

Back Country Eats!



Jim Hooper



Backcountry Eats

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trampers and wanderers
who dare to venture a
little further...



The sun begins to set over Woodhull Lake. You've put a few miles under your boots on the way here, and the campfire is primed for a long evening. The loons begin to call out to one another, and the smell of campfire smoke fills the air. It's another amazing day of backpacking in the Adirondacks, and the hiker hunger is real.

What's it going to be tonight? Foil dinner over the white hot coals of the campfire? A quick and easy dehydrated meal in a bag? Perhaps you filled your cold soaking jar at lunch time, so dinner is already ready for you?

I've heard it said that anything you eat tastes 10 times better in the backcountry, and while we have probably all swooned

over some trailside grub that we'd never eat in the civilized world, we can still say without a doubt that there is definitely a difference between good and not so good backpacking food.

This book is a collection of tried and true recipes that I've used in my backpacking adventures over the past 20 plus years. Whether you're looking for breakfast, lunch, or dinner, camp stove, campfire, cold soak or no cook, carnivore, omnivore, vegetarian, vegan, gluten free, dairy free, or keto, we hope that you'll find some delicious new ideas to fill your belly and lift your spirits. So skip the pre-packaged, freeze dried, department store grub, and get ready to actually enjoy eating on your next backpacking adventure!



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INTRODUCTION

Before You Go

So you're going backpacking! Awesome! Whether you're going out for a quick overnight or planning a 10 day expedition, you're going to need to pack enough food for the duration. There are many things to consider when planning your backcountry menu, so here are just a few things to get started.

The duration of the hike will impact the types of foods you bring with you. If you're planning a quick overnight, you're probably safe to bring fresh vegetables and even meats on the trail. There's not much that beats a big steak grilled on an open fire in the woods! But if you're going to be out for more than two or three days, most fresh foods will begin to spoil without a way to cool things down. Of course, if it's a winter trip, you can probably carry more fresh meats, as long as you keep them in heavy duty, leak-proof bags.

The number of miles you plan to tackle, as well as the terrain will also play a role in determining your menu. Fresh foods are generally heavier than dehydrated or freeze dried foods, and when you're tackling high miles with steep climbs and descents, every ounce on your back counts against you. If you're planning a two mile hike in to a lean to, on easy trail, you're in a better spot to be carrying fresh foods, as well as a full array of pots, pans, utensils, and maybe even a

full kitchen sink. If you're planning to cover 20+ miles, and sumitting high peaks each day, you will want to be planning meals that won't weigh you down, and won't take hours to prepare once you get to camp.

It goes without saying that personal preferences, as well as special diets, will need to be accounted for when planning your menu. Maintaining a vegetarian diet may not be too difficult in the woods, as many backcountry recipes lean away from meats due to spoilage. There are similar concerns with fresh dairy, but cheese and milk products are common in many backpacking recipes. Those with special dietary restrictions may have to be a bit more selective but with due diligence, any dietary need can be met in the back country.

Approaches

As with all things backpacking, there is more than one way to skin the proverbial cat. For some hikers, food is a simple necessity; a matter of replacing calories lost in order to be able to continue the hike. For others, the backcountry cuisine is an entire art form in and of itself. Fortunately, there is plenty of room for many different approaches when it comes to filling your belly in the back country.

The simplest, but most expensive approach, is to hit up your local department store's camping section

and find the pre-packaged, freeze dried meals. Backpacker's Pantry and Mountain House are two of the most popular and readily available options at local chain retailers. These are generally quick and easy, fairly tasty, very lightweight, and very expensive. These meals are typically going to cost you as much as \$10 or more for each meal. And while many of these are marked as "two person", they usually provide a substantial meal for one in reality.

Visiting a local outfitter may yield you some better options nutritionally. If you're good with planning ahead, buying online can open the door to many more options where you can find some really high quality, nutritious meals with unique flavor palettes, organic ingredients

and reputable companies. You'll pay even more for these options, but if you're planning an extended hike on these meals, it is likely that spending a few extra bucks probably isn't a major drawback for you. If you're going to go this route, then this book probably isn't going to offer you much.

The next simplest approach is to visit your local grocery store and find readily available pre-packaged meals that may be meant for everyday fare, but can easily be incorporated into a backpackers diet. Options like the Knorr Lipton Side Dishes can be paired with a pouch of chicken or tuna to add protein. Ramen noodles, instant mashed potatoes, jerky, instant rice, and many others are easy to find, inexpensive to



purchase, and easy to pair together on the trail to make easy dinners without a lot of extra prep.

One word of note, if you're considering this approach, is that many of the foods you purchase tend to be way over-packaged, and you will want to go through your haul to discard unnecessary cardboard and plastic. Buying a box of resealable plastic bags is a good way to cut down on the amount of space your food will take in your pack, and reduce the amount of garbage you will need to haul out of the woods.

A third, and more labor intensive approach, is to purchase ingredients that may require some extra steps to make them trail-friendly. An example of this might be one of my personal favorites, roasted red pepper hummus. I will generally buy a tub of this in the Spring, and dehydrate it at home. I then crumble the dried hummus and store it in a glass jar with a tight lid. Then, when I'm ready to hit the trail, I'll portion out a few tablespoons of the hummus powder to rehydrate on the trail. I'll pack some tortillas, maybe some sun dried tomatoes, fresh sprouts, and I've got a lunch ready to go.

In fact, many of the foods that I prefer to take to the woods are things that I dehydrate at home before I go. I have jars in my pantry lined up with dried onion bits, dried diced bell pepper, dried hummus, dried corn, dried apple chips, dried fruit leathers, and so on.

Many hikers will take this a step further and take entire meals made at home, and throw them on a dehydrator tray and package them for the trail. Some meals rehydrate better than others, and a full lesson on food dehydrating is beyond the scope of this book, but if you're interested, there are many resources online that can get you pointed in the right direction.

