion and garlic to skillet. Cook and crumble beef and cook until no longer pink. Drain grease. Add tomato paste, cumin, chili powder, oregano, salt, lime juice and water to beef. Cook and stir until mixture comes to a slight boil. Reduce heat to low and cook for 5 to 8 minutes or until thoroughly heated. Cook the Mexican rice according to the instructions on the box. Combine the rice and meat and dehydrate or freeze dry. Dehydrate or freeze dry the refried beans. Place the dried beef/rice and refried beans along with the cheddar cheese and sour cream in a Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated, lay tortillas out on a flat surface and divide the mixture among the 8 tortillas. Fold each burrito-style and enjoy.

*Note:* You can purchase Taco Bell sauce packets to be used with the burritos if desired. You can toast the burritos on by heating a skillet over medium-high heat. Place the burritos seam side down in the skillet and cook until toasted. Flip and toast other side.

## Cheddar Bean Burritos

Servings: 6 burritos

| Amount | Measure     | Ingredient -- Preparation Method       |
|--------|-------------|--|
| 2      | tsp         | Canola oil                             |
| 1      | Tbsp.       | Chipotle pepper in adobo sauce, minced |
| 2      | cloves      | Garlic, minced                         |
| 2      | tsp         | Chili powder                           |
| 1      | tsp         | Ground cumin                           |
| 1/8    | tsp         | Salt                                   |
| 2      | 15 oz. cans | Black beans, rinsed and drained        |
| 2      | Tbsp.       | Water                                  |
| 6      | oz.         | Powdered cheddar cheese                |
| 1/2    | cup         | Sour cream powder                      |
| 1/2    | cup         | Pico de Gallo                          |
| 6      | 8-inch      | Flour tortillas                        |

*At Home:* In a large skillet, heat oil over medium heat; sauté chipotle pepper, garlic and seasonings 2 minutes. Stir in beans and water; bring to a boil. Reduce heat; simmer, uncovered, until flavors are blended, 5-7 minutes, stirring occasionally. Coarsely mash bean mixture; stir in Pico de Gallo. Dehydrate or freeze dry. When dry, place in a Ziploc bag and add the cheddar cheese and sour cream.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated, lay tortillas out on a flat surface and divide the mixture among the 6 tortillas. Fold each burrito-style and enjoy.

*Note:* You can purchase Taco Bell sauce packets to be used with the burritos if desired. You can toast the burritos on by heating a skillet over medium-high heat. Place the burritos seam side down in the skillet and cook until toasted. Flip and toast other side.

### **Cheese Steak Burrito**

Servings 8 servings

| Amount | Measure | Ingredient -- Preparation Method                     |
|--------|---------|--|
| 2      | lb.     | Ground beef  |
| 2      | large   | Bell peppers green, yellow or red (diced into cubes) |
| 1      | large   | Onion (chopped into small cubes)                     |
| 6      | oz.     | Powdered cheddar cheese                              |
| 1      | Tbsp.   | Salt (adjust to taste)                               |
| 1      | tsp     | Black pepper (adjust to taste)                       |
| 8      | packets | Mayonnaise   |
| 8      | 10-inch | Flour tortillas                                      |

*At Home:* In a large skillet, cook ground beef while breaking it apart into small pieces. Season it with salt and pepper. Add in onion and bell pepper. Cook until veggies soften. Drain and dehydrate or freeze dry. When dry, place in a Ziploc bag along with the cheddar cheese powder. Place the mayonnaise packets in a separate Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated, pour the contents into a pot. Heat up over a stove, stirring constantly. Lay tortillas out on a flat surface and divide the mixture among the 8 tortillas. Add one packet of the mayonnaise to each burrito. Fold each burrito-style and enjoy.

*Optional:* Toast the burritos by placing in the skillet seam side down and cook until toasted. Flip and toast other side.

### **Chicken Burrito**

Servings: 10 burritos

| Amount | Measure    | Ingredient -- Preparation Method                           |
|--------|------------|--|
| 1      | lb.        | Freeze dried chicken, diced                                |
| 1      | tsp        | Chili powder   |
| 1      | tsp        | Ground cumin   |
| 1      | tsp        | Salt   |
| 1      | tsp        | Black pepper   |
| 2      | cups       | Cooked Spanish rice (make from homemade or use boxed mix). |
| 1      | 15 oz. can | Black beans drained and rinsed                             |
| 1      | Tbsp.      | Olive Oil  |
| 1      | medium     | Onion, diced   |
| 1      |            | Green pepper, diced  |
| 3/4    | cup        | Powdered sour cream  |
| 6      | oz.        | Powdered cheddar cheese                                    |
| 10     | 8-inch     | Flour tortillas  |

*At Home:* In a large skillet over medium heat add olive oil and sauté the onions and green peppers until the onions are translucent. Cook your Spanish rice according to directions. Drain and rinse black beans. Combine onions, green peppers, rice and black beans and dehydrate or freeze dry. When dry, place in a Ziploc bag along with the chicken, spices, salt, pepper, sour cream, and cheddar cheese.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated, lay tortillas out on a flat surface and divide the mixture among the 10 tortillas. Fold each burrito-style and enjoy.

*Note:* You can purchase Taco Bell sauce packets to be used with the burritos if desired. You can toast the burritos on by heating a skillet over medium-high heat. Place the burritos seam side down in the skillet and cook until toasted. Flip and toast other side.

### **Deluxe Hamburger Burrito**

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | cup     | Cheddar cheese, freeze-dried     |
| 1/4    | cup     | Hamburger, freeze-dried          |
| 2      | tsp.    | Tomatoes, diced and freeze-dried |
| 1      | tsp.    | Onion, diced and freeze-dried    |
| 1      | packet  | Relish                           |
| 1      | packet  | Ketchup                          |
| 1      | packet  | Mustard                          |
| 1      | packet  | Mayo                             |
| 1      |         | Flour tortilla                   |

*At Home:* Pack the cheddar cheese, hamburger, tomatoes, and onion in a quart Ziploc freezer or sandwich bag. In a second Ziploc sandwich bag, put the packets of relish, ketchup, mustard, and mayo. Put both bags along with some tortillas in a larger Ziploc bag.

*On the Trail:* Add the cheddar cheese, hamburger, tomatoes, and onions to a pot along with enough water to slightly cover the contents. Let rehydrate for 10 minutes. Heat the contents of the pot until the cheese melts, stirring often. Remove from heat and spoon contents onto a tortilla. Top as desired with condiments, roll up and enjoy.

### **Vegetarian Burrito**

Servings: 6 burritos

| Amount | Measure    | Ingredient -- Preparation Method                          |
|--------|------------|---|
| 1      | 15 oz. can | Black beans   |
| 1      | 15 oz. can | Sweet corn  |
| 1      | tsp        | Smoked paprika powder                                     |
| 1      | tsp        | Cumin   |
| 2      | tsp        | Fresh lime juice  |
| 1      | medium     | Onions, diced   |
| 1/2    | cup        | Freshly chopped cilantro                                  |
| 1      | cup        | Guacamole (homemade or store-bought)                      |
| 1      | cup        | Salsa (homemade or store-bought)                          |
| 3/4    | cup        | Powdered sour cream                                       |
| 4      | oz.        | Powdered cheddar cheese                                   |
| 3      | cups       | Cooked brown rice (seasoned with salt and 1 tsp of cumin) |
|        |            | Salt and black pepper to taste                            |
| 6      | 10-inch    | Flour tortillas   |
| 6      | packets    | Taco Bell sauce packets (optional)                        |

*At Home:* Drain and rinse the black beans and the corn. Combine them with the paprika powder, cumin, smoked paprika powder, lime juice, salt, and pepper. Add the chopped green onions and the fresh cilantro and stir well. Cook the rice according to the instructions on the box. Combine the rice, corn, beans, guacamole, and salsa and mix well. Dehydrate or freeze dry. When dry, place in a Ziploc bag along with the sour cream and cheddar cheese.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack

where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated, lay tortillas out on a flat surface and divide the mixture among the 6 tortillas. Fold each burrito-style and enjoy. You can toast the burritos on by heating a skillet over medium-high heat. Place the burritos seam side down in the skillet and cook until toasted. Flip and toast other side.

### Cowboy Caviar

Servings: 8

| Amount | Measure    | Ingredient -- Preparation Method                                   |
|--------|------------|--|
| 1      | 15 oz. can | Diced tomatoes   |
| 1      | 15 oz. can | Black-eyed peas drained and rinsed                                 |
| 1      | 15 oz. can | Black beans drained and rinsed                                     |
| 2      | cups       | Frozen corn  |
| 1      | medium     | Red onion, diced   |
| 1      |            | Green bell pepper diced  |
| 1      |            | Red bell pepper diced  |
| 1 1/2  | tsp        | Chili powder   |
| 1/2    | tsp        | Garlic salt  |
| 1/2    | cup        | Dried cilantro   |
| 1      | cup        | Balsamic Vinaigrette or Zesty Italian dressing (1 packets/serving) |

*At Home:* Arrange black-eyed peas, black beans, frozen corn, diced red onion, diced red and green peppers, and diced tomatoes onto trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a sealable bag (or divide between small bags for individual portions) along with the chili powder, garlic salt, dried cilantro, and unopened packets of balsamic vinaigrette dressing.

*On the Trail:* At least an hour before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary to complete hydration. Add the balsamic vinaigrette dressing and enjoy.

### Hummus

#### Brownie Batter Hummus

Servings: 4

| Amount | Measure    | Ingredient -- Preparation Method                |
|--------|------------|---|
| 1      | 15 oz. can | Garbanzo beans, drained and rinsed              |
| 1/2    | cup        | Cocoa powder, unsweetened                       |
| 1/3    | cup        | Cane sugar                                      |
| 1-1/2  | tsp.       | Vanilla extract                                 |
| 1/2    | tsp.       | Table salt                                      |
| 4      | packets    | Almond butter or peanut butter, 1.1 oz. packets |
| 4      | packets    | Olive oil                                       |
| 2      | oz.        | Water   |

*At Home:* Put all ingredients, except the nut butter and olive oil, in a food processor or blender. Add 1/2 cup of water to the food processor or blender. Blend until the mixture is free of lumps. Spread a thin layer of the mixture onto dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags. Put the sandwich bag in a larger Ziploc bag along with the packet of nut butter and olive oil.

*On the Trail:* Add 2 oz. cold water to the bag or container. Stir to mix well and let stand until fully rehydrated. Massage the bag with your fingertips or use a utensil to break up any clumps. The texture of the hummus should be

smooth when fully rehydrated. Add the packets of nut butter and olive oil to the mixture. Stir to mix well and enjoy by the spoonful!

### Cookie Dough Hummus

Servings: 4

| Amount | Measure    | Ingredient -- Preparation Method                |
|--------|------------|---|
| 1      | 15 oz. can | Chickpeas, drained and rinsed                   |
| 1/8    | tsp.       | Salt  |
| 1/8    | tsp.       | Baking soda                                     |
| 2      | tsp.       | Pure vanilla extract                            |
| 4      | packets    | Almond butter or peanut butter, 1.1 oz. packets |
| 1/4    | cup        | Milk  |
| 2/3    | cup        | Brown sugar                                     |
| 1/2    | cup        | Chocolate chips                                 |
| 2-3    | Tbsp.      | Quick oats (as needed to thicken)               |

*At Home:* Add all ingredients (except for chocolate chips and nut butter) to a food processor, and process until very smooth. Spread a thin layer of the mixture onto dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags along with 1/8 cup of chocolate chips. Put the sandwich bag in a larger Ziploc bag along with the packet of nut butter.

*On the Trail:* Stir water into the hummus powder until it reaches your desired consistency. Add the packet of nut butter when rehydrating. Stir to mix well and enjoy by the spoonful!

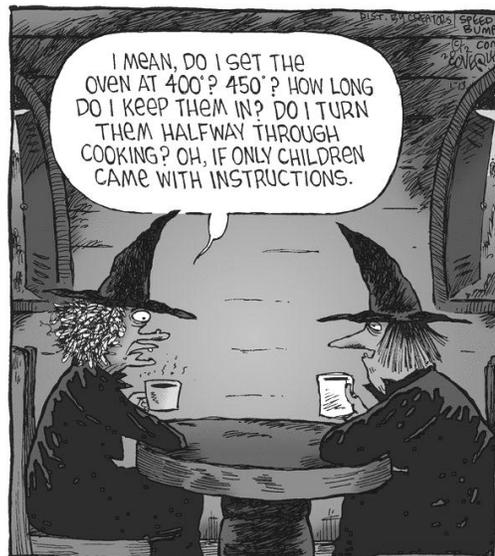
### Jalapeño Cilantro Hummus

Servings: 4

| Amount | Measure     | Ingredient -- Preparation Method         |
|--------|-------------|--|
| 2      | 15 oz. cans | Garbanzo beans, rinsed and drained       |
| 2      | cloves      | Garlic                                   |
| 1/2    | cup         | Fresh cilantro leaves                    |
| 1/3    | cup         | Lemon juice                              |
| 1/4    | cup         | Water                                    |
| 1/2    | tsp.        | Cumin                                    |
| 1-1/2  | tsp.        | Jalapeno, seeds removed and finely diced |
| 4      | packets     | Olive oil                                |
| 4      | packets     | Almond butter, 1.1 oz. packets           |

*At Home:* Place all ingredients except the almond butter and olive oil in a food processor. Process until all ingredients are incorporated. Add an extra tablespoon of water at a time and continue processing if the mixture is too thick, until the puree is very smooth and creamy. Spread in an even layer on your dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags. Put the sandwich bag in a larger Ziploc bag along with a packet of almond butter, olive oil, and flatbread.

*On the Trail:* Stir water into the hummus powder until it reaches your desired consistency. Add the packets of olive oil and almond butter when rehydrating. Mix thoroughly and serve on flatbread.



### Roasted Red Pepper Hummus

Servings: 3

| Amount | Measure    | Ingredient -- Preparation Method      |
|--------|------------|---------------------------------------|
| 3      | Tbsp.      | Sesame seeds                          |
| 1      | 15 oz. can | Chickpeas drained and rinsed          |
| 1/2    | cup        | Roasted red peppers                   |
| 2      | cloves     | Garlic roughly chopped                |
| 4      | tsp.       | Lemon juice                           |
| 1      | tsp.       | Sea salt                              |
| 3      | packets    | Olive oil                             |
| 3      |            | Flatbread (naan, pita, tortilla etc.) |

*At Home:* Place the sesame seeds in a food processor and pulse until they turn into a powder. Add the chickpeas, roasted red peppers, garlic, lemon juice, salt, and 1/2 cup water. Process until smooth, adding more water as needed to keep it all moving. Spread in an even layer on your dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags. Put the sandwich bag in a larger Ziploc bag along with the packet of olive oil and flatbread.

*On the Trail:* Stir water into the hummus powder until it reaches your desired consistency. Add the packet of olive oil when rehydrating. Mix thoroughly and serve on flatbread.

### Savory Pumpkin Hummus

Servings: 6

| Amount | Measure      | Ingredient -- Preparation Method      |
|--------|--------------|---------------------------------------|
| 1      | 15 oz. can   | Pumpkin puree                         |
| 2      | 15 oz. cans  | Chickpeas, drained and rinsed         |
| 3      | large cloves | Garlic, minced                        |
| 2      | Tbsp.        | Lemon juice                           |
| 6      | packets      | Olive oil                             |
| 1/2    | cup          | Water, plus more as needed            |
| 1      | tsp.         | Ground cumin                          |
| 3/4    | tsp.         | Salt                                  |
| 1/4    | tsp.         | Ground black pepper                   |
| 1/2    | cup          | Toasted pumpkin seeds, for garnish    |
| 6      |              | Flatbread (naan, pita, tortilla etc.) |

*At Home:* Combine the chickpeas, garlic, lemon juice, and water in the bowl of a food processor or blender. Process for 20 seconds on high speed, scraping down the sides as needed. Add an extra tablespoon of water at a time and continue processing if the mixture appears too chunky. It should be a little thick, yet smooth and creamy. Add the pumpkin puree, ground cumin, salt, and pepper. Process until the ingredients are fully combined. Add an extra tablespoon of water at a time and continue processing if the mixture is too thick, until the puree is very smooth and creamy. Scrape down the sides, and pulse briefly to recombine. Spread in an even layer on your dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags. Put the toasted pumpkin seeds in a Ziploc sandwich bag. Put both sandwich bags in a larger Ziploc bag along with a packet of olive oil and flatbread.

*On the Trail:* Stir water into the hummus powder until it reaches your desired consistency. Add the packet of olive oil when rehydrating. Mix thoroughly and serve on flatbread. Sprinkle with toasted pumpkin seeds for garnish.

## Simple Hummus

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method      |
|--------|------------|---------------------------------------|
| 1      | 15 oz. can | Garbanzo beans, drained and rinsed    |
| 2      | Tbsp.      | Lemon juice                           |
| 1/4    | tsp.       | Dried parsley                         |
| 1/4    | tsp.       | Chili powder                          |
| 1/8    | tsp.       | Ground cumin                          |
| 1/8    | tsp.       | Granulated garlic                     |
|        |            | Salt to taste                         |
| 3      | packets    | Olive oil                             |
| 2      |            | Flatbread (naan, pita, tortilla etc.) |

*At Home:* Put all ingredients except for the olive oil and flatbread food processor and blend until smooth. Spread in an even layer on your dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags. Put the sandwich bag in a larger Ziploc bag along with the packet of olive oil and flatbread.

*On the Trail:* Each bag will need about 1/2 cup of cold water. It rehydrates almost instantly. Add the packet of olive oil when rehydrating. Mix thoroughly and serve on flatbread.

## Sun-Dried Tomato Hummus

Servings: 2

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1      | 15 oz. can  | Chickpeas, rinsed and drained    |
| 1/8    | cup         | Tomato powder                    |
| 3      | Tbsp.       | Lemon juice                      |
| 2      | packets     | Olive oil                        |
| 2      | packets     | Almond butter                    |
| 1      | large clove | Garlic, minced                   |
| 1/8    | tsp.        | Red pepper flakes                |
| 1/2    | tsp.        | Salt                             |

*At Home:* Place all ingredients except the almond butter and olive oil in a food processor. Process until all ingredients are incorporated. Add an extra tablespoon of water at a time and continue processing if the mixture is too thick, until the puree is very smooth and creamy. Spread in an even layer on your dehydrator trays that have been lined with a fruit leather insert or parchment paper. Dehydrate at 125°F for 4-6 hours, or until the hummus is completely dry and turns powdery if rubbed between your fingers. Transfer the dried hummus to a blender and pulse a few times until it becomes a powder. Divide into individual servings and package in Ziploc sandwich bags. Put the sandwich bag in a larger Ziploc bag along with a packet of almond butter, olive oil, and flatbread.

*On the Trail:* Stir water into the hummus powder until it reaches your desired consistency. Add the packets of olive oil and almond butter when rehydrating. Mix thoroughly and serve on flatbread.



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

## Instant Soups

### Creamy Mushroom Potato Soup

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method     |
|--------|---------|--------------------------------------|
| 3      | Tbsp.   | Instant mashed potatoes              |
| 1      | Tbsp.   | Full cream milk powder (Nestle Nido) |
| 1      | Tbsp.   | Freeze-dried mushrooms               |
| 1/2    | Tbsp.   | Dried thyme                          |
| 1/4    | tsp     | Dried oregano                        |
|        |         | Salt and pepper to taste             |

*At Home:* Mix mashed potatoes, milk powder, mushrooms, thyme, and oregano in a small zip-lock freezer bag.

*On The Trail:* Pour dry soup mixture into the pot; add 1 cup water and stir well. Let stand 5 minutes. Place pot over medium heat and bring to a boil, stirring often. Season to taste with salt and pepper. Remove from heat and enjoy.

### Creamy Potato Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|------------------------------------|
| 2      | cups    | Instant mashed potatoes            |
| 1      | cup     | Powdered milk (Nestle Nido)        |
| 1/2    | cup     | Non-dairy creamer                  |
| 1/2    | cups    | Parmesan cheese                    |
| 2      | Tbsp.   | Powdered butter                    |
| 2      | Tbsp.   | Bouillon (veggie, beef or chicken) |
| 2      | Tbsp.   | Diced dried onions                 |
| 1      | Tbsp.   | Dried parsley                      |
| 1      | tsp     | Powdered garlic                    |
| 1/2    | tsp     | Pepper                             |
| 1      | tsp     | Dried thyme                        |

*At Home:* Mix the ingredients in a large bowl. Place in a Ziploc bag.

*On the Trail:* Bring 8 cups water to a boil, take off the heat and stir in the dry mix until smooth. Let cool a bit. Salt to taste

### Instant Beef Mushroom and Couscous Soup

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method        |
|--------|---------|---|
| 1      | Tbsp.   | Beef base crystals                      |
| 2      | tsp     | Powdered onion flavor base              |
| 1/3    | cup     | Freeze dried mushrooms (finely chopped) |
| 1 1/2  | Tbsp.   | Freeze dried scallions                  |
| 1 1/2  | Tbsp.   | Freeze dried tomato bits                |
| 2      | Tbsp.   | Couscous                                |
| 1/8    | tsp     | Dried thyme                             |
| 1/8    | tsp     | Garlic powder                           |
| 1      | Tbsp.   | Dehydrated mushrooms (finely chopped)   |
| 1/4    | tsp     | Salt                                    |
| 1/8    | tsp     | Black pepper                            |

*At Home:* Mix all ingredients together and store in an airtight container.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving), stir well, and let stand for 9-10 minutes.

### Instant Beef Noodle Soup

Servings: 7

| Amount | Measure | Ingredient -- Preparation Method                    |
|--------|---------|---|
| 7      | tsp     | Beef base crystals                                  |
| 7      | Tbsp.   | Dehydrated/freeze dried ground beef, finely chopped |
| 1      | Pkg     | Ramen noodles (discard flavor packet)               |
| 1      | tsp     | Onion powder  |
| 1/2    | tsp     | Garlic powder                                       |
| 1      | Tbsp.   | Dehydrated mushrooms (finely chopped)               |
| 1      | tsp     | Powdered butter                                     |
| 1/2    | tsp     | Black pepper  |

*At Home:* Mix all dry ingredients together except for the ground beef and noodles. In a sandwich bag place 4 tsp of the dry ingredients, 1 Tbsp. ground beef, and 4 Tbsp. of the noodles to make 1 serving (Optional: Replace the Ramen noodles with 1 1/4 cup DeCeco Angel Hair Pasta or Fine Dried Egg Noodles, cooked, dehydrated or freeze dried, and chopped.)

*On the Trail:* Combine 1 serving of mix with 1 1/2 cup boiling water and stir well. Cover and let rest for a few minutes until ingredients are rehydrated.

### Instant Black Bean Soup

Servings: 8

| Amount | Measure       | Ingredient -- Preparation Method       |
|--------|---------------|--|
| 2      | 14.5 oz. cans | Black beans                            |
| 1      | 14.5 oz. can  | Rotel's diced tomatoes and green chili |
| 3      | Tbsp.         | Granulated chicken bouillon            |
| 3      | Tbsp.         | Potato starch                          |
| 1      | tsp           | Red chili powder                       |
| 2      | tsp           | Cumin                                  |
| 1      | tsp           | Pepper                                 |
| 1      | tsp           | Garlic powder                          |
| 1      | tsp           | Onion powder                           |
| 2      | Tbsp.         | Lime juice                             |
| 1      | tsp           | Cilantro flakes                        |
| 1      | tsp           | Red peppers, dried (optional)          |
|        |               | Salt to taste                          |

*At Home:* Use a blender to mix all ingredients till they are smooth. Dehydrate until very dry. Powder in a blender.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving), stir well, and let stand for 1 minute. Garnish with fresh cilantro and sour cream if desired. Dip a flour tortilla in the hot soup.



### Instant Broccoli Cheddar Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Instant potato flakes            |
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 1/4    | cup     | Non-dairy creamer                |
| 2      | Tbsp.   | Granulated chicken bouillon      |
| 2      | Tbsp.   | Potato Starch                    |
| 1/2    | cup     | Freeze dried broccoli            |
| 1/8    | tsp     | Onion powder                     |
| 1/2    | tsp     | Parsley flakes, dried            |
| 1/8    | tsp     | Garlic powder                    |
| 1      | tsp     | Powdered butter                  |
| 1/8    | tsp     | Black pepper                     |
| 1/4    | cup     | Cheddar cheese (powder)          |
| 2      | Tbsp.   | Real packaged bacon bits         |

*At Home:* Mix all ingredients together and store in an airtight container.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let rest until broccoli has softened (9-10 minutes).

\*Note: If assembling mix more than 1 week before it will be eaten, wait until you are preparing soup to open bacon bits and add to mix.

### Instant Cheddar Potato and Bacon Soup

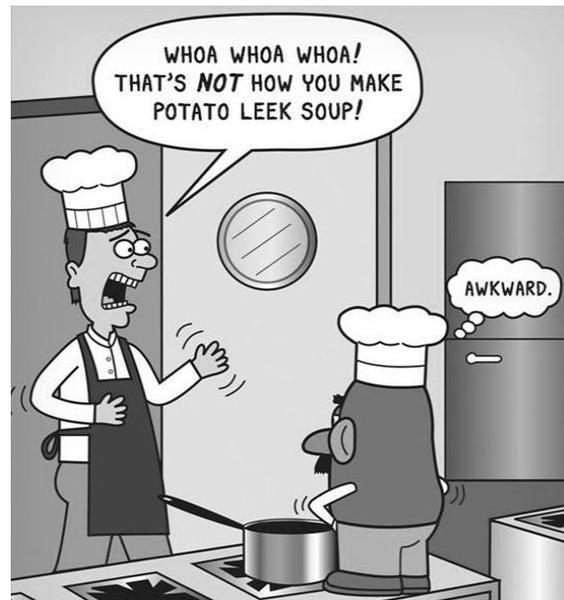
Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3/4    | cup     | Instant potato flakes            |
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 2      | Tbsp.   | Granulated chicken bouillon      |
| 2      | Tbsp.   | Potato Starch                    |
| 1      | Tbsp.   | Sour cream powder                |
| 1/4    | cup     | Non-dairy creamer                |
| 1/8    | tsp     | Onion powder                     |
| 1/2    | tsp     | Salt                             |
| 1/2    | tsp     | Chives, dried                    |
| 1/8    | tsp     | Garlic powder                    |
| 2      | tsp     | Powdered butter                  |
| 1/8    | tsp     | Black pepper                     |
| 3      | Tbsp.   | Cheddar cheese (powder)          |
| 2      | Tbsp.   | Real packaged bacon bits         |

*At Home:* Mix all ingredients together and store in an airtight container.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well.

\*Note: If assembling mix more than 1 week before it will be eaten, wait until you are preparing soup to open bacon bits and add to mix.



### Instant Cheesy Cauliflower Chowder Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method     |
|--------|---------|--------------------------------------|
| 1      | cup     | Cauliflower powder                   |
| 1      | cup     | Freeze dried cauliflower florets     |
| 4      | Tbsp.   | Instant mashed potatoes              |
| 1/2    | cup     | Cheddar cheese powder                |
| 4      | tsp     | Powdered milk (Nestle Nido)          |
| 4      | tsp     | Vegetable or chicken bouillon powder |

*At Home:* Mix all the ingredients in a small zip lock bag.

*On The Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let set for 5 minutes.

### Instant Cream of Chicken Noodle Soup

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method               |
|--------|---------|--|
| 1      | pkg     | Ramen noodles (chopped; discard flavor packet) |
| 2      | Tbsp.   | Freeze dried chicken, minced                   |
| 2      | Tbsp.   | Freeze dried carrots, diced                    |
| 1/2    | cup     | Powdered milk (Nestle Nido)                    |
| 1/4    | cup     | Non-dairy creamer                              |
| 1      | tsp     | Onion powder                                   |
| 1/2    | tsp     | Garlic powder                                  |
| 1      | Tbsp.   | Granulated chicken bouillon                    |
| 6      | Tbsp.   | Potato starch                                  |
| 1      | tsp     | Powdered butter                                |
| 1/2    | tsp     | Black Pepper                                   |
| 1/2    | tsp     | Dried parsley flakes                           |

*At Home:* Mix all ingredients together and store in an airtight container. (Optional: Replace the Ramen noodles with 1 1/4 cup DeCeco Angel Hair Pasta or Fine Dried Egg Noodles, cooked, dehydrated or freeze dried, and chopped.)

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let rest for 4-5 minutes.

### Instant Cream of Mushroom Soup

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 1/4    | cup     | Non-dairy creamer                |
| 6      | Tbsp.   | Potato starch                    |
| 1/4    | cup     | Dried mushrooms, crumbled        |
| 2      | Tbsp.   | Granulated chicken bouillon      |
| 2      | tsp     | Powdered butter                  |
| 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              |

*At Home:* Mix dry ingredients together. Makes about 20 Tablespoons, or 4 batches worth. Store in an airtight container, shake before using.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well.

**Instant Cream of Potato Soup**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Instant potato flakes            |
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 1/4    | cup     | Non-dairy creamer                |
| 1      | Tbsp.   | Granulated chicken bouillon      |
| 6      | Tbsp.   | Potato Starch                    |
| 1      | tsp     | Onion powder                     |
| 1/2    | tsp     | Parsley flakes, dried            |
| 1/2    | tsp     | Garlic powder                    |
| 1      | tsp     | Powdered butter                  |
| 1/2    | tsp     | Black pepper                     |
| 1      | tsp     | Dried Thyme                      |

**\*\*Optional Cheesy Potato Soup \*\***

|     |     |                         |
|-----|-----|-------------------------|
| 1/2 | cup | Cheddar cheese (powder) |
| 1/2 | cup | Bacon bits (imitation)  |

*At Home:* Mix all ingredients together and store in an airtight container.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well.

\*Note: If assembling mix more than 1 week before it will be eaten, wait until you are preparing soup to open bacon bits and add to mix.

**Instant Cream of Tomato Soup**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3/4    | cup     | Tomato powder                    |
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 1/4    | cup     | Non-dairy creamer                |
| 1      | tsp     | Onion powder                     |
| 1/2    | tsp     | Garlic powder                    |
| 4      | Tbsp.   | Brown sugar                      |
| 1      | Tbsp.   | Granulated chicken bouillon      |
| 6      | Tbsp.   | Potato starch                    |
| 1/2    | tsp     | Powdered butter                  |
| 2      | tsp     | Salt                             |
| 1/2    | tsp     | Black Pepper                     |
| 1/2    | tsp     | Basil                            |

*At Home:* Mix all ingredients together and store in an airtight container.

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well.



The Food Chain Gang

**Instant Cream of Whatever Soup**

| Amount | Measure | Ingredient -- Preparation Method         |
|--------|---------|--|
| 1 1/3  | cups    | Powdered milk (Nestle Nido)              |
| 2/3    | cup     | Non-dairy creamer                        |
| 3/4    | cup     | Potato 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                                   |

*At Home:* Combine these and store in an airtight container.

*On the Trail:* To use for soup, combine 1/3 cup mix and 1-1/2 cup water. Bring to a boil while stirring often. Add 1/4 cup of a dried 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). 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 Creamy Alfredo Noodles with Chicken, Broccoli, and Mushrooms Cup of Soup**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | pkg     | Ramen noodles (chopped; discard flavor packet)                   |
| 1/4    | cup     | Freeze dried chicken, minced                                     |
| 1/4    | cup     | Freeze dried mushrooms (finely chopped)                          |
| 1/2    | cup     | Freeze dried broccoli  |
| 2      | Tbsp.   | Nonfat dry milk powder   |
| 1/4    | cup     | Non-dairy creamer  |
| 3      | Tbsp.   | Grated Parmesan cheese (the dried, unrefrigerated kind in a can) |
| 1      | tsp     | Onion powder   |
| 1/4    | tsp     | Garlic powder  |
| 1      | Tbsp.   | Granulated chicken bouillon                                      |
| 2      | Tbsp.   | Potato starch  |
| 2      | tsp     | Sour cream powder  |
| 2      | tsp     | Powdered butter  |
| 1/4    | tsp     | Salt   |
| 1/8    | tsp     | Black Pepper   |
| 3/4    | tsp     | Dried Italian herb blend   |

*At Home:* Mix all ingredients together and store in an airtight container. (Optional: Replace the Ramen noodles with 1 1/4 cup Angel Hair Pasta or Fine Dried Egg Noodles, cooked, dehydrated or freeze dried, and chopped.)

*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let rest for 9-10 minutes.



“The recipe says a pinch of spice.  
I thought it said a ‘pound.’”

### Instant Hearty Chicken Noodle Cup of Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method               |
|--------|---------|--|
| 1      | pkg     | Ramen noodles (chopped; discard flavor packet) |
| 8      | Tbsp.   | Freeze dried chicken, minced                   |
| 3      | Tbsp.   | Freeze dried carrots, diced                    |
| 1      | tsp     | Onion powder                                   |
| 1/2    | tsp     | Garlic powder                                  |
| 1 1/2  | Tbsp.   | Granulated chicken bouillon                    |
| 1/4    | tsp     | Poultry seasoning                              |
| 1/2    | tsp     | Black Pepper                                   |
| 1/2    | tsp     | Dried parsley flakes                           |
| 1      | tsp     | True Lemon powder                              |

*At Home:* Mix all dry ingredients together except for the noodles and chicken. In a sandwich bag place 4 tsp of the dry ingredients, 1 Tbsp. chicken, and 4 Tbsp. of the noodles to make 1 serving (Optional: Replace the Ramen noodles with 1 1/4 cup DeCeco Angel Hair Pasta or Fine Dried Egg Noodles, cooked, dehydrated or freeze dried, and chopped.)

*On the Trail:* Combine 1 serving of mix with 1 1/2 cup boiling water and stir well. Cover and let rest for a few minutes until ingredients are rehydrated.

### Instant Minestrone Vegetable Cup of Soup

Servings: 10

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 1      | pkg     | Ramen noodles (chopped; discard flavor packet)                                  |
| 1      | cup     | Freeze dried mixed vegetables   |
| 2      | tsp     | Tomato powder   |
| 1      | cup     | Diced Tomatoes (freeze dried)   |
| 1      | cup     | Great Northern Beans, cooked (Bush's or Randall) and freeze dried or dehydrated |
| 1      | tsp     | Italian herb seasoning  |
| 1/2    | tsp     | Onion powder  |
| 1/4    | tsp     | Garlic powder   |
| 6      | Tbsp.   | Granulated chicken bouillon   |
| 1      | tsp     | Salt  |
| 1/2    | tsp     | Black Pepper  |
| 2      | tsp     | Dried parsley flakes  |
| 10     | oz.     | Grated Parmesan Cheese (optional)   |

*At Home:* Mix all ingredients together and store in an airtight container. (Optional: Replace the Ramen noodles with 1 1/4 cup Angel Hair Pasta cooked, dehydrated or freeze dried, and chopped.)

*On the Trail:* To make one serving, combine 5 Tbsp. of mix with 1 cup of boiling water (or 7 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let rest for 4-5 minutes. Garnish with Parmesan cheese to taste.



**Instant Onion Soup**

Servings: 4

| 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              |

*At Home:* Mix all ingredients together and store in a tightly sealed bag or container.*On the Trail:* The mix is equivalent to a commercial envelope that will make 4 cups of soup.**Instant Spicy Ramen Noodle Macaroni and Cheese Cup of Soup**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method               |
|--------|---------|--|
| 1      | pkg     | Ramen noodles (chopped; discard flavor packet) |
| 1/4    | cup     | Powdered cheddar cheese                        |
| 1/3    | cup     | Powdered milk (Nestle Nido)                    |
| 8      | Tbsp.   | Powdered butter                                |
| 1/2    | tsp     | Salt   |
| 1/4    | tsp     | Black Pepper                                   |
| 1      | pkt.    | Sriracha sauce (optional)                      |

*At Home:* Mix all ingredients together and store in an airtight container. (Optional: Replace the Ramen noodles with 1 1/4 cup Angel Hair Pasta cooked, dehydrated or freeze dried, and chopped.)*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let rest for 4-5 minutes.**Instant Thai Peanut Noodles with Chicken and Vegetables Cup of Soup**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method               |
|--------|---------|--|
| 1      | pkg     | Ramen noodles (chopped; discard flavor packet) |
| 1/4    | cup     | Freeze dried chicken, minced                   |
| 1/4    | cup     | Freeze dried mushrooms (finely chopped)        |
| 1/4    | cup     | Freeze dried mixed vegetables                  |
| 1/4    | cup     | Roasted peanuts, chopped                       |
| 2      | Tbsp.   | PB2 powdered peanut butter                     |
| 1      | tsp     | Onion powder                                   |
| 1/4    | tsp     | Garlic powder                                  |
| 1      | Tbsp.   | Granulated chicken bouillon                    |
| 1/2    | tsp     | Ground ginger                                  |
| 1/2    | tsp     | dried cilantro                                 |
| 1/4    | tsp     | Salt   |
| 1/8    | tsp     | Black Pepper                                   |
| 1/8    | tsp     | Cayenne pepper                                 |

*At Home:* Mix all ingredients together and store in an airtight container. (Optional: Replace the Ramen noodles with 1 1/4 cup Angel Hair Pasta cooked, dehydrated or freeze dried, and chopped.)*On the Trail:* To make one serving, combine 3 Tbsp. of mix with 1 cup of boiling water (or 5 Tbsp. of mix with 1 1/2 cup boiling water for a larger serving) and stir well. Cover and let rest for 9-10 minutes.

## Instant Vegetable Cup of Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
|--------|---------|----------------------------------|

### *Dried Soup Vegetables*

|     |     |                                  |
|-----|-----|----------------------------------|
| 1   | cup | Freeze dried diced potatoes      |
| 1/2 | cup | Freeze dried diced celery        |
| 1/2 | cup | Freeze dried diced carrots       |
| 1/2 | cup | Freeze dried diced tomatoes      |
| 1/2 | cup | Freeze dried corn                |
| 1/2 | cup | Freeze dried chopped green beans |
| 1/2 | cup | Freeze dried peas                |
| 1/4 | cup | Freeze dried diced onion         |

### *Dried Vegetable Soup Seasoning Blend*

|       |      |   |
|-------|------|---|
| 6     | tsp. | Chicken bouillon powder (for vegetarian soup replace with vegetable bouillon) |
| 1     | cup  | Tomato powder   |
| 2     | tsp. | Italian seasoning   |
| 2     | tsp. | Dried parsley   |
| 1-1/2 | tsp. | Garlic powder   |
| 2     | tsp. | Salt  |
| 1-1/2 | tsp. | Ground black pepper   |
| 1     | tsp. | Onion powder  |

### *Optional Heartier Soup*

|   |      |   |
|---|------|---|
| 2 | cups | Fine egg noodles cooked al dente and freeze dried |
|---|------|---|

*At Home:* Combine all the freeze dried vegetables in a large bowl. Mix well to evenly combine. Combine all the spices in a separate medium bowl. Mix well to evenly combine. To package as individual servings, put 1/2 cup plus 1 tablespoon of the vegetables in a small ziplock bag. Add 8 teaspoons of the seasoning blend to each small ziplock bag. For an optional heartier soup, add 1/4 cup of the freeze dried fine egg noodles to the individual bags. *On the Trail:* Combine the contents of one Ziploc bag of mix with 1 cup of boiling water and stir well. Cover and let rest for 4-5 minutes. Season to taste and enjoy. If using egg noodles as part of a heartier option, use an additional 1/4 cup of boiling water when rehydrating.



## Pasta Salads

### BBQ Chicken Pasta Salad

Servings: 6

| Amount | Measure    | Ingredient -- Preparation Method               |
|--------|------------|--|
| 2      | cups       | Freeze dried chicken breast, diced or shredded |
| 1 1/2  | cups       | BBQ sauce, dehydrated                          |
| 16     | oz.        | Small pasta shells                             |
| 6      | packets    | Ranch dressing                                 |
| 1      | cup        | Cherry tomatoes, halved                        |
| 1      | lb.        | Sweet corn, frozen                             |
| 1      | 15 oz. can | Black beans, drained and rinsed                |
| 1      | tsp        | Dried cilantro                                 |
| 1      | cup        | Fried onions (the packaged kind) for topping   |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, black beans, and corn onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients and dried cilantro into a Ziploc bag. Place the ranch dressing packets in a second Ziploc bag. Place the fried onions in a third Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and add the ranch dressing. Mix thoroughly. Top with the fried onions and serve.

### Bacon Macaroni Pasta Salad

Servings: 8

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 1      | lb.          | Uncooked elbow macaroni          |
| 1      | 14.5 oz. can | Diced tomatoes, drained          |
| 2      |              | Celery ribs, chopped             |
| 1/2    | cup          | Diced onion                      |
| 2/3    | cup          | Powdered cheddar cheese          |
| 3      | oz.          | Shelf stable bacon bits          |
| 16     | packets      | Mayonnaise (1 cup)               |
| 1/4    | cup          | Sour cream powder                |
| 1/4    | cup          | Apple cider vinegar              |
| 1/2    | tsp          | Salt                             |
| 1/2    | tsp          | Black pepper                     |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange diced tomatoes, chopped celery ribs, and diced onion onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a Ziploc bag (or divide between smaller bags for individual portions). Put vinegar in a spill proof container and place in a Ziploc bag along with the mayonnaise packets and the packet of shelf stable bacon bits. In a third Ziploc bag put the sour cream powder, powdered cheddar cheese, salt, and pepper.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack

where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, add the remaining ingredients. Mix thoroughly and serve.

### Bacon Ranch Pasta Salad

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1      | lb.     | Short pasta shapes such as shells, rotini or bow ties                        |
| 8      | oz.     | Shelf stable bacon crumbles  |
| 1      | cup     | Shredded Cheddar cheese, freeze-dried  |
| 1      | cup     | Grape tomatoes, halved and freeze-dried (can substitute with diced tomatoes) |
| 1      | cup     | Frozen peas, dehydrated or freeze-dried                                      |
| 1      | cup     | Frozen corn, dehydrated or freeze-dried                                      |
| 1      |         | Green bell pepper finely diced, dehydrated or freeze-dried                   |
| 1      |         | Celery stick, finely diced, dehydrated or freeze-dried                       |
| 1      | medium  | Red onion finely diced, dehydrated or freeze-dried                           |
| 8      | packets | Ranch dressing plus extra if needed (16 - 1.5 oz. packets)                   |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, chopped celery ribs, peas, corn, and diced onion onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze-dried ingredients into a Ziploc bag (or divide between smaller bags for individual portions). In a second Ziploc bag put the packet of shelf stable bacon crumbles and ranch dressing (2 packets for each individual portion).

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, add the remaining ingredients. Mix thoroughly and serve.

### Buffalo Chicken Pasta Salad

Yield: 8 servings

| Amount | Measure | Ingredient -- Preparation Method                     |
|--------|---------|--|
| 1      | lb.     | Medium pasta shells,                                 |
| 2      | cups    | Freeze dried chicken breast, diced or shredded       |
| 2/3    | cup     | Cheddar cheese powder                                |
| 1      | cup     | Diced bell peppers (any color will work), dehydrated |
| 1/2    | cup     | Diced celery   |
| 1/2    | cup     | Frozen corn  |
| 1/2    | cup     | Diced red onion                                      |
| 8      | packets | Ranch Dressing                                       |
| 1/3    | cup     | Chipotle Seasoning                                   |
|        |         | Salt and pepper, to taste                            |

*At Home:* Bring 2 quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange diced bell peppers, diced celery, diced red onion, and frozen corn onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a Ziploc bag. In a separate Ziploc bag put the cheddar cheese powder and Chipotle seasoning. Place both bags along with the unopened packets of ranch dressing into a larger Ziploc bag. If making individual portions, use 2 teaspoons of Chipotle seasoning along with 2 packets of ranch dressing

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water. Then add the cheddar cheese, Chipotle seasoning, and ranch dressing. Thoroughly mix and serve.

### **Chicken Bacon Ranch Pasta Salad**

Servings: 12

| Amount | Measure | Ingredient -- Preparation Method               |
|--------|---------|--|
| 10     | oz.     | Pasta, rotini or penne                         |
| 2      | cups    | Freeze dried chicken breast, diced or shredded |
| 1      | cup     | Shelf stable bacon bits                        |
| 1      | cup     | Red pepper, diced                              |
| 1/2    | cup     | Grape tomatoes, sliced                         |
| 1/4    | cup     | Red onion, diced                               |
| 2/3    | cup     | Cheddar cheese powder                          |
| 12     | packets | Ranch dressing                                 |
|        |         | Salt and pepper to taste                       |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, diced red onion, and diced red peppers onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients into a Ziploc bag. Place the Cheddar cheese powder into a Ziploc sandwich bag. Place both bags along with the unopened packets of ranch dressing into a larger Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Add 3 tablespoons of water to the 2/3 cup of cheddar cheese powder to reconstitute. Once fully rehydrated and the pasta is tender, drain any excess water and add all ingredients together. Season with salt and pepper to taste. Mix thoroughly and serve.

### **Chickpea and Vegetable Pasta Salad**

Servings: 2

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1      | cup (4 oz.) | Elbow pasta                      |
| 1      | 15 oz. can  | Chickpeas, drained and rinsed    |
| 1/2    | large       | Red bell pepper, diced           |
| 1/4    | cup         | Diced red onion                  |
| 1/4    | cup         | Diced cucumber                   |
| 10     |             | Cherry tomatoes, diced           |
| 2      | packets     | Italian dressing                 |

*At Home:* Bring a quart of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange chickpeas, diced red onion, diced cucumber, and diced tomatoes onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a sealable bag (or divide between two bags for individual portions) along with the unopened packets of Italian dressing.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack

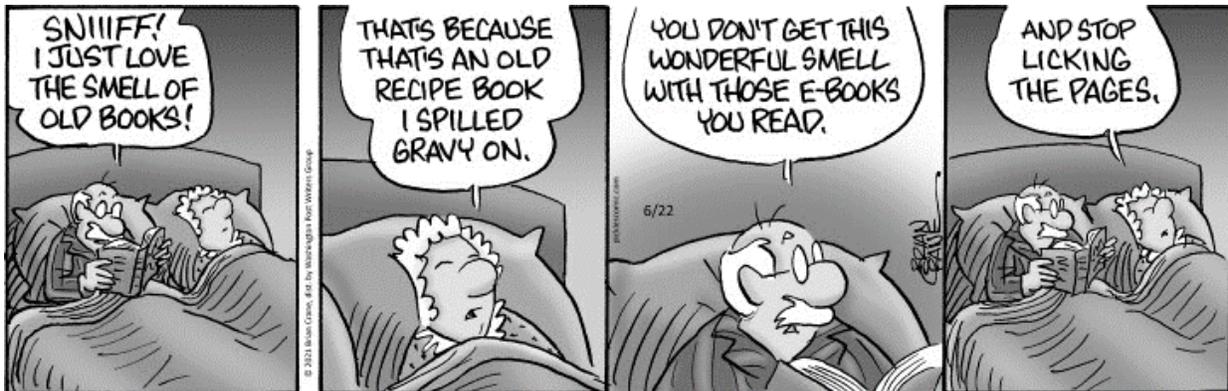
where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and add a packet of Italian dressing. Mix thoroughly and enjoy.

### Cowboy Pasta Salad

Servings: 10 -12

| Amount | Measure    | Ingredient -- Preparation Method                       |
|--------|------------|--|
| 1      | lb.        | Small pasta shells                                     |
| 1      | lb.        | Ground beef or turkey, freeze-dried                    |
| 1      | 4 oz. can  | Mild diced green chilies                               |
| 4-6    | Tbsp.      | Diced canned/pickled jalapeno peppers (from 4 oz. can) |
| 1      | medium     | Green bell pepper chopped                              |
| 1      | 15 oz. can | Black beans rinsed and drained                         |
| 1      | cup        | Sweet corn, frozen                                     |
| 1      | pint       | Cherry tomatoes, halved                                |
| 2/3    | cup        | Cheddar cheese powder                                  |
| 1/4    | small      | Red onion chopped                                      |
| 1      | tsp        | Chili powder   |
| 1      | tsp        | Ground cumin   |
| 3/4    | tsp        | Garlic powder  |
| 3/4    | tsp        | Onion powder   |
| 3/4    | tsp        | Salt   |
| 1      | tsp        | Dried cilantro   |
| 8      | oz.        | Shelf stable bacon bits                                |
| 10-12  | packets    | Southwest Ranch or chipotle dressing                   |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, chopped red onion, diced green chilies, corn, black beans, jalapeno peppers, and diced green bell peppers onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients into a Ziploc bag. Place the Cheddar cheese powder and spices into a Ziploc sandwich bag. Place the package of shelf stable bacon bits and chipotle ranch dressing packets in a third Ziploc bag. *On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Add 3 tablespoons of water to the 2/3 cup of cheddar cheese powder to reconstitute. Once fully rehydrated and the pasta is tender, drain any excess water and add all ingredients together. Mix thoroughly and serve.



