

BACKPACKING STOVE
ZIPLOC BAG AND COZY RE-HYDRATION
CHICKEN AND PEAS
GLUTEN FREE AND DAIRY FREE OPTIONS

Ingredients:

½ C minute rice
¼ C dehydrated peas
¼ C grated parmesan cheese (omit
for dairy free)
2 t chicken bouillon
1 t butter buds (omit for dairy free)
½ 5oz can chicken (or dehydrated
chicken)
1 C water

Equipment:

Backpacking stove
Backpacking pot with lid
Can opener
matches
Ziploc bag
Mylar cozy
Clean rocks
measuring cups and spoons

Add all dry ingredients to a quart size Ziploc bag put bag into mylar cozy and fold edges of bag over edges of cozy. Add water to pot, light backpacking stove, place pot on stove, cover and boil. Open the can of chicken and add it with the broth and 1 C near boiling water to bag of dry ingredients. Stir well, seal tightly, close cozy and let sit for 20 minutes.

BACKPACKING STOVE
ZIPLOC BAG AND COZY RE-HYDRATION
CHEESY BACON MASHERS
GLUTEN FREE AND DAIRY FREE OPTIONS

Ingredients:

½ C instant mashed potatoes
¼ C dry milk (dry coconut milk or omit
for dairy free)
¼ C shredded cheese (Romano or
omit for dairy free)
¼ t black pepper
¼ C bacon bits
1 ¼ C water

Equipment:

Backpacking stove
Backpacking pot with lid
matches
Ziploc bag
Mylar cozy
Clean rocks
measuring cups and spoons
pot holders

Add all ingredients except water to a quart size