

Backpacking Recipes

Here's a few recipes that you might want to try on your next backpacking trip:

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.

Our thanks to Georgia Locker who provided these recipes.

Backcountry Dinner Recipes Some Treats to Try

Excerpted from
Cooking for Campers and Backpackers
by Victoria and Frank Logue

By dinnertime, you'll be tired and hungry. You won't want to spend a lot of time preparing supper, but you'll be in the mood for something good. Now is the time to work a one pot wonder or two. Most of your dinner options start with boiling water. Pasta and rice are the mainstays of camp food, and in 10 minutes (or less) cooking time will provide bulk for your meals. With a little creativity, you can add variety.

Any of these suggested dinners can be prepared with canned or dried meat and some added freeze-dried or dehydrated vegetables. The key is to keep your camp meals simple.

Suggested Dinners

- Macaroni & Cheese (add dried soup, canned or dehydrated meat)
- Noodle dinners (including Ramen)
- Potato dishes (mashed potatoes, au gratin, or other packaged potatoes)
- Minute Rice topped with instant gravies and sauces
- Lentils
- Instant mashed potatoes
- Pasta salads (in a box)
- Couscous
- Pilafs (lentil, wheat, rice, etc)
- Tuna and other canned meats
- Pepperoni, dried meats, sausages
- Sardines and fish steaks
- Specialty dehydrated meals
- Dehydrated vegetables

Curried Rice & Tuna

2 cups instant rice

BackpackingRecipes11-7-07.doc

1/2 teaspoon salt
1/2 cup seedless raisins
1 6-ounce can tuna in water
4 cups water
2 teaspoons margarine
2 teaspoons curry powder
1 hard-boiled egg

Cook the rice according to the package directions, using the water, salt, and margarine from the ingredients listed above. While rice is cooking, peel the hard-boiled egg and finely chop. Drain most of the water from the tuna (away from the camp). When the rice is cooked, leave over low flame and toss the raisins, curry, chopped boiled eggs, and tuna with a small amount of tuna water. Mix thoroughly and heat briefly. Remove from heat and serve. A couple of tablespoons of chopped almonds makes a good addition to this recipe.

Tuna Spaghetti

1 8-ounce package angel hair pasta
8 sun dried tomatoes, sliced
1 teaspoon oregano
1/2 teaspoon garlic powder
1 6-ounce can tuna in oil
1 teaspoon dried basil
1/4 cup parmesan cheese
4 cups water

At home: Mix the basil, oregano, parmesan cheese and garlic powder in a resealable plastic bag and label.

In camp: Soak sun dried tomatoes in four cups of water for ten minutes. Remove the tomatoes from water and bring to a boil. Break the angel hair pasta in half and add to the boiling water. Cook pasta until done, usually four or five minutes, depending on how firm you like it. Drain water away from camp. Leave noodles in the pot and add tuna with oil, tomatoes, and contents of the cheese and spice package you assembled at home. Stir well.

A low fat version can be made with water-packed tuna, but you'll want to drain most of the water before adding. If weight is not a factor, two small cans of tomato puree can be used in place of the sun dried tomatoes. This meal goes good with bread fried in margarine and garlic.

Oyster-stuffed Potatoes

2 large baking potatoes
4 shitake mushrooms
2 cans smoked oysters

At home: Bake potatoes.

In camp: Rehydrate shitake mushrooms by covering with water and soaking for 15 minutes. Drain oysters and the mushroom water well away from camp. Cut open the potatoes and stuff with oysters and mushrooms.

Chicken Quesadillas

4-5 small flour or corn tortillas

1 small onion

1 6-ounce can chicken

1 teaspoon oil

4 ounces Monterey jack (with jalepeno peppers if you like it spicy)

Dice onion, packing out the outer skin and end pieces. Thinly slice up cheese. Drain the chicken well away from camp. Assemble quesadillas by sprinkling chicken, onion, and cheese on half of the tortilla. Fold the tortilla over omelet style and lightly brown in oil.