Whichever option you choose, consider packaging all of the ingredients for each meal together so it's easier to assemble your meal when you get to camp. If you are using certain staples for multiple meals (like tortillas for example), you can leave those separate, but you'll know where they are in your food bag.

Each of the recipes in this book has been trail tested, but it is always a good idea to try your recipes at home before you hit the trail. While it may seem simple, you may find that a recipe is a good starting point, but you might like it even better if only you had added this or that. Testing recipes at home gives you a chance to tailor a recipe until it is just perfect. While you are testing recipes, try to make it as close to the way you will make it on the trail, as possible. For example, if you need to boil water, set up your camp stove outside, use your camp cookpot and your water bottle. It's one thing to cook a meal on your gas stove, with the running water of a sink, a full set of knives, cheese graters, big spoons, and a stocked



refrigerator. It's another thing entirely to cook up a dinner on an alcohol stove balanced somewhat precariously on a sorta flat rock. These backpacking kitchen skills require some practice, so you don't want to be attempting something for the first time when your dinner depends on it.

Methods

Throughout this book, each recipe will be noted with a particular method of preparation. Some people swear by cooking everything on a campfire, while others wouldn't ever leave home without their favorite camp stove. And other hikers will favor cold soaking or preparing all food at home to avoid any cooking at all on the trail. Recognizing this, each recipe will note whether it relies on a campfire, stove, cold soaking, or at-home prep.

I have hiked with several friends who swear by building a small cooking fire each night, and they do all of their meal prep on the fire. For these people, it works great, and they don't worry about carrying the weight of a stove. For me, personally, I don't like the idea of relying on getting a fire going before I can eat, because I am honestly not the best fire starter in the world. To each their own.

It is worth noting that local rules and regulations may impact your ability to light up a campfire. Notably, in the Adirondack Mountains, the High Peaks area prohibits fires at any time for any purpose. Other locations may prohibit fires at certain times of year. Be sure to check with local authorities about any burn bans that may be in affect when you are planning to be on your hike.

If you are going to count on building fires, be sure to practice firebuilding in all sorts of conditions; most notably wet, muddy conditions when it's hard to find anything dry. It is also worth noting that while many established campsites have fire rings, not all will have grates you can cook on. You would be wise to bring a small grate with you (a toaster oven grate or a small cooling rack work great and don't take up much space in your pack.) You might also consider bringing a supply of tin foil.

Camp stoves are common on the trail, and there are a good many options available on the market. White gas stoves were once the standard on the trail, and many manufacturers produced many options. I personally carried the MSR Whisperlite for many years. It's lightweight, easy to adjust, and you can refill the fuel canister with as much or as little fuel as you need for a trip. White gas stoves tend to be somewhat expensive though, and can be a bit fidgety when you have a fuel canister that is separate from the burner. Finding a spot where you can set up a fuel bottle, connected via a metal hose to a separate burner can be a bit sketchy. Many of these stoves also require you to pour a small amount of fuel into a basin and light it to warm up the burner before opening the pressurized fuel line to actually light the stove.

In recent years, canister stoves have become popular. These are generally smaller and lighter than

comparable white gas stoves, and they screw onto the top of a pressurized butane or butane/propane canister. Some of these stoves require a lighter or match to light, while others incorporate an electric "piezo" starter, making them even easier to light. These stoves often find themselves in the mid-range as far as expense. One of the cheapest and lightest stoves currently on the market is the BRS-3000, which is available online for \$15-\$18, and weighs just one ounce. The BRS-3000 is my current stove choice, though some campers dislike the loud noise that comes when you are using it, and it certainly isn't as fuel efficient as other canister stove options. Other popular canister stoves include the MSR Pocket Rocket, the JetBoil, and the SnowPeak GigaPower stoves. The drawback of using a canister stove is that it can be very difficult to know how much fuel is left in the canister, so many campers will end up carrying at least two canisters, even if they are only going out for a short hike. Disposal of empty canisters can be tricky because they are pressurized. If you have an empty canister (and you are absolutely certain that it is empty), you can puncture a hole in the canister to depressurize it. JetBoil makes a tool for this purpose, called the CrunchIt Tool, and it's basically a glorified bottle opener. It is easy to use, and once the canister is punctured, it can be recycled in most municipal recycling programs.

For those who really prioritize lightweight and inexpensive, alcohol

stoves are another option. Many hikers are making these out of aluminum cans in the recycling bin for free. MYOG (Make Your Own Gear) folks love these stoves, and you can easily find instructions for making yours, online. These stoves are completely silent, and burn denatured alcohol which is super cheap and easy to find nearly anywhere. You can carry just as much or as little as you want, in a plastic bottle. It's hard to beat alcohol stoves for price, weight, and convenience. The biggest drawback for these stoves is the lack of adjustability. If your recipe calls for you to reduce the heat to a simmer, you're going to be out of luck if you're using an alcohol stove. Another drawback is that it is very easy to knock over a full stove of alcohol and spread fire all over a lean-to floor.

If weight is a primary concern, and you don't mind eating cold or room temperature foods for all your meals, you can consider a method known as "cold soaking" your foods. In this approach, you are using foods that are generally dehydrated in advance, so you can simply add water and let them rehydrate over time. Cold soakers will carry some sort of a sealed plastic container that they can prepare food in, well before mealtime. It's not uncommon for someone using the cold soaking approach to put their dinner in a plastic jar right after lunch, and then add water, screw the container closed, and toss it in their pack to rehydrate all afternoon so their dinner is ready when they get to

camp at dinner time. If this is your preferred approach, start looking for a good, lightweight, screw-top plastic container that is large enough for a full meal. Probably the most popular container for this is an empty Talenti jar. If you're not familiar, Talenti is a brand of sorbetto and gelato frozen desserts, but their containers have a solid flat bottom and a tight fitting lid. The plastic is lightweight but sturdy, and the containers are believed to be the perfect size to cold soak a brick of raman or other common cold soaked meals. If Talenti isn't your style, you can simply use an empty and well cleaned peanut butter jar. Remember to be very thorough with cleaning it out, though, as the smell of peanut butter is extremely appealing to many forms of wildlife who may be attracted to your food bag.

