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Freezer Bag Cooking:

Outdoor Food Made Simple



All recipes provided by:
<http://www.freezerbagcooking.com/>

Outdoor Food Made Simple

Hike, backpack, bike, paddle or do other outdoor activities for any amount of time and you will learn shortly that your options and imagination are seemingly limited when it comes to food to fuel your adventure and fun. Traditional outdoor food and cookbooks are good, but they prescribe heavy ingredients, require long cooking times and consume a lot of fuel. When you are in camp, you want to enjoy your time, not dread prep work and cleanup.

Freezer bag cooking (FBC) style changes the ideas of traditional outdoor food. It adds in convenience, variety, and speed of preparation and whirles them together with modern ingredients and philosophies of lightweight outdoor adventuring.

The simplicity and portioning of FBC makes it also great for friends and families. Each recipe can be split up and in its own bag. Each person has a meal that they would like, just add water. As our motto goes "Do not take what you do not like to eat."

Many people who have been introduced to the FBC style of cooking are shocked at how sensible FBC is, how good the food is, and how easy it is to incorporate it into their existing outdoor menu. Whether you want to dabble or like to be obsessive and manage details, FBC style cooking can be your ticket to better eating and enjoying your outdoor experience more.

Low Sodium Diets and Trail Cooking:

Salt free peanut butter is made by Trader Joe's and Adam's Peanut Butter nationally. You can also find homemade peanut butter in some health food stores.

Cashews are a great source of protein. Trader Joe's is an excellent source for them.

Think of freeze dried and dried fruits and vegetables as freebies. Avoid dark leafy vegetables in large amounts.

Sun Belt granola bars are very low in sodium. They also contain no corn syrup.

Canned chicken should be used in the smallest cans for 1 serving recipes - 3 ounce cans can be found. If you wish to cut sodium down further, drain the can.

Some canned tuna, chicken and turkey can be found that is processed with no additional salt. These can help your diet.

Bullion powder - what you want to use is low sodium, MSG free varieties - which do exist in chicken and beef. Safeway grocery stores carry the Herb Ox varieties.

You can use instant Chinese noodles instead of ramen. They are not deep fried, nor do they come with packets of bullion.

Dry milk powder does contain sodium, be careful with it, it is a "hidden" source. Most soy milks have less sodium overall, so unless you are making pudding, it can be a good substitute.

Swiss cheese is your friend. Many Swiss cheeses are very low in sodium naturally. Read the labels. They travel well in packs. Avoid parmesan and any hard cheese. They are very high in sodium. Cheddar cheese is also high in sodium.

Corn tortillas are sodium free to minimal amounts by most manufacturers. Flour tortillas can be over 500 mg for one soft taco sized tortilla. If you take corn tortillas, expect breakage, but realize they are great for eating bite sizes with.

Taco Couscous Burritos

At home in a mixing bowl put:

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

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

Take with you on your trips:

1 packet mix	2—4 packets salsa
2 tortillas	Cheddar Cheese

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

Pot Cozies

There are many types of cozies on the market for sale. Some insulate bowls, cooking pots or are made for freezer bag style. If you would like to make your own there are a number of websites with ideas:

Backpacker Forums

HogOnIce's Homemade 3.7 oz. Cooking System

You can use a number of items to make a cozy. You can use a fleece jacket, a hat, or whatever extra clothing you have laying around (though, if you are a true light packer, you don't have a lot of extra clothing laying around, and in bear country, do NOT use your clothing). So eventually you might say, I want something only for my food. You can do anything from sewing two potholders together, sewing a fleece pouch, taking a pipe insulator (the ones you use outside on your hose faucet)-these work great actually. The main point of a cozy is to keep the heat in your freezer bag, so that your food doesn't cool too fast, and it re-hydrates properly.

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Traditional Breakfasts:

Basic Oatmeal With a Little Extra

Serves 1

2 packets instant oatmeal, your choice of flavor
2 tablespoons dry milk
1-2 tablespoons dried fruit

Put in a quart freezer bag.

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

Cyndi H's Super Oatmeal

Serves 1

In a quart freezer bag put:

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

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

Cinnamon 'n' Sugar Couscous:

Serves 1

1/4 cup couscous
2 tablespoons dry milk
1 tablespoon brown sugar
1/2 teaspoon cinnamon
Pinch of salt
1-2 tablespoons chopped almonds

Combine all ingredients except for almonds, in a quart freezer bag.

In camp: Add 1/4 - 1/2 cup boiling water (add lower amount for dryer couscous). Stir well and put in a cozy for 5 minutes, add almonds and fluff.

Rice Pudding

In a quart freezer bag put:

2/3 cup instant rice
1/3 cup raisins
1 teaspoon cinnamon
3 tablespoons instant dry milk
1/3 cup brown sugar



Mix well. In camp add 1 cup boiling water, stir very well, and pop in a cozy. This will need 10-15 minutes to firm. It can be a bit saucy, but it is good and soothing! Feeds two hikers as a dessert, one if eating as breakfast.

Vegetarian Recipes:

Pasketti a la Stephen

Serves 1

In a quart freezer bag put:

Angel Hair pasta – 1 serving, broken in half or thirds
1 teaspoon dried basil
1/2 teaspoon dried oregano
1 teaspoon granulated garlic
3-4 sun dried tomatoes (dry, not in oil), minced
Handful of dried mushrooms of your choice, minced
Handful of dried zucchini
Also take 1 tablespoon or 1 packet of olive oil

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

Trail Rice Pudding

In one quart freezer bag put:

1 cup instant rice
1/4 cup instant dry milk
1/2 cup golden raisins (or whatever small dried fruit you like)
(Optional) add a 1/2 tsp cinnamon.

In a second freezer bag put:

1 3oz. package instant pudding mix (vanilla works well)
1/2 cup powdered instant milk

In camp, add 1 cup boiling water to the rice bag. Seal and let sit for 10 minutes. In the pudding bag add 2 cups COLD water, and start shaking the well-sealed bag, making sure no powder stays in the corners. Let the pudding sit somewhere cool (a stream is good for this). Add the rice mix to the pudding and mix well. This is a great dessert to make while dinner is "cooking". After mixing the two bags together, if you have a stream or snow bank, cool it some more so it stays thick.

This recipe can also be made smaller by halving the rice part (but keeping the pudding mix the same).

Stewed Fruit

In a quart bag put:

2/3 cup of dried fruit (use the fruit bits, tiny cut)
1/2 teaspoon cinnamon
2 teaspoon brown sugar

In camp add 1 to 1 1/3 cups boiling water, stir well, pop in cozy and let sit for 10 minutes. Stir and munch away.

Fruit & Nut Couscous:

Serves 2

In a quart freezer bag put:

1/2 cup couscous
1/2 cup dry milk
1/4 cup dried cherries
1/4 cup finely chopped walnuts
3 tablespoons brown sugar
1/2 teaspoons cinnamon
1/4 teaspoon salt

In camp add 1 1/4 cups boiling water, stir well and put in cozy for 10 minutes.

Morning Wraps:

Serves 2

This is one of the few times freeze-dried can be good. I prefer Mountain House's freeze-dried scrambled eggs.

1 package freeze-dried eggs, with or without bacon, or get the version with peppers/ham.
4 tortillas
2-4 salsa packets
Type of cheese you like

Prepare the eggs, being careful with the amounts of water called for. Let sit. Put cheese on the tortillas, spread the eggs on top, put on salsa, roll up.

This is also very good with a package of shelf stable Hormel bacon pieces added.

Super Charged Oatmeal

Put in a quart freezer bag:

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

In camp: Add 1 cup boiling water. Mix well, and put in a cozy for 5 minutes. Warning: This recipe is VERY high in fiber!

Not-Gorp Trail Mix/Breakfast Cereal:

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

Half-fill as many quart bags as it takes. I eat this often during the day, but it also makes a great breakfast.

For breakfast:

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

Trail Pudding

In a quart freezer bag put:

1 package instant pudding mix, whatever flavor you like
1/2 cup instant dry milk

In camp add 2 cups cold stream water (it needs to be cold!!), stir and seal. Holding the top, start shaking that bag good for a couple minutes-if doing in the summer and it is hot, pop the bag in the stream and let chill for 5-10 minutes or till after dinner. I like mine with: granola, dried fruit, gorp.

