Backpacking Recipes

Breakfast

**Breakfast Scramble** Makes 1 serving

|  |  |
| --- | --- |
| 1 3/4 cup [instant mashed potatoes](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+aa11105.html)1/2 cup [freeze-dried eggs with bacon](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+aa10810.html)1 1/2 cup water | 1 Tbsp dry milkCheddar cheese (optional) |

At home: Combine all dry ingredients in a zip lock freezer bag. On the trail: Heat water in pot (the hotter the better). Add to freezer bag and stir. Let sit for 5 minutes.

**Trail Pancakes** Makes approx. 6 pancakes

|  |  |
| --- | --- |
| 1 cup Biscuit mix1 Tbsp dry milk1 Tbsp sugar | 2/3 cup water1 Tbsp squeeze margarine or vegetable oil |

At home: Add mix, milk and sugar into a zip lock bag. Seal and shake well. On the trail: Add water and margarine to bag, seal and squish bag with hands to mix. Cut hole in a corner of the bag and squeeze onto a hot pan. Cook until bubbles form then cook the other side.

**Cherry Almond Oatmeal** Makes 1 serving

|  |  |
| --- | --- |
| 1 packet instant oatmeal2 Tbsp [dried cherries](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=cherries)1 Tbsp slivered almonds | 1 Tbsp powdered milk1 tsp brown sugar |

At home: Combine everything in a freezer zip lock bag. On the trail: Add 2/3 cup boiling water to oatmeal (or more if you like a thinner cereal).

**Spam and Eggs** Makes 1 serving

|  |  |
| --- | --- |
| 1 single serving packet Spam (3 oz) or shelf stable bacon1 sun dried tomato, cut up | 2 fresh eggs (or egg powder)1-2 Tbsp Parmesan or Romano cheese1-2 Tbsp vegetable oil |

At home: Put eggs in a [hiking egg carrier](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cg812a.html). Put sun dried tomato and cheese into a zip lock bag. Carry oil in a spill-proof container. On the trail: Add oil to a pan. Dice Spam into 1/4 inch chunks. Fry for a couple of minutes, until the Spam begins to brown, then add eggs and sun dried tomatoes. Scramble and cook until eggs are done. Serve topped with Parmesan cheese. Eggs can go bad quickly, so use on the beginning of your trip.

**Hangdog Oatmeal** Makes 1 serving

|  |  |
| --- | --- |
| 2 1/2 cups oatmeal2 Tbsp brown sugar | 1/2 cup [dried bananas](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=bananas), powdered3/4 cup chocolate chips |

At home: Mix ingredients into zip lock bag. On the trail: Boil 4 cups of water into separate pan. Stir in contents of zip lock bag and reboil. Remove from stove and set aside until cool.

**Cranberry Orange Rice** Makes 1 serving

|  |  |
| --- | --- |
| 1/4 cup instant rice1 Tbsp [dried cranberries](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=cranberries)1/2 tsp ground cinnamon | 1 packet [True Orange](http://www.packitgourmet.com/True-Orange-Natural-Crystallized-Orange-p71.html) 1 tsp citrus juice or zest1 Tbsp powdered milk1 tsp brown sugar |

At home: Combine everything except the honey into a zip lock bag. Carry honey separately. On the trail: Pour mix into pan and add enough boiling water to cover. Let stand until rice is tender. Top with honey and serve warm. True Orange is available at [www.truelemon.com](http://www.truelemon.com/true-orange.html) or some stores.

**Berry Sensation** Makes 1 serving

|  |  |
| --- | --- |
| 1 cup Frosted Mini-Wheats1/2 cup [dried strawberries](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=strawberries) or raspberries | 1/4 cup yogurt covered raisins1/4 cup chocolate chips, milk or dark |

At home: Combine all ingredients into zip lock bag. On the trail: Eat as breakfast or a snack.

**Berry Almond Cream of Wheat** Makes 1 serving

|  |  |
| --- | --- |
| 1 single serving package plain cream of wheat2 Tbsp [freeze-dried strawberries](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=strawberries) or raspberries1/2 tsp ground cinnamon | 1 tsp sugar1 Tbsp powdered milk1 Tbsp slivered almonds |

At home: Put everything in a freezer zip lock bag. On the trail: Add enough hot water to cover, stir. Let sit for 5 minutes. Stir again and enjoy.

