



## Food Guide

### Mission

BSA Troop 1028 is a Scout-led unit. Our very diverse and skilled Scouters provide strong support for boys seeking true self-reliance. We hope that Scouts ultimately become ready and prepared to do the right thing, doing their best wherever they are, whenever they can, with whatever they have.



*"Ask not what you can do for your country. Ask what's for lunch."*

—Orson Wells

### Overview

*"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world."*

—J.R.R. Tolkien

Our troop uses this guide as a dynamic tool summary. It serves to supplement our troop "Food Guide." A very general and loose archive, it contains samplings of information, techniques, and best practices relevant to troop food selection, purchasing, handling, and cooking. Some tools serve as templates, others as suggestions, and others as "do's and don't's."

Here, we cover some basics re:

- Food Safety
- Food Allergies & Dietary Restrictions
- Menu Planning
- Backcountry (Mobile) Stoves
- Frontcountry (Stationary) Stoves
- Backcountry (Mobile) Recipes
- Frontcountry (Stationary) Recipes

As with all of our troop "guides," this is intended to supplement, not replace, BSA materials.

### Food Safety

*"All you need is love. But a little chocolate now and then doesn't hurt."*

—Charles M. Schulz

Food safety requires attention to cleanliness, coldness, and heat.

### Cleanliness

*A Scout is clean.* Scouts should wash their hands with soap and water before and throughout food preparation. The PL, ASM mentor, and/or a senior Scout should keep an eye on the cooking team.

Cross-contamination occurs when raw meats or eggs come in contact with foods that will be eaten uncooked. This is a major source of food poisoning. Wash your hands with soap and water or a premoistened antibacterial towelette after you touch raw meat, raw eggs, etc.

Store raw meats according to their vulnerability to contamination (see "Heat" below). Always double-wrap raw meats and place them on the lowest shelf in the refrigerator so there is no way juices can drip on fresh produce. Place chicken below pork. Place pork below ground beef. Place ground beef below unground beef. Use the raw meats within 1-2 days of purchase, or freeze for longer storage.

When grilling or cooking raw meats or fish, make sure to use a clean platter to hold the foods after cooking. Don't use the same platter you used to carry the raw food out to the grill! Make sure to wash your cooking tongs, forks, spatulas, spoons, etc.

When employing safe food-handling and dishwashing procedures, use a 3-pronged approach:

- Supply patrols with small bottles of disinfectant emollient (e.g., Purell or a similar alcohol-based sanitizer), especially when running water and soap are not available.
- Employ a clear division of labor. PLAN AND USE YOUR DUTY ROSTER! Unless a Scout needs to prepare the entire meal to satisfy an advancement requirement, assign Scouts a particular part of the menu. If you're creating an elaborate meal with fresh ingredients, assign 1 Scout to handle the raw meat and another to prepare the vegetables.
- Educate Scouts about the symptoms of food poisoning, dysentery, and other related illnesses. Scouts will watch each other if they fear sickness.

When washing dishes, use the **3-pan method**:

- Wash in hot soapy water.
- Rinse in hot clear water.



- Sanitize in cold water with a commercial sanitizer (not bleach) added.

You only need a couple of ounces of soap per wash. The key is to have plenty of hot water available, so start heating water before you eat.

Make sure that you clean and dry after every meal. Still, when you get home, make sure the quartermasters get all the cooking gear checked, cleaned, dried and restored. Regularly sanitize the each patrol box.

## Coldness

Chilling food is very important. The danger zone where bacteria multiply is between 40 and 140 degrees Fahrenheit.

Food storage is another risk zone. Consider separate ice chests for meat and poultry. Put all food inside sealed containers. Place these containers on inverted baskets inside the ice chest to prevent contamination from melted ice. You can seal and immerse in cold water.

Make sure you have an accurate thermometer and a current temperature chart. A digital, instant-read thermometer is mandatory equipment. Check with your health department for more information.

## Heat

Cook food to a safe internal temperature to destroy any harmful bacteria. Bacteria present on the surface gets mixed all through any ground meat mixture. Cook ground meat to at least 160 to 165 degrees.

The interior of solid pieces of meat like steaks and chops don't contain dangerous bacteria, so they can be cooked medium rare. Still, any beef cut should be cooked to an internal temperature of at least 145 degrees F (medium rare).

Pork is more receptive to contamination, so cook even solid cuts of pork 160 degrees F.

Heavily processed and low in density, chickens are prone to bacterial infection. Cook them well done. Cook chicken thoroughly, all the way through, with no pinkness, and an **internal** temperature of at least 180 degrees F.

Cook eggs thoroughly. Boil them solid, scramble them, cook them over medium or hard, or make omelets with them. Don't cook them "over easy!"

## Preserved and Precooked Foods

Preserved foods offer relatively safe, reliable options. Salt, sugar, acids, dehydration, etc. deter contamination. Well cured or pickled food keeps well. That's how man stored food before refrigeration.