### Cucumber Pasta Salad

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Tri-color rotini                 |
| 1      | lb.     | Frozen peas                      |
| 1      | medium  | Cucumber, halved and sliced      |
| 1/2    | cup     | Diced red onion                  |
| 1      | pint    | Yellow cherry tomatoes, halved   |
| 1      | pint    | Red cherry tomatoes, halved      |
| 1      | cup     | Green bell peppers, diced        |
| 8      | packets | Ranch salad dressing             |
|        |         | Salt and pepper to taste         |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange peas, diced red onion, sliced cucumber, diced green bell peppers, and halved tomatoes onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a Ziploc bag (or divide between smaller bags for individual portions). In a separate Ziploc bag place the packets of Ranch dressing.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and add two packets of ranch dressing. Mix thoroughly and enjoy.

### Grilled Chicken Cajun Pasta Salad

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                     |
|--------|---------|--|
| 1      | cup     | Penne pasta  |
| 1      | packet  | Olive oil  |
| 1      | cup     | Tyson Grilled & Ready Chicken Breast Strips, chopped |
| 1/3    |         | Red bell pepper, chopped                             |
| 1/3    |         | Green bell pepper, chopped                           |
| 1      |         | Green onions, thinly sliced                          |
| 2      | packets | Mayonnaise   |
| 2      | tsp     | Olive oil  |
| 1/4    | tsp     | True Lemon powder                                    |
| 2      | tsp     | Cajun seasoning                                      |
| 1/4    | tsp     | Paprika  |
|        |         | Salt and pepper to taste                             |

*At Home:* Bring a quart of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange chopped red bell pepper, chopped green bell pepper, and thinly sliced green onions onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Dehydrate the chicken separately at 160F for 10-12 hours. Some ingredients may require longer drying. To pack for the trail, place the dehydrated ingredients into a Ziploc bag. In a small Ziploc sandwich bag place the spices. Place all ingredients, including the mayonnaise and olive oil packets, in a larger Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack

where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water. Mix up the dressing, blend with the pasta and enjoy. *Note:* 2 packets of ranch dressing can be substituted for the mayonnaise and olive oil.

### Italian Pasta Salad

Servings: 1

| Amount     | Measure | Ingredient -- Preparation Method                                  |
|------------|---------|---|
| 1/2 to 3/4 | cup     | Rotini pasta, freeze dried or dehydrated                          |
| 2          | sticks  | Slim Jims   |
| 1/4        | cup     | Grape tomatoes, halved, freeze dried or dehydrated                |
| 1/4        | cup     | Diced bell peppers (yellow and green), freeze dried or dehydrated |
| 1          | Tbsp.   | Diced red onion, freeze dried or dehydrated                       |
| 2          | Tbsp.   | Shredded mozzarella, freeze dried                                 |
| 2          | tsp     | Grated parmesan   |
| 1/2        | tsp     | Italian seasoning   |
| 1          | packet  | Italian Dressing  |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange grape tomatoes, diced red onion, and diced bell peppers onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a Ziploc bag. Place the Parmesan cheese, parsley and basil in a Ziploc sandwich bag. In a third Ziploc bag, place the package of mozzarella, pepperoni, and the unopened packets of Italian dressing.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and add the remaining ingredients. Mix thoroughly and serve.

### Mexican Street Corn Pasta Salad

Servings 8-10

| Amount | Measure    | Ingredient -- Preparation Method           |
|--------|------------|--|
| 16     | oz.        | Rotini pasta                               |
| 2      | lbs.       | Frozen corn                                |
| 1/2    | cup        | Onion, diced                               |
| 4      | Tbsp.      | Dried cilantro                             |
| 1      | Tbsp.      | Jalapeño peppers, finely chopped           |
| 3      | oz.        | Shelf stable bacon bits                    |
| 1/3    | cup        | Powdered cheddar cheese                    |
| 1      | large      | Avocado, peeled and diced                  |
| 1      | 15 oz. can | Black beans, drained and rinsed (optional) |
| 1      | cup        | Sour cream powder                          |
| 8-10   | packets    | Mayonnaise                                 |
| 2      | tsp        | True lime powder                           |
| 1/8    | tsp        | Cayenne pepper                             |
| 1/2    | tsp        | Garlic powder                              |
| 2      | tsp        | Chili powder                               |
|        |            | Salt and black pepper to taste             |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator

trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange corn, diced onion, chopped jalapeño pepper, and diced avocado onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated ingredients into a Ziploc bag (or divide between smaller bags for individual portions). In a separate Ziploc bag place the sour cream powder, True Lime powder, cayenne pepper, garlic powder, and chili powder. In a third Ziploc bag, place the mayonnaise packets and the shelf stable bacon bits packet.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and add the remaining ingredients. Mix thoroughly and serve.

### Pimento Cheese Macaroni Salad

Servings: 8

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 8      | oz.        | Elbow macaroni                   |
| 1 1/3  | cups       | Cheddar cheese powder            |
| 1      | (4-oz) jar | Diced pimentos, drained          |
| 1      | cup        | Diced celery                     |
| 1/2    | cup        | Sliced green onions              |
| 8      | packets    | Mayonnaise                       |
| 1/4    | tsp        | Garlic powder                    |
|        |            | Salt and pepper, to taste        |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange diced pimentos, celery, and green onions onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients into a Ziploc bag. Place the Cheddar cheese and garlic powder into a Ziploc sandwich bag. Place both bags along with packets of mayonnaise into a larger Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Add 6 tablespoons of water to the 1 1/3 cups of cheddar cheese powder to reconstitute. Once fully rehydrated and the pasta is tender, drain any excess water and add all ingredients together. Season with salt and pepper to taste. Mix thoroughly and serve.

*Note:* Packets of ranch dressing can be substituted for the mayonnaise.



“Oh thank god, a hot tub... My back is literally killing me.”

### Pizza Pasta Salad

Servings: 16

| Amount | Measure | Ingredient -- Preparation Method                    |
|--------|---------|---|
| 3      | cups    | Bowtie pasta  |
| 1      | cup     | Diced red peppers                                   |
| 1      | cup     | Diced green peppers                                 |
| 1      | cup     | Diced yellow peppers                                |
| 1      | cup     | Grape tomatoes, halved                              |
| 1/2    | cup     | Diced red onions                                    |
| 2      | tsp     | Lawry's Seasoned Salt                               |
| 1      | tsp     | Dried oregano                                       |
| 1      | cup     | Diced pepperoni                                     |
| 8      | oz.     | Shredded mozzarella or provolone cheese             |
| 16     | packets | Creamy garlic, creamy parmesan, or Italian dressing |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, diced red onion, and diced red, yellow, and green peppers onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients along with the spices into a Ziploc bag. Place the bag of shredded cheese and bag of pepperoni in a second Ziploc bag. Place all of the Ziploc bags along with the bottle of salad dressing into a larger Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and then add the cheese, pepperoni, and salad dressing. Mix thoroughly and serve.

### Southwestern Pasta Salad

Servings: 12

| Amount | Measure    | Ingredient -- Preparation Method                     |
|--------|------------|--|
| 2      | cups       | Freeze dried chicken breast, diced or shredded       |
| 12     | oz.        | Tricolor rotini pasta (or other medium sized noodle) |
| 1      | 15 oz. can | Black beans (drained and rinsed)                     |
| 1 1/2  | cups       | Sweet corn, frozen                                   |
| 1      | cup        | Bell pepper (diced)                                  |
| 1      | cup        | Red onion (diced)                                    |
| 1      | cup        | Cherry or grape tomatoes (cut in half)               |
| 2      | tsp        | Dried cilantro                                       |
| 12     | packets    | Chipotle ranch dressing                              |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, diced red onion, black beans, corn, and diced bell peppers onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients and dried cilantro into a Ziploc bag. Place the chipotle ranch dressing packets in a second Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Once fully rehydrated and the pasta is tender, drain any excess water and add the remaining ingredients. Mix thoroughly and serve.

### Taco Pasta Salad

Servings: 4

| Amount | Measure  | Ingredient -- Preparation Method        |
|--------|----------|---|
| 2      | cups     | Rotini pasta                            |
| 1      | lb.      | Ground beef, dehydrated or freeze-dried |
| 1      | envelope | Taco seasoning                          |
| 1      | cup      | Freeze-dried celery                     |
| 1/2    | cup      | Green pepper, diced                     |
| 1/2    | cup      | Red pepper, diced                       |
| 2      | cups     | Cherry tomatoes, halved                 |
| 1/2    | cup      | Red onion, diced                        |
| 2/3    | cup      | Cheddar cheese powder                   |
| 4      | packets  | Catalina or French salad dressing       |
| 4      | oz.      | Tortilla chips                          |

*At Home:* Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Arrange tomatoes, diced red onion, and diced red and green peppers onto additional trays, making sure that there is room around individual pieces to allow for air circulation. Dehydrate at 125°F for 6-10 hours, or until completely dry. Some ingredients may take longer than others. To pack for the trail, place the dehydrated/freeze dried ingredients into a Ziploc bag. Place the Cheddar cheese powder into a Ziploc sandwich bag along with the contents of the taco seasoning envelope. In a third bag place the tortilla chips. Place all of the Ziploc bags along with the unopened packets of French or Catalina dressing into a larger Ziploc bag.

*On the Trail:* At least an hour and a half before lunch, add enough water to barely cover the dehydrated ingredients. Seal the Ziploc bag and then place in another Ziploc bag to help prevent leaks. Put in a safe place in your pack where the bag cannot be burst. At lunch time, mix thoroughly and add additional water if necessary. Add 4 tablespoons of water to the 2/3 cup of cheddar cheese powder and taco seasoning to reconstitute. Once fully rehydrated and the pasta is tender, drain any excess water and add all ingredients together, except for the tortilla chips. Mix thoroughly and then serve, topped with the tortilla chips.

### Queso Dip

Servings: 1-2

| Amount   | Measure | Ingredient -- Preparation Method   |
|----------|---------|------------------------------------|
| 1        | Tbsp.   | Freeze-dried chopped green chilies |
| 1        | Tbsp.   | Tomato, diced and freeze-dried     |
| 1/4      | tsp     | Onion powder                       |
| 2        | Tbsp.   | Milk powder                        |
| 2        | Tbsp.   | Cheddar cheese powder              |
| 1/4      | tsp     | Garlic powder                      |
| 1/4      | tsp     | Ground cumin                       |
| 2        | Tbsp.   | Powdered butter                    |
| 1        | packet  | Olive oil                          |
| Optional | pinch   | Cayenne pepper                     |

*At Home:* Place all dry ingredients in a snack size Ziploc bag. Place the snack size Ziploc and the olive oil packet in a larger Ziploc bag.

*On the Trail:* Add dry ingredients to a small pot (Hard Anodized Aluminum or nonstick preferably), with 1/2 cup water and let rehydrate for 5 to 10 minutes. Add the olive oil and heat over a low flame until the dip is simmering, stirring often. Serve with tortilla chips or use in trail burritos, over rice or however it sounds good to you.

### Trail Salsa

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | cup     | Diced sun-dried tomatoes         |
| 1      | Tbsp.   | Diced dried shallots or onion    |
| 1      | Tbsp.   | Tomato powder                    |
| 2      | tsp     | Diced dried jalapeños            |
| 3      | packets | True lime powder (3/4 tsp)       |
| 1/2    | tsp     | Sugar                            |
| 1/4    | tsp     | Garlic powder                    |
| 1/4    | tsp     | Black pepper                     |
| 1      | pinch   | Salt                             |
| 3/4    | cup     | Water                            |

*At Home:* Place all ingredients in a Ziploc bag.

*On the Trail:* Add 3/4 cup room temperature water, stirring well and seal tightly. Let sit for 30 minutes to an hour to rehydrate. Knead the bag gently every 10 minutes or so. Can be sped up by using warm (not boiling) water. Makes 1 cup salsa.

### Trail Tacos

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Ground beef                      |
| 1      | each    | Small onion                      |
| 1-3    | each    | Jalapeno peppers (sliced)        |
| 1      | pkg     | Taco seasoning                   |
| 1      | 8-oz    | Jar salsa                        |
| 3 - 4  | oz.     | Shredded cheddar cheese          |
| 4      | 10 inch | Flour tortillas                  |

*At Home:* Brown ground beef, add onion and hot peppers. Cook until peppers and onion soften. Add taco seasoning 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. 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. Package dried taco meat and a 1/4 cup to 1/2 cup of dried salsa together, tortillas in another bag, and cheese in a third bag.

*On the Trail:* Add the taco meat and salsa to a cook pot with 1 3/4 cups water. Bring to a boil, then reduce heat and simmer until fully rehydrated (about 10 minutes). Remove from heat and stir in cheese. Divide evenly among the 4 tortillas, roll them up and enjoy. You can use cheese powder from a box of Mac and cheese if it's going to be a long haul over many days.



## Wraps

### All-American Mushroom Cheeseburger Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 6      | oz.     | Dehydrated hamburger             |
| 1      | tsp     | Dried minced onions              |
| 1/4    | cup     | Dehydrated mushrooms             |
| 3      | Tbsp.   | Cheddar cheese powder            |
| 2      | packets | Mustard                          |
| 2      | packets | Ketchup                          |
| 2      | packets | Relish                           |
| 2      | packets | Mayonnaise                       |
| 2      | 12 inch | Flour tortillas                  |

*At home:* Put the hamburger, onions, and mushrooms in a quart freezer bag. Place the cheddar cheese in its own bag. Pack the condiment packets and tortillas in a different bag.

*On the Trail:* Add the hamburger, onions, mushroom mix to a pot. Add enough water to cover plus a quarter inch. More water can be added if needed. Let sit for 30 minutes to rehydrate. Bring to a boil and then simmer for 5 minutes. Turn off stove and stir in the cheddar cheese powder. Scoop the mixture onto tortillas and top with the condiments. Roll them up burrito style and enjoy! For more tender meat on the trail, work in 1/4 cup of ground bread crumbs for every 1/2 pound of raw meat before you cook and dehydrate it.

### Blackened Spiced Chicken Wrap

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 4      | 10 inch      | Flour tortillas                  |
| 2      | pkg          | Chicken (7 oz.)                  |
| 4      | Tbsp.        | Dried cranberries                |
| 1      | packet       | Ranch dressing (about 4 Tbsp.)   |
| 1      | 3 oz. bottle | Parmesan cheese                  |
| 2      | Tbsp.        | Blackened spice seasoning        |

*At Home:* Pack all of the ingredients in a gallon Ziploc bag.

*On the Trail:* Drain the chicken. Add the remaining ingredients to the chicken and stir to combine. Spoon the chicken mixture into the tortillas. Roll them up burrito style and enjoy!

### Homemade Blackened Seasoning

Servings: 20

| Amount | Measure | Ingredient -- Preparation Method                              |
|--------|---------|---|
| 1      | Tbsp.   | Paprika   |
| 2      | Tbsp.   | Salt  |
| 1      | Tbsp.   | Garlic powder   |
| 1      | Tbsp.   | Ground dried thyme  |
| 1      | tsp     | Dried basil   |
| 1      | Tbsp.   | Parsley   |
| 2      | Tbsp.   | Black pepper  |
| 1      | Tbsp.   | Onion powder  |
| 2      | tsp     | Cayenne pepper (more or less depending how spicy you want it) |
| 1      | Tbsp.   | Oregano   |

*At Home:* Combine all the ingredients in an airtight container. Mix together and save. Goes great with poultry or fish.

### Buffalo Chicken Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2/3    | cup     | Couscous                         |
| 2      | tsp     | Diced dried onion                |
| 2      | Tbsp.   | Diced dried celery               |
| 4      | tsp     | Blue cheese powder               |
| 1      | tsp     | Chicken bouillon                 |
| 2      | packets | Hot sauce                        |
| 2      | pkg     | 7-ounce chicken                  |
| 2      | 10 inch | Flour tortillas                  |
| 1      | cup     | Water                            |

*At Home:* Pack all of the ingredients in a gallon Ziploc bag.

*On the Trail:* Add 1 cup near boiling water to the freezer bag, along with the chicken. Seal tightly and put in a cozy for 5 to 10 minutes, or until liquid is absorbed. Spread mixture on tortilla and drizzle on hot sauce. Roll them up burrito style and enjoy!

### Chicken Bacon Ranch Wrap

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 4      | 10 inch      | Flour tortillas                  |
| 2      | 7-oz. pkg.   | Chicken (7 oz.)                  |
| 1      | packet       | Shelf stable bacon (4 oz.)       |
| 1      |              | Roma tomato                      |
| 4      | packets      | Ranch dressing                   |
| 1      | 3 oz. bottle | Parmesan cheese                  |

*At Home:* Pack all of the ingredients in a gallon Ziploc bag.

*On the Trail:* Drain the chicken. Dice the tomato and add to the chicken along with the bacon and ranch dressing and stir to combine. Spoon the chicken mixture into the tortillas. Top with some Parmesan cheese. Roll them up burrito style and enjoy!

### Chicken Curry Pita

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | pkg     | Chicken (7oz.)                   |
| 1      | packet  | Ranch dressing (2.5 oz.)         |
| 1/4    | cup     | Craisins                         |
| 1/4    | cup     | Cashews                          |
| 1/2    | Tbsp.   | Curry powder                     |
| 1/2    | tsp     | Ground cumin                     |
| 1/4    | tsp     | Cayenne pepper                   |
| 1/8    | tsp     | Salt                             |
| 1/4    |         | Apple, diced and freeze dried    |
| 2      |         | Pitas                            |

*At Home:* Combine spices in a small Ziploc. Combine Craisins, apples, and cashews in a separate Ziploc.

*On the Trail:* Rehydrate the diced apple with a minimum amount of water. Pour off excess water. Mix the ranch with the spices. Drain foil packet of chicken, then add chicken to ranch mixture and stir until combined. Then add Craisins, cashews, and diced apple. Cut pitas in half, and stuff with chicken salad.

### Chicken or Turkey BBQ Wrap

Servings: 2-3

| Amount | Measure | Ingredient -- Preparation Method       |
|--------|---------|--|
| 1      | pkg     | Chicken or turkey (7 oz.)              |
| 1      | packet  | Shelf stable bacon (4 oz.)             |
| 2      | Tbsp.   | Tomato powder                          |
| 2      | tsp     | Dried minced onions                    |
| 1/4    | cup     | Dehydrated black beans                 |
| 2      | Tbsp.   | Dehydrated celery                      |
| 1/4    | cup     | Dehydrated diced green peppers         |
| 2      | Tbsp.   | Brown sugar                            |
| 1/2    | tsp     | Powdered mustard                       |
| 1      | packet  | Extra virgin olive oil (about 1/2 oz.) |
| 1      | packet  | Balsamic or other vinegar              |
| 1/4    | tsp     | Garlic powder                          |
| 2      | Tbsp.   | Cheddar cheese powder                  |
| 1/4    | cup     | Dehydrated sauerkraut (optional)       |
|        |         | Salt and pepper to taste               |
| 2-3    | 10 inch | Flour tortillas                        |

*At Home:* Pack the onions, black beans, green peppers, celery, and sauerkraut (if using) in a small plastic bag. Put the tomato powder, brown sugar, mustard, garlic powder, and cheddar cheese in another small bag. Pack with everything else.

*On the Trail:* Cover the onions, black beans, green peppers, celery, and sauerkraut (if using) with cool water and let sit for 10-20 minutes. Drain any remaining water carefully. Open the chicken or turkey pouch and add the remaining ingredients. Mix well. Salt and pepper to taste. Spread on the tortillas. Roll them up burrito style and enjoy!

### Curried Salmon Salad Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | pkg     | Pink salmon (7 oz.)              |
| 3      | packets | Mayonnaise (about 3 Tbsp.)       |
| 1/4    | cup     | Dried cherries (dark or tart)    |
| 1/4    | cup     | Diced dried apple                |
| 1/4    | cup     | Diced dried celery               |
| 1      | tsp     | Yellow curry powder              |
| 1      | tsp     | Dried minced onions              |
| 2      | 10 inch | Tortillas                        |
|        |         | Salt and pepper to taste         |

*At Home:* Pack the apples, cherries, minced onions, and celery in a small plastic bag and pack with everything else.

*On the Trail:* Cover the celery, cherries, onions, and apples with cool water and let sit for 10-20 minutes. Drain any remaining water carefully. Open the salmon pouch and mix the remaining ingredients together. Salt and pepper to taste. Spread on the tortillas. Roll them up burrito style and enjoy!



"Honey, we are out of chilli peppers. Can I borrow your pepper spray?"

### Harvest Chicken Salad Wrap

Servings: 2

| Amount | Measure   | Ingredient -- Preparation Method                |
|--------|-----------|---|
| 2      | pkg (7oz) | Chicken   |
| 1/2    | cup       | Diced dried apples                              |
| 1/2    | cup       | Chopped walnuts or pecans                       |
| 4      | Tbsp.     | Dried sliced celery                             |
| 2      | Tbsp.     | Dried cranberries or golden raisins             |
| 2      | packets   | Balsamic dressing (buttermilk ranch also works) |
| 4      | 10 inch   | Flour tortillas                                 |
|        |           | Salt and pepper to taste                        |

*At Home:* Pack the apples, cranberries and celery in a small plastic bag. Put the nuts in a small bag. Pack with everything else.

*On the Trail:* Cover the celery and apples with cool water and let sit for 10-20 minutes. Drain any remaining water carefully. Open the chicken pouch and add the vegetables, nuts and cranberries and toss. Add in salad dressing, salt and pepper to taste. Spread on the tortillas. Roll them up burrito style and enjoy!

### Mashed Potato Wrap

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3/4    | cup     | Instant mashed potatoes          |
| 1      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 1      | Tbsp.   | Butter powder                    |
| 1      | Tbsp.   | Sour cream powder                |
| 2      | Tbsp.   | Powdered cheddar cheese          |
| 2      |         | Flour tortillas                  |
| 2      | packets | Salsa                            |

*At Home:* Bag the dry ingredients in a small Ziploc bag. Put the tortillas in a separate plastic bag. Tuck in the salsa packets with the tortillas.

*On the Trail:* Add the dry ingredients to your mug along with 1 cup boiling water. Stir well and let sit for a couple of minutes. Divide the mashed potatoes between the two tortillas. Top with salsa. Roll up and eat.

### Nutella and Banana Chips Wrap

Spread a layer of Nutella on a tortilla and add banana chips. Can substitute peanut butter for Nutella.

### Philly Cheesesteak Wrap

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 2      | cups    | Freeze-dried ground beef  |
| 4      | Tbsp.   | Green bell peppers, diced and dried   |
| 4      | Tbsp.   | Diced tomatoes, dried   |
| 3      | Tbsp.   | Minced onion, dried   |
| 1/2    | cup     | Cheddar Cheese Sauce Mix (see <b>Sauce Recipes</b> included with this cookbook) |
| 1/3    | cup     | Cream cheese powder   |
| 1/2    | tsp     | Garlic powder   |
| 1/2    | tsp     | Ground black pepper   |
| 1      | tsp     | Salt  |
| 4      | Tbsp.   | Olive oil   |
| 4      |         | Flour tortillas,  |

*At Home:* Pack the cheese sauce mix in a Ziploc bag. Pack the remaining dry ingredients into a separate Ziploc bag.

*On the Trail:* Add 1 1/3 cups boiling water and the oil to the dried ingredients. Stir well, cover. Let rest for 5 to 10 minutes. When the other ingredients are rehydrated, add 1 cup of boiling water to the cheese sauce mix and stir thoroughly. Combine the cheese sauce with the rehydrated beef mixture, mix well, and divide evenly among the 4 tortillas. Roll tortillas up and enjoy.

### Queso Fundido Beef Wrap

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 5      | tsp     | Dehydrated ground beef           |
| 1/2    | tsp     | Dehydrated onions                |
| 2/3    | tsp     | Dehydrated red bell peppers      |
| 2/3    | tsp     | Dehydrated green bell peppers    |
| 1/4    | tsp     | Dehydrated jalapenos             |
| 2/3    | tsp     | Dehydrated salsa                 |
| 2      | Tbsp.   | Cheddar cheese powder            |
| 1      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 1      | pinch   | Dried cilantro                   |
| 1      | dash    | Ground cumin                     |
| 1/8    | tsp     | Ground coriander                 |
| 1/8    | tsp     | Chili powder                     |
| 1/8    | tsp     | Onion powder                     |
| 1      |         | Flour tortillas                  |
| 2      | packets | Hot taco sauce (optional)        |

*At Home:* Add ground beef, onions, red/green bell peppers, and jalapenos to bag 1. Place cheese powder, milk powder, cilantro, salsa, cumin, coriander, chili powder, and onion powder to bag 2. Store flour tortillas in bag 3.

*On the Trail:* Add ingredients from Bag 1 (ground beef, onions, etc.) into pot and fill with just enough water to cover. Simmer for 5-10 minutes or until ground beef is tender. Drain most of the water, leaving meats and vegetables still pretty damp. Add contents of Bag 2 (cheese powder and spices) and stir until evenly dissolved. If necessary, add a splash of water and stir. Dump cheesy beef on tortilla and enjoy!

### Sesame Orange Chicken Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | cups    | Instant rice                     |
| 1      | Tbsp.   | Toasted sesame seeds             |
| 1 1/2  | tsp     | Powdered milk (Nestle Nido)      |
| 1 1/2  | tsp     | Chicken bouillon crystals        |
| 1      | tsp     | Butter powder                    |
| 1      | tsp     | Potato starch                    |
| 1      | tsp     | Orange drink mix (such as Tang)  |
| 1/8    | tsp     | Red pepper powder                |
| 1      | pkg     | Chicken (7 oz.)                  |
| 4      |         | Flour Tortillas                  |

*At Home:* Pack the rice in a Ziploc bag. In a second Ziploc bag pack the other dry ingredients. In a third bag, place the tortillas. Tuck the chicken in with the tortillas.

*On the Trail:* Add chicken, dry ingredients, and rice to a pot along with 1 3/4 cups water. Bring to a boil stirring continuously until rice is done. Divide between the four tortillas. Roll up and eat.



"HOW DO YOU LIKE THE CHILI, DEAR?  
I GAVE IT A LITTLE EXTRA 'KICK'  
LIKE YOU WANTED!"

### Seven Layer Bean Dip Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Dehydrated refried beans         |
| 1/4    | cup     | Dehydrated green bell peppers    |
| 1/4    | cup     | Dried tomatoes                   |
| 2      | Tbsp.   | Powdered sour cream              |
| 2      | Tbsp.   | Powdered cream cheese (optional) |
| 2      | Tbsp.   | Powdered cheddar cheese          |
| 2      | Tbsp.   | Dried onions                     |
| 1      | Tbsp.   | Taco seasoning                   |
| 2      | Tbsp.   | Olive oil                        |
| 2      |         | Tortilla wraps                   |

*At Home:* Combine all ingredients, except for the olive oil, in a Ziploc Freezer Bag. Be sure to break up any of the powdered ingredients that have solidified so that everything is thoroughly incorporated.

*On the Trail:* Bring a half liter of water to a boil. Allow the water to cool slightly and add directly to the Ziploc Freezer Bag. Stir to incorporate and seal for 10 minutes.

### Sloppy Joes Wrap

Servings: 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      | 10 inch | Flour 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 the mixture onto tortillas.



### Southwest Chicken and Corn Wrap

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | pkg. (7oz) | Chicken                          |
| 2      | packets    | Ranch dressing                   |
| 1/4    | cup        | Shelf stable bacon bits          |
| 1/2    | cup        | Parmesan cheese                  |
| 1 1/2  | tsp        | Dried cilantro                   |
| 1      | tsp        | Ground cumin                     |
| 1/4    | tsp        | Chili powder                     |
| 1/2    | cup        | Freeze-dried corn                |
| 1/4    | tsp        | Garlic powder                    |
|        |            | Salt and pepper to taste         |

*At Home:* In one Ziploc bag pack the corn. Pack the cheese, bacon bits and spices in a separate Ziploc bag. Tuck both bags in a third bag with the chicken pouch and the ranch packets. Pack 2 large tortillas as well.

*On the Trail:* Add 1/2 cup cool water to the corn bag and let soak for 15 minutes. Drain off any remaining water carefully. Break the chicken up with your spoon, fold in the corn, then the ranch dressing. Stir in the seasoned cheese. Salt and pepper to taste. Spread on the tortillas. Roll them up burrito style and enjoy!

### Sweet and Spicy Cashew Chicken Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | 7 oz.   | Cooked chicken packet            |
| 2      | 10 inch | Flour tortillas                  |
| 1/2    | cup     | Chopped cashews                  |
| 2      | packets | Mayonnaise (about 2 Tbsp.)       |
| 1-2    | packets | Honey (about 2 Tbsp.)            |
| 1-2    | packets | Sriracha                         |
| 1      | tsp     | Cilantro, dried                  |
| 1-2    | packets | Salt and pepper                  |

*At Home:* At home, place the cashews, honey, mayo, Sriracha, salt, pepper packets, and cilantro into a bag. Pack this bag along with the chicken pouch and the cashews.

*On the Trail:* In camp, drain the chicken if needed. Add the cashews, honey, mayo, Sriracha, cilantro, and salt to the chicken and stir to combine. Spoon the chicken mixture into the tortillas. Roll them up burrito style and enjoy!

### Trail Pizza Wrap

Servings: 4

| Amount | Measure   | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 4      | 10 inch   | Flour tortillas                  |
| 1      | 8 oz. pkg | String cheese                    |
| 1      | 6 oz. pkg | Pepperoni slices                 |
| 1      | 15 oz.    | Squeeze bottle pizza sauce       |

*At Home:* Pack all of the ingredients in a gallon Ziploc bag.

*On the Trail:* Squeeze the pizza sauce on the tortilla. Add two string cheese sticks and pepperoni slices. Roll the wrap and enjoy!

### Tuna Salad Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | pkg     | Tuna (7 oz.)   |
| 3      | Packets | Mayonnaise (about 3 Tbsp.)                                       |
| 2      | Packets | Sweet relish   |
| 2      | Tbsp.   | Sunflower seeds/chopped walnuts/chopped pecans (your preference) |
| 1      | Tbsp.   | Craisins   |
| 1      | tsp     | Dried minced onions  |
| 1      | tsp     | Dried cilantro   |
| 1/4    | tsp     | Garlic powder  |
| 1/4    | tsp     | Salt   |
| 1/4    | tsp     | Pepper   |
| 2      | 10 inch | Flour tortillas  |

*At Home:* Place the mayonnaise packets, sweet relish packets, seeds/nuts, Craisins into a bag. In another small bag place the salt, pepper, garlic powder, minced onions, and cilantro. Pack these bags along with the tuna pouch.

*On the Trail:* In camp, add all of the ingredients together and stir to combine. Let sit for a few minutes for the onions to absorb moisture and flavors to blend. Spoon the tuna mixture into the tortillas. Roll them up burrito style and enjoy!

### Vegetarian Wrap

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 4      | Tbsp.   | Hash browns, freeze dried        |
| 2      | Tbsp.   | Onions, freeze dried             |
| 4      | Tbsp.   | Black Beans, freeze dried        |
| 2      | Tbsp.   | Corn, freeze dried               |
| 2      | Tbsp.   | Diced tomatoes, freeze dried     |
| 2      | Flour   | Tortillas                        |
| 1/2    | tsp     | Salt                             |
| 1/4    | tsp     | Ground coriander                 |
| 1/8    | tsp     | Ground cumin                     |
| 1/4    | tsp     | Garlic powder                    |
| 1/8    | tsp     | Pepper                           |
| 1/4    | tsp     | Paprika                          |
| 1/8    | tsp     | Cayenne                          |
| 1/4    | tsp     | Oregano                          |

*At Home:* Everything goes into one package.

*On the Trail:* Put all ingredients into pot (except the tortilla). Add enough water to barely cover all ingredients. Bring to a simmer, stirring occasionally. As potatoes and other vegetables start to rehydrate a lot of water will be absorbed. Add more water as needed to avoid scorching pot. Corn will take the longest to cook, test those for doneness. Should take anywhere from 10-15 minutes. Drain excess water and serve on flour tortilla.

### 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.

## Trail Snacks

### Bacon Date Bites

Servings: 64 (1-inch) bites

| Amount | Measure | Ingredient -- Preparation Method                             |
|--------|---------|--|
| 1      | lb.     | Dried dates, pitted  |
| 1      | lb.     | Bacon, cooked, extra grease patted off, cooled, and crumbled |
| 1      | tsp.    | Toasted sesame oil   |
| 2      | tsp.    | Sesame seeds   |

*At Home:* Line an 8 x 8-inch baking pan with parchment or wax paper, leaving about a 1-inch overhang on at least 2 sides. Place the dates in a food processor fitted with the blade attachment and pulse a few times to break them up. If necessary, separate the dates if they clump together. Add the bacon and sesame oil, then process until the ingredients break down, then clump together into a ball, about 1 minute. Transfer the mixture to the prepared baking pan. Use another piece of parchment or wax paper to press it into the pan and form an even layer. Uncover, then sprinkle the top with the sesame seeds. Freeze for 30 to 40 minutes. Pull up on the excess parchment or wax paper to remove the slab from the pan and place on a cutting board. Cut into 1-inch squares and store in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### Cherry Garcia Energy Bites

Servings: 9 bites

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 1/2    | cup     | Almonds                             |
| 1/2    | cup     | Medjool dates, pitted and chopped   |
| 1/4    | cup     | Dried tart cherries                 |
| 1/4    | cup     | Shredded coconut                    |
| 2      | Tbsp.   | Flax or pumpkin seeds               |
| 2      | Tbsp.   | Mini dark chocolate chips (1/2 oz.) |
| 1      | pinch   | Salt                                |
| 1      | tsp.    | Vanilla extract                     |

*At Home:* Soak the almonds in water for 20 minutes. If your dates are on the dry side, you may want to soak them for a few minutes as well. Drain and rinse, then add to the bowl of a food processor along with the pitted dates, cherries, coconut, hemp seeds, chocolate, and salt. Give the ingredients a whirl in the food processor until the mix becomes a crumbly dough. You may need to scrape down the sides a few times. Scoop out enough dough to roll into a 1 1/2" ball, pressing the mix together between your palms to help it stick together, then rolling into a ball. Repeat with the rest of the dough to make 9 balls. Store in an airtight container in the fridge or freezer until ready to eat. Pack into small Ziploc bags for use on the trail.

### Chewy Chocolate Cherry Granola Bar

Servings: 6 bars

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|------------------------------------|
| 6      |         | Dates pitted and roughly chopped   |
| 1/2    | cup     | Water                              |
| 1/4    | cup     | Maple syrup                        |
| 2      | Tbsp.   | Chia seeds                         |
| 1      | tsp.    | Vanilla extract                    |
| 1/4    | tsp.    | Salt                               |
| 2      | cups    | Rolled oats                        |
| 1/4    | cup     | Tart dried cherries or cranberries |
| 1/4    | cup     | Mini dark chocolate chips          |

*At Home:* Preheat oven to 350°F. Place the dates, water, maple syrup, chia seeds, vanilla, cherries (or cranberries) and salt into the bowl of your food processor. Let it all soak for 5 minutes, then process until fairly smooth (it's OK to have some pieces of dates and cherries remaining, but you don't want any big chunks). Toast oats over medium heat in a heavy bottomed skillet until golden brown, about 5 minutes. Stir frequently to ensure even toasting and prevent them from burning. In a medium mixing bowl, add the oats, cherries (or cranberries), dark chocolate and the date mixture. Mix well with a spoon until all the oats are completely covered in the date mixture. Line a 9 x 5 loaf pan with parchment paper. Spread the mixture evenly into the pan, then press down on it to really compact it (we used the bottom of a glass for this). Bake for 20 minutes. Cool completely, then remove from the pan and cut into 6 bars. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### **Chewy Fruit and Nut Granola Bars**

Servings: 10 bars

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | cup     | Canola oil                       |
| 1/3    | cup     | Maple syrup                      |
| 1 1/2  | cups    | Rolled oats                      |
| 1/2    | cup     | Shredded unsweetened coconut     |
| 1/2    | cup     | Sliced almonds                   |
| 1/4    | cup     | Semi-sweet chocolate chips       |
| 1/4    | cup     | Raisins                          |
| 1/4    | cup     | Dried cranberries                |
| 1/4    | cup     | Salted peanuts                   |

*At Home:* Preheat the oven to 350°F. Line an 8" x 8" square pan with parchment paper. In a bowl mix together the oats, coconut, almonds, chocolate chips, raisins, cranberries and peanuts. Pour in the oil and maple syrup and mix until the ingredients are well coated. Add the granola mixture to the pan and press into the corners using a wooden spoon. Bake until the granola bars have turned golden brown on top, about 30 minutes. Allow the pan of granola bars to cool completely then refrigerate until set. Remove the parchment from the pan and slice the granola into 8 large bars or 16 squares. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### **Chocolate Chip Cookie Dough Energy Bars**

Servings: 10-12

| Amount | Measure | Ingredient -- Preparation Method                   |
|--------|---------|--|
| 1 1/2  | cups    | Cashews  |
| 1      | cup     | Pitted Medjool dates, tightly packed               |
| 1      | tsp.    | Pure vanilla extract                               |
| 1 to 2 | tsp.    | Water, if needed                                   |
| 1/4    | tsp.    | Fine sea salt                                      |
| 3      | Tbsp.   | Mini chocolate chips (regular size chips work too) |

*At Home:* Add cashews into a food processor and process for 3 to 4 seconds, until a coarse meal forms. Add in the pitted dates and vanilla. Process until the mixture comes together, for about 15 seconds, or longer if needed. The mixture should stick together easily when you squeeze it between your fingers. If it doesn't stick or it's still a bit crumbly, add a very small amount of water (1 teaspoon at a time) and process it again. Add the salt and the chocolate chips and process briefly to combine. Line a loaf pan or an 8-inch square pan with a piece of parchment paper so that there's overhang to lift out the bars after freezing. Scoop the mixture into the pan and smooth out with your hand until it is level. Push down firmly all over the mixture. The more you pack it down the better the bars will hold together. Roll out with a pastry roller if you have one. Freeze, uncovered, for at least 15 to 20 minutes and then slice into bars. Wrap bars in plastic wrap or aluminum foil and store in an airtight container in the fridge or freezer. Pack into small Ziploc bags for use on the trail.

### Cinnamon Apple Energy Bites

Servings: 20

| Amount | Measure | Ingredient -- Preparation Method          |
|--------|---------|---|
| 1      | cup     | Dried apples, not freeze dried            |
| 1/2    | cup     | Pitted Medjool dates                      |
| 1/2    | cup     | Almonds, unsalted                         |
| 1/2    | cup     | Old fashioned oats, gluten-free if needed |
| 1      | Tbsp.   | Maple syrup                               |
| 1      | tsp.    | Ground cinnamon                           |
| 1/8    | tsp.    | Allspice                                  |
| 2      | Tbsp.   | Water, more if needed                     |

*At Home:* Soak the dates in hot water for 10 minutes. Add all of the ingredients to a food processor or high speed blender and blend until the mixture turns into a paste or dough like consistency. Scoop out heaping tablespoons of the mixture and roll into balls. Store the energy bites in an airtight container in the refrigerator or freezer. Pack into small Ziploc bags for use on the trail.

### Espresso Date Balls

Servings: 15 balls

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|------------------------------------|
| 1      | cup     | Pitted Medjool dates               |
| 1/4    | cup     | Cocoa powder                       |
| 1/4    | cup     | Rolled oats                        |
| 1/4    | cup     | Walnuts, almonds, or nut of choice |
| 2      | Tbsp.   | Almond butter (or peanut butter)   |
| 2      | tsp.    | Espresso powder                    |
| 1/4    | tsp.    | Salt                               |
| 1      | Tbsp.   | Maple syrup                        |

*At Home:* Add all ingredients except maple syrup to a food processor. Blend on high for 1 to 3 minutes, stopping to scrape down the sides as needed. Once the mixture is starting to look like fine crumbs, add maple syrup. Blend for another minute, until the whole mixture starts to feel cohesive. You can keep blending if you prefer your energy balls with a smoother consistency, or stop here if you like them a little crunchier. Roll the dough into 1 to 2 Tbsp.-size balls and place on a plate or baking sheet so that none are touching. Put energy balls in the freezer for at least an hour, then remove them from the baking sheet and store in a sealed container in the freezer. Pack into small Ziploc bags for use on the trail.

### French Fries, Barbecue Seasoned

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Frozen French fries              |
| 1      | tsp.    | Paprika                          |
| 1      | tsp.    | Brown sugar                      |
| 1      | tsp.    | Kosher salt                      |
| 1      | tsp.    | Black pepper                     |
| 1 1/2  | tsp.    | Chili powder                     |
| 1/2    | tsp.    | Garlic powder                    |
| 1/2    | tsp.    | Onion powder                     |

*At Home:* Whisk together all seasonings in a small bowl. Combine powder mixture and French fries in a covered container or small paper bag; shake until fries are well coated. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries. Freeze-dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag.

### French Fries, Cajun Seasoned

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | lb.     | Frozen French fries  |
| 1      | tsp.    | Salt   |
| 1 1/2  | tsp.    | Paprika  |
| 1 1/2  | tsp.    | Onion powder or granulated onion                                 |
| 1 1/2  | tsp.    | Garlic powder or granulated garlic                               |
| 1/4    | tsp.    | Black pepper   |
| 1/4    | tsp.    | Mustard powder   |
| 1/4    | tsp.    | Cayenne pepper (optional)  |
|        | Packets | Favorite condiments (ketchup, mayo, tartar sauce, mustard, etc.) |

*At Home:* Whisk together all seasonings in a small bowl. Combine powder mixture and French fries in a covered container or small paper bag; shake until fries are well coated. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries. Freeze-dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag and enclose a single-serving packet of your favorite condiment (ketchup, mayo, tartar sauce, mustard).

### French Fries, Italian Seasoned

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | lb.     | Frozen French fries  |
| 1      | tsp.    | Parsley flakes   |
| 1 1/2  | tsp.    | Salt   |
| 1/2    | tsp.    | Black pepper   |
| 1 1/2  | tsp.    | Italian seasoning  |
| 2      | Tbsp.   | Grated Parmesan cheese   |
|        | Packets | Favorite condiments (ketchup, mayo, tartar sauce, mustard, etc.) |

*At Home:* Whisk together all seasonings in a small bowl. Combine powder mixture and French fries in a covered container or small paper bag; shake until fries are well coated. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries. Freeze-dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag and, if desired, enclose a single-serving packet of your favorite condiment (ketchup, mayo, tartar sauce, mustard).

### French Fries, Original Seasoned

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | lb.     | Frozen French fries  |
| 2      | tsp.    | Onion salt   |
| 2      | tsp.    | Paprika  |
| 2      | tsp.    | Dried parsley  |
| 1      | tsp.    | Garlic powder  |
| 1/2    | tsp.    | Dried oregano  |
| 1/2    | tsp.    | Dried thyme  |
| 1/2    | tsp.    | Dried basil  |
| 1/2    | tsp.    | Black pepper   |
| 1/4    | tsp.    | Cayenne pepper (optional)  |
|        | Packets | Favorite condiments (ketchup, mayo, tartar sauce, mustard, etc.) |

*At Home:* To make seasoned fries, toss 1 pound of French fries with 1 tablespoon seasoning. You can adjust this according to your taste. If you prefer a lightly salted fry, start with 2 teaspoons of the seasoning per pound of fries,

and then adjusting up if you'd like. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries. Freeze-dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag and, if desired, enclose a single-serving packet of your favorite condiment (ketchup, mayo, tartar sauce, mustard).

### French Fries, Salt and Vinegar

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | lb.     | Frozen French fries  |
| 1      | Tbsp.   | Vinegar  |
| 1      | tsp.    | Salt   |
| 1      | tsp.    | Dried rosemary   |
| 1/4    | tsp.    | Paprika  |
| 1/4    | tsp.    | Onion powder   |
|        | Packets | Favorite condiments (ketchup, mayo, tartar sauce, mustard, etc.) |

*At Home:* Add the vinegar and seasonings to the frozen fries in a bowl. Stir gently to mix and let them sit a few minutes before baking them. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries or dehydrate the baked fries at 135°F on mesh sheets for 7–9 hours until crispy. Dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag and, if desired, enclose a single-serving packet of your favorite condiment (ketchup, mayo, tartar sauce, mustard).

### French Fries, Ranch Seasoned

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | lb.     | Frozen French fries  |
| 1 oz.  | package | Ranch seasoning, (only half)                                     |
|        | packets | Favorite condiments (ketchup, mayo, tartar sauce, mustard, etc.) |

*At Home:* Sprinkle 1/2 the packet of ranch seasoning over the fries. Toss to coat evenly. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries. Freeze-dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag and, if desired, enclose a single-serving packet of your favorite condiment (ketchup, mayo, tartar sauce, mustard).

### French Fries, Taco

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Frozen French fries              |
| 2      | Tbsp.   | Taco seasoning                   |

*At Home:* Combine the taco seasoning and French fries in a covered container or small paper bag; shake until fries are well coated. Bake the fries on a baking tray according to package instructions. Freeze dry the baked fries. Freeze-dried French fries will easily snap in half and are excellent for snacking. Pack a handful of dried fries in a Ziploc bag.

### Fruit Roll-Ups

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 3      | cups    | Fresh fruit (raspberries, strawberries, blueberries, mangos, peaches, pineapple, etc.) |
| 1/4    | cup     | White sugar  |
| 1-1/2  | Tbsp.   | Lemon juice (use fresh squeezed lemon juice or bottled)                                |
|        |         | Spices such as cinnamon and nutmeg (optional)  |

*At Home:* Thaw the fruit if frozen. Add fruit, lemon juice, and sugar to a blender and blend until smooth. If desired, line the food dehydrator fruit tray with parchment paper. Spread the fruit mixture evenly across the fruit dehydrator tray. Put on the lid and set the food dehydrator to 140°F. The dehydrating time varies depending on the fruit and can be anywhere from 4-12 hours. It is done when the fruit is leather and no longer sticky to the touch. Cut into individual portions and roll up in parchment paper to prevent sticking. Store fruit leather rolled up and placed in a large lidded jar or zip-top bag at room temperature for up to 1 month until you are ready to enjoy. For longer storage (up to 6 months), refrigerate your fruit leather. For even longer storage of up to 1 year, freeze your homemade treats. Pack into small Ziploc bags for use on the trail.

*Notes:* Use a combination of berries, mango, peaches, or kiwi to make fruit roll-ups (i.e. 2 cups of strawberries and 1 cup of blackberries). Do not use fruit that browns easily like apples, pears, or bananas. Avoid using melons as they have a high water content. You can use up to 1 cup of applesauce, mixed with other varieties of fruit if desired. You can use frozen fruit. Defrost the fruit in the refrigerator and then strain well to remove excess moisture. Pat dry and then proceed with the recipe.