Another option you can consider, is to only carry foods that are fully prepared at home, and simply need to be taken out of a package and eaten when you get to camp. These are certainly the easiest to manage on the trail, though these will also be the heaviest options for trail food. This is where you will use things like granola bars, Clif bars, tortillas with cheese and summer sausage, etc.

So... Who is hungry? Let's check out some backpacking recipes, shall we??

BREAKFAST



COLD CEREAL



METHOD
NO COOK



TIME
5 Min



SERVES
1

- ☐ Powdered Milk
- ☐ 1 C of your Favorite Cereal

At Home:

1. Portion out enough powdered milk to make 1 C of milk, in a resealable plastic bag.
2. Pour 1 C of your favorite cereal into a resealable plastic bag.

At Camp:

1. Pour the powdered milk into a bowl.
2. Add enough water to make 1 C of milk.
3. Pour the dry cereal into the bowl and enjoy.



CAPPUCCINO OATMEAL



METHOD
STOVE



TRAIL TIME
5 Min



SERVES
1

- ☐ ½ C. Quick Cook Oats
- ☐ 2 T Full Cream Milk Powder
- ☐ 1 T Instant Cappuccino Mix
- ☐ 1 t Sugar
- ☐ ⅛ t Ground Cinnamon

At Home:

1. Mix all ingredients together in a resealable plastic freezer bag.

At Camp:

1. Bring ½ C. water to boil.
2. Pour water into freezer bag.
3. Mix well and allow to rehydrate for a minute or two.

BONUS

Add a spoon full of peanut butter to the mix once it is fully rehydrated.



COCONUT CREAM OF WHEAT WITH FRUIT



METHOD
CAMP STOVE



TRAIL TIME
5 Min



SERVES
1

INGREDIENTS

- ☐ 40 g Cream of Wheat
- ☐ 25 g Coconut Milk Powder
- ☐ 40 g Dried Pineapple (or other fruit of choice)
- ☐ ½ g Spice Blend of Choice (eg. Garam Marsala)

At Home:

1. Package all ingredients in a resealable freezer bag.

At Camp:

1. Bring water to a boil.
2. Pour water into freezer bag, mix well and let rest until fully rehydrated.

Submitted by Russ Byer



SAUSAGE, EGG AND CHEESE MUFFIN



METHOD
CAMPFIRE



TRAIL TIME
10 Min



SERVES
1

INGREDIENTS

- ☐ 1 English Muffin
- ☐ 1 Pre-Formed Sausage Patty
- ☐ 1 Pre-Cooked Egg Patty
- ☐ 1 Slice American Cheese

NOTE: Prepared scrambled egg patties were once difficult to find, but they are now readily available in most larger grocery stores in the prepared foods section.

Submitted by Russ Byer

At Home:

1. Split the English muffin
2. Add egg patty and cheese, and wrap in foil.
3. Pack one sausage patty into a small resealable plastic bag.

At Camp:

1. Build a small twiggy fire and allow to burn down to coals
2. Set up a small grate over the fire, using local rocks or logs to get it relatively level.
3. Place the sausage patty onto the grate, and cook thoroughly.
4. When the sausage is nearly cooked, place the egg and English muffin halves on the grate to toast.
5. Assemble the sandwich and enjoy!

STYLE POINTS

Russ often makes this while breaking camp, re-packages the sandwich in foil, and eats it later in the morning, along the trail.



BREAKFAST IN BED



METHOD
STOVE



TRAIL TIME
6-8 Hours



SERVES
1

INGREDIENTS

- ☐ 1 C Quick Cook Oats
- ☐ ½ C Raisins
- ☐ 4 T Powdered Milk
- ☐ ½ T Brown Sugar

1. Bring 2 C. water to boil.
2. Pour water into an insulated bottle or a wide mouth water bottle with a secure lid.
3. Add oats, raisins and milk powder and shake well.
4. Put thermos/water bottle in the foot end of your sleeping bag just before going to sleep. It will keep your feet warm throughout the night, and you won't have to get out of bed to eat in the morning.

PRO TIP

Be sure to keep a long handled spoon nearby before you go to bed!



LUNCH

GRAB AND GO!



METHOD
NO COOK



TRAIL TIME
0 min



SERVES
1

INGREDIENTS

☐ *Your Choice!*

Many hikers prefer to eat on the go, and will only stop long enough to grab something out of the food bag and keep going. It is certainly faster than breaking out the stove or building a fire, and even easier than cold soaking.

While there isn't a recipe for such things, there are plenty of grab & go options available in the supermarket. Next time you head to the grocery, keep your eyes out for some of these popular options:

- Energy bars
- Meal replacement bars
- Granola (loose or bars)
- Cheese sticks
- Dried fruits
- Crackers
- Meat jerky sticks
- Mini chocolate bars
- Lots of Options EVERYWHERE!



CUCUMBER & HUMMUS WRAPS



METHOD
COLD SOAK



TRAIL TIME
5 min



SERVES
1

INGREDIENTS

- ☐ 2-3T Dehydrated Hummus (homemade or store bought, choice of flavor)
- ☐ 1 Small Cucumber
- ☐ 2 Flour Tortillas

At Home:

1. Dry your hummus in a food dehydrator and package 2-3 T into a resealable plastic bag.

At Camp:

1. Add a few drops of water to the hummus to rehydrate it.
2. Slice the cucumber into thin slices.
3. Smear the hummus onto the tortilla and top with cucumber slices.
4. Roll the tortilla and enjoy!