Precooked food is not as durable. It often requires cooking, and it always requires careful handling. Still, precooked meats take little prep time and perform well in most any outdoor recipe.

## Hand-Washing Stations

We set up a hand-washing station near any fixed la-

trine area. This can be a great camp gadget for requirement 7c of First Class. You can build one as follows:

- Fill a two-liter bottle with water, poke a hole in it, and use a golf tee as a stopper.
- Put a bar of soap in an old nylon hose.
- Hang the bottle and hose on a tripod and set a pump bottle of hand sanitizer nearby for good measure.

The BSA publishes a poster titled "Food Safety Cooking Chart" (No. 34310A). It's a great teaching and reference tool. Also see the March-April 2008 issue of *Scouting* magazine.

The U.S. Department of Agriculture offers extensive information on food safety at:

[www.befoodsafe.gov](http://www.befoodsafe.gov)

## Food Allergies & Dietary Restrictions

Be smart, safe and inclusive! Check your Scout roster for anyone with food allergies (e.g., peanuts, shellfish) or dietary restrictions (e.g., lactose intolerance, vegetarianism, etc.). You'll need to address their needs. These Scouts may need to buy suitable food at home and bring it along, but you still try to make food substitutions for all items that contain ingredients which may cause an allergic reaction.

Follow these guidelines in order to avoid giving the wrong meal to a Scout:

Special menus should be much higher in calories and carbohydrates than normal to provide additional energy.

Package special meals separately, ideally in lightweight, watertight, and disposable containers such as heavy-duty plastic bags.

Package each day's meals separately and write the Scout's name on each package.

For more on food allergies, see:

<http://www.foodallergy.org/>

## Menu Planning

*"The 13th Point of the Scout Law is...  
'A Scout IS HUNGRY."*

—Dan Rules of Thumb

Plan meals that are:

- Tasty
- Nutritious
- Easy to prepare (with gear you'll carry)
- Easy to clean up after (with gear you'll carry)
- Compact
- Durable
- Affordable
- Varied in character

## Taste

Scouting is fun! Don't pack untasty food.



Scouts work hard and enjoy rewards. Reinforce their experience with a tasty meal. An outing is not the time to educate kids about nutrition. That occurs before meal planning.

Meals should incorporate a little protein, a little fat, and a lot of complex carbohydrates, what the body burns for sustained energy on a hiking weekend. This is an easy balance to strike if you make sure you address each need. When our troop wants to set a specific nutrition example, or introduce Scouts to other menu options, we'll adjust the leaders' (aka "Buck Patrol") menu.

Trail mixes, carefully selected or **custom created**, satisfy every requirement on the meal-planning list. Tasty, nutritious, easy to prep, compact, durable, affordable, and varied, they remain a very important outdoor staple. This also applies to trail bars. While more expensive, they provide tremendous flexibility.

Junk food is fine, especially sweets that inject energy on the trail. Just moderate the amounts and points of consumption. Don't consider junk food as a bulk item or meal substitute. Try to buy real syrup or sugar products rather than sweets based on corn syrup. This may require planning and bulk purchasing, because "good sweets" can be pricey. Sweets store well, though, so use proactive planning and purchasing.

Salt, pepper, spices, oils, sauces, etc. are light, durable, and add lots of taste. Use them to individualize meals.

## Balance Energy & Nutrition

Assess an activity's energy requirements. Adjust the menu accordingly. Address any special dietary requirements. Remember that vegetables can substitute for meat and may be the better choice; however, they may require more condiments or other taste-enhancing tricks to satisfy Scout needs.

Scouts need energy. Balance carbohydrates, proteins and fats. Carbs and proteins provide roughly equal bang per pound. Fats carry about 2.25 times the calorie punch. The more extreme the energy burn, the higher the fat balance. Cold weather, water sports, steep terrain, and exposure to severe sunlight all add to energy demands. Cold and moisture cause the body to burn a lot of fuel just keeping warm.

Scouts digest carbs quicker and easier than they do fats. Fats often take a few hours become "available" and may create digestion and sanitation issues.

When balancing energy and nutrition, remember:

- *A Scout is hungry.*
- **Carbohydrates**— For high activity outings like backpacking in mild weather figure figure 4 oz (~110 grams) of **dry carbs** per person per meal. Dry carb sources include rice, dehydrated potatoes, oatmeal, and pasta. Since these foods require a lot of water, consider water requirements (source, transport, cleaning, etc.). Breads, crackers, and trail bars don't require hydrating, but can be bulky or lack durability and ultimately force Scouts to their

water bottles.

