

Troop 39 Backpacking Recipes

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These are just a few of the many backpacking recipes that are nutritious, hearty, easy to make, and taste delicious the trail. There are many other sources for finding good backpacking recipes to expand your cooking experience as a Scout on the trail. Here are a few suggestions to look for other recipes. Enjoy!

Trail Cooking - www.trailcooking.com - specializes in freezer bag cooking recipes for any meal. Recipe portions can be adjusted automatically for any size patrol on the web site.

Philmont Country Cookbook – http://www.troop39.net/links_resources/pdf/philmontcb.pdf

Troop 39 Sample Backpacking Recipes - http://www.troop39.net/links_resources/pdf/menus.pdf

Breakfasts and Snacks

Sunrise Spuds

For a change from the typical granola or oatmeal breakfast, try “Sunrise Spuds” – a high energy breakfast that is a staple in many backpacking cookbooks.

What you need to make one serving:

- 1 plastic sandwich bag
- 1 cup dehydrated potato flakes
- 2 tablespoons dry milk powder
- ¼ cup powdered cheese
- 1 teaspoon parsley
- 2 tablespoons of imitation/pre-cooked bacon bits
- 1 teaspoon powdered butter
- salt
- pepper

To prepare before your trip: measure 1 cup of dehydrated potato flakes into a plastic bag. Add in other ingredients.

To make while camping: Boil water. Add hot water to the mixture until desired consistency is achieved.

Rice Breakfast

Breakfast backpacking recipes don't get much simpler than this.

- 1/3 cup Powdered Milk
- 1 cup Instant Rice

4 tsp Sugar
1/8 tsp Cinnamon
Nutmeg, pinch (optional)
1/4 cup Raisins
1 ¼ cup Water

Put all ingredients in a zip lock, pack raisins separately, Bring water to a boil, add all ingredients except raisins and cook as directed on your instant rice package. Add raisins and stir.

(Yields one serving)

Crunchy Fruit and Peanut Butter Bars

Makes 16 bars

3 cups Nature's Path Mesa Sunrise, crushed
2 cups Nature's Path Fruit Juice Cornflakes, crushed
1/2 cup dried apricots, cut into 1/4" pieces
1/2 cup sunflower seeds
1/2 cup coconut
1/4 cup chocolate chips
3/4 cup honey
1 1/2 cups crunchy peanut butter
1 tsp vanilla

Mix all ingredients together. Press into 9 x 9 pan and chill for 2 hours.

Recipe from- <http://www.naturespath.com/products>

Lazy Man's Breakfast

This is a standard backwoods breakfast.

1 Packet of Regular Instant Oatmeal
1 Packet of Flavored Oatmeal (your choice)
½ Packet of Hot Chocolate mix with or without marshmallows
2 tbs. ground or chopped Almonds, Walnuts or Pecans
1/3 cup raisins or dried fruit of your choice

Mix it all ingredients together and put in a zip-lock bag. On the trail, put cereal mixture in a cup and add 1 cup hot water. Stir and enjoy.

For variety, use instant Cream of Wheat or Instant Grits instead of oatmeal.

One Pot Apple Dumpling

What you need:

- 3 plastic sandwich bags
- 1 cup biscuit mix
- 1 cup dried apples

- ½ cup sugar
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 2 tablespoons of butter (put in plastic bottle or bring along a squeeze bottle of liquid butter)
- 2 ¼ cups water

To prepare before your trip: Measure biscuit mix and put it in one bag. Put 1 cup of dried apples in a second bag. Put sugar, salt cinnamon in a third bag.

To make while camping: Place apples into pot with 2 cups of water. Cover the pot and let the apples soak for at least 1 hour. Then, place the pot on the stove and bring to a boil, lower to simmer while you make the dumpling. Then, make the dumpling by adding ¼ cup water to the biscuit mix and mixing into dough. Next, add the sugar-spice bag contents and butter to the simmering apples. Use a spoon to spread the dumpling dough over the apples. Replace pot cover and simmer for 15 or more minutes, until the dumpling is dry in the middle. Eat and enjoy.

G.O.R.P "Good Old Raisins and Peanuts"

There are literally hundreds of variations to "GORP" as it called by many. A backpackers staple.

- 1 jar Dry Roasted Peanuts
- 1 15 oz. Box of Raisins
- 1 large Bag of M&M's
- 1 large Bag of Reese's Piece's
- 1 bag of Shredded Coconut

This is my basic starting mix.