**Chocolate Banana Oatmeal** Makes 1 serving

|  |  |
| --- | --- |
| 1/3 cup instant oatmeal1 tsp unsweetened cocoa powder2 Tbsp powdered milk | 2 tsp brown sugar1/4 cup [freeze-dried bananas](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=bananas)Chocolate cookies, crumbled (optional) |

At home: Combine all but the cookies into a zip lock bag. Pack cookies separately. On the trail: Bring 1 cup of water to a boil, add oatmeal mix and stir. Simmer until cooked through. Serve topped with the cookies.

**Oatmeal and Blueberries** Serves 2

|  |  |
| --- | --- |
| 4 packets (1 cup or 170 grams) instant oatmeal¼ cup of dried blueberries | ¼ cup of crushed walnuts |

At home: Combine blueberries and walnuts in own zip lock. In camp: Follow instructions on package. Add water to individual cups or bowls of oatmeal, stir and mix. Add additional water as needed. Add blueberries and walnuts. You can substitute dried cranberries, strawberries, chocolate chips, other nuts, etc.

**Gouda Breakfast Burrito**

|  |  |
| --- | --- |
| 3-4 ounces Gouda (cheese)½ cup Powder Eggs or EggBeaters | 4-6 ounces salsa8 tortillas |

At home: Slice Gouda cheese into 6 slices and place in a ziplock bag. Pack salsa in a small airtight container. Add powdered eggs to another ziplock bag or freeze EggBeaters. On the trail: Mix powered eggs with water according to instructions. Add eggs to pan and stir over low heat. As eggs start to congeal, add salsa. Layer cheese on top and cover to melt cheese. Serve with tortilla.

Lunch & Snacks

**Ready to Eat Swiss, Ham, and Apple Bagel** Serves1

|  |  |
| --- | --- |
| 3-4 slices of ham1 slice of Swiss2 slices of caramelized onions | 1 bagel3 apple slices enough to fit on sandwich |

At home: On a stovetop cook apple slices until brown; if you like onions fry them until caramelized. Add the ham, apple and/or onions, then Swiss to one bagel slice then place both bagel slices face out under the broiler. As soon as the cheese melts close the sandwich and place in fridge. On the trail: Serve cold or reheat.

**Fusion Spam Sliders** Recipe makes 1 slider, one serving is 3 sliders

|  |  |
| --- | --- |
| 2 tablespoons bagged slaw (pre-rinsed)2-3 thin slices of fresh ginger1 packet (1 tsp) soy sauce | 1 Hawaiian roll1 slice of Spam |

At home: Cut spam into slices and fry until crispy to improve taste. Pack slaw and Spam in a ziplock bag. On the trail: Assemble on roll.

**No-Bake Peanut Butter Energy Bars** Makes 16 (2×2 inch) bars

|  |  |
| --- | --- |
| 1 cup peanut butter3/4 cup honey | 3 cups quick (instant) oatmeal |

**At home:** Combine peanut butter and honey in a medium saucepan and warm over low heat. Stir constantly until mixed thoroughly. Remove from heat and add in oatmeal (and optional items - dried fruit, nuts, coconut, protein powder, seeds, flax, or wheat germ). Press into a 9×9 inch ungreased pan and let cool. Cut into bars and store in plastic baggies. No need to refrigerate.

**Hummus** Makes 6 servings

|  |  |
| --- | --- |
| 2 12-ounce cans of chickpeas2 Tbsp olive oil6 Tbsp sesame tahini | 4 garlic cloves, mincedJuice of three lemons |

**At home:** Mash chickpeas with fork. Add the olive oil, tahini and lemon juice. If the mix is too thick, add two tablespoons of water. Add the garlic. Mix until smooth. Store it in a zip lock bag.