- **Fats**— Dairy products provide fat, which means taste and energy. Cheese, butter, dehydrated milk products, chocolate, etc. are durable, compact, and calorie-laden. While heavy, they still provide very good efficiency. They may, however, stress some Scouts' constitutions. They melt. Note that, the more aged the cheese, the easier it is to digest.
- **Protein**— Mix protein in when you can, usually balancing proportions at or below carb weights. As a main course, bring about 4 oz of cooked meat or dry beans/peas as a portion. A good trail lunch might include 4 oz of sausage or lunch meat, crackers or flatbread, and cheese.
- **Condiments**— Again, salt, pepper, spices, oils, sauces, boullion tablets, etc. are light, durable, and add lots of taste.
- **Soups & Juices**— Plan meals around a "core" entry, but include juice and/or soup whenever possible. Besides helping with hydration, hot drinks and soups get Scouts going in the morning or as a bridge through dinner preparation.
- **Extras**— A dash of sweets, a good dessert, or a campfire popcorn goes a long way.

## Ease of Preparation & Cleaning

Choose dishes according to the activity's transportation constraints, gear constraints, time constraints, weather constraints, site conditions, etc. Scouts should be able to prepare their meals easily with available gear in tough conditions. Consider water resources. Evaluate ease of cleaning. Consider storage of food and trash. Remember that you have to dispose of some things and pack most things out. Scouts LEAVE NO TRACE. Plan accordingly.

Consider difficulty of meal assembly. How many pots, pans, etc. does it require? Think twice about meals requiring multiple cooking containers. **Don't bring food that requires use of gear you leave behind.**

Consider cooking time. Think twice about meals that require simmering. Some backpacking stoves do not simmer very well. It's not something you want to do in foul weather.

Consider the time of day. Elaborate breakfasts might work in a fixed site, but you may need an early reveille. If it's cold, consider your stoves and fuel. Some stoves perform poorly in wintry conditions.

Some meals stew in their own bags/pouches. You simply mix the ingredients together, add boiling water, stir, then let the pouch sit while the meal rehydrates. Once you're eaten, the pouch easily rolls up and packs out. They might be perfect for Scouts on the go. You don't even need a cup or bowl (although they help stabilize a pouch when you set it down to rest).

## Compactness & Packing

Try to use compact foods. Flatbreads and crackers pack better than leavened bread. Sausage packs better than pork chops. Pasta



packs better than canned chicken noodle soup.

Avoid foods that incorporate a lot of water weight if you're going to have access to water. Repackage everything from large boxes or bottles into small baggies or Ziploc bags. Break down packaging ahead of time. If a box bears a recipe, cut it off and store it with the food item in a plastic bag.

Pay attention to "real" serving sizes. Don't pack more food for a meal than Scouts will eat.

Put all the ingredients for a single meal into a single larger baggie. Place all the bags into a small trash bag or plastic grocery bag, and tie shut. Use a permanent marker to identify the meal. Mark special diet meals with extra care.

## Durability

Make sure your food stays safe and intact. It must be durable enough to survive your activity. Again, consider transport, storage, and trash removal. Evaluate weather, site, gear, and facility conditions throughout the trip and plan for the worst.

Use preserved, precooked, dehydrated, etc. foods whenever feasible. They don't easily spoil, nor do they break down under tough conditions.

Use tough crackers (e.g., Triskets) and flatbreads instead of leavened products. They survive moisture invasion and keep better. You don't need to toast them as much.

Freeze-dried foods remain popular, especially in the backcountry and even more especially for feeding large groups on long expeditions and in difficult conditions. These meals offer convenience and variety for planning dinners. Here's why:

- **Large groups:** Freeze-dried meals come in pre-measured quantities, so you won't run out of food.
- **Long expeditions:** Freeze-dried foods are lightweight. They're also packaged to last (sometimes for years).
- **Difficult conditions:** When rain is falling sideways and eight hungry Scouts scream for dinner, do you really want to mess around?

While satisfying most outdoor food requirements, they can be very expensive.

## Affordability

*A Scout is thrifty.* Even if you rely on freeze-dried meals, some items—like imitation maple syrup, dried whole milk, and peanut butter—are much less expensive when bought at a market/warehouse. You can find cheaper, better substitutes for most freeze-dried food, but they'll require creative research and assembly.

Use pre-packaged, canned and dry foods from the local supermarket for preparing delicious meals on the trail. Try to find meats and seafoods in light, sealed packages. Otherwise, use preserved meats. Pack sealed or preserved vegetables the same way.

For instance, Minute Rice offers a long grain and wild

rice mix that fixes fast. Put the mix in the Ziplock bag and add boiling water. The bags shouldn't melt or break, especially if you double-bag the mix.

Check out your local health food store for dehydrated refried beans. Rehydrate them in the bag, squeeze onto a tortilla, add cheese and salsa, and you have a fast, tasty lunch entree.

Use chicken, beef, and tomato bouillon. Bouillon is light, durable, compact, and flavorful. Coupled with water, you have a great broth for making soups or coupling with starches: noodles, potatoes, rice, etc. Use tomato powder or potato buds. Combine with shredded cheese to create a swift, cheap, hardy meal.