BONUS

Add tomatoes, avocados, sprouts or other veggies to kick this up a notch!

If you have any cucumber slices left over, toss a few into your water bottle for some refreshing flavor in your drink!



PEPPERONI & CHEESE WRAPS



METHOD
NO COOK



TRAIL TIME
1 min



SERVES
1

INGREDIENTS

- ☐ 15-20 slices of Pepperoni
- ☐ 2 Slices of Your Preferred Cheese
- ☐ 2 Flour Tortillas

1. Lay the cheese on the tortilla.
2. Spread the pepperonis across the cheese.
3. Roll the tortilla and enjoy!



REPLACE
THIS
IMAGE

PIZZA LUNCH



METHOD
COLD SOAK



TRAIL TIME
5 min



SERVES
1

INGREDIENTS

- ☐ 1 Pita (Pocket or Pocketless)
- ☐ 2 T Dehydrated Pizza Sauce
- ☐ 1/4 C Shredded Mozzarella
- ☐ 10-15 Slices Pepperoni

OPTIONS

You can swap out for any cheese of your choice. Try swapping out the pepperoni in favor of summer sausage or other shelf-stable topping options.

At Home:

1. Dehydrate 1/4 C. of pizza sauce in a dehydrator and package into a small resealable plastic bag.

At Camp:

1. Add a few drops of water to the pizza sauce to rehydrate it.
2. Sprinkle mozzarella cheese across the top.
3. Add your pepperoni slices and enjoy!

BONUS

If you make this when you have a fire going, you can toss this on a fire grate until the cheese melts and have a more traditional pizza!

REPLACE
THIS
IMAGE

TUNA CRACKERS



METHOD
COLD SOAK



TRAIL TIME
5 min



SERVES
1

INGREDIENTS

- ☐ 1 Pouch of Tuna
- ☐ Handful of Your Favorite Crackers

Options

The local groceries are stocking a wide variety of flavored tuna packets for variety. Lemon Pepper, Sweet and Spicy, Ranch, Herb and Garlic, Buffalo-Style and more are available.

Crackers are another great way to add variety. Simple Saltines or get fancy with whole wheat, pita chips, cheese crackers, or even go gluten free with brown rice crackers!

1. Scoop spoonfuls of pouched tuna onto crackers and enjoy! Doesn't get much easier than this!

BONUS

Add small bits of hard cheese sliced over the tuna and feel luxurious!

REPLACE
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IMAGE



DINNER

BEEF & CHEESE RAMEN



METHOD
STOVE



TRAIL TIME
15 min



SERVES
1

INGREDIENTS

- ☐ 1 T Corn Starch
- ☐ ½ t Paprika
- ☐ ¼ t Garlic Powder
- ☐ ¼ t Onion Powder
- ☐ ¼ t Sugar
- ☐ ¼ t Salt
- ☐ 2 T Powdered Milk
- ☐ 2 T Cheese Powder
- ☐ 1 Brick Ramen
- ☐ ½ C Dehydrated Ground Beef (or Veggie Crumbles for a vegetarian option)

At Home:

1. Package first 8 ingredients together in one corner of a plastic sandwich bag. Close with a twist tie.
2. Add beef or veggie crumbles to the rest of the bag, and seal the bag.

At Camp:

1. Boil ¼ C water. Add beef or veggie crumbles to the pot and stir for 1 minute to start to rehydrate.
2. Add an additional ¾ C water to the pot.
3. Add remaining contents of the bag, and stir to incorporate.
4. Open the ramen packet and remove the seasoning packet. Break up noodles and add to pot.
5. Stir and simmer for 3-4 minutes.
6. Cover the pot and remove it from the heat. Place it in an insulated cozy and wait 10 minutes. Add a few drops of water as needed. Stir and enjoy.



TRAILSIDE THANKSGIVING



METHOD
STOVE



TRAIL TIME
25 min



SERVES
1

INGREDIENTS

- ☐ ½ C Stuffing Mix
- ☐ ¼ C Instant Mashed Potatoes
- ☐ ½ C Turkey Jerky
- ☐ ¼ C Dried Cranberries
- ☐ 1 T Dried Celery bits
- ☐ 2 t Gravy Powder
- ☐ Oil/Butter (optional)

At Home:

1. Package all ingredients, except oil/butter, in a resealable plastic freezer bag. Optionally, package in a vacuum bag.

At Camp:

1. Boil 1 ¾ C water.
2. Pour water into the freezer bag and mix well.
3. Close up the bag, and keep it in an insulated cozy to keep warm. Allow to rehydrate for 15-20 minutes.
4. Check to see if the mix needs a little more water. Add oil or butter just before serving.



HIKER TACOS



METHOD
STOVE



TRAIL TIME
20 min



SERVES
1

INGREDIENTS

- ☐ 1 Single Serving Bag Chips (Doritos, Fritos, Quest, etc)
- ☐ ¼ C Dehydrated Ground Beef or Substitute
- ☐ 2T Dehydrated Onion Flakes
- ☐ 2T Cooked and Dehydrated Corn
- ☐ 2T Dehydrated Refried Bean
- ☐ 3T Cheese Powder (or Fresh Crumbled Cheese Equivalent)
- ☐ 1 Single Use Packet of Sour Cream.
- ☐ 1 T taco Seasoning

At Home:

1. Package ground beef, onion, corn, bean, cheese powder and taco seasoning in plastic bag. Optionally, package in a vacuum bag. If using fresh cheese, pack cheese separately.

At Camp:

1. Add roughly 1 C water to a pot and bring to boil over a camp stove.
2. Add the ingredient packet and stir well. Cook for about 5 minutes, stirring constantly.
3. Cover and put pot into an insulated cozy to fully rehydrate for 15-20 minutes.
4. Check to see if contents are fully rehydrated.
5. Once contents are rehydrated, open bag of chips and add contents of pot into the chip bag.
6. If using fresh cheese, add crumbles of cheese into the bag
7. Top with a dollop of sour cream and enjoy!