### **Fruit Roll-Ups, Tropical Blend**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Strawberries, stems removed      |
| 1/2    | lb.     | Mango                            |
| 2      |         | Bananas                          |
| 1/2    |         | Lemon, juiced                    |
| 1      | Tbsp.   | Sugar or to taste                |
|        |         | Vegetable oil                    |

*At Home:* Thaw the fruit if frozen. Add fruit, lemon juice, and sugar to a blender and blend until smooth. Lightly oil your dehydrator fruit leather trays. Divide the fruit puree evenly across the trays. Depending on your tray's surface area you may require more or fewer trays. The puree should be spread out in an even, 1/4" layer. Set your dehydrator to 135°F and dehydrate 4-6 hours. Remove the trays from the dehydrator and carefully peel the leather off the trays. Cut the cooled fruit leather into 1-inch strips using kitchen scissors or a pizza cutter. Roll the fruit leather up with a strip of parchment paper, and secure with tape or a sticker. Keep homemade fruit-roll ups in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### **Homemade Granola Bars**

Servings: 14

| Amount | Measure | Ingredient -- Preparation Method           |
|--------|---------|--|
|        |         | Cooking spray                              |
| 2      | cups    | Old-fashioned rolled oats                  |
| 3/4    | cup     | Pecan halves, chopped                      |
| 1/2    | cup     | Pepitas, raw                               |
| 1/2    | cup     | Almonds, sliced                            |
| 2      | Tbsp.   | Butter                                     |
| 1/3    | cup     | Packed brown sugar                         |
| 1/4    | cup     | Honey                                      |
| 1      | tsp.    | Pure vanilla extract                       |
| 1/2    | tsp.    | Kosher salt                                |
| 1      | large   | Egg  |
| 1/2    | cup     | Dried apricots, chopped into small pieces  |
| 1/2    | cup     | Freeze-dried strawberries, roughly chopped |
| 1/4    | cup     | Craisins                                   |

*At Home:* Preheat oven to 400°F. Grease a 9-inch square baking pan with cooking spray. Line with parchment paper and grease parchment. Combine oats, pecans, pepitas, and almonds on a rimmed baking sheet. Spread into an evenly layer and bake until lightly toasted, stirring halfway through, about 15 minutes. Reduce oven to 300°F. In a large microwave-safe bowl, microwave butter and brown sugar, until butter is melted, about 1 minute. Add honey, vanilla,

and salt and whisk until well combined and brown sugar is dissolved. Add egg white and stir vigorously until fully combined. Scrape toasted oat mixture into bowl with melted butter mixture. Fold in apricot, strawberries, and Craisins. Spread mixture evenly onto prepared baking pan. Using a spoon, press top of granola bars to slightly compact mixture and create a more even top. Bake until light golden, 27 to 30 minutes. Let cool completely. Remove cooled granola bars from the pan using the parchment overhang, then slice into bars. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### No Bake Trail Mix Energy Bites

Servings: 20

| Amount     | Measure | Ingredient -- Preparation Method |
|------------|---------|----------------------------------|
| 1          | cup     | Old fashioned oats               |
| 1/4        | cup     | Raisins                          |
| 1/4        | cup     | Chopped peanuts                  |
| 1/4        | cup     | Mini chocolate chips             |
| 1/4        | cup     | Mini M&Ms                        |
| 1/2 to 3/4 | cup     | Peanut butter                    |
| 3          | Tbsp.   | Honey                            |

*At Home:* In a mixing bowl, stir together oats, raisins, peanuts, chocolate chips, and candies. In a small saucepan over low heat, stir together 1/2 cup peanut butter and honey until melted. Let cool slightly so chocolate doesn't melt. Pour over the trail mix and stir to combine. If you can't roll into balls, melt the other 1/4 cup peanut butter and add that. Roll into 1-inch balls and store in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### Peanut Butter Banana Chocolate Chip Oatmeal Bars

Servings: 16 bars

| Amount | Measure | Ingredient -- Preparation Method                        |
|--------|---------|---|
| 1      | cup     | Mashed bananas (about 3 medium or 2 large ripe bananas) |
| 1/2    | cup     | Creamy or crunchy peanut butter                         |
| 1/4    | cup     | Coconut sugar or brown sugar                            |
| 1/4    | cup     | Unsweetened applesauce                                  |
| 1/2    | cup     | Almond milk (or any nondairy milk)                      |
| 2 1/2  | cups    | Old-fashioned whole oats or quick oats (not instant)    |
| 1      | tsp.    | Baking powder   |
| 1/2    | tsp.    | Salt  |
| 1      | tsp.    | Ground cinnamon   |
| 1      | tsp.    | Pure vanilla extract                                    |
| 1      | cup     | Semi-sweet chocolate chips (use dairy free for vegan)   |

*At Home:* Preheat oven to 350°F. Line a 9-inch square baking pan with parchment paper with enough overhang on the sides to easily remove the bars from the pan. Set aside. In a large bowl or in the bowl of your stand mixer, mash the bananas. On medium speed, beat or whisk in the remaining ingredients in the order listed. Batter will be a little thick, but still pourable. Pour/spoon the mixture evenly into the prepared pan and bake for 25-28 minutes or until the center is set (it will still look relatively soft!). Remove from the oven and cool in the pan at room temperature for 30-60 minutes. After that, place the pan in the refrigerator for 1 hour until chilled. The bars are difficult to cut if they haven't been chilled. Remove from the pan using the overhanging parchment paper on the sides, then cut into bars. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### **Peanut Butter and Jelly Granola Bars**

Servings: 6 bars

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | cup     | Rolled oats                      |
| 1/2    | cup     | Jam                              |
| 1/4    | cup     | Peanut butter                    |
| 2      | Tbsp.   | Brown sugar                      |
| 1      | Tbsp.   | Coconut oil                      |
| 1/4    | tsp.    | Salt                             |
| 1/4    | cup     | Chopped peanuts                  |

*At Home:* Preheat the oven to 350°F. Line a 9 X 5 loaf pan with parchment paper or foil. Spread the oats on a baking sheet and toast in the oven for 10 minutes, stirring at the 5 minute mark to ensure they toast evenly. Remove from the oven and set aside. Heat the jam, peanut butter, sugar, oil, and salt in a small saucepan. Simmer for about 3 minutes over medium heat until slightly thickened, stirring constantly. Dump the toasted oats into the pot and stir to thoroughly coat. Transfer the mixture to the lined loaf pan in an even layer. Press the chopped peanuts into the top of the mixture. Bake the bars for 15 minutes until golden brown. Remove from the oven and allow to cool. Remove the bars from the pan and cut into bars using a sharp knife. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### **Roasted Chickpeas**

Servings: 4-6

| Amount   | Measure | Ingredient -- Preparation Method |
|----------|---------|----------------------------------|
| 1        | 15 oz.  | Chickpeas (drained and rinsed)   |
| 1/2      | tsp.    | Ground cumin                     |
| 1/2      | tsp.    | Smoked paprika                   |
| 1/2      | tsp.    | Garlic powder                    |
| 1/4      | tsp.    | Onion powder                     |
| 1/4      | tsp.    | Ground coriander                 |
| 1/2      | tsp.    | Sea salt                         |
| 1/4      | tsp.    | Ground black pepper              |
| 1/2 to 1 | Tbsp.   | Olive oil                        |

*At Home:* Preheat oven to 400°F. Lightly spray a baking sheet with cooking oil (olive oil or avocado oil) or cooking spray. Set aside. Drain and rinse the chickpeas. Then, put the chickpeas on a paper-towel lined plate and pat dry. If necessary, discard wet paper towels and use fresh ones. Let the chickpeas dry on the paper towels until they are no longer wet. In a small bowl, mix together cumin, paprika, garlic powder, sea salt, onion powder and pepper. Set aside. Transfer the rinsed and thoroughly dried chickpeas to the prepared baking sheet. Bake in the preheated oven for 15 minutes "naked" – meaning without any oil or spices. After 15 minutes, remove the chickpeas from the oven and drizzle 1/2 tablespoon olive oil over the chickpeas, stirring until evenly coated. If necessary, slowly add more olive oil (up to 1 tablespoon) until all the chickpeas are lightly coated. Once the chickpeas are coated in oil, add the spice mixture and stir until evenly distributed. Bake at 400°F for 10 additional minutes, then remove from the oven and stir the chickpeas. Return the stirred chickpeas to the oven and bake them for an additional 5-10 minutes, until desired crispiness is achieved (a total of 30-35 minutes of baking). Turn off oven and open the oven door so it's slightly ajar. Let the chickpeas cool in the oven to achieve maximum crispiness. Store these roasted chickpeas in an airtight container at room temperature. Pack into small Ziploc bags for use on the trail. Roasted chickpeas should be eaten as soon as possible.

### Salted Caramel Nut Roll

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method                        |
|--------|---------|---|
| 7      | oz.     | Marshmallow creme                                       |
| 1/2    | tsp.    | Almond extract  |
| 3      | cups    | Confectioners' sugar                                    |
| 2 1/4  | cups    | Caramel bits, approximately 1 1/2 bags (11 ounces each) |
| 6      | Tbsp.   | Heavy cream   |
| 16     | oz.     | Salted peanuts, approximately 3 1/2 cups                |

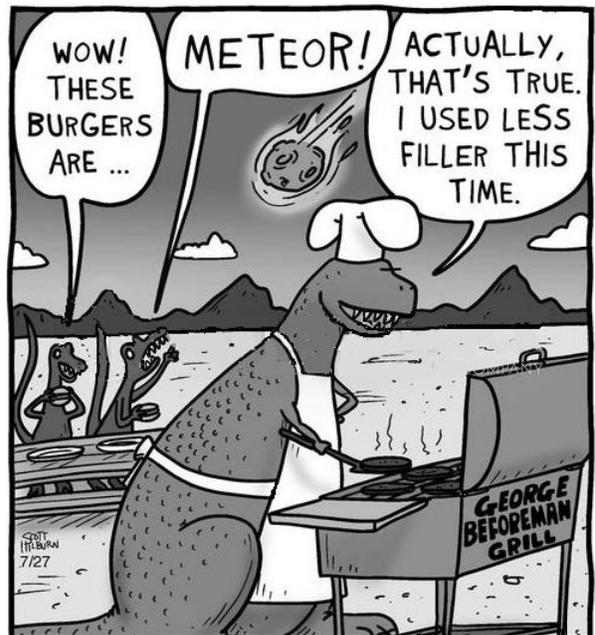
*At Home:* In a large bowl, combine the marshmallow creme, extract, and confectioners' sugar. The nougat mixture will be slightly crumbly, but it will stick once packed together. Form the mixture into a hockey puck, or disc shape. Cut the mixture into 8 pieces (like cutting a pie). Roll each piece into a cylindrical shape (roughly the size of a candy bar.) Wrap each cylinder in parchment paper and place them in the freezer for at least 2 hours. When ready, melt caramel bits in the microwave for 2 to 2½ minutes, stirring at 30-second intervals, until completely melted. Add the heavy cream and stir until combined. Place salted peanuts onto a baking sheet. Remove the rolls from the freezer. Working one at a time, dip the roll into the caramel, coating it completely. Try not to use your fingers! This gets really messy if you do; you can use two forks to dip and remove. Place the caramel-covered roll onto the sheet of salted nuts and cover it completely with nuts. Transfer the nut-covered roll onto parchment paper. Repeat with the remaining rolls. Store the nut rolls in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### Salted Nut Roll Bars

Servings: 16

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 16     | oz.     | Dry roasted salted peanuts, divided |
| 4      | Tbsp.   | Unsalted butter                     |
| 14     | oz.     | Sweetened condensed milk            |
| 10     | oz.     | Peanut butter chips                 |
| 4      | cups    | Mini marshmallows                   |

*At Home:* Line 9 x 13 baking pan with parchment paper. Spray with non-stick cooking spray. Add half the peanuts. Set aside. In a large pot over medium heat add butter and melt. Add sweetened condensed milk and stir till completely combined. Add peanut butter chips and continue to stir till melted. Stir in marshmallows and cook till puffy. About a minute. Remove from heat and pour into baking pan. Working quickly spread out. Top with remaining peanuts. Press down gently. Store the salted nut roll bars in an airtight container in the refrigerator or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.



### S'mores Granola Bar

Servings: 6 bars

| Amount | Measure | Ingredient -- Preparation Method        |
|--------|---------|---|
| 6      |         | Dates pitted and roughly chopped        |
| 1/2    | cup     | Water                                   |
| 1/4    | cup     | Maple syrup                             |
| 2      | Tbsp.   | Chia seeds                              |
| 1/4    | tsp.    | Salt                                    |
| 1      | cup     | Rolled oats                             |
| 1      | cup     | Crushed graham crackers about 10 sheets |
| 1/2    | cup     | Mini marshmallows                       |
| 6      | Tbsp.   | Mini dark chocolate chips               |
| 1      | tsp.    | Coconut oil (optional if greasing pan)  |

*At Home:* Preheat oven to 350°F (177°C). Place the dates, water, maple syrup, chia seeds, and salt into the bowl of your food processor. Let it all soak for 5 minutes, then process until fairly smooth (it's OK to have some pieces of dates remaining, but you don't want any big chunks). Toast oats over medium heat in a heavy bottomed skillet until golden brown, about 5 minutes. Stir frequently to ensure even toasting and prevent them from burning. In a medium mixing bowl, add the oats, graham crackers, marshmallows, dark chocolate and the date mixture. Mix well with a spoon until all the dry ingredients are completely covered in the date mixture. Line an 8.5" x 4.5" loaf pan with parchment paper, or grease the pan with coconut oil or butter. Spread the mixture evenly into the pan, then press down on it to really compact it (I used the bottom of a glass for this). Bake for 20 minutes. Cool completely, then remove from the pan and cut into 6 bars. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### Sunshine Bars

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Dried, unsweetened pineapple     |
| 1/3    | cup     | Warm water (for soaking fruit)   |
| 1      | cup     | Cashews                          |
| 1/4    | cup     | Unsweetened coconut flakes       |
| 1/2    | tsp.    | Lemon zest                       |
| 1/2    | tsp.    | Pure vanilla extract             |
| 1      | dash    | Salt                             |

*At Home:* Soak the dried fruit in warm water for 5-10 minutes. Meanwhile, gather remaining ingredients and pour into a food processor. Drain the fruit and add to the food processor. Process for 30-60 seconds or until the mixture sticks together when pinched with your fingers. Line a loaf pan or an 8-inch square pan with a piece of parchment paper so that there's overhang to lift out the bars after chilling. Pour into a loaf pan and press firmly into bars with a spatula. Chill for 10 minutes and then cut into 6 bars. Store the bars in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.



*“Yes, we’re hauling my grill the 20 miles to the lake. I’m not cooking fish on some cheap frying pan!”*

### Tart Cherry Pie Snack Balls

Servings: 12 to 14 balls

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | cup     | Dried tart cherries              |
| 1      | cup     | Dry roasted, salted almonds      |
| 1      | cup     | Walnuts                          |
| 1      | tsp.    | Cinnamon (optional)              |
| 1      | Tbsp.   | Water                            |

*At Home:* Place all ingredients in a food processor and process about 1 minute, or until ingredients are in small, relatively uniform crumbles. Form mixture into balls or bars. Store the bliss balls in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### Trail Mix Bliss Balls

Servings: 8 bites

| Amount | Measure | Ingredient -- Preparation Method                 |
|--------|---------|--|
| 10     |         | Dates, pitted and soaked in water for 10 minutes |
| 1/4    | cup     | Cashews  |
| 3      | Tbsp.   | Roasted pepitas (pumpkin seeds)                  |
| 3      | Tbsp.   | Dried cranberries                                |

*At Home:* In a food processor, process the dates and cashews until a sticky dough forms. Divide the dough into 8 equal parts and roll between your palms to create a ball. Spread the pepitas and cranberries on a flat surface (like a cutting board or plate) and roll the balls over them to coat. Store the bliss balls in an airtight container in the fridge or freezer until you're ready to enjoy. Pack into small Ziploc bags for use on the trail.

### Trail Mix Ingredient Ideas

Mix and match to suit your own tastes:

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



## Dinners and Sides

### Alfredo Mashers and Chicken

Servings: 2

| Amount | Measure   | Ingredient -- Preparation Method  |
|--------|-----------|---|
| 1-1/2  | cups      | Instant mashed potatoes (plain)   |
| 1      | 7 oz. pkg | Chicken Breast  |
| 4      | Tbsp.     | Dry milk  |
| 4      | Tbsp.     | Shelf stable Parmesan cheese (green can)  |
| 2      | Tbsp.     | Instant Alfredo sauce mix (See <b>Sauce Recipes</b> included in this cookbook.) |
| 2      | Tbsp.     | Powdered butter   |
| 1/2    | tsp       | Garlic powder   |
| 1/2    | tsp       | Ground black pepper   |

*At Home:* Place all of the dry ingredients in a quart Ziploc bag. Place the quart Ziploc bag and the chicken packet inside of a gallon Ziploc bag.

*On the Trail:* Bring 2 cups water and the contents of the chicken packet to a boil in a pot. Take off heat. Add in the remaining dry ingredients and stir well. Let cool a bit before eating.

### Asparagus and Green Beans with Citrus Butter Sauce

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 3      | Cups    | Frozen asparagus, ends trimmed and stalks cut into 2-inch pieces, freeze-dried |
| 3      | Cups    | Frozen green beans, freeze-dried   |
| 3      | Cups    | Sliced mushrooms, freeze-dried   |
| 2      | Tbsp.   | Dried minced onions  |
| 2      | Tbsp.   | Olive oil  |
| 1/4    | tsp     | Garlic powder  |
| 1      | tsp     | Chicken bouillon powder  |
| 4      | Tbsp.   | Powdered butter  |
| 1/2    | tsp     | Salt   |
| 1/4    | tsp     | Ground black pepper  |
| 2      | Tbsp.   | Dried parsley  |
| 1-1/2  | tsp     | True lemon powder  |

*At Home:* Combine the freeze dried asparagus, green beans, mushrooms, and minced onions in a Ziploc bag. Place spices in a separate bag. Pack the olive oil in a squeeze bottle.

*On the Trail:* Place the asparagus, green beans, mushrooms, and dried minced onions in a pot and cover with 1/4 inch of water. Let it rehydrate for 30 minutes. Drain the excess water. Light stove and heat olive oil in a pot. Add the rehydrated vegetables and sauté them for 3 to 5 minutes, tossing/stirring frequently. Add 1 cup of water and the bag of spices. Continue cooking for 2 to 3 minutes, stirring frequently. Remove from heat and serve.



### Backcountry Jambalaya

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method     |
|--------|---------|--------------------------------------|
| 1 1/2  | cup     | Instant rice                         |
| 2      | Tbsp.   | Dried tomato flakes                  |
| 4      | tsp     | Dried bell pepper                    |
| 2      | tsp     | Dried onion flakes                   |
| 1      | tsp     | Garlic powder                        |
| 1/2    | tsp     | Cumin                                |
| 1      | tsp     | Cajun seasoning                      |
| 1/2    | tsp     | Tomato bouillon                      |
| 1      | tsp     | Paprika                              |
| 1      | 7 oz.   | Chicken foil pack                    |
| 4      | oz.     | Sliced summer sausage                |
| 2      | cubes   | Beef bouillon                        |
|        |         | Water, just to cover all ingredients |

*At Home:* In a Ziploc bag, place the rice and all the dry ingredients together. In the same bag, toss in the packet of chicken and the sausage.

*On the Trail:* Brown the slices of summer sausage for flavor enhancement (optional). Once browned to your liking, add in all other ingredients. Add enough water just to cover the concoction. Give it a stir. Add more water if needed. Put the lid on the pot and bring to a boil. Stirring continuously, cook until the rice is plump and the liquid is mostly gone.

### Barbeque Baked Beans

Servings: 8 servings

| Amount | Measure | Ingredient -- Preparation Method                  |
|--------|---------|---|
| 1      | lb.     | Ground beef, dehydrated or freeze dried           |
| 16     | oz.     | Shelf stable bacon bits                           |
| 1/2    | cup     | Onion, chopped                                    |
| 1/2    | cup     | Green bell pepper, chopped                        |
| 16     | oz.     | Dark Red Kidney Beans (canned) drained and rinsed |
| 16     | oz.     | Pinto Beans (canned) drained and rinsed           |
| 15.5   | oz.     | Butter Beans (canned) drained and rinsed          |
| 2      | cups    | Barbeque Sauce                                    |
| 2      | tsp     | Garlic salt                                       |
| 1/4    | cup     | Brown sugar                                       |
| 1      | tsp     | Ground mustard                                    |
| 3      | packets | Soy Sauce   |

*At Home:* Add ground beef, onion, and green pepper to skillet and cook until the meat is no longer pink. Drain fat. Freeze dry or dehydrate. Drain and rinse the beans before freeze drying or dehydrating. Dehydrate the barbeque sauce until it is a leather. Package the dried ground beef, onion, green pepper, and beans in a Ziploc bag. Place the dried barbeque sauce along with the packets of soy sauce in a Ziploc sandwich bag. In a separate sandwich Ziploc bag measure out the garlic salt, brown sugar, and ground mustard.

*On the Trail:* Add the contents of the ground beef/bean bag and the barbeque sauce bag to a cooking pot and just barely cover with water. Let sit for 30 minutes to rehydrate, stirring occasionally. Add more water if necessary. Stir in the bacon bits along with the contents of the spice bag. Light your stove and bring the pot to a boil, stirring often. When the pot begins to boil, reduce the heat to maintain a simmer. Cover and cook for about 10 minutes on low heat stirring occasionally.

## Barbeque Spaghetti

Servings: 8

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 2      | lbs.        | Ground beef or pork              |
| 1      | 16 oz. jar  | BBQ sauce (Your favorite kind)   |
| 1      | large       | Onion, chopped                   |
| 2      |             | Bell peppers, chopped            |
| 2      | 10 oz. cans | Diced tomatoes                   |
| 1      | 15 oz. can  | Tomato sauce                     |
| 1      | 8 oz. can   | Tomato paste                     |
| 1      | cup         | Beef broth                       |
| 2      | Tbsp.       | Liquid smoke                     |
| 3      | Tbsp.       | Worcestershire sauce             |
| 1      | Tbsp.       | Cumin                            |
| 3      | Tbsp.       | Chili powder                     |
| 2      | Tbsp.       | Black pepper                     |
| 16     | oz.         | Spaghetti pasta                  |

*At Home:* In a large pot, brown the meat and include the onions and green peppers. When meat is browned, drain the fats and liquids. Add the remaining ingredients except for the pasta. Bring to a boil, reduce heat, and simmer for 20 minutes. While the sauce is simmering, boil water, break the spaghetti noodles into, and cook the pasta al dente. Drain. Add the cooked spaghetti to the sauce and stir in. Remove from the heat, put the lid on, and let it sit for 20 minutes to let the flavors meld. Dehydrate or freeze dry for the trail.

*On the Trail:* Put the dehydrated spaghetti in a pot and pour water over it until it's slightly covered. Stir thoroughly, put the lid on and let it sit for about 30 minutes. Begin heating on a stove stirring frequently to prevent burning. Add more water if necessary. Bring to a boil. It is ready to eat when the pasta is fully rehydrated and soft.

## Barbeque Chicken Stew

Servings: 3

| Amount | Measure | Ingredient -- Preparation Method                  |
|--------|---------|---|
| 1      | 7 oz.   | Chicken foil pack or 1.5 oz. freeze dried chicken |
| 2/3    | cups    | BBQ sauce dehydrated into a leather               |
| 3      | cubes   | Chicken Bouillon                                  |
| 3/4    | cup     | Hashbrowns, dehydrated                            |
| 3/4    | cup     | Corn, dehydrated                                  |
| 3/4    | cup     | Butter Beans, dehydrated                          |
| 3      | cups    | water   |

*At Home:* Combine dehydrated ingredients and unwrapped bouillon cubes in a small Ziploc bag and enclose with chicken foil pack in a larger Ziploc bag.

*On the Trail:* Combine all ingredients with 3 cups water in pot and soak for 30 minutes. Light stove, bring to a boil. Reduce heat and simmer for 5 to 10 minutes or until dehydrated ingredients are soft. Add additional water if necessary for desired consistency. Remove pot from stove and serve.



**“D’you feel okay? That chicken was a funny color when I cooked it.”**

## Beef Alfredo

Servings: 6-8

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 16     | oz.     | Dried ground beef  |
| 16     | oz.     | Noodles  |
| 3      | oz.     | Dehydrated red bell peppers  |
| 2      | oz.     | Dehydrated sliced mushrooms  |
| 4      | oz.     | Freeze dried broccoli  |
| 1      | oz.     | Dried onions   |
| 2/3    | cup     | Instant Alfredo Sauce Mix (see <b>Sauce Recipes</b> included in this cookbook) or<br>2-1.6 oz. packages of Knorr Alfredo Sauce |
| 1/2    | cup     | Parmesan cheese  |
| 1 3/4  | cup     | Milk (from powdered milk)  |
| 2      | tsp     | Salt   |
| 1      | tsp     | Pepper   |

*At Home:* Place the ground beef, bell peppers, mushrooms, broccoli, and onions in a Ziploc bag. Place the noodles in a second Ziploc bag. Place the remaining ingredients in a third Ziploc bag.

*On the Trail:* Add 64 ounces of water to a pot and rehydrate the ground beef, red bell peppers, sliced mushrooms, broccoli and onions for 30 minutes. Boil the water and add the noodles, salt, and pepper, stirring often. Simmer until noodles are soft. Add additional water if necessary. In a separate pot whisk together the milk, Knorr Alfredo Sauce, and Parmesan cheese. When the noodles are almost done, pour the mix into pot, stirring continuously, and simmer until noodles are soft. Remove from heat and serve.

## Beefaroni

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 16     | oz.     | Dried ground beef   |
| 16     | oz.     | Elbow macaroni  |
| 32     | oz.     | Tomato sauce from tomato powder (See <b>Sauce Recipes</b> included with this cookbook.) |
| 2      | tsp     | Dried minced onions   |
| 1      | tsp     | Basil   |
| 1      | tsp     | Thyme   |
| 1      | tsp     | Oregano   |
| 1      | tsp     | Salt  |
| 1 1/2  | cups    | Powdered cheddar cheese   |
| 5      | Tbsp.   | Powdered milk (Nestle Nido)   |
| 8      | Tbsp.   | Powdered butter   |
| 1      | tsp     | Salt  |
| 1/2    | tsp     | Pepper  |

*At Home:* Combine ground beef, macaroni, tomato sauce powder, minced onions, and spices in a large freezer bag. Combine the cheese, milk, and butter in a separate bag

*On the Trail:* Add 8 cups of water to a pot and rehydrate the ground beef/macaroni/spice/tomato sauce mixture for 30 minutes. Boil the water and then turn down to simmer. Cook until the macaroni is al dente, stirring often. Remove from heat and add the milk/butter/cheese. Stir until completely mixed. Serve.



**Beef and Noodles with Mashed Potatoes**

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 8      | oz.     | Dried ground beef                   |
| 1      | cup     | Dried egg noodles, fine             |
| 1      | cup     | Potato Pearls (or instant potatoes) |
| 1      | cup     | Freeze dried corn                   |
| 2      | Tbsp.   | Powdered butter                     |
|        |         | Salt and pepper to taste            |

*At Home:* Cook the egg noodles according to package instructions, dehydrate or freeze-dry, and then chop into smaller pieces. Place the freeze-dried corn, beef, noodles, and powdered butter in a Ziploc bag. Place the Potato Pearls in another small Ziploc bag. Then put both smaller Ziploc bags into a larger Ziploc freezer bag.

*On the Trail:* Dump the contents of the corn, beef, and noodle bag into a pot and add 4 cups cool water. Let rehydrate for 10 minutes. Bring to a boil and cook until noodles are soft, stirring occasionally. Remove from heat and add in the Potato pearls. Stir for 15 seconds. Let stand for two or three minutes. Add additional water if necessary to achieve desired consistency. Serve and enjoy!

**Beef Vegetable and Noodles**

Servings: 4

| Amount | Measure   | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 8      | oz.       | Dried ground beef                |
| 2      | 3 oz. pkg | Beef flavored Ramen noodles      |
| 2      | 1 oz. pkg | Instant onion soup               |
| 4      | Tbsp.     | Mixed dehydrated vegetables      |
| 1/2    | tsp       | Crushed red pepper               |
| 1/2    | tsp       | Garlic powder                    |
| 1/2    | tsp       | Ground ginger                    |
| 1      | tsp       | Dried cilantro                   |
| 4      | Packets   | Soy sauce                        |
|        |           | Salt and pepper to taste         |

*At Home:* Combine all of the dry ingredients in a large freezer bag.

*On the Trail:* Add 4 cups of water to a pot and rehydrate the ground beef and mixed vegetables for 30 minutes. Boil the water and add the remaining ingredients, stirring often. Simmer until noodles are soft. Season with soy sauce to taste.



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

### Beef Divan

Servings: 6-8

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 16     | oz.     | Dried ground beef   |
| 16     | oz.     | Spaghetti broke into 2 inch pieces  |
| 2      | oz.     | Dehydrated sliced mushrooms   |
| 4      | oz.     | Freeze dried broccoli   |
| 1      | oz.     | Dried onions  |
| 2/3    | cup     | Instant Alfredo sauce mix (see <b>Sauce Recipes</b> included with this cookbook) or<br>2-1.6 oz. pkg of Knorr Alfredo Sauce |
| 1/2    | cup     | Cream cheese powder   |
| 1 1/4  | cup     | Powdered cheddar cheese   |
| 3      | cups    | Milk (reconstituted from Nestle Nido powdered milk)   |
| 2      | tsp     | Salt  |
| 1      | tsp     | Pepper  |

*At Home:* Place the ground beef, mushrooms, broccoli, and onions in a Ziploc bag. Place the spaghetti noodles in a second Ziploc bag. Place the remaining ingredients in a third Ziploc bag.

*On the Trail:* Add 58 ounces of water to a pot and rehydrate the ground beef, sliced mushrooms, broccoli and onions for 30 minutes. Boil the water and add the spaghetti, salt, and pepper, stirring often. Simmer until spaghetti is almost al dente. Add additional water if necessary. In a separate pot whisk together the milk, Knorr Alfredo Sauce, cream cheese powder, and powdered cheddar cheese. When the spaghetti is almost done, pour the mix into pot, stirring continuously, and simmer until spaghetti is done. Remove from heat and serve

### Beef Quesadillas

Servings 10

| Amount | Measure      | Ingredient -- Preparation Method           |
|--------|--------------|--|
| 1      | Tbsp. olive  | Oil  |
| 1      | 1.27 oz. pkg | Fajita seasoning                           |
| 1      | medium       | Onion, chopped                             |
| 2      |              | Green bell peppers, chopped                |
| 2      |              | Red bell peppers, chopped                  |
| 5      | cups         | Hamburger, dehydrated or freeze dried      |
| 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.        | Shelf stable bacon bits                    |
|        |              | Salt and pepper as needed                  |
| 10     | Pieces       | Aluminum foil, heavy duty (precut squares) |

*At Home:* Place the hamburger in a Ziploc bag. Place all of the ingredients in a bear canister or bag that can be safely carried in a pack.

*On the Trail:* Rehydrate the dried hamburger by placing in a pot and covering with 1/4" of water. Heat the oil in a skillet over medium heat. Stir in fajita seasoning, green bell peppers, red bell peppers, and onions. Cook and stir until the vegetables have softened, about 10 minutes. Add beef and cook an additional 2 minutes, stirring often. Remove from heat and add salsa. Salt and pepper to taste. Lay out ten pieces of foil and place a tortilla on top of each piece. Layer half of each tortilla with the beef 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. 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.

### 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 peas  |
| 8               | cups    | Dehydrated hashbrowns                               |
| 2               | pkg     | Instant beef stew mix                               |
|                 |         | Salt and pepper -- as needed                        |
|                 |         | Water (as required)                                 |
| ** Dumplings ** |         |   |
| 1 1/2           | cups    | Bisquick in a Ziploc bag                            |
| 3/4             | cups    | Milk (reconstituted from Nestle Nido powdered milk) |
| 1               | tsp     | Dried minced onions                                 |
| 1               | tsp     | Dried Parsley                                       |
| 1               | tsp     | Dried oregano                                       |
| 1               | tsp     | Dried thyme   |
| 1               | tsp     | Salt  |
| 3               | Tbsp.   | Powdered butter                                     |

*At Home:* Place the ground beef, peas, and packages of beef stew mix in a Ziploc bag. In a second Ziploc bag, place the carrots and onions. Place the hashbrowns in a third Ziploc bag. In a final Ziploc bag, place all of the dry ingredients for the dumplings.

*On the Trail:* Rehydrate the beef, carrots, onions, peas, and potatoes in 8 cups water for 1/2 hour. Bring to a boil and simmer 10 minutes, stirring regularly. Add water if necessary to keep the ingredients just covered. Mix the gravy or beef stew mix with a little water before adding to the meal. Add gravy mix and stir. 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   |
|--------|---------|--|
| 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.     | Fettuccine   |
| 1/3    | cup     | Instant cream of mushroom soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 10     | Tbsp.   | Sour cream powder  |
| 7 1/2  | cups    | Water  |

*At Home:* Place the beef, bouillon cubes, mushrooms, onions, and garlic powder in a Ziploc bag. In a second bag place the fettuccine. Place the cream of mushroom soup mix and sour cream powder in a third Ziploc bag.

*On the Trail:* Add the contents of the pasta and beef Ziploc bags to 7 cups of boiling water and simmer, stirring occasionally, until pasta and meat is tender. Add additional water if necessary. Mix about 1 cup of water with the soup mix and sour cream powder. After pasta is tender, pour soup mix/sour cream powder into pot, stirring continuously, and simmer for 5 additional minutes. Remove from heat and serve.

### Cajun Shrimp and Rice #1

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method   |
|--------|--------------|--|
| 2      | cups         | Freeze-dried shrimp  |
| 2      | cups         | Freeze-dried vegetables (onions, green peppers, mushrooms)                                     |
| 4      | cups         | Ben's Original Long Grain Wild Rice, fast cook (discard spice packet)                          |
| 1      | Tbsp.        | Cajun seasoning  |
| 1/2    | cup          | Instant Cream of Mushroom Soup<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 1      | 14.5 oz. can | Diced Tomatoes and Green Chilies, dehydrated or freeze dried                                   |
| 1/8    | tsp          | Cayenne pepper   |
| 4      | Tbsp.        | Powdered butter  |
|        |              | Salt to taste  |

*At Home:* Place the freeze-dried shrimp, tomatoes, and dried vegetables in a quart Ziploc bag. Place the rice in a second quart Ziploc bag. Measure out the rest of the dry ingredients and place them in a third quart Ziploc bag. Then place the quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the rice, shrimp, and dried veggies to your backpacking pot and add 4 cups water. Let stand for 30 minutes. Bring to a boil, stirring frequently. Reduce heat and simmer until all the ingredients are soft. Remove from the heat and add the remaining dry ingredients. Stir until completely mixed. Add additional water if necessary to achieve desired consistency. Salt to taste. Serve and enjoy!

Note: Make your own **Seasoned Long Grain and Wild Rice Mix – Ben's Original Style** by following the recipe included with this cookbook.

### Cajun Shrimp and Rice #2

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method           |
|--------|--------------|--|
| 1      | lb.          | Cooked shrimp, freeze-dried                |
| 2      | cups         | Minute Rice                                |
| 1      | 14.5 oz. can | Diced tomatoes, dehydrated or freeze-dried |
| 2      | Tbsp.        | Butter powder                              |
| 1/2    | tsp          | Garlic powder                              |
| 2      | tsp          | Cajun seasoning                            |
| 3      | Tbsp.        | Dried scallions                            |
| 2      | Tbsp.        | Dried parsley                              |
|        |              | Salt and pepper to taste                   |

*At Home:* Place the freeze-dried shrimp and tomatoes in a quart Ziploc bag. Measure out the dry ingredients and place in a sandwich Ziploc bag. Place the rice in another quart Ziploc bag. Place all of the smaller Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp and tomatoes to your backpacking pot along with enough water to cover. Let rehydrate for 30 minutes adding additional water if necessary. Add 2 more cups of water and bring to a boil. Add the dry ingredients and stir thoroughly. Reduce heat, add the rice, and simmer for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. Add additional water if necessary to achieve desired consistency. Remove from heat. Serve and enjoy.



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

### Cajun Shrimp and Rice #3

Servings: 4-6

| Amount | Measure    | Ingredient -- Preparation Method   |
|--------|------------|--|
| 1      | lb.        | Cooked shrimp, freeze-dried  |
| 12     | oz.        | Cajun/andouille sausage sliced 1/2-inch thick, browned, and dehydrated or freeze-dried |
| 1      |            | Green bell pepper, chopped and dehydrated or freeze-dried                              |
| 2      |            | Stalks celery, chopped and dehydrated or freeze-dried                                  |
| 1      | 15 oz. can | Fire roasted diced tomatoes, dehydrated or freeze-dried                                |
| 2      | cups       | Minute Rice  |
| 1      | Tbsp.      | Chicken bouillon granules  |
| 4      | Tbsp.      | Butter powder  |
| 1/4    | tsp        | Garlic powder  |
| 3      | Tbsp.      | Cajun seasoning  |
| 3      | Tbsp.      | Dried, minced onion  |
| 1      | Tbsp.      | Tomato powder  |
| 1      | Tbsp.      | Dried cilantro   |
|        |            | Salt to taste  |

*At Home:* Place the freeze-dried shrimp, sausage, tomatoes, green peppers, and celery in a quart Ziploc bag. Measure out the dry ingredients and place in a small sandwich Ziploc bag. Place the rice in another quart Ziploc bag. Place all of the smaller Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp, sausage, tomatoes, green peppers, and celery to your backpacking pot along with enough water to cover. Let rehydrate for 30 minutes adding additional water if necessary. Add 2 1/2 more cups of water and bring to a boil. Add the dry ingredients and stir thoroughly. Reduce heat, add the rice, and simmer for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. Add additional water if necessary to achieve desired consistency. Remove from heat. Serve and enjoy.

### Cashew Chicken

Servings: 3

| Amount | Measure | Ingredient -- Preparation Method                |
|--------|---------|---|
| 1 1/2  | cups    | Instant rice                                    |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze dried chicken |
| 2      | Tbsp.   | Dried onions                                    |
| 2      | Tbsp.   | Dried mushrooms                                 |
| 2      | Tbsp.   | Dried bell peppers                              |
| 1      | cup     | Unsalted cashews (or peanuts)                   |
| 2      | tsp     | Garlic powder                                   |
| 2      | tsp     | Powdered ginger                                 |
| 3      | packets | Soy sauce (takeout packets)                     |

*At Home:* Place the onions, mushrooms, and bell peppers in a Ziploc bag. Place the rice, garlic powder, and ginger in a second bag. In a third Ziploc bag place the packages of chicken and soy sauce along with the cashews.

*On the Trail:* 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. Stir in soy sauce and cashews. Serve.



### Cheddar Potato Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|------------------------------------|
| 1      | pkg     | Bear Creek Cheddar Potato soup mix |
| 8      | oz.     | Dehydrated hamburger               |
| 1      | cup     | Dehydrated hashbrowns              |
| 16     | oz.     | Freeze dried broccoli              |
|        |         | Salt and pepper -- as needed       |
|        |         | Water as required                  |

*At Home:* Place the hamburger, hashbrowns, and broccoli in a Ziploc bag. Place the Bear Creek Cheddar Potato soup mix in a second Ziploc bag.

*On the Trail:* Rehydrate broccoli, hashbrowns, and hamburger in water (1 cup more than soup calls for) and let them soak for 1/2 hour. Bring to a boil and make soup according to instructions, stirring regularly.

### Cheeseburger Macaroni

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | lb.     | Dehydrated ground beef           |
| 2      | Tbsp.   | Dried minced onions              |
| 2      | Tbsp.   | Powdered butter                  |
| 3      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 3      | cups    | Water                            |
| 2      | boxes   | Kraft Mac and Cheese             |
| 1/2    | tsp     | Sugar                            |
| 1      | tsp     | Salt                             |
| 1/4    | tsp     | Pepper                           |
| 3/4    | tsp     | Oregano                          |
| 3/4    | tsp     | Parsley                          |
| 3/4    | tsp     | Garlic powder                    |
| 1/2    | tsp     | Chili powder                     |
| 1      | tsp     | Paprika                          |

*At Home:* Place the ground beef and minced onions in a Ziploc bag. Place the contents of the Kraft Mac and Cheese box in a second Ziploc bag. Put all other ingredients in a third Ziploc bag.

*On the Trail:* Add hamburger and minced onions to a pot with just enough water to cover everything and let soak for 1/2 hour. Add more water as food rehydrates if necessary. Add 3 additional cups of water. Bring to a boil. Reduce heat, cover and cook until pasta is tender, about 10 minutes stirring occasionally. Do not overcook pasta. Add remaining ingredients including cheese packets. Stir to combine. Let pasta sit to thicken the sauce.

### Cheesy Bacon Onion Mashers

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1-1/2  | cups    | Instant mashed potatoes          |
| 4      | Tbsp.   | Dry milk                         |
| 2      | Tbsp.   | Dried minced onions              |
| 1/2    | tsp     | Ground black pepper              |
| 6      | Tbsp.   | Shelf stable crumbled bacon      |
| 1/2    | cup     | Freeze-dried cheddar cheese      |

*At Home:* Pack the dry ingredients in a quart freezer or sandwich bag. Pack the bacon package separately.

*On the Trail:* Bring 3 cups water to a boil in your pot. Turn off the stove, add in the dry ingredients. Stir well, then mix in the bacon. Let sit till cool enough to eat. If you like stiffer mashed potatoes, use 2-1/2 cups water.

### Cherry Chicken Couscous

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Couscous                         |
| 1/2    | cup     | Diced dried cherries             |
| 1      | Tbsp.   | Diced dried onion                |
| 1      | tsp     | Dried parsley                    |
| 1      | tsp     | True lime powder                 |
| 1/2    | tsp     | Diced dried garlic               |
| 1      | 7 oz.   | Pouch chicken breast             |
| 1 1/2  | tsp     | Chicken bouillon                 |
| 1      | Tbsp.   | Olive oil (or 1 packet)          |

*At Home:* Pack the dry ingredients in a quart freezer bag or a sandwich bag. Mark bag "Add 1 1/2 cups water". Tuck the oil and chicken in with it.

*On the Trail:* Bring 1 1/2 cups water, oil and chicken with broth to a boil in your pot. Add in the dry ingredients, stir well, cover tightly and turn off the heat. Let sit for 10 minutes, fluff up and add salt and black pepper to taste.

### Chicken Alfredo

Servings: 1-2

| Amount | Measure | Ingredient -- Preparation Method                                 |
|--------|---------|--|
| 1      | cup     | Angel hair pasta broken in 2" pieces                             |
| 1/4    | cup     | Freeze dried chopped chicken                                     |
| 1/4    | cup     | Freeze dried chopped mushrooms                                   |
| 1-1/2  | tsp     | Powdered chicken bouillon granules                               |
| 3      | Tbsp.   | Grated Parmesan cheese (the dried, unrefrigerated kind in a can) |
| 2      | Tbsp.   | Powdered milk (Nestle Nido)                                      |
| 2      | Tbsp.   | Potato starch  |
| 3/4    | tsp     | Dried Italian herb blend   |
| 1/4    | tsp     | Garlic powder  |
| 1/8    | tsp     | Ground black pepper  |
| 1/4    | tsp     | Salt (or more to taste)  |
| 1-1/4  | cups    | Water  |

*At Home:* Add all ingredients except the water to a quart Ziploc bag.

*On the Trail:* Bring water to a boil. Pour contents of bag into boiling water. Turn the heat off and let soak for 9 minutes, stirring occasionally.

### Chicken and Rice

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method              |
|--------|---------|---|
| 3      | pkg     | Chicken (7 oz.) or 5 oz. freeze dried chicken |
| 1      | cup     | Instant rice                                  |
| 1/4    | cup     | Lima beans, dried                             |
| 1/4    | cup     | Corn, dried                                   |
| 1/2    | cup     | Peas and carrots, dried                       |
| 2      | packets | Chicken gravy mix                             |

*At Home:* Add all dry ingredients to a Ziploc bag.

*On the Trail:* Rehydrate the vegetables in a small amount of water for about 20 minutes. Cook the rice in a saucepan with about 2 cups of water. 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 and Rice Casserole

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 16     | oz.     | Rotisserie chicken, diced and freeze-dried   |
| 1-1/2  | cups    | Mushroom slices, freeze dried  |
| 1/2    | cup     | Onion, diced and freeze-dried  |
| 1/4    | cup     | Celery, chopped and freeze-dried   |
| 1      | tsp.    | Garlic powder  |
| 4      | tsp.    | Chicken bouillon powder  |
| 1      | cup     | Instant Cream of Mushroom Soup<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 1/2    | cup     | Sour cream powder  |
| 4      | Tbsp.   | Powdered butter  |
| 1      | box     | Ben's Original Long Grain and Wild Rice (Fast Cook)  |
| 2      | packets | Olive oil  |
|        |         | Salt and pepper to taste   |

*At Home:* In a quart Ziploc bag place the chicken, onion, mushroom, celery, chicken bouillon powder, garlic powder, and powdered butter. In a second quart Ziploc bag place the Ben's Original Long Grain and Wild Rice and contents of the seasoning packet. In a third quart Ziploc bag put the Cream of mushroom soup mix and sour cream powder. Place all 3 quart Ziploc bags in a gallon Ziploc bag along with the 2 packets of olive oil.

*On the Trail:* Add the contents of the bag with the chicken to a pot along with enough water to barely cover. Let rehydrate for 10 minutes adding additional water if necessary. Stir gently every couple of minutes. Add another 3-1/4 cups water to the pot along with the olive oil and bring to a boil, stirring often. Lower the heat as needed on the stove to just maintain a light simmer and continue stirring. Cook until the rice is tender (about 10 minutes). Add in the contents of the third Ziploc bag and stir until creamy and smooth. Add additional water if necessary to achieve desired texture. Remove from heat and let stand for 5 minutes. Serve and enjoy.

Note: Make your own **Seasoned Long Grain and Wild Rice Mix – Ben's Original Style** by following the recipe included with this cookbook.

## Chicken Cacciatore

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method                |
|--------|------------|---|
| 1      | pkg        | Chicken (7 oz.) or 1.5 oz. freeze dried chicken |
| 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  |
| 1/4    | tsp        | Pepper  |
| 1      | tsp        | Dried Oregano and/or Basil                      |
| 1/2    | tsp        | Celery Seed                                     |

*At Home:* Cut onions into 1/4 inch slices and sauté in skillet with minced garlic until tender. 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 and stir. 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.

### Carbonara, Chicken

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 2      | pkg     | Liptons or Knorrs Pasta Alfredo   |
| 2/3    | cup     | Instant Alfredo sauce mix (see <b>Sauce Recipes</b> included in this cookbook) or<br>2-1.6 oz. pkg of Knorr Alfredo Sauce |
| 1      | pkg     | Shelf stable 2.5 oz. bacon bits and pieces  |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze dried chicken   |
| 1      | Tbsp.   | Dried onion   |
| 4      | Tbsp.   | Dried mushrooms   |
| 1      | pkg     | Frozen peas (8 oz.) dehydrated  |
| 1      | tsp     | Salt  |
| 1/4    | tsp     | Pepper  |
| 1      | tsp     | Garlic powder   |
|        |         | Water (as required)   |

*At Home:* Place the peas, mushrooms, dried minced onions and the spices in a Ziploc bag. Place the bacon bits, chicken, and pasta Alfredo packets in a second Ziploc bag.

*On the Trail:* Put the peas, mushrooms, and onions in a pot and add enough water to cover them by 1/4" and let them rehydrate for 1/2 hour. Bring to a boil, add the chicken, and make the Pasta Alfredo according to instructions. Stir regularly. Add Alfredo sauce ingredients to above. Cook until the pasta is tender. Add additional water if necessary. Remove from the heat and stir in the bacon bits until distributed. Serve and enjoy.

### Carbonara, Pasta

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method                                    |
|--------|---------|---|
| 16     | oz.     | Pasta (spaghetti or fettuccine)                                     |
| 8      | oz.     | Shelf stable bacon crumbles   |
| 3      | Tbsp.   | Dried minced onions   |
| 1/2    | tsp     | Garlic powder   |
| 1/2    | cup     | Powdered eggs   |
| 4      | Tbsp.   | Powdered butter   |
| 3      | Tbsp.   | Olive oil   |
| 3/4    | cup     | Frozen peas, dehydrated or freeze-dried                             |
| 2      | pints   | Multicolored cherry tomatoes, halved and dehydrated or freeze-dried |
| 1      | cup     | Shelf stable Parmesan cheese, grated                                |
| 3      | Tbsp.   | Nestle Nido milk powder   |
| 1/2    | tsp     | Black pepper  |
| 1      | tsp     | Salt  |

*At Home:* Place the pasta, tomatoes, peas, dried minced onions, and salt in a Ziploc bag, the olive oil into a resealable container (or pack olive oil packets), and place the eggs, cheese, Nestle Nido milk powder, butter, garlic powder, and pepper into a separate Ziploc bag. Pack along the bacon crumbles.

*On the Trail:* Put the contents of the pasta bag into your cookpot and pour in just enough water to cover the pasta. Add the olive oil. Bring to a boil, then reduce heat and simmer for about 10 minutes, until the vegetables are soft and the pasta is cooked through, adding more water if needed. Finally, add the contents of the egg and cheese bag and stir to combine (you can add a little more water if necessary - you want to create a creamy sauce). Remove from the heat, add the bacon crumbles, and enjoy!



"AND FOR YOUR DINING PLEASURE THIS EVENING WE ARE OFFERING TWO CHOICES: TAKE IT OR LEAVE IT!"

### Chicken Curry

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 6      | oz.     | Rice, instant   |
| 2      |         | Chicken bouillon cubes  |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze dried chicken   |
| 1/3    | cup     | Instant cream of mushroom soup mix<br>(see <b>Instant Soup Recipes</b> included in this cookbook) |
| 1      | tsp     | Curry powder  |
|        |         | Salt to taste   |
| 3      | oz.     | Coconut -- grated   |
| 7      | oz.     | Peanuts -- salted   |
| 1      | cup     | Raisins   |
| 6      | cups    | Water   |

*At Home:* Place the rice, chicken bouillon cubes, and chicken packet in a Ziploc bag. In a second Ziploc bag place the cream of mushroom soup mix and the curry powder. Put the coconut, peanuts, and raisins in a third Ziploc bag.

*On the Trail:* Add water to pot and bring to a boil. Add rice, bouillon cubes, and chicken. Simmer gently for several minutes, until rice is tender. Remove from heat and stir in the soup mix with the curry powder. Salt to taste. Serve with coconut, peanuts and raisins.