**On the trail:** Serve with slices of pita bread. For less weight use dry hummus.

**Lemon Ginger Granola**

|  |  |
| --- | --- |
| 2 cups rolled oats1/4 cup wheat germ1/2 cup walnuts, chopped3 Tbsp brown sugar1/4 cup honey | 1 Tbsp vegetable oilJuice and zest of 1 lemon1 Tbsp grated fresh ginger1/4 cup golden raisins1/4 cup candied ginger, chopped |

**At home:** Preheat oven to 250° F. In a large bowl, combine the oats, wheat germ, nuts and brown sugar. In a separate bowl, combine the honey, lemon zest and juice and grated ginger. Combine both mixtures, tossing very well to combine. Pour onto a cookie sheet and spread out evenly. Bake, stirring every 15 minutes until the mixture is as dark as you’d like it to be. Allow to cool. Store in a air-tight container.

**Ford Wraps** Makes 1-2 serving

|  |  |
| --- | --- |
| 1 package smoked salmon (in sheets)2 single serving packages cream cheese | 2 large tortillas |

**At home:** Pack cream cheese and salmon separately. **On the trail:** Spread 1 package of cream cheese on each of the tortillas. Put half of the salmon on each. Roll and eat.

Backpacking Tip: Protect tortillas by packing inside plates or pots.

**Latte Bars** Makes 12 dozen

|  |  |
| --- | --- |
| 3 eggs1 1/2 cups sugar2 tsp vanilla1/4 cup butter, melted2 cups all-purpose flour | 1/2 tsp salt1/4 cup instant coffee crystals1/4 cup milk or heavy cream1 cup pecans, chopped1/2 cup mini chocolate chips |

**At home:** Preheat oven to 325° F. Lightly grease a 13×9 inch pan. Beat eggs until light and fluffy. Add sugar, vanilla and butter, beating to combine. Stir in 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.

**Logan Bread** Makes 2 dozen

|  |  |
| --- | --- |
| 7 cups whole wheat flour3/4 cup brown sugar1/2 cup dry milk powder1/2 tsp salt1 tsp baking powder1 tsp cinnamon1 tsp nutmeg | 1/2 cup chopped nuts1 cup raisins, craisins or other dried fruit2 cups water3/4 cup honey3/4 cup molasses3/4 cup melted butter or margarine |

**At home:** Stir dry ingredients together. Then combine water, honey, molasses, and butter or margarine. Stir all the gooey stuff into the dry stuff until you get a stiff dough. Smash into a greased pan. Bake for 1 hour at 300° F. Then turn the oven down to 200° and open the oven door the least amount you can so it still stays open, and thus let it dry out/bake for 2 more hours. This recipe will fill an 11×17 inch pan (1 inch high), and makes about twenty four 2.5 inch square pieces.

**Peanut Butter & Banana Wraps** Makes 1 serving

|  |  |
| --- | --- |
| 1 tube squeeze peanut butter1 small banana | 1 tortilla |

**On the trail:** Onto a tortilla, cut the banana into slices and lay on the peanut butter. Roll up.

Dinner

**Ham and Pea Ramen** Serves 1

|  |  |
| --- | --- |
| 1-2 packages Ramen noodles1/2 cup [dried peas](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+cgi-bin/nsearch?catalog=wildernessdining&query=peas)Parmesan cheese | HamRed pepper flakes |

At home: Repack Ramen noodles and dried peas into one zip lock bag, throwing away the flavor packs. In another zip lock bag combine cheese, ham, and pepper to taste. On the trail: Add noodles and peas to a pot of boiling water. Once cooking, drain the water. Mix in cheese, ham, and red pepper.

**Cheesy Bacospuds** Serves 4

|  |  |
| --- | --- |
| 2 1/4 cup [instant potatoes](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+aa10107.html)1/2 cup instant dry milk1 packet Butter Buds1 1/2 Tbsp dried parsley flakes | 1 1/2 Tbsp [dried onions](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+aa52155.html)Salt and pepper to taste3/4 cup crumbled bacon1 package powdered cheese spread |

At home: Add all ingredients into quart size freezer zip lock bag. On the trail: Bring 4 1/2 cups (less if using fresh cheese) to boil. Add water to bag, stir well. Let stand, and add more water if needed.