Cinnamon French Vanilla Pudding & Shortcakes

In a quart freezer bag put:

1 package Jell-O instant French vanilla pudding mix (regular or sugar-free)
2/3 cup instant milk
1/2-1 teaspoon cinnamon
1-2 packages shortcakes (4-8)

In camp add 1 3/4 cups cold water, shake VERY well for a couple minutes and let sit in a cold creek or lake till dessert time. Serve the pudding in the shortcake cups!

Grasshopper Pudding

At home in a quart bag put:

1 package instant pistachio pudding
2/3 cup instant dry milk

Also take 12 mint or chocolate Oreo-style cookies that are smashed up. The pudding is also good with a 1/2-1 teaspoon of mint flavoring added.

In camp add 1 3/4 cups cold water, seal, and shake/knead very well. Serve with cookie crumbles.

Desserts:

Trail Pudding Pies

In a quart freezer bag putL:

1 package Jell-O Instant pudding Cookies & Cream

2/3 cup instant dry milk

Also take a 6 pack of Keebler mini graham pie shells (ok, this isn't lightweight....) and a package of whatever small chocolate you would like.

In camp add 2 shy cups of water to the bag. Seal and start shaking well for a good 2 minutes. Pour into pie shells, top with candy and let set. Feeds 3 sugar addicts or 6 sharing adults.

Trail Pudding Pecan Pies:

In a quart freezer bag put:

1 package butterscotch instant pudding

1/2 cup instant milk

Also take a 6 pack of tiny pie shells, you can substitute tiny graham cracker pie shells.

1 package crumbled pecans.

In camp add 1 1/2 cups cold water to the pudding and shake very well, kneading the bag for about two minutes. If possible, store the pudding in a stream or river till dessert time (make with dinner). When ready, divide between the shells, and top with pecans. Feeds 3-6 hikers

Nora Ann's Homemade Granola

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

2 cups rolled oats

2 cups Bob's Red Mill 5-grain cereal (rolled mixed grains)

1/3 cup toasted wheat germ

1 tablespoon cinnamon

2 cups coarsely chopped pecans

In a separate bowl, whisk together:

1/4 cup honey or real maple syrup (not 'pancake' syrup)

1/4 vegetable oil

1/4 cup water

2 teaspoons vanilla

Add liquid mixture to grains mixture and toss to coat evenly. Spray 2 jelly roll pans with cooking spray, and spread mixture evenly in a thin layer on the pans. Bake for 75-90 minutes, or until granola starts to brown lightly. Cool in pans, then store in heavy plastic bags in cool, dry place. Granola will get crisp when it cools. You can increase the calorie content by adding more oil (up to 1 cup) and more sweetener (not a very sweet granola). **For Breakfast:** Put about 3/4 cup of granola in a quart ziploc bag, add some dried fruit, some powdered milk, then add cold water in camp and eat right from the bag. (Note: 1/3 cup dry milk for every cup of water on the trail).

Cran-Orange Cereal

Serves 2

In a quart freezer bag put:

3/4 cup bulgur (I like Hodgson Mill Bulgur Wheat with Soy Hot Cereal)

4 tablespoons dried cranberries

2 tablespoons dried blueberries

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

In camp: Add 1 1/2 cup water before bed. In the morning, add 4 tablespoons toasted chopped wal-

Eggs On The Trail (Before trying this on the trail, try it at home so you know how to do it). Making eggs without a frying pan:

Breakfast Omelets

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

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

Dried bell peppers you have soaked in a snack bag.

Onion flakes done the same way.

Shredded or cubed cheese.

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

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

Non-Traditional Breakfast Ideas:

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

Peanut Butter & Banana Wraps

1 tube squeeze peanut butter per tortilla

1 small banana

Cut the banana into slices and lay on the peanut butter. Roll and eat.

Scones

This recipe can be adapted to many different types—sweet to savory. Scones pack well in plastic wrap and are great even if crumbled.

3 cups all purpose flour

1/2 cup white sugar (do not use if you decide to do savory)

4 teaspoon baking powder

1/2 teaspoon salt

3/4 cup butter

1 beaten egg

1 cup milk

Preheat oven to 400°. Lightly grease or spray a baking sheet.

In a large bowl combine all dry ingredients. Cut in butter. Mix the milk and egg together, and stir into the flour until moistened. Turn dough out onto a lightly floured surface. Knead a few times till not sticky. Pat dough out till about a 1/2" thick, and in a circle. Cut into 8 wedges, and put on baking sheet. Bake 15 minutes, or till golden brown.

Suggestions: add dried candied ginger, or diced dried fruit. Add in 1 teaspoon cinnamon or 1 teaspoon vanilla. Add fruit with chocolate chips. If you do savory, do a mix of herbs (dry) along with onions and cheese. Use your imagination!

Banana Bread

- 1 1/4 cups mashed bananas
- 1 cup sour cream
- 1/4 cup margarine (or butter)
- 1 1/3 cups white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

Preheat oven to 350°. Grease with margarine or butter, two 7x3 inch loaf pans. Combine banana and sour cream. Set aside. In a large bowl, cream together the margarine and sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla and banana mixture. Combine the flour, baking soda, baking powder, salt and cinnamon. Stir into the banana mixture. Spread the batter evenly into the prepared pans. Bake for 50 minutes in the preheated oven, or until a toothpick inserted into the center of the bread comes out clean. (Check at 40 minutes, may need as long as 55-60 minutes.) Resist urge to eat till cool. And you want very ripe bananas for this. When cool, slice, and wrap in Saran wrap. Loaves can be wrapped and frozen for later eating. 1/2 cup of chocolate chips and or nuts are also good!



Bagels

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

Dinner For Breakfast:

Any dinner item works well for breakfast and can provide much more get-up-and-go than traditional breakfast foods.

Morning Potatoes

Serves 1

In a quart freezer bag put:

- 1/2 cup instant potatoes
- 1 tablespoon dry milk
- Salt and pepper to taste
- 2 tablespoons cheese sauce powder
- 1/2 bag of precooked, crumbled bacon

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

Eggs & Potatoes

One of our favorite breakfasts is to take a Mt. House freeze-dried egg breakfast (plain, with peppers or with bacon) and one envelope of Idahoan mashed potatoes (we usually use Herb or Loaded Baked Potato). Mix the two packages together, and split in two servings, then put in two quart freezer bags. This makes two breakfasts. In camp add one cup boiling water for the potatoes plus half of the water called for on the egg package (most likely it will be two cups total). Stir well, pop in a cozy for 5 minutes, stir well and eat.

Hot Bacon

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

In camp in the morning, put the amount of slices you crave into a sandwich bag (ziploc style), and seal up. When you make your morning oatmeal or eggs, after you pop that freezer bag into the cozy, pop the bacon baggie next to it. 5-10 minutes later...warm bacon!

Lunches:

Ramen Salad

Serves 1

1 package Ramen noodles (discard flavor packet)
2 tablespoons dried veggie flakes or Just Veggie freeze-dried veggies
1 packet salad dressing of choice (shelf stable, find at fast food places, delis or use 2 tubs of Ranch dip/dressing)

Put Ramen and veggies in a quart freezer bag. In camp add 1 1/2 cups water (room temp), and seal. Let sit for 30 minutes to 1 hour. Drain well. Add dressing and toss well. Great with cubed cheese and/or pepperoni slices.

Chicken Rolls

Serves 2

1 foil pouch of chicken
1-3 packets of mayo or ranch dip tubs
1 packet of relish, salsa or whatever flavor you like.
4 taco sized tortillas or flatbreads.

Mix in pouch, spread on tortillas. Also great with cheddar or Swiss cheese added.

Big Double Ginger Cookies

2 1/4 cups all-purpose flour
2 teaspoons ground ginger
1 teaspoon baking soda
3/4 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/4 teaspoon salt
3/4 cup margarine, softened
1 cup white sugar
1 egg
1 tablespoon water
1/4 cup molasses
1/4 cup diced candied ginger
2 tablespoons white sugar

Preheat oven to 350°. Sift together the flour, ginger, baking soda, cinnamon, cloves, and salt. Set aside.

In a large bowl, cream together the margarine and 1 cup sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Add the candied ginger. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart onto a non-greased cookie sheet, and flatten slightly. Bake for 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely. Store in an airtight container.

Makes roughly 2 dozen cookies. Wrapped in plastic wrap these are excellent for first night out.

