

# More Recipes!!!!

Reconstituting Instant Nonfat Dry Milk				
Dry Milk Powder	Water			
	Ounces	Cups	Quarts	Gallons
1/3 c.	8	1	NA	NA
1 1/2 c.	30	3.75	1	1/4
1 lb	150	18.75	5	1.25
5 lb.	750	93.75	25	6.25
25 lb	4000	500	125	31.25

### No pot-cleaning chicken (or tuna) and noodles:

- 2 packs chicken Raman Noodles
- 1 foil pack of chicken (or tuna)
- 1 little foil pouch of pizza place parmesan cheese
- Dash O' Tobasco
- 1 quart zip-lock self-standing bag.

Boil 3-4 cups water. Crunch up dry Raman and put in zip-lock. Add chicken, Tobasco, and cheese. Add boiling water, stir, let sit for 10 min. Eat. Goes good with Ritz or club crackers. Put trash in zip-lock. Lick fork clean. Check out scenery while eating an Oreo.

### Good recipe for chicken salad sandwiches (for 2) on the trail:

- 1 foil pouch of chicken
- 2 (7-11) packets of mayo or miracle whip
- 2 (7-11) packets of sweet relish
- 1 (7-11) packet of mustard
- Salt/Pepper
- Dash O' Tobasco (optional)
- 2 Hoagie rolls

Dump everything in 1 pint zip-lock bag or use foil pouch. Smash all together. Put on hoagie roll. Eat. Goes good with Cheeze-Its and powdered Gatorade.

Also works with Tuna which can be found in 8 oz or 4 oz foil pouches.

Just thought I'd let you guys know about my experience with Pasta-Roni dishes on the trail last week. Anyone experienced with Lipton meals will feel right at home with any of the available flavors of Pasta-Roni, and all were good. My personal favorites were the creamy recipes, with Angel Hair Pasta Primavera being the best of the bunch.

Before I left, I transferred all contents into small Ziploc's, and added the required amounts of powdered milk directly to the mix. Also, instead of butter/margarine I used olive oil, with excellent results. Very nutritious, VERY filling, and packs down ultralight.

I also carried vacuum-sealed bags of pre-cooked chicken breast to add to the meals (look at your grocery store next to deviled ham, potted meat products, etc) These little wonders are expensive, but they're definitely worth it when pack weight/bulk are a problem. For a shorter weekend hike, I'd just use the chicken breast in the 4 oz Al cans, though

### **Chicken & Dumplings**

Ingredients:

2 envelopes Lipton's Cream of Chicken Cup-o-soup

1 can Swanson's Chunk Chicken Meat

1/2 package of mixed freeze-dried vegetables

1 cup Bisquick in a zip-lock bag

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.

1 cup pasta (or 1 brick ramen, crushed)

1/2 package Knorr Cheese Sauce mix (approx. 1/4 cup)

1/4 cup powdered milk

3 oz can of chicken (or 3 oz envelope of tuna)

2 1/4 (maybe 2 1/3) cups water

At home, put pre-measured sauce mix + powdered milk in a ziplock baggie. Package your pasta separately as well.

Boil water in a small covered pot. Add pasta and cook until done (ramen can just soak, macaroni type need a rolling boil for 8 minutes).

Add sauce/milk mix to cooked pasta, mix well and return to heat. Then add chicken or tuna.

Sauce will thicken in a few minutes. Eat.

Cook Ramen noodles add a packet of Tuna, relish & mayo. Poof ~ Tuna Cassarol, Well, ok, maybe not but lotsa' energy in it & very tasty. It is a stapel for me on 2-3 day hikes. Throw the soduim packet away before you leave.

Add 1 tablespoon of peanutbutter to your ramen. It not only adds flavor & protein, but reduces the overly salty taste of the cheaper Ramen.

### **Chicken Fettuccini Alfredo ONE-POT**

1 pkg. Lipton Fettuccini Alfredo 1/2 cup milk

1 T. margarine 8 oz. canned chicken.

2 qt. pot Salt & pepper

Mix the Lipton package with the milk, margarine. Cook according to directions on package. Add the precooked chicken and heat. If not precooked, then cut the chicken into pieces and cook in fry pan with a little oil and seasonings.