**Tuna Spaghetti** Serves 2

|  |  |
| --- | --- |
| 1 8-ounce package angel hair pasta1 6-ounce can or packet of tuna in oil8 [dried tomatoes](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+jt009.html), sliced1 tsp dried basil | 1 tsp oregano1/4 cup Parmesan cheese1/2 tsp garlic powder |

At home: Mix basil, oregano, Parmesan and garlic powder in a zip lock bag. Store other items separately. On the trail: Soak tomatoes in water for 10 minutes until rehydrated. Remove tomatoes from water and bring to a boil. Break the angel hair pasta in half and add to the boiling water. Cook pasta until done, drain water. Leave noodles in the pot and add tuna, tomatoes, and contents of the cheese and spice bag. Stir well.

**Backpacking Biscuits** Approx. 12 biscuits

|  |  |
| --- | --- |
| 2 cups biscuit mix1/4 cup powdered milk1/2 tsp dried parsley | 2 Tbsp [freeze-dried corn](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+jt003.html)3 single serving Parmesan or Romano cheese packets |

At home: Combine biscuit mix and milk into a quart size zip lock bag. On the trail: Gently stir 1/2 cup water into bag. Make the dough into flat circles. Cook on pan, turning them when light brown.

**Alpine Pasta** Serves 2

|  |  |
| --- | --- |
| 2 4.4-ounce Knorr Butter & Herb pasta packets4 ounces pepper-coated salami, diced2 ounces sun-dried tomatoes | 6 green onions, chopped5 ounces Gruyère cheese, grated |

At home: Put tomatoes into a zip lock plastic bag. Store pasta and other ingredients in separate bags. On the trail: Boil 1 cup of water and pour it over tomatoes. In separate pot, cook pasta according to package instructions. While pasta simmers, chop softened tomatoes. After pasta cooks for 5 minutes, add all ingredients and stir until noodles are done.

**Sweet and Spicy Tuna Couscous** Serves 1-2

|  |  |
| --- | --- |
| 1/3 cup couscous2 Tbsp [dried mixed vegetables](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+vegetables.html) | 1 5-ounce package sweet & spicy flavored tuna |

At home: Combine the couscous and vegetables in a zip lock plastic bag. On the trail: Add just enough water to cover. Stir well. Let sit for 5 minutes. Just before serving, stir in the tuna.

**Beefy Noodle Bowl** Serves 2

|  |  |
| --- | --- |
| 3 Tbsp beef jerky, shredded1 3-ounce package Ramen noodles1 1-ounce package instant onion soup2 Tbsp mixed vegetables | 1/4 tsp garlic powder1/4 tsp ground ginger1/2 tsp dried cilantro1-2 packets soy sauce |

At home: Discard the flavor packet from the noodles, and combine all of the dry ingredients in a quart size, freezer zip lock bag. On the trail: Boil about 2 cups of water. Add water to zip lock bag, then stir well until noodles are soft and vegetables are rehydrated. Season with soy sauce to taste.

**Curried Rice** Serves 1

|  |  |
| --- | --- |
| 1 cup instant rice1/2 Tbsp curry powder1 Tbsp [dried onion flakes](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+aa52155.html)1/4 Tbsp sugar1/2 Tbsp chicken or vegetable bouillon | 1/2 tsp garlic powder1/8 tsp ground turmeric Chopped cashews (optional)Salt to taste |

At home: Combine everything in a quart freezer zip lock bag. If you are bringing a foil pack of chicken, carry that separately. On the trail: Bring 1 cup of water to a boil. Add to rice mix and steam inside bag for 1-2 minutes or until the rice is tender. Serve topped with chopped cashews.

**Basil Parmesan Orzo** Serves 1

|  |  |
| --- | --- |
| 1/2 tsp butter flakes1/2 cup orzo pasta1 tsp dried basil | 1/2 tsp dried parsley2 Tbsp [freeze-dried corn](http://store.yahoo.com/cgi-bin/clink?wildernessdining+X7rBKG+jt003.html)3 single serving Parmesan or Romano cheese packets or cheese |

At home: Combine everything but cheese in a quart size freezer zip lock bag.

On the trail: Bring 1 cup of water to a boil and then add to the zip lock bag. Simmer for 5 minutes or until the pasta is cooked. Add more water if needed. Stir in the cheese just before serving.