Peanut Butter "Fudge"

1 1/2 cups quick oats
1 (14 ounce) can sweetened condensed milk
1/2 teaspoon salt
1 teaspoon vanilla extract
1/2 cup chunky peanut butter
1 (12 ounce) bag chocolate chips

Preheat oven to 350°. Combine oats, milk, salt, and vanilla. Stir in peanut butter and chips. Press into a 8X8" baking pan (greased). Bake for 30 minutes. Cool, cut and wrap tightly.

Bars, Breads & Cookies Trail Items:

With homemade items try to eat your product within 3-4 days of baking it. Most homemade items can be frozen safely in advance (cut into individual portions, wrap, and store in large freezer bags.). Most frozen items are good for 1-2 months in a freezer.

Gorp Bars

12 ounces chocolate chips (a bag)
6 ounces butterscotch chips
1 cup uncooked quick oatmeal
1/2 cup honey
1/2 cup Craisins
1/2 cup golden raisins
1/2 cup shredded coconut
1/2 cup broken cashews
1/2 cup peanuts or walnuts or sliced almonds

Melt chips in a double boiler or in microwave (carefully if you use the microwave), blend in the honey. Pour over everything else in a large bowl. Mix well, working fast. Pour into a greased 9x13 pan (or use the parchment paper way described in the fudge). When partly cool, cut into bars (whatever size you would like). Wrap in plastic wrap. Store in the fridge or freezer till trail time.

Spinach Couscous

Serves 1 per bag

At home in a bowl mix:

1 cup couscous
1 package Knorr Cream Of Spinach Soup (find in the soup aisle)
3 tablespoons dry milk or soy milk powder
Also take one 3 oz. pouch of tuna with you per freezer bag.

In each of two quart freezer bags put half of the ingredients. Each bag gets a pouch of tuna with it. In camp add approximately 1 cup water, and stir well. Let sit for 30 minutes or so, add tuna and eat. Can also be done hot, with boiling water-add tuna before you add the boiling water.

Peanut Butter Wraps

Per person take:

1 tortilla or flat bread
1 individual squeeze tube of peanut butter per tortilla OR
1 packet honey
Snack box of raisins

Spread and enjoy.

Hummus Wraps

Plan on 2 tortillas or flatbreads per person

In a quart non-freezer bag put enough hummus mix for 1 person and mark on it how much water to add. Add spices that you would like, such as extra garlic or parsley. You can use bulk or something similar to this item.

In camp add cold water, stir and let sit for about 10 minutes. A packet of lemon juice is nice to add to the hummus. Spread on wraps. Great with chicken, cucumber slices, Swiss cheese, or whatever you like.

Hummus Wraps 2

Serves 2

Plan 1 whole pita per person or 2 flatbreads per person (if you use tortillas, get the soft taco size)

1 package of Fantastic Foods Spinach Parmesan Hummus mix, in a quart ziploc bag (does not need to be a freezer bag!)

Also pack one tub or packet of ranch dressing per person.

At lunch, make the hummus as per directions. Spread on the flatbreads or stuff pitas, add in ranch dressing.

First Day Out Chicken Salad

Serves 2

At home cook 2 chicken breasts (dry roast in the oven till cooked). Chop up and chill.

In a quart bag, add to chilled chicken 1 tub diced 3 color bell peppers from the produce department, 1/2 cup mayonnaise and 2 teaspoons curry powder. Mix well, and pack tightly and chill.

This is great in pita bread, on a tortilla or on a bagel. You can freeze water in a sandwich bag to act as a coolant for your pack.

Trail Chicken Salad

Serves 2

1 7 oz pouch chicken
2-4 packets mayonnaise
1-2 teaspoons curry in a snack size ziploc bag.

This can be mixed up in the chicken pouch. Squeeze the mayo first then shake the curry on top, mix it in a bit, then mix that into the chicken.



Bear Scat Fudge

1 package of semi sweet chocolate chips
1/4 cup light corn syrup
1/2 cup powdered sugar
1/4 cup canned evaporated milk
1 teaspoon vanilla
1 6 ounce package dried Craisins or dried cranberries

In a heavy medium sauce pan, over low heat, melt the chips and corn syrup, stirring, till melted. Watch this, and do not leave. Take off heat. Add powdered sugar, milk and vanilla. Mix well, until smooth. Add in Craisins and pour into your pan. Refrigerate for 8 hours, then cut. This fudge is flexible, and should be cut while cold.

Peanut Butter & Chocolate Fudge

2/3 cup milk
2 cups sugar
3/4 cup mini marshmallows
2 cups chunky peanut butter
1/2 cup plain M&M's

In a 2 quart pot, combine milk and sugar. Cook over medium heat until mixture comes to a boil, then simmer for 3-5 minutes. Remove from the heat and quickly add marshmallows, peanut butter and M&M's. Mix well. Pour into a prepared pan and allow to cool, then cut and wrap tightly.

Healthy Fuel "Fudge"

1/2 cup cashew butter
1/2 cup chopped cashews
1/4 cup Craisins
1/4 cup soy milk powder or dried powdered milk
2 tablespoons honey

Combine all ingredients. Store in a freezer bag/or a plastic tub.

Rocky Road Fudge

12 ounces semi-sweet chocolate chips (1 package)
11 ounces butterscotch chips (1 package)
1 16 ounce bag of miniature marshmallows
1/2 cup peanut butter (creamy works best)

Put the chips and peanut butter into a microwaveable bowl. Microwave for 2 minutes at 70%. Stir well. If needed microwave for another minute in 10-15 second intervals. When smooth, add in marshmallows and mix up. Spread in pan and cool.

The Easiest Best Fudge Ever

1 cup sugar
1/2 teaspoon salt
3 tablespoons unsalted butter
1/2 cup heavy cream (i.e. whipping cream)
1 3/4 cup miniature marshmallows
1 1/2 cups of chips (use any flavor—chocolate, peanut butter, vanilla, butterscotch, mint, etc)
1/2 teaspoon vanilla or whatever flavor extract you would like (almond, peppermint, etc.)

Combine sugar, salt, butter, cream and marshmallows in a heavy medium saucepan. Set over medium heat, cook, stirring until butter and marshmallows are almost melted. That will take about 5-6 minutes. Bring to a boil, stirring occasionally for 5 minutes. Take off burner. Add chips and flavoring to pan. Start stirring and keep that going until all the chips are melted and it looks all nicely mixed. Pour into the pan. Let sit for 3 hours (or 1 hour in the fridge) before you take out of the pan.

Tuna Salad Wraps

Serves 1

1 foil pouch tuna (use the small 3 oz size package)
1 packet mayo
1 packet relish
2 tortillas (soft taco size)

Rip open tuna pouch, add mayo and relish, mix well with a spoon, and put on tortillas.

Salads:

Packer's Cole Slaw

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

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

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

Carrot-Pineapple Crunch

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

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

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

Zucchini-Apple Salad

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

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

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

Trail Popcorn

While not technically a freezer bag item, this can be fun if you are having a fire at camp.

What you will need:

Foil for each person—15 inch square. Use heavy duty foil
1 tablespoon oil per person
2 tablespoons popcorn per person
1 stick that is hearty enough and long enough
A piece of string or wire

Take the square of foil and use your fist to make a pocket in it. Add the oil and the popcorn. Fold up the foil so it is like a hobo bag. Tie the string or wire around it, and the other end of the string to the branch. Dangle over the fire till it pops. Salt to preference after popping.

Fudge Recipes:

I love making fudge for backpacking trips. It is great for group trips. It is sweet, high in fat, easy to carry and almost everybody loves fudge. Yes, I know this it isn't freezer bag cooking, but it is good eating!

All my fudge recipes are molded into an 8x8" pan that is lined with wax or preferably, parchment paper (butter the pan first and the paper will stay in place when pouring). Refrigerate after pouring, then pop out, take off paper. I trim the fudge, wrap in 2 layers of plastic wrap, then put it in a gallon ziploc bag for carrying. Most fudge will do fine up into the mid to high 60's for temps. Fudge made at home should be eaten within a week if possible. It does not have preservatives in it, as commercial items would.

Not-Gorp Trail Mix

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

Half-fill as many quart bags as it takes.

Baked Mixes:

Chocolate Popcorn Trail Mix

2 squares semi-sweet baking chocolate or half of a bag of chips
2 cups popped microwave popcorn
1 cup Craisins
2 cups frosted wheat cereal

In a microwaveable bowl melt chocolate on high 1 minute, stir until fully melted. Add other items and toss fast to coat.

Cool on a large sheet of wax or parchment paper. Store in ziploc bags tightly sealed.

