

## Backpack Dinners / Lunches

*(That you can make at home)*

<http://backpackingmeals.net/> and <http://wildbackpacker.com/food/recipes/breakfast.html>

<p><b>Spinach Pasta with Tomato Sauce Dinner</b> Spinach pasta with tomato sauce What you need to make one serving:</p> <ul style="list-style-type: none"><li>- 3 plastic sandwich bags</li><li>- 1/4 cup tomato powder</li><li>- 1/8 cup dried mushrooms</li><li>- 1/4 cup mixed dried vegetables</li><li>- 1/2 teaspoon Italian seasoning</li><li>- 1/4 teaspoon garlic powder</li><li>- Salt and pepper</li><li>- 1/8 cup parmesan Cheese (optional)</li><li>- 6 ounces dried spinach pasta noodles (linguini or other)</li></ul>	<p>To prepare before your trip: measure tomato powder, dried mushrooms, dried vegetables, Italian seasoning, garlic powder and salt and pepper into one sandwich bag. Place parmesan cheese into second sandwich bag. Place pasta into a third bag.</p> <p>To make while camping: Boil a large pot of water. Put the sauce mix (first sandwich bag ingredients) in a separate container and add water until sauce is of the desired consistency; cover and place on top of pot to stay warm. Add more water to the pot and resume boil. Add the pasta to the boiling water and cook until desired firmness. Drain the water. Add the sauce and mix. Top with parmesan cheese and enjoy!</p>
<p><b>Cranberry or Cherry Couscous</b> What you need to make one serving:</p> <ul style="list-style-type: none"><li>- 1 plastic sandwich bag</li><li>- ½ cup couscous</li><li>- slivered almonds</li><li>- dried cranberries or cherries</li><li>- dried onion flakes</li><li>- salt</li><li>- pepper</li><li>- 1 teaspoon olive oil (optional)</li></ul>	<p>To prepare before your trip: measure couscous and other ingredients (not including olive oil) into plastic bag.</p> <p>To make while camping: Boil water (add olive oil, if you have it). Add approximately ½ cup of water to the bag mixture. Let sit 5 – 10 minute or until water is absorbed into couscous and dried fruit.</p>
<p><b>Black Eyed Peas and Rice</b> 1/4 cup instant rice 1/4 cup dried black eyed peas 1 T shelf stable bacon 1/2 T dried roasted red pepper 1/2 T dried tomato 1/2 t dried oregano 1/4 t onion flakes 1/4 t garlic powder red pepper flakes to taste 1 t olive oil 1/2 t red wine vinegar 1/4 t liquid smoke 2 dashes hot sauce (or to taste)</p>	<p>At home: combine all of the dry ingredients in a zip locking plastic bag.</p> <p>Combine all of the wet ingredients in a screw top container.</p> <p>In camp: add just enough hot water to cover rice and bean mix (about a cup).</p> <p>When rice is cooked, add vinegar mixture, stir. Season with red pepper flakes and eat.</p>

<p><b>Bacon Mushroom and Sun Dried Tomato Pasta</b></p> <p>8 ounces whole wheat spaghetti  3 tablespoons shelf stable bacon crumbles  1/8 cup dried mushrooms, broken up  1 teaspoon dry basil  1/8 cup sun dried tomatoes, cut into small pieces  1 tablespoon butter powder  ½ tablespoon dried parsley  ¼ cup powdered milk  ¼ cup Parmesan cheese  salt and pepper to taste</p>	<p><b>At home:</b>  combine all of the ingredients except the Parmesan cheese in a zip locking plastic bag. Carry the cheese separately.</p> <p><b>In camp:</b>  bring 2 ¼ cups of water to a boil. Add the pasta. Stir and cook until the pasta is done and the vegetables are rehydrated.  You shouldn't need to drain the pasta. Serve topped with the Parmesan cheese.</p>
<p><b>Ginger Broccoli Noodles Recipe</b></p> <p>Ingredients:</p> <p>8 oz spaghetti, broken up  1 teaspoon onion flakes  1 teaspoon powdered ginger  1 tablespoon rice wine vinegar  ½ teaspoon sesame oil  3 packets of soy sauce  1 head of fresh broccoli, chopped (fresh broccoli packs very well for up to about 3 days depending on the weather)  sesame seeds (optional)</p>	<p>At home: combine the spaghetti, onion flakes and powdered ginger in a zip locking plastic bag. Combine the rice wine vinegar and sesame oil in a screw top container. Carry the broccoli in a second zip locking plastic bag. Carry the soy sauce packets separately.</p> <p>In camp: bring 2 cups of water to a boil. Add the bag with the pasta. When the pasta is almost cooked. Add the broccoli. When the Broccoli and pasta are cooked through, stir in the vinegar and sesame oil. Top with sesame seeds and serve.</p>
<p><b>Chicken Ramen Soup Recipe</b></p> <p>Ingredients:</p> <p>1 package ramen noodles  1 3 ounce can chicken  1 tablespoon dried corn  2 tablespoons dried shiitake mushrooms, broken up  1 tablespoon dried peas  1 packet soy sauce  1/2 teaspoon sesame oil, to taste  pinch red pepper flakes</p>	<p>Instructions:</p> <p>At home: combine the corn, mushrooms, peas and red pepper flakes in a zip lock bag. Put broken-up ramen in quart size zip lock freezer bag along with seasonings. Carry the sesame oil in a screw top container.</p> <p>In camp: bring 1 1/2 cups water to a boil. Add water, seasoning packet, and vegetables to ramen noodles zip-lock bag. Once the noodles are cooked, add the chicken, sesame oil, and soy sauce. Makes 1 serving.</p>