REPLACE

THIS

IMAGE



LUCK O' THE IRISH STEW



METHOD
STOVE



TRAIL TIME
25 min



SERVES
1

INGREDIENTS

- ☐ “ 2” X 2” Square of dried pasta sauce, torn into bits
- ☐ 1 oz beef jerky torn into bits
- ☐ ¼ C. dehydrated diced potatoes
- ☐ ¼ C. dehydrated mixed vegetables
- ☐ 1 T. flour
- ☐ 1 t. dried herb blend
- ☐ ½ t. dehydrated minced garlic
- ☐ ¼ t. salt
- ☐ ¼ t. black pepper
- ☐ 1 brick ramen

At Home:

1. Combine sauce, jerky, potatoes, vegetables, flour, garlic, herbs, salt and pepper into a resealable plastic bag.

At Camp:

1. Pour 2 C. water into a cookpot, and add the contents of the plastic bag to the water. Soak for 30 minutes, mixing occasionally.
2. Bring the pot to a boil and continue to boil on medium heat for 10 minutes.
3. Open the brick of ramen and remove the oxygen absorber before adding the ramen to the boiling pot. Boil for an additional 5-10 minutes.



ORANGE CHICKEN



METHOD
STOVE



TRAIL TIME
45 min



SERVES
1

INGREDIENTS

- ☐ 1 pouch prepared chicken
- ☐ 2 T. red pepper, sliced thin
- ☐ 1 t. onion, sliced thin
- ☐ 1 t. carrot, sliced thin
- ☐ ½ t. dried and finely diced orange zest
- ☐ ¼ t. salt
- ☐ ¼ t. paprika
- ☐ ½ t. black pepper
- ☐ ½ C. Minute Rice

At Home:

1. Package red pepper, onion, carrot, orange zest, salt, paprika and pepper in a plastic bag.
2. Measure out ½ C. rice and package separately in a plastic bag.
3. Package both bags, plus the pouch of chicken, together in one larger plastic bag.

At Camp:

1. Pour 1 ¾ C water to a cooking pot and add the contents of the first bag to the pot. Cover and allow to soak for 30 minutes.
2. Add the chicken and rice pouches to the pot and bring to a boil for 15 minutes, stirring regularly until veggies are soft and rice is cooked through.

Bonus:

Add a pouch of orange sauce from your local chinese restaurant before serving.

REPLACE
THIS
IMAGE



CATCH OF THE DAY



METHOD
CAMPFIRE



TRAIL TIME
35 min



SERVES
1

INGREDIENTS

- ☐ 2 Fresh Caught Fish Filets
- ☐ 1 T Olive Oil or Butter
- ☐ 2 T White Wine
- ☐ Juice of Half a Lemon
- ☐ Salt and Pepper to Taste
- ☐ Fresh Dill to Taste

1. Build a campfire and allow to burn down to coals.
2. Lay two sheets of heavy duty aluminum foil on top of one another, and lay the fish filets in the center of the foil.
3. Sprinkle remaining ingredients over the fish.
4. Fold the foil over the fish and roll the seams together to seal the packet.
5. Place the packet on the coals and cook for about 30 minutes.
6. Use a stick to pull the packet from the fire, and allow to cool long enough to be able to handle the foil.
7. Be carefully when opening the packet to avoid getting burned by the steam that will be released.



BACKPACKER SHEPHERD'S PIE



METHOD
STOVE



TRAIL TIME
20 min



SERVES
1

INGREDIENTS

- ☐ ½ C Dried Ground Beef
- ☐ 1 oz Dried Carrots
- ☐ 1 oz Dried Corn
- ☐ 1 oz Dried Peas
- ☐ 1 t Dried Onion Bits
- ☐ 1 small Beef Bouillon Cube
- ☐ ¼ t Powdered Worcestershire Sauce
- ☐ ½ C Instant Mashed Potatoes
- ☐ 1 t Butter Powder
- ☐ Salt and Pepper to Taste

At Home:

1. Package first 7 ingredients together in one resealable plastic freezer bag.
2. Package final 3 ingredients into a second resealable plastic freezer bag.

At Camp:

1. Boil 2 ½ C water.
2. Pour 1 C of boiled water into mashed potato bag. Stir, seal and insulate in a cozy to stay warm while rehydrating.
3. Add the bouillon cube to the remaining water in the pot and stir until dissolved.
4. Add the rest of the contents of the first freezer bag into the pot and stir well.
5. Simmer for one minute, before covering and insulating the pot in a cozy for 10 minutes.
6. Once the pot is fully rehydrated, squeeze the mashed potatoes on top of the rest of the meal, and spread in an even layer.



GARLIC CHICKEN



METHOD
CAMPFIRE



TRAIL TIME
5-10 min



SERVES
1

INGREDIENTS

- ☐ 1 Pouch Cooked Chicken
- ☐ 1/4 t Garlic
- ☐ 1 Small Onion
- ☐ 1 Medium Bell Pepper,
- ☐ Pinch of Oregano
- ☐ Pinch of Curry Powder

At Home:

1. Mince all of the vegetables and pack into a plastic bag.
2. Pack a small amount of the spices into a second plastic bag.

At Camp:

1. Lay two 12" sheets of heavy duty aluminum foil on top of each other.
2. Add the chicken, vegetables, and spices onto the foil.
3. Roll up the foil and seal the edges.
4. Lay the foil packet on the coals of a hot fire for 5-10 minutes.
5. Retrieve with a pair of long sticks and carefully open the packet to check for doneness.
6. Enjoy!