Chex Mix

About 20 recipes for Chex Mix are here:
<http://www.chexmix.com/recipes/index.asp?secID=3>

Mexi-Bean Salad

1 tablespoon minced cilantro
1/2 teaspoon salt
1 tablespoon vinegar
1/3 cup salsa
1 15-ounce can kidney beans, rinsed and drained
1 cup frozen corn, thawed
1/2 bell pepper, sliced into strips
2 scallions, chopped

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

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

Tabbouleh Salad

In a quart freezer bag put:

1/2 cup bulgur wheat
4 tablespoons dried parsley
2 tablespoons dried leeks
4 dried tomato slices
1/8 teaspoon salt (a pinch)
1 teaspoon dried mint

Carry with you 2 teaspoons lemon juice (you can get packets of this) and 1 tablespoon olive oil.

In camp: Add 1 cup cold water to your bag, and let soak for 30 minutes. Drain, and add the lemon juice and olive oil.. Mix well!

Oriental Cabbage Salad

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

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

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

Carrot Raisin Salad

In a quart freezer bag put:

1/2 cup dried grated carrots (if using freeze-dried soak for half the time)
1/4 cup golden raisins

Also take:

1 packet sugar or sweetener
1/4 teaspoon salt (take a small packet)

Carry in a leak proof container:

1 teaspoon vinegar
1 teaspoon oil

In camp: Soak the carrots and raisins in cold water to cover for 20-30 minutes. Add the dry ingredients to the liquids and shake well. Toss with carrots.

Rocky Road Trail Mix

2 packages semisweet chocolate chunks (or chips)
1 can or bag candied walnut pieces
1 bag mini marshmallows

Mix well in a metal bowl, and store in snack baggies. Try to keep cool in summer.

Banana Split Trail Mix

1 bag plain M&M's
1 can cocktail peanuts
1 can walnut pieces
1 can candied pecans
1 package dried banana chips
1 package dried strawberry slices
1 package dried pineapple chunks

Mix all ingredients in a metal bowl and bag in ziploc bags.

Fair Food Trail Mix

1 package pretzels, any shape
1 package Cheese balls or favorite Cheeto type snack
1 can peanuts

Mix all ingredients in a metal bowl and bag in ziploc bags.



Trail Mixes & Gorp:

I have separated the mixes into two types of ready-to-go mixes and cooked or baked mixes. Usually ready-to-go blends will last quite some time, it's only enemy being heat on the trail. A good idea in summer is to bury your gorp/trail mixes deep in your pack. With baked or cooked mixes, you will most likely want to consume your mix within a week, as it will start going stale tasting or get a bit limp from moisture. Putting your trail mix into snack sized bags is a good idea for 2 reasons: 1) It keeps it fresh. 2) It keeps down dirty hands from double and triple dipping into the food. This cuts down on virus spreading while hiking with partners.

Ready To Go Mixes:

Candy De-Lite

- 1 can cashew pieces
- 1 bag butterscotch chips
- 1 bag peanut butter chips
- 1 bag yogurt covered raisins
- 1 bag Craisins

Mix well in a metal bowl, and store in snack baggies of how much you would like to eat at a time. Try to keep cool in summer.

Ladies DeLite Trail Mix

- 1 bag white chocolate chips
- 1 bag dark or semisweet chocolate chips
- 1 bag Craisins
- 1 can or bag hazelnuts

Mix well in a metal bowl, and store in ziploc baggies. Try to keep cool in the summer.

Cole Slaw Part 2

At home dry a small head of cabbage that has been shredded.

Put in a freezer bag:

- 1 cup dried cabbage
- 1 tablespoon dried chives

Also take:

- 2 packets sugar or sweetener
- 1 packet salt

In a leak proof container:

- 1 1/2 teaspoons white vinegar
- 1 1/2 teaspoons oil

In camp: Soak the cabbage in cold water for 20-30 minutes. Drain the cabbage squeezing the bag well to get out the water. shake the sugar and salt with the liquids, and then toss with the cabbage.

Trail Munchies:

Trail Nachos

Serves 1

In a quart freezer bag put:

- 1/4 cup + 2 tablespoons cheese sauce powder (this is a product you can find in bulk sections)
- 1/4 teaspoons of garlic
- 1/4-1/2 teaspoons of salt

Feel free to add bell pepper flakes, hot pepper flakes, etc. Whatever you like! Separately pack whatever munchies chip you like to dip.

In camp add 1/2 cup boiling water, mix very well, seal and pop in cozy for 5-10 minutes. Dip your chips!

Make Con Queso dip by adding 2 packets of salsa to the dip!

Chowders:

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

Salmon Chowder

Serves 1-2

1/2 cup instant mashed potatoes
1/2 cup dried powdered milk
1 teaspoon Old Bay seasoning
1 teaspoon dried chives
2 tablespoon dried veggie flakes or Just Veggie freeze-dried veggies
1/2 teaspoon granulated garlic
1/2 teaspoon salt

Put all items in a quart freezer bag. Also take a 3 oz. pouch of salmon.

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

Seafood Chowder

Serves 1-2

1/2 cup instant mashed potatoes
1/2 cup dried instant milk
1 tablespoon Butter Buds/Molly McButter
1 teaspoon Old Bay seasoning
A few shakes of celery seed

Put all items in a quart freezer bag. Also take one 3 oz. pouch each of shrimp and crab meat (can substitute clams)

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

Cold Drink Mixes:

Put individual servings in snack size Ziploc bags, marked with how much water per serving.

Sport Drink Mixes:

Recipe 1#:

10 lbs. sugar (5/8 cups)
3/4 teaspoon Morton Lite salt (4.2 grams)
1 package of unsweetened Kool-Aid mix for flavor (or similar)
Water to make 2 liters

The recipe will give a total of 124 grams of solute which in 2 liters water gives a total of 6.2% concentration. For an 8 oz. serving this gives:

14.2 grams carbohydrate (6%)
53 calories
103 mg Sodium
121 mg Potassium

You'll notice that the amount of potassium is quite a bit higher than Gatorade, but the rest is pretty close. If you wanted to reduce the potassium, another option would be to use 1/2 tsp. each of regular salt and the Morton Lite Salt. This would change it to:

104mg sodium
40mg potassium

Easy Mocha Coffee

- 1 packet cocoa mix of choice
- 1 package of Folgers's singles coffee

Brew coffee, stir in cocoa packet.

Hot Ginger Coconut Smoothie

Serves 1

In a bag put:

- 1/4 cup powdered milk
- 1 tablespoon coconut cream powder
- 1 tablespoon sugar
- 1/2 teaspoon ground ginger

In camp: Add mix and 1 cup boiling water in Nalgene. Shake!

Toasted Almond Smoothie

Serves 1

At home, blend following until smooth & store in a bag:

- 1/2 cup powdered milk
- 1/4 cup almond paste (can be purchased or made at home)
- 1 tablespoon sugar
- 1 tablespoon coconut cream powder

In camp: Add mix, 1 oz Amaretto (if you want) and 1/2 c hot water in Nalgene. Shake!

Lucky's Hearty Clam Chowder

Serves 1-2

Put in a quart freezer bag:

- 1 package Knorr Leek Soup
- 1 cup instant mashed potatoes

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

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

Bacon & Potato Chowder

Serves 1-2

In a quart freezer bag put:

- 1 tablespoon dried onion flakes
- 3 tablespoon bacon from a bacon in the bag
- 1 tablespoon dried carrots
- 1/2 cup instant hash browns (they come in a paper "milk box" container)
- 1 envelope Lipton Creamy Chicken Soup mix
- 1/3 cup instant milk powder

Put all the items besides the bacon, in a quart freezer bag. In camp add 2 cups boiling water, stir well, and toss the bacon in. Put in a cozy for 10 minutes. Mix well.



Potato Soup

Serves 1

In a quart freezer bag put:

1/2 cup instant mashed potatoes
1/4 cup dried milk
1-2 teaspoons low sodium beef bouillon
2 teaspoons dried parsley
1/4 teaspoon thyme
Fresh ground pepper/salt to taste
2 tablespoons parmesan cheese (shelf stable)

In camp add 2 cups boiling water to the mix, stir well and let sit for 5 minutes to cool a bit and enjoy.

