

Backpacking Recipes

Cashew Rice Curry (Makes 2 generous servings)

Ingredients:

1/4 cup dried milk
1/2 tsp salt
1 tsp curry powder
3 1/2 cups water
2 cup instant rice
1/4 cup cashew pieces
2 oz grated cheddar cheese

Directions:

Mix dry milk and enough water to form a paste. Add remaining water, mix well and bring to a boil. Stir in rice. Cover and simmer until water is absorbed and rice is soft (about 20 minutes). Stir in nuts and cheese. Serve when the cheese is melted.

Turkey Tetrazini (Makes 3 servings)

Ingredients:

3 cups water
3 servings dry mushroom soup mix
1 can turkey (5 oz)
1 pkg Ramen oriental noodles

Directions:

Mix water and soup mix until smooth. Add turkey and noodles. (Don't use the sauce mix from the Ramen package. You can leave that at home.) Cook 2 minutes and serve.

Lentil Dish (Makes 2 generous servings)

Ingredients:

1 cup dried ground lentils (crack in blender)
1/4 cup dehydrated mince onion
1 1/2 tbs cumin
2 tsp garlic powder
2 tbs sugar
3 cups water
1 tsp salt
4 tbs margarine
4 oz Jack cheese

Directions:

Place lentils, onion, cumin, garlic powder, sugar, water and salt in pot. Boil for 2 minutes. Cover and let stand 1 hour. After 1 hour, bring to boil again, add margarine and simmer covered for 15 minutes. Garnish with thinly sliced cheese.

Beef Stroganoff (Makes 2 generous servings)

Ingredients

4 1/2 cups water
2/3 cup instant powder milk
1 pkg sour cream mix
1 pkg Stroganoff mix
2 cups egg noodles
1/2 cup dried beef (see "Dried Beef," below)
2 tsp salt
4 tbs margarine (optional)

Directions:

Mix 1 1/2 cups water and 1/2 cup powder milk. In pot, add milk to sour cream mix and Stroganoff mix. Heat until sauce thickens. Place noodles, beef, salt, and 3 cups of water in 2nd pot. Bring to boil and simmer 15 minutes. Stir in sauce, add margarine and serve.

Dried Beef (Use for Stroganoff, above, or other meat dishes)

Ingredients:

2 lbs lean meat (round or flank steak)
2 cups cold water
1/2 cup salt
1/2 tbs. black pepper
1/4 cup vinegar

Directions:

Trim fat from meat. Slice meat into 1/4 inch strips, slicing with grain of meat. Combine water, salt, black pepper, and vinegar in deep pot and bring to boil. Divide meat into 4 lots. Boil each lot for 5 minutes. Meat will be gray when done. Press out juice with rolling pin and paper towels. Preheat oven to 150 degrees. Place meat strips on metal oven racks. Keep oven door slightly ajar. Meat will dry in 1 1/2 hours. Meat should crack but not be brittle when done. If it bends but does not break, cook little longer. Store in bag. Dried meat should keep about 10 weeks.

Chicken Rice Almomondine (Makes 3 generous servings)

Ingredients:

4 cups water
1 6 once can, chicken

4 cups instant rice
1/2 tsp onion salt
1/2 tsp celery salt
2 tsp chopped dried onion
1 pkg slice almonds (2 3/4 oz)
2/3 cup raisins

Directions:

Place chicken and water in pot, bring to boil. Add remaining ingredients, bring to boil. Remove from heat. Let sit for 10 minutes. Fluff with fork and serve.

Super Power Bars (Makes eight 2" x 4" bars)

Ingredients:

1/2 cup margarine
3/4 cup brown sugar
1/2 cup oats
1/2 cup unsifted whole wheat flour
1/2 cup unsifted white flour
1/4 cup toasted wheat germ
2 tsp orange rind
2 eggs
1 cup blanched almonds
1/4 cup coconut
1/2 cup chocolate chips

Directions:

Mix margarine, 1/2 cup brown sugar, oats, flour, wheat germ, and orange rind. Put into ungreased 8" x 8" pan. Beat eggs with 1/4 cup brown sugar, nuts, raisins, coconut, and chocolate chips. Pour over base. Bake at 350 degrees for 30-35 minutes. Cool. Cut into bars. Wrap and store in refrigerator until ready to use.

Rice and Chicken

Pack in a bag for one person:

1 cup minute rice
1/3 cup dehydrated vegetables
Assorted spices (to your taste)
1 can chicken chunks

Add the dehydrated veggies and the chicken to 1 cup of water. Bring to a boil. Add the rice, remove from heat and let stand for 5 min.