TORTILLA SOUP



METHOD
CAMP STOVE



TRAIL TIME
15 min



SERVES
2

INGREDIENTS

- ☐ 15oz Can Black Beans
- ☐ 15oz Can Fire-Roasted Tomatoes
- ☐ 1 C Blackened Corn
- ☐ ½ C Diced Onion
- ☐ 2 t Dried Cilantro
- ☐ 1 Jalapeno
- ☐ 2 Vegetable Bouillon Cubes
- ☐ ½ t Chili Powder
- ☐ ½ t Garlic Powder
- ☐ ½ t Cumin
- ☐ Tortilla chips

At Home:

1. Place the beans, tomatoes, corn, onion, and jalapeno on dehydrator trays and dry thoroughly.
2. Evenly divide all dried ingredients into two bags and add 1 bouillon cube, and half of each of the spices. You can use resealable plastic bags, or vacuum seal the bags.
3. Pack tortilla chips separately.

At Camp:

1. Bring 1 ½ C Water to a boil, and add the contents of one bag of ingredients. Bring back to a simmer for 3 minutes.
2. Cover the pot and transfer it to an insulated cozy for an additional 10 minutes to rehydrate.
3. Check for rehydration, and add water as needed.
4. Once the vegetables are rehydrated, add the tortilla chips and enjoy!



VEGAN CHILI



METHOD
CAMP STOVE



TRAIL TIME
15 min



SERVES
4

INGREDIENTS

- ☐ 1 T Oil
- ☐ 1 C Onion, Diced
- ☐ 1 C Bell Pepper, Diced
- ☐ 2 t Salt (divided)
- ☐ 2 C Zucchini, Sliced
- ☐ 6 Cloves Garlic, Minced
- ☐ 1 T Ground Cumin
- ☐ 3 T Chili Powder
- ☐ 14oz Can Fire Roasted Diced Tomatoes
- ☐ 14oz Can Kidney Beans, Drained
- ☐ 2 T Tomato Paste
- ☐ 2 C Vegetable Broth
- ☐ 1 C Red Lentils
- ☐ 1 t Sugar

At Home:

1. Heat oil in a large pot, and add onions, peppers, and salt and cook until soft.
2. Add zucchini and cook until vegetables are soft.
3. Add garlic, chili, and cumin and continue cooking for another 30 seconds.
4. Add tomatoes, beans, tomato paste and broth. Stir well and bring to a simmer.
5. Add lentils and cook for 20 minutes, stirring regularly, until lentils are soft.
6. Add salt and sugar to taste.
7. Pour chili into dehydrator trays and dehydrate for 12 hours.
8. Pack into four resealable plastic bags.

At Camp:

1. Bring 1 C Water to a boil, and add the contents of one bag of chili. Bring back to a simmer for 3 minutes.
2. Cover the pot and transfer it to an insulated cozy for an additional 10 minutes to rehydrate.



BACKPACKER BURRITO BOWL



METHOD

CAMP STOVE



TRAIL TIME

15 min



SERVES

1

INGREDIENTS

- ☐ 50g Refried Beans, dried
- ☐ 50g Canned Chicken, dried
- ☐ 50g Salsa, dried
- ☐ 1/4 Cup Mixed Vegetables of Choice, dried
- ☐ 1/4 C Cooked Rice, dried
- ☐ 1/2 t Chili Powder
- ☐ 1/2 t Garlic Powder
- ☐ 1/2 t Onion Powder
- ☐ 1/2 t Cumin Powder
- ☐ 2 oz Bag Corn Chips (Optional)

At Home:

1. Spread each of the first five ingredients on trays in a dehydrator and dry until firm.
2. Measure out the dried ingredients (given measurements are dry weight measures).
3. Pack all ingredients into resealable plastic freezer bag, or vacuum seal the bag.

At Camp:

1. Bring 1.5 C Water to a boil.
2. Add 1 C boiling water to the bag.
3. Transfer the bag to an insulated cozy for 10 minutes to rehydrate.
4. Add remaining 1/2C of water as needed.

Bonus:

Add a bag of corn chips once the mixture is fully rehydrated.



Cheese-o-Rama



METHOD

CAMP STOVE



TRAIL TIME

15 min



SERVES

1

INGREDIENTS

- ☐ 1 Brick Ramen
- ☐ 1/2 Ham in 1/4" Dice, dried
- ☐ 1/2 C Peas, dried
- ☐ 2T + 2t Cheese Powder
- ☐ 2 T Powdered Milk
- ☐ 1 Single Serve Packet of Mayonnaise (Optional)

At Home:

1. Add diced ham and peas to dehydrator trays and dehydrate until firm.
2. Measure out the dried ingredients (given measurements are dry weight measures).
3. Pack all ingredients into resealable plastic freezer bag, or vacuum seal the bag.

At Camp:

1. Bring 2 C Water to a boil, and add the contents of the bag (minus the mayonnaise). Bring back to a simmer for 3 minutes.
2. Cover the pot and transfer it to an insulated cozy for an additional 10 minutes to rehydrate.
3. Add the mayonnaise for added creaminess and calories, once the meal is rehydrated.



Beef Stroganoff



METHOD
CAMP STOVE



TRAIL TIME
15-20 min



SERVES
1

INGREDIENTS

- ☐ 1/2 oz. Beef Jerky (broken up)
- ☐ 2 T Mushroom Slices, dried
- ☐ 2 t Parsley, dried
- ☐ 1/4 t. Paprika
- ☐ 1 C Egg Noodles
- ☐ 2 T Powdered Milk
- ☐ 1 Packet Sour Cream

At Home:

1. Add sliced mushrooms to dehydrator trays and dehydrate until firm.
2. Pack jerky, mushrooms, parsley, paprika, noodles and powdered milk into resealable plastic freezer bag, or vacuum seal the bag.