<p><b>Ham and Pea Soup Recipe</b>  dry split peas  dry split lentils, yellow, green French, I buy at a food co-op  curry powder (optional)  dried refried bean flakes, used as thickener, optional  salt and other spices to taste</p>	<p>At home I mix the ingredients in a cooking bag like for turkeys. The oven bags are quite rugged and waterproof. Do not use beans that take overnight soaking, test this recipe at home to make sure you will be satisfied on the trail.</p> <p>To prepare dinner simply add water and bring to a simmer. Keep checking the consistency often, a lot of water is needed and a little extra time compared to instant meals.</p> <p>Plan 5 ounces of dry mix for over a pound of rehydrated food, try it at home first to get the portions you like. If you overwater, just add more dry mix. If there is some, just before serving I add a few large chunks of cheddar and allow it a minute to soften. Another tip: I will package 5 oz. amounts in smaller bags and keep around ready to pack, they last months without spoiling.</p>
<p><b>Easy Pita Pizza</b>  4 pieces pita bread  2 cups pizza sauce (1/2 cup per pita)  2 cups mozzarella cheese, shredded (1/2 cup per pita)  Topping of your choice: mushrooms, green bell peppers, pre-cooked sausage, pepperoni  Aluminum foil</p>	<p>Slice pita bread three quarters of the way through. Spread pizza sauce on the bottom layer of the pita bread. Put in toppings and top with cheese. Close pita and wrap with foil. Cook over coals until hot (approximately 20 minutes).</p>
<p><b>Fruit Kabob Recipe</b>  Bananas  Pineapple  Maraschino cherries  Marshmallows</p>	<p>Cut the fruit into 1 inch chunks, then lace alternately with marshmallows on kabob sticks (if wooden; soak in water first to prevent burning)  Heat over coals until marshmallows are golden brown.</p>

## Backpack Breakfasts

<p>For a change from the typical granola or oatmeal breakfast, try “<b>Sunrise Spuds</b>” – a high energy breakfast that is a staple in many backpacking cookbooks.</p> <p>What you need to make one serving:</p> <ul style="list-style-type: none"> <li>- 1 plastic sandwich bag</li> <li>- 1 cup dehydrated potato flakes</li> <li>- 2 tablespoons dry milk powder</li> <li>- ¼ cup powdered cheese</li> <li>- 1 teaspoon parsley</li> <li>- 2 tablespoons of imitation/pre-cooked bacon bits</li> <li>- 1 teaspoon powdered butter</li> <li>- salt</li> <li>- pepper</li> </ul>	<p>To prepare before your trip: measure 1 cup of dehydrated potato flakes into a plastic bag. Add in other ingredients.</p> <p>To make while camping: Boil water. Add hot water to the mixture until desired consistency is achieved.</p>
<p>Egg in an orange One orange One Egg</p>	<p>Cut the orange in half, eat the center of the orange without tearing or making whole in rind of the orange. Crack the egg and pour the liquid egg into the rind of the orange. Cook over coals.</p>
<p><b>Breakfast Scramble</b> 1 3/4 cup mashed potatoes, instant 1/2 cup freeze-dried eggs, with bacon (optional) 1 1/2 cup water 1 Tbsp dry milk Cheddar cheese (optional)</p>	<p>At home: combine all dry ingredients in a zip lock freezer bag.</p> <p>In camp: heat water in pot (the hotter the better). Add to freezer bag and stir. Let sit for 5 minutes. Makes 1 serving</p>
<p><b>Cherry Almond Oatmeal</b> 1 packet instant oatmeal 2 Tbsp dried cherries 1 Tbsp slivered almonds 1 Tbsp powdered milk 1 tsp brown sugar</p>	<p>At home: combine everything in a freezer zip lock bag.</p> <p>In camp: add 2/3 cup boiling water to oatmeal (or more if you like a thinner cereal) Makes 1 serving</p>
<p><b>Hangdog Oatmeal</b> 2 1/2 cups oatmeal 2 Tbsp brown sugar 1/2 cup dried bananas, powdered 3/4 cup chocolate chips</p>	<p>At home: mix ingredients into zip lock bag.</p> <p>In camp: boil 4 cups of water into separate pan. Stir in contents of zip lock bag and boil. Remove from stove and set aside until cool. Makes 1 serving</p>