Perk's Chili

In quart freezer bag put:

1/8 cup dried onion
2 tablespoons dried green pepper
1 teaspoon granulated garlic
1/2 teaspoon dried jalapeno peppers (or Serrano if you like the heat)
2 teaspoon brown sugar
1 tablespoon tomato powder (or soup mix)
1/2 teaspoon ground ancho chili pepper
Dash of: oregano, red pepper, cumin, ground cinnamon, salt
1/8 cup diced tomatoes, dried and crumbled
1/4 cup dark red kidney beans, cooked and dried (canned and dehydrated)
1/4 cup hot chili beans, cooked and dried (canned and dehydrated)

In Camp:

Add 1 package chipped beef (or use a packet of ground beef)
Top with boiling water and put in a cozy for 10 minutes.

Optional: You can use a 1/4 cup of red wine also, and top with a couple of tablespoons of fresh pico de gallo if you want to pack it.

Russian Tea

At home mix:

2 cups Tang or any instant orange flavored drink mix
2 cups sweetened instant tea mix
2 teaspoons cinnamon
1 teaspoon allspice
1 teaspoon cloves (if you like)

In camp: Add 2 tablespoons mix to every cup of boiling water in your cup. Stir well. Makes about 32 servings.

Trail Mochas

At home mix:

1 cup instant coffee
1 cup powdered creamer
1/2 cup sugar
1 packet hot cocoa mix (single serving)
3/4 teaspoon cinnamon

In camp: Add 2 tablespoons mix to every cup of boiling water in your cup. Stir well. Makes about 20 servings.

Milk & Tea

At home mix:

2 cups instant milk
2 tablespoons instant ice tea mix (sweetened, with lemon)
1/3 cup sugar

In camp: Add 3 generous tablespoons per cup of boiling water in your cup. Stir well. Makes about 12 servings.

Toasty Eggnog Drink

At home mix together:

1 1/2 cups instant dry milk
1/2 cup nondairy creamer
1/2 cup powdered egg mix (look in the baking aisle)
2 tablespoons brown sugar
1/2 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg

In camp: use 1/3 cup mix to your camp cup (8 ounces or to taste) with cold or hot water. Stir well.

Rich Trail Cocoa

At home mix together:

1 lb. instant cocoa mix
6 ounces nondairy creamer
8 quarts (11 cups) instant dry milk
2/3 cup brown sugar

In camp add 1/3 cup mix to 1 cup hot water. Stir well.

Cinnamon Coffee

In a snack sized Ziploc put:

1 teaspoon instant coffee
1/8 teaspoon cinnamon
One packet of honey

In camp put the mix and honey in your cup, stir well. Add 1 cup boiling water. Stir well.

Asian Inspired Soups/Bowls:

Sushi Bowl

In a quart freezer bag put:

1 cup instant white rice
1/2 cup dried or freeze-dried vegetables
1-2 sheets nori seaweed, cut into 1 inch squares
1/2 teaspoon sugar or other granulated sweetener
Also take 1 - 2 condiment packets of soy sauce

In camp: Add 1 1/4 cups boiling water, sit 10 minutes. Add 1-2 packets soy sauce to taste.

Thai Tomato Soup

Serves 2

In a freezer bag put:

1 package tomato soup mix (Lipton Cup of Soup)
2 tablespoon dried onion
1/4 teaspoon powdered ginger
1 teaspoon granulated garlic
1/4 cup diced tomatoes (dried)
1 teaspoon sugar (or Splenda)
1/2 teaspoon red pepper powder
1/2 teaspoon chili powder
Dash of salt
1 tablespoon coconut cream powder

Add boiling water to cover and put in cozy 10 minutes

Thai Coconut and Seafood Soup

Serves 2-4

Mix at home in a quart freezer bag:

- 2 ½ teaspoons fish or vegetable stock base
- 1 teaspoon ground ginger or galangal
- 2 tablespoons dried chives
- 2 tablespoons dried cilantro
- 1 tablespoons dried shallots (can substitute onions)
- 6 tablespoons coconut cream powder
- 1-2 teaspoons sugar
- 1-3 teaspoons Thai green curry paste (1 for mild, 3 for hot)
- Salt and pepper if needed
- 1 ½ teaspoon powdered lime juice

Label and package with:

- ½ - 1 cup instant rice in a second quart freezer bag.
- 1-2 foil pouches seafood (shrimp, crab, tuna)
- 1 condiment package soy sauce

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

Curried Rice Soup

Serves 1-2

In a quart freezer bag put:

- 1 package Green Pea soup (Lipton's Cup of Soup single serving)
- 1 package Tomato Soup (Lipton's Cup of Soup single serving)
- 1/3 cup instant milk
- 1/2 - 1 teaspoon curry powder
- 1/2 cup instant rice

In camp add 2 cups boiling water, stir well. Place in cozy for 5 minutes and eat. Also good with parmesan cheese on top.

Mocha Au Lait Mix:

- 1 1/2 cups dry milk powder
- 1/2 cup instant coffee granules
- 1/3 cup brown sugar
- 2/3 cup miniature semisweet chocolate chips

In a medium bowl, combine milk powder, instant coffee, brown sugar and mini chocolate chips. Mix well and store in an airtight container.

Instructions per serving: 1/4 cup mix per 2/3 cup boiling water. Stir well. Makes 12 servings.

Instant Chai Tea #1 Mix:

- 1 1/2 cups instant tea powder
- 2 cups powdered non-dairy creamer
- 1/2 cup dry milk powder
- 1 cup confectioners' sugar
- 1/4 cup brown sugar
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground cardamom
- 1 teaspoon ground allspice
- 1 teaspoon vanilla powder

In a food processor or blender, combine instant tea, creamer, milk powder, confectioners' sugar and brown sugar. Add ginger, cinnamon, cloves, cardamom, allspice and vanilla powder. Process for 2 minutes. Store in an airtight container.

1/4 cup mix in a mug, and fill with hot water, stir well. Makes approximately 48 servings.

Cappuccino Mix:

2/3 cup instant coffee granules
1 cup powdered non-dairy creamer
1 cup powdered chocolate drink mix
1/2 cup white sugar
3/4 teaspoon ground cinnamon
3/8 teaspoon ground nutmeg

Put the instant coffee into a food processor, and process to a fine powder. If you don't have a food processor, put it into a large plastic bag, and crush with a rolling pin. In a large bowl, combine creamer, chocolate mix, instant coffee, sugar, cinnamon, and nutmeg. Stir together until well mixed. Mix 3 tablespoons of powder with 6 ounces hot water.

Mocha Coffee Mix:

1 1/4 cups instant coffee granules
7 cups dry milk powder
5 3/4 cups powdered chocolate drink mix
1/4 cup confectioners' sugar
1 3/4 cups powdered non-dairy creamer

In a large bowl, mix together instant coffee, milk powder, chocolate drink mix, confectioners' sugar and powdered creamer. Store in an airtight container.

1/4 cup mix to 1 cup boiling water and stir well. Makes 64 servings.



Miso Stew

Serves 1

In a quart freezer bag put:

2 tablespoon dried green onions (or white onion flakes)
1 tablespoon dried minced garlic
2 tablespoon dried carrots
1 tablespoon dried chives (optional)
1/4 cup dried tofu cubes

Wakame or Nori seaweed, cut into 1 inch squares (amount is up to you)

1 tablespoon miso paste (red or yellow is your choice)

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

Miso Soup

Serves 1

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



Soups:

Minestrone Soup

Serves 1-2

In a quart freezer bag put:

2 teaspoons chicken bouillon (I prefer the low sodium/no MSG variety)
1/2 cup instant refried bean flakes (brown or black)
1/4 cup dried veggie flakes or crushed freeze-dried vegetables
1/4 cup couscous
1/4 teaspoon granulated garlic
1/2 teaspoon dried parsley
1/4 teaspoon salt

Tape onto bag 2 salt packets and 1 pepper packet.

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

Cheesy Chicken Rice Soup

Serves 1

In a quart freezer bag put:

1/2 cup instant rice
3 tablespoons cheese sauce powder
1 tablespoon dried powdered milk
1 tablespoon dried veggie mix or freeze-dried vegetables
1/4 teaspoon salt or to taste
A 3-5 oz can of chicken.

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

Taco Couscous Burritos

At home in a mixing bowl put:

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

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

Take with you on your trips:

1 packet mix
2 tortillas
2-4 packets salsa
Cheddar cheese

In camp: add 2/3-3/4 cup boiling water to a packet. (2/3 produces couscous tender, 3/4 would produce a saucier couscous). Stir well, and let sit for 5 minutes or so. Put cheese on tortillas, the couscous mixture and salsa. Wrap and eat! Each packet serves 1 hiker!