Chicken Stroganoff

1 8-ounce package noodles

1 packet onion soup mix

4 tablespoons sour cream (made from dry mix)

1 6-ounce can chicken

1 small can sliced mushrooms

Bring water to a boil; add onion soup mix and stir until dissolved. Add noodles with the soup and cook until tender, 8-10 minutes. Drain water well away from camp, keeping as much of the onion as possible. Add sour cream, mushrooms, and chicken. Season to taste. This recipe also works with canned ham or Textured Vegetable Protein (see the vegetarian section for more on TVP).

Corned Beef and Potatoes

1 package au gratin potatoes

1 large carrot

- 2 tablespoon margarine
- 1 canned corned beef
- 1 small onion
- 1/3 cup non-fat dry milk

At home: Open potatoes and remove the cheese sauce. Mix the cheese sauce powder with the dry milk in a resealable plastic bag. Leave the potatoes in original package.

At camp: Slice carrot into thin, round pieces while bringing the water to a boil. Put dried potatoes and carrot slices into the boiling water and cook until potatoes are tender. While potatoes are cooking, dice onion. When the potatoes are done, drain the water well away from camp, leaving about 1/3 cup of water in the pot with the potatoes and carrots. Add dry milk/cheese sauce mixture and diced onion; stir well. Cut corned beef into pieces as you add it to the pot. Return to heat, stirring continuously until the beef is heated and everything is well mixed.

Ham a la Ramen

- 1-2 packages Ramen (oriental noodle soup)
- 1/2 cup dried peas
- Parmesan cheese to taste
- 1 5 ounce can ham
- Red pepper flakes to taste

Cook the Ramen noodles (without the flavor pack) along with the dried peas. When the noodles are cooked, drain away from camp. Top with ham and add red pepper and parmesan cheese to taste. Mix, eat and enjoy.

Pizza on a Pita

- 3 whole wheat pitas
- 4 ounces of mozzarella cheese
- 1 teaspoon of vegetable oil
- 1 small jar or can of pizza sauce
- Pepperoni or other toppings

Cut pitas in half by separating at the edges to make two pizza crusts out of each pita. Top pita halves with pizza sauce, cheese and toppings. Fry in oil until crust is lightly

Many people new to backpacking, and even experienced hikers, think that they need to purchase expensive, freeze dried food from sporting goods stores. Not so. A trip to your friendly neighborhood grocery store will provide all the light weight food you will need for a 2-, 3-, 4-day hike. The intent of this page is just to show you that you can meet your needs at the grocery.

Some of the things you will find at your grocery are instant rice, instant oats, various packaged rice or noodle dishes, small cans of chicken, small cans of fruit, dried fruit, powdered soups, candy, granola cereal, summer sausage, English muffins, bagels.

Backpackers tend to prepare single pan meals. They cook their entree in a pan and eat it from that pan. The entree is supplemented with fruit and dessert. With a little planning you can keep your pack weight down by carrying only the single pan.

On the trail you will need 3000 - 4000 calories per day. Eat hearty. Don't worry about counting to 4000, just don't skimp on your food. You will probably lose weight, perhaps as much as a pound per day, even if you are eating well.

Breakfast

Breakfasts are usually fit in around breaking camp. I have no good recipes. I usually have instant oats and fruit (I liked oats better when there were riddles on the packets). I find that two packets of instant oats and a personal sized can of fruit make an adequate breakfast. Some friends favor pop tarts.

Lunch

I have never had a satisfactory solution for lunch. You are on the trail, so you probably do not want to cook; but you are hungry. Some suggestions follow.

Summer sausage slices and mustard on a bagel or English muffin. Summer sausage will not spoil without refrigeration, but it is a little heavy in the pack.