At Camp:

1. Bring 1 1/4 C Water to a boil, and pour it into the bag.
2. Seal the bag and transfer it to an insulated cozy for an 10-15 minutes to rehydrate.
3. Once the meal is rehydrated, add the sour cream and stir well.



Chicken & Potato Stew



METHOD

CAMP STOVE



TRAIL TIME

1 Hour



SERVES

1

INGREDIENTS

- ☐ 1 Pouch Chicken (or 1/2 C Vegetarian Chicken Patty diced and dried)
- ☐ 1/4 C Diced Potato (1/4" diced, dried)
- ☐ 2 T Winter Squash (1/4" diced, dried)
- ☐ 1 T Carrot, diced, dried
- ☐ 1 T Celery, diced, dried
- ☐ 1 T Flour
- ☐ 1 t Parsley
- ☐ 1/4 t Thyme
- ☐ 1/4 t Salt
- ☐ 1/4 t Black Pepper

At Home:

1. Add potatoes and vegetables to dehydrator trays and dehydrate until firm.
2. Measure out the dried ingredients (given measurements are dry weight measures).
3. Pack all ingredients into resealable plastic freezer bag, or vacuum seal the bag.

At Camp:

1. Add 1 1/2 C water to the bag.
2. Seal and pre-soak for 30 minutes.
3. Add the contents of the bag to a cook pot and bring to a boil for 5 minutes
4. Cover the pot and transfer it to an insulated cozy for an additional 15-20 minutes to rehydrate.



Pasta Carbonara



METHOD

CAMP STOVE



TRAIL TIME

15 min



SERVES

1

INGREDIENTS

- ☐ 1 Pouch Chicken (or 1/2 C Vegetarian Chicken Patty diced and dried)
- ☐ 1 Cup Pre-Cooked Pasta, dried
- ☐ 40 g Bacon Bits
- ☐ 15 g Peas, dried
- ☐ 1/4 t Parsley
- ☐ 1/4 t Paprika
- ☐ 1/4 t Garlic Powder
- ☐ 1/2 t Black Pepper
- ☐ 1/4 C Parmesan Cheese
- ☐ 2-3 T Oil

At Home:

1. Add pasta, peas, and chicken (if not using pouched) to dehydrator trays and dehydrate until firm.
2. Measure out the dried ingredients (given measurements are dry weight measures).
3. Pack all ingredients except cheese and oil into resealable plastic freezer bag, or vacuum seal the bag. Pack cheese and oil separately

At Camp:

1. Bring 2 C Water to a boil, and add the contents of the main bag. Bring back to a simmer for 2 minutes.
2. Cover the pot and transfer it to an insulated cozy for an additional 10-15 minutes to rehydrate.
3. Add the cheese and oil once the meal is rehydrated.



SNACKS



HOMEMADE GRANOLA



NO COOK



TRAIL TIME

0



12

INGREDIENTS

- ☐ 4 C Old Fashioned Oats
- ☐ 1 ¼C Raw Nuts and Seeds (your choice)
- ☐ 1 t Fine Sea Salt
- ☐ ½ t Ground Cinnamon
- ☐ ½ C Melted Coconut Oil (or Olive Oil)
- ☐ ½ C Maple Syrup
- ☐ 1 t Vanilla Extract
- ☐ ¾ C Dried Fruit (diced if large)

BONUS

Try swapping the Maple for Honey for a different flavor!

At Home:

1. Line a baking sheet with parchment paper and preheat the oven to 350°F.
2. Pour oats, nuts, salt and cinnamon into a large bowl and mix thoroughly.
3. Add oil, syrup, and vanilla, and mix very well until everything is coated.
4. Pour the granola onto the baking sheet and spread to an even layer.
5. Bake for 10 minutes. Stir the granola and bake for another 10 minutes.
6. Check the granola for doneness; it should be a light golden brown color. Continue baking for 1-2 minutes at a time until done.
7. Once the granola is fully roasted, take it out of the oven and let it cool completely (at least an hour).
8. Add your dried fruit, and any other mix-ins you'd like (chocolate chips, m&ms, raisins, etc).



HORSE FOOD BARS



NO COOK



TRAIL TIME

0



16

INGREDIENTS

- ☐ 2 ½ C Crisp Rice Cereal
- ☐ 2 C Quick Oats
- ☐ ½ C Raisins
- ☐ ½ C Light Corn Syrup (or Honey)
- ☐ ½ C Brown Sugar
- ☐ ½ C Peanut Butter
- ☐ 1 t Vanilla

BONUS

Try mixing in dried fruits, chocolate chips, peanuts, sunflower seeds or other add-ins to truly make this your own!

At Home:

1. Line a 9x13" pan with parchment paper.
2. In a large bowl, mix together dry ingredients. Set aside.
3. In a saucepan, combine brown sugar and corn syrup. Heat over medium heat until just boiling.
4. Remove from heat and add peanut butter and vanilla until smooth.
5. Pour this mixture over the cereal mixture and mix well.
6. Press into prepared pan. Covering mixture with another sheet of parchment paper and using a drinking glass to press the mixture to an even thickness works well.
7. Allow to cool.
8. Turn out onto a cutting board, and cut into 16 equal portions.
9. Wrap each bar in plastic wrap, individually.

At Camp:

1. Open bag and enjoy!



DATE BARS



NO COOK



TRAIL TIME

0



8

INGREDIENTS

- ☐ 2 C Medjool Dates
- ☐ 2 C Mixed Nuts
- ☐ 1 C Quick Oats
- ☐ Pinch Cinnamon
- ☐ Pinch Salt

At Home:

1. Slit each date and remove the seed. If the dates have stems, remove those as well. Cut each date into several smaller pieces.
2. Pour the nuts, oats, cinnamon and salt into a food processor and process on high.
3. Once the food processor is running, add the dates. Continue processing for approximately 5 minutes, until the mixture begins to come together.
4. Empty the contents into an 8x8 baking pan. Cover the mixture with parchment paper and using a drinking glass to press the mixture to an even thickness.
5. Cut into 8 equal portions.
6. Wrap each bar individually in parchment paper, and then pack as many as you need for your hike in one resealable plastic bag.