Other items I like are:

Yogurt Chips, Banana Chips, Apple Chips, Dried Pineapple, Dried Cranberries and Nuts of any kind.

The list goes on and on. Mix & Match, what ever you like make it, it's tasty and packed full of energy.

Granola

This could be eaten cold on the trail like gorp or add hot water and powdered milk for a fast easy breakfast.

- 1 1/2 lb Oats
- 1/2 cup Brown Sugar
- 1/2 cup Sesame Seeds
- 1/2 cup Sunflower Seeds
- 1 cup Nuts, chopped
- 1 cup Raisins

1 cup Coconut, shredded
2 tbsp Vanilla
1/2 cup Water
1/2 cup Corn Oil
2 cups Honey

Mix ingredients together. Spread granola mixture evenly on an ungreased cookie sheet. Bake at 300 degrees for about 1 1/2 hours stirring every 15 minutes until golden brown. Put granola in zip lock, add raisins and coconut.

The chopped nuts can be anything you want, Peanuts, Walnuts, Pecans or Almonds, use what is available.

Lunches / Dinners

Hamburger Helper

1 lb Ground beef, lean
1 pkg Hamburger Helper

At home:

[Dehydrate the ground beef](#) and put into a zip-lock bag.

On the trail:

1/2 hour before dinner, put the dehydrated hamburger in a large-mouth 1 quart water bottle and cover with water to rehydrate.

Bring the water and hamburger from the water bottle, the rice, and sauce mix to a boil, stirring occasionally. Reduce heat; cover and simmer 25 to 30 minutes, stirring frequently. Uncover and cook until desired consistency.

Chicken & Dumplings

2 envelopes Lipton's Cream of Chicken Cup-o-soup
1 can Swanson's Chunk Chicken Meat
1/2 pkg Mixed freeze-dried vegetables
1 cup Bisquick in a zip-lock bag
2 - 3 cups Water

Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

Chicken & Dumplings II

This dish requires minimal effort. We like this dish on Day Hikes in cooler weather.

2 packets of Lipton's Cream of Chicken Cup-O-Soup

1 can of Chunk Chicken*

¼ cup Mixed vegetables*, I like celery, carrots and peas.

1 cup Bisquick

* - Dehydrate items at home for extended backpack trips.

Put chicken and vegetables in a zip lock, pack everything else separately. Put water in pot, use 25% more than required in making the soup or you will have glue. Add dehydrated chicken and vegetables to cold water and bring to a boil. Simmer until meat and veggies are tender. While the soup is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup is hot, cut off a corner of the bag and squeeze out Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

The size of the corner you cut off the bag will determine the size of your dumplings. If you cut it about 1" big, use short squeezes to have round dumpling shapes. Cut it off smaller and you can get longer type ribbon shaped dumplings.

Trail Pizza

This is a great lunch as it takes no time to make. If you don't mind cold pizza add water to sauce pack in morning and its ready whenever you want it.

1 tbsp Tomato Powder *

1/4 tsp Garlic Powder

1/4 tsp Onion Powder

1/4 tsp Paprika

1/4 tsp Basil

1/4 tsp Oregano

Red Pepper flakes, pinch (optional)

Salt & Pepper (to taste)

Parmesan Cheese

Pepperoni, Slim Jim or Summer Sausage

Pita Bread (8 one ounce mini's in a package)

2-3 cups Water

Put first seven ingredients in a zip lock bag. Pack everything else separately. In camp or rest stop heat 2 cups of water and add 1/2 cup to tomato sauce bag and mix well, add more water if required. While sauce is rehydrating, slice pepperoni or sausage. Squeeze sauce on bread, top with meat and cheese. Yum! With remaining water have a nice cup of tea or any other hot beverage you desire. Will make enough sauce for (4) four mini pita's.

Tip - Float tomato mixture in remaining heated water to keep warm, wrap bread in paper towel, put in a ziplock and float in same water to heat.

"*" = 2:1 ratio, water to tomato powder for a thick tomato paste

Jerky Stew with Dumplings

1 cup Un-marinated beef jerky

½ cup Dried sliced carrots

½ cup Dried sliced parsnips

¼ cup Dried sliced mushrooms
2 cups Dried sliced potatoes
1 pkg Instant beef gravy mix
1 cup Biscuit mix
4 cups Water

At home:

Put into 4 small bags: 1. Jerky; 2. Carrots, parsnips, and mushrooms; 3. Potatoes; 4. Biscuit mix

On the trail:

Soak the jerky in 4 cups water for as long as possible, at least an hour.

