

Backpacking Meals

BREAKFAST

GRANOLA BREAKFAST

Ingredients:

- 1 cup of dried oats
- 1 cup of water
- 1 cup trail mix (I prefer raisins, cranberries, almonds, pumpkin seeds, papaya, pineapple, and coconut flakes)
- 1/4 Tsp cinnamon
- 1/4 Tsp of brown sugar
- Choice of fruit for the side, such as apple or banana

Directions:

- At home, in a Ziploc bag, combine oats, trail mix, cinnamon, and brown sugar.
- On the trail, bring 1 cup of water to a boil and add the pre-packed ingredients.
- Boil for approximately 5 to 10 minutes, or until desired thickness is achieved.
- Serve immediately

JACK PINE JIM'S POWER BREAKFAST/POWER LUNCH

Ingredients:

- 6 tablespoons of Irish oatmeal pellets, uncooked
- 6 tablespoons of dry-roasted Edamame (green soy beans) , lightly salted
- 3-5 tablespoons mixed dried berries
- One tablespoon cold-pressed flaxseed oil
- 2 tablespoons brown sugar
- Tabasco sauce

Directions:

The night before:

- Place the oat pellets in your Cooking pot with a cup of water just before you hit the sack. Let them soak all night. This cuts the cook time down from 30 minutes to 5.

In the morning:

- Fire up your Cooking pot and boil the oat pellets for three minutes.
- Toss in the dry-roasted soy beans and the fruit, and simmer for two more minutes.
- Add the brown sugar and flaxseed oil and let sit, covered, until cool enough to eat.
- Add the Tabasco drops for a nice variation for lunch

Backpacking Meals

ZIPLOC BAG OMELETS - CAMP EGGS

Ingredients:

- 2 dehydrated Eggs
- 1 Tbsp grated cheese
- 1 Tbsp finely chopped green peppers
- 1 Tbsp finely chopped onion
- Salt and Pepper to taste

Directions:

- Fill cooking cup to the max safe line (1 cup) with water and bring to boil. Once boiling, reduce heat to low.
- Place all ingredients in Ziploc snack bag and remove as much air from the bag as possible and zip close. Add water to rehydrate eggs. Place bag in boiling water.
- After about 1 minute, remove bag from water and move mixture around in bag and place back in boiling water.
- Repeat about every minute until the eggs are cooked to your liking.
- Remove bag from Cooking pot cooking system and serve immediately.

LUNCH/DINNER

CHI-CHI

Ingredients:

- 1 package of Ramen noodles
- 1 cup of crushed Dorito chips
- 1 thinly sliced Slim Jim beef stick

Directions:

At Home:

- All all contents to Ziploc bag.

On Trail:

- Add 2 cups of boiling water, let sit for 10 minutes and enjoy!

SOUP WITH DUMPLINGS

Fresh bread on the trail is virtually unheard of, but dumplings are an easy and tasty substitute which takes your soup to new levels.

Ingredients:

Backpacking Meals

- 1/2 cup Bisquick
- 1/4 cup powdered milk
- 1/4 Tsp pepper
- 1/2 cup water

Directions:

At Home:

- Pre-mix the dry ingredients in a one quart Ziploc bag.

On Trail:

- Add cold water to the bag, zip it shut, and knead it until you get a doughy consistency. You might have to add a little more water. Set aside while you make soup.
- Spoon out penny-sized chunks of dough into the hot soup.
- Turn on the heat again to cooking system, and simmer at lowest possible heat for a couple minutes while stirring continuously.
- Turn off heat and chow down

DELI'S MEAL

Ingredients:

- Idaho spuds instant mash, preferably "three cheese"
- Tuna
- Package of ramen noodles
- Hot sauce i.e. Tapatio, Franks red hot, Sririacha sauce, etc.

Directions:

1. Start your Cooking pot, add water to water line.
2. Crush ramen noodles as desired in packaging.
3. Open and add noodles to Cooking pot. Close lid.
4. Wait for about 2 minutes.
5. Add ramen seasoning package and stir.
6. Add desired hot sauce and stir.
7. Mix and add tuna.
8. Add your instant mash potatoes (approx. 1/2 bag recommended). Stir until desired potatoes thicken.