At Camp:

1. Open bag and enjoy!



SAVORY SNACK



METHOD
NO COOK



TRAIL TIME
0 MIN



SERVES
10

INGREDIENTS

- ☐ 7 C Crispy Rice Cereal
- ☐ 1 C Mini Pretzels
- ☐ 1 C Cheese Crackers
- ☐ 1 C Nuts (peanuts, walnuts, cashews, etc.)
- ☐ ½ C Butter
- ☐ ½ t Garlic Salt
- ☐ ½ t Onion Salt
- ☐ 2 ½ t Lemon Juice
- ☐ 5 t Worcestershire Sauce

At Home:

1. Pre-heat your oven to 450 degrees.
2. Pour cereal, pretzels, cheese crackers, and nuts into a large bowl
3. Melt butter in the microwave.
4. Pour butter over the contents of the large bowl.
5. Sprinkle remaining ingredients over the bowl and mix well.
6. Spread contents of the bowl onto a large jelly roll pan and bake for 45-60 minutes, stirring every 10 minutes.
7. Remove from oven and allow to cool, before packing into a resealable plastic bag.

At Camp:

1. Open bag and enjoy!



WALKING SMORES



METHOD
NO COOK



TRAIL TIME
0 MIN



SERVES
6

INGREDIENTS

- ☐ 4 C Graham Cracker Cereal
(ie. Golden Grahams)
- ☐ 1 C Chocolate Chips
- ☐ 1 C Mini Marshmallows

At Home:

1. Mix all ingredients into a resealable plastic bag

At Camp:

1. Open bag and enjoy!



NUT BUTTER BALLS



METHOD
NO COOK



TRAIL TIME
0 MIN



SERVES
20

INGREDIENTS

- ☐ 1 C Peanut Butter
- ☐ ½ C Granola
- ☐ ½ C Powdered Milk
- ☐ ¼ C. Brown Sugar
- ☐ ¼ C. Sunflower Seeds
- ☐ ½ C Raisins
- ☐ ½ C Chopped Nuts
- ☐ ¼ C Chocolate Chips
- ☐ Pinch of Salt
- ☐ 1 C Powdered Sugar

At Home:

1. Pour granola, powdered milk, brown sugar, sunflower seeds, raisins, nuts, chocolate chips and salt into a mixing bowl.
2. Add enough peanut butter to make the batter stiff but not crumbly.
3. Roll the mixture into balls, about 1" round. Makes about 20 balls.
4. Pour the powdered sugar onto a dinner plate and roll each of the nut butter balls through the sugar until coated.
5. Store the nut butter balls in a plastic tub in the refrigerator until the day of the trip.

At Camp:

1. Open the tub and enjoy!



A photograph of two white-barked trees, likely aspens, leaning over a calm river. The trees' trunks are covered in peeling bark, showing a mix of white and grey. The river reflects the surrounding forest, which includes evergreen and some deciduous trees with autumn-colored leaves. Large, dark rocks are visible along the riverbank in the foreground.

DESSERTS

BANANA BOATS



METHOD
CAMPFIRE



TRAIL TIME
10 min



SERVES
1

INGREDIENTS

- ☐ 1 Ripe Banana
- ☐ 2 T Chocolate Chips
- ☐ ¼ C Mini Marshmallows
- ☐ 2 T Peanut Butter (optional)

1. Use a sharp knife to cut a wedge of the banana peel back, while leaving it still attached at the bottom of the banana.
2. Use a spoon to scrape out about 1/3 of the banana (leaving it somewhat like a canoe)
3. Spread your fillings evenly inside the hollowed out banana.
4. Lay the banana peel back in place over the top of the fillings.
5. Wrap the entire banana in two layers of heavy duty aluminum foil.
6. Lay the banana along the coals of the fire and check the banana every few minutes.
7. The banana boat is fully cooked when all of the fillings are soft and gooey.
8. Eat with a spoon and enjoy!



CAMPFIRE DONUTS



METHOD
CAMPFIRE



TRAIL TIME
10 min



SERVES
1

INGREDIENTS

- ☐ 1 Tube Refrigerator Biscuits
(ie. Pillsbury)
- ☐ ¼ C Butter
- ☐ 1 T Cinnamon
- ☐ 1 T Sugar

1. Melt butter in a small pot beside the fire.
2. Mix cinnamon and sugar together in a small paper bag.
3. Scower the area for the perfect roasting stick, 3-4 feet long and ¼ - ½ Inch thick, relatively straight. Shave the bark from last 6" of the narrower end.
4. Take a single biscuit and pierce the center of it with your roasting stick. Work the dough around the stick to stretch the hole until it is fairly loosely hanging on the stick.
5. Hold the donut 6-10" above the hot coals and cook until browned, turning constantly.
6. Once the donut is browned, brush it with the melted butter and immediately toss it into the cinnamon and sugar mix.
7. Shake well to coat.
8. Enjoy!



BAKED APPLES



METHOD
CAMPFIRE



TRAIL TIME
10 min



SERVES
1

INGREDIENTS

- ☐ 1 Ripe Apple
- ☐ 2 T Brown Sugar
- ☐ ½ t Cinnamon

At Camp:

1. Use a sharp knife to core the apple.
2. Fill the center of the apple with the cinnamon and sugar.
3. Wrap the apple in two layers of heavy duty aluminum foil, leaving a handle at the top to make it easier to retrieve the apple.
4. Set the apple in the coals of a hot fire and allow to cook for 5-10 minutes.
5. Be careful when opening the cooked apple, as the hot sugar can spill and cause burns.