Bring the jerky and water to a boil and cook for 1 hour. During the last half hour, add the carrots, parsnips, and mushrooms. Add the potatoes the last 15 minutes. Add water if necessary to keep the ingredients just covered.

Add the gravy mix and stir

To make the dumplings: Add ¼ cup water to the bisquick mix and make a stiff batter. Form small balls about the size of ping-pong balls, and float them on top of the stew. Cover so they steam and cook until done, about 20 minutes.

from the Hungry Hiker's Book of Good Cooking; Pg. 183

Spam-Tastic Fried Rice

- * 1 ½ cup instant rice
- * ½ cup freeze-dried mixed vegetables
- * 1 Tbsp dried chives
- * 2 tsp lower sodium bouillon
- * ½ tsp granulated garlic
- * ¼ tsp dried powdered ginger
- * ¼ tsp red pepper flakes
- * ¼ tsp sugar
- * 2 pkt soy sauce
- * 3 oz spam single packet
- * 1 Tbsp vegetable oil (1 packet)
- * 2 fresh eggs, in shell
- * 2 cups water

At home: pack the rice, vegetables and all the seasonings in a quart size freezer bag. Tuck the soy sauce, oil, and Spam in with it.

On the trail: bring 2 cups water to a near boil. Add to the rice bag, stir well, seal tightly and let sit for 15 minutes to rehydrate. Heat the oil over a medium flame in a non-stick trail wok or 2 liter pot and add in the Spam. Cube up and stir-fry till turning golden. Add in the cooked rice and stir constantly till smelling great. Splash on the soy sauce to taste and mix in. Make a

hole in the center and crack the eggs into it. Start scrambling them and then toss with the rice. Pull off the heat as soon as the eggs are setting up.

Note: fresh eggs carry well in the cooler months, just cut off part of a cardboard egg box and carry in your pot, padded with paper towels.

Makes 2 servings

Spinach pasta with tomato sauce

What you need to make one serving:

- 3 plastic sandwich bags
- 1/4 cup tomato powder
- 1/8 cup dried mushrooms
- 1/4 cup mixed dried vegetables
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- Salt and pepper
- 1/8 cup parmesan Cheese (optional)
- 6 ounces dried spinach pasta noodles (linguini or other)

To prepare before your trip: measure tomato powder, dried mushrooms, dried vegetables, Italian seasoning, garlic powder and salt and pepper into one sandwich bag. Place parmesan cheese into second sandwich bag. Place pasta into a third bag.

To make while camping: Boil a large pot of water. Put the sauce mix (first sandwich bag ingredients) in a separate container and add water until sauce is of the desired consistency; cover and place on top of pot to stay warm. Add more water to the pot and resume boil. Add the pasta to the boiling water and cook until desired firmness. Drain the water. Add the sauce and mix. Top with parmesan cheese and enjoy!

Cranberry or Cherry Couscous

What you need to make one serving:

- 1 plastic sandwich bag
- 1/2 cup couscous
- slivered almonds
- dried cranberries or cherries
- dried onion flakes
- salt
- pepper
- 1 teaspoon olive oil (optional)

To prepare before your trip: measure couscous and other ingredients (not including olive oil) into plastic bag.

To make while camping: Boil water (add olive oil, if you have it). Add approximately ½ cup of water to the bag mixture. Let sit 5 – 10 minute or until water is absorbed into couscous and dried fruit.

Cashew Chicken

A spicy Asian dinner with satisfying crunch.

- 1 1/2 cups instant rice
- 1 7-ounce pouch chicken
- 2 pearl onions
- 1 bell pepper
- 1 cup dried mushrooms
- 1 cup unsalted cashews
(or peanuts)
- 2 teaspoons garlic powder
- 2 teaspoons powdered ginger
- 3 takeout packets soy sauce

At Home

Combine rice and mushrooms in a zip-top bag. Place cashews, garlic, and ginger in a second zip-top bag.

In Camp

Bring two cups of water to a boil. Chop onions and pepper. Add rice, mushrooms, and chicken to the pot and boil for two minutes, or until all water has been absorbed. Remove from heat and add onion, pepper, cashews, and spices. Stir in soy sauce. Serves three.