If you're camping in the frontcountry, you can buy meat in small cans. Preserved fish provides a great meat option. You might bring fresh or frozen vegetables for variety, but be careful about bulk, weight and durability even when you're driving to a campsite.

Whatever the outing, get your Scouts to take a tour through the supermarket and make up their own list.

Shop smart when buying freeze-dried meals:

- **Buy in bulk.** Instead of spending full retail price on a large order, look for discounts frometailers and mail-order houses. Use a calculator to figure out and compare the cost-per-ounce of bulk foods like cartons of vegetables.
- **Buy only what you need.** Some companies offer bulk packages that contain all your food for a week. It's convenient to know you've bought, measured, and packed everything. Still, only buy freeze-dried foods when you see no better, cheaper option.
- **Spend your dollars where they count.** You can find lots of different types of inexpensive breakfast and lunch food options at the market. Dinner is where freeze-dried meals shine in convenience and variety.
- **Choose wisely.** There's little advantage to buying freeze-dried macaroni-and-cheese or spaghetti-and-sauce, which can easily be assembled with supermarket ingredients. Instead, spend your money on exotic chilis, curries, or stroganoffs—meals you probably couldn't make yourself on a camping trip.
- **Consider prep time.** Note that "freeze-dried" is not necessarily a synonym for "no-cook."

Dehydrate fruits and vegetables at home whenever possible. Use an oven method or, better, a food dehydrator. It's a cheap easy way to create tasty, nutritious, compact, durable food.

## Variety

Scouts need variety, even if they don't think so when choosing their menus. They will bore of the same thing. Help them choose a variety of foods to provide taste, energy, and nutritional balance.

If you're using freeze-dried foods for dinners, try something different for other meals: whole grain cereals for breakfast, cheese for lunch, and lots of nuts and fruits. Use differ-



ent crackers, cheeses, meats (including fish), condiments, and trail bars to inject variety into lunches and other mobile meals.

Again, trail mixes, carefully selected or created, satisfy every requirement on the meal-planning list. Mix sweet and savory varieties. Let the patrols customize their own recipes. Scouts love to “own” ideas.

Throw in a cool dessert. Bake cookies, brownies, or simple cakes. Freeze-dried desserts can be tasty, off-beat alternatives and go a long way on a hard night.

### Good Sources—

<http://www.macScouter.com/Cooking/>

<http://www.hitthetrail.com/campers-cookbooks>

<http://www.hikerwriter.com>

## Backcountry Recipes

Out in the wild, don't be afraid to serve a lunch or dinner recipe for breakfast. Need and circumstance should dictate your planning, and powdered eggs may not cut it. Some sample backcountry recipes follow...

### Cherry Almond Oatmeal for 1

- 1 packet instant oatmeal
- 2 tbs dried cherries
- 1 tbs slivered almonds
- 1 tbs powdered milk
- 1 tsp brown sugar

At home: combine everything in a zip locking plastic bag.

In camp: add 2/3 cup boiling water to oatmeal (or more if you like a thinner cereal). Add raisins if you have them.

### Apple Juice Oatmeal for 1

- 1/2 cup of a quick-cooking grain (e.g., rolled oats, barley, or rye)

In a bowl, add 1 cup water to a packet of powdered apple juice or cider, and stir. Then mix in dried grain. Let it sit for 20 minutes. Pack up gear. Then eat.

Boil/heat water for quicker, warmer meal.

### Carrot Cake In A Bowl

- 1/2 cup old fashioned oats
- 2 tbs diced dried carrots
- 3 tbs brown sugar
- 2 tbs raisins
- 2 tbs dry milk
- 1/4 tsp ground cinnamon
- 1 dash salt

At home:

Whirl the oats in a blender until about 1/3 of the original size. Put them in a quart freezer bag. Process the carrots in the same manner, adding them to the bag along with the other dry ingredients.

In camp:

Bring 1 1/4 cups water to a boil in your pot. Add in the dry ingredients; stirring well and let come back to a boil. Take off the stove, cover tightly and let sit for 5 minutes. Stir well and top with coconut.

### Cranberry Chicken Rice for 1

- 1 c instant rice
- 1/4 c dried cranberries
- 1/4 c freeze-dried vegetable blend
- 1 t diced dried onions
- 1 t dried parsley
- 1/2 t dried garlic
- 1/4 t ground black pepper
- 1 pk 4 ounces garlic and herb chicken breast
- 1 T olive oil (1 packet)
- 2 T shelf stable parmesan cheese
- 1 pkt chicken stock broth concentrate
- 1 1/4 c water

At home pack the dry ingredients in a quart freezer or sandwich bag. Pack along the chicken breast package, oil broth packet and place cheese in a small plastic bag.