**Chicken Quinoa** Serves 1

|  |  |
| --- | --- |
| 1/2 cup quinoa1 Tbsp dried chives1 packet of [True Lemon](http://www.packitgourmet.com/True-Lemon-Natural-Crystallized-Lemon-p68.html)/1 tsp lemon juice/zest1/4 tsp ground coriander | 1/4 tsp ground cumin1/4 tsp paprika1 3-once foil packet of chicken |

At home: Combine everything, except chicken, in a quart size freezer zip lock bag. Carry the chicken separately. On the trail: Bring 1 cup of water to boil. Add the quinoa and spices. Reduce heat and simmer for 10-15 minutes, or until quinoa is tender. Add the chicken, toss and serve. True Lemon is available at [www.truelemon.com](http://www.truelemon.com/) or some stores.

**Bacon Polenta** Serves 1

|  |  |
| --- | --- |
| 1/2 cup instant polenta2 Tbsp shelf-stable bacon1/2 Tbsp dried onion flakes2 tsp butter powder | 1 tsp chicken or vegetable broth powder1/4 tsp paprika2 packets Parmesan cheese |

At home: Combine everything except the Parmesan into a quart zip lock bag. On the trail: Bring 1½ cups of water to a boil. Add the polenta and simmer until cooked and creamy. Top with Parmesan.

**Cashew Chicken Noodles** Serves 2

|  |  |
| --- | --- |
| Asian cellophane noodles or ramen¼ cup Jerky or 6 oz. of packaged chicken¼ cup dehydrated mixed veggies1 Tbs. curry powder1/2 tsp of cumin | ½ tsp. ground ginger1 1/2 Tbs. coconut powderSalt and pepper to taste3 tablespoons of cashews2 tablespoons of pre-chopped cilantro |

At Home: Combine all the seasonings and coconut powder in one container. On trail: Add 1 ½ cups boiling water to baggie. Mix it around and let it sit for 10 minutes, or until everything is soft. Add cashews and cilantro before serving. To simplify, use flavorings in ramen package.

**Couscous and Chicken/Tempeh** Serves 4

|  |  |
| --- | --- |
| 2 cup couscous (1/2 cup per person)2 carrots2 stalks of celery1 cup cherry tomatoes | 1 teaspoon curry seasoningPinch of paprika, salt, pepper, oregano1 teaspoon olive oil8-12 oz. of packaged chicken or Tempeh |

At home: Chop vegetables and put in ziplock. Mix spices in a ziplock. Freeze Tempeh in sealed container. On the trail: Sauté veggies in oil to soften for a few minutes, add couscous to brown briefly, then remove from pot. Bring water to a boil (amount to cook couscous according to package instructions). Add tempeh. Turn down the heat and boil for 2 more minutes. Add couscous, spices, and veggies to boiled water, mix, cover. Reduce heat and cook with lid until water is incorporated, stirring occasionally.

**Mediterranean Delight** Serves 4

|  |  |
| --- | --- |
| 1 cup of powdered hummusFresh carrots, celery, bell pepper, olives | 8 pita breadOptional cooked sausage |

At home: Pre-wash, dry, and pre-cut the vegetables. Measure and pack the hummus in its own ziplock bag (large enough to add water to later); write how much water to add on the zip lock. On the trail: Add water to ziplock bag with hummus, close, and mix well. Let sit for 5-10 minutes. Serve with pita and veggies.

**Tofu Shepherd’s Pie** Serves 3

|  |  |
| --- | --- |
| 14-18 ounce package of baked tofu14 oz instant mashed potatoes1 packet powdered mushroom sauce or gravy1 cup dried mushrooms½ cup of dried mixed vegetables½ teaspoon vegetable bouillon | ¼ teaspoon of sage¼ teaspoon of cuminDash of salt and pepper¼ teaspoon of dried thyme1 teaspoon olive oil |

At home: Combine all dry ingredients except potatoes in a quart sized ziplock bag. Write “add one cup of water” on bag. Add potatoes in another quart sized ziplock bag and write “Add two cups of water” on it. Store oil in small leak proof container. Dice tofu and put in separate zip lock and freeze or leave in sealed package and freeze, then dice in camp. On the trail: dice tofu. Boil 3 cups of water. Add 2 cups of hot water to the potato bag and one to the vegetable bag. Close both bags well. Squish the potato powder and set bags aside. Heat oil in a pot and sauté the tofu for two minutes until brown on all sides. Remove from heat and add vegetables (do not drain fluid) to tofu. Stir well, Add mashed potatoes, and stir again.