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### **Chicken And Stuffing**

StoveTop 2 cup water

1/4 cup onion flakes 1 Tbs.. celery flakes

1/2 cup chopped dried mushrooms 2 (6 oz.) cans chicken

1 bag stuffing mix with herbs and spices

Bring water to a boil, add to bag containing the ingredients. Break chicken into small chunks. Remove from heat and mix well. Serves four to six.

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### **One Pot Chicken-Rice-Stuffing Dinner**

\*One large can of chicken \*One cup of stuffing mix

\*One cup of 5 minute rice \*One cube of bouillon

\*Salt, pepper \*butter

\*If desired: a few dehydrated veggies, dried mushrooms, onions, blk. Olives, whatever. Throw away the stuffing mix box (extra weight), but keep the little piece with the recipe if necessary and put the rice and additional ingredients in zip lock bags. At the campsite, cook the bouillon with 16 oz. of water, add the rice and spices mix, let it cook for about 5 minutes, add the chicken and veggies and cook for another 5 minutes, (add more water if needed), then add the stuffing mix. Let it sit for a few more minutes until the bread crumbs are soft enough.

#### **1. Asian Ramen**

Pack in a baggie for one person:

1 brick of ramen noodles, crushed

1 creamy chicken ramen packet

1 tbs. minced dried vegetable flakes

1 tsp. butter buds

1 tsp. minced onion flakes

dash black pepper

1/2 tsp. garlic powder

1/3 cup dried cooked beans

Boil 2-3 cups boiling water (according to your preference for thickness), stir, cover, let stand 20 minutes, stir and eats.

#### **2. Teriyaki Ramen**

pack in a baggie for each person:

1 brick ramen noodles, crushed

1 teriyaki chicken ramen packet

1 tbs. minced dried vegetable flakes

1/2 tsp. lemon pepper

1/2 tsp. parsley flakes

1/4 tsp. garlic powder

1/4 cup dried cooked beans

1 tsp. onion flakes

boil 2-3 cups boiling water (according to your preference for thickness), stir, cover, let stand 20 minutes, stir and eats.

#### **3. Chicken and Noodles**

pack in a bag for one person:

1 package Lipton creamy noodles

1 small can chicken chunks

Open the can of chicken and add to 2 cups water, bring to a boil.

Add the noodles and simmer for 20 min. let stand 5 min and eat.

#### **4. Potatoes and Gravy**

pack in a bag for one person:

2/3 cup mashed potato flakes

1/2 package La Loma mushroom gravy

1 tbs. powdered milk

1/3 cup minced beef TVP

1 tsp. parsley flakes

1 tsp. minced onion flakes

1 tsp. butter buds

Boil and 1/2 cups boiling water. Stir. Add a little more water to desired thickness, stir, and eat.

5. **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.

6. **Chicken and stuffing**

1 can of chicken chunks

1/2 a package of stove top stuffing mix and 1/2 the flavor pack

Boil the appropriate amount of water for 1/2 a package of stuffing with the chicken chunks

Add the flavor packet and simmer

Add the stuffing and let stand 5 min.

**Chocolate Pudding #2**

1/2 cup cocoa -- unsweetened

1 cup sugar

1/4 teaspoon salt

1/4 cup cornstarch

1/2 cup powdered milk

2 tb Butter Buds®

Mix all into a zip lock bag

At Camp - Add 3 cups water and mix to a pot stirring bring to a boil. Cook slowly (lifting pot if necessary to keep from burning) for a few minutes until thick Cool and serve with mini M&M or GORP sprinkling

**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.

**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.

### **RICE POCKETS**

- Rice-A-Roni (quick cook) or 5-minute white rice
- Parmesan cheese
- Dehydrated green peppers
- Dehydrated mushrooms
- Pita Bread

Cook the rice as directed, along with the green peppers and mushrooms. When the rice is done, scoop it into a pita bread pocket along with the parmesan cheese. This dish is loaded with carbohydrates and fiber, and tastes great.