Oriental Rice

The variations are endless for this tried and true backpack meal.

- 1 cup Instant Rice
- 1 Chicken bouillon cube, crushed
- 1/4 cup Mixed Vegetables *
 - Cabbage
 - Onion
 - Green pepper
 - Carrot
- 1/2 packet Olive Oil
- 1 packet Soy Sauce (to taste)
- 1 1/4 cup Water

* - Dehydrate items at home.

Mix all rice and bouillon together and vegetables at home in separate zip lock bags. Bring water to a boil and stir in vegetables. Cook for about two minutes and let stand for vegetables to rehydrate. Bring water and vegetables back to a boil, add more water if needed. Add rice, olive oil, stir and cover. Let stand for five minutes or so till rice is done. Fluff, drizzle with soy sauce and serve.

Backcountry Thanksgiving

1 packet of Stove Top brand stuffing

1 7-ounce pouch chicken

1 cup dried cranberries

In camp

Boil 1 1/2 cups water, then stir in stuffing. Add chicken and cranberries. Serves two.

Backpack Ravioli

10-ounce package of fresh mini cheese ravioli (or other fresh pasta; freeze and eat within two days)

1/2 stick butter (freeze it, then insulate in the center of your pack)

1/3 cup crumbled sun-dried tomatoes

1 tablespoon oregano

10 fresh basil leaves

1/4cup fresh Parmesan cheese, grated

Salt and pepper to taste

At Home

Pack the butter in a zip-top bag with oregano, salt, and pepper. Place cheese, tomatoes, and fresh basil in three additional zip-top bags.

In Camp

Bring water to a boil; add pasta and tomatoes. Cook according to package directions (usually three minutes). While pasta is cooking, chop basil leaves. Drain most of the water, and then add butter and all herbs. Return to heat and stir until butter melts. Top with Parmesan cheese. Serves two.

Chicken, Rice & Veggies

This backpack meal is a favorite of my kids on a long day hike.

1/4 cup Chicken, cooked & chopped or one 10 oz can of Chicken *
1 tbsp Dried Tomato, diced *
2 tbsp Dried Onion, chopped *
2 tbsp Dried Bell Pepper, chopped *
2 tbsp Dried Celery, chopped *
2 tbsp Dried Carrot, chopped *
2 tbsp Dried Whole Kernel Corn *
2 tbsp Cabbage, chopped *
2 tbsp Dried Peas *
1/2 tsp Salt
1/8 tsp Pepper
1/4 tsp Garlic Powder
1/2 tsp Parsley Flakes
1 cube Chicken Bouillon, crushed
1 1/8 cup Instant Rice

* - Dehydrate items at home.

Vacuum seal or use a zip lock for the meat, vegetables and spices. Pack rice in another bag. Bring two cups of water to a boil. Add meat, vegetables and spices and cook for a few minutes, cover and let stand for 15 minutes for everything to rehydrate. Bring water back to a boil, add rice and stir. Remove from heat and set aside for 5 minutes. Stir and eat.

This dish makes enough for two nice sized servings. Drizzle with soy sauce if desired.

Hot Backpacking Breakfasts & Dinners (from Ross Statham)

Hot Breakfasts

Day 1:

Cheese Quesadillas (flour tortillas & string cheese)

Granola Bar

Small meat sticks

Dried plums or dried apricots

Hot cider and/or orange drink

Day 2:

Hot Granola mix- get creative (stir in hot water)

Bacon (pre-cooked, heat and serve)

Raisins, peanuts and chocolate bits

Hot cocoa and/or grape drink

Day 3:

Instant Couscous with dried blueberries

Brown sugar or honey

Small meat sticks

Oatmeal cookies

Hot cocoa and/or lemonade drink

Day 4:

Instant oatmeal with brown sugar, variety of flavors*

OR instant grits with butter buds, variety of flavors*

**Add hot water and eat from your packet- don't dirty up your bowl*

Clementines (small seedless tangerines)

Hot cider and/or fruit punch

Day 5:

Instant mashed potatoes with butter buds

Crumble in pre-cooked bacon bits (heat and add when serving)

Granola bars with chocolate

Hot cocoa and/or orange drink

Day 6:

Hot cereal mix (Farina, Maltomeal, etc)

**Add hot water and eat from your packet- don't dirty up your bowl*

Squeeze cheese on crackers

Small meat sticks

Hot cider and/or lemonade drink