Freezer Bag Cooking method:

Add the chicken with broth, oil and concentrate to the bag along with 1 1/4 cups near boiling water. Stir well, seal tightly and put in a cozy for 15 minutes. Fluff up and stir in cheese.

Insulated mug method:

Follow above directions, adding everything to your mug, Stir well, cover tightly and let sit for 15 minutes. Proceed as above.

One pot method:

In your pot combine the oil, chicken with broth, concentrate and 1 1/4 cups water. Bring to a boil, add in dry ingredients. Stir well, turn off heat. Cover tightly and let sit for 15 minutes. If in cold weather, put your pot in a pot cozy. Fluff up and stir in cheese.

Average preparation time is 20 minutes.

### Onion Ramen for 1

- 2 cups water
- 1 boullion cube (or enough for one cup broth)
- 3 oz ramen
- small handful of crumbled toasted nori
- 1/4 cup dehydrated corn
- 1 tsp soy sauce
- 1 green onion, thinly sliced
- 1 tsp butter (optional, but really good)
- pinch of chile flakes

Boil 2 cups of water. Add boullion, ramen, nori, corn, and soy sauce and simmer until noodles are cooked.

Garnish with green onions, chile flakes and butter. Enjoy!

### Mushroom Soup for 4

- 4 tablespoons butter
- 2 cups onion, roughly chopped
- 1 cup dried mushrooms, chopped
- 2 tbs dried dill or 6 tablespoons fresh dill
- 1 tbs paprika
- 3 tbs flour
- 1 tbs soy sauce
- 2 cups chicken or vegetable broth (or equivalent boullion and water)



- 1 cup milk (1/3 cup milk powder + 1 cup water)
- 1 tsp salt
- pepper (to taste)
- lemon juice from packet (≈half a lemon)
- 1/4 cup fresh parsley
- 1/2 cup sour cream

Sauté onions in butter over medium-high heat ≈5 minutes until softened. Add the dried mushrooms and sauté ≈5 more minutes until softened. Add the spices and flour and cook for 1 minute, stirring.

Add soy sauce, broth, and milk mix. Simmer for 15 minutes on low, until thickened and mushrooms completely soft.

Stir in sour cream, lemon juice, parsley, salt and pepper. Cook ≈3 minutes, until heated through. Serve hot.

### Foil Veggie Quesadillas for 2

- 2 tsp oil
- 1/2 medium red onion (thinly sliced)
- 10 button or cremini mushrooms (thinly sliced)
- 1/2 cup corn
- salt and pepper, to taste
- 4 flour tortillas
- 1 cup shredded pepper jack cheese

For Veggie Filling:

Lay out a piece of foil and center onion, mushrooms, and corn on the foil. Drizzle with oil and season with salt and pepper. Bring up the sides of the foil and double fold the ends to make a packet. Place on the grate and cook until veggies are tender.

Alternately, you can cook the veggies on your camp stove. Heat oil in a skillet over medium high heat. Add onion and mushrooms and saute until softened and lightly browned. Add corn and stir to combine. Remove from heat and add salt and pepper, to taste.

Note: Veggie mixture can be made 1-2 days ahead of time.

For Quesadillas:

Lay out four pieces of foil and place a tortilla on top of each piece. Divide half the cheese among the four tortillas, sprinkling it down the center of each. Divide veggie mixture evenly among the tortillas, and then sprinkle remaining cheese on top of veggies. Fold 2 sides of the tortilla toward the center. Then wrap quesadilla in the foil, sealing the edges to make a packet. Place packets on pan or grate and cook for a few minutes on each side, until the cheese is melted and the tortilla crisp.

### Summer Sausage Breakfast Hash for 2

- 1 tablespoon oil
- 1 packet instant mashed potatoes
- 1 small onion, diced
- 1 clove garlic, chopped
- 8 oz summer sausage, cubed
- Salt and pepper

Boil water. Mix mashed potatoes in Ziplock bag. Heat oil over medium heat. Sauté onion.

Stir in garlic and sausage and keep over heat until sausage is warmed through. Add to bagged potatoes. Add salt and pepper to taste.

Plate half to buddy's cup, plate, or bag.

### Black Bean Tortilla Casserole for 2

- 8 oz salsa (repacked in plastic squeeze bottle)
- 1 tbs olive oil (repacked in plastic squeeze bottle)
- 1 7-oz box dehydrated black beans
- 8 corn tortillas
- 1/4 cup Monterey Jack cheese

Rehydrate beans according to package directions while you shred or slice the cheese. Pour olive oil in pan and completely cover the metal surface with 4 tortillas, torn into pieces. Spread half the beans, cheese, and salsa on top. Layer with remaining 4 tortillas, then beans and salsa. Top with cheese. Cover pan. Cook on low heat for 5-10 minutes, until center is hot and cheese melted. Cut in quarters.