**Pesto Salmon Pasta**

|  |  |
| --- | --- |
| 8oz small pasta <7 minutes cook time6 oz salmon packet (can substitute chicken)0.5 oz dry pesto mix½ tsp dried diced garlic | ¼ cup chopped toasted pecan1 Tbsp extra virgin olive oil2 Tbsp shelf stable Parmesan or Romano cheese4 ¾ cup water |

At home: Pack pasta and garlic in separate ziplock bags. Bag cheese with pecans. On the trail:

Bring 4 cups of water to a boil, add pasta and cook for time on package. Drain pasta. Constitute pesto mix with remaining water and oil, then mix into the pasta. Break up the salmon and stir in. Stir in the pecans and cheese. Dry pesto mixes are in the grocery store with pasta sauces or dry sauce/flavor mixes, salmon pouches near the tuna.

**Queets Valley Shepherd's Pie** Serves three

|  |  |
| --- | --- |
| 7-ounce package baked tofu4-oz dried mashed potatoes  1/2 tsp vegetable bouillon 1/4 tsp dried sage 1/2 tsp dried thyme  | 1 tsp olive oil 1 packet powdered mushroom sauce (such as Simply Organic) 1/2 cup dried mushrooms  1/4 cup dried mixed vegetables  Salt and pepper to taste |

At home: Combine vegetables, sage, thyme, and bouillon in a quart-size ziplock bag. Label “Add one cup water.” Place potatoes in a second quart-size zip-top bag; label “Add two cups water.” On the trail: Bring three cups of water to a boil. Dice the tofu. Add two cups of hot water to the potato bag and one cup to the vegetable bag. Close both bags; squish the potatoes to mix. Set both bags aside. Heat oil in a pot and sauté tofu for two minutes. Add vegetables with liquid and mushroom sauce and stir until mixture thickens slightly. Top with mashed potatoes. Tip: Idahoan Buttery Homestyle mashed potatoes and Simply Organic are recommended brands.

**Backcountry Thanksgiving** Serves 2

|  |  |
| --- | --- |
| 1 packet of Stove Top brand stuffing 7-ounce pouch chickenCube/packet (Goya) chicken bouillon1 cup dried cranberries | ½ cup chopped nutsDried onion flakes1-2 celery stalks, chopped |

At home: Package nuts and dried cranberries together and celery with onion flakes. On the trail:

Boil 1½ cups water, then stir in stuffing. Add chicken and cranberries. Serves two.

**Beef and Rice Tacos**

|  |  |
| --- | --- |
| ½ cup instant rice¼ cup TVP¼ cup combined dried onion, bell pepper, and tomatoes flakes1 Tablespoon tube tomato paste | 1 tsp taco seasoning1 Tbsp cheese mix (from boxed mac and cheese)1 Tbsp instant dry milk1¼ Cups waterSoft corn or flour tortilla or tortilla chips |

**At Home:** Mix cheese and milk and pack in ziplock bag. Combine dried veggies, TVP and taco seasoning and put in another ziplock bag. **On the Trail:** Combine all ingredients except cheese and milk with water in pot. Dilute tomato paste with some of the pot water and return to pot. Soak five minutes. Bring to boil and cook until TVP is softened. Remove from stove, stir in cheese and milk. Insulate pot and let sit ten minutes. Eat with tortilla or chips. Tip: Use store-bought packets of taco seasoning or make your own by combining 1 Tbsp Chili Powder, 1½ tsp Ground Cumin, ¼ Garlic Powder, ¼ tsp Crushed Red Pepper, ¼ tsp Dried Oregano, ¼ tsp Salt.

**Cheesy Bacon Grits**

|  |  |
| --- | --- |
| 2 packets instant grits (NOT quick-cooking) | ½ tsp dried diced garlic |
| 2 Tbsp dry milk | 2 oz shelf stable cheddar cheese |
| 2 Tbsp bacon bits or shelf stable bacon | 1 c water |
| ½ tsp onion powder (not onion salt!) | Optional – dry milk for more calories |

At home: Pack dry ingredients in ziplock bag. On the trail: Dice up cheese. Add to freezer bag of ingredients or put all ingredients in a mug or pot. Add 1 cup near boiling water stir well. Seal bag or cover mug/pot; let sit for 5 minutes or until cool enough to eat.

