

Meals & Snack Ideas

BREAKFASTS

Oatmeal in a baggie

Instant Oatmeal - any type
any fruit - dried or fresh
Milk or non dairy powder
Hot water
Mix together in a sturdy ziploc bag and enjoy.

Coldmeal in a baggie

granola, dried fruit and milkman dried milk in a baggie -
add cold (or hot) water and enjoy.

Omelets

Eggs (fresh or dehydrated)
Tomatoes
Red or green peppers
Mushrooms
Cheese (any type)
Scramble the eggs and toss in everything else.

Other:

Toasted bagels with honey, margarine, jam or peanut butter,
Rice cakes
Instant breakfast mix or bars
Granola or Nutrigrain type bars

DINNERS

Quickie Soup -

Take Lipton cup a soup or several bullion cubes, add dried veggies (tomatoes, peppers, beans) and enjoy.

Cheater Eater-

Potato buds, dried pea's and canned ham chunks with Parmesan cheese and olive oil.

Pasta Sauces - Just add pasta here...

Pepper sauce. Sauté some garlic, dried parsley and a pinch of red pepper flakes for about a minute in olive oil.
White clam sauce - small can of clams. warm clams & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
Alfredo sauce. Reconstitute dried milk with less water than usual, combine with melted butter and Parmesan cheese.
A few spoonfuls of French onion soup mix and olive oil also make a good pasta sauce.

Black Bean Soup -

2 Cups of dried cooked black beans (rinse and dump cans of beans on the dehydrator until dried)
2 bouillon cubes
dried minced onion (to taste)
Touch of cumin (to taste)

SNACKS

Gorp

- Equal amounts: peanuts, M&M's & raisins

Various

misc. dried fruit
beef jerky
energy bars
candy bars
nuts/sunflower seeds
chocolate bars
fruit roll ups
granola
cookies

LUNCH

Cheese (bars, sliced, squeeze, cream)
Hummus
Crackers
Thick bread
English muffins
Pita bread / herbed wraps
Peanut butter, jam, honey, margarine
Canned meats and spreads
Smoked meats (pepperoni, kielbasa, jerky).
Fresh produce, though heavy, travels well
- apples, oranges, carrots, celery, cucumbers...

Garlic powder (to taste)
dried green or red peppers
1 tsp of olive oil

Dissolve bullion in 4 cups of hot water, mix the rest and boil for 5 minutes.

T-Day Special -

Stove top stuffing

1 small can of turkey

Dried vegetables

bring veggies & turkey to boil and set aside.

prepare stuffing per directions, add veggies and turkey

Backcountry Famous Chili - Serves 2 hungry ones.

½ cup dried tomatoes or small can of tomato paste

1 cup dried black beans

6 oz. ground beef (2 oz if dried) Optional*

1 cup rice

2 tsp. chili powder

1 tsp. salt

1 tsp. onion flakes

1 tsp. cumin

1 tsp. garlic powder

1 tsp. of cayenne pepper or 1 tsp. crushed red pepper (cayenne tastes better)

1/4 cup of fresh green pepper

Brown meat with garlic, onion and green pepper. Add all ingredients with 4 cups of water. Cook 20 minutes.

Prepackaged Meals - There are many pasta, rice and bean, couscous, ramen noodle or other flavored packaged meals available in the supermarket. These are easily stretched by adding dried veggies and canned meats.

Dehydrating leftovers - Leftover meals make great dehydrating meals. Just dry them and toss them into the fridge until your next trip - add hot water and enjoy.