### Mexican Chili Mac 'n' Queso for 6

- 1 lb penne or elbow macaroni
- 1 small can green chilies (chopped)
- 2-3 cloves garlic (finely chopped)
- 4-5 green scallions (chopped)
- 1 package spicy chorizo (ground or finely diced)
- 1 cup grated parmesan
- 1 cup grated cheddar

Cook pasta until al dente and drain well. Sauté garlic, chorizo, chilies, and scallions in a little olive oil until softened. Combine chorizo mixture with pasta, top with both cheeses and mix well.

### Tuna Wrap for 4

- 2 foil packets tuna
- 1 (2.5-oz) packet shelf-stable ranch dressing (e.g., Hidden Valley's 6-pack cups)
- 1 (2.5-oz) packet brown mustard
- 1 celery stalk (chopped)
- 1/4 teaspoon garlic
- 1/4 teaspoon onion powder
- 1/8 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 4 tortillas or pitas

Carry everything, except the chicken, dressing, and mustard in a quart-size zip-top bag.

Empty chicken packet, ranch cup, and mustard into zip-top bag. Mix thoroughly. Scoop mixture onto tortillas and roll up (or stuff into pitas), and chow down.

### Chicken Curry Wraps for 2

- 1 foil packet chicken
- 1 (2.5-oz) packet shelf-stable ranch dressing (e.g., Hidden Valley's 6-pack cups)
- 1/8 cup raisins
- 1/8 cup cashews (salted or unsalted)
- 1/2 tbs curry powder
- 1/2 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1/8 tsp kosher salt (can omit with salted cashews)
- 1/8 tsp freshly ground black pepper
- 2 tortillas or pitas

Carry everything, except the chicken and dressing, in a quart-size zip-top bag.



Empty chicken packet and ranch cup into zip-top bag. Mix thoroughly. Scoop mixture onto tortillas and roll up (or stuff into pitas), and chow down.

## Farmer's Mash for 2

- 2 packages white chicken in a pouch
- 2 packages Knorr Vegetable Soup Mix
- 1 (5.25 oz) box of scalloped potatoes
- 1 cup instant potatoes

Carry the scalloped potatoes and vegetable mix in one zip-top bag and the instant potatoes in another.

In a pot, stir the scalloped potatoes and vegetable mix into 5 cups water. Boil for 1 minute uncovered. Reduce the heat to medium-low and simmer uncovered for 2 minutes. Add chicken and instant potatoes, stirring slowly to thicken stew. Once the instant potatoes dissolve, let simmer uncovered for 1-2 minutes. Serve hot.

Crumble in crackers for crunch or wake up tastebuds with 2-4 tsp wasabi powder, cheese packet from a mac 'n cheese box and red pepper flakes, and/or pinches of horseradish.

## Bean Soup with Avocado Salsa for 2

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, smashed
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/2 tsp Piment d'Espelette or cayenne pepper
- 1 or 2 dried chilies, reconstituted
- 1/2 sweet potato, peeled and diced
- 5 cups vegetable broth or water
- 1 can red kidney beans, drained and rinsed
- Dash salt and pepper to taste
- 1/2 avocado, diced
- Sprinkle cilantro or parsley, chopped
- Splash lime juice

Place dried chilies in a bowl. Pour boiling water over them until covered. Set aside and allow them to reconstitute.

In large pot, heat the olive oil until it shimmers. Add onion and cook ≈8 minutes until it has softened. Meanwhile, remove seeds from chilies. Keep the soaking water in case you want to add some to the soup. Add garlic, spices and reconstituted chilies. Stir and cook for ≈2 minutes.

Add sweet potatoes and broth or water and bring to boil. Reduce heat, cover and cook ≈5 minutes until sweet potatoes begin to soften. Add kidney beans, recover pot and cook ≈10 minutes until sweet potatoes are completely soft. Blend/mix soup until smooth. Add salt and pepper to taste.

While the soup is cooking, place diced avocado in a small bowl. Add a bit of salt and some chopped cilantro or parsley. Add a splash of lime juice and mix it up.

Ladle soup into bowls and spoon avocado mixture over. Serve immediately.

## Trail Spaghetti for 4

- 26-oz bottle dried spaghetti sauce.
- 12-14 oz thin spaghetti
- 4 tbsp Parmesan cheese
- 1/2-1 cup dehydrated hamburger or soy meat (optional)
- 1/2 oz dried mushrooms

- 1/4 tsp garlic powder
- 1 oz olive oil

Put the dried sauce in 18-20 oz of water. Add any optional dried ingredients with an equivalent volume of water. Heat to boiling while stirring. Keep warm for 10-15 minutes, stirring regularly. Meanwhile, in separate pot, cook spaghetti until done (6-8 min. for thin spaghetti). Drain and serve with sauce. Top with cheese.