**Chicken Cranberry Couscous**

|  |  |
| --- | --- |
| ¾ cup couscous | Pinch salt |
| ½ cup dried cranberries | 7-ounce chicken pouch |
| 1 Tbsp dried onions flakes | 1 Tbsp olive oil (1 packet) |
| ½ tsp dried parsley | ¼ cup diced toasted walnuts |
| 1½ Tbsp curry powder | 1¼ cup water |
| 1 cub/packet chicken bouillon |  |

At home: Pack dry ingredients in a ziplock bag and nuts in another. Pack oil in leakproof container. In a bag or mug, add chicken, bouillon, oil and 1 1/4 cup near boiling water. Stir well, seal tightly and let sit 10 minutes. Fluff up and walnuts. If you cook in a pot, sauté onion flakes with couscous before adding water and other ingredients. Can substitute sesame Asian dressing for curry powder.

**Cranberry Pan Biscuits** Serves 2

|  |  |
| --- | --- |
| 1 cup baking mix2 Tbsp dry milk1 Tbsp sugar¼ cup dried cranberries | 2 Tbsp vegetable oil2 Tbsp honey½ cup water |

At home: Put all dry ingredients in a ziplock bag. Pack oil and honey in separate leakproof containers. On the trail: Add water to bag, push out air, seal tightly and knead the bag for 30 seconds or until water is mixed in. Heat pot or fry pan over medium heat. Drizzle in half of the oil. Spread batter over pan/pot bottom. Lower the flame and cook for 5 minutes. Drizzle the other half of oil over the top and carefully flip. Cook another 5 minutes. Turn off heat. Drizzle with the honey. Tip: If using a canister stove, move pan around to avoid a burn in the center or use a heat diffuser. Can also use recipe to make drop biscuits.

**Couscous with TVP and Tomato** Serves 1

½ cup couscous (½ box Near East Couscous)

1 Tbsp seasoning mix from box

¼ cup dehydrated tomatoes or 1 Tbsp tomato paste

1¼ Cups water

½ cup Bob's Red Mill TVP (Texturized Vegetable Protein)

½ cup water

At Home: Pack seasoning mix; tomatoes with couscous, and TVP in separate ziplock bags. On the Trail: Place seasoning mix, couscous, tomatoes and 1¼ cups water in a pot with water and soak five minutes. In a separate pot, mix TVP and 1/2 cup water. Light stove, bring TVP and water to boil, and continue cooking for two minutes. Remove from stove, and let TVP rehydrate for 8 minutes. Put couscous pot on stove, bring to a boil, then place pot in insulating cozy for five minutes.

Desserts

**S’Mores**

At home: Generously coat a graham cracker with peanut butter. Drop a handful of mini-chocolate chips into the peanut butter, add a small marshmallow. Then lightly coat another graham cracker and close sandwich. Wrap in foil or place in a baggie. On the trail: Drop foil packet into a pot and cover for 2-3 minutes on med heat.

**Chocolate Orange Cheesecake** Serves 1

|  |  |
| --- | --- |
| 5 chocolate wafer cookies, crushed2 packets True Orange or 1 tsp citrus juice/zest2 Tbsp mini chocolate chip | 1 tsp sugar2-ounce package shelf stable cream cheese |

At home: Put chocolate wafer cookies in a ziplock bag; put sugar and chocolate chips in another. On the trail: Add cream cheese and True Orange to bag with sugar and chocolate chips. Seal the bag and knead until well combined. Crush the chocolate wafer cookies and add to bag or put at the bottom of a cup and top with cream cheese mix. Tip: True Orange is available at [www.truelemon.com](http://www.truelemon.com/true-orange.html) or some stores.

**Chocolate Mangos** Serves 2

|  |  |
| --- | --- |
| 1 7-ounce package semisweet baking chocolate10 pieces crystallized ginger | 10 slices dried mango2 Tbsp peanut oil |

At home: Pour peanut oil into a small plastic bottle. Place mango and ginger in zip lock bag. On the trail: Fill a pan 3/4 full of water. Place on stove over medium heat. Place chocolate in a metal cup or small pot in pan (this prevents chocolate from burning). Pour in peanut oil. Stir until chocolate melts. Dip mango and ginger slices into chocolate, eating as a fondue.

