

Backpacking Recipes

Submitted by Scoutmaster Jeff Monroe

Creamy Turkey and Rice

In a sandwich or quart freezer bag:

- 1 cup instant rice
- 1/4 cup freeze-dried or dehydrated canned turkey
- 1 Tablespoon diced sun-dried tomatoes
- 2 teaspoons turkey gravy powdered mix, preferably organic
- 1 teaspoon dried parsley
- 1/4 teaspoon granulated garlic

Also take:

- 1 Tablespoon or 1 packet olive oil
- 2 packets or 1 Tablespoon shelf stable Parmesan cheese

FBC method: Add 1 1/4 cups near boiling water and the oil to the freezer bag. Stir well, seal tightly and put in a cozy for 15 minutes. Stir well and sprinkle the cheese on top.

Insulated mug method: In a large insulated mug add the dry ingredients, oil and 1 1/4 cups boiling water. Stir well, cover tightly and let sit for 15 minutes. Stir well and sprinkle the cheese on top.

One pot method: Bring 1 1/4 cups of water and oil to a boil and add in the dry ingredients. Stir well, cover tightly and let sit for 15 minutes. In cooler temps use a pot cozy. Stir well and sprinkle the cheese on top.

Serves 1

Chicken with Brown Rice

In a quart freezer or sandwich bag:

- 1.5 cups instant brown rice
- 0.5 cup freeze-dried green peas
- 2 Tablespoons shelf stable Parmesan cheese
- 1 Tablespoon butter powder
- 2 teaspoons low sodium chicken bouillon
- 0.5 teaspoon diced dried garlic
- 1/4 teaspoon ground black pepper

Also take:

- 7 ounce pouch chicken breast
- 1 Tablespoon or 1 packet of olive oil

FBC method: Bring 2 cups water to a near boil. Add the chicken with broth, oil and water to the bag. Stir well, seal tightly and put in a cozy for 15 minutes.

Insulated mug method: Bring 2 cups water to a boil. In a large mug add the chicken with broth, oil and the water to the dry ingredients. Stir well, cover tightly and let sit for 15 minutes.

One pot method: Bring the chicken with broth, oil and water to a boil in the pot. Take off the heat and add the dry ingredients. Cover tightly and let sit for 15 minutes. In cool weather use a pot cozy.

Serves 1 to 2.

Two Rice & Lentil Pilaf

In a quart freezer or sandwich bag:

- 0.5 cup instant white rice
- 0.5 cup instant brown rice
- 0.25 cup diced sun-dried tomatoes
- 2 Tbsp cooked and dried lentils
- 0.25 tsp diced dried garlic
- 0.25 tsp ground black pepper
- 1.25 tsp lower sodium vegetable bouillon

Also take 2 packets or 1 Tbsp shelf stable Parmesan cheese

FBC method: Add 1.25 cups near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Fluff up and top with cheese.

Insulated mug method: Add 1.25 cups near boiling water. Stir well, cover tightly and put in a cozy for 15 minutes. Fluff up and top with cheese.

One pot method: Add 1.25 cups water to pot and bring to a boil. Add dry ingredients. Stir well, cover tightly and turn off heat. Put in a cozy for 15 minutes. Fluff up and top with cheese.

Sweet and Sour Chicken over Rice

In a snack bag:

- 0.25 cup diced dried chewy sweetened pineapple
- 1 Tbsp diced candied ginger
- 1 Tbsp diced dried bell peppers
- 1 Tbsp dried celery flakes
- 1 tsp cornstarch
- 0.25 tsp dried garlic

In a quart freezer bag:

- 1.5 cups instant rice or dehydrated Jasmine rice

Also take:

- 7 oz package chicken

In a leak proof bottle:

- 3 Tbsp unseasoned rice vinegar
- 1 Tbsp lower sodium soy sauce
- 1 Tbsp honey

Bring 1.5 cups water to a near boil and add it to the rice bag. Seal tightly and put in cozy for 15 minutes. Meanwhile in your pot combine the dry ingredients with 0.75 cup water. Shake up the liquid sauce in the bottle and add in. Bring to a boil stirring often. Lower the heat to low and add the chicken. Heat through. Serve the sauce over the rice.

Serves 2.

Orange Chicken Rice

In a sandwich bag:

- 2 cups instant rice
- 0.5 cup freeze-dried oranges
- 2 Tbsp shredded coconut
- 1 Tbsp diced dried onion
- 2 tsp low sodium chicken bouillon
- 1 tsp soy sauce powder
- Pinch red pepper flakes

Also bring 3 oz can chicken

Bring 2.5 cups water and chicken with broth to a boil in your pot. Add in the dry ingredients and turn off the stove. Stir well, tightly cover and put on cozy for 15 minutes. Fluff up before serving.

Serves 2

Bagel Pizzas

Take in a snack bag:

- 0.5 cup diced sun-dried tomatoes

Also take:

- 2 bagels
- 1 small pouch pizza sauce (under 3 ounces)
- 2 pieces string cheese (2 ounces)
- 1 Tbsp or 1 packet vegetable oil

Cover tomatoes with cool water and let sit for 15 minutes. Dice the cheese.

Heat pot over medium heat. Add small amount of oil. Lower heat to low. Meanwhile, spread sauce on bagels, place in pan. Drain tomatoes and top bagel with tomatoes and cheese. Cover pot with lid, to allow cheese to melt.