## Mashed Potato Burritos for 1

- 3/4 cup instant mashed potatoes
- 1 tbs dry milk
- 1 tbs butter powder
- 1 tbs sour cream powder
- 2 flour tortillas
- 2 pkt salsa
- 1 oz cheddar or (co)jack cheese
- 1 cup water

At home:

Bag the dry ingredients in a pint freezer bag. Put the tortillas in a tightly sealed plastic bag. Tuck in the salsa and cheese with everything.

On trail:

Freezer bag method:

Add the hot water to the quart freezer bag. Stir well, seal and let sit while you prep the cheese.

Insulated mug method:

Add the dry ingredients to your mug along with the boiling water. Stir well and let sit while you prep the cheese.

For both methods:

Slice the cheese up. Lay down a section of clean paper towel. Place your tortillas down. Spread the mashed potatoes between the two tortillas. Top with cheese, then salsa. Roll up and eat.

Average preparation time is 10 minutes.

## Good Sources—

<http://www.dirtygourmet.com/category/recipes-by-activity/backpacking>

<http://www.Scoutorama.com/recipe/>

[http://www.backpacker.com/article/topic/?action=custom&bp=topic\\_article&tag=recipes](http://www.backpacker.com/article/topic/?action=custom&bp=topic_article&tag=recipes)

<http://www.mnn.com/food/recipes/photos/gourmet-backpacking-dinner-recipes/campfire-culinary-skills>

<http://www.gvc-adk.org/education/backpacking-recipes>

## Frontcountry Recipes

Here are some sample frontcountry recipes...

### Tortilla Soup for 4

- 1 poblano chile, roasted over the campfire, skin scraped off and diced
- 1 serrano chile, roasted over the campfire, skin scraped off and diced (remove seeds for milder heat)
- 1 tablespoon oil
- 1/2 onion, sliced
- 2 cloves garlic, minced
- 4 cups broth





- 1 cup tomatoes, chopped
- 1 can pinto beans
- 1 tsp cumin
- 1 tsp chili powder
- salt and pepper
- 1 lime, chopped avocado, chopped cilantro, and tortilla chips (optional garnish)

Heat the olive oil in your pot and cook the onions and garlic until softened. Add cumin, chili powder, salt, and pepper, and cook another minute. Add peppers, tomatoes, pinto beans, and broth. Bring to a boil, and simmer for 10-15 minutes.

Serve in bowls. Garnish with any/all optional ingredients.

### Chili for 20

- 1/4 cup olive oil
- 2 lbs hot pork sausage (precooked)
- 2 lbs ground chuck (precooked)
- 2 lbs cubed stew meat
- 4 large chopped onions (2 white, 2 red)
- 1 can tomatoes
- 2 large cans crushed tomatoes
- 1 can tomato sauce
- 6 tbs red wine vinegar
- 2 cans beef broth
- 1 bottle of spicy V8 juice
- 2 large cans of hot chili beans
- 2 tsp paprika
- 1 tbs dried red pepper
- 2 tsp coriander
- 8 cloves garlic (minced)
- 1/3 c chili powder
- 4 tbs cumin
- 1/4 cup jalapenos (sliced)
- 1 tsp tabasco sauce
- Salt & pepper

Sauté onions in olive oil. Set to the side. Brown precooked pork sausage and chuck and then add stew meat. Season with salt and pepper to taste. Cook for about 20 minutes. Add onion mixture. Stir in spices and cook 5 minutes. Add V8, tomatoes, tomato sauce and beef broth. Bring to boil, lower heat and simmer 1 hour. Stir in garlic, tabasco, peppers and hot chili beans. Simmer another 10 minutes. You can dissolve some corn starch in about a 1/4 cup of warm

water and then add to the chili until thick. Sprinkle with cheese, popcorn, frito chips or fixin's of your choice.

To save time, chop the onions and garlic and assemble in a gallon freezer bag ahead of time to cut down on prep time.

### Gumbo for 12

Saute above in the oil in bottom of DO until onions are tender. Add:

- 1 large red onion (diced)
- 3-4 cloves garlic
- 1 bell pepper (sliced)
- 2 jalapeno peppers (sliced)
- 1 tbs oil

Saute above in the oil in bottom of DO until onions are tender. Add:

- 2 lbs chicken (precooked)
- 1 lb hot sausage (precooked)
- 1/4 cup almonds
- 1/2 cup raisins
- 1/2 cup chives

Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add:

- 2 packages Zatarain's Dirty Rice
- 2 small cans tomato paste
- 2 large cans of tomatoes
- 4+ tbs chili powder

Simmer uncovered for 30 minutes, cooking off some of liquid. When thickened, add:

- 2 cans drained red beans

Cover and simmer 15 or so minutes.

Serve with corn bread and hot sauce.

### One Pot Chicken Surprise

- 1 whole chicken in a can.
- 1 box Bisquick
- 1 bag/can mixed peas and carrots
- 1 bag/can potatoes and onions

Pour entire contents of canned chicken into a pot. Fishing for bones. Enjoy contest.