Hot Drink Mixes:

Bulk & Single Drink Mixes To Make:

A good way to carry drink mixes that you make at home is in snack size Ziploc bags. Mark on the bag how much water per bag.

Winter Coffee:

2 cups powdered non-dairy creamer
1 1/2 cups instant hot chocolate mix
1 1/2 cups instant coffee granules
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg

Sift together creamer, hot chocolate mix, instant coffee, cinnamon and nutmeg. Store in an airtight container.

Stir 3 teaspoons of mixture into 1 cup of hot water. Adjust to taste. Makes approx. 80 servings.

Evening Potatoes

Serves 1

In a quart freezer bag put:

1/2 cup instant potatoes
1 tablespoon instant milk
Salt and pepper packets
2 tablespoons cheese sauce powder
1/2 bag of precooked crumbled bacon bag (shelf stable)

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

Dinner—Burritos & Wraps:

Bean & Rice Burritos

Serves 2

In the first quart freezer bag:

1/2 cup instant rice
Pinch of salt
1/4 teaspoon granulated garlic
1 teaspoon dried onions

In a second quart freezer bag:

1/3 cup instant refried bean mix
(<http://www.fantasticfoods.com>)

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

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

Dinner—Rice Dishes:

Serving sizes:

1 person: 1 cup rice/1 cup water

2 persons: 2 cups rice/ 2 cups water

Basic rice cooking: You can find white rice, premium white rice, and brown rice in instant versions. I prefer the premium white rice, and I prefer Minute Rice brand. Instant rice definitely needs a good pinch of salt and flavorings added. Rice can handle sweet or savory flavors well, but stay away from heavy sauces. Rice should be put in a cozy for 5-10 minutes after you add boiling water.

Cranberry Chicken Rice

Serves 1

In a quart freezer bag put:

1 cup instant rice
1 teaspoon Chicken bullion (low sodium)
1/4 teaspoon salt if desired
1/2 teaspoon granulated garlic
1 teaspoon Parsley
1 teaspoon Dried Onion
2 tablespoon Dried veggie flakes or freeze-dried Just Veggies
2 tablespoons+ 2 teaspoons Craisins

Put all items in a quart freezer bag. Also take a 3-5 oz. can of chicken with you.

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

Four Cheese Hamburger Rice

Serves 1

In a quart freezer bag put:

- 1 cup instant rice
- 1/3 cup instant milk
- 1 package McCormick Four Cheese sauce blend
- 1/2 teaspoon Butter Buds/Molly McButter
- 1/2 cup dehydrated hamburger (usually this equals 8 oz raw)

In camp add 1 1/2 cups boiling water, stir well and put in your cozy for 10 minutes. Stir and eat.

Creamy Spinach Rice And Hamburger

Serves 2

In a quart freezer bag put:

- 2 cups instant rice
- 1 package Knorr Cream Of Spinach Soup mix
- 1/2 cup dried hamburger (see ingredient page)
- 4 packets parmesan cheese for topping

In camp add 2 1/2 cups boiling water to the bag, and stir very well. Seal and let sit for 10 minutes. Stir again, and then top with the parmesan cheese.

Veggie Hamburger Rice

Serves 2

In a quart freezer bag put:

- 2 cups instant rice
- 1 package Knorr Spring Vegetable Soup Mix
- 1/2 cup dried hamburger

In camp add 2 1/4 cups boiling water, stir well. Let sit in a cozy for at least 10 minutes. Stir again. Cheese on top makes it even better.

Miss-Q's Tater De-Lite

Serves 2

In a quart freezer bag put:

- 1/2 cup freeze-dried chicken
- 1/4 cup freeze-dried corn

In another freezer bag put:

- 1 pouch Idahoan mashed potatoes, "The Works" flavor
- 1 tablespoon "Butter Buds"
- 2 tablespoons dry milk
- Salt/pepper packets
- 1/2 to 1 cup French Fried Onions (the kind you buy in a can)

In the first bag, add 1/2 cup boiling water to cover the chicken and corn, and let sit for a little bit to rehydrate. In the second bag, add 2 cups boiling water and stir well, getting all the potatoes mixed in. Add chicken and corn at this time, the extra water in the chicken corn mixture will finish moistening the potatoes. It will be ready to eat as soon as the potatoes, corn, and chicken are completely mixed. Add salt and pepper to taste, and sprinkle on top the onions and enjoy.

Sasquatch's Taters

Mix these ingredients in a bowl:

- 1-3/4 cups instant mashed potatoes
- 1-1/2 cups dry milk
- 2 teaspoons low sodium chicken bouillon
- 2 teaspoons dried onion
- 1 teaspoon dried parsley
- 1/4 teaspoon ground pepper
- 1/4 teaspoon dried thyme
- 1/8 teaspoon turmeric (or an Indian curry powder)
- 1-1/2 teaspoon seasoning salt

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

In camp: Add 1 cup boiling water. Stir until smooth. Serves 1 as a side dish.

Chicken & Cranberry Gravy with Mashed Potatoes

Serves 2

In a quart freezer bag put:

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

In a second freezer bag put:

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

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

Homemade Cheezy Mashed Potatoes With Chicken

In a quart freezer bag put:

1 1/2 cups instant potatoes
1/4 teaspoon salt
1/3 cup instant milk
3 tablespoon cheese sauce powder
7 oz. foil pouch of chicken

In camp boil your water - put the pouch of chicken in the bag, and 2 1/4 cups of water. Stir VERY well and let sit for a minute or two. Serves 1 very hungry person, or 2 if you supplement with a side dish, such as tortillas and cheese.

Wild & White Creamy Rice

In a quart freezer bag put:

1 1/2 cups instant white rice
1/4 cup instant wild rice
1/4 cup Just Veggie freeze-dried veggies
1 package Knorr Cream Of Spinach soup mix
1/3 cup dry milk

Also take one 3-5 oz can of chicken.

In camp dump the can of chicken with juice into the bag. Add 2 cups boiling water and stir well. Pop in a cozy and let sit for 10 minutes. Stir well again and enjoy.

Creamy Carbonara Rice

Serves 2

In a quart freezer bag put:

2 cups instant rice
1 package Knorr Carbonara Sauce (in the pasta aisle)
1/2 cup dry milk
1/4 cup freeze-dried vegetables (I use Just Veggies)

In camp add 2 1/2 cups boiling water and a 3-5 oz can of chicken or a pouch of chicken (liquid and all). Stir very well and leave in cozy for 10 minutes. Stir well again. Great with a packet or two of parmesan cheese added on top.

Creamy Mushroom Rice

Serves 1

In a quart freezer bag put:

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

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

Salty but good! This recipe can be stretched to feed 2 hikers by adding 1 cup more rice, the other half package of soup mix, 1 cup more water and 1 tablespoon more milk.

Creamy Chicken With Rice

Serves 1

In a quart freezer bag put:

- 1 cup instant rice
- 1 packet Lipton Cup of Soup Cream Of Chicken soup mix (the 1 cup of water type)
- 1 tablespoon dried onions
- Pinch of granulated garlic
- Pinch of dried parsley

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



Dinner—Stuffing & Potato:

Chicken, Gravy & Stuffing

Serves 1

- 1 1/2 cups Stove Top stuffing mix (the newer type where the flavoring is premixed in, any flavor)
- 1 pouch chicken or turkey gravy (use "makes 1 cup" size package)
- 1 pouch or can of chicken or turkey (for can use the 5 oz. version, for pouch use the 7 oz. size)

Put the stuffing in a quart freezer bag, and the gravy mix in another.

At camp pour 1 cup boiling water in the gravy, stir well, and add the chicken or turkey, stir again and seal well. Pop in cozy. To the stuffing bag, add 3/4 cup boiling water, stir and seal well. Pop in the cozy, and let sit for 5 minutes. Fluff up the stuffing, and pour the gravy over it. Very salty, but good!

Turkey & Mashed Potatoes and Gravy

Serves 2

In one quart bag put:

- 1 package of Idahoan potatoes (they come in foil packets, and use 2 cups boiling water.)

In a second quart bag, add 1 packet chicken or turkey gravy mix.

Take a can or pouch of chicken or turkey also. (Use the 5-7oz. size)

In camp: Add 2 cups boiling water to the potatoes. Add 1 cup boiling water to the gravy. Mix well, add the meat to the gravy. Seal well, and pop in a cozy for 5-10 minutes. Pour the gravy over the potatoes.