**Rocky Road Pudding** Serves 2-4

|  |  |
| --- | --- |
| 1 3-ounce box instant chocolate pudding2/3 cup powdered milk | 1/4 cup chopped pecans or walnuts1/4 cup mini marshmallows |

At home: Combine the pudding and powdered milk in a zip lock bag. Pack 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.

Drinks

**Original Hot Chocolate** Serves 16

|  |  |
| --- | --- |
| 2 cups nonfat dry milk powder3/4 cups sugar | 1/2 cup Hershey’s cocoa1/2 cup powdered non-dairy creamer |

At home: Combine all ingredients into a zip lock bag. On the trail: To make a single serving, combine a 1/4 cup of mix to 3/4 cup boiling water and enjoy!

**Caramel Apple Cider** Serves 1

|  |  |
| --- | --- |
| 0.74 ounce packet instant apple cider mix | 2-ounce container caramel apple dip |

At home: Pack cider mix and caramel apple dip separately. On the trail: Mix 8 ounces hot water to with cider mix and caramel dip in a cup.

**Spiced Cocoa** Serves 1

|  |  |
| --- | --- |
| 1/2 cup powdered milk2 Tbsp non-dairy creamer3 Tbsp cocoa powderOptional: instant coffee | 3 Tbsp sugar1/2 tsp cinnamon1/4 tsp nutmeg |

At home: Combine everything in a zip lock bag. On the trail: Add 1-2 tablespoons of mix into a cup of hot water. Add 1 tsp instant coffee to make this a spiced mocha.

Snickerdoodle Coffee Serves 8

|  |  |
| --- | --- |
| 1/2 cup sugar1/2 cup powdered milk1/4 cup powdered non-dairy creamer1/4 cup unsweetened cocoa powder | 3 Tbsp instant coffee granules1/4 tsp allspice1 tsp ground cinnamon |

At home: Combine all of the ingredients together. Store in a zip lock bar or other spill-proof container. On the trail: Add 3 tablespoons of mix to 3/4 cup boiling water. Stir and enjoy.

Planning Tips

* Use freezer zip locks to pack ingredients. Zip locks can also be used on the trail to mix ingredients together, dispense batter, etc.
* If you use Egg Beaters, pre-freeze ahead of time and store in a cooler during the drive to the start of the trail. Don’t forget to take it with you!
* Spam is easy to store and carry on the trail and now comes in a lighter and more packable aluminum package.
* True Lemon and True Orange are available at [www.truelemon.com](http://www.truelemon.com/) or some grocery stores. You can also substitute 1 teaspoon citrus juice or zest per packet.
* Planning recipes that use similar ingredients and leftovers saves on space and prep time.
* Sources of dried food: Harmony House Foods, Wilderness Dining, Packit Gourmet

Prepared food ideas for quick and easy backpacking meals:

Breakfast:

|  |  |  |
| --- | --- | --- |
| Cereal or granolaDehydrated milk | Fruit cocktail – single servingsInstant oatmeal | Pop TartsFresh fruit |

Lunch & Snacks:

|  |  |  |
| --- | --- | --- |
| Cream cheese bagelsEnergy and granola barsCheese | Chicken pouchesDried fruitNuts, crackers, or chips | Gorp: (nuts, M&M’s, dried fruitBeef/turkey jerkyHard boiled eggs |

Dinner:

|  |  |  |
| --- | --- | --- |
| Cup of SoupInstant Rice or NoodlesMREs (Meals Ready to Eat)Packaged freeze-dried meals | StuffingCouscousInstant Potatoes | Canned chiliCanned stewQuinoa |

Drinks:

|  |  |  |
| --- | --- | --- |
| Hot chocolateGatorade | Lemonade or Crystal LiteInstant coffee packets | TeasTang |

Sources:

<http://www.wildbackpacker.com/backpacking-food/>

<http://seattlebackpackersmagazine.com/top-10-backpacking-meals/>

http://www.squidoo.com/the-best-hiking-and-backcountry-recipes

<http://www.trailcooking.com/recipes>

http://www.backpackingchef.com/