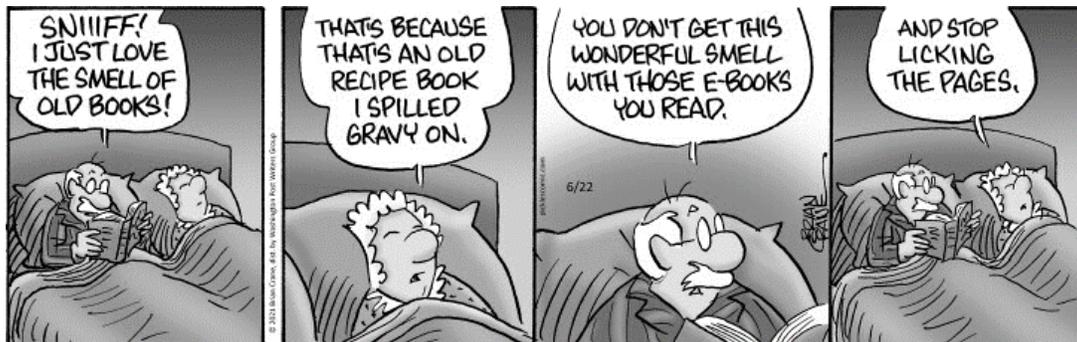
### Chicken Diablo with Pasta or Rice

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                    |
|--------|---------|---|
| 8      | oz.     | Pasta or minute rice  |
| 2      | pkg     | Chicken (7 oz.) or 3 oz. freeze dried chicken                       |
| 1      | Tbsp.   | Dried minced onion  |
| 4      | Tbsp.   | Dried mushrooms   |
| 1      | 1 can   | RoTel® Original Diced Tomatoes & Green Chilies (10 oz.), dehydrated |
| 1      | 1 jar   | Spaghetti sauce (24 oz.) dehydrated                                 |
| 1      | tsp     | Salt  |
| 1/4    | tsp     | Pepper  |
| 1      | tsp     | Garlic powder   |
| 1/4    | cup     | Parmesan cheese   |
|        |         | Water (as required)   |

*At Home:* Put the pasta or rice and chicken packets in a Ziploc bag. In a second Ziploc bag place the onion, mushrooms, diced tomatoes, and spaghetti sauce. Put the salt, pepper, garlic powder, and Parmesan cheese in a third Ziploc bag.

*On the Trail:* Add mushrooms, onions, spaghetti sauce, and diced tomatoes & green chilies to water and let them soak for 1/2 hour. Bring to a boil and add the chicken and spices. Stir regularly. Cook until the pasta is tender or rice is done. Add additional water if necessary. Top with the parmesan cheese.



### Chicken Gravy Noodles

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|------------------------------------|
| 2      | cups    | Freeze-dried or dehydrated noodles |
| 1      | cup     | Freeze-dried diced chicken         |
| 1/2    | cup     | Freeze-dried peas                  |
| 1/2    | cup     | Freeze-dried mozzarella            |
| 4      | Tbsp.   | Freeze-dried diced tomatoes        |
| 2      | Tbsp.   | Dried minced onions                |
| 1      | packet  | Chicken gravy mix (McCormick)      |
| 2      | Tbsp.   | Powdered butter                    |

*At Home:* Pack all of the ingredients in a gallon Ziploc bag.

*On the Trail:* Add 3 cups water and the contents of the gravy packet to a pot and stir to dissolve. Add in the dry ingredients and let sit for 15 minutes. Bring the contents to a boil, stirring well. Cover tightly, turn off the stove, and let sit for 5 minutes. Serve and enjoy.

### Chicken Noodle Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method              |
|--------|---------|---|
| 1      | pkg     | Bear Creek Chicken Noodle soup mix            |
| 3      | pkg     | Chicken (7 oz.) or 5 oz. freeze dried chicken |
| 16     | oz.     | Frozen carrots and peas dried                 |
|        |         | Salt and pepper -- as needed                  |
|        |         | Water as required                             |

*At Home:* Place the packages of chicken noodle soup and chicken in a gallon Ziploc bag. In a second Ziploc bag put the carrots and peas.

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

### Chicken Pot Pie

Servings 6

| Amount | Measure     | Ingredient -- Preparation Method              |
|--------|-------------|---|
| 2      | pkg         | Chicken (7 oz.) or 3 oz. freeze dried chicken |
| 1/2    | cup         | White flour                                   |
| 1/2    | cup         | Cornmeal                                      |
| 2      | Tbsp.       | White sugar                                   |
| 1      | tsp         | Baking powder                                 |
| 2      | Tbsp.       | Powdered butter                               |
| 1      | 5.25-oz box | Scalloped potatoes                            |
| 1      | pkg         | Knorr Leek Soup Mix                           |
| 1      | Tbsp.       | Olive oil                                     |
|        |             | Salt and pepper -- as needed                  |

*At Home:* Package the flour, cornmeal, sugar, baking powder, and powdered butter in a quart Ziploc bag. Package the remaining ingredients (including a small plastic bottle of olive oil) in gallon Ziploc bag.

*On the Trail:* 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. 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. While the first pot is simmering, make the crust: Add 2/3 cup water to the Ziploc bag containing the dry flour ingredients and powdered butter. Squish the bag with your fingers until the dough becomes runny like pancake batter. Heat the pot lid, and coat the bottom with 1 tablespoon of olive oil. 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. 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 Pot Pie Stew

Servings 4

| Amount | Measure | Ingredient -- Preparation Method          |
|--------|---------|---|
| 1      | cup     | Freeze-dried or dehydrated diced chicken  |
| 1      | cup     | Dehydrated hashbrowns                     |
| 1/2    | cup     | Freeze-dried or dehydrated diced onions   |
| 1/3    | cup     | Freeze-dried or dehydrated green peas     |
| 1/3    | cup     | Freeze-dried or dehydrated carrots, diced |
| 1      | packet  | Chicken gravy mix                         |
| 1      | Tbsp.   | Butter powder                             |
| 1      | Tbsp.   | Dried parsley                             |
| 1-1/2  | tsp     | Powdered milk                             |
| 1/2    | tsp     | Ground black pepper                       |

*At Home:* Package all ingredients in a Ziploc bag.

*On the Trail:* Add the contents of the Ziploc bag to a pot along with 6 cups of water. Let rehydrate for 10 minutes. Bring to a boil while stirring well. Lower heat and simmer gently for 10 minutes or until the ingredients are tender. Continue stirring during this time. Remove from heat and serve.

### 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      | 7 oz.        | Chicken foil pack or 5 oz. freeze dried chicken |
| 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)      |

*At Home:* Place all of the ingredients in a bear canister or bag that can be safely carried in a pack.

*On the Trail:* Heat the oil in a skillet over medium heat. Stir in fajita seasoning, green bell peppers, red bell peppers, and onions. Cook and stir until the vegetables have softened, about 10 minutes. Add chicken and cook an additional 2 minutes, stirring often. Remove from heat and add salsa. Salt and pepper to taste. 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. 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.

## Chicken Ranch Taters

Servings: 2

| Amount | Measure     | Ingredient -- Preparation Method               |
|--------|-------------|--|
| 1 1/2  | cups        | Instant mashed potatoes                        |
| 1/2    | cup         | Dried hash browns                              |
| 4      | Tbsp.       | Dry milk                                       |
| 2      | Tbsp.       | Dry ranch dip mix                              |
| 2      | Tbsp.       | Dried minced onions                            |
| 2      | Tbsp.       | Shelf stable grated parmesan cheese            |
| 1/2    | tsp         | Garlic powder                                  |
| 2      | Tbsp.       | Cheddar cheese powder                          |
| 1      | 7 oz. pouch | Chicken breast or 1.5 oz. freeze dried chicken |

*At Home:* Pack the dry ingredients in a quart freezer bag. Put the chicken with the bag.

*On the Trail:* Bring 2 1/2 cups water and the chicken to a boil in your pot. Take off the heat and add in the dry ingredients, stirring well. Let sit for 10 minutes tightly covered (in cooler temperatures use a pot cozy), then stir again.

## Chicken, Shrimp, and Sausage Jambalaya

Servings: 8

| Amount | Measure       | Ingredient -- Preparation Method   |
|--------|---------------|--|
| 2      | cups          | Freeze-dried shrimp  |
| 2      | cups          | Freeze-dried diced chicken   |
| 2      | cups          | Andouille sausage sliced 1/2-inch thick, browned, and dehydrated or freeze-dried |
| 2      | cups          | Bell peppers (yellow, red, and green), dried                                     |
| 2      | Tbsp.         | Dried minced onion   |
| 1      | tsp           | Garlic powder  |
| 2      | 6.2 oz. boxes | Ben's Original Long Grain Wild Rice, fast cook (discard spice packet)            |
| 2      | Tbsp.         | Cajun or Creole seasoning  |
| 1      | 28 oz. can    | Diced Tomatoes and Green Chilies, dehydrated or freeze dried                     |
| 1      | tsp           | Dried thyme, crushed   |
| 1/4    | tsp           | Cayenne pepper   |
| 2      | tsp           | Cornstarch   |
| 2      | tsp           | Salt   |
| 1/2    | tsp           | Black pepper   |
| 4      | tsp           | Chicken bouillon granules  |

*At Home:* Place the freeze-dried shrimp, chicken, sausage, bell peppers, and tomatoes in a quart Ziploc bag. Place the rice in a second quart Ziploc bag. Place the cornstarch in a small Ziploc sandwich bag. Measure out the rest of the dry ingredients and place them in a third quart Ziploc bag. Then place the Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the rice, shrimp, chicken, sausage, and dried veggies to your backpacking pot and add 4 cups water. Let stand for 30 minutes. Add the dry ingredients bag and bring to a boil, stirring frequently. Combine a Tbsp. of cold water with the two tsp of cornstarch in the small sandwich bag. Mix the ingredients until combined and then add it to the Jambalaya. Reduce heat and continue cooking for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. Add additional water if necessary to achieve desired consistency. Salt to taste. Serve and enjoy!



“Gun powder, rocks, matches ...  
say, this is a recipe for disaster!”

## Chicken Tortilla Soup

Servings: 3

| Amount | Measure    | Ingredient -- Preparation Method                |
|--------|------------|---|
| 1      | 15 oz. can | Black beans                                     |
| 1      | 15 oz. can | Fire-roasted tomatoes                           |
| 1 1/2  | cup        | Frozen roasted corn                             |
| 1      | medium     | Onion   |
| 1      | Tbsp.      | Dried cilantro                                  |
| 1      | 6 oz. can  | Diced green chilies                             |
| 3      | cubes      | Chicken bouillon                                |
| 1      | pkg        | Chicken (7 oz.) or 1.5 oz. freeze dried chicken |
| 3/4    | tsp        | Chili powder                                    |
| 3/4    | tsp        | Garlic powder                                   |
| 3/4    | tsp        | Cumin   |
|        |            | Tortilla chips                                  |
| 1 1/2  | Tbsp.      | Oil, packed in a squeeze bottle                 |

*At Home:* Dice the onion, drain the black beans and diced green chilies. Place beans, tomatoes, corn, onion, and chilies on dehydrator trays. Keep everything in thin and even layers. Dehydrate at 135 degrees F for 8-12 hours, or until everything has dried. Add the chicken bouillon cubes, cilantro, chili powder, garlic powder, and tsp cumin. Pack tortilla chips and oil separately.

Note: If frozen roasted corn is unavailable, use the recipe in this publication to create your own.

*On the Trail:* Add the soup ingredients into a pot with 18 oz. water and let stand for 30 minutes. Add the chicken packet and heat until boiling, stirring occasionally. Simmer for an additional 5-10 minutes, until the beans and corn are soft, adding more water if needed. Stir in a tablespoon of oil and top with the tortilla chips.

## Chili

Servings 3 - 5

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1 1/4  | lbs.       | Ground beef or turkey            |
| 1/2    | cup        | Bread crumbs, finely ground      |
| 1      | large      | Onion                            |
| 1      | cloves     | Garlic                           |
| 3      | Tbsp.      | Chili Powder                     |
| 1      | 15 oz. can | Kidney or red beans, drained     |
| 1      | 10 oz. can | Tomato puree                     |
| 1      | 14 oz. can | Diced tomatoes                   |

*At Home:* Work bread crumbs into ground meat with your fingers and set aside for a moment. Sauté onions and garlic in a little olive oil using just enough to coat the pan. Add ground meat and cook for about ten minutes until browned, stirring continuously. Add chili powder and cook for one more minute. Add tomato puree, diced tomatoes, and drained beans. Cook until bubbling and then reduce heat to a simmer for one hour. Put in the refrigerator overnight. The extra time enhances the flavor. Spread chili out on dehydrator trays covered with non-stick sheets or parchment paper. Dehydrate at 125° for 8 – 10 hours. After about four hours in the dehydrator, break up any meat and beans that might be stuck together with a spoon or your fingers to expose pieces to more air circulation. Produces about five cups weighing about 12 ounces dry.

*On the Trail:* Combine one cup chili with one cup water and let sit for about five minutes. If you are cooking a larger serving, just add an equal part of water to your dried chili. Light stove, bring to a boil. Simmer for ten minutes. Garnish with crackers or cheddar cheese.

### **Chili Mac**

Servings 6

| Amount | Measure    | Ingredient -- Preparation Method  |
|--------|------------|---|
| 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  |
| 2/3    | cup        | Instant Cream of Tomato Soup mix<br>(see <b>Instant Soup Recipes</b> included in this cookbook) |
| 2      | tsp        | Chili powder  |
| 1/8    | cup        | Brown sugar   |
| 2      | Tbsp.      | Powdered butter   |
| 1/3    | cup        | Powdered cheddar cheese   |

*At Home:* Place the pasta, hamburger, bell pepper, kidney beans, diced tomatoes, corn, and onion in a gallon Ziploc bag. In a quart Ziploc bag put the tomato soup mix, chili powder, brown sugar, and powdered butter. In a small Ziploc bag place the powdered cheddar cheese.

*On the Trail:* Add all dry ingredients except cheese to 7 cups water and soak for 1/2 hour. Bring water to a boil and cook until the pasta is tender. Remove from the heat and add in the cheese, stirring well. Salt and pepper to taste.

### **Cowboy Casserole with Savory Dumplings**

Servings: 5

| Amount                 | Measure     | Ingredient -- Preparation Method                  |
|------------------------|-------------|---|
| 8                      | oz.         | Shelf stable bacon bits                           |
| 1                      | lb.         | Ground beef, dehydrated or freeze dried           |
| 1                      | Tbsp.       | Dried minced onion                                |
| 2                      | 15 oz. cans | Baked beans with pork, dehydrated or freeze dried |
| 1/3                    | cup         | Barbecue sauce, dehydrated                        |
| <b>** Dumplings **</b> |             |   |
| 1 1/2                  | cups        | Bisquick in a Ziploc bag                          |
| 3                      | Tbsp.       | Powdered milk (Nestle Nido)                       |
| 1                      | tsp         | Dried minced onions                               |
| 1                      | tsp         | Dried Parsley                                     |
| 1                      | tsp         | Dried oregano                                     |
| 1                      | tsp         | Dried thyme                                       |
| 1                      | tsp         | Salt  |
| 3                      | Tbsp.       | Powdered butter                                   |

*At Home:* Place the dehydrated ground beef, minced onions, and baked beans in a Ziploc bag. Place the dehydrated barbecue sauce (which will be like a fruit leather) in a second quart Ziploc bag. Place the ingredients for the dumplings in a third quart Ziploc bag. Place all three of the Ziploc bags inside of a gallon Ziploc bag.

*On the Trail:* Rehydrate the beef, onions, baked beans, and barbecue sauce by placing in a pot and just barely covering with water. Let sit for 1/2 hour, stirring occasionally. Add more water if necessary. Stir in the bacon bits and then bring to a boil, stirring often. When beginning to cook the casserole, add 6 ounces of water to the Bisquick bag, and knead the mixture in the zip-lock bag until a stiff dough is created. When the Cowboy Casserole begins to boil, reduce the heat to maintain a simmer. Cut off a corner of the dumpling bag and squeeze out plops of dough into the pot. Cover and cook for about 10 minutes on low heat.

### **Cream of Chicken Soup with Vegetables and Savory Dumplings**

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method              |
|--------|---------|---|
| 3      | pkg     | Chicken (7 oz.) or 5 oz. freeze dried chicken |
| 16     | oz.     | Frozen mixed vegetables dried                 |
| 4      |         | Chicken Bouillon Cubes                        |
| 1      | pkg     | Bear Creek Chicken Noodle Soup                |
| 4      | Tbsp.   | Powdered butter                               |
| 1 1/2  | cups    | Powdered milk for soup (Nestle Nido)          |
|        |         | Salt and pepper -- as needed                  |
|        |         | Water (as required by soup package)           |
|        |         | <b>**Dumplings**</b>                          |
| 1 1/2  | cups    | Bisquick in a Ziploc bag                      |
| 3      | Tbsp.   | Powdered milk (Nestle Nido)                   |
| 1      | tsp     | Dried minced onions                           |
| 1      | tsp     | Dried Parsley                                 |
| 1      | tsp     | Dried oregano                                 |
| 1      | tsp     | Dried thyme                                   |
| 1      | tsp     | Salt  |
| 3      | Tbsp.   | Powdered butter                               |

*At Home:* Place the mixed vegetables, bouillon cubes, and butter in a Ziploc bag. In a second Ziploc bag place the package of chicken noodle soup and the chicken packets. Put the powdered milk in a small Ziploc bag. Put the dumpling mix in a quart Ziploc bag.

*On the Trail:* Add cold water to the pot and add all ingredients except dumplings and milk. Bring to a boil and simmer 10 minutes, stirring regularly. Mix 1 cup water with milk powder; add to soup gradually while stirring. While the soup is heating, add 3/4 cup of water to the dumpling bag 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.

### **Creamy Bacon Mac and Cheese**

Servings: 2

| Amount | Measure   | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 1      | cup       | Macaroni (elbow or small shells) |
| 1/4    | cup       | Nestle Nido whole milk powder    |
| 1      | Tbsp.     | Potato starch                    |
| 1      | Tbsp.     | Butter powder                    |
| 1/4    | tsp       | Ground mustard powder            |
| 1/4    | tsp       | Onion powder                     |
| 1/4    | tsp       | Garlic powder                    |
| 6      | Tbsp.     | Cheddar cheese powder            |
| 1/8    | tsp       | Black pepper                     |
| 1      | 3 oz. pkg | Shelf stable bacon crumbles      |
| 1      | pinch     | Cayenne pepper (optional)        |

*At Home:* Place the macaroni in a Ziploc bag. In a second Ziploc bag, mix the powdered milk, cheese powder, butter powder, potato starch, and all spices. Place the two Ziploc bags and the package of bacon crumbles in a larger Ziploc bag.

*On the Trail:* Bring about 1 1/2 cups of water to boil. Add the pasta and cook until the pasta is al dente while stirring occasionally to prevent the pasta from sticking to the bottom. If you find that your pasta is fully cooked but you have loads of excess water left, pour some of the excess pasta water in a bowl and save. Add the contents of the Ziploc bag containing the milk and cheese powder to the macaroni. Mix well. Keep stirring until the lumps smooth out. Add the reserved pasta water back in as necessary to make the sauce as creamy as you like. Stir in the bacon crumbles and serve.

## Creamy Tomato Shrimp Pasta

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                                       |
|--------|---------|--|
| 1      | lb.     | Cooked shrimp, freeze-dried  |
| 1      | lb.     | Penne pasta  |
| 12     | oz.     | Pasta sauce, dehydrated or freeze-dried                                |
| 1/3    | cup     | Alfredo sauce mix (see <b>Sauce Recipes</b> included in this cookbook) |
| 1/4    | tsp     | Garlic powder  |
| 1/4    | tsp     | Crushed red pepper flakes  |
| 2      | Tbsp.   | Butter powder  |
| 1/4    | tsp     | Salt   |
| 1/8    | tsp     | Black pepper   |
| 2      | tsp     | Dried parsley  |

*At Home:* Place the freeze-dried shrimp and pasta sauce in a quart Ziploc bag. Measure out the dry ingredients and Alfredo sauce mix and place in a small sandwich Ziploc bag. Place the pasta in another quart Ziploc bag. Place all of the smaller Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp and pasta sauce to your backpacking pot along with enough water to cover. Let rehydrate for 30 minutes adding additional water if necessary. 15 minutes after rehydration has started, in a separate pot, bring 4 quarts of water to a boil, add the penne pasta, and cook until al dente. Drain the water from the pasta. Add the contents of the pot with the shrimp and pasta sauce along with the dry ingredients and stir thoroughly. Add additional water if necessary to achieve desired consistency. With reduced heat and stirring continuously, simmer for a 5 minutes. Remove from heat.

## 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 (Nestle Nido)                       |
| 2/3                    | cup     | Water   |
| ** Cheese Dumplings ** |         |   |
| 1/4                    | cup     | Powdered cheddar cheese or grated parmesan cheese |
| 1/4                    | tsp     | Oregano   |
| 1                      | tsp     | Salt  |
| 3                      | Tbsp.   | Powdered butter                                   |
| ** Savory Dumplings ** |         |   |
| 1                      | tsp     | Dried minced onions                               |
| 1                      | tsp     | Dried Parsley                                     |
| 1                      | tsp     | Dried oregano                                     |
| 1                      | tsp     | Dried thyme                                       |
| 1                      | tsp     | Salt  |
| 3                      | Tbsp.   | Powdered butter                                   |

*At Home:* Place the dry ingredients for the dumplings in a gallon Ziploc bag.

*On the Trail:* Add 2/3 cup of water to dumpling mix 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.



### Easy Shrimp Creole

Servings: 3-4

| Amount | Measure      | Ingredient -- Preparation Method     |
|--------|--------------|--------------------------------------|
| 1      | lb.          | Large precooked shrimp, freeze-dried |
| 1      |              | Green bell pepper, diced and dried   |
| 2      |              | Celery stalks, diced and dried       |
| 1      | 14.5 oz. can | Stewed tomatoes, dried               |
| 1      | 8 oz. can    | Tomato sauce, dried                  |
| 1 1/2  | Tbsp.        | Dried minced onion                   |
| 1/4    | tsp          | Garlic powder                        |
| 1      | tsp          | Chicken bouillon granules            |
| 1      | Tbsp.        | Chili powder                         |
| 3      | packets      | Soy sauce                            |
| 1      | Tbsp.        | Cornstarch                           |
| 2      | cups         | Minute Rice                          |

*At Home:* Place the freeze-dried shrimp, bell peppers, celery, dried tomatoes and tomato sauce in a quart Ziploc bag. Measure out the dry ingredients (except cornstarch) and place in a sandwich Ziploc bag. Place the cornstarch in its own small Ziploc sandwich bag. Place the rice in another quart Ziploc bag. Then place the smaller Ziploc bags and soy sauce packets into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp, bell pepper, celery, and tomatoes to your backpacking pot and add enough water to barely cover. Let stand for 30 minutes. Add additional water if necessary. Add the dry ingredients bag and 2 1/2 additional cups of water. Bring to a boil, stirring frequently. Reduce heat, add the rice, and simmer for 3 minutes, stirring often. Combine a Tbsp. of cold water with the cornstarch in the small sandwich bag. Mix the ingredients until combined and then stir it into the sauce. Continue cooking, stirring often, until the sauce thickens and all the ingredients are soft. Remove from heat and add the contents of the soy sauce packets and mix thoroughly. Add additional water if necessary to achieve desired consistency. Serve and enjoy!

### Easy Shrimp Curry

Servings: 2

| Amount | Measure      | Ingredient -- Preparation Method                                      |
|--------|--------------|---|
| 1      | 8 oz. packet | Shrimp, freeze-dried  |
| 1      | 6.2 oz. box  | Ben's Original Long Grain Wild Rice, fast cook (discard spice packet) |
| 1/4    | cup          | Tomato powder   |
| 5      | tsp          | Curry powder  |
| 1      | Tbsp.        | Parsley flakes  |
| 1/2    | tsp          | Ground cumin  |
| 1/2    | tsp          | Ground coriander  |
| 1/2    | tsp          | Ginger  |
| 1/2    | tsp          | Salt  |
| 1/2    | tsp          | Tarragon  |
| 1      | tsp          | Onion powder  |
| 1/8    | tsp          | Garlic powder   |
| 2      | packets      | Soy sauce   |

*At Home:* Place the freeze-dried shrimp and rice in a quart Ziploc bag. Measure out the dry ingredients and place in a second quart Ziploc bag. Then place the Ziploc bags and soy sauce packets into a gallon size Ziploc freezer bag.

*On the Trail:* Add all ingredients except soy sauce packets along with 2 cups of water to your backpacking pot and mix thoroughly. Bring to a boil. Reduce heat and simmer for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. . Add additional water if necessary to achieve desired consistency. Remove from heat and add the contents of the soy sauce packets and mix thoroughly. Serve and enjoy.

### Enchiladas, Beef or Chicken

Servings 3

| Amount | Measure     | Ingredient -- Preparation Method   |
|--------|-------------|--|
| 6      | oz.         | Dehydrated hamburger (see <b>Dehydrating Meat: Ground Beef</b> included in this cookbook) or |
| 1      | pkg         | Chicken (7 oz.) or 1.5 oz. freeze dried chicken  |
| 1      | 16 oz. can  | Re-fried Beans (dehydrated)  |
| 1      | 4.5 oz. can | Diced green chilies (dehydrated)   |
| 1      | Tbsp.       | Dried minced onions  |
| 3      | Tbsp.       | Powdered cheddar cheese  |
| 3      | Tbsp.       | Sour cream powder  |
| 1      | tsp         | Garlic powder  |
| 2      | tsp         | Chili powder   |
| 1      | tsp         | Dried oregano  |
| 1/2    | tsp         | Ground cumin   |
| 1/2    | tsp         | Salt   |
| 1/4    | tsp         | Ground pepper  |
| 1      | 8 oz. can   | Enchilada sauce (see <b>Sauce Recipes</b> included in this cookbook)                         |
| 6      | 12-inch     | Flour tortillas (non-refrigerated)   |

*At Home:* Package ingredients for 1 can of enchilada sauce in a small bag. Package green chilies, onions, cheddar cheese, sour cream, spices, hamburger, and re-fried beans in another bag. Place flour tortilla shells in a third bag.

*On the Trail:* Combine about 3 1/4 cup water with dehydrated burrito mixture and allow to rehydrate for 30 minutes. Add enchilada sauce ingredients and bring to a boil, stirring continuously. Reduce heat and simmer for 5 minutes, stirring often. Add a few tablespoons of additional water if necessary for a good texture. Spoon the mixture onto tortilla. Roll them up burrito style and enjoy!

*Note:* If you added too much water, you can dip the tortilla in the "stew" or tear up the tortilla to use like crackers in the "soup."

### Enchiladas with Chicken and Rice

Servings: 8

| Amount | Measure    | Ingredient -- Preparation Method   |
|--------|------------|--|
| 1      | box        | Uncle Ben's Instant Brown Rice   |
| 1      | 15 oz. can | Pure pumpkin, dehydrated   |
| 3      | pkg        | Chicken (7 oz.) or 5 oz. freeze dried chicken  |
| 2      | 15 oz. can | Black beans, dehydrated  |
| 10     | oz.        | Frozen sweet corn, dehydrated  |
| 1      | medium     | Onion, diced and dehydrated  |
| 1      | 4 oz. can  | Diced green chilies, dehydrated  |
| 2      | cups       | Enchilada sauce (dry ingredients only from <b>Sauce Recipes</b> included in this cookbook) |
| 1      | Tbsp.      | Cumin  |
| 1/4    | tsp        | Ground red pepper  |
| 1      | Tbsp.      | Chicken bouillon crystals  |
| 1/2    | cup        | Cheddar cheese powder  |
| 1/2    | cup        | Sour cream powder  |
| 8 1/4  | cups       | Water  |
|        |            | Salt and pepper to taste   |

*At Home:* Dehydrate the beans, pumpkin, green chilies, onion, and corn. Package in a Ziploc bag. Package enchilada sauce ingredients, spices, rice, and bouillon crystals in another bag. In a third bag put the cheddar cheese powder and sour cream powder.

*On the Trail:* Add dehydrated ingredients to a pot with just enough water to cover everything and let soak for 1/2 hour. Add more water as food rehydrates if necessary. Add an additional 8 1/4 cups water, chicken, rice, spices and bring to a boil, stirring frequently. Reduce heat and simmer until all the ingredients are soft. Remove from heat. Add

additional water to achieve desired consistency. Add cheddar cheese and sour cream powder. Stir until completely mixed and serve.

### Enchilada Sauce

| Amount | Measure   | Ingredient -- Preparation Method   |
|--------|-----------|--|
| 2      | Tbsp.     | Corn starch  |
| 1/4    | cup       | Chili powder   |
| 1      | 8 oz. can | Tomato sauce from tomato powder (see <b>Sauce Recipes</b> included in this cookbook) |
| 1/4    | tsp       | Ground cumin   |
| 1/4    | tsp       | Garlic powder  |
| 1/4    | tsp       | Onion powder   |
| 1      | cup       | Water  |
|        |           | Salt to taste  |

*At Home:* Place all dry ingredients in a Ziploc bag.

*On the Trail:* Mix all ingredients together with the water until smooth. Cook over medium heat until thickened slightly, stirring continuously to prevent burning. Season to taste with salt.

### Elegant Chicken in Sour Cream

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 8      | oz.     | Pasta (small shells)  |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze dried chicken   |
| 2      | oz.     | Dried peas  |
| 1      | tsp     | Dill  |
| 4      |         | Chicken bouillon cubes  |
| 1/3    | cup     | Instant Cream of Whatever Soup mix<br>(see <b>Instant Soup Recipes</b> included in this cookbook) |
| 1/4    | cup     | Dried onions  |
| 1/2    | cup     | Sliced almonds  |
| 8      | oz.     | Sour cream powder   |
|        |         | Salt -- as needed   |

*At Home:* Put the pasta, vegetables, and spices to a Ziploc bag. In a second Ziploc bag put the Cream of Whatever Soup mix and sour cream powder. Place the sliced almonds in a third small Ziploc bag.

*On the Trail:* Add vegetables, spices, and pasta to 7 cups water and let them soak for 1/2 hour. Bring to a boil; add the chicken stirring regularly until pasta is tender. Mix Cream of Whatever Soup mix and sour cream powder with 3/4 cup of water. Remove pot from heat and stir in the reconstituted soup mix/sour cream powder. 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.) or 3 oz. freeze dried chicken |
| 2      | Tbsp.   | Dried onions                                  |
| 16     | oz.     | Shredded Cheddar cheese                       |
| 8      | packets | Hot sauce                                     |
| 5      | oz.     | Sour cream powder                             |

*At Home:* Put the rice and onions in a Ziploc bag. In a second Ziploc bag place the packets of enchilada sauce, hot sauce, and chicken. Keep the shredded cheddar cheese and tortillas in their store packaging. Put the sour cream powder in a small Ziploc bag.

*On the Trail:* Cook rice according to directions. Heat the enchilada sauce and chicken in a separate pot. Reconstitute the sour cream powder with 3 oz. of water. Fill the tortillas with the rice, cheese, enchilada sauce mixture, and sour cream. Serve and enjoy.

**Farmer’s Mash**

Servings: 6

| Amount | Measure     | Ingredient -- Preparation Method              |
|--------|-------------|---|
| 2      | pkg         | Chicken (7 oz.) or 3 oz. freeze dried chicken |
| 2      | pkg         | Knorr Vegetable Soup Mix                      |
| 1      | 5.25-oz box | Scalloped potatoes                            |
| 2/3    | cup         | Instant potatoes                              |
|        |             | Salt and pepper -- as needed                  |

*At Home:* Put the scalloped potatoes and vegetable soup mix in a Ziploc bag. In a small Ziploc bag put the instant potatoes. Put the chicken packets in a third Ziploc bag.

*On the Trail:* 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. 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. Optional: Stir in two cheese packets from a Mac 'n Cheese box

**Fiesta Trail Chicken #1**

Servings: 1-2 (makes 2 cups)

| Amount | Measure | Ingredient -- Preparation Method                                |
|--------|---------|---|
| 2/3    | cup     | Instant brown rice  |
| 1/3    | cup     | Freeze dried chopped chicken or 1-7 oz. foil package of chicken |
| 1/2    | cup     | Freeze dried corn   |
| 1/4    | cup     | Freeze dried chopped tomatoes                                   |
| 1/4    | tsp     | Dried minced jalapeno   |
| 1      | tsp     | Dried onion flakes)   |
| 1-1/2  | tsp     | Chicken bouillon granules                                       |
| 1-1/2  | tsp     | Chili powder  |
| 1/4    | tsp     | Cumin   |
| 1/4    | tsp     | Dried oregano   |
| 1/8    | tsp     | Dried cilantro  |
| 1/4    | tsp     | Garlic powder   |
| 1/8    | tsp     | Ground black pepper   |
| 1/4    | tsp     | Salt (or more to taste)   |
| 1-1/2  | cups    | water   |

*At Home:* Add all ingredients except the water to a quart freezer Ziploc bag. Seal bag and store until ready to use.

*On the Trail:* Bring water to a boil. Pour all ingredients into boiling water and let soak for 9 minutes, stirring occasionally.



### Fiesta Trail Chicken #2

Servings: 8

| Amount | Measure  | Ingredient -- Preparation Method  |
|--------|----------|---|
| 5      | cups     | Instant rice  |
| 3      | pkg      | Chicken (7 oz.) or 5 oz. freeze dried chicken   |
| 16     | oz.      | Frozen vegetables (southwest blend) dried   |
| 2/3    | cup      | Instant Cream of Tomato Soup mix<br>(see <b>Instant Soup Recipes</b> included in this cookbook) |
| 1 1/2  | tsp each | Cumin, chili powder, garlic powder  |
| 4      |          | Chicken bouillon cubes  |
| 7      | cups     | Water   |
| 8      | oz.      | Sour cream powder   |

*At Home:* Put the rice in a Ziploc bag. In a second Ziploc bag place the dried vegetables, and bouillon cubes. Put the tomato soup mix and spices in a third Ziploc bag. Put the sour cream powder in a fourth Ziploc bag.

*On the Trail:* Add the vegetables and bouillon cubes to water and let soak for 1/2 hour. Bring to a boil; add the rice, chicken, tomato soup mix, and spices. Stir regularly. Cook 5 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork. Reconstitute the sour cream powder with 1/2 cup of water, stir in, and serve.

### French Onion Noodle Bowl

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3      | oz.     | Ramen noodles                    |
| 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.

*On the Trail:* 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   |
| 1      | pkg     | Knorr Vegetable Soup Mix                                  |
| 3      | oz.     | Parmesan cheese, grated                                   |
| 7      | cups    | Water – or more as needed                                 |

*At Home:* Package all ingredients together, except the cheese, which is bagged separately.

*On the Trail:* 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. Add more water if soup is too thick. Add cheese on top of each serving.

### Green Bean Casserole

Servings: 4-5

| Amount | Measure    | Ingredient -- Preparation Method   |
|--------|------------|--|
| 1      | lb. Frozen | French cut green beans (dehydrated)  |
| 1/2    | cup        | Dehydrated mushrooms, crumbled   |
| 1      | Tbsp.      | Dried minced onions  |
| 2      | Tbsp.      | Powdered butter  |
| 1/2    | cup        | Dry cream of mushroom soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 4      | Tbsp.      | Cheddar cheese powder  |
| 1/2    | tsp        | Black pepper   |
| 1      | tsp        | Salt   |
| 1      | cup        | French fried onions  |

*At Home:* Combine the dehydrated green beans, mushrooms, and onions in a Ziploc bag. Place French fried onions in a separate bag. In a third bag, place the rest of the dry ingredients.

*On the Trail:* Place green beans, dried minced onions, and dried mushrooms in a pot and cover with 1/4 inch of water. Let it rehydrate for 30 minutes. Light stove and bring to a boil, stirring occasionally. Let simmer for 5 minutes. Remove from heat and add in the dry ingredients. Stir well, seal tightly and let sit for 5 minutes. Open up, stir again, and top with the French fried onions.

### Green Beans with Onion and Mushrooms in Beef Bouillon

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method               |
|--------|---------|--|
| 16     | oz.     | Frozen green beans, dehydrated or freeze-dried |
| 8      | oz.     | Sliced mushrooms, dehydrated or freeze-dried   |
| 2      | Tbsp.   | Dried minced onion                             |
| 2      | Tbsp.   | Powdered butter                                |
| 1/2    | tsp     | Garlic powder                                  |
| 1      | cube    | Beef bouillon                                  |
| 1/4    | tsp     | Black pepper                                   |
| 2      | Tbsp.   | Shelf stable bacon crumbles (optional)         |

*At Home:* Put the green beans, mushrooms, onions, and bouillon cube in a Ziploc bag. In a second Ziploc bag put the powdered butter, garlic powder, pepper, and optional bacon crumbles if desired.

*On the Trail:* Put the green beans, mushrooms, onions, and bouillon cube in a pot and cover with a 1/4" of water. Let it rehydrate for 30 minutes. Add additional water if necessary. Light stove and bring to a boil while stirring occasionally. Add in the contents of the second bag. Continue to stir occasionally and let simmer for 5 minutes. Remove from heat and serve.



## 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   |
| 1/4    | cup      | Onions, dried   |
| 1/3    | cup      | Cream of Whatever Soup mix (See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 7 1/2  | cups     | Water   |
| 8      | oz.      | Sour cream powder   |
|        |          | Salt and pepper as needed   |

*At Home:* Put the beef, noodles, tomato powder, spices, bouillon cubes, bell peppers, and onions in a Ziploc bag. In a small Ziploc bag put the Cream of Whatever Soup mix. Put the sour cream powder in a third Ziploc bag.

*On the Trail:* Bring 7 cups water to a boil. Add all ingredients except soup mix and sour cream mix. Simmer for 10 minutes. 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. Reconstitute sour cream powder with 1/2 cup cold water and stir in.

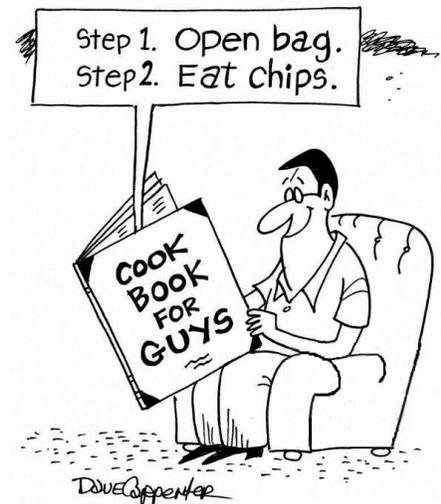
## Ham and Bean Soup

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|-----------------------------------|
| 2      |         | Ham hocks                         |
| 4      | cups    | Cubed ham                         |
| 1      | lb.     | Dry navy beans                    |
| 2      | cups    | Celery, chopped                   |
| 2      | cups    | Carrots, chopped                  |
| 1      | large   | Onion, finely chopped             |
| 3      | cloves  | Garlic, finely minced             |
| 2      | tsp     | Thyme                             |
| 1      | Tbsp.   | Parsley                           |
| 1/2    | tsp     | Fresh ground pepper               |
| 8      | cups    | Chicken stock                     |
| 1      | Tbsp.   | Olive oil for sautéing vegetables |
|        |         | Salt -- as needed                 |

*At Home:* Prepare dried beans by soaking them in cold water for 8-10 hours, then drain and rinse. In large pan heat oil and sauté celery, carrots, onions and garlic until tender. Add chicken stock, ham bone and ham. Transfer to larger pot if necessary. Add beans, parsley, thyme and pepper. Bring to a boil, then reduce heat and simmer covered for 2-3 hours. (This recipe also work well in a slow cooker 6-8 hours on low.) Spread soup out on dehydrator trays covered with non-stick fruit roll sheets or parchment paper. Dehydrate at 125° for 8 – 10 hours. After about four hours in the dehydrator, break up any meat and beans that might be stuck together with a spoon or your fingers to expose pieces to more air circulation.

*On the Trail:* Combine one cup soup with one cup water and let sit for about five minutes. If you are cooking a larger serving, just add an equal part of water to your dried soup. Light stove, bring to a boil and continue cooking for one minute. Remove from stove, cover, and let sit for 5 minutes.



### Hamburger Helper Copycat, Beef Stroganoff

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1      | lbs.    | Ground beef, browned, drained and freeze dried or dehydrated                                       |
| 2      | cups    | Pasta shells, uncooked   |
| 1-1/2  | tsp.    | Dried minced onion   |
| 1      | packets | Brown gravy mix  |
| 1/2    | tsp     | Garlic powder  |
| 1      | tsp     | Brown sugar  |
| 1      | tsp     | Salt   |
| 1/4    | tsp     | Pepper   |
| 1/2    | cup     | Instant Cream of Mushroom soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 1/2    | cup     | Sour cream powder  |

*At Home:* Put the instant cream of mushroom soup and sour cream powder in a Ziploc bag. Place the remaining ingredients in a second Ziploc bag.

*On the Trail:* Add all ingredients except the cream of mushroom soup and sour cream powder to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until pasta is al dente, stirring often. Reduce heat to simmer and add the powdered ingredients, stirring to thoroughly combine adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Salt and pepper to taste. Give one final stir before serving.

### Hamburger Helper Copycat, Cheeseburger Macaroni

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1      | lb.     | Ground beef, browned, drained and freeze dried or dehydrated             |
| 1      | Tbsp.   | Cornstarch   |
| 1      | Tbsp.   | Paprika  |
| 1 1/2  | tsp     | Garlic powder  |
| 1 1/2  | tsp     | Onion powder   |
| 1 1/2  | tsp     | Salt   |
| 1      | tsp     | Sugar  |
| 1/2    | tsp     | Black pepper   |
| 2      | cubes   | Beef or chicken bouillon   |
| 1/2    | cup     | Nestle Nido powdered milk  |
| 2      | cups    | Dry macaroni noodles   |
| 2      | cups    | Freeze dried grated cheddar cheese (or 1-1/3 cups Cheddar cheese powder) |

*At Home:* Combine the ground beef, spices, bouillon cubes and macaroni in a Ziploc bag. Combine the cheddar cheese and powdered milk in a second Ziploc bag.

*On the Trail:* Add all ingredients except the cheese/milk to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until pasta is al dente, stirring often. Stir in cheese/milk adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Give one final stir before serving.



*“No thanks. Do you know how much sugar is in those things?”*

### Hamburger Helper Copycat, Cheese Steak

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1      | lb.     | Ground beef, browned, drained and freeze dried or dehydrated                 |
| 2      | Tbsp.   | A1 Steak Sauce mixed in with ground beef before freeze drying or dehydrating |
| 2      | cups    | Spiral pasta, uncooked   |
| 1-1/2  | tsp.    | Dried minced onion   |
| 1      | cup     | Green bell pepper, diced and freeze dried or dehydrated                      |
| 1      | tsp     | Montreal steak seasoning   |
| 1-1/4  | tsp     | Garlic powder  |
| 1-1/4  | tsp     | Onion powder   |
| 1      | tsp     | Paprika  |
| 1/2    | tsp.    | Salt   |
| 1/2    | tsp     | Oregano  |
| 2      | cubes   | Beef bouillon  |
| 5      | Tbsp.   | Nestle Nido powdered milk  |
| 6      | Tbsp.   | Tomato powder  |
| 2      | cups    | Freeze dried shredded Mozzarella cheese                                      |

*At Home:* Place the mozzarella cheese a Ziploc bag. Combine all remaining ingredients in a second Ziploc bag.

*On the Trail:* Add all ingredients except the cheese to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until pasta is al dente, stirring often. Reduce heat to simmer and stir in cheese adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Give one final stir before serving.

### Hamburger Helper Copycat, Cheesy Italian Shells

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method  |
|--------|--------------|---|
| 1      | lb.          | Ground beef, browned, drained and freeze dried or dehydrated                  |
| 2      | cups         | Pasta shells, uncooked  |
| 1      | 14.5 oz. can | Diced tomatoes with Italian seasoning, drained and freeze dried or dehydrated |
| 6      | Tbsp.        | Nestle Nido powdered milk   |
| 3      | Tbsp.        | Tomato Powder   |
| 1      | Tbsp.        | Corn starch   |
| 1-1/2  | tsps.        | Salt  |
| 1/2    | tsp          | Pepper  |
| 2      | tsps.        | Onion powder  |
| 1      | tsp.         | Garlic powder   |
| 1      | Tbsp.        | Italian seasoning   |
| 1      | tsp.         | Brown sugar   |
| 1-1/2  | cups         | Freeze dried grated Cheddar cheese (or 1 cup Cheddar cheese powder)           |

*At Home:* Combine ground beef, pasta, and tomatoes in a Ziploc bag. Place the cheddar cheese a second Ziploc bag. Place all remaining ingredients in a third Ziploc bag.

*On the Trail* Add the contents of the ground beef bag to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until pasta is al dente, stirring often. Reduce heat to simmer and add the powdered ingredients, stirring to thoroughly combine. Stir in cheese adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Give one final stir before serving.

### Hamburger Helper Copycat, Chili Mac

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method   |
|--------|--------------|--|
| 1      | lb.          | Ground beef, browned, drained and freeze dried or dehydrated             |
| 1      | Tbsp.        | Dried minced onion   |
| 1      | 14.5 oz. can | Diced tomatoes, freeze dried or dehydrated                               |
| 2      | Tbsp.        | Tomato powder  |
| 1      | tsp          | Garlic powder  |
| 1      | Tbsp.        | Chili powder   |
| 1      | tsp          | Salt   |
| 1      | Tbsp.        | Brown sugar  |
| 3      | Tbsp.        | Nestle Nido powdered milk  |
| 2      | cups         | Elbow macaroni, uncooked   |
| 3      | cubes        | Beef bouillon  |
| 2      | cups         | Freeze dried grated cheddar cheese (or 1-1/3 cups Cheddar cheese powder) |

*At Home:* Combine all ingredients except the cheese in a Ziploc bag. Place the cheddar cheese a second Ziploc bag.

*On the Trail:* Add all ingredients except the cheese to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until pasta is al dente, stirring often. Stir in cheese adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Salt and pepper to taste. Give one final stir before serving.

### Hamburger Helper Copycat, Lasagna

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method  |
|--------|--------------|---|
| 1      | lb.          | Ground beef, browned, drained and freeze dried or dehydrated                  |
| 2      | cups         | Small egg noodles, uncooked   |
| 1      | 14.5 oz. can | Diced tomatoes with Italian seasoning, drained and freeze dried or dehydrated |
| 2      | cubes        | Beef bouillon   |
| 4      | tsp.         | Italian seasoning   |
| 1      | Tbsp.        | Dried, minced onion   |
| 2      | tsp.         | Garlic powder   |
| 1-1/2  | tsp.         | Salt  |
| 1/2    | tsp.         | Pepper  |
| 1      | tsp.         | Dried parsley   |
| 1/4    | cup          | tomato powder   |
| 2      | Tbsp.        | Brown sugar   |
| 3      | Tbsp.        | Nestle Nido powdered milk   |
| 1-1/2  | cups         | Freeze dried shredded mozzarella cheese                                       |
| 3 oz.  | container    | Kraft grated Parmesan cheese, for topping                                     |

*At Home:* Combine ground beef, egg noodles, bouillon cubes, and tomatoes in a quart Ziploc bag. Place the mozzarella cheese a second small Ziploc bag. Place all seasonings and powders in a third small Ziploc bag. Put the 3 Ziploc bags and the container of Parmesan cheese in a gallon Ziploc bag.

*On the Trail* Add the contents of the ground beef bag to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until noodles are al dente, stirring often. Reduce heat to simmer and add the powdered ingredients, stirring to thoroughly combine. Stir in mozzarella cheese adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Give one final stir before serving. Use grated Parmesan cheese for topping.

### Hamburger Helper Copycat, Potato Stroganoff

Servings: 4

| Amount | Measure   | Ingredient -- Preparation Method                                |
|--------|-----------|---|
| 1      | lb.       | Ground beef, browned, drained and freeze dried or dehydrated    |
| 1/2    | cup       | Nestle Nido powdered milk                                       |
| 4      | Tbsp.     | Powdered butter   |
| 1/2    | cup       | Sour cream powder   |
| 1      | 4-oz. box | Idahoan Scalloped Potatoes (or similar brand) with sauce packet |
| 1      | cup       | Sliced mushrooms, freeze dried or dehydrated                    |
| 1      | tsp.      | Garlic powder   |
| 1      | tsp.      | Onion powder  |
| 1      | tsp.      | Dried parsley   |
| 1      | tsp.      | Salt  |
| 1/2    | tsp.      | Pepper  |

*At Home:* Combine ground beef, potatoes, and mushrooms in a Ziploc bag. Place the remaining ingredients (including the contents of the scalloped potatoes sauce packet) in a second Ziploc bag.

*On the Trail:* Add beef, potatoes, and mushrooms to your pot with 5 cups of water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, reduce heat to a simmer and continue cooking until potatoes become tender, stirring often. Reduce heat to simmer and add the powdered ingredients, stirring to thoroughly combine adding additional water if necessary to achieve desired consistency. Remove from heat, put the lid on, and wait 5 minutes for the meal to continue rehydrating. Salt and pepper to taste. Give one final stir before serving.