Different Ramen

Serves 1

In a quart freezer bag put:

1 block ramen (toss packet)

1/4 cup Just Veggie's of your choice

Also bring:

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

1/4-1/2 cup parmesan cheese.

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

Ramen Primavera

Serves 1

In a quart freezer bag put:

1 block ramen (toss flavor packet)

1/4 cup Just Veggies mix

Also take a small snack baggie with:

1 teaspoon blend of Italian herbs, granulated garlic, salt, pepper, etc.

If you can find single packets of "butter" take 2 or so with you.

Also take a minimum of 6 packets parmesan cheese.

In camp add 1 1/2 cups boiling water to ramen/veggies. Let sit in cozy for 5-10 minutes. Drain well, add butter, herbs and cheese and mix well.

Creamy Chicken With Rice #2

Serves 2

In a quart freezer bag put:

1 1/2 cups instant rice

1/3 cup dry milk

1 package Erin Traditional Cream Of Chicken soup mix (Found at Cost Plus World Market)

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

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

Creamy Spinach-Veggie Rice

Serves 2

In a quart freezer bag put:

1 package Knorr Cream Of Spinach soup mix

1/3 cup dry milk

1 1/2 cups instant rice

1/4 cup Just Veggie freeze-dried veggies, or dried veggies

A 3-5oz. can of chicken.

In camp dump the chicken in (liquid and all), and add 1 3/4 cups boiling water. Stir well, let sit in cozy for 10 minutes (15 if using dehydrated veggies.) Stir well and enjoy.

Creamy Leek Chicken Rice

Serves 1

1 cup instant rice

3 tablespoons Knorr Leek Soup Mix (half a package) if you'd like it creamier, add the whole package.

1 tablespoon dry milk

1 tablespoon dried veggie mix or Just Veggie freeze-dried veggies

Put all the ingredients into a quart freezer bag. Also take a 3-5 oz can of chicken. In camp add the chicken (liquid and all) and 1 cup plus 2 tablespoons boiling water. Mix well, pop in a cozy for 10 minutes.

Curry Lentils With Rice

Serves 1

You will need 2 quart freezer bags.

In one put:

1 cup instant rice

Pinch of salt

In the other put:

1/2 cup Curry Lentil soup mix

<http://www.tasteadventure.com/products/soups/index.htm>

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

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

Split Peas With Rice

Serves 1

You will need 2 quart freezer bags.

In one put:

1 cup instant rice

Pinch of salt

In the other put:

1/2 cup Split Pea soup mix

<http://www.tasteadventure.com/products/soups/index.htm>

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

Shrimp Ramen

Serves 1

In a quart freezer bag put:

1 shrimp flavored block or ramen. Tape the seasoning packet to the outside.

2 tablespoons dried carrots or Just Veggie brand freeze-dried carrots

2 tablespoons dried green onions (or use plain onions)

Also bring one foil pouch of shrimp and one packet of red pepper flakes (from a pizza joint).

In camp add 1 1/2 cups of boiling water to the ramen and veggies. Seal and mix well by shaking and rolling, till the ramen gets soft, then pop in a cozy for 5-10 minutes. Put the packet of shrimp in the cozy underneath to warm it up. At this point add the shrimp, the flavor packets (add to taste), stir up. One can either drain the noodles or eat it as a soup.

Ramen Pot Pie

Serves 2

In a quart freezer bag put:

1 package chicken flavored ramen with seasoning packet. Break up the ramen.

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

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

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

Parmesan Veggie Noodles

Serves 1

In a quart freezer bag:

- 1 block ramen noodles
- 2 tablespoons dried veggie mix or Just Veggie freeze-dried veggies

Tape to the outside 2 packets parmesan cheese and the flavor packet.

In camp add 1 1/2 cups boiling water to the bag and let sit for 10 minutes. If you like, add the flavor packet at this point, stir well, and then drain off most of the liquid. Toss in the parmesan, mix well and eat. If you need salt after a long day, do not drain the liquid, eat it as noodles in broth.

Cheesy Ramen

Serves 1

In a quart freezer bag put 1 block ramen noodles.

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

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

Mexi Rice

Serves 1

In a quart freezer bag put:

- 1 cup instant rice
- 1 teaspoon low sodium chicken bullion powder
- 1 tablespoon dry onions
- 1 tablespoon dry bell pepper flakes

Tape to bag 4-6 packets salsa

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

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

Cheesy & Crunchy Veggie Rice

Serves 1

In a quart freezer bag put:

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

Separately pack 2 tablespoons worth of Fried Onions in a sandwich bag. Also take 1-2 ounces of cheese of choice.

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

Cheesy Rice

Serves 1

In a quart freezer bag put:

- 1 cup instant rice
- Pinch of salt
- 2 tablespoons dry milk
- 2 tablespoons cheese sauce powder

In camp add 1 1/8 cups boiling water to the bag and stir very well. Let sit in a cozy for 5 minutes, then stir well again. This is great with some Italian bread crumbs on top.

Cheesy Chicken Veggie Rice

Serves 1

In a quart freezer bag put:

- 1 cup instant rice
- 1/4 cup freeze dried vegetable mix
- 2 tablespoons cheese sauce powder
- 2 tablespoons instant milk
- Pinch of salt if desired
- Also take 1 can of chicken (3-5 ounce size)

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

Spaghetti Rice

Serves 2

In a quart freezer bag put:

- 1 package Knorr Tomato and Basil soup mix
- 2 tablespoons freeze-dried mushrooms (crumbled up)
- 2 cups instant rice

In camp add 2 1/4 cups boiling water, stir well. Pop in cozy for 5 minutes. Good with a couple packets parmesan cheese added.

Red Bean Stew with Pasta

Serves 2

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

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

Ramen Pad Thai

Serves 1

In a quart freezer bag put:

- 1 package spicy chicken ramen (depending on taste, 1/4 to all of packet)

Also take:

- 1 3 oz. can chicken breast (drained)
- 1 heaping tablespoon of peanut butter (individual packets work well)

In camp: Boil 1 1/2 cups of water. Add to bag containing Ramen. Let sit for about 10 minutes. Drain off some of the liquid. Add and stir in Chicken and peanut butter.



Perk's Beef Stroganoff

Serves 2

In a quart freezer bag put:

- 2 tablespoons powdered milk
- 1 tablespoon butter buds (or use 1 tablespoon fresh butter/margarine)
- 1 tablespoon tomato powder (or soup mix)
- 1 tablespoon flour
- Dash of pepper
- 2 tablespoons dried onion
- 1 cube beef bullion (crushed) (or use low sodium no MSG Herb Ox Beef bouillon)
- ¼ cup dried mushroom slices (or freeze-dried mushrooms)
- 1 cup cooked & dried noodles (egg noodles, etc)
- 1/2 cup dried hamburger

In camp top with boiling water and cozy for 10 minutes.

Spicy Mussel Noodle Bowl

Serves 2

In a quart freezer bag put:

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

In camp: Add 1 foil pouch smoked mussels. Add boiling water to cover and cozy 10 minutes. Optional: If first night, replace sausage with a baggie of cooked chorizo or sliced kielbasa. Also, ½ cup of white wine added is nice if you carry wine with you.

Cheesy White & Wild Chicken Rice

Serves 2

In a quart freezer bag put:

- 1 1/2 cups instant rice
 - 1/4 cup instant wild rice
 - 3 tablespoons cheese sauce powder
 - 2 tablespoons dry milk
 - 2 tablespoons parmesan cheese (Shelf stable kind)
 - 1 tablespoon dried onion
 - Pinch granulated garlic
- Also take one 3-5 oz can of chicken.

In camp dump the chicken with liquid in the bag, and add 1 3/4 cups boiling water. Stir well, and put in a cozy for 10 minutes. Stir well again.

Rice & Beans

Serves 1

In a quart freezer bag put:

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

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

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



Pizza Rice

Serves 1

In a quart freezer bag put:

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

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

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

Also bring with you one 4 to 5oz. package of Boboli pizza sauce (these can be found at the grocery store).

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

Curry Cashew Rice

In a quart freezer bag put:

- 2 cups instant rice
- 1/2 cup dry milk
- 3 teaspoons curry powder
- 1/2 to 1 teaspoon salt, if desired

Also bring 1/2 cup chopped cashew pieces and 3 ounces or so of cheese, such as Jack. In camp cut thin or use grated.

In camp add 2 cups of boiling water and cheese. Stir well. Let sit for 10 minutes in a cozy. Add nuts and serve.