Set the pot over a medium flame. Mix in a thick slurry of Bisquick and water. Add veggies. Simmer until the broth thickens.

### Camper's Stew for 4

- 2 lb ground beef
- 3 cans vegetable soup
- 2 cans water

Brown ground beef in a pan. Pour off grease. Add 3 cans of vegetable soup and 2 cans of water. Cook until it boils. Serve with bread and butter.

### Dutch Oven Stew for 6

- 1 onion (diced)
- 2 lb ground beef
- 3 cans vegetable soup
- 1 package of beef gravy mix
- 3 cans water
- 1 can instant biscuits



Brown ground beef in Dutch oven. Pour off grease. Add 3 cans of vegetable soup and 2 cans of water. Cook until it simmers. Add biscuits. Cover. Cook until biscuits brown.

## Dutch Oven Chili for 8

- 1 large onion (diced)
- 2-3 cloves garlic
- 1/2 green pepper (diced)
- 1 tbs oil

Saute above in the oil in bottom of Dutch oven until onions are tender. Add:

- 2 lbs lean ground beef.

Brown thoroughly, salting and peppering to taste. Drain off excess fat. Add:

- 2 small cans tomato paste
- 1-2 large can(s) tomatos
- 3+ tbs chili powder

Simmer uncovered for 45-60 minutes, cooking off some of liquid. When thickened, add:

- 2 cans drained kidney or black beans

Cover and simmer 15 or so minutes.

Serve with rice or pasta, and salad. Ideally, accompany with corn bread and hot sauce.

## Dutch Oven Corn Bread Casserole

- 1 can cream corn
- 1 can regular corn
- 8 oz sour cream
- 1 stick margarine, melted
- onion flakes
- 1 egg
- 1 package instant corn bread muffin mix

Mix all together and pour into Dutch oven. Bake about 40 minutes with 6-8 coals on the bottom and ≈20 coals on top.

## Dutch Oven Biscuits & Gravy

- 2-cans of biscuits
- 1-stick of butter
- 4-packages of preferred gravy (add water)

Rub inside of the Dutch oven with cooking (Canola) oil. Place 15 coals under the oven and 10 pieces on top. Place in the biscuits. Rub butter into biscuits.

Put the lid on oven and bake for about 20 mins. While cooking biscuits, prepare gravy. After ≈10 minutes, biscuits should be golden on top and done.

## Carton Dog In a Blanket

- 1 hot dog
- 1 bun

Each Scout should bring an empty paper carton of milk (1-quart or 1/2 gallon). Place hot dog in bun. Wrap in tin foil. Put in milk carton, and place carton in fire circle or other safe burn spot. Light top of carton. By the time the carton is burnt to ground, your dog is cooked.

## Foil Dinner Meatballs

- Heavy duty foil
- Frozen meatballs
- Canned potatoes

- Cream of chicken soup

Place several meatballs on foil. Add some sliced potatoes. Then add 1 tbs per meatball of soup.

Fold packet to seal well. Place on coals. Turn after about 10 minutes.

## Foil Catch of the Day

- Fish that you caught with your own manly hands and filleted
- ¼ cup of onions
- 1 tablespoon of butter, melted
- lemon juice
- salt and pepper
- parsley
- dillweed
- paprika

Mix the melted butter with a dash of lemon juice and the above spices to taste (with the exception of the paprika). Place the onions on the foil sheet. Place the fish on top and sprinkle with paprika. Wrap the foil in a flat pack.

Place on hot coals and scoop some hot coals on top of the packet. Cook for 15-20 minutes.

## Foil Orange Muffins

Making muffins this way isn't actually easier than baking them up at home, but it is infinitely cooler.

- 6 oranges
- 1 package of just add water muffin mix

Mix up the muffin mix as instructed. Cut off the quarter top of the oranges. Carefully scoop out the pulp; do not break the skin. Pour the muffin mix into the oranges. Wrap the oranges in foil, crimping the foil around the hole at top of the shell, but leaving it open.

Place the oranges upright in a stable position on hot coals and cook for about 10-15 minutes.

Makes six muffins.

You can also cook eggs this way, but you'll want to cover the whole orange shell with foil.

## Foil Pineapple Upside Donut Cake

Every delicious foil dinner deserves a delicious foil dessert. This is an awesome one.

- 1 ring of pineapple
- 1 tablespoon butter, softened
- 1 tablespoon brown sugar
- 1 cake donut (ideally a "Spudnut")

Place donut on sheet of foil. Mix the softened butter and brown sugar together and spread it over the donut. Place the pineapple ring on top. Wrap the donut in a tight flat pack.

Place on hot coals and cook for 5-7 minutes.

## Good Sources—

<http://artofmanliness.com/2010/07/20/cooking-around-the-campfire-9-easy-and-delicious-foil-pocket-recipes/>

<http://www.Scoutorama.com/recipe/>