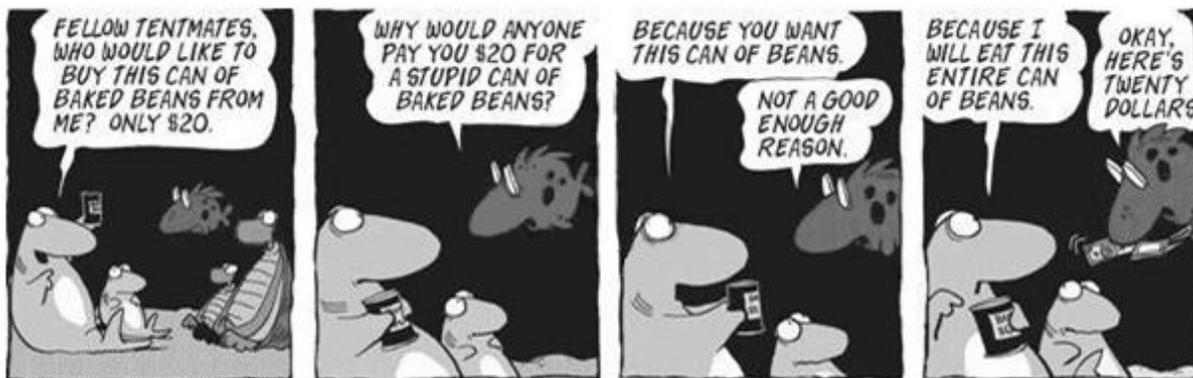
### Ham Mac and Cheese

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method                               |
|--------|---------|--|
| 1/4    | lb.     | Deli ham, dried  |
| 1/4    | cup     | Mixed vegetables, dried (corn, carrots, peas, and green beans) |
| 1/2    | cup     | Macaroni   |
| 1      | Tbsp.   | Powdered butter  |
| 2      | Tbsp.   | Cheddar cheese powder  |
| 1      | Tbsp.   | Powdered milk (Nestle Nido)                                    |
| 1 1/4  | cup     | Water  |
|        |         | Salt and pepper -- as needed                                   |

*At Home:* Combine ham, vegetables, and macaroni in a Ziploc bag. Combine cheese powder and instant dry milk in a Ziploc bag.

*On the Trail:* Add all ingredients except the cheese/milk powder to your pot with water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, and continue cooking with the lid on for 6 minutes. Stir in cheese/milk powder, put the lid back on, and wait 5 minutes for the meal to continue rehydrating and cooking.



### Hawaiian Shrimp (or Ham) and Rice

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                          |
|--------|---------|---|
| 1      | cup     | Instant rice  |
| 1/2    | cup     | Freeze dried shrimp                                       |
| 1/2    | cup     | Dried vegetables, such as bell peppers in assorted colors |
| 4      | Tbsp.   | Dried pineapple   |
| 1      | tsp     | Dried coconut   |
| 2      | cups    | Water   |

*At Home:* Pack dried pineapple and coconut flakes in separate small plastic bags. Enclose with other ingredients in plastic bag.

*Variation:* Substitute freeze dried ham for shrimp. Omit the coconut if using ham.

*On the Trail:* Combine all ingredients with water in pot and soak for five minutes. Light stove, bring to boil, and cook for one more minute. Insulate pot and wait ten minutes.

### Hearty Corn Chowder

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | lbs.    | Frozen sweet corn, dehydrated    |
| 4      | oz.     | Shelf stable bacon crumbles      |
| 2      | Tbsp.   | Dried minced onions              |
| 1/4    | cup     | All-purpose flour                |
| 1/4    | tsp     | Garlic powder                    |
| 5      |         | Chicken bouillon cubes           |
| 2      | cups    | Dehydrated hashbrowns            |
| 1/2    | tsp     | Dried thyme                      |
| 1/4    | tsp     | Smoked paprika                   |
| 6      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 1/2    | cup     | Powdered butter                  |
| 3      | tsp     | Dried chives                     |
| 3      | Tbsp.   | Cheddar Cheese Powder            |
| 6      | cups    | Water                            |
|        |         | Salt and black pepper, to taste  |

*At Home:* Dehydrate or freeze-dry the corn. Combine with the dehydrated hashbrowns and minced onions in a Ziploc bag.

Place the powdered milk and cheddar cheese powder in a second Ziploc bag. Put the remaining ingredients in a third Ziploc bag.

*On the Trail:* Add the contents of the corn and hashbrowns bag to a pot and barely cover with water. Let stand for 30 minutes to rehydrate. Add an additional 6 cups of water, and the remaining ingredients except for the powdered milk and cheddar cheese powder. Heat until boiling, stirring often. Simmer for an additional 5-10 minutes or until the corn kernels and hashbrowns are soft, adding more water if needed. Remove from heat and add the powdered milk and cheddar cheese powder. Stir to thoroughly mix. Salt and pepper to taste.



### Hearty Fall Vegetables, Gravy, and Rice

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method      |
|--------|---------|---------------------------------------|
| 2      | cups    | Instant rice                          |
| 1      | packet  | Mushroom, chicken, or brown gravy mix |
| 1/4    | cup     | Hamburger, freeze-dried               |
| 1/4    | cup     | Cherry tomato halves, freeze-dried    |
| 2      | Tbsp.   | Bell peppers, diced and freeze-dried  |
| 2      | Tbsp.   | Mushrooms, sliced and freeze-dried    |
| 2      | tsp.    | Onion, chopped and freeze-dried       |
| 1/2    | tsp.    | Granulated sugar                      |

*At Home:* Put 2 cups instant rice in a quart freezer bag. Pack the hamburger, tomatoes, bell peppers, mushrooms, onion, and sugar in a small Ziploc bag. Put both bags in a larger Ziploc bag along with 1 packet of mushroom, chicken, or brown gravy mix.

*On the Trail:* Add 1/2 cup cool water to the beef/vegetable bag. Seal tightly and let sit to rehydrate for 10 minutes or so. Bring 2 cups water a boil. Add the rice to the water, stirring well. Remove from heat; cover and let sit for 5 minutes. Add 1 cup water to a pot with the gravy mix, stirring well. Add in the beef/vegetable bag ingredients. Bring to a boil, and cook until thickened, stirring often. Divide the rice, serve the gravy over it.

### Herb and Spice Blend for Pan Fried 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                          |

*At Home:* Blend in a small bowl. Store in a tightly sealed bag.

*On the Trail:* Sprinkle on pan fried fish with a little olive oil.

### Indian Butter Chicken (Murgh Makhani)

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                     |
|--------|---------|--|
| 1      | cup     | Instant rice   |
| 1-1/2  | cups    | Chicken, freeze-dried                                |
| 1      | cup     | Cauliflower, freeze-dried                            |
| 2      | Tbsp.   | Tomato powder  |
| 4      | Tbsp.   | Powdered milk (Nestle Nido) or powdered cream cheese |
| 4      | Tbsp.   | Butter powder  |
| 1      | tsp     | Chili powder   |
| 1/2    | tsp     | Garlic powder  |
| 1      | tsp     | Onion powder   |
| 2      | tsp     | Ground ginger  |
| 2      | tsp     | Garam masala   |
| 1/2    | tsp     | Salt and pepper                                      |
| 2      | packets | Olive oil  |
| 1      | pinch   | Cayenne powder (optional)                            |

*At Home:* Combine all dry ingredients in a quart Ziploc freezer bag. Remove as much air as possible and seal. Place inside a second quart Ziploc bag along with the 2 packets of olive oil.

*On the Trail:* Add 3-1/4 cups water and the 2 packets of olive oil to a small pot. Bring to a boil, add in dry ingredients, stirring well. Put on lid, take off stove and let sit for 10 minutes in a pot cozy. Stir again and serve.

### Indian Shrimp Curry

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method                       |
|--------|--------------|--|
| 1      | lb.          | Cooked and peeled shrimp, freeze-dried                 |
| 1      |              | Red bell pepper, diced and dehydrated for freeze-dried |
| 4      | oz.          | Sugar snap peas, dehydrated or freeze-dried            |
| 1      | 14.5 oz. can | Diced tomatoes, dehydrated or freeze-dried             |
| 2      | cups         | Minute Rice  |
| 3      | Tbsp.        | Dried, minced onion                                    |
| 1/4    | tsp          | Garlic powder  |
| 1 1/2  | tsp          | Ground turmeric  |
| 1      | tsp          | Ground ginger  |
| 1      | tsp          | Ground cumin   |
| 1      | tsp          | Paprika  |
| 1/2    | tsp          | Red chili powder                                       |
| 5      | Tbsp.        | Coconut milk powder                                    |
| 1      | tsp          | Salt   |
| 2      | tsp          | Dried cilantro   |

*At Home:* Place the freeze-dried shrimp and vegetables in a quart Ziploc bag. Measure out the dry ingredients and place in a second quart Ziploc bag. Place the rice in a third quart Ziploc bag. Then place the quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp and vegetables along with enough water to cover. Let rehydrate for 30 minutes adding additional water if necessary. Add 2 more cups of water and bring to a boil. Add the dry ingredients and stir thoroughly. Reduce heat, add the rice, and simmer for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. Add additional water if necessary to achieve desired consistency. Remove from heat. Serve and enjoy.

### Italian Chicken Pilaf

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 2      | pkg     | Chicken (7 oz.) or 3 oz. freeze dried chicken  |
| 2      | pkg     | Uncle Ben's Long Grain and Wild Rice (quick cook)  |
| 1      | lb.     | Frozen Italian vegetable blend, dehydrated   |
| 1      | cup     | Instant Cream of Tomato soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 6      | Tbsp.   | Dried minced onions  |
| 1      | tsp     | Garlic powder  |
| 2      | tsp     | Italian herb blend   |
|        |         | Salt and pepper to taste   |

*At Home:* Pack the Uncle Ben's rice and seasonings in a quart freezer bag and the Italian vegetables and minced onions in another freezer bag. Place the remaining dry ingredients in a small sandwich bag. Place the chicken, vegetables, rice, and dry ingredients in a gallon freezer Ziploc bag.

*On the Trail:* Add Italian vegetables and minced onions to 6 cups of water in a pot and rehydrate for 30 minutes. Bring to a boil. Add the chicken, rice, and dry ingredients. Simmer for 5 minutes while continuously stirring. Remove from heat and let sit for 5 minutes. Salt and pepper to taste.

Note: Make your own **Seasoned Long Grain and Wild Rice Mix – Ben's Original Style** by following the recipe included with this cookbook.

### Italian Peas

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | Tbsp.   | Dried minced onions              |
| 1/4    | tsp     | Garlic powder                    |
| 16     | oz.     | Frozen green peas, dehydrated    |
| 2      |         | Chicken bouillon cubes           |
| 3      | Tbsp.   | Powdered butter                  |
| 3      | Tbsp.   | Parmesan cheese                  |
| 1      | tsp     | Ground black pepper              |
|        |         | Salt to taste                    |

*At Home:* Put the peas, minced onions, and bouillon cubes in a Ziploc bag. Put the remaining ingredients in a second Ziploc bag.

*On the Trail:* Rehydrate the peas by placing the contents of the bag in a pot and covering with 1/4" of water. Let stand for 30 minutes. Add more water if needed. Add remaining ingredients and heat until boiling, stirring occasionally. Simmer for an additional 5-10 minutes, until the peas are soft, Salt and pepper to taste

### Italian Stew

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                   |
|--------|---------|--|
| 1      | medium  | Zucchini, cut into 1/2-inch pieces                 |
| 1      | medium  | Yellow squash, cut into 1/2-inch pieces            |
| 1      | small   | Red onion, cut into 1-inch long thin strips        |
| 1      |         | red bell pepper cut into 2-inch long thin strips   |
| 1      |         | green bell pepper cut into 2-inch long thin strips |
| 8      | oz.     | Cherry tomatoes, sliced in half                    |
| 1      | cup     | mushrooms coarsely chopped                         |
| 1      | cup     | Freeze-dried ground beef                           |
| 4      | Tbsp.   | Tomato sauce powder                                |
| 1      | tsp.    | Dried oregano                                      |
| 1      | tsp.    | Dried basil  |
| 1/2    | cup     | Grated Parmesan cheese                             |
| 4      | Tbsp.   | Powdered butter                                    |

*At Home:* Preheat oven to 425 degrees. Line a large baking sheet with parchment paper and place vegetables onto it in a single layer. Roast vegetables in preheated oven for 25-30 minutes, stirring vegetables halfway through. Dehydrate or freeze-dry the roasted vegetables. Mix all dried ingredients for Italian Stew except Parmesan cheese in a medium-sized zip lock bag. Pack Parmesan cheese in a separate bag.

*On the Trail:* Pour the Italian Stew mixture into the pot; add 3 cups of water. Place pot over medium heat and bring to the boil. Cook, stirring occasionally, for about 10 minutes. Remove from the heat, cover, and let stand for another 5 minutes to rehydrate meal completely. Stir in in Parmesan cheese.



### Jamaican Jerk Chicken, Rice & Beans

Servings: 4

| Amount | Measure     | Ingredient -- Preparation Method   |
|--------|-------------|--|
| 2      | 7oz         | Pouches of pre-cooked chicken  |
| 2      | 15 oz. cans | Pinto beans, dehydrated  |
| 1      | medium      | Green pepper, diced and dried  |
| 1      | medium      | Onion, diced and dried   |
| 6      | Tbsp.       | Tomato sauce from powder (See <b>Sauce Recipes</b> included in this cookbook.) |
| 1      | Tbsp.       | Jamaican Jerk Seasoning Mix (McCormick's)                                      |
| 1/8    | tsp         | Ground cayenne pepper  |
| 2      | cups        | Long grain rice  |

*At Home:* Put the rice and chicken pouches in a gallon Ziploc bag. In a second Ziploc bag place all of the remaining ingredients

*On the Trail:* Add all ingredients except rice and chicken to approximately 5 cups of water and let them soak for 30 minutes. Bring to a boil and add the rice and chicken. Stir regularly. Cook 5 minutes. Let stand 5 minutes. Fluff with a fork.

### Kickin' Veggie Mac and Cheese

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method             |
|--------|---------|--|
| 1/4    | cup     | Dried cherry tomato slices or diced tomatoes |
| 1/4    | cup     | Dried mixed peppers, onions, mushrooms       |
| 2      | slices  | Dried jalapeño peppers                       |
| 1/2    | cup     | Macaroni                                     |
| 1      | Tbsp.   | Powdered Butter                              |
| 2      | Tbsp.   | Cheddar cheese powder                        |
| 1      | Tbsp.   | Powdered milk (Nestle Nido)                  |
| 1/2    | tsp     | Taco seasoning                               |
| 1 1/4  | cup     | Water  |
|        |         | Salt and pepper -- as needed                 |

*At Home:* Combine vegetables, macaroni, and red pepper in a Ziploc bag. Combine cheese powder, instant dry milk, and taco powder in a Ziploc bag.

*On the Trail:* Add all ingredients except the cheese/milk/taco seasoning to your pot with water. Allow contents to rehydrate for 10 minutes. Light stove, bring to a boil, and continue cooking with the lid on for 6 minutes. Stir in cheese/milk/taco powder mix, put the lid back on. Wait 5 minutes for the meal to continue rehydrating and cooking.

### Knockwurst Sausage 'n Kraut

Servings: 4

| Amount              | Measure      | Ingredient -- Preparation Method       |
|---------------------|--------------|--|
| 1                   | lb.          | Shelf stable smoked knockwurst sausage |
| 1/4                 | cup          | Dried minced onions                    |
| 1/2                 | cup          | Brown sugar                            |
| 1                   | 14.5 oz. can | Sauerkraut, dehydrated                 |
| 1                   | cup          | Potato flakes to thicken               |
| <b>**Optional**</b> |              |  |
| 1/4                 | cup          | Shelf stable bacon pieces              |
| 1/2                 | cup          | Dried apples cut into pieces           |
|                     |              | Salt and pepper to taste               |

*At Home:* Bag together onion, brown sugar, and dehydrated sauerkraut. Place potato flakes in a separate bag.

*On the Trail:* Place the onion, sauerkraut, and brown sugar in pot and cover with water. Allow to rehydrate for 30 minutes adding additional water if necessary. Chunk up knockwurst and add to pot. Bring to a boil. Reduce heat and simmer for 10 minutes. Add potato flakes to thicken. Salt and pepper to taste  
*Optional:* Add shelf stable bacon and/or dried apples while rehydrating.

### Macaroni and Beef Simple Supper

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 9      | oz.     | Macaroni  |
| 4      | oz.     | Dried Beef  |
| 8      | oz.     | Frozen corn, dried  |
| 1/4    | cup     | Onions, dried   |
| 4      |         | Beef Bouillon Cubes   |
| 2      | oz.     | Tomato Powder   |
| 2      | Tbsp.   | Powdered Butter   |
| 1      | tsp     | Basil   |
| 1      | tsp     | Oregano   |
| 1/4    | tsp     | Garlic Powder   |
| 1/3    | cup     | Cream of Whatever Soup mix (See <b>Instant Soup Recipes</b> included in this cookbook.) |

*At Home:* Put the pasta, beef, corn, onions, and bouillon cubes in a Ziploc bag. In a second Ziploc bag put the spices. Put the Cream of Whatever Soup mix in a third, small Ziploc bag.

*On the Trail:* Add pasta, beef, corn, onions, and bouillon cubes to 7 1/2 cups water and let soak for 1/2 hour. Bring to a boil. Add the spices and simmer 10 minutes, or until macaroni is tender. Remove from heat and stir in the Cream of Whatever Soup mix and serve.

### Mandarin Orange Chicken and Rice

Servings: 4-6

| Amount | Measure    | Ingredient -- Preparation Method  |
|--------|------------|---|
| 2      | lbs.       | Rotisserie chicken breast cut into bite sized pieces (freeze dried or dehydrated) |
| 1 1/2  | cups       | Sugar snap peas cut into 1" - 2" pieces (freeze dried or dehydrated)              |
| 1 1/2  | cups       | Red, orange, and/or yellow peppers, cut into strips (freeze dried or dehydrated)  |
| 1      | cup        | Sweet onion, sliced (freeze dried or dehydrated)                                  |
| 1      | 11 oz. can | Mandarin orange slices, freeze dried  |
| 1      | tsp.       | Chicken granules  |
| 2      | Tbsp.      | Orange juice powder   |
| 2      | Tbsp.      | Soy sauce powder  |
| 2      | Tbsp.      | Brown sugar   |
| 3/4    | tsp.       | Garlic powder   |
| 1      | tsp.       | Ground ginger powder  |
| 1/8    | tsp.       | Crushed red pepper  |
| 3      | Tbsp.      | Corn starch   |
| 2      | cups       | Minute Brown Rice   |
|        |            | Salt and pepper to taste  |

**\*\*Optional\*\***

|     |     |  |
|-----|-----|--|
| 1/2 | cup | Mushrooms (freeze dried or dehydrated)       |
| 1/2 | cup | Water chestnuts (freeze dried or dehydrated) |

*At Home:* Combine vegetables and chicken in a Ziploc bag. Combine chicken granules, orange juice powder, corn starch, brown sugar, and spices in a Ziploc bag. Place Minute Brown Rice in a Ziploc bag. Place Mandarin oranges in a Ziploc bag

*On the Trail:* In a large pot, rehydrate freeze dried/dehydrated chicken and vegetables by using a 1 to 1 ratio of dried food to water. Add to the pot the orange juice powder, chicken granules, all spices, sugar, and corn starch along with 2 cups of water. Stir to fully combine and bring to a simmer. Add 2 1/2 cups of water and 2 cups of Minute Brown

Rice, bring to a boil and cook for 10 minutes stirring occasionally. Add mandarin orange slices into the pot during the last 2 minutes and gently stir to combine. Be careful not to mash up the mandarin pieces when stirring.

### 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 5 oz. freeze dried chicken<br>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<br>(See <b>Sauce Recipes</b> included in this cookbook or you can use gravy packets from store.) |
|        |         | Salt and pepper -- as needed  |

*At Home:* Put the vegetables in a Ziploc bag. In a second Ziploc bag put the chicken packets or hamburger. Put the gravy mix or packets in a small Ziploc bag and place with the chicken or hamburger. Put the dehydrated potatoes in their own Ziploc bag.

*On the Trail:* Add mixed vegetables (or corn) to a pot and cover with 1/4" of water and let them soak for 1/2 hour. Add additional water if necessary. Bring to a boil and simmer 10 minutes, stirring occasionally. Make mashed potatoes in a different pot according to instructions. Make gravy in a third pot according to instructions. Add chicken (or hamburger) to gravy. If using dried hamburger for the gravy, rehydrate in a separate pot at the same time and same way as the vegetables.

### Mashed Potatoes, Loaded

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 2      | cups    | Instant mashed potatoes   |
| 2      | cups    | Instant Cheddar Broccoli Soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 1      | cup     | Bacon pieces, shelf stable  |
| 3      | Tbsp.   | Sour cream powder   |
| 2      | Tbsp.   | Powdered butter   |
|        |         | Salt and pepper to taste  |

*At Home:* Put the instant mashed potatoes and cheddar broccoli soup mix in a Ziploc bag. Put the sour cream powder, powdered butter, and bacon pieces in a second Ziploc bag.

*On the Trail:* Boil 4 cups of water. Add soup mix and potatoes. Simmer and stir until thickened. Add bacon, sour cream powder, and powdered butter. Mix well and serve. Add additional water if necessary.



### 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     | Cheddar cheese powder                         |
| 4      | Tbsp.   | Powdered butter                               |
| 4      | tsp     | Taco seasoning (or 4 Taco Bell sauce packets) |
| 4      | Tbsp.   | Powdered milk (Nestle Nido)                   |
| 5      | cups    | Water   |

*At Home:* Combine and pack cheese, milk, and taco powders in small plastic bags. Enclose with other ingredients in a larger plastic bag.

*On the Trail:* Combine all ingredients except cheese, milk, and taco powders with water in pot and soak for 1/2 hour. Bring to boil, and cook until beans are soft. Remove from stove, stir in cheese, milk, and taco powders. Mexican Beef and Rice can be spooned onto a tortilla and rolled up like a burrito.

### Mixed Vegetables

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 2      | Tbsp.   | Dried minced onions                 |
| 1      | tsp     | Garlic powder                       |
| 1      | tsp     | Onion powder                        |
| 16     | oz.     | Frozen mixed vegetables, dehydrated |
| 2      | cubes   | Chicken bouillon                    |
| 3      | Tbsp.   | Powdered butter                     |
| 1      | tsp     | Ground black pepper                 |
|        |         | Salt to taste                       |

*At Home:* Put the mixed vegetables and bouillon cubes in a Ziploc bag. Put the remaining ingredients in a second Ziploc bag.

*On the Trail:* Rehydrate the mixed vegetables by placing the contents of the bag in a pot and covering with 1/4" of water. Let stand for 30 minutes. Add more water if needed. Add remaining ingredients and heat until boiling, stirring occasionally. Simmer for an additional 5-10 minutes, until the mixed vegetables are soft. Salt and pepper to taste.

### Mushroom Parmesan Shrimp Risotto

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                 |
|--------|---------|--|
| 12     | oz.     | Cooked shrimp, freeze-dried                      |
| 8      | oz.     | Mushrooms, sliced and dehydrated or freeze-dried |
| 2      | cups    | Minute Rice                                      |
| 2      | Tbsp.   | Chicken bouillon granules                        |
| 1/8    | tsp     | Red pepper flakes                                |
| 1 1/2  | Tbsp.   | Dried, minced onion                              |
| 1/2    | tsp     | Garlic powder                                    |
| 2      | Tbsp.   | Butter powder                                    |
| 3/4    | cup     | Grated parmesan cheese                           |
| 2      | Tbsp.   | Dried parsley                                    |
|        |         | Salt and pepper to taste                         |

*At Home:* Place the freeze-dried shrimp and mushrooms in a quart Ziploc bag. Measure out the dry ingredients and place in a sandwich Ziploc bag. Place the rice in another quart Ziploc bag. Place all of the smaller Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp and mushrooms to your backpacking pot along with enough water to cover. Let rehydrate for 30 minutes adding additional water if necessary. Add 2 more cups of water and bring to a boil. Add the dry ingredients and stir thoroughly. Reduce heat, add the rice, and simmer for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. Add additional water if necessary to achieve desired consistency. Remove from heat. Serve and enjoy.

### One-Pot Shrimp Primavera

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1      | lb.     | Cooked shrimp, freeze-dried  |
| 1      |         | Red bell pepper, thinly sliced, dehydrated or freeze-dried                         |
| 1      | cup     | Cherry tomatoes, halved and dehydrated or freeze-dried                             |
| 1      |         | Zucchini, cut into half-moons, dehydrated or freeze-dried                          |
| 1      |         | Yellow squash, cut into half-moons, dehydrated or freeze-dried                     |
| 2      | Tbsp.   | Dried, minced onions   |
| 1      | lb.     | Fettuccine   |
| 2/3    | cup     | Instant Alfredo sauce powder (See <b>Sauce Recipes</b> included in this cookbook.) |
| 1/2    | tsp     | Garlic powder  |
| 1      | tsp     | Dried oregano  |
| 1      | tsp     | Dried basil  |
| 1/8    | tsp     | Crushed red pepper flakes  |
| 3/4    | cups    | Grated Parmesan cheese   |
|        |         | Salt and pepper to taste   |

*At Home:* Place the freeze-dried shrimp in a quart Ziploc bag. In a second quart Ziploc bag place the red bell pepper, cherry tomatoes, zucchini, yellow squash, and the dried onions. Measure out the spices and place in a small sandwich Ziploc bag. In another small Ziploc sandwich bag place the Alfredo sauce mix and Parmesan cheese. Place the pasta in another Ziploc bag. Place all of the smaller Ziploc bags into gallon size Ziploc freezer bags.

*On the Trail:* Add the shrimp and vegetables to your backpacking pot along with 6 cups of water. Let rehydrate for 30 minutes. Add the pasta, oregano, basil, red pepper flakes and season with salt and pepper. Bring to a boil, and cook until the pasta is al dente, stirring often. Remove from the heat and stir in the Alfredo sauce mix and Parmesan cheese. Serve and enjoy.

### Orange-Sesame Shrimp with Rice

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                                   |
|--------|---------|--|
| 1/2    | lb.     | Cooked shrimp, freeze-dried  |
| 1/4    | cup     | Frozen sliced carrots, dehydrated or freeze-dried                  |
| 1      | cup     | Snow peas, dehydrated or freeze-dried                              |
| 1/2    |         | Red bell pepper, thinly sliced into 2-inch long pieces, dehydrated |
| 1      | bunch   | Baby Bok Choy, chopped (about 2 cups), dehydrated                  |
| 1/3    | cup     | Brown Minute Rice  |
| 1      | Tbsp.   | Dried, minced onion  |
| 2      | Tbsp.   | Powdered whole eggs  |
| 1 1/2  | Tbsp.   | Cornstarch   |
| 1      | Tbsp.   | Sesame seeds   |
| 1/8    | tsp     | Ground black pepper  |
| 2      | packets | True Orange  |
| 2      | packets | True Lemon   |
| 2      | packets | Soy sauce  |

*At Home:* Place the freeze-dried shrimp, carrots, tomatoes, snow peas, red bell peppers, and bok choy in a quart Ziploc bag. Measure out the dry ingredients and place in a small sandwich Ziploc bag. Place the rice in another quart Ziploc bag. Place all of the smaller Ziploc bags along with the soy sauce packets into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp, carrots, tomatoes, snow peas, red bell peppers, and bok choy to your backpacking pot along with enough water to cover. Let rehydrate for 30 minutes adding additional water if necessary. Add the dry ingredients and stir thoroughly. Add 2 1/2 more cups of water and bring to a boil. Reduce heat, add the rice, and simmer for 5-10 minutes, stirring often, until it thickens and all the ingredients are soft. Remove from heat and add the contents of the soy sauce packets and mix thoroughly. Add additional water if necessary to achieve desired consistency. Serve and enjoy!

### **Pad Thai, Easy**

Servings: 3

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 3      | pkg     | Ramen noodles (leave seasoning packets at home)  |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze dried chicken  |
| 1      | cup     | Shelled peanuts (crushed)  |
| 1/2    | cup     | Asian sesame dressing (Newman's Own Asian Sesame Natural Salad Mist, 7 oz. plastic bottle) |

*At Home:* Put the ramen noodles in a Ziploc bag. In a second Ziploc bag, put the chicken packet and bottle of dressing. Put the crushed peanuts in a small Ziploc bag.

*On the Trail:* Boil water, cook ramen noodles, and drain. Stir the chicken and dressing into the pot and cook for one minute. Sprinkle crushed peanuts over the noodles.

### **Pad Thai, Gourmet**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                             |
|--------|---------|--|
| 6      | oz.     | Flat rice noodles  |
| 1/2    | cup     | Freeze-dried scrambled eggs                                  |
| 1/2    | cup     | Freeze-dried chicken or shrimp                               |
| 1/2    | cup     | Freeze-dried vegetables (peas, carrots, onions, red peppers) |
| 1/4    | cup     | Chopped peanuts  |
| 4      | packets | Soy sauce  |
| 2      | Tbsp.   | Powdered peanut butter (such as PB2)                         |
| 1      | Tbsp.   | Powdered chicken bouillon                                    |
| 1      | Tbsp.   | Dried cilantro   |
| 1/2    | tsp     | Garlic powder  |
| 1/2    | tsp     | Ground ginger  |
| 1      | Tbsp.   | Brown sugar  |
| 1/4    | tsp     | Ground black pepper  |
| 1/8    | tsp     | Cayenne pepper   |
| 1      | tsp     | True Lime powder   |
|        |         | Salt to taste  |

*At Home:* Place the freeze-dried chicken, freeze-dried scrambled eggs, and dried vegetables in a zip-top sandwich bag. Place the chopped peanuts and the soy sauce packets in a second Ziploc sandwich bag. Measure out the rest of the dry ingredients and place them in a third Ziploc sandwich bag. Then place the sandwich bags and noodles into a quart size freezer bag.

*On the Trail:* Add the noodles, chicken, eggs, and dried veggies to your backpacking pot and add just enough water to cover and bring to a boil. While the water is boiling combine all the dry ingredients except for the peanuts with 2 tablespoons of water along with the soy sauce and stir well to create the sauce. This can be done in a cup or right in the Ziploc bag. Once the water has boiled and the noodles are tender, drain the remaining water. Combine the noodles and sauce in the pot and gently stir until everything is combined. Garnish with chopped peanuts and enjoy!

### Pasta and Cheesy Tomato Sauce with Beef

Servings: 8

| 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 |
| 1      | cup     | Tomato Sauce from tomato powder (see Sauce Recipes)    |
| 1/2    | cup     | Milk, reconstituted from powdered milk (Nestle Nido)   |
| 2      | Tbsp.   | Powdered butter  |
| 6 1/2  | cups    | Water  |
| 30     | oz.     | Kidney beans, dehydrated                               |
| 30     | oz.     | Diced tomatoes, dehydrated                             |
| 2      | tsp     | Chili powder   |
| 1/4    | cup     | Brown sugar  |

*At Home:* Package vegetables, macaroni, and beef together. Package tomato sauce mix, chili powder, Butter Buds and brown sugar in a separate Ziploc bag.

*On the Trail:* To prepare, put all ingredients in the pot (**except Kraft cheese mix and milk**). Add 6 1/2 cups cold water and allow to rehydrate for 30 minutes. Heat to boiling. Reduce heat and simmer until macaroni is the correct tenderness. Add milk and Kraft cheese. Add more water if mixture is too thick. Salt and pepper to taste.

### Pasta Primavera with Chicken #1

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                   |
|--------|---------|--|
| 1      |         | Small zucchini cut into 1/4" thick half-moons      |
| 1      |         | Small summer squash cut into 1/4" thick half-moons |
| 14     |         | Cherry tomatoes cut in half                        |
| 1      | tsp     | Dried parsley                                      |
| 1      | cup     | Small pasta shells                                 |
| 2      | Tbsp.   | Butter powder                                      |
| 1      | tsp     | Dried basil  |
| 1/2    | tsp     | Dried oregano                                      |
| 1/2    | tsp     | Garlic powder                                      |
| 1/2    | tsp     | Sea salt   |
| 2      | packets | Olive oil  |
| 2      | Tbsp.   | Parmesan cheese                                    |
| 1      | cup     | Sliced mushrooms                                   |
| 1      | 7 oz.   | Foil chicken pouch                                 |

*At Home:* Place the zucchini, summer squash, tomatoes, and sliced mushrooms on dehydrator trays and dehydrate at 135 for 8-12 hours until completely dried. Pack the dried vegetables, pasta, butter powder, spices and salt in a resealable bag along with two parmesan cheese and two olive oil packets.

*On the Trail:* Add all ingredients except for the cheese to a cookpot with enough water to barely cover the pasta. Bring to a boil, then reduce heat and simmer for about 10 minutes, until the vegetables are soft and the pasta is cooked through, adding more water if needed. Top with cheese.



"Since I cooked, you do cleanup. OK?"

## Pasta Primavera with Chicken #2

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 3      | pkg     | Chicken (7 oz.) or 5 oz. freeze dried chicken                                   |
| 16     | oz.     | Frozen oriental vegetables, dried or freeze dried                               |
| 16     | oz.     | Fettuccine  |
| 1      | cup     | Instant Alfredo sauce mix (See <b>Sauce Recipes</b> included in this cookbook.) |
| 4      | Tbsp.   | Chicken bouillon crystals   |
|        |         | Salt and pepper to taste  |
|        |         | Water (as required)   |

*At Home:* Put the vegetables in a Ziploc bag. In a second Ziploc bag put the chicken and bouillon crystals. Break the Fettuccine in half and place a third Ziploc bag.

*On the Trail:* Add oriental vegetables to a pot and cover with 1/4" water and let soak for 1/2 hour. Add additional water if necessary. Bring to a boil, add the contents of the bag with the chicken, and make the fettuccine according to instructions. Stir regularly. Add Alfredo sauce ingredients to above. Cook until the pasta is tender.

## Peas, Ham, and Creamy Noodles

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method             |
|--------|---------|--|
| 8      | oz.     | Egg noodles                                  |
| 2 1/2  | cups    | Freeze dried cooked ham, cubed               |
| 1/2    | cup     | Dehydrated peas (or 1 cup freeze dried peas) |
| 2      | cubes   | Chicken bouillon                             |
| 4      | Tbsp.   | Nestle Nido powdered milk                    |
| 4      | Tbsp.   | Powdered cream cheese                        |
| 1/2    | tsp     | Lemon juice powder                           |
| 2      | Tbsp.   | Powdered butter                              |
| 6      | Tbsp.   | Dried minced onions                          |
| 6      | cups    | Water  |
|        |         | Salt and pepper to taste                     |

*At Home:* Place egg noodles and chicken bouillon cubes (without wrappers) in a Ziploc bag. Place peas, ham, and minced onions in a second bag. Place the powdered milk, cream cheese, butter, and lemon juice in a third bag.

*On the Trail:* Rehydrate the peas, ham, and minced onions in 6 cups of water for about 1/2 hour. Light stove and bring water to a boil. Add the contents of the noodle bag to the pot of boiling water. Reduce heat and simmer until noodles are tender. Remove from heat and stir in the contents of the third bag. Add additional water if necessary. Salt and pepper to taste.



**"Gun powder, rocks, matches ...  
say, this is a recipe for disaster!"**

## Pepperoni Pizza

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 4      | pkg     | Betty Crocker Pizza Crust Mix or similar brand   |
| 2      | 15 oz.  | Contadina's Pizza Sauce Squeeze bottle or similar brand or make up the appropriate amount of pizza sauce from tomato powder on the trail (See <b>Sauce Recipes</b> included in this cookbook.) |
| 32     | oz.     | Asiago cheese or Mozzarella  |
| 6      | oz.     | Pepperoni slices pouch   |
| 4      | Tbsp.   | Italian seasoning  |
| 4      | packets | Olive oil  |

*At Home:* Put the pizza crust mix packet, pizza sauce squeeze bottle, olive oil packets, and pepperoni slices pouch in a Ziploc bag. In a second Ziploc bag put the cheese along with a Ziploc sandwich bag containing the Italian seasoning.

*On the Trail:* Finely dice cheese. In a bowl combine baking mix and water according to directions; stir until dough forms. Pour oil into a 12 inch skillet and spread dough evenly across skillet with a spoon. Top with tomato sauce, cheese, Italian seasoning, and pepperoni. Cover the pizza with a pot lid and cook over medium heat for 5 minutes, or until cheese melts. *Optional:* Dehydrate onions, mushrooms, and/or green peppers at home. On the trail, rehydrate for 30 minutes, drain, and place on pizza prior to cooking.

## Pizza Macaroni

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1 1/3  | cup     | Macaroni   |
| 8      | oz.     | Pepperoni slices or dehydrated hamburger   |
| 4      | tsp     | Dehydrated green peppers   |
| 4      | tsp     | Dehydrated onions  |
| 8      |         | Mozzarella cheese sticks   |
| 2      | cups    | Pizza sauce (dehydrated into leather) or from tomato powder<br>(See <b>Sauce Recipes</b> included in this cookbook.) |
| 4      | tsp     | Dried tomatoes   |
| 4      | tsp     | Dried mushrooms  |

*At Home:* combine all of the dry ingredients in a Ziploc bag. Place the (wrapped) cheese sticks and pepperoni in a second bag.

*On the Trail:* Place all of the dehydrated ingredients in a pot and add enough water to cover. Let stand 30 minutes. Bring to a boil and add the macaroni. Stir regularly. Cook until the pasta is tender. Cut up the cheese and stir into the macaroni along with the pepperoni.

## Poutine French Fries

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                          |
|--------|---------|---|
| 2      | cups    | Dehydrated seasoned French fries (see instructions below) |
| 1      | packet  | Brown gravy mix powder (McCormick)                        |
| 2      | cups    | Water for rehydration                                     |
| 2-4    | oz.     | Fresh cheese  |

*At Home:* Season the fries prior to dehydrating. Vinegar adds a lot of flavor. Use white, malt, or apple-cider vinegar.

*On the Trail:* Soak dehydrated French fries in water for 1/2 hour. Add gravy powder and stir until dissolved. Turn on stove and bring to a light boil, stirring continuously. Turn off stove, drop cheese on top. Let sit for 5 minutes and serve.

### Ramen Backpacking Soup

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                        |
|--------|---------|---|
| 1      | package | Maruchan Beef Flavor Ramen                              |
| 1      | cup     | Dried ground beef                                       |
| 1/4    | cup     | Dried mushrooms, chopped                                |
| 2      | Tbsp.   | Dried onions, diced                                     |
| 1/2    | cup     | Freeze-dried mixed vegetables (peas, corn, and carrots) |

*At Home:* Place the freeze-dried vegetables and ground beef in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packet in a second quart Ziploc bag. Then place both Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Rehydrate the vegetables and ground beef in a pot by adding 3 1/2 cups of water. Stir thoroughly and let stand for 10 minutes. Bring to a boil and add the Maruchan Beef Flavor Ramen noodles to the boiling pot and cook for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and stir well for 1 minute until seasonings are fully dissolved. Add more water if necessary. Divide into bowls and enjoy!

### Ramen Beef Lo Mein

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                     |
|--------|---------|--|
| 8      | oz.     | Dried ground beef                                    |
| 1      | tsp.    | Garlic powder  |
| 1/2    | tsp.    | Ground ginger powder                                 |
| 1      | pkg     | Maruchan Beef Flavor Ramen                           |
| 1      | lb.     | Frozen broccoli florets, carrots and water chestnuts |
| 1      | packet  | Kikkoman Teriyaki Sauce Mix                          |
| 1/4    | cup     | Chopped peanuts                                      |

*At Home:* Freeze-dry the frozen vegetables and place in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packet in a second quart Ziploc bag. Place the dried ground beef, garlic powder, and ground ginger in a third quart Ziploc bag. Place the peanuts and teriyaki sauce mix packet in a small Ziploc sandwich bag. Then place all four Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Rehydrate the vegetables and beef by placing the contents of the bags in a pot and covering with 1/4" of water. Let stand for 30 minutes. Add more water if needed. Add 2 additional cups of water and bring to a boil. Place the Maruchan Beef Flavor Ramen noodles in the boiling pot and cook for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and as well as the teriyaki sauce mix and stir well for 1 minute until seasonings are fully dissolved and sauce begins to thicken. Add more water if necessary. Divide into bowls, garnish with chopped peanuts, and enjoy!

### Ramen Beef Stroganoff

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1      | package | Maruchan Beef Flavor Ramen   |
| 1      | cup     | Dried ground beef  |
| 1/4    | cup     | Dried mushrooms, chopped   |
| 1/4    | cup     | Dried onions, diced  |
| 1/2    | cup     | Cream of Mushroom Soup mix (See <b>Sauce Recipes</b> included in this cookbook.) |
| 1/4    | cup     | Sour cream powder  |
| 2      | Tbsp.   | Powdered butter  |
| 1/2    | tsp     | Garlic powder  |
|        |         | Salt and pepper to taste   |

*At Home:* Place the dried beef, mushrooms, onions, and garlic powder in a Ziploc sandwich bag. Place the Cream of Mushroom Soup mix, powdered butter, and sour cream powder in another Ziploc sandwich bag. Break the ramen noodles into pieces and place the noodles and seasoning packet in a quart Ziploc bag. Then place all three Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Place the freeze-dried ingredients in a pot and add 2 cups cool water. Let rehydrate for 10 minutes. Add an additional 2 cups of water and bring to a boil. Add the Maruchan Beef Flavor Ramen and cook for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved; then turn off the heat. Combine the sour cream powder and Cream of Mushroom Soup mix with the ramen noodles and mix thoroughly. Add more water if necessary. Serve and enjoy!

### Ramen Bomb, Beef

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Freeze dried ground beef         |
| 1      | packet  | Maruchan Beef Flavor Ramen       |
| 1/2    | cup     | Potato Pearls                    |
| 1/2    | cup     | Freeze dried corn                |

*At Home:* Place the freeze-dried corn and beef in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Place the Potato Pearls in a small Ziploc sandwich bag. Then place all three Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 2 cups cool water to the corn and beef bag. Let rehydrate for 10 minutes. Add 2 additional cups of water and bring to a boil. Place the Maruchan Beef Flavor Ramen noodles in the boiling pot and cook for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and stir well for 1 minute until the seasoning is fully dissolved; then turn off the heat. Add in the Potato pearls and stir for 15 seconds. Let stand for two or three minutes. Divide between 2 bowls and enjoy!

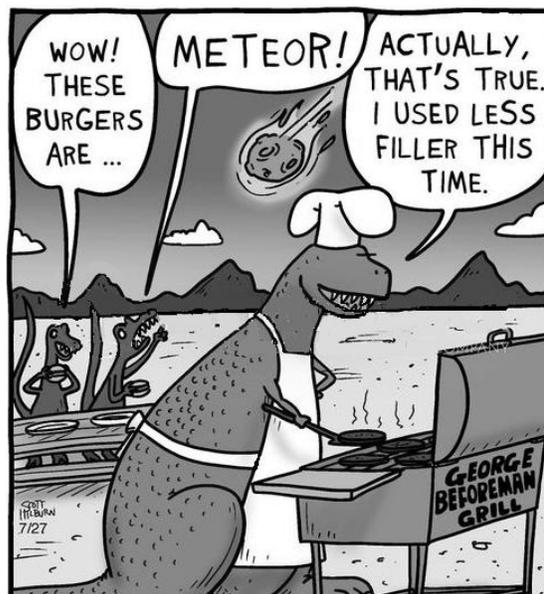
### Ramen Bomb, Chicken

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Freeze dried chicken, diced      |
| 1      | packet  | Maruchan Chicken Flavor Ramen    |
| 1/2    | cup     | Potato Pearls                    |
| 1/2    | cup     | Freeze dried corn                |

*At Home:* Place the freeze-dried corn and chicken in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Place the Potato Pearls in a small Ziploc sandwich bag. Then place all three Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 2 cups cool water to the corn and chicken bag. Let rehydrate for 10 minutes. Add 2 additional cups of water and bring to a boil. Place the Maruchan Chicken Flavor Ramen noodles in the boiling pot and cook for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and stir well for 1 minute until the seasoning is fully dissolved; then turn off the heat. Add in the Potato Pearls and stir for 15 seconds. Let stand for two or three minutes. Divide between 2 bowls and enjoy!



### Ramen Cheesy Bacon Carbonara

Servings: 4

| Amount | Measure  | Ingredient -- Preparation Method   |
|--------|----------|--|
| 2      | packages | Maruchan Chicken Flavor Ramen  |
| 1      | cup      | Shelf stable bacon bits  |
| 1/2    | cup      | Freeze-dried eggs  |
| 1      | Tbsp.    | Powdered butter  |
| 1/4    | tsp.     | Garlic powder  |
| 1/2    | cup      | Freeze-dried onions, diced   |
| 1/2    | tsp      | Ground black pepper  |
| 1      | cup      | Cheddar cheese sauce mix (See <b>Sauce Recipes</b> included in this cookbook.) |
|        |          | Salt to taste  |

*At Home:* Combine eggs, milk, butter, cheddar cheese sauce mix, onions, and black pepper in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a quart Ziploc bag. Then place both Ziploc bags into a gallon size Ziploc freezer bag along with an 8 oz. bag of bacon bits.

*On the Trail:* Cook Maruchan Chicken Flavor Ramen in 4 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packets and stir well for 1 minute until the seasoning is fully dissolved, then remove from heat. Use 1 1/2 cups of the ramen broth to reconstitute the eggs/cheddar cheese sauce/onion mix in its bag.\*\* Drain the remaining broth from the ramen noodles and add the eggs, cheddar cheese sauce mix, and bacon bits to the noodles. Stir until fully mixed. Serve and enjoy!

\*\*Note: If there is not enough ramen broth, supplement with water.

### Ramen Cheesy Chicken

Servings: 4

| Amount | Measure  | Ingredient -- Preparation Method   |
|--------|----------|--|
| 2      | packages | Maruchan Chicken Flavor Ramen  |
| 2      | cups     | Freeze-dried chicken, diced  |
| 1/4    | cup      | Freeze-dried spinach   |
| 1/4    | tsp.     | Garlic powder  |
| 1      | tsp.     | Dried parsley  |
| 1      | cup      | Cheddar cheese sauce mix (See <b>Sauce Recipes</b> included in this cookbook.) |
| 1      | cup      | Shelf stable Parmesan cheese, grated   |
|        |          | Salt and pepper to taste   |

*At Home:* Place the freeze-dried chicken, spinach, garlic powder, and parsley in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Place the cheddar cheese sauce mix and Parmesan cheese in a third quart Ziploc bag. Then place all three quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag. Let rehydrate for 10 minutes. Cook Maruchan Chicken Flavor Ramen in 4 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packets and stir well for 1 minute until the seasoning is fully dissolved, then remove from heat. In a second pan (pot), add in the rehydrated ingredients with any remaining water. Stir and cook for 3 to 4 minutes or until ingredients are hot. Add some ramen broth if necessary to keep from burning. Use 1/2 cup of the ramen broth to reconstitute the cheddar cheese sauce mix in its bag. Drain the remaining broth from the ramen noodles and combine the other ingredients with the noodles. Stir until fully mixed. Serve and enjoy!



*“Yes, we’re hauling my grill the 20 miles to the lake. I’m not cooking fish on some cheap frying pan!”*

### Ramen Chicken Bacon Ranch Pizza

Servings: 2

| Amount | Measure       | Ingredient -- Preparation Method             |
|--------|---------------|--|
| 2      | packages      | Maruchan Chicken Flavor Ramen                |
| 3/4    | cup           | Freeze dried diced chicken                   |
| 3      | oz. package   | Shelf stable bacon bits                      |
| 4      | tsp.          | Ranch dressing powder                        |
| 3/4    | cup           | Cream cheese powder                          |
| 1/2    | tsp.          | Garlic powder                                |
| 1      | tsp.          | Italian seasoning                            |
| 3      | Tbsp.         | Powdered milk                                |
| 2      | Tbsp.         | Powdered butter                              |
| 3      | oz. container | Parmesan cheese, shelf stable                |
| 1/2    | cup           | Mozzarella cheese, shredded and freeze-dried |

Optional: Freeze-dried diced green peppers, onions, mushrooms, tomatoes, etc.

*At Home:* Place the freeze-dried shredded Mozzarella cheese in a Ziploc sandwich bag. Place the ranch dressing powder, cream cheese powder, garlic powder, butter powder, powdered milk, and the Italian seasoning in a second Ziploc sandwich bag. Break the ramen noodles into pieces and place the noodles and seasoning packets along with the diced chicken and any freeze-dried peppers, onions, mushrooms, and/or tomatoes in a quart Ziploc bag. Then place all three smaller Ziploc bags into a gallon size Ziploc freezer bag. Add the package of bacon bits and container of Parmesan cheese to the gallon bag.

*On the Trail:* Add 1/2 cup cool water to the Mozzarella cheese bag. Let rehydrate for 10 minutes. While the cheese is rehydrating, cook the Maruchan Chicken Flavor Ramen noodles and optional diced ingredients in 4 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of the ranch sauce Ziploc and stir well for 1 minute until contents are fully mixed and the sauce is smooth. Add more water if necessary. Carefully drain excess water from the mozzarella cheese and add to the ramen noodles. Continue heating and stirring until cheese begins to melt. Divide into bowls, garnish with Parmesan cheese, and enjoy!