Pita bread keeps well, but can get dry. Try pita plus a block of Velveeta (processed) cheese. Cut off a hunk of cheese and wrap pita around it. (Thanks to Evan, ecstone@gnu.fdt.net)

Other possibilities are tuna, crackers, peanut butter, fruit, and all the stuff under Snacks. Cheese spread in an aerosol can in any weather, chunk cheese in cool weather. I have heard that yogurt keeps in cool weather, but I haven't tried it.

Snacks

Take a lot of snacks. You will need snacks as you hike; meals, alone, are not enough. Think about eating something every hour you hike. This is not the time to diet.

Gorp is good. There are many gorp recipes based on granola cereal. To the granola add M&Ms, peanuts, raisins--whatever suits your taste. I stick with granola and M&Ms.

Chocolate candy bars are good in cooler weather, but tend to melt in the summer. M&Ms or Reese's Pieces don't melt, of course. Granola bars are always popular--plain granola bars, or the granola/chocolate/caramel concoctions.

Dinner

Your tent is up. You have cleaned up. You have napped. It's time to treat yourself to a good meal. Below are some recipes for main courses that will be adequate for one adult if you supplement them with fruit, cookies, candy. All good recipes have creative names.

In preparing for the trip, put everythingl you need for a meal in a recycled newspaper bag--food, paper towel, mints. At dinner time just pull out a bag and you are ready to go.

Poulet L'Onion

One small can chicken (about 5 oz.)
One cup dry instant rice
One packet onion soup mix

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the chicken and warm the rice/soup/chicken over the stove burner.

Chicken Diablo

One small can chicken(about 5 oz.)
One cup dry instant rice
One packet tomato soup mix
One-half teaspoon chili powder
Some other spices you may have in your cupboard (be wild and crazy)

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the chicken and warm the rice/soup/spices/chicken over the stove burner.

Chicken Angelica

Chicken diablo without the spices.

Jambon Pacifica

One small can Spam
One small can pineapple slices
BackpackingRecipes11-7-07.doc

In camp heat the Spam in a cook kit skillet. When it is cooked, add the pineapple and leave on the burner until the pineapple is warm. This is a heavier meal to carry, so eat it the first night out.

Beef Bangkok

Summer sausage slices (eat rest of summer sausage for lunch)

One cup dry instant rice

A Taste Of Thai Tangy Hot Sweet and Sour Sauce Mix (1 packet)

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the summer sausage slices and warm the rice /sauce/sausage over the stove burner. Summer sausage is heavy (depending on how much you buy) so you might want to have it for lunch and dinner the first day out.

Ham DeLeeks

One small can lean ham chunks (about 5 oz.)

One cup dry instant rice

One cup dehydrated Knorr Potato Leek Soup

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another 1/2 cup (so about 1 1/2 cup in all). Stir in the ham and warm the rice/soup/ham over the stove burner.

Corn On The Cob

This is a great addition to a first night supper most would not think of. At home, soak the corn over night in the fridge in water. Before you leave put the cob into a ziplock bag. Once at your camp site cook in boiling water for about 5 to 8 minutes. Heaven. (Thanks to Mark Jones, Fredericton, NB {mjones@ngl.ca} for recipe and enthusiastic endorsement)

Broc Au Rotten

4 - 6oz. of pre-cooked chicken or turkey (5 oz can)

1 pkg of Uncle Ben's Chicken and Broccoli Au Grauten

4 - 8 fresh broccoli flowers

2.5 cups of water

2 Tbs Butter or margerine (optional)

Put all ingredients into pot and bring to a boil. Simmer for 10 minutes. Let set for a few minutes. Stir and serve. Feeds two. Probably a first nite meal. (Thanks to Howard Peck {whpeck@interserf.net})

Eric's Ravioli

1 Can Ravioli

Open can. Dump contents in pan. Heat until contents warm. (Thanks to my son, Eric Welte, who views a backpacking trip as incomplete w/o this entree)