TERIYAKI RICE

Ingredients:

- Instant rice
- Beef jerky
- Soy sauce

Directions:

- Cook rice

Backpacking Meals

- Add jerky and soy sauce
- Let sit for 5 minutes

DESSERT

APPLE GRAHAMS

Ingredients:

2 cups water
1 apple
2 Tablespoons graham cracker crumbs
2 Tablespoons brown sugar
¼ teaspoon cinnamon
4 graham cracker squares

Directions:

At Home:

- For backpacking preparation combine graham cracker crumbs, brown sugar, and cinnamon in half size zip-top baggie.

On Trail:

- Using Cooking pot cup boil 2 cups water.
- Peel, core and slice apple into ¼ inch slices. Add apple slices to boiling water. Boil for 5 minutes (4 minutes for crunchier texture.)
- Remove apples from water using fork, (no need to drain) and place in bowl. Add sugar mixture to apples and stir to combine.
- Eat apples with graham cracker squares. Yum!

BEAR SCAT COOKIES

Ingredients:

- 3 Tbsp powdered milk
- 3 Tbsp cocoa powder
- 1/2 cup white sugar
- dash of salt
- 1/2 cup of water
- 1/2 cup peanut butter (non-natural works best)
- 1 1/2 cups of quick oats, uncooked
- 1 cups of pecan pieces

Directions:

- At Home:

Measure and mix dry ingredients (powdered milk, cocoa powder, sugar and salt).

Backpacking Meals

- On the trail:
- Put pre-measured dry ingredients into your Cooking pot with water and peanut butter. Bring to a boil; boil for 1 minute, stirring constantly.
- Turn off stove. Immediately add quick oats and pecan pieces. Blend well.
- Spoon rounded teaspoons of dough onto a spare plate or any other flat surface. Allow to cool for 5 to 10 minutes.

MORE COMPLEX DINNER

CHEF DAN'S ROCKIN MOROCCAN COUSCOUS

Ingredients:

- 1 3/4 Cup Water
- 2 TBS Extra Virgin Olive Oil
- 1 TSP Salt
- 2 TBS Dried Onion
- 4 Sun Dried Tomatoes, roughly chopped (handful)
- 4 Candied Ginger Pieces, roughly chopped (small handful)
- 1 TSP Ras El Hanout Spice Mix
- 1 TSP Dried Mint
- 1 TSP Dried Basil
- 1 TSP Dried Chive
- 1 TBS Coconut Milk Powder
- 1 Cup Israeli Couscous
- 2 TBS Dried Fruit (raisins, dates, etc.) Small Handful
- 2 TBS Spiced Nuts (Curried Cashews are my fav) Handful

Directions:

- Add all ingredients except nuts into Cooking pot and bring to a boil.
- Just as the mix comes to a boil, lower heat to a simmer (as low as will keep a flame).
- Stir mix a few times and cover, stirring occasionally for 10 minutes.
- Taste after 5 minutes, checking for al dente pasta and a nice creamy texture.
- Once pasta is cooked, add nuts and stir until mixed well. Enjoy!

CHEF DAN'S WINTER THAI CURRY

Ingredients:

- 1 3/4 Cup Water
- 1/2 Cup Jasmine Rice
- 1 Tbl. Extra Virgin Olive Oil
- 1/4 Cup Dried Mushrooms
- 1/4 Cup Dried Veggies (Carrots, Peas, etc.)
- 1 Tbl. Brown Sugar

Backpacking Meals

- 1 1/2 Tbl. Coconut Milk Powder
- 1/2 Tbl. Ginger Powder
- 1 Tbl. Dried Onion
- 1 Tsp. Dried Garlic
- 1 Tsp. Dried Basil
- 1/4 Tsp. Cayenne
- 1/2 Cube Yellow Curry Bouillon
- 1 Tsp. Salt (or Fish Sauce)
- 1/2 Tbl. Lime Juice (or 1/8 Tsp. Citric Acid Powder)
- 2 Tbl. Spiced Nuts (Curried Cashews are a great option)

Directions:

- Add water, dried veggies, and mushrooms to your Cooking pot and bring to a boil.
- Once boiling, reduce heat to a simmer and slowly cook until everything is tender, about 15 minutes.
- Add the balance of the ingredients, except the rice and nuts, into your Cooking pot and bring to a boil.
- Just as the mix comes to a boil, lower the heat to a simmer (as low as will keep a flame). Add the rice and cover.
- Stir occasionally, cooking gently for 15 minutes.
- Once the rice is cooked, add nuts and stir until mixed well, and enjoy your backcountry feast. Bon Appetit!