### Ramen Coconut Curry

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                        |
|--------|---------|---|
| 1      | package | Maruchan Chicken Flavor Ramen (discard spice packet)    |
| 1      | cup     | Freeze-dried chicken, diced (optional)                  |
| 1/4    | cup     | Dried mushrooms, chopped                                |
| 2      | Tbsp.   | Dried onions, diced                                     |
| 1/2    | cup     | Freeze-dried mixed vegetables (peas, corn, and carrots) |
| 1/4    | cup     | Coconut milk powder                                     |
| 1      | tsp.    | Thai curry powder                                       |
| 1      | tsp.    | Sugar   |
| 1/4    | tsp.    | Ground ginger   |
| 1/4    | tsp.    | Garlic powder   |
| 2      | packets | Soy sauce   |
| 1      | packet  | True Lime   |

*At Home:* Place the mushrooms, onions, mixed vegetables, chicken, coconut milk powder, Thai curry powder, sugar, ground ginger, and garlic powder in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles in a second quart Ziploc bag (discard the spice packet). Place both Ziploc bags into a gallon size Ziploc freezer bag along with the soy sauce and True Lime packets.

*On the Trail:* Place the contents of the vegetable and spices bag in a pot with 3 cups water (4 cups if using chicken) and bring to a boil. Simmer until the mushrooms and veggies are just tender, about 5 minutes. Add the ramen to the pot and cook for 3 minutes, stirring occasionally. Remove from the heat and add the soy sauce and True Lime packet. Serve and enjoy!

### Ramen Creamy Bacon Ranch

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method          |
|--------|------------|---|
| 2      | packages   | Maruchan Chicken Flavor Ramen             |
| 4      | tsp.       | Ranch dressing powder                     |
| 1      | 3 oz. pkg. | Shelf stable bacon bits                   |
| 3/4    | cup        | Cream cheese powder                       |
| 3      | Tbsp.      | Nestle Nido powdered milk                 |
| 1/2    | cup        | Cheddar cheese, shredded and freeze dried |
| 3 oz.  | container  | Kraft Parmesan cheese, shelf stable       |

*At Home:* Place the ranch dressing powder, cream cheese powder, powdered milk, and the freeze-dried shredded cheddar cheese in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Then place the quart Ziploc bags into a gallon size Ziploc freezer bag. Add the package of bacon bits and container of Parmesan cheese to the gallon bag.

*On the Trail:* Cook Maruchan Chicken Flavor Ramen in 4 cups of boiling water in a saucepan for 3 minutes, stirring occasionally. Turn off heat, add contents of seasoning packet, and stir well for 1 minute until seasoning is fully dissolved. Add remaining ingredients. Stir until incorporated. Divide between 2 bowls and enjoy!

### Ramen Garlic Parmesan

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method       |
|--------|---------|--|
| 1      | package | Ramen noodles (discard spice packet)   |
| 1/2    | cup     | Freeze-dried chicken, diced (optional) |
| 1      | Tbsp.   | Parsley, dried                         |
| 1/4    | tsp.    | Garlic powder                          |
| 1/4    | tsp.    | Black pepper                           |
| 1/8    | tsp.    | Salt                                   |
| 1/4    | cup     | Parmesan cheese, shelf-stable          |
| 2      | packets | Olive oil                              |

*At Home:* Place the Parmesan cheese and the spices in a small Ziploc sandwich bag. Break the ramen noodles into pieces and place the noodles in a quart Ziploc bag along with the freeze-dried chicken (if using). Discard the ramen noodle spice packet. Then place both Ziploc bags into a gallon size Ziploc freezer bag along with the two packets of olive oil.

*On the Trail:* Add 8 ounces of water to a pot (12 ounces if using freeze-dried chicken). Heat to boiling and add the ramen noodles (and chicken if using). Let stand to allow noodles to rehydrate (~7 minutes). Avoid over-soaking noodles as they will become mushy. Drain the noodles. Add parmesan herb packet and the contents of the two olive oil packets to the noodles. Stir to mix well and enjoy!



"Cold brew."

## Ramen Hearty Chicken Soup

Servings: 4

| Amount | Measure  | Ingredient -- Preparation Method |
|--------|----------|----------------------------------|
| 2      | cups     | Freeze-dried chicken, diced      |
| 2      | Tbsp.    | Unsalted butter                  |
| 1      | stalk    | Celery, sliced                   |
| 1      | cup      | Mushrooms, sliced                |
| 1      | medium   | Carrot, sliced                   |
| 1/4    | cup      | Onion, diced                     |
| 2      | tsp.     | Dried parsley                    |
| 2      | packages | Maruchan Chicken Flavor Ramen    |
| 2      | Tbsp.    | Flour                            |
| 2      | tsp.     | Dried parsley                    |
| 3      | oz. jar  | Kraft Parmesan cheese, grated    |

*At Home:* Sauté carrots, celery, onion, and mushrooms in unsalted butter until tender. Cool and then freeze-dry. Place the freeze-dried vegetables and chicken in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Place the flour and parsley in a small Ziploc sandwich bag. Then place all three Ziploc bags and the 3 oz. container of Parmesan cheese into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag. Let rehydrate for 10 minutes. Cook Maruchan Chicken Flavor Ramen in 3 1/2 cups of boiling water along with the rehydrated vegetables and chicken for 3 minutes, stirring occasionally. Add the contents of seasoning packets and stir well for 1 minute until the seasoning is fully dissolved. In a separate bowl, combine flour and the remaining 1/2 cup cold water. Stir the slurry into the soup; cook and stir until thickened. Divide soup into bowls, garnish with Parmesan cheese, and enjoy!

## Ramen Loaded Pizza

Servings: 2

| Amount  | Measure  | Ingredient -- Preparation Method                               |
|---|----------|--|
| 2   | packages | Maruchan Pork Flavor Ramen                                     |
| 1/2   | tsp      | Italian seasoning  |
| 3/4   | cup      | Pizza sauce mix (See Sauce Recipes included in this cookbook.) |
| 1/2   | cup      | Mozzarella cheese, shredded and freeze-dried                   |
| 6   | oz.      | Pepperoni, diced   |
| 3   | oz. jar  | Kraft Parmesan cheese, grated                                  |
| Optional: Freeze-dried diced green peppers, onions, mushrooms, etc. |          |  |

*At Home:* Place the shredded Mozzarella cheese in a quart Ziploc bag along with the Italian seasoning. Break the ramen noodles into pieces and place the noodles and seasoning packets along with any freeze-dried peppers, onions, and/or mushrooms in a second quart Ziploc bag. Place the pizza sauce mix in a small Ziploc sandwich bag. Then place all three Ziploc bags, the 3 oz. container of Parmesan cheese, and the pepperoni bag into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1/2 cup cool water to the Mozzarella cheese bag. Let rehydrate for 10 minutes. While the cheese is rehydrating, cook the Maruchan Pork Flavor Ramen noodles and optional diced ingredients in 4 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and stir well for 1 minute until seasoning is fully dissolved. Use 3/4 cup of the ramen broth to reconstitute the pizza sauce mix in its bag. Add the pizza sauce, mozzarella cheese, and pepperoni slices to the ramen noodles. Add more water if necessary. Continue stirring until cheese begins to melt. Divide into bowls, garnish with Parmesan cheese, and enjoy!



*"Your blood test came back 80% propane and barbecue sauce. May I ask just how often you grill out."*

## Ramen Primavera

Servings: 4

| Amount | Measure  | Ingredient -- Preparation Method       |
|--------|----------|--|
| 2      | packages | Maruchan Chicken Flavor Ramen          |
| 2      | cups     | Freeze-dried chicken, diced (optional) |
| 2      | Tbsp.    | Olive oil                              |
| 1      |          | Shallot, diced                         |
| 1      | cup      | Red bell pepper, thinly sliced         |
| 1      | cup      | Snap peas                              |
| 1 1/2  | cups     | Asparagus, bias cut                    |
| 1      | cup      | Cherry tomatoes, halved                |
| 3      | packets  | True lemon                             |
| 1/2    | cup      | Shelf stable grated Parmesan cheese    |
| 1      | tsp.     | Dried parsley                          |
| 1      | tsp.     | Dried basil                            |

*At Home:* Heat a large skillet to medium heat and add olive oil, shallot, red pepper, asparagus and snap peas. Sauté until tender. Cool and then freeze-dry along with the halved cherry tomatoes. Place the freeze-dried tomatoes, shallot, red pepper, asparagus, snap peas, parsley, basil, and chicken (if using) in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Then place the quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag. Let rehydrate for 10 minutes. Cook Maruchan Chicken Flavor Ramen in 2 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved, then remove from heat. In a second pan (pot), add in the rehydrated ingredients and 1/4 cup of the ramen broth. Bring to a simmer. Drain the ramen noodles and combine with the simmering ingredients. Remove from heat and add the Parmesan cheese and True Lemon. Toss to combine. Serve and enjoy!

## Ramen, Shrimp, and Tomato Sauce

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 1      | packet  | Maruchan Chicken Flavor Ramen   |
| 1/2    | cup     | Freeze-dried shrimp and/or crabmeat                                       |
| 1/2    | cup     | Dried vegetables (bell peppers, onions, mushrooms, tomatoes)              |
| 1/2    | cup     | Tomato sauce powder (See <b>Sauce Recipes</b> included in this cookbook.) |
| 4      | Tbsp.   | Shelf stable Parmesan cheese, grated                                      |
| 2      | Tbsp.   | Butter powder   |
| 1/4    | tsp.    | Black pepper  |
|        |         | Salt to taste   |

*At Home:* Place the freeze-dried vegetables and shrimp/crabmeat in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packet in a second quart Ziploc bag. Place the Parmesan cheese in a small Ziploc sandwich bag. Place the tomato sauce powder, butter powder, and pepper in another small Ziploc sandwich bag. Then place all four Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Rehydrate the vegetables and shrimp/crabmeat along with the tomato sauce powder in a pot by adding 3 1/2 cups of water. Stir thoroughly and let stand for 10 minutes. Bring to a boil and add the Maruchan Chicken Flavor Ramen noodles in the boiling pot and cook for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and stir well for 1 minute until seasonings are fully dissolved and sauce begins to thicken. Add more water if necessary. Divide into bowls. Garnish with Parmesan cheese and enjoy!

## Ramen Soup Bowl

Servings: 2

| Amount | Measure  | Ingredient -- Preparation Method   |
|--------|----------|------------------------------------|
| 1/2    | cup      | Freeze-dried diced red bell pepper |
| 1/2    | cup      | Freeze-dried corn                  |
| 1      | cup      | Freeze-dried chicken, diced        |
| 2      | packages | Ramen noodles                      |

*At Home:* Place the freeze-dried red bell pepper, corn, and chicken in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Then place the quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the vegetable and meat bag. Let rehydrate for 10 minutes. Add 4 cups water to a medium pot (a 2 Liter pot). Add in the rehydrated ingredients with any remaining water. Bring to a boil, add in the ramen, cook as directed on the package (3 to 4 minutes usually). Add the flavoring that comes with your ramen as directed. Divide between 2 bowls.

## Ramen Spaghetti

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 1      | package | Maruchan Beef Flavor Ramen  |
| 1      | cup     | Dried ground beef   |
| 1/4    | cup     | Dried onions, diced   |
| 1/4    | cup     | Dried green peppers, diced  |
| 1/2    | cup     | Tomato sauce powder (See <b>Sauce Recipes</b> included in this cookbook.) |
| 2      | tsp.    | Italian seasoning   |
| 1/4    | tsp.    | Pepper  |
| 4      | Tbsp.   | Shelf stable Parmesan cheese, grated                                      |
| 2      | packets | Olive oil   |
|        |         | Salt to taste   |

*At Home:* Place the freeze-dried vegetables and ground beef in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packet in a second quart Ziploc bag. Place the Parmesan cheese in a small Ziploc sandwich bag. Place the tomato sauce powder, Italian seasoning, and pepper in another small Ziploc sandwich bag. Then place all four Ziploc bags along with the packets of olive oil into a gallon size Ziploc freezer bag.

*On the Trail:* Rehydrate the vegetables and ground beef along with the tomato sauce powder in a pot by adding 3 1/2 cups of water. Stir thoroughly and let stand for 10 minutes. Bring to a boil and add the Maruchan Beef Flavor Ramen noodles along with the contents of the olive oil packets to the boiling pot and cook for 3 minutes, stirring occasionally. Add the contents of the seasoning packet and stir well for 1 minute until seasonings are fully dissolved and sauce begins to thicken. Add more water if necessary. Divide into bowls. Garnish with Parmesan cheese and enjoy!



### Ramen Sweet and Sour Chicken

Servings: 4

| Amount | Measure  | Ingredient -- Preparation Method  |
|--------|----------|-----------------------------------|
| 2      | packages | Maruchan Chicken Flavor Ramen     |
| 1/2    | tsp.     | Ginger, minced                    |
| 20     | oz.      | Pineapple bits in juice           |
| 1      | cup      | Red bell pepper, chopped          |
| 4      |          | green onions, chopped             |
| 1/2    | cup      | Sweet and sour sauce              |
| 1      | lb.      | Boneless chicken breast, diced    |
| 1      | packet   | Sunkist Pineapple (Singles to Go) |

*At Home:* Cook chicken without oil in a nonstick pan on high heat with ginger until browned. Add pineapple juice and let simmer for 1 to 2 minutes. Add bell pepper, sweet and sour sauce, green onions, and pineapple chunks to skillet. Stir-fry until peppers are tender-crisp. Remove from heat, cool, and then freeze-dry. Place the freeze-dried ingredients in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Then place both quart Ziploc bags into a gallon size Ziploc freezer bag along with a packet of Sunkist Pineapple Single.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag along with the contents of the Sunkist Pineapple packet. Let rehydrate for 10 minutes. Cook Maruchan Chicken Flavor Ramen in 4 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packets and stir well for 1 minute until the seasoning is fully dissolved; then remove from heat. In a second pan (pot), add in the rehydrated ingredients and 1/4 cup of the ramen broth. Bring to a simmer. Drain the ramen noodles and combine with the simmering ingredients. Remove from heat and toss to combine. Serve and enjoy!

### Ramen Szechwan Stir-Fry

Servings: 2

| Amount | Measure  | Ingredient -- Preparation Method |
|--------|----------|----------------------------------|
| 1/2    | cup      | Chopped walnuts                  |
| 1/2    | lb.      | Shrimp, peeled and deveined      |
| 2      | tsp.     | Oil                              |
| 1      | small    | Onion, sliced                    |
| 1      | large    | Carrot, sliced                   |
| 2      | oz.      | Snow peas                        |
| 1      | tsp.     | Sesame oil                       |
| 1 1/2  | cups     | Broccoli florets                 |
| 2      | packages | Maruchan Chicken Flavor Ramen    |

*At Home:* Heat oil in a pan and sauté shrimp and walnuts until the shrimp turns pink. Remove from pan and keep warm. Add broccoli, snow peas, carrot, onion, one Maruchan Chicken Flavor Ramen seasoning packet, and sesame oil to pan. Stir and cook for 3 to 4 minutes. Combine the shrimp and stir fry ingredients. Mix thoroughly and freeze dry. Place the freeze-dried ingredients in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Then place the quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag. Let rehydrate for 10 minutes. Cook Maruchan Chicken Flavor Ramen in 4 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of 1 seasoning packet and stir well for 1 minute until the seasoning is fully dissolved, then turn off the heat and drain the noodles. In a second pan (pot), add in the rehydrated ingredients with any remaining water. Stir and cook for 3 to 4 minutes or until liquid has mostly evaporated. Combine the ramen noodles with stir-fried shrimp mixture and mix thoroughly. Serve and enjoy!

### Ramen Taco Bowls, Beef

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | package    | Maruchan Beef Flavor Ramen       |
| 1      | cup        | Dried ground beef                |
| 1      | 15 oz. can | Tomatoes, diced                  |
| 2      | Tbsp.      | Taco seasoning mix               |
| 1/2    | cup        | Frozen corn, thawed              |
| 1/2    | cup        | Shredded cheddar cheese          |
| 1      | Tbsp.      | Dried cilantro                   |
| 3      | Tbsp.      | Sour cream powder                |

*At Home:* Combine diced tomatoes, corn, and shredded cheddar cheese. Mix thoroughly and freeze-dry. Place the freeze-dried tomatoes, corn, shredded cheddar cheese, beef, taco seasoning mix, and dried cilantro in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Place the sour cream powder in a small Ziploc sandwich bag. Then place all three Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag. Let rehydrate for 10 minutes. Cook Maruchan Beef Flavor Ramen in 2 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved, then turn off the heat and drain the noodles. In a second pan (pot), add in the rehydrated ingredients with any remaining water. Stir and cook for 3 to 4 minutes or until liquid has thickened. Rehydrate the sour cream powder in its bag with 3 tablespoons of water. Combine the ramen noodles with the beef, tomato, corn, and cheese mixture along with the reconstituted sour cream and mix thoroughly. Serve and enjoy!

### Ramen Taco Bowls, Chicken

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | package    | Maruchan Chicken Flavor Ramen    |
| 1      | cup        | Freeze-dried chicken, diced      |
| 1      | 15 oz. can | Tomatoes, diced                  |
| 2      | Tbsp.      | Taco seasoning mix               |
| 1/2    | cup        | Frozen corn, thawed              |
| 1/2    | cup        | Shredded cheddar cheese          |
| 1      | Tbsp.      | Dried cilantro                   |
| 3      | Tbsp.      | Sour cream powder                |

*At Home:* Combine diced tomatoes, corn, and shredded cheddar cheese. Mix thoroughly and freeze-dry. Place the freeze-dried tomatoes, corn, shredded cheddar cheese, chicken, taco seasoning mix, and dried cilantro in a quart Ziploc bag. Break the ramen noodles into pieces and place the noodles and seasoning packets in a second quart Ziploc bag. Place the sour cream powder in a small Ziploc sandwich bag. Then place all three Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add 1 cup cool water to the freeze-dried ingredients bag. Let rehydrate for 10 minutes. Cook Maruchan Chicken Flavor Ramen in 2 cups of boiling water for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved, then turn off the heat and drain the noodles. In a second pan (pot), add in the rehydrated ingredients with any remaining water. Stir and cook for 3 to 4 minutes or until liquid has thickened. Rehydrate the sour cream powder in its bag with 3 tablespoons of water. Combine the ramen noodles with the chicken, tomato, corn, and cheese mixture along with the reconstituted sour cream and mix thoroughly. Serve and enjoy!

### Ramen Mushroom Alfredo

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method  |
|--------|------------|---|
| 1      | package    | Maruchan Chicken Flavor Ramen   |
| 1/4    | cup        | Dried mushrooms, chopped  |
| 1/4    | cup        | Freeze-dried diced tomatoes   |
| 3      | oz. pkg.   | Shelf stable bacon bits   |
| 3      | Tbsp.      | Butter powder   |
| 2      | tsp.       | Italian seasoning   |
| 1/4    | tsp.       | Garlic powder   |
| 1/4    | cup        | Instant Alfredo Sauce mix (See <b>Sauce Recipes</b> included in this cookbook.) |
| 3 1/2  | cups water |   |

*At Home:* Place the mushrooms, tomatoes, Italian seasoning, powdered butter, and garlic powder in a Ziploc sandwich bag. Place the Instant Alfredo Sauce mix in another Ziploc sandwich bag. Break the ramen noodles into pieces and place the noodles and seasoning packet in a quart Ziploc bag. Then place all three Ziploc bags into a gallon size Ziploc freezer bag along with a 3oz. package of shelf stable bacon bits.

*On the Trail:* Place the contents of the dried vegetable bag in a pot and add 3 1/2 cups cool water. Let rehydrate for 10 minutes. Bring to a boil and add the Maruchan Chicken Flavor Ramen and cook for 3 minutes, stirring occasionally. Add the contents of seasoning packet and stir well for 1 minute until the seasoning is fully dissolved; then turn off the heat. Combine the Instant Alfredo Sauce mix with the ramen noodles and mix thoroughly. Add more water if necessary. Divide into bowls. Garnish with bacon bits and enjoy!

### Ranch Chicken Spaghetti

Servings 6

| Amount | Measure   | Ingredient -- Preparation Method  |
|--------|-----------|---|
| 2      | 7 oz. pkg | Chicken breast (or 2 cups freeze-dried chicken)   |
| 12     | oz.       | Spaghetti   |
| 1 1/3  | cups      | Cream of Mushroom soup mix (See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 1      | cup       | Sour cream powder   |
| 2      | Tbsp.     | Butter powder   |
| 1/2    | cup       | Parmesan cheese, grated (shelf stable)  |
| 1      | tsp       | Chicken bouillon powder (or 1 cube)   |
| 1/2    | tsp       | Onion powder  |
| 1      | tsp       | Salt  |
| 1/2    | tsp       | Pepper  |
| 1/2    | tsp       | Garlic powder   |
| 1      | Tbsp.     | Ranch seasoning mix (Hidden Valley)   |
| 2      | cups      | Mozzarella cheese, shredded and freeze dried  |
| 6      | cups      | Water   |

*At Home:* Break spaghetti noodles in half and place in a Ziploc bag along with the chicken. Combine chicken bouillon, onion powder, garlic powder, salt, pepper, ranch seasoning mix, cream of mushroom soup mix, sour cream powder, and butter powder in a second Ziploc bag. Combine the Parmesan cheese and mozzarella cheese in a third Ziploc bag.

*On the Trail:* Add spaghetti and chicken to water and let soak for 1/2 hour. Bring to a boil and simmer, stirring regularly until noodles are almost al dente. Keep simmering and thoroughly stir in the cheeses. Continue stirring until the mozzarella cheese is rehydrated and beginning to melt. Next, add the powder mix and continue stirring until the powder becomes creamy. Add more water if necessary. Remove from heat and put the lid back on. Wait 5 minutes and then serve.

## Roasted Corn

Servings: 16

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 4      | Tbsp.   | Extra virgin olive oil, divided  |
| 3      |         | Red bell peppers, diced          |
| 3      |         | Green bell peppers, diced        |
| 2      | large   | White onions, diced              |
| 2      | lbs.    | Frozen corn                      |
|        |         | Salt                             |
|        |         | Pepper                           |

*At Home:* Preheat the oven to 400 degrees Fahrenheit. Sauté the red and green peppers and onions in 2 tablespoons olive oil until tender. Remove from heat. Place frozen corn kernels in a colander in the sink and run cold water over them to defrost. Allow the corn to drain in the colander for a few minutes. Pour the kernels onto a baking sheet covered with aluminum foil. Toss them with 2 tablespoons olive oil. Add the sautéed peppers and onions and mix thoroughly. Place the pan into the oven and cook the kernels for 5 minutes. Lightly stir the mixture and cook for an additional 5 minutes or until it turns a golden brown color. Place roasted corn on dehydrator trays. Keep everything in thin and even layers. Dehydrate at 135 degrees F for 8-12 hours, or until everything has dried.

*On the Trail:* To rehydrate roasted corn, combine 1 part corn with 2 parts water into a pot and let stand for 30 minutes. Heat until boiling, stirring occasionally. Simmer for an additional 5-10 minutes, until the corn kernels are soft, adding more water if needed. Salt and pepper to taste.

## Salmon Cakes

Servings 6

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | Pkg     | Stove Top Stuffing               |
| 8      | packets | Mayonnaise                       |
| 2      | pkg     | Salmon (7 oz.)                   |
| 1      | Tbsp.   | Lemon juice                      |
| 1      | cup     | Mozzarella cheese                |
| 1      | Tbsp.   | Dried minced onions              |
| 6      | oz.     | Water                            |
|        |         | Oil for cooking                  |

*At Home:* Repackage box of stove top stuffing and pack 8 packets of mayo. Leave salmon in original pouch. Pack lemon juice and cooking oil in leak proof containers. Package mozzarella cheese in Ziploc bag.

*On the Trail:* Add a little water to the onions and allow to rehydrate. Mix all ingredients together and let sit for 10 minutes. Shape into patties and cook on oiled frying pan until golden on both sides, about 5 minutes per side. Don't flip until golden or the patties will fall apart. Salmon cakes will firm up and keep shape if allowed to cook fully.

*Note:* A real lemon can be used in place of lemon juice.



### Salsa and Chicken Rice

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method        |
|--------|---------|---|
| 1      | cup     | Instant rice                            |
| 1/2    | cup     | Salsa, freeze-dried or dehydrated       |
| 1/2    | cup     | Corn (preferably roasted), freeze-dried |
| 1/2    | cup     | Chicken, freeze-dried                   |
| 1      | Tbsp.   | Powdered butter                         |
| 2      | packets | Olive oil                               |
| 2      | Tbsp.   | Cheddar cheese powder                   |

*At Home:* Bag the dried ingredients in a quart Ziploc freezer bag along with the packet of olive oil. Seal tightly, and mark "Add 2-1/2 cups water".

*On the Trail:* Bring 2-1/2 cups water and the contents of the olive oil packets to a boil in your pot. Add in dry ingredients, stir well. Remove from heat; cover and let sit for 5 minutes. Serve and enjoy.

### Savory Garlic Green Beans

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                     |
|--------|---------|--|
| 1      | Tbsp.   | Chicken or beef bouillon granules                    |
| 1      | lb.     | Frozen whole green beans, dehydrated or freeze-dried |
| 2      | Tbsp.   | Dried minced onions                                  |
| 1/4    | tsp     | Garlic powder  |
| 2      | Tbsp.   | Powdered butter                                      |

*At Home:* Combine the dehydrated/freeze-dried green beans and minced onions in a Ziploc bag. Place spices in a separate bag.

*On the Trail:* Place the green beans and dried minced onions in a pot and cover with 1/4 inch of water. Let it rehydrate for 30 minutes. Add the spices to the green beans and stir thoroughly. Add additional water if necessary. Light stove and bring the beans to a boil. Reduce heat; cover and simmer until beans are tender.

### Seasoned Long Grain & Wild Rice Mix –Ben's Original Style

Servings: 3

| Amount                              | Measure | Ingredient -- Preparation Method |
|-------------------------------------|---------|----------------------------------|
| <i>Dry seasoning mix</i>            |         |                                  |
| 1                                   | Tbsp.   | Chicken bouillon powder          |
| 1                                   | tsp.    | Dried onion flakes               |
| 1/2                                 | tsp.    | Dried parsley                    |
| 1/4                                 | tsp.    | Garlic powder                    |
| 1/4                                 | tsp.    | Onion powder                     |
| 1                                   | tsp.    | Ground turmeric                  |
| 1/2                                 | tsp.    | Ground cumin                     |
| 1/4                                 | tsp.    | Ground ginger                    |
| 1/2                                 | tsp.    | Black pepper                     |
| 1 1/2                               | tsp.    | Lawry's Seasoned Salt            |
| 2                                   | Tbsp.   | Butter powder                    |
| <i>Long Grain and Wild Rice Mix</i> |         |                                  |
| 1                                   | cup     | Long-grain rice                  |
| 1/3                                 | cup     | Wild rice                        |

*At Home:* Combine all of the ingredients as listed in dry seasoning mix in a small Ziploc snack bag. Combine the long-grain rice with



**"Don't worry about burning the calories  
— that's already been done!"**

the wild rice in a second small Ziploc bag. Place both small Ziploc bags inside of a quart Ziploc bag.  
*On the Trail:* Combine the seasoning mix along with the rice in a pot. Add to this 2 cups of water. Bring to boil. Stir once or twice just to combine. Cover pot with lid tightly. Simmer gently 8 to 10 minutes or until almost all liquid has been absorbed. Makes 3 cups cooked rice.

### Shepherd's Pie – Chicken (or Beef)

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 2      | pkg     | Chicken (7 oz.), or 3 oz. freeze dried chicken, or 8 oz. dried beef                                |
| 2      | pkg     | Chicken gravy mix (or brown gravy mix)   |
| 2/3    | cup     | Instant Cream of Mushroom Soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 1 1/2  | cup     | Mixed dried veggies (carrots, peas, onions)  |
| 1      | cup     | Instant mashed potatoes  |

*At Home:* Put the vegetables, gravy packets, and dried beef or packets of chicken in a Ziploc bag. In a second Ziploc bag put the instant mashed potatoes. Put the Cream of Mushroom Soup mix in a third Ziploc bag.

*On the Trail:* Add dried vegetables (and beef if making beef shepherd's pie) to 8 cups water and let them soak for 1/2 hour. Bring to boil. Add the gravy mix stirring constantly. Simmer 7-8 minutes. Add the instant mashed potatoes and cream of mushroom soup mix and cook for 1 minute longer, stirring constantly. Remove from heat and let sit for on minute. Serve and enjoy.

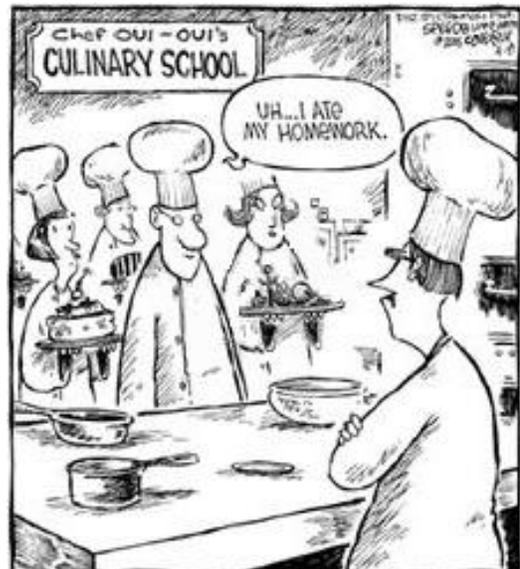
### Shrimp Boil

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1/2    | lb.     | Cooked shrimp, freeze-dried  |
| 2      |         | Andouille sausage sliced 1/2-inch thick, browned, and dehydrated or freeze-dried |
| 1 1/2  | cups    | Frozen corn, dehydrated or freeze-dried  |
| 1      | medium  | Zucchini, sliced and dehydrated or freeze-dried                                  |
| 1/2    | tsp     | Garlic powder  |
| 1      | tsp     | Old Bay Seasoning  |
| 1      | tsp     | Cajun seasoning  |
| 4      | Tbsp.   | Butter powder  |
| 2      | Tbsp.   | Dried parsley  |
|        |         | Salt to taste  |

*At Home:* Place the freeze-dried shrimp, sausage, corn, and zucchini in a quart Ziploc bag. Measure out the dry ingredients and place in a second quart Ziploc bag. Place the quart Ziploc bags into a gallon size Ziploc freezer bag.

*On the Trail:* Add the shrimp, sausage, and vegetables to your backpacking pot and slightly cover with water. Let rehydrate for 30 minutes. Add additional water if necessary. Make sure the rehydrating ingredients stay slightly covered in water as you bring it to a boil. Add the dry ingredients and stir thoroughly. Reduce heat and simmer for 5 minutes, stirring often, until all the ingredients are soft. Add additional water if necessary to achieve desired consistency. Remove from heat. Serve and enjoy.



### Shrimp Stir-fry

Servings: 2 large appetites.

| Amount | Measure | Ingredient -- Preparation Method        |
|--------|---------|---|
| 1/2    | cup     | Peas, freeze-dried                      |
| 1/2    | cup     | Red bell pepper, diced and freeze-dried |
| 1/2    | cup     | Broccoli, freeze-dried                  |
| 1/2    | cup     | Corn, freeze-dried                      |
| 1/2    | cup     | Mushrooms, sliced and freeze-dried      |
| 1/2    | cup     | Carrots, diced and freeze-dried         |
| 1      | cup     | Cooked shrimp, freeze-dried             |
| 2      | cups    | Instant rice                            |
| 2      | packets | Olive oil                               |
| 2-4    | packets | Soy sauce                               |
| 1      | packet  | Stir-fry Seasoning Mix                  |

*At Home:* Pack the peas, bell pepper, broccoli, corn, mushrooms, carrots, spinach, and shrimp in a quart Ziploc freezer bag. Put the instant rice in a second quart Ziploc bag. Put both bags in a gallon Ziploc bag along with the packets of olive oil, soy sauce, and stir-fry seasoning mix.

*On the Trail:* Add 3 cups cool water and the contents of the vegetable bag to a large pot and let rehydrate for 10 minutes. Meanwhile bring 2 cups of water to a boil in a small pot. Add the rice, stir well, cover and let sit for 5 minutes. Drain the excess water from the large pot with the vegetables. Add the olive oil and begin stir-frying the vegetables, increasing or lowering the flame on your stove as needed. Stir often. It will take a couple minutes time. When the vegetables smell good, lower the flame down to a whisper, add in 1/3 cup water, the soy sauce and the seasoning packet, stir well until it thickens. Remove from the heat. Divide the rice between 2 bowls and top with the stir-fry.

### Sloppy Joe Pasta

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method   |
|--------|--------------|------------------------------------|
| 1      | lb.          | Ground beef                        |
| 1      | each         | Small onion, diced                 |
| 1      | each         | Green pepper, diced                |
| 1/2    | tsp          | Garlic powder                      |
| 2      | Tbsp.        | Worcestershire sauce               |
| 1      | tsp          | Kosher salt                        |
| 3/4    | cup          | Ketchup                            |
| 3      | tsp          | Yellow mustard                     |
| 1      | Tbsp.        | Brown sugar                        |
| 1      | 14.5 oz. can | Petite diced tomatoes, drained     |
| 8      | oz.          | Rotini pasta or pasta of choice    |
| 1/2    | cup          | Powdered cheddar cheese (optional) |

*At Home:* In skillet, cook beef, onion, and pepper. Drain off liquid. Stir in remaining ingredients (except pasta) 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, or until dry. Bring two quarts of salted water to a boil. Add the pasta and cook one minute less than the package directions state. Remove from the heat, strain, and run cold water over the pasta to stop the cooking. Line dehydrator trays with parchment paper. Spread the pasta onto one or two trays in an even layer. Dehydrate at 125F for 6-10 hours, or until completely dry. Place Sloppy Joe mix and pasta in a Ziploc bag.

*On the Trail:* Add the dried Sloppy Joe mix and pasta to a pot. Add enough water to cover plus a quarter inch. More water can be added if needed. Let stand for 30 minutes to rehydrate. Bring to a boil, turn off stove, and then let sit covered until rehydrated. If desired, stir in the powdered cheddar cheese until thoroughly mixed. Serve and enjoy.

### Smoked Sausage Jambalaya

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | packet  | Olive oil                        |
| 1      | Tbsp.   | Dried minced onions              |
| 1      | tsp     | Garlic powder                    |
| 2      | oz.     | Shelf stable smoked sausages     |
| 1      | Tbsp.   | Tomato powder                    |
| 1/2    | tsp     | Cajun seasoning                  |
| 2      | Tbsp.   | Dried red bell peppers           |
| 1/3    | cup     | Quick-cooking rice               |
|        |         | Salt to taste                    |

*At Home:* Put the shelf stable smoked sausages and olive oil packet in a Ziploc bag. In a second Ziploc bag put the onions, garlic powder, tomato powder, Cajun seasoning, and diced red peppers. Put the rice in a third Ziploc bag.

*On the Trail:* Heat the olive oil in a pot, slice the sausages and sauté until browned. Pour in 3/4 cup water. Add tomato powder, garlic powder, Cajun seasoning, minced onions, and red peppers. Heat until boiling and then pour in rice. Season with salt and simmer for 10 minutes, stirring occasionally, until rice is done and almost all liquid is absorbed.

### Smokey Beef Chili

Servings 8

| Amount | Measure      | Ingredient -- Preparation Method              |
|--------|--------------|---|
| 1      | pouch        | Bear Creek Darn Good Chili mix                |
| 2      | lbs.         | Ground beef                                   |
| 1      | 14.5 oz. can | Diced tomatoes                                |
| 1      | each         | Green pepper                                  |
| 1      | cup          | Dehydrated corn (or 2 cups freeze-dried corn) |
| 1/4    | cup          | Tomato powder                                 |
| 1/2    | tsp          | Ground chipotle chili powder                  |
| 1      | Tbsp.        | Dried minced onion                            |
| 1      | tsp          | Garlic powder                                 |
| 3      | Tbsp.        | Brown sugar                                   |
| 1      | cup          | Powdered cheddar cheese                       |
| 1      | cup          | Powdered sour cream                           |
| 8      | cups         | Water   |
|        |              | Salt and pepper to taste                      |

*At Home:* In skillet, cook beef, and green pepper. Drain off liquid and add diced tomatoes. Mix thoroughly and dehydrate at 135° for 8 to 10 hours. Place beef mixture and dehydrated corn in a Ziploc freezer bag. In a second bag, add the tomato powder, chipotle chili powder, minced onion, garlic powder, and brown sugar. In a third bag, add the cheddar cheese and sour cream.

*On the Trail:* Add 8 cups of water to a pot and rehydrate the ground beef mixture and corn for 30 minutes. Boil the water and add the pouch of chili mix and spices, stirring often. Simmer for about 20 minutes. Remove from heat and stir in cheddar cheese and sour cream. Add additional water if necessary. Salt and pepper to taste.



“Look! Burritos!”

### Spaghetti with Meat Sauce

Servings: 6

| Amount | Measure      | Ingredient -- Preparation Method                 |
|--------|--------------|--|
| 1      | jar          | Spaghetti sauce, dehydrated                      |
| 8      | oz.          | Hamburger, dehydrated                            |
| 16     | oz.          | Frozen Italian Style Vegetable Blend, dehydrated |
| 1      | pkg          | Spaghetti noodles                                |
| 1      | 3 oz. bottle | Kraft grated Parmesan cheese                     |

*At Home:* Put the dehydrated spaghetti sauce and hamburger in a Ziploc bag. In a second bag put the vegetable blend. Break the spaghetti noodles in half and place in a third Ziploc bag along with the bottle of Parmesan cheese.

*On the Trail:* Add spaghetti sauce, hamburger, and vegetables to water and let them soak for 1/2 hour. Bring to a boil and simmer, stirring regularly until sauce is reconstituted. Boil spaghetti noodles until tender, drain, and add to sauce. Serve with Parmesan cheese.

### Split Pea Soup

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Dehydrated potatoes              |
| 1      | cup     | Freeze dried carrots             |
| 1      | lb.     | Dried split green peas           |
| 8      |         | Chicken bouillon cubes           |
| 2      | Tbsp.   | Dried minced onions              |
| 1/4    | tsp     | Garlic powder                    |
| 1/2    | tsp     | Dried oregano                    |
| 1      | tsp     | Ground black pepper              |
|        |         | Salt to taste                    |

*At Home:* Put the dehydrated potatoes in a Ziploc bag. In a second Ziploc bag put all of the remaining ingredients.

*On the Trail:* Add all ingredients except for the dehydrated potatoes to 8 cups of water and let stand for 30 minutes. Heat until boiling, stirring occasionally. Reduce heat and simmer for an additional 5-10 minutes or until the peas and carrots are soft, adding more water if needed. Stir frequently to keep the solids from burning on the bottom. When peas and carrots are soft, remove from heat and add dehydrated potatoes. Thoroughly mix. Add additional water if soup is too thick. Let stand until potatoes are soft. Salt to taste.

### Tacos

Servings 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 minced onions              |
| 8      |         | Tortillas                        |
| 1/2    | cup     | Sour cream powder                |

*At Home:* Put the beef, tomatoes, onions, and taco seasoning packet in a Ziploc bag. Leave the shredded cheddar cheese and tortillas in their store packaging. Put the sour cream powder in a small Ziploc bag.

*On the Trail:* Put the beef, tomatoes, and onions in a pot and add enough water to cover with 1/4" of water. Let it rehydrate for 30 minutes. Add additional water if necessary. Drain excess water. Add 1/2 cup of water to the beef, onion, and tomato mixture along with the taco seasoning. Heat to boiling and continue to cook for about 5 minutes or until the sauce thickens. Heat the tortillas in a skillet until warm and browned. Divide the beef mixture among the 4 tortillas and serve with the cheese. Add 1/4 cup of water to the sour cream powder; mix and serve with the tacos.

**Taco Macaroni and Cheese #1**

Servings 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 powdered milk (Nestle Nido) |
| 2      | cups    | Mexican blend vegetables, dried                      |
| 8      | Tbsp.   | Powdered butter                                      |
| 1      | Tbsp.   | Taco seasoning                                       |
| 3/4    | cup     | Powdered sour cream                                  |
| 7      | cups    | Water  |

*At Home:* Package vegetables, macaroni, and beef together.

*On the Trail:* To prepare, put ingredients in the pot (except cheese, milk, sour cream, and taco seasoning). Add 7 cups cold water and allow to rehydrate for 30 minutes heat. Heat to boiling. Reduce heat and simmer until macaroni is the correct tenderness. Remove from heat and stir in butter, milk, cheese, sour cream, and taco seasoning. Add more water if mixture is too thick. Salt and pepper to taste.

**Taco Macaroni and Cheese #2**

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method                                    |
|--------|---------|---|
| 1 1/2  | cups    | Ground beef, dried  |
| 1 1/2  | cups    | Mixed vegetables, dried (bell peppers, tomatoes, onions, mushrooms) |
| 1      | cup     | Dried black beans   |
| 8      | slices  | Dried jalapeño peppers  |
| 2      | boxes   | Kraft Mac and Cheese  |
| 8      | Tbsp.   | Powdered butter   |
| 6      | Tbsp.   | Powdered milk (Nestle Nido)   |
| 1      | Tbsp.   | Taco seasoning  |
| 1/2    | tsp     | Red pepper  |
| 3/4    | cup     | Powdered sour cream   |
| 6 1/2  | cups    | Water   |

*At Home:* Combine vegetables, ground beef, beans, and red pepper in a Ziploc plastic bag. Combine cheese powder, instant dry milk, powdered butter, and taco powder in a smaller Ziploc plastic bag. Enclose the smaller bag in the larger bag and seal. Place the macaroni in another bag and seal.

*On the Trail:* Add the contents of the mixed vegetables/ground beef bag to your pot with water. Allow contents to rehydrate for 30 minutes. Light stove, bring to a boil. Add the macaroni. Reduce heat and simmer until macaroni is the correct tenderness, stirring often. Remove from heat and stir in contents of the cheese/milk/sour cream/taco powder mix. Add more water if mixture is too thick. Salt and pepper to taste.



### Taco Soup

Servings: 8

| Amount | Measure      | Ingredient -- Preparation Method              |
|--------|--------------|---|
| 16     | oz.          | Dehydrated ground beef                        |
| 1      | 14.5 oz. can | Black beans, dehydrated                       |
| 1      | 14.5 oz. can | Pinto beans, dehydrated                       |
| 2      | 14.5 oz. can | Diced tomatoes with green chilies, dehydrated |
| 2      | 4 oz. can    | Diced green chilies, dehydrated               |
| 16     | oz.          | Frozen corn, dehydrated                       |
| 3      | Tbsp.        | Dried minced onions                           |
| 1/2    | tsp          | Garlic powder                                 |
| 1      | Tbsp.        | Chili powder                                  |
| 1      | tsp          | Ground cumin                                  |
| 3/4    | tsp          | Ground paprika                                |
| 1/4    | tsp          | Dried oregano                                 |
| 6      | Tbsp.        | Tomato powder                                 |
| 1/2    | cup          | Powdered cheddar cheese                       |
| 1      | cup          | Sour cream powder                             |
|        |              | Salt and pepper to taste                      |
|        |              | Corn tortilla strips/chips                    |

*At Home:* Combine vegetables, ground beef, and beans in a Ziploc bag. Combine spices and tomato powder in a small bag. Combine cheese powder and sour cream powder in a small Ziploc bag. Enclose the small bags in the larger bag and seal.

*On the Trail:* Add the contents of the vegetables, ground beef, and bean bag to your pot with twice the amount of water as dehydrated material. Allow contents to rehydrate for 30 minutes. Light stove. Add an additional 24 ounces of water and bring to a boil. Stir in the contents of the spice bag. Reduce heat and simmer for an additional 5 to 10 minutes or until the corn and beans are tender. Remove from heat and thoroughly stir in contents of the cheese/sour cream powder bag. Serve with corn tortilla strips or chips.

### Tetrazzini, Chicken

Servings 8

| Amount | Measure   | Ingredient -- Preparation Method  |
|--------|-----------|---|
| 3      | 7 oz. pkg | Chicken breast  |
| 16     | oz.       | Spaghetti   |
| 3      | cups      | Mushrooms, dehydrated   |
| 1/3    | cup       | Onions, dehydrated  |
| 1      | cup       | Peas, dehydrated  |
| 1 1/3  | cups      | Cream of whatever soup mix (See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 2      | cups      | Sour cream powder or cream cheese powder  |
| 2      | Tbsp.     | Butter powder   |
| 1/2    | cup       | Parmesan cheese, grated   |
| 1/2    | cup       | Cheddar cheese powder   |
| 1      | tsp       | Salt  |
| 1/2    | tsp       | Pepper  |
| 1      | tsp       | Garlic powder   |
| 1      | Tbsp.     | Parsley flakes, dried   |
| 12     | cups      | Water   |

*At Home:* Combine mushrooms, onions, peas, garlic powder, salt, pepper, and parsley flakes in a Ziploc bag. Combine Cream of Whatever soup mix, sour cream powder, butter powder, Parmesan cheese, and cheddar cheese powder in a Ziploc bag.

*On the Trail:* Add vegetables and seasonings to water and let soak for 1/2 hour. Bring to a boil. Add spaghetti noodles and chicken. Simmer and stir regularly until noodles are tender. Thoroughly stir in powder mix. Put the lid back on. Wait 5 minutes and then serve.

### **Tetrazzini, Turkey**

Servings: 3

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 4      | cups    | Water  |
| 1/2    | cup     | Instant cream of mushroom soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 8      | oz.     | Frozen mixed vegetables dried  |
| 1      | pkg     | Turkey (7 oz.)   |
| 3      | pkg     | Ramen oriental noodles   |

*At Home:* Place the dried vegetables in a Ziploc bag. In a second Ziploc bag place the mushroom soup mix. In a third Ziploc bag place the Ramen noodles and turkey package.

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

### **Thai Peanut Noodles**

Servings: 1-2

| Amount | Measure | Ingredient -- Preparation Method                       |
|--------|---------|--|
| 1      | cup     | Angel hair pasta broken in 2" pieces                   |
| 1/4    | cup     | Freeze dried chopped chicken                           |
| 1/4    | cup     | Chopped roasted peanuts                                |
| 1/4    | cup     | Freeze dried mixed vegetables                          |
| 1-1/2  | tsp     | Chicken bouillon granules                              |
| 2      | Tbsp.   | PB2 powdered peanut butter                             |
| 1/2    | tsp     | Dried cilantro   |
| 1/4    | tsp     | Garlic powder  |
| 1/4    | tsp     | Ground ginger  |
| 1      | pinch   | Ground cayenne pepper (or more if you want it spicier) |
| 1/8    | tsp     | Ground black pepper                                    |
| 1/4    | tsp     | Salt (or more to taste)                                |
| 1      | cup     | Water  |

*At Home:* Place all ingredients except the water in a quart Ziploc bag.

*On the Trail:* Bring water to a boil. Pour contents of bag into the boiling water. Turn heat off and let soak for 9 minutes, stirring occasionally.

### **Thanksgiving Dinner #1**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                |
|--------|---------|---|
| 1      | packet  | Stove Top Stuffing                              |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze dried chicken |
| 1      | cup     | Dried cranberries                               |

*At Home:* Place the Stove Top Stuffing in a Ziploc bag. In a second Ziploc bag place the package of chicken and the dried cranberries.

*On the Trail:* Boil 1 1/2 cups water and then stir in stuffing. Add chicken and cranberries.

## Thanksgiving Dinner #2

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                |
|--------|---------|---|
| 1      | cup     | Stove Top stuffing mix                          |
| 1      | pkg     | Chicken (7 oz.) or 1.5 oz. freeze-dried chicken |
| 1/2    | cup     | Instant mashed potatoes                         |
| 1/2    | cup     | Dried cranberries                               |
| 1      | Tbsp.   | Celery flakes (or 1/4 tsp. celery seed)         |
| 1      | packet  | Turkey or Chicken gravy mix                     |
| 2      | Tbsp.   | Butter powder                                   |

*At Home:* Place the Stove Top Stuffing, instant mashed potatoes, celery flakes, powdered butter, and gravy powder in a Ziploc bag. In a second Ziploc bag place the package of chicken and the dried cranberries.

*On the Trail:* Boil about 3 1/2 cups water, then turn your stove off. Add stuffing mixture and chicken to the pot and stir to combine. The water should just cover the mixture. Put the lid on your pot and place it in a cozy (or fleece hat). Wait about 10-15 minutes to make sure everything gets thoroughly rehydrated. Then check and see if a little more water or time is needed. Stir in the cranberries and enjoy.

## Three Cheese Mashed Potatoes with Ham

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method            |
|--------|---------|---|
| 1      | cup     | Instant mashed potatoes                     |
| 1      | cup     | Freeze-dried ham                            |
| 2      | Tbsp.   | Cheddar cheese, powdered                    |
| 2      | Tbsp.   | Grated Parmesan cheese, shelf stable        |
| 2      | Tbsp.   | Mozzarella cheese, powdered or freeze-dried |
| 2      | tsp     | Onion powder                                |
| 2      | Tbsp.   | Butter powder                               |

*At Home:* Mix instant mashed potatoes, cheese powders and dried caramelized onions in a medium-sized zip lock freezer bag. Pack ham separately.

*On the Trail:* Add freeze-dried ham to 2 1/3 cup of water in a pot and bring to a boil. Remove from heat and add the rest of the dry ingredients. Mix well.

## Tomato Bisque with Cheese Dumplings

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method   |
|--------|---------|--|
| 1 1/3  | cup     | Instant Cream of Tomato Soup mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
| 4      |         | Chicken bouillon cubes   |
| 1/2    | tsp     | Sugar  |
| 1 1/2  | Tbsp.   | Italian seasoning  |
| 3/4    | cup     | Powdered milk (Nestle Nido) for soup   |
| 4      | cups    | Water  |
|        |         | ** Dumplings **  |
| 2 1/4  | cups    | Bisquick   |
| 2      | Tbsp.   | Powdered milk (Nestle Nido)  |
| 1/4    | cup     | Powdered cheddar cheese or grated parmesan cheese  |
| 1/4    | tsp     | Oregano  |
| 2/3    | cup     | Water  |

*At Home:* Place the tomato soup mix, chicken bouillon cubes, sugar, and Italian seasoning in a Ziploc bag. In a second Ziploc bag place the powdered milk. In a third Ziploc bag place all of the dry ingredients for the dumplings.

*On the Trail:* Put all ingredients except dry milk and dumpling ingredients into pot, add water, and bring to a boil. Reduce to simmer. Add 1 cup water to dry milk powder and make a smooth cream. Add to simmering soup and cook 5-10 minutes, stirring continuously. While the soup is simmering, add the required amount of water to the dumplings Ziploc bag and knead in the bag until thoroughly mixed into a dough. Cut 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.

### Tuna Noodle Casserole

Servings: 6

| Amount | Measure    | Ingredient -- Preparation Method                           |
|--------|------------|--|
| 1      | 11 oz. pkg | Tuna fish foil packet (Starkist Chunk Light Tuna in Water) |
| 1 1/2  | cups       | Dried vegetables- try tomatoes, onions, peppers, mushrooms |
| 2      | boxes      | Kraft Macaroni and Cheese                                  |
| 8      | Tbsp.      | Powdered butter  |
| 6      | Tbsp.      | Powdered milk (Nestle Nido)                                |
| 7 1/2  | cups       | Water  |
|        |            | Salt and pepper to taste                                   |

*At Home:* Combine cheese and milk powder in a small Ziploc. Place dehydrated vegetables in a different Ziploc bag. Place the two small Ziploc bags in a large Ziploc bag with the macaroni and tuna foil packet.

*On the Trail:* Place the vegetables in your pot with the water and soak for 30 minutes to rehydrate. Light stove, bring to a boil, add macaroni and tuna and simmer until pasta is soft. Remove pot from stove and stir in cheese and milk powders. Salt and pepper to taste and serve.

### Unstuffed Stuffed Green Peppers

Servings: 6

| Amount | Measure      | Ingredient -- Preparation Method   |
|--------|--------------|--|
| 1/4    | lb.          | Dehydrated ground beef   |
| 3      | cups         | Minute rice  |
| 3      | cups         | Water  |
| 1      | lb.          | Frozen green bell peppers dehydrated   |
| 2      | 8 oz. cans   | Tomato sauce from powder (See <b>Sauce Recipes</b> included in this cookbook.) |
| 1      | 14.5 oz. can | Diced tomatoes dehydrated  |
| 2      | Tbsp.        | Brown sugar  |
| 1/4    | tsp          | Garlic powder  |
| 2      | Tbsp.        | Minced dried onions  |
| 1      | tsp          | Italian seasoning  |
| 1      | cup          | Parmesan cheese  |
|        |              | Salt and pepper to taste   |

*At Home:* Pack the beef, bell peppers, and diced tomatoes in a Ziploc bag. In a second Ziploc bag place the Minute Rice and Parmesan Cheese. In a third Ziploc bag place the brown sugar, garlic powder, onions, and Italian seasoning.

*On the Trail:* Add hamburger, bell peppers, diced tomatoes, and seasonings to a pot with just enough water to cover everything and let soak for 1/2 hour. Add more water as food rehydrates if necessary. Add 3 additional cups of water. Bring to a boil. Remove from heat and stir in minute rice and Parmesan cheese. Let stand for 5 minutes or until water is absorbed. Fluff up and serve.



**“Think back...did you add anything different to your chili recipe this time?”**

### Vegetable Beef and 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 (See <b>Sauce Recipes</b> included in this cookbook.) |

*At Home:* Pack the dry ingredients in a quart freezer bag.

*On the Trail:* Add 2 2/3 cups boiling water to dry ingredients. Stir well, cover tightly and let sit for 15 minutes. Fluff up and serve.

### Vegetable Beef Soup

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Dried mixed vegetables           |
| 1/2    | cup     | Dehydrated hamburger             |
| 1/2    | cup     | Dried potato cubes               |
| 1      | packet  | Brown gravy mix (McCormick)      |
|        |         | Salt and pepper to taste         |

*At Home:* Pack the dry ingredients in a quart freezer bag.

*On the Trail:* Add mixed vegetables, hamburger, and potato cubes to a pot along with the 5 cups of water. Let soak for 1/2 hour. Stir in the gravy powder and bring to a boil for 1 minute. Cover pot and let stand for 5 minutes. Salt and pepper to taste and serve.

### Vegetarian Chili

Servings: 4-6

| Amount | Measure       | Ingredient -- Preparation Method |
|--------|---------------|----------------------------------|
| 2      | 14.5 oz. cans | Black beans                      |
| 1      | 14.5 oz. can  | Pinto beans                      |
| 1      | 14.5 oz. can  | Dark red kidney beans            |
| 1      | 14.5 oz. can  | Diced tomatoes and green chilies |
| 2      | cups          | Green peppers, diced and frozen  |
| 2      | cups          | Corn, frozen                     |
| 1      | Tbsp.         | Garlic powder                    |
| 1/4    | cup           | Minced dried onions              |
| 4      | Tbsp.         | Chili powder seasoning           |
| 3      | Tbsp.         | Brown sugar                      |
| 2      | tsp           | Dried cilantro                   |
| 1      | tsp           | Salt                             |
| 1      | tsp           | Pepper                           |
| 2      | Tbsp.         | Powdered butter                  |

*At Home:* Dehydrate the beans, diced tomatoes, green peppers, and corn. Package in a Ziploc bag with all spices.

*On the Trail:* Add all ingredients to a pot with just enough water to cover everything and let soak for 1/2 hour. Add more water as food rehydrates if necessary. Bring the chili to a boil. Reduce heat and simmer until all the ingredients are soft. Add additional water to achieve desired consistency. Stir frequently.

### Vegetarian Lentil Chili

Servings: 3-4

| Amount | Measure    | Ingredient -- Preparation Method             |
|--------|------------|--|
| 1      | Tbsp.      | Olive oil                                    |
| 1      | cup        | Diced onion                                  |
| 1      | cup        | Diced bell pepper                            |
| 1      | tsp        | Salt, plus more to taste                     |
| 2      | cups       | Sliced zucchini                              |
| 6      | cloves     | Garlic, minced (or 3/4 tsp of garlic powder) |
| 3      | Tbsp.      | Chili powder                                 |
| 1      | 14 oz. can | Fire roasted diced tomatoes                  |
| 1      | 14 oz. can | Kidney beans, drained                        |
| 2      | Tbsp.      | Tomato paste                                 |
| 2      | cups       | Vegetable broth                              |
| 1      | cup        | Red lentils                                  |
| 1      | tsp        | Sugar  |

*At Home:* Heat the oil in a large pot or Dutch oven over medium heat. Once the oil is hot, add the onions, peppers and salt, and sauté until beginning to soften. Add zucchini and cook until vegetables are soft and beginning to turn golden in spots. Add garlic, cumin and chili powder, and sauté until fragrant (about 30 seconds).

Add the tomatoes, beans, tomato paste and 2 cups broth, stir to combine. Bring to a simmer, then add the lentils. Simmer for 20 minutes, stirring occasionally, until the lentils are tender, adding more water if needed. Stir in sugar and adjust seasoning to taste. Remove from heat. To dehydrate, spread the chili onto dehydrator trays lined with solid fruit leather sheets, ensuring the chili is in a thin, even layer. Dehydrate at 135 F for 8-12 hours, until the chili is dry and crumbly. Package in sealable bags and store in a cool, dark place or your freezer for longer storage.

*On the Trail:* Pack the dehydrated chili and a small bottle of olive oil (3-4 tablespoons total) in your bear bag or food container. At mealtime, place the chili, around 1 cup water per serving (enough to mostly cover the chili) and 1 tablespoon oil per serving in a pot. Bring to a boil, then reduce to a simmer and cook for about 10 minutes, stirring frequently, until the beans and lentils are tender. Tip: If you have time, you can let the chili soak for a bit before bringing it to a boil, which will reduce the simmer time, therefore reducing fuel consumption.

### Vegetarian Lentil Stew

Servings: 3-4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Brown lentils                    |
| 1      | cup     | Diced onion                      |
| 32     | oz.     | Vegetable stock                  |
| 3      | large   | Onions, sliced thin              |
| 6      | oz.     | Shredded carrots                 |
| 2      | Tbsp.   | Garlic, minced                   |
| 1      | Tbsp.   | Ground cumin                     |
| 1      | tsp     | Red pepper flakes                |
| 2      | Tbsp.   | Worcestershire sauce             |
| 2      |         | Bay leaves                       |
| 1      | tsp     | Ground sage                      |
| 1      | tsp     | Thyme                            |
|        |         | Salt and pepper to taste         |

*At Home:* Slice onion thin and sauté with garlic, carrot, and spices. Add lentils and vegetable stock. Pressure cook for 11 minutes @ 11.5 psi. Natural release. Or, cook on stovetop for approximately one hour. Lentils should be soft but not mushy, and the stew should be thick. Tweak with salt, pepper, and seasoning to taste. Spread stew thinly on lined dehydrator trays. Dehydrate at 135° F until all the moisture is gone, approximately eight hours. Break up dried lentils and dump into bowl making sure to scrape the drying sheets collecting all the flavorful bits and dust. Divide into trail sized portions such as 1½ cups per serving.

*On the Trail:* Rehydrate with 1:1 ratio of boiling water to lentil surprise stew. Pour on boiled water, stir, and let it sit ten minutes in an insulated container.

### **Vegetarian Roasted Ratatouille**

Servings: 3

| Amount | Measure      | Ingredient -- Preparation Method             |
|--------|--------------|--|
| 1      | medium       | Eggplant, roughly chopped                    |
| 2      | small        | Zucchini, diced                              |
| 1      |              | Red bell pepper, diced                       |
| 1      |              | Yellow bell pepper, diced                    |
| 1      | Tbsp.        | Olive oil                                    |
| 1      |              | Red onion, finely diced                      |
| 2      | cloves       | Minced garlic (or 1/4 tsp. of garlic powder) |
| 1      | 14.5 oz. can | Diced tomatoes                               |
| 1      | Tbsp.        | Herbes de Provence                           |
|        |              | Salt and pepper to taste                     |

*At Home:* Heat the oven to 200C/400F. Line rimmed baking sheet with parchment paper. Place the eggplant, zucchini and peppers on prepared baking sheet. Roast for about 30 minutes until tender. Heat the olive oil in a saucepan. Gently fry the onion and garlic, for about 3 minutes, stirring regularly. Transfer roasted vegetables to the saucepan. Stir in diced tomatoes and Herbes de Provence. Season to taste. Turn heat to low, put a lid on, and leave to simmer for a further 10 minutes. Remove from the heat and cool thoroughly. Spread the Roasted Ratatouille mixture on dehydrator trays covered with non-stick sheets or parchment paper. Dehydrate at 145 °F for 10-12 hours until completely dried and brittle. Divide the Roasted Ratatouille mixture into 3 equal portions and pack them into separate zip lock bags.

*On the Trail:* (To rehydrate one portion) Pour dried Roasted Ratatouille mixture into a pot and add 1 cup water. Bring to a boil and cook, stirring occasionally, for about 10 minutes, until rehydrated.

### **Vegetarian Tortilla Soup**

Servings: 2

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | 15 oz. can | Black beans                      |
| 1      | 15 oz. can | Fire-roasted tomatoes            |
| 1      | cup        | Frozen roasted corn              |
| 1      | small      | Onion                            |
| 1      | Tbsp.      | Dried cilantro                   |
| 1      | 4 oz. can  | Diced green chilies              |
| 2      |            | Vegetable bouillon cubes         |
| 1/2    | tsp.       | Chili powder                     |
| 1/2    | tsp.       | Garlic powder                    |
| 1/2    | tsp.       | Cumin                            |
|        |            | Tortilla chips                   |
| 1      | packet     | Olive oil                        |

*At Home:* Dice the onion, drain the black beans and diced green chilies. Place beans, tomatoes, corn, onion, and chilies on dehydrator trays. Keep everything in thin and even layers. Dehydrate at 135 degrees F for 8-12 hours, or until everything has dried. Add the vegetable bouillon cubes, cilantro, chili powder, garlic powder, and tsp cumin. Pack tortilla chips and oil separately.

Note: If frozen roasted corn is unavailable, use the recipe in this publication to create your own.

*On the Trail:* Add the soup ingredients into a pot with 12 oz. water and let stand for 30 minutes. Heat until boiling, stirring occasionally. Simmer for an additional 5-10 minutes, until the beans and corn are soft, adding more water if needed. Stir in a tablespoon of oil and top with the tortilla chips.

## White Bean Chili

Servings: 6

| Amount | Measure      | Ingredient -- Preparation Method   |
|--------|--------------|--|
| 1 1/2  | lbs.         | Ground beef, dehydrated  |
|        | or           |  |
| 3      | 7 oz. pkg    | Chicken breast or 5 oz. freeze dried chicken   |
| 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 Mushroom Soup Mix<br>(See <b>Instant Soup Recipes</b> included in this cookbook.) |
|        |              | Salt and Pepper to taste   |
|        |              | Sour cream powder to taste   |
|        |              | Cheddar cheese powder to taste   |

*At Home:* Package the beef/chicken in a Ziploc bag. In a second Ziploc bag place the white beans, green chilies, and all of the spices. In a third Ziploc bag place the cream of mushroom soup mix, powdered sour cream, and powdered cheddar cheese.

*On the Trail:* Rehydrate ground beef, green chilies, and white beans with 9 cups of water for 30 minutes. Add all of the spices and bring to a boil stirring constantly. Simmer for about 5 minutes. Add more water if necessary. **Lower heat and then add** Instant Cream of Mushroom Soup, sour cream, and cheddar cheese; mix and stir continuously for 5 more minutes. Turn off heat and let sit for about 10 minutes with lid on pot. Serve and enjoy.

## 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     | Salt                             |
| 1/2    | tsp     | Cayenne pepper                   |

*At Home:* Blend in a small bowl. Store in a tightly sealed bag.

*On the Trail:* Sprinkle on food to taste.



## Desserts

### Apples and Sweet Dumplings

Servings 4

| Amount      | Measure | Ingredient -- Preparation Method |
|-------------|---------|----------------------------------|
| ** Bag 1 ** |         |                                  |
| 2 2/3       | cups    | Bisquick baking mix              |
| 4           | Tbsp.   | Sugar                            |
| ** Bag 2 ** |         |                                  |
| 1 1/3       | cups    | 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.

### Apple Crisp #1

Servings 2

| Amount        | Measure | Ingredient -- Preparation Method |
|---------------|---------|----------------------------------|
| ** Filling ** |         |                                  |
| 2             | Tbsp.   | Brown sugar                      |
| 1             | tsp     | Ground cinnamon                  |
| 1/4           | tsp     | Ground cloves                    |
| 1/4           | cup     | Chopped walnuts                  |
| 1             | Tbsp.   | Corn starch                      |
| 1             | cup     | Dried apples                     |
| ** Topping ** |         |                                  |
| 1/2           | cup     | Granola                          |

*At Home:* Place the dried apples, brown sugar, cinnamon, cloves, and corn starch in a sealable bag. In a second bag, place the granola and the walnuts.

*On the Trail:* Empty the apple mix into your cookpot. Add water until just covering the mixture, about 3/4 cup. Cook over low heat, stirring constantly, until fruit is rehydrated and the mixture is thick. Don't let the sugar scorch the bottom of your pot. Add additional water as necessary. Once the apple mixture is ready, remove the pot from the heat and sprinkle the granola and walnuts over the top.



### Apple Crisp #2

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method     |
|--------|---------|--------------------------------------|
| 2      | cups    | Freeze dried apples, diced           |
| 3/4    | cup     | Full cream milk powder (Nestle Nido) |
| 4      | Tbsp.   | Vanilla custard powder               |
| 4      | Tbsp.   | Sugar                                |
| 1      | tsp     | Ground cinnamon                      |
| 12     |         | Oatmeal cookies, crumbled            |

*At Home:* Combine apples, vanilla custard powder, milk powder, sugar and cinnamon in a small zip-lock bag. Pack crumbled oatmeal cookies separately.

*On the Trail:* Pour cinnamon apple crisp mixture into the pot and gradually add 1/2 cup cold water. Place pot over medium heat. Bring to a boil, stirring all the time. Reduce the heat and simmer for at least one minute until the custard thickens. Then, immediately remove from the heat and leave to cool. Pour crushed cookies over and serve.

### Apple Crisp #3

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1.5    | oz.     | Freeze dried apples              |
| 3      | Tbsp.   | Brown sugar                      |
| 1      | tsp.    | Ground cinnamon                  |
| 1/4    | tsp.    | Ground cloves                    |
| 1/3    | cup     | Granola                          |
| 1/4    | cup     | Chopped walnuts                  |

*At Home:* Place the freeze-dried apples, brown sugar, cinnamon, and cloves in a Ziploc bag. In a second bag, place the granola and the walnuts.

*On the Trail:* Empty the apple mix into your cookpot. Add about 3 oz. water to the pot and stir. Light your stove, then cook over a medium-low flame until the apples have softened, the sugar dissolves, and the liquid thickens a bit, stirring often and adding more water if needed. Once the apple mixture is ready, remove the pot from the heat and sprinkle the granola and walnuts over the top.

### Apple Pie

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | cups    | Apple slices, dried              |
| 2      | cups    | Bread crumbs                     |
| 4      | tsp     | Sugar                            |
| 4      | tsp     | Brown sugar                      |
| 1      | Tbsp.   | Powdered butter                  |
| 1      | tsp     | Cinnamon                         |
| 1/4    | tsp     | Nutmeg                           |
| 2      | cups    | Water                            |

*At Home:* Pack dried apples, sugars, powdered butter, nutmeg, and cinnamon in a Ziploc bag. Pack bread crumbs in a Ziploc bag. Enclose all bags in a larger zip lock bag to stay organized.

*On the Trail:* Combine dried apples, sugars, powdered butter, nutmeg, and cinnamon with water in pot. Light stove and warm for ten minutes over low flame. No need to boil – you just want the apples to rehydrate and warm up. Extinguish stove and stir in bread crumbs. The bread crumbs will absorb the sweet apple juices.



**Banana Cream Nilla Wafer Dessert**

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1      | 5.1 oz. box | Instant banana cream pudding     |
| 1      | cup         | Powdered milk (Nestle Nido)      |
| 1      | cup         | Dried bananas                    |
| 1      | cup         | Crushed Nilla Wafers             |

*At Home:* Combine the milk and pudding mix in a Ziploc bag. Label the bag with "add 3 cups cold water". Place the bananas in a second bag. Put the crushed Nilla Wafers in a third bag

*On the Trail:* Add dried bananas with 1 cup water in pot. Light stove and warm for ten minutes over low flame. No need to boil – you just want the bananas to rehydrate and warm up. Add 3 cups of cold water to the pudding mix. Mix the pudding well. Mix the rehydrated bananas in with the pudding and top with the crushed Nilla Wafers.

**Banana Walnut Pudding**

Servings: 4

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1      | 5.1 oz. box | Instant banana cream pudding     |
| 1      | cup         | Powdered milk (Nestle Nido)      |
| 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.

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

**Banana Nut Bread Pudding**

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Banana slices, dried             |
| 1/4    | cup     | Mixed nuts                       |
| 1/4    | cup     | Dried bread crumbs               |
| 2      | tsp     | Sugar                            |
| 1/2    | cup     | Water                            |

*At Home:* Pack bananas and sugar in a small plastic bag. Pack bread crumbs and nuts in another small plastic bag and enclose both bags in a larger zip lock bag. The bread crumbs for this recipe are pieces, not ground.

*On the Trail:* Combine dried bananas and sugar with water in pot. Warm for ten minutes over low flame. No need to boil – you just want the banana to rehydrate and warm up. Stir in bread crumbs and nuts. The bread crumbs will absorb the sweet juices and the bananas will break down into a pudding texture.



### Bear Scat Cookies

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method       |
|--------|---------|--|
| 3      | Tbsp.   | Powdered milk (Nestle Nido)            |
| 3      | Tbsp.   | Cocoa powder                           |
| 1/2    | cup     | White sugar                            |
| 1      | Dash    | Salt                                   |
| 1/2    | cup     | Peanut butter (2 Jif-to-Go containers) |
| 1 1/2  | cups    | Quick oats, uncooked                   |
| 1      | cups    | Pecan pieces                           |

*At Home:* Measure and mix dry ingredients (powdered milk, cocoa powder, sugar and salt) and place in a small Ziploc bag. In a second small Ziploc bag put the quick oats and pecan pieces. Place both bags and the peanut butter containers in a larger Ziploc bag.

*On the Trail:* Put pre-measured dry ingredients into a pot with 1/2 cup water and peanut butter. Bring to a boil; boil for 1 minute, stirring constantly. Turn off stove. Immediately add quick oats and pecan pieces. Blend well. Spoon rounded teaspoons of dough onto a spare plate or any other flat surface. Allow to cool for 5 to 10 minutes.

Note: The single servings of Jif-t- Go are 2.25 oz. each. You can use two of these. It's slightly more than 1/2 cup but it works well and simplifies preparation.

### Campfire Dessert Wraps

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 1      |         | Flour tortilla for each person<br>Peanut butter<br>Mini-marshmallows<br>Mini-chocolate chips<br>Aluminum foil |

*At Home:* Put each topping ingredient in its own small Ziploc bag. Leave the tortillas in the store packaging.

*On the Trail:* Spread each tortilla with peanut butter. Put on marshmallows and chocolate chips. Amount varies with each person's taste and size of tortilla. Roll like a burrito. Wrap in foil and warm on the campfire for about 15 minutes. Handle with gloves or towels, since they will be hot! Peel and eat like a banana! Can add toffee bits, fruit, sprinkles or use caramel topping instead of peanut butter.

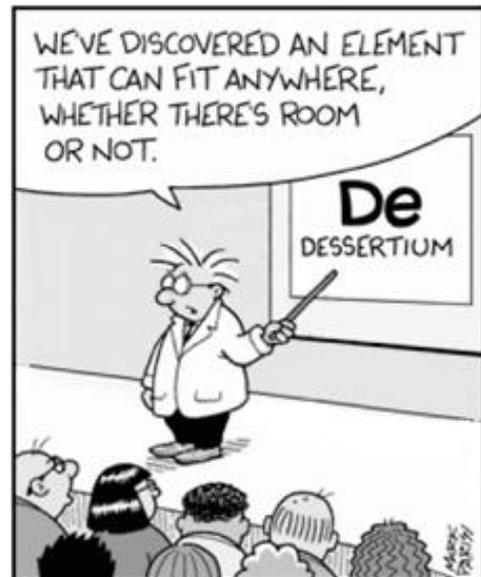
### Chocolate and Raspberry Dirt Pudding

Servings: 4

| Amount | Measure   | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 1      | 3 oz. pkg | Instant chocolate pudding        |
| 2/3    | cup       | Powdered milk (Nestle Nido)      |
| 1      | cup       | Freeze dried raspberries         |
| 8      |           | Oreo cookies, crushed            |

*At Home:* Combine the pudding and powdered milk in a zip lock bag. Carry the raspberries and Oreos in a second bag.

*On the Trail:* Add 2 cups of water to the pudding mix. Top the pudding with the raspberries and Oreos after the pudding has set up.



### Churro Chocodillas

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method      |
|--------|---------|---------------------------------------|
| 2      | Tbsp.   | Sugar                                 |
| 1 1/2  | tsp     | Cinnamon                              |
| 4      | tsp     | Olive oil                             |
| 4      |         | Flour tortillas (6 to 7 in. diameter) |
| 1/2    | cup     | Chocolate chips (or Nutella)          |

*At Home:* Combine sugar and cinnamon in a small resealable plastic bag. Place chocolate chips in a second bag. In a larger third bag, place the tortillas and the other two bags.

*On the Trail:* Heat 1 teaspoon oil in a frying pan over medium heat. Set 1 tortilla in pan and sprinkle half the tortilla with 2 tablespoons chocolate chips (or spread the Nutella). Fold tortilla over and brown lightly on each side, turning once, 4 to 5 minutes total. Transfer to a cutting board and sprinkle on both sides with cinnamon sugar. Cut into wedges. Repeat to make more chocodillas.

### Cinnamon Apple Crisp

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Apples, freeze-dried, diced      |
| 3      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 1      | Tbsp.   | Vanilla pudding powder           |
| 1      | Tbsp.   | Sugar                            |
| 1/4    | tsp.    | Cinnamon, ground                 |
| 3      |         | Oatmeal cookies, crumbled        |

*At Home:* Combine apples, vanilla pudding powder, milk powder, sugar and cinnamon in a small Ziploc bag. Pack crumbled oatmeal cookies in a separate small Ziploc bag. Put both bags in a larger Ziploc bag.

*On the Trail:* Pour cinnamon apple crisp mixture into the pot and gradually add 1/2 cup cold water. Place pot over medium heat. Bring to a boil, stirring all the time. Reduce the heat and simmer for at least one minute until it thickens. Immediately remove from the heat and leave to cool. Sprinkle crushed cookies on top and serve.

### Fruit Crisp #1

Servings: 2

| Amount               | Measure | Ingredient -- Preparation Method                                 |
|----------------------|---------|--|
| <i>** Filling **</i> |         |  |
| 2                    | Tbsp.   | Sugar  |
| 1                    | Tbsp.   | Corn starch  |
| 1                    | cup     | Dried apples, blueberries, cherries, peaches, strawberries, etc. |
| <i>** Topping **</i> |         |  |
| 1/2                  | cup     | Granola  |

*At Home:* Prepare the filling: Combine the fruit with the sugar and cornstarch. Place granola and filling into separate plastic sandwich bags.

*On the Trail:* Put the filling mixture into your backpacking pot. Add water until just covering the mixture, about 3/4 cup. Cook over low heat, stirring constantly, until fruit is rehydrated and the mixture is thick. Don't let the sugar scorch the bottom of your pot. Add additional water as necessary. Sprinkle granola over fruit mixture.



*"No, I'm not grilling deer meat, and I haven't seen Rudolph."*

## Fruit Crisp #2

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method                                |
|--------|---------|---|
| 1.5    | oz.     | Freeze dried fruit (apples, berries, peaches, or a combination) |
| 3      | tsp.    | Sugar   |
| 1/2    | cup     | Granola   |

*At Home:* Combine fruit and sugar in a Ziploc bag. Place granola in a Ziploc bag.

*On the Trail:* Add the fruit and sugar to your pot with about 1/2 cup water and bring to a simmer. Stir frequently until the fruit is soft—add more water as needed. Top with the granola and enjoy!

## Jell-O and Pudding (Various flavors)

*At Home:* Remove the pudding or jello packet from the box and put in a Ziploc bag. Cut the directions out of the box and include with packet. If using pudding, measure out the amount of powdered milk necessary to create the quantity of milk required. Put it in a separate Ziploc bag. Using a Sharpie pen, write on the Ziploc bag the amount of water required to reconstitute the milk. Additional pudding or jello ingredients should be put in their own Ziploc bag.

*On the Trail:* Pudding: Use powdered milk, water, and follow directions. Add mint M&M's, Heath bits, peanuts, or peanut butter chips to chocolate pudding. Add crushed Nilla Wafers on top of vanilla pudding. Add mini-Oreos on top of Oreo pudding. Jell-O: Use clean snow for ice if available and follow directions on the box using slightly less water if no ice/snow is available. Rehydrate dried fruit for 10 minutes over gentle flame. Don't boil or apply too much heat. Add to pudding or Jell-O.

## Mixed Berry Crumble

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method             |
|--------|---------|--|
| 1      | Tbsp.   | Blueberries, freeze-dried                    |
| 2      | Tbsp.   | Strawberries, freeze-dried                   |
| 2      | Tbsp.   | Raspberries, freeze-dried                    |
| 1      | Tbsp.   | White sugar                                  |
| 1      | tsp.    | Corn or potato starch                        |
| 1/2    | tsp.    | Cinnamon, ground                             |
| 1      | packet  | True Lemon powder, 1 packet = 1/4 tsp powder |
| 2      | Tbsp.   | Butter powder                                |
| 8      |         | Vanilla wafer cookies, crumbled              |
| 1      | packet  | Olive oil                                    |

*At Home:* Put all ingredients, except vanilla wafer crumbs and olive oil, in a small Ziploc bag. Put vanilla wafer crumbs in a separate small Ziploc bag. Put both bags and the packet of olive oil in a larger Ziploc bag.

*On the Trail:* In a pot, cover the fruit with 1/4 cup cool water and let hydrate for 5 to 10 minutes. Turn on your stove to a low flame, stir often as it comes to a simmer, and thickens. The mixture should be the consistency of a fruit compote. More water may be added to reach the desired consistency. Add the contents of the olive oil to the berry mixture. Stir to mix well. Sprinkle vanilla wafer crumbs over the berry compote and enjoy!



### Margarita Cheesecake

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 1      | 11.1 oz. pkg | Instant cheesecake mix           |
| 1      | 3 oz. pkg    | Lime Jell-O                      |
| 1/2    | cup          | Powdered milk (Nestle Nido)      |
| 2      | oz.          | Tequila                          |
| 1/4    | cup          | Salted pretzels, crushed         |

*At Home:* Combine the cheesecake mix, Jell-O 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.

*On the Trail:* Add enough water to the tequila to equal 1 1/2 cups. Mix this with your cheesecake/Jell-O mixture in your pan. Let sit until it firms up, then top with the pretzels/crust mix.

### Orange Chocolate Cheesecake

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 1      | 11.1 oz. pkg | Instant cheesecake mix           |
| 1      | 3 oz. pkg    | Orange Jell-O                    |
| 1/2    | cup          | Powdered milk (Nestle Nido)      |
| 1/2    | cup          | Mini chocolate chips             |
| 1/2    | cup          | Chocolate wafer cookies, crushed |

*At Home:* Combine the cheesecake mix, Jell-O, mini chocolate chips, and powdered milk in a Ziploc bag. In a second bag place the crushed chocolate wafer cookies. Use the crust mix for something else.

*On the Trail:* Add 1 1/2 cups water with your cheesecake/Jell-O mixture in your pan. Let sit until it firms up, then top with the crushed chocolate wafer cookies.

### Orange Creamsicle Cheesecake

Servings: 4

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 1      | 11.1 oz. pkg | Instant cheesecake mix           |
| 1      | 3 oz. pkg    | Orange Jell-O                    |
| 1/2    | cup          | Powdered milk (Nestle Nido)      |

*At Home:* Combine the cheesecake mix, Jell-O and powdered milk in a Ziploc bag. In a second bag, place 1/2 cup of the crust mix that comes with the cheesecake. Use the remaining (about 1/2 cup) crust mix for something else.

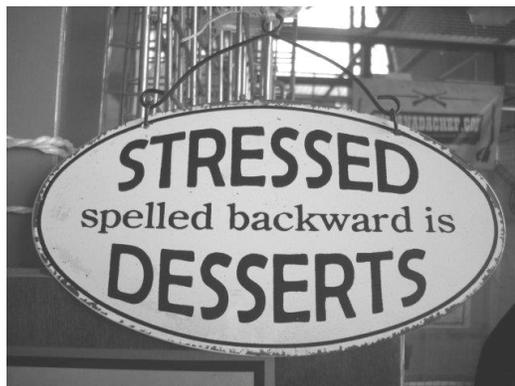
*On the Trail:* Add 1 1/2 cups water with your cheesecake/Jell-O mixture in your pan. Let sit until it firms up, then top with the crust mix.

### Peach Cobbler #1

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | cups    | Peach slices, dried              |
| 1      | cup     | Plain bread crumbs               |
| 8      | tsp     | Sugar                            |
| 1/2    | tsp     | Nutmeg                           |
| 2      | cups    | Water                            |

*At Home:* Pack dried peaches, sugar, and nutmeg in a Ziploc bag. Enclose with bread crumbs in a larger Ziploc bag to stay organized.



*On the Trail:* Combine dried peaches, sugar, and nutmeg with water in pot. Light stove and warm for ten minutes over low flame. No need to boil – you just want the peaches to rehydrate and warm up. Extinguish stove and stir in bread crumbs. The bread crumbs will absorb the sweet peach juices.

### **Peach Cobbler #2**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 2      | Tbsp.   | Powdered butter   |
| 2      | Tbsp.   | Brown sugar   |
| 4      | Tbsp.   | Pancake mix   |
| 4      | Tbsp.   | Oatmeal (quick oats are best!)  |
| 1      | packet  | Alpine Cider mix  |
| 1      | cup     | Peaches, freeze-dried (substitute with other fruits such as pineapple, cherries, blueberries, apples, etc.) |

*At Home:* Pack peaches in a small Ziploc bag. Put the brown sugar, cinnamon, butter, pancake mix, oatmeal, and starch in a second small Ziploc bag. Put both smaller bags along with the packet of cider mix in a larger Ziploc bag.

*On the Trail:* Place the fruit in a pot and add 1 cup of water and let hydrate for 5 to 10 minutes. Add the cider mix and bring the compote to a boil, stirring often. Add small amounts of water if necessary. When the compote has thickened, remove it from the heat and add in the contents of the second bag. Give it all a gentle stir to get the topping saturated. Let sit for a few minutes to cool before serving.

### **Peach Crisp**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method      |
|--------|---------|---------------------------------------|
| 1      | cup     | Peaches, freeze-dried, finely chopped |
| 1/2    | cup     | Cherries, freeze-dried                |
| 2      | Tbsp.   | Brown sugar                           |
| 1      | tsp.    | Cinnamon                              |
| 1      | tsp.    | Corn or potato starch                 |
| 1/2    | cup     | Granola                               |

*At Home:* Pack peaches and cherries in a small Ziploc bag. Put the brown sugar, cinnamon, and starch in a second small Ziploc bag. Place the granola in a third small Ziploc bag. Put all 3 smaller bags in a larger Ziploc bag.

*On the Trail:* In a pot, cover the fruit with cool water and let hydrate for 5 to 10 minutes. Add 1/2 cup water and sprinkle in the contents of the sugar bag; stir well. Turn on your stove to a low flame, stir often as it comes to a simmer, and thickens. Remove from heat and sprinkle granola on top, let sit for a couple minutes to cool down.

### **Pineapple Cherry Cobbler**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Pineapple, freeze-dried, diced   |
| 1/4    | cup     | Cherries, freeze-dried, diced    |
| 2      | cubes   | Kraft caramels                   |
| 1      | Tbsp.   | Brown sugar                      |
| 1/4    | tsp.    | Cinnamon, ground                 |
| 1      | Pinch   | Nutmeg, ground                   |
| 1      | Pinch   | Salt                             |
| 1/4    | cup     | Graham cracker crumbs            |
| 1/4    | cup     | Chopped salted pecan pieces      |

*At Home:* In a Ziploc sandwich bag, seal the Graham cracker crumbs. In a second Ziploc bag place the fruit, sugar, spices, and candy. Put both bags into a larger Ziploc bag and seal.

*On the Trail:* In a pot over a low flame, add 1/2 cup of water and fruit packet. Simmer until bubbly, stirring often. Remove from heat. Stir in graham-cracker crumbs. Top with salted pecan pieces and serve.

### **Pineapple Upside-Down Dessert**

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Diced pineapple, freeze dried    |
| 1/2    | cup     | Diced cherries, freeze dried     |
| 4      | oz.     | Water                            |
| 2      | Tbsp.   | Brown sugar                      |
| 2      | Tbsp.   | Corn starch                      |
| 2      | Tbsp.   | Powdered butter                  |
| 4      | packets | Olive oil                        |
| 1      | cup     | Crushed graham crackers          |

*At Home:* Pack pineapple and cherries in a Ziploc bag. In a second bag, place the corn starch, powdered butter, and brown sugar. Place the crushed graham crackers in a third bag.

*On the Trail:* Place the pineapple and cherries in a pot and add the water to rehydrate. Add additional water if necessary. Add the remaining ingredients except the graham crackers to the pot. Heat slowly while stirring continuously. Cook until fruit is soft and liquid has thickened. Top with the crushed graham crackers.

### **Pumpkin Pie Bark**

Pumpkin pie bark makes a chewy and nutritious trail snack or turns into no-crust pumpkin pie or pudding with the addition of water.

| Amount | Measure    | Ingredient -- Preparation Method                           |
|--------|------------|--|
| 1      | 15 oz. can | Pumpkin  |
| 1/4    | cup        | Real maple syrup   |
| 1/2    | cup        | Powdered milk (Nestle Nido) dissolved in 6 ounces of water |
| 2      | tsp        | Pumpkin pie spice  |
| 1/2    | cup        | Brown sugar  |
| 2      | Tbsp.      | Powdered whole egg   |
| 1/2    | tsp        | Salt   |

*At Home:* Combine pumpkin with maple syrup and pumpkin pie spice. Use real maple syrup for best results. Stir until ingredients are mixed well. Spread thinly (about eighth inch) on the fruit leather inserts that go with your dehydrator. Dehydrate at 135° for eight hours until brittle. After about five hours, flip the bark over as follows: Place a spare dehydrator tray on top of the Bark and flip the two trays over so that the bottom side of the bark is now facing up. This will ensure complete drying. One 15 ounce can of pumpkin dehydrates down to 1 1/2 cups weighing four ounces.

### **No-Crust Pumpkin Pie**

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 2      | cups    | Pumpkin pie bark (see recipe above) |
| 2      | cups    | Water                               |

*At Home:* Put the pumpkin pie bark in a Ziploc bag.

*On the Trail:* Pumpkin Pie Bark dissolves in hot or cold water. If you want hot pie or pudding, stir the Bark with hot water until creamy. Use your stove to gently warm the water for pumpkin pie. Garnish with chopped walnuts or pecans if desired.

### Rocky Road Pudding

Servings: 4

| Amount | Measure   | Ingredient -- Preparation Method |
|--------|-----------|----------------------------------|
| 1      | 3 oz. pkg | Instant chocolate pudding        |
| 2/3    | cup       | Powdered milk (Nestle Nido)      |
| 1/4    | cup       | Chopped pecans or walnuts        |
| 1/4    | cup       | Mini marshmallows                |

*At Home:* Combine the pudding and powdered milk in a zip lock bag. Carry the nuts and marshmallows in a second bag.

*On the Trail:* Add 2 cups of water to the pudding mix. Top the pudding with the marshmallows and nuts after the pudding has set up.

### Sweet Potato Pudding with Glazed Pecan Sauce

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | lb.     | Sweet potatoes, canned           |
| 1      | cup     | Apple juice                      |
| 2      | Tbsp.   | Maple syrup                      |
| 2      | tsp     | Cinnamon                         |
|        |         | <i>**Glazed Pecan Sauce**</i>    |
| 2      | tsp     | Corn starch                      |
| 4      | tsp     | Brown sugar                      |
| 1/2    | cup     | Pecan pieces                     |
| 1      | cup     | Water                            |

*At Home:* Using canned sweet potatoes, put chunked potatoes into a blender with apple juice, maple syrup, and cinnamon. Blend until smooth. One pound of cooked sweet potatoes yields two cups blended mixture. One cup is the ideal quantity to spread thinly on each tray. Dehydrate at 135° F for eight to ten hours. Powder the dried bark by running it through a blender. Powdering reduces volume and slightly speeds up rehydration. One cup of wet blended sweet potatoes yields 3/4 cup bark, or 1/3 cup powder.

*Sweet Potato Pudding on the Trail:* Combine 2/3 cup powder, with 3 cups water. Gently heat while stirring continuously until pudding is hot. It will thicken within two minutes.

*Glazed Pecan Sauce on the Trail:* Combine corn starch and brown sugar with half a cup of cool water. Stir until corn starch dissolves. Do not add corn starch to hot water, because it will form clumps. Add a quarter cup of pecan pieces and light stove. Bring mixture to a light boil and let it bubble for a minute. It will thicken and turn a nice shade of brown.

### Strawberry Shortcake

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
|        |         | <i>** Shortcake **</i>           |
| 1 1/2  | cups    | Bisquick baking mix              |
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
|        |         | <i>** Topping **</i>             |
| 2      | cups    | Dried strawberries               |
| 1      | Tbsp.   | Cornstarch                       |
| 1      | Tbsp.   | Sugar                            |
| 1      | pkg     | Dream Whip topping               |
| 3      | Tbsp.   | Powdered milk (Nestle Nido)      |
| 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.

See **Trail Baking** section for additional variations and ideas.

**Strawberry Twinkie Shortcake**

Servings: 2

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | cups    | Strawberries, freeze-dried       |
| 1      | Tbsp.   | Sugar                            |
| 1      | tsp.    | Corn or potato starch            |
| 2      |         | Twinkies                         |
| 1/4    | cup     | Almonds, chopped                 |

*At Home:* In a small Ziploc bag put the strawberries and sugar. In a second small Ziploc bag place the chopped almonds. Put both Ziploc bags and the Twinkie package in a larger Ziploc bag.

*On the Trail:* In a pot, cover the strawberries with cool water and let hydrate for 5 to 10 minutes. Add an additional 1/2 cup water and stir well. Turn on your stove to a low flame, stirring often as it comes to a simmer and thickens. Remove from heat and let sit for a couple minutes to cool down. Spoon over Twinkies. Garnish with the chopped almonds. Serve and enjoy!

Note: You can also use strawberry jam for a no-cook recipe.

**Zucchini Gummy Candy**

| Amount | Measure    | Ingredient -- Preparation Method         |
|--------|------------|--|
| 1      | 12 oz. can | Frozen juice concentrate, thawed         |
| 1      | juice can  | Water                                    |
| 8-12   | cups       | Zucchini, chopped (see directions below) |

*At Home:* Wash zucchini, dry off. Trim ends and peel. Cut zucchini in half lengthwise, scoop out seeds with a spoon, discard. Cut zucchini in long strips, then chop across, into 1/2" cubes. Measure out how much you have. Combine fruit juice concentrate and water in a large non-reactive pot (such as stainless steel or non-stick). Add the zucchini and bring to a gentle boil, lower heat and simmer for 30 minutes, until cubes are fork tender and translucent. Drain in a colander, spread on mesh lined dehydrator trays. Dry for 8 to 12 hours at 135°, until no longer moist but still flexible (not tacky or sticky). Let cool on trays for a few hours. Freeze for long-term storage, otherwise eat within a few days.



## Shakes and Smoothies

### Creamsicle Protein Smoothie

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method         |
|--------|---------|--|
| 1      | scoop   | Vanilla whey protein mix                 |
| 1      | Tbsp.   | Yogurt powder                            |
| 1 1/2  | Tbsp.   | Powdered milk (Nestle Nido)              |
| 1/4    | cup     | Crushed freeze-dried oranges (1/2 ounce) |
| 1/2    | tsp     | Vanilla powder                           |

*At Home:* Pack the dry ingredients in a Ziploc bag, sealing tightly.

*On the Trail:* Add in 1 cup cold water, seal bag tightly and shake till dissolved. If you have a large mug, put on the lid, cover the sip hole and shake for a good minute.

### 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 (Nestle Nido)      |
| 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 (Nestle Nido)      |
| 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.

### Mocha Shake

Servings: 6

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|-----------------------------------|
| 2      | cups    | Powdered milk (Nestle Nido)       |
| 1/2    | cup     | Malted milk powder                |
| 9      | packets | Hot cocoa mix                     |
| 2      | Tbsp.   | Instant espresso or coffee powder |

*At Home:* Combine everything in a container and shake until mixed. Let settle, then divide into 6 bags. Mark each bag 'Add 1 cup cold water'.

*On the Trail:* Add 1 cup cold water to the bag, seal tightly and shake till blended. May also be prepared as a hot drink, add 1 cup very hot water and stir well.

Notes: Depending on taste you may like double the coffee in yours, or sugar added. Vanilla powder is great added in as well. Instant espresso powder can be found in some grocery stores.

### Trail Milk Shake

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 1      | Tbsp.   | Flavoring – Hershey's Cocoa      |
| 1      | Tbsp.   | Malted Milk Powder               |
| 1      | cup     | Water                            |

*At Home:*

*On the Trail:* 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

Servings: 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)                              |

*At Home:* Put the mix in a Ziploc bag.

*On the Trail:* Add 2 tablespoons mix to 8 ounces cold water. Stir and enjoy.

### Cherry Lemonade

Servings: 8

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

*At Home:* Put the mix in a Ziploc bag.

*On the Trail:* 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.

### Egg Nog

Servings: 6 to 7

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | cups    | Powdered milk (Nestle Nido)      |
| 1/2    | cup     | Nondairy creamer                 |
| 1/2    | cup     | Powdered egg mix                 |
| 2      | Tbsp.   | Brown sugar                      |
| 1/2    | tsp     | Cinnamon, ground                 |
| 1/2    | tsp     | Nutmeg, ground                   |

*At Home:* Mix all ingredients together in a large bowl. Bag the powder into 1/3 cup portions.

*On the Trail:* Add 1 cup cold water to 1/3 cup of mix (8 tablespoons), stirring well.

### In Your Face Morning Mochas

Servings: 5 to 6

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/4  | cups    | Powdered milk (Nestle Nido)      |
| 1      | cup     | Powdered sugar                   |
| 1/2    | cup     | Cocoa powder                     |
| 2 to 4 | Tbsp.   | Instant espresso powder          |
| 1      | tsp     | Cornstarch or potato starch      |
| 1      | pinch   | Sea salt                         |

*At Home:* Mix all ingredients together in a large bowl. Bag the powder into 1/2 cup portions. 2 tablespoons of espresso powder will provide a sweet mocha flavor. 4 tablespoons will give you the “bite” of a double shot.

*On the Trail:* Add 1 cup boiling water slowly to the 1/2 cup of mix (8 tablespoons), stirring well. Sip away and wake up!

**Mocha Cocoa**

Servings: 64

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 7      | cups    | Powdered milk (Nestle Nido)      |
| 5 3/4  | cups    | Powdered chocolate drink mix     |
| 1 3/4  | cups    | Powdered non-dairy creamer       |
| 1 1/4  | cups    | Instant coffee or espresso       |
| 1/4    | cup     | Powdered sugar                   |

*At Home:* Mix together dry ingredients, store in an airtight container.

*On the Trail:* Add 1 cup boiling water to 1/4 cup dry mix and stir well. Makes about 64 servings.

**Snickerdoodle Coffee Mix**

Servings: 9

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/2    | cup     | Sugar                            |
| 1/2    | cup     | Powdered milk (Nestle Nido)      |
| 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                  |

*At Home:* Put the mix in a Ziploc bag.

*On the Trail:* Add 3 tablespoons of mix to 3/4 cup boiling water. Stir and enjoy.

**Sport Electrolyte Drink Mix**

Makes 2 Liters

| Amount | Measure | Ingredient -- Preparation Method    |
|--------|---------|-------------------------------------|
| 3/4    | tsp     | Morton® lite salt                   |
| 1      | pkg     | Unsweetened drink mix               |
| 10     | Tbsp.   | Sugar or sugar substitute of choice |

*At Home:* Put the mix in a Ziploc bag.

*On the Trail:* Add to 2 Liters cold water. If drinking out of a hydration bladder sugar can cause bacterial growth in the tubing in hot weather, consider using a sugar substitute to avoid this.



## Sauce Recipes

### Cheddar Cheese Sauce Mix

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method                      |
|--------|---------|---|
| 6      | Tbsp.   | Powdered milk (Nestle Nido)                           |
| 2/3    | cup     | Cheddar cheese powder                                 |
| 6      | Tbsp.   | Butter powder   |
| 6      | Tbsp.   | Potato starch (alternatives are corn starch or flour) |
| 1/2    | tsp     | Garlic powder   |
| 1/2    | tsp     | Onion powder (not onion salt)                         |
| 1/4    | 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 1/2 cup cheese sauce mix with 1 cup hot water. Bring to a boil, stirring constantly until thickens. 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 mix in any number of recipes calling for 'cheese sauce powder.

### Enchilada Sauce from Tomato Powder

| Amount | Measure   | Ingredient -- Preparation Method                             |
|--------|-----------|--|
| 2      | Tbsp.     | Corn starch  |
| 1/4    | cup       | Chili powder   |
| 1      | 8 oz. can | Tomato sauce from tomato powder (see recipe in this section) |
| 1/4    | tsp       | Ground cumin   |
| 1/4    | tsp       | Garlic powder  |
| 1/4    | tsp       | Onion powder   |
| 1      | cup       | Water  |
|        |           | Salt to taste  |

*At Home:* Place all dry ingredients in a Ziploc bag.

*On the Trail:* Mix all ingredients together with the water until smooth. Cook over medium heat until thickened slightly, stirring continuously to prevent burning. Season to taste with salt.

### Gravy (Regular and Gluten-Free)

Servings: 48 servings

| Amount | Measure | Ingredient -- Preparation Method  |
|--------|---------|---|
| 6      | Tbsp.   | Granulated bouillon (beef or chicken)                                     |
| 1-1/2  | cups    | Flour (use 1-1/4 cups corn starch instead of flour for gluten free gravy) |
| 1/2    | cup     | Butter powder   |
| 1      | tsp     | Black pepper  |
| 1      | tsp     | Onion powder  |
| 1      | tsp     | Garlic powder   |
| 1/2    | tsp     | Paprika   |
| 1      | tsp     | Dry parsley (optional)  |

*At Home:* Add all ingredients to a small bowl and whisk together. This is equal to approximately 10 store packets. For one batch of gravy (one store packet or 4 servings) add 3 Tbsp. plus 1 tsp of gravy mix to a small Ziploc bag.

*On the Trail:* For one batch of gravy (one store packet or 4 servings) add 3 Tbsp. plus 1 tsp of gravy mix to 1 cup of cold water. Whisk until mixture is smooth and lump-free. Bring the gravy to a boil, then reduce the heat and simmer for 2 to 3 minutes, stirring constantly. The gravy should begin to thicken when your gravy starts to boil. Remove from the heat and cool to desired temperature before serving. It will continue to thicken as it cools.

### Instant Alfredo Sauce

Servings: 7

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | cup     | Powdered milk (Nestle Nido)      |
| 1      | cup     | Non-dairy creamer                |
| 3/4    | cup     | Potato starch                    |
| 3/4    | cup     | Parmesan cheese                  |
| 1/2    | cup     | Butter powder                    |
| 1      | tsp     | Onion powder                     |
| 1      | tsp     | Garlic powder                    |
| 1/2    | tsp     | Italian seasoning                |
| 1/2    | tsp     | Salt                             |
| 1/2    | tsp     | Pepper                           |

*At Home:* Combine these and store in an airtight container.

*On the Trail:* To use for Alfredo sauce, combine 1/3 cup mix and 1-1/4 cup water. Bring to a boil while stirring often. Reduce heat and simmer, stirring often until thickened. Add to 8 ounces of pasta.

### Instant Cream of Whatever Soup Mix Recipe

| Amount | Measure | Ingredient -- Preparation Method         |
|--------|---------|--|
| 1 1/3  | cups    | Powdered milk (Nestle Nido)              |
| 2/3    | cup     | Non-dairy creamer                        |
| 3/4    | cup     | Potato 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                                   |

*At Home:* Combine these and store in an airtight container.

*On the Trail:* To use for soup, combine 1/3 cup mix and 1-1/2 cup water. Bring to a boil while stirring often. Add 1/4 cup of a dried 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). 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.

### Pizza Sauce from Tomato Powder

Servings: 3 (enough for 2-12" pizzas)

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | cup     | Tomato powder                    |
| 1/2    | Tbsp.   | Italian seasoning                |
| 1/4    | tsp.    | Garlic powder                    |
| 1/4    | tsp.    | Onion powder                     |
| 1/4    | tsp.    | Black pepper                     |
| 1/4    | tsp.    | Salt                             |
| 1      | pinch   | Ground red pepper                |

Mix up to 3/4 cup warm water with the ingredients (use less water for thicker sauce). Stir until it's nice and smooth.

## Spaghetti Sauce

Servings: 8

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

*At Home:* 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.

## Tomato Sauce from Tomato Powder

6 Tbsp. Tomato Powder

1/8 tsp. salt

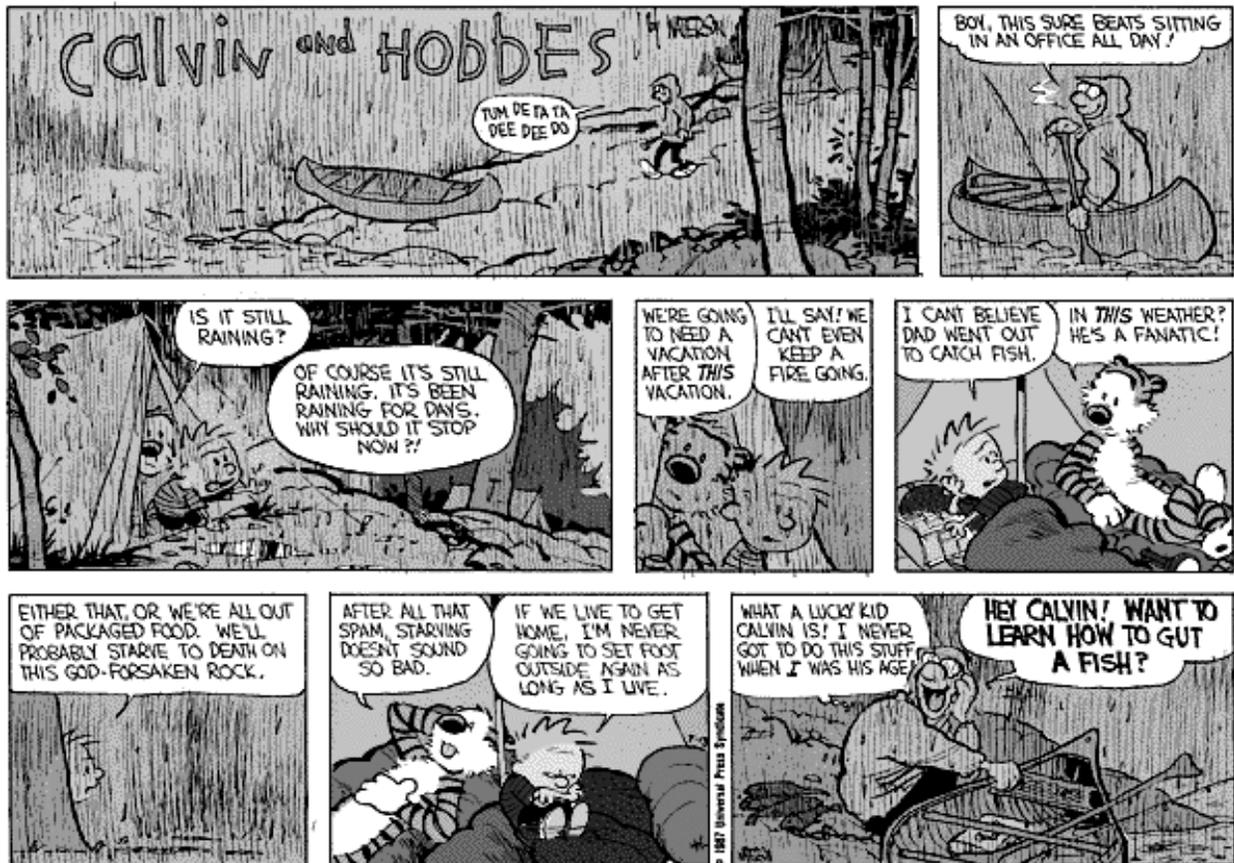
1/4 tsp. onion powder

1/4 tsp. garlic powder

3/4 Cup + 2 Tbsp. water

*At Home:* Place all of the ingredients except for the water in a small Ziploc bag.

*On the Trail:* Heat water until almost boiling. In a small bowl combine the tomato powder, salt, onion powder and garlic powder. Pour hot water over powder mixture and stir until thoroughly dissolved. Use in place of an 8-oz. can of tomato sauce in any recipe.



## Trail Baking Techniques

Have you ever wished you could have a hot biscuit or muffin in the morning but not carry a ton of weight or a huge pot? You can!

Smooth out a new windscreen and lay your kettle on top. Trace the shape and then, using scissors, cut it out. Trim it down a bit so that it will fit in your pot, about 1/4" smaller than the inside of the pot. You want it so you can drop it into the pot.



Using a ruler trace a grid of 1/2" squares on it. Use a tiny Phillips head screwdriver or awl to do this. All you have to do is gently drag the screwdriver or awl on the metal to leave a light line. Find a scrap piece of wood to set your circle on top of. Use the screwdriver to punch a hole carefully at the intersection of each square on the grid and also in the center of each square.



Cut another piece of the metal about 14" long and 1" wide (longer if it is for a pot bigger than the cup shown above). This is what sits at the bottom of the pan, and is spiraled, to hold the circle up off of the bottom.

When ready to start baking, put the spiral in the pan. Put water in until it is almost to the top of the spiral. Top with the circle. Put the pan on your stove and bring it to a boil. As soon it is boiling lower the stove heat to where it is barely burning, place your item to be baked on the disc (see the following recipes), and put the lid on the pan. Start the timer for 15 minutes. With the low amount of water in the pan it will continue to gently simmer/boil and conserve fuel use. When the time is up, turn the stove off and let it sit for 5 minutes.

Do not take the lid off of the pan while cooking items that raise (biscuits, cakes, etc.) as the cold air can cause the items to flop. 15 minutes seems perfect for cooking time, along with a 5 minute rest. While the items don't get browned, they will be perfectly cooked through, moist and tender as well! The weight of the materials (not counting your pot) is less than 1/4 of an ounce.

## Trail Baking Recipes

### Basic Biscuit Recipe

Servings: 1

| Amount      | Measure | Ingredient -- Preparation Method |
|-------------|---------|----------------------------------|
| 1/4 cup + 2 | 2 Tbsp. | Bisquick                         |
| 2           | Tbsp.   | Water                            |

*At Home:* Put the Bisquick in a small Ziploc bag.

*On the Trail:* Place the ingredients in a freezer bag and seal it. Mix it by carefully kneading the bag. Use your knife and cut off a corner of the bag. Squirt the batter into aluminum muffin liners. Doing it this way gives you a nice clean muffin or biscuit. Place the aluminum muffin liners directly on the aluminum disc and bake as outlined above.

### Strawberry Shortcake Recipe

Servings: 1

| Amount      | Measure | Ingredient -- Preparation Method |
|-------------|---------|----------------------------------|
| 1/4 cup + 2 | 2 Tbsp. | Bisquick                         |
| 3           | Tbsp.   | Water                            |
| 2           | tsp     | Powdered milk (Nestle Nido)      |
| 1 1/2       | tsp     | Sugar                            |

*At Home:* Put the dry ingredients in a Ziploc bag.

*On the Trail:* Add the water to the Ziploc bag and seal it. Mix it by carefully kneading the bag. Use your knife and cut off a corner of the bag. Squirt the batter into aluminum muffin liners. Doing it this way gives you a nice clean muffin. Place the aluminum muffin liners directly on the aluminum disc and bake as outlined above. Rehydrate some freeze-dried strawberries and make some milk from powdered milk mix to go with the shortcake for a delicious treat.

### Instant Cake Mix Recipe

Servings: 1

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3      | Tbsp.   | Your favorite instant cake mix   |
| 1      | tsp     | Powdered milk (Nestle Nido)      |
| 2      | Tbsp.   | Water                            |

*At Home:* Put the dry ingredients in a Ziploc bag.

*On the Trail:* Add the water to the Ziploc bag and seal it. Mix it by carefully kneading the bag. Use your knife and cut off a corner of the bag. Squirt the batter into aluminum muffin liners. Doing it this way gives you a nice clean muffin. Place the aluminum muffin liners directly on the aluminum disc and bake as outlined above. Feel free to add nuts, chocolate chip morsels, or whatever else suits your fancy.



### Pizza Muffins

Servings: 4

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 3/4    | cup     | Bisquick baking mix              |
| 1/4    | cup     | Mozzarella cheese                |
| 1      | Tbsp.   | Diced pepperoni                  |
| 1      | Tbsp.   | Tomato powder                    |
| 1      | tsp     | Italian seasoning                |
| 6      | Tbsp.   | Water                            |

*At Home:* Place all the dry ingredients into a quart freezer bag.

*On the Trail:* Add the 6 tablespoons of water and 1 tablespoon of diced pepperoni to the bag; seal and knead the bag until well mixed. Be sure to get the corners as well. Divide the dough between 4 aluminum muffin liners. Bake as outlined above.

### Garlic Cheddar Biscuits

| Amount | Measure | Ingredient -- Preparation Method                    |
|--------|---------|---|
| 1 1/4  | cups    | Bisquick baking mix                                 |
| 1/3    | cup     | Milk reconstituted from Powdered milk (Nestle Nido) |
| 3      | Tbsp.   | Squeeze butter                                      |
| 1/2    | cup     | Grated cheddar cheese (or Parmesan cheese)          |
| 1/2    | tsp     | Garlic powder                                       |
| 1/4    | tsp     | Dried parsley flakes                                |
| 1/2    | tsp     | Salt  |

*At Home:* Place all the dry ingredients into a quart freezer bag.

*On the Trail:* Add the butter and milk to the bag; seal and knead the bag until well mixed. Be sure to get the corners as well. Divide the dough between 12 aluminum muffin liners. Bake as outlined above.

### Backpacker Cobbler

Servings: 24

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | box     | White cake mix                   |
| 1/3    | cup     | Olive oil                        |
| 1      | cups    | Water                            |
| 6      | oz.     | Freeze dried berries             |
| 1/2    | cup     | Sugar                            |

*At Home:* Place the cake mix in a Ziploc freezer bag. In a second Ziploc bag put the freeze-dried fruit and sugar.

*On the Trail:* Add the olive oil and water to the cake mix in the Ziploc freezer bag and seal it. Mix it by carefully kneading the bag. In second Ziploc bag, rehydrate the dried fruit and sugar with a minimal amount of water. Transfer the rehydrated fruit to your cake batter and thoroughly mix. Use your knife and cut off a corner of the bag. Squirt the batter into aluminum muffin liners. Doing it this way gives you a nice clean muffin. Place the aluminum muffin liners directly on the aluminum disc and bake as outlined above for a delicious treat.

## Backpacking Stove Pot Support Stand

One of the main problems cooking with most backpacking stoves is the small base upon which the pot sets. If you are not careful, supper can slide off of the stove and spill on the ground. This is a real bummer at the end of a long hard day of hiking. You can reduce this problem with extra support for the pot with a pot stand cut out of 1/2" x 1/2" hardware cloth (Fig. 1). Hardware cloth is strong enough to support a pot, but weighs next to nothing. The following instructions are for a MSR Whisperlite stove (older model). Please check that it works with your model. This design can be modified to work with many other stoves.



*Fig. 1: Whisperlite stove and 1/2" x 1/2" hardware cloth pot support shown without windscreen*

### Tools and Supplies Needed:

Wire cutters

Coarse sand paper or metal file to smooth wire ends

Scissors

1/2" x 1/2" hardware cloth (sold in hardware stores)

Aluminum windscreen material or aluminum pie pan

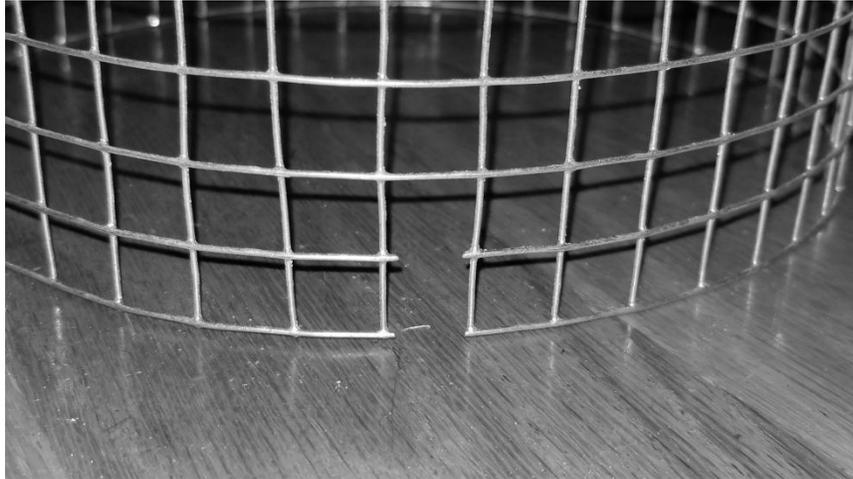
Cut the hardware cloth to the desired height and length for your pots and stove with the wire cutters. Cut a strip of 1/2" x 1/2" hardware cloth 7 squares high by 44 squares long. This works well for the Whisperlite stove and keeps the pot close enough to the stove for good heat transfer. If you are using the newer Whisperlite International stove, the hardware cloth will need to be 7 squares high by 48 squares long. You will also be able to nest the pot support inside of your pot when packing. File or sand the cut ends to smooth them out.

Using an aluminum windscreen or aluminum pie pan and scissors, cut seven 1" x 3/8" strips. Bend the hardware cloth into a circle and fasten the ends together by wrapping the 1" x 3/8" strips of aluminum windscreen material around the corresponding wires. Wrap the aluminum strips tightly around both wires until it is all used. The eraser end of a pencil is useful for pushing the aluminum strips through the squares. Now you have a flexible but strong joint holding your pot support together (Fig. 2).

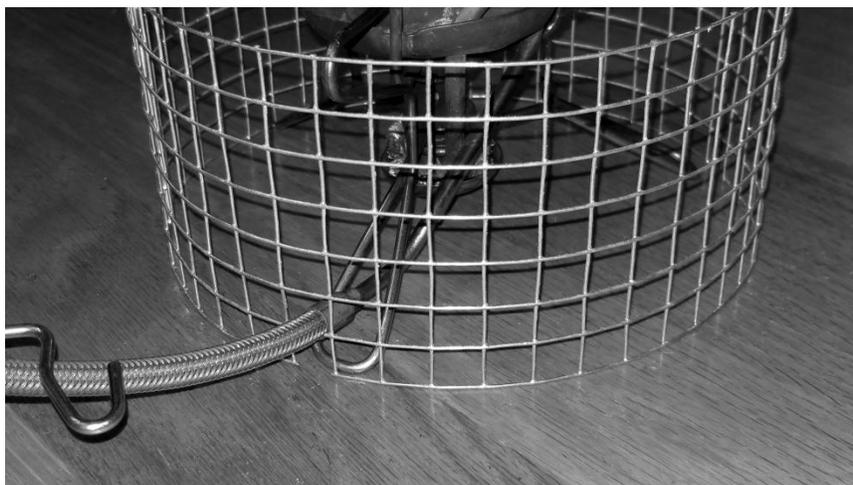


*Fig. 2: Aluminum strips wrapped tightly around the ends makes a strong hinge.*

With the wire cutters, cut a notch in the bottom of the pot stand to allow the Whisperlite stove fuel line to pass through (Fig. 3 and Fig. 4).



*Fig. 3: Fuel line notch*



*Fig. 4: Whisperlite fuel line passing through the notch in the pot stand.*

## Estimating Quantities of Food

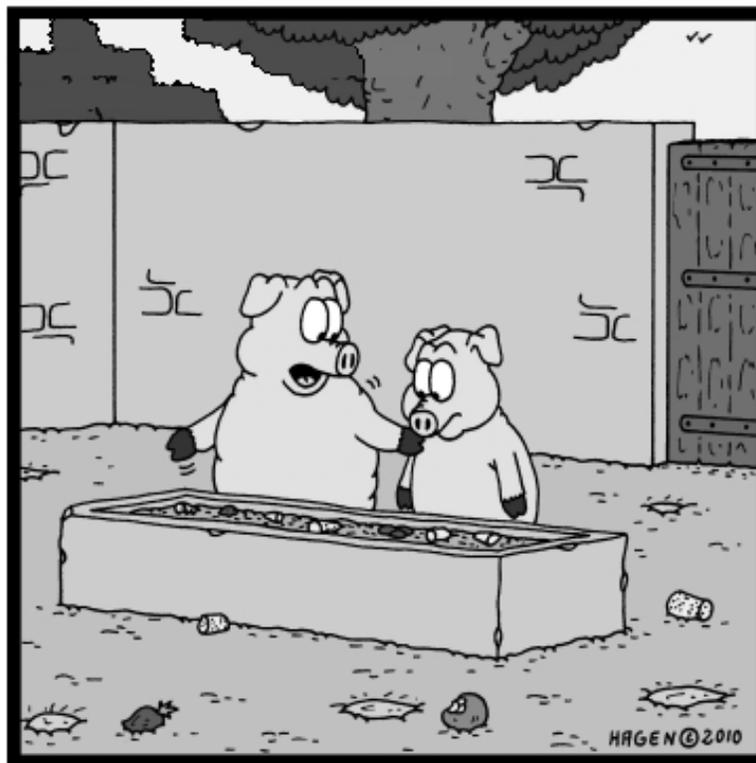
Use these guidelines to determine how much food you'll need. Where normal caloric requirements may be between approximately 2,000 and 2,800 Calories/day/person, the energy requirements for a strenuous or high adventure trip are 3,000 - 5,000 Calories/day/person and winter treks require 1,000 MORE Calories/day 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...

# Backpacking Menu Planner

Number of Participants: \_\_\_\_\_

|       | Breakfast Menu        | Items Needed | Amount/Person | Total Amount Needed |
|-------|-----------------------|--------------|---------------|---------------------|
| Day 1 |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       | <b>Lunch Menu</b>     |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       | <b>Dinner Menu</b>    |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       | <b>Snacks</b>         |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
| Day 2 | <b>Breakfast Menu</b> |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       | <b>Lunch Menu</b>     |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       | <b>Dinner Menu</b>    |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |
|       | <b>Snacks</b>         |              |               |                     |
|       |                       |              |               |                     |
|       |                       |              |               |                     |



## Dehydrating Food

Are you ready to transform the way you eat on the trail? Start dehydrating food and amaze yourself and friends with your culinary creations. With a food dehydrator and these backpacking recipes, you will make the healthiest, most delicious homemade backpacking meals, trail snacks and desserts.

### Why Dehydrate Your Own Backpacking Food?

**Dehydrating food saves money.** If you're in a hurry to get on the trail, you may gladly pay the higher prices of freeze-dried meals, but if you can plan ahead, you'll save money drying your own meals. Each home dehydrated backpacking meal cooks up for about 30% of the cost of a commercial freeze-dried meal such as from Mountain House.

**Save space in the backpack.** Home-dehydrated meals takes up half the space of store-bought freeze-dried meals so you can carry a week's supply of backpacking food without hiring a Sherpa.

**More veggies, please!** Freeze-dried backpacking meals are always light on veggies and heavy on starches. We need starches for energy, but veggies add flavor, texture, and fiber too. With a small amount of home preparation, include healthy portions of colorful, vitamin-rich vegetables in all of your backpacking meals.

**Keep out unwanted ingredients.** Manufacturers of dried meats and fruits douse their products with preservatives, artificial colors, and flavors. Even Quaker Instant Oatmeal slips you fake strawberries and blueberries with the magic of Red 40 and Blue 2. Flavored rice and noodle products from the grocery store often contain MSG, excessive salt, partially hydrogenated oils, and ingredients that would be easier to pronounce if you had paid attention during chemistry class. Free yourself from chemically engineered food by dehydrating food from Mother Nature and you'll feel well-nourished and healthy on the trail.

**Prepare the right size meals.** No one wants to get hungry on the trail, and no one wants to pack out leftovers. Only you know how much food you need. You can easily adjust the quantities up or down to suit your appetite.

**Delicious, homemade taste.** Enough said.

## Choosing a Food Dehydrator

### Important Food Dehydrator Features:

#### Fan

You will grow a beard waiting for bananas to dry if you buy a cheap food dehydrator without a fan. Some banana slices may dry like poker chips while others remain moist. Making bark or fruit leather is nearly impossible without a fan.

#### Adjustable Temperature Settings

Different foods require different temperatures. Excalibur Dehydrators have a range of 105° F to 165° F. (40° to 74° C). Meat is dried at the high end while herbs are dried at the low end. Vegetables and fruits are dried in the 125° to 135° range. One temperature fits all is not a good strategy for drying food.

#### Timer with Automatic Shut off

This optional convenient feature lets you put a load of food in the dehydrator and then go to bed or work. The dehydrator shuts itself off when you tell it to. Another use for a timer is to set the dehydrator to shut off before a food is all the way dry. You can do this when you want to flip bark or fruit leather over after it is about ¾ dry. You can also dry foods with different drying times at the same time. By setting the timer to shut the dehydrator off when you expect one food to be dry, you can then turn it back on to finish the other food without over drying the first... Most dehydrators do not have a timer with automatic shut off.

### Top or Back Mounted Heating Element and Fan

Drippings and crumbs can cause dehydrators with bottom-mounted heating elements to malfunction or fail. Care must be used when operating and cleaning a dehydrator with a bottom-mounted heater and fan.

### Mesh Sheets

Mesh sheets are necessary for drying small vegetables like peas and corn. Mesh sheets are pliable, so they also make it easier to pop off fruits like bananas which tend to stick to plastic when dried.

The Nesco tray structures have wide spaces so small items will fall through without mesh sheets. You have to purchase them separately for Nesco Dehydrators, although a few models include one sample mesh sheet.

### Non-stick Sheets

All dehydrators require the purchase of non-stick sheets or fruit leather trays if you want to dry blended food like mashed potatoes, tomato sauce, and fruit purees. Some models come with a sample. Non-stick sheets are reusable and work better than parchment paper. Never use wax paper. It melts.

### Expandability

Extra stacking trays can be purchased to increase the capacity of dehydrators. Adding too many extra trays may affect the drying consistency of the unit. Temperatures may be higher at the top than at the bottom.

## Learn How to Dehydrate Food

Several food drying techniques are discussed below.

### Dehydrating Meat: Ground Beef

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. 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                            |
| 1/2    | tsp          | Garlic powder                    |
| 1/2    | tsp          | Onion powder                     |
| 1/2    | tsp          | Salt                             |
| 1/2    | tsp          | Black pepper                     |
|        | **Optional** |                                  |
| 1/2    | cup          | Bread crumbs, finely ground      |

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° for six hours. 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.

Backpackers often call dehydrated ground beef "gravel" because it doesn't rehydrate well. Solve this problem by adding bread crumbs to the meat before cooking it. Bread crumbs allow more liquid to penetrate the dried meat when you rehydrate it, so it turns out tender every time. For each pound of beef, sprinkle 1/2 cup of finely ground bread crumbs over the meat. Work the bread crumbs into the raw meat with your fingers. Cook and then dehydrate as discussed above.

**Note:** If you are drying meat for long term storage over one year, omit the bread crumbs. The bread crumbs retain some of the fat from the meat. The dried meat will not rehydrate as well, but can be added to soups that simmer longer than a backpacking meal.

**Dehydrating Meat: Poultry**

Ground turkey or chicken breast is naturally low in fat. You can purchase 98% fat free ground breast meat. Adding breadcrumbs to ground poultry before you cook and dehydrate it results in meat that rehydrates well in meals. The meat retains a pleasant chewiness; you won't have to suffer through extremely tough meat like you will if the breadcrumbs are left out.

Servings: 8

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | lb.     | Ground breast meat               |
| 1/2    | cup     | Bread crumbs, finely ground      |
| 1/2    | tsp     | Garlic powder                    |
| 1/2    | tsp     | Onion powder                     |
| 1/2    | tsp     | Salt                             |
| 1/2    | tsp     | Black pepper                     |
| 1/4    | tsp     | Ground cumin                     |

Work the breadcrumbs and seasoning into the meat a little at a time with your fingers. Form the meat into a ball, set aside for a few minutes, and then pull the meat apart into small pieces. Before you cook the meat on the stove, preheat oven to 350° F. Lightly oil a non-stick pan with one teaspoon of cooking oil. Add all meat at the same time, and fry on medium-high for five to six minutes – until the meat is no longer pink. Stir and flip meat continuously with spatula, chopping any larger pieces in half. Some of the meat will brown lightly, which is a desirable trait.

Transfer fried meat to a glass or ceramic baking dish, and place in preheated oven at 350° for ten minutes. After ten minutes, turn off oven, but leave meat in there for another ten minutes. Don't let any heat out by opening the oven door. After the total of twenty minutes in the oven, remove meat and allow it to cool.

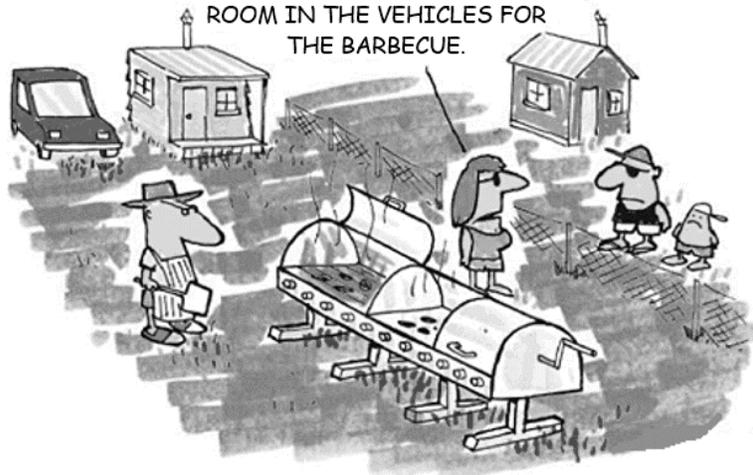
Once cool enough to handle, spread the cooked meat out on dehydrator trays. Tear any larger pieces into smaller pieces. Dehydrate for approximately six hours at 135° F. Since the meat has been thoroughly cooked at a high temperature, there is no need to dehydrate at 160° F. In fact, that can lead to case-hardening, where the outside of the meat dries and hardens while the inside stays moist.

**Dehydrating Meat: Sliced Ham**

Choose lean precooked ham with fat content less than 10%. Deli ham sliced for sandwiches, about 1/16 of an inch thick, is good for dehydrating. Cut ham into 3/4" to 1" wide squares and place on dehydrator trays. Dry at 145° for approximately six hours.

Blot off oil droplets that form on the surface of the meat with paper towels a couple of times while drying.

WE HAD TO LEAVE THE  
SCOUTS AT HOME THIS YEAR.  
THERE WAS ONLY ENOUGH  
ROOM IN THE VEHICLES FOR  
THE BARBECUE.



## Best Ever Beef Jerky Recipe

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 5      | lb.     | Brisket, lean                    |
| 2      | cups    | Kikkoman soy sauce               |
| 2      | cups    | Worcestershire sauce             |
| 2      | cups    | Thick, flavorful teriyaki sauce  |
| 1      | cup     | Liquid smoke                     |
| 1/2    | cup     | Karo dark corn syrup             |
| 3      | Tbsp.   | Sesame seeds                     |
| 3      | Tbsp.   | Garlic powder                    |
| 3      | Tbsp.   | Onion powder                     |
| 3      | Tbsp.   | Brown sugar                      |
| 1      | tsp     | Cayenne pepper                   |

Put the meat in the freezer for an hour to make slicing easier. Slice meat *with* the grain as thin as possible (less than 0.6 cm or 1/4"). If you're lazy or not great with the knife, call the butcher ahead of time and ask him to slice 5 lb. of lean brisket at this thickness. The leaner the meat is, the better and longer-lasting the jerky.

In a large container, mix the soy sauce, Worcestershire sauce, teriyaki sauce, liquid smoke, and dark corn syrup. Add the garlic powder, onion powder, sesame seeds, brown sugar, and cayenne pepper. Add more if you like it spicy, but a little goes a long way. Stir well, and then drop your meat into the marinade. Your meat should be fully submerged. Close or cover the container(s), then leave in the refrigerator for at least 24 hours.

Once the meat is well marinated, it's time to dry it: Cover the bottom of your oven with aluminum foil. Things will get messy. Place the meat on the racks of your dehydrator, one next to the other. Set your oven temperature to 160°F.

Let it dry for 3 hours, and then turn over the jerky. After another 3 hours, it should be done. The total time, however, is dependent on the thickness of the meat and the temperature of the oven. The jerky is done when it's dry enough that you can rip off a piece easily, but before it snaps when you bend it.

Leave meat out in the air to cool. It is now ready to eat. The longer you leave it out to cool, the drier it will get. After no longer than 24 hours, store it in sealed Ziploc bags. Without refrigeration, it will be good for 4–6 months.

## Cooking and Dehydrating Pasta

### *2 Reasons to Precook and Dehydrate Pasta*

1. A large portion of pasta cooked in one pot requires less fuel and time to cook on the trail when it has already been precooked and dried.
2. If you want to rehydrate macaroni with cold water, such as for a no-cook lunch of macaroni salad, you will only succeed if you precook and dry it. Allow enough time on the trail for it to rehydrate.

For each cup of pasta (approximately 100 grams) to be cooked, add one teaspoon of salt to a quart of water and bring it to a rapid boil. Add the pasta and reduce heat to maintain a gentle boil. Slightly undercook the pasta. If the instructions on the box say to boil the pasta for eight to twelve minutes, strain off the water at seven minutes. Immediately rinse the pasta two times in cold water. That stops the cooking and ensures that the pasta will not stick together on the dehydrator tray. Spread the cooked pasta out on dehydrator trays in one layer. There is no need to use a non-stick sheet, as that would only slow down dehydration. Set the dehydrator thermostat at 135° F and the pasta should be dry in about four hours.

### **How Much Water Should Be Used to Rehydrate Pasta?**

1/2 cup dried pasta requires 1/4 cup of water to rehydrate.

### **Cold Water Rehydration**

The same pasta and water quantities as listed above (1/2 cup pasta and 1/4 cup water) requires two hours to rehydrate.

## **Dehydrating 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.

There is no need to cook a vegetable before drying if it is one that you would eat raw in a salad such as pepper, tomato, mushroom or onion. All you have to do is clean, cut uniformly and spread in a single layer on dehydrator trays. You can go either way with carrots, but steaming them will turn them a nice dark orange when dried.

A vegetable that you would normally cook before eating such as corn, peas, broccoli and green beans will usually rehydrate better and make them more digestible in trail meals if you steam them for eight minutes before drying.

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. Avoid drying mixed vegetables with lima beans because they rehydrate poorly.

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

- Steam the vegetables for 8 minutes before placing on the dehydrator trays in a single layer, 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.

**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. (8 – 12 hours)

**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 (8 – 12 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.

**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 (12 – 18 hours). If you are dehydrating canned pineapple, it will take up to twice as long because of the extra juices.

**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 (8 – 12 hours).

**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.

**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 (8 – 12 hours depending on the juiciness of the mangos you are working with).

**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).

**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).

**Food-Drying Yield Estimator**

| Food              | Starting Quantity                    | Approx. Yield Dry |
|-------------------|--------------------------------------|-------------------|
| Apples            | 1 pound (2-3 medium apples)          | 1 cup             |
| Bananas           | 1 1/2 pounds (5 large bananas)       | 2 cups            |
| Pears             | 1 1/4 pounds (4 medium pears)        | 1 1/2 cups        |
| Pineapple         | 4 pounds (1 large pineapple)         | 3 cups            |
| Peaches           | 1 pound (3 medium peaches)           | 1 cup             |
| Frozen Vegetables | 1 pound (any kind)                   | 3/4 cup–1 cup     |
| Tomatoes, diced   | 9 medium tomatoes                    | 1 cup             |
| Onions            | 1 1/2 pounds (2 large onions)        | 1 cup             |
| Bell Peppers      | 2 pounds (4 medium to large peppers) | 1 cup             |
| Mushrooms         | 1 pound                              | 1–1 1/2 cups      |
| Tomato Sauce      | 16-ounce jar                         | 1 cup             |
| Ground Beef       | 1 pound                              | 1 1/2 cups        |
| Chicken           | 12.5-ounce can                       | 3/4 cup–1 cup     |
| Beans             | 15-ounce can                         | 1 cup             |

**Dehydrating vs. Freeze-Drying Backpacking Meals**

**Shelf Life:**

There's a common misconception that "dehydrated food" and "freeze-dried food" are the same; they are not. Dehydration removes about 70% of the water. In this situation, the food is only good for a few months. Freeze drying removes 99% of the water. Most home dehydrated products like dried fruit, meat, and vegetables have a shelf life of 1 year or less. Those same foods preserved with a freeze dryer can have a 25-year shelf life.

**Nutrition:**

Freeze-dried foods retain 95-98% of the vitamins and minerals found in their original state because of the sublimation process that is used to extract the water. The nutritional value of dehydrated food is generally around

60% of equivalent fresh food. This loss is largely due to the heat used during dehydration which breaks down the food's vitamins and minerals.

**Taste:**

Let's be honest – it all comes down to taste, and that's the thing that can make all the difference. No one likes eating backpacking meals that taste like cardboard. Therefore, it is vital for the original flavor to stay untouched. The good thing is that both of the methods we're comparing here are more than capable of preserving the food's original flavor. However, as we've explained above, they are still quite different from each other and one of them is better at keeping the flavor at the same level as before. Freeze-dried backpacking meals are a clear winner in this category due to the fact that they're prepared with little heat. When freeze-dried food is rehydrated and ready to eat, it will taste the same as if you had just made the dinner.

Dehydration, on the other hand, removes the water from food by using a lot of heat, which, in turn, affects its smell and taste. Dehydrated vegetables can be harder on your stomach to digest if they don't fully hydrate, and they can be chewy at times.

**Variety:**

Another great argument for freeze drying is variety. Almost any food can be freeze dried for preservation and food storage. Meats, fruits, vegetables, desserts—even full meals. A far greater variety of foods can be freeze dried than can be dehydrated. Imagine trying to use a home dehydrator to preserve an ice cream sandwich, a raw egg, or cheese. It would fail miserably. Not so if freeze dried.

**Rehydration time:**

Freeze-dried foods rehydrate more quickly, usually in 5 minutes or less, using hot or cold water. Dehydrated foods usually take 10-20 minutes to rehydrate, provided you use boiling water, requiring a longer wait and more stove fuel, both, which are problems for hungry backpackers!

**Weight:**

Freeze-dried foods are lighter than dehydrated foods due to more water being removed. This is especially important when backpacking.

**Space Savings:**

Many food items are considerably smaller after dehydration. Some items will be up to 90% smaller. It tends to be very flat and/or shriveled in texture. It won't look like it did when fresh. Although dehydrated food may have a shriveled appearance, it will plump up when added to boiling water for at least 10-20 minutes. Freeze-drying keeps the food's original look and is lighter in weight due to no moisture. However, it will take up more space in meal packets and in your bear canister.

**Cost:**

Freeze-drying requires expensive equipment (~\$2300). Dehydrators, on the other hand, are a much lower cost option (~\$75-\$125). This provides backpackers with a low-cost option for compacting and preserving their food.

**The Verdict:**

In summary, freeze-dried backpacking meals beat dehydrated food in most categories. They stay edible for a longer time, they keep more of the food's original nutritional value and taste, and they're significantly lighter with faster rehydration times.

However, that doesn't mean that dehydrated backpacking meals should be discarded altogether. The biggest advantages of opting for dehydrated food for your backcountry trips are cost and space.

Consider the differences listed above as well as the advantages and disadvantages of each option for your situation and budget before making the ultimate decision.

## Cooking Measurement Equivalents

### Measurement Equivalents

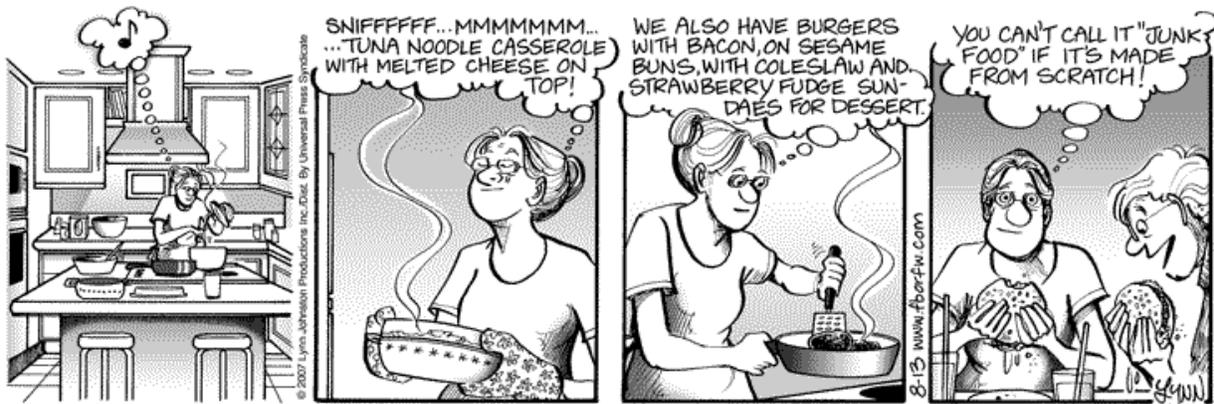
|        | Tsp | Tbsp. | Oz  | Cup  | Pint | Quart | Gallon |
|--------|-----|-------|-----|------|------|-------|--------|
| Tsp    | 1   | 1/3   | 1/6 | 1/48 |      |       |        |
| Tbsp.  | 3   | 1     | 1/2 | 1/16 | 1/32 |       |        |
| Oz     | 6   | 2     | 1   | 1/8  | 1/16 |       |        |
| 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      |

## Packing Foods for Backpacking

Repackage ingredients and meals into Ziploc freezer bags which are more durable than regular bags. This will minimize space and weight. Cut off the instructions and include it with the meal ingredients. Ziploc bags can be re-used while on the trail to organize necessities, trash, or to keep items dry and clean.

Label each Ziploc bag. Write down the meal name, amount of water to add, simmer time, or any other specific cooking instructions. Write it on the bag itself, or on a small slip of paper that you can insert inside the bag.

Group all ingredients by meals and put into larger (gallon size) Ziploc bags. Double bag powdered milk and other powdered drinks. You can put the instructions from the original packing between the bags. Be careful not to over pack on food! Remember, we can survive several days without food, but drinking water is critical. If you run out of water, do not eat. Your body requires extra water to digest food. Plan 1.5 – 2 lbs. of total food (including snacks) per person per day.



# Rehydration Chart

## Dehydrated Vegetables

Dehydrated vegetables maintain a high level of their nutritive value and can be used in a variety of recipes. To rehydrate vegetables, combine 1 part vegetable with 2 parts water. Then, simmer for about 10-15 minutes, or soak for 1-2 hours. It is not necessary to rehydrate vegetables prior to using them in a recipe that requires cooking.

| VEGETABLES            | YIELD BY VOLUME*      | YIELD BY WEIGHT*      |
|-----------------------|-----------------------|-----------------------|
| Broccoli Flowerets    | 1 cup yields 3 ¼ cups | 2 oz. yields 14 oz.   |
| Cabbage               | 1 cup yields 3 ½ cups | 2 ½ oz. yields 14 oz. |
| Carrots               | 1 cup yields 4 cups   | 4 oz. yields 21 oz.   |
| Celery                | 1 cup yields 3 ¼ cups | 2 oz. yields 12 oz.   |
| Chives                | 1 cup yields 1 cups   | ½ oz. yields 3 oz.    |
| Corn                  | 1 cup yields 2 cups   | 3 ½ oz. yields 10 oz. |
| Garlic                | 1 cup yields 3 cups   | 6 oz. yields 20 oz.   |
| Green Beans           | 1 cup yields 3 cups   | 2 ¼ oz. yields 13 oz. |
| Jalapeño Dices        | 1 cup yields 2 ½ cups | 1 ½ oz. yields 12 oz. |
| Leeks                 | 1 cup yields 1 ¼ cups | ½ oz. yields 4 oz.    |
| Mushrooms, Fancy      | 1 cup yields 1 cups   | ¾ oz. yields 3 oz.    |
| Mushrooms, Shitake    | 1 cup yields 1 cup    | ¾ oz. yields 6 oz.    |
| Onions                | 1 cup yields 3 cups   | 3 ½ oz. yields 16 oz. |
| Shallots              | 1 cup yields 3 cups   | 2 oz. yields 16 oz.   |
| Sweet Peas            | 1 cup yields 2 cups   | 4 ½ oz. yields 14 oz. |
| Sweet Potatoes        | 1 cup yields 2 cups   | 4 oz. yields 16 oz.   |
| Peppers, Mixed        | 1 cup yields 2 ½ cups | 2 oz. yields 14 oz.   |
| Potatoes, Diced       | 1 cup yields 2 cups   | 3 oz. yields 12 oz.   |
| Spinach Flakes        | 1 cup yields 1 ½ cups | 1 oz. yields 8 oz.    |
| Tomato Dices          | 1 cup yields 1 ¼ cups | 2 oz. yields 10 oz.   |
| Tomato Powder (paste) | 1 cup yields 2 ½ cups | 5 ½ oz. yields 16 oz. |
| Tomato Powder (sauce) | 1 cup yields 6 ½ cups | 5 ½ oz. yields 52 oz. |
| Vegetable Soup Mix    | 1 cup yields 6 cups   | 3 oz. yields 52 oz.   |
| Zucchini, Diced       | 1 cup yields 2 ½ cups | 1 ½ oz. yields 12 oz. |

## Dried Beans & Legumes

No sorting, cleaning, or soaking is necessary for our dried beans and legumes. Simply add 1 cup of water to 1 cup of beans, simmer for 10-15 minutes.

| BEANS                | YIELD BY VOLUME     | YIELD BY WEIGHT       |
|----------------------|---------------------|-----------------------|
| Lentils              | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Split Peas           | 1 cup yields 2 cups | 5 ½ oz. yields 16 oz. |
| Red Beans            | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Black Beans          | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Navy Beans           | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Great Northern Beans | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Dark Kidney Beans    | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Pinto Beans          | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |
| Garbanzo Beans       | 1 cup yields 2 cups | 4 oz. yields 16 oz.   |

## Freeze Dried Vegetables

These light, airy vegetables can be eaten raw or rehydrated instantly in water. To rehydrate, add 1 cup of water to 1 cup of vegetables. Then, heat and serve.

| VEGETABLES         | YIELD BY VOLUME*   | YIELD BY WEIGHT*       |
|--------------------|--------------------|------------------------|
| Corn, Super Sweet  | 1 cup yields 1 cup | 1 ½ oz. yields 4 ½ oz. |
| Peas, Green Garden | 1 cup yields 1 cup | 2 ¼ oz. yields 8 oz.   |
| Soybeans           | 1 cup yields 1 cup | 2 oz. yields 6 oz.     |
| Mushrooms, Sliced  | 1 cup yields 1 cup | ½ oz. yields 3 ¼ oz.   |

\*Note: Vegetable weights will vary from crop to crop due to density, and other growing factors. These yields are approximate based on extensive actual kitchen testing.

## Freeze Dried Fruit

Our fresh-tasting freeze dried fruit is a customer favorite and easy to use. You can eat these fruits directly from the container for a healthy snack or rehydrate them instantly in water or milk. For a delicious pie or pastry filling, add 1 cup of water to 1 cup of fruit.

| FRUIT               | YIELD BY VOLUME*   | YIELD BY WEIGHT*       |
|---------------------|--------------------|------------------------|
| Apple Dices         | 1 cup yields 1 cup | 1 oz. yields 4 oz.     |
| Apricot Dices       | 1 cup yields 1 cup | ¾ oz. yields 3 oz.     |
| Banana Slices       | 1 cup yields 1 cup | 2 oz. yields 4 oz.     |
| Cherries, Whole     | 1 cup yields 1 cup | 1 ½ oz. yields 4 oz.   |
| Mango Dices         | 1 cup yields 1 cup | 1 ½ oz. yields 4 oz.   |
| Papaya Dices        | 1 cup yields 1 cup | 1 oz. yields 4 oz.     |
| Pineapple Chunks    | 1 cup yields 1 cup | 1 ¼ oz. yields 4 oz.   |
| Strawberries, Whole | 1 cup yields 1 cup | ½ oz. yields 3 ½ oz.   |
| Blueberries         | 1 cup yields 1 cup | 1 oz. yields 4 oz.     |
| Raspberries         | 1 cup yields 1 cup | 1 ¼ oz. yields 4 ½ oz. |
| Blackberries        | 1 cup yields 1 cup | ¾ oz. yields 3 ½ oz.   |

## TVP

TVP can be added directly to soups and stews, or rehydrated for a healthy, meatless option. To rehydrate, add 2 cups of water to 1 cup of TVP and soak or simmer for 5-10 minutes. Because this product is already precooked, you can use it “raw.”

| TVP                | YIELD BY VOLUME       | YIELD BY WEIGHT     |
|--------------------|-----------------------|---------------------|
| Beefish Bits       | 1 cup yields 3 cups   | 4 oz. yields 20 oz. |
| Beefish Chunks     | 1 cup yields 1 ½ cups | 2 oz yields 6 oz.   |
| Chickenish Bits    | 1 cup yields 2 ½ cups | 4 oz. yields 16 oz. |
| Hamish Bits        | 1 cup yields 2 cups   | 4 oz yields 14 oz.  |
| Taco Flavored Bits | 1 cup yields 2 cups   | 4 oz yields 12 oz.  |
| Chickenish Chunks  | 1 cup yields 1 ½ cups | 3 oz. yields 6 oz.  |
| Plain TVP          | 1 cup yields 2 ¼ cups | 3 oz. yields 14 oz. |