Dinner—Pasta/Ramen/Oriental Noodles:

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

If you want to use dried pasta in recipes of your own making, the rehydration method is equal pasta to water. I would suggest 1/2 cup of pasta per person if you are adding meat. Otherwise give 1 cup of pasta per person.

In camp add the boiling water to your freezer bag (ie..1/2 cup pasta, 1/2 cup water). Seal, put in cozy for a good 10-15 minutes. Be sure to shake the bag once or twice to make sure everything gets coated. After it has cooked up, you could add whatever sauce you want. The Knorr pasta sauce packets are great and can be done in a freezer bag when you first do the pasta.

Smoked Salmon Pasta

In a quart freezer bag put:

- 1 cup cooked dried pasta (penne or mac)
- 1 teaspoon butter buds (1 tablespoon butter or margarine can be used)
- 1/4 cup dry sweet or regular onion
- 1 chicken bullion cube, crushed (or low sodium)
- 2 tablespoons dry milk
- 2 tablespoons grated parmesan cheese (about 4 packets)
- 2 tablespoons tomato power (or tomato soup mix)
- 1/4 cup freeze-dried peas
- Dash of dill, salt, coarse grind black pepper

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

Couscous With Mushrooms & Tomatoes

In a quart freezer bag put:

1/2 cup couscous
4 minced sun dried tomatoes (not oil packed)
1/4 cup freeze-dried mushrooms crumbled
1 teaspoon low sodium chicken bouillon
1 tablespoon dried onion
1 teaspoon parsley flakes
Salt and pepper packets

In camp add 1 1/4 cups boiling water, stir well and put in a cozy for 5-10 minutes. Would do well with parmesan cheese added. Serves 1 or 2 if you add a 7 oz. pouch of chicken.

Cinnamon 'n' Sugar Couscous

1/4 cup couscous
2 tablespoons Powdered milk
1 tablespoon brown sugar
1/2 teaspoon cinnamon
Pinch of salt
1-2 tablespoons chopped almonds

Combine all ingredients except for almonds, in a quart freezer bag.

In camp add 1/4 - 1/2 cup boiling water (add lower amount for dryer couscous). Pop in a cozy for 5 minutes, add almonds and stir well.

Curry Rice With Chicken Or Shrimp

Serves 1

2 teaspoons dried onion
1 teaspoon Butter Buds/Molly McButter
Dash each: Allspice, Cinnamon, Salt & Pepper
1/2 teaspoon curry powder (I use 1-2 teaspoon or more—I like curry!)
1 cup instant rice
2 tablespoons raisins (I like golden ones)
2 tablespoons "Apple Chips" chopped up (Find in the produce department. If you cannot find them, you can use chopped, dried apples)
1/2 teaspoon or more salt to taste

Put all items in a quart freezer bag.

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

In a Ziploc snack bag take 2 tablespoons toasted slivered almonds, peanuts or cashews.

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

Chicken Almond Rice

Serves 2

In a quart freezer bag put:

2 cups instant rice
2 tablespoon dry onion
1 teaspoon low sodium chicken bouillon
1/2 teaspoon onion salt if desired
1/2 teaspoon dry celery seed
1/3 cup golden raisins

Also take 1 pouch chicken (7 oz) and 1 package sliced or slivered almonds (small size, from convenience stores)

In camp add 2 cups boiling water, stir very well, add chicken. Put in cozy for 10 minutes.

Chicken & Peas With Rice

Serves 2

In a quart freezer bag put:

- 2 cups instant rice
- 2 teaspoon chicken bouillon (low sodium)
- 1 teaspoon Butter Buds or Molly McButter
- 1/4 cup freeze-dried peas

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

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

Trail Rice

Serves 1

In a quart freezer bag put:

- 1 cup instant rice
- 1 teaspoon low sodium chicken broth
- Pinch of salt
- 1/2 cup trail mix (pick any candy or chocolate out)

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

Herbed Beef with Mushroom Gravy

Serves 1

- 1 teaspoon granulated garlic
- 1/2 teaspoon thyme
- Dash rosemary, black pepper
- 1/4 cup dried mushrooms (or freeze-dried mushrooms)
- 1 chicken bullion cube, crushed (low sodium can be used)
- 1/2 teaspoon cornstarch
- 1 teaspoon olive oil (1 packet)
- 1/2 cup dried hamburger

In camp: Add boiling water to cover and put in a cozy for 10 minutes. Optional: add 1/4 cup white wine. Serve over instant rice (1 cup worth).

Curried Vegetable Couscous

Serves 2

In a quart freezer bag put:

- 1/2 package Knorr Vegetable Recipe Mix (Older packaging says Vegetable Soup and Dip mix)
- 1/8 cup Craisins or golden raisins
- 1/4 teaspoon curry powder
- 2/3 cup couscous

In camp: add 1 1/2 cups boiling water and stir well. Let sit in a cozy for 10 minutes. Fluff up as good as you can. Would work well with a 7 oz. pouch of chicken added. If you carry oil with you, 1 tablespoon of olive oil makes this even better.

Crunchy Couscous

Serves 2

In a quart freezer bag put:

- 1 package plain couscous (10 oz. or use bulk couscous)
- 2 teaspoons low sodium chicken bouillon
- Packet of salt
- 2 tablespoons dried onion
- 1/2 cup diced dried apricots
- 1 small package (2-3 ounces) of toasted sliced almonds
- 1 3-5 oz. can of chicken.

In camp dump the chicken plus liquid into the bag, and add 1 3/4 cups boiling water. Stir well, and pop into a cozy for 5-10 minutes.



Cheesy Couscous

Serves 1

In a quart freezer bag put:

1/2 cup couscous
3 tablespoons cheese sauce powder
1/4 teaspoon salt
1 tablespoon dry milk

In camp: add 1 cup boiling water. Mix well, seal and pop in a cozy.
Let sit for 10 minutes, stir again. A very good recipe for young kids.

Curry Couscous

Serves 1 - with chicken serves 2

In a quart freezer bag put:

3/4 cup couscous
2 tablespoons coconut cream powder
2 tablespoons dried veggie flakes or freeze dried vegetables
2 teaspoons curry powder (if you aren't used to curry, you can use less)
1/4-1/2 teaspoon salt
1/2 teaspoon ginger powder

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

Fruit & Nut Couscous

Serves 2

In a quart freezer bag put:

1/2 cup couscous	3 tablespoons brown sugar
1/2 cup instant milk	1/2 teaspoon cinnamon
1/4 cup dried cherries	1/4 teaspoon salt
1/4 cup finely chopped walnuts	

In camp add 1 1/4 cups boiling water, stir well and put in cozy for 10 minutes.

Chicken & Mushroom Rice

Serves 2

In a quart freezer bag put:

1 1/2 cups instant rice
2 teaspoon low sodium chicken broth
1/4 cup freeze-dried mushrooms, crumbled
1 teaspoon dry thyme leaves
A pinch of salt and couple grinds of black pepper
Also take one 3-5oz. can of chicken or a 7oz. pouch of chicken.

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

Sesame Orange Chicken

Serves 1-2

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

Also take:

A 7oz pouch of chicken
1-2 cups instant rice in a separate freezer bag.

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

Chicken with Chinese Ginger Lemon Sauce Serves 1-2

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

Also take:

7 oz pouch chicken
1 package soy sauce

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

Serve over instant rice, or mashed potatoes (see potato section for recipe). Optional: For a real treat, replace powdered ginger with a chunk of candied ginger, diced. Also, ¼ cup of dry sherry is nice to add.

Roast Chicken with Cranberry Sauce Serves 1

Dash of sage, thyme, black pepper.
1 cube chicken bullion, crushed (low sodium can be used)
¼ cup dried cranberries (Craisins)
¼ cup dried cranberries (powdered)

Also take:

7 oz. pouch chicken
1 package grape jelly (1 use size)

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

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

Chicken Adobo Serves 1

Dash black pepper
1 chicken bullion cube, crushed (low sodium can be used)
1 tablespoon granulated garlic
¼ bay leaf

Also take:

1 cup instant rice in sandwich bag
1 package soy sauce
1 package vinegar
1 7 oz pouch chicken

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

Dinner—Couscous Dishes:

Couscous cooking tips: You can use either couscous in boxes or for a better buy, find it in bulk. Couscous is made from semolina, the same as pasta. You can find it in regular, whole wheat or in flavored varieties.

Basic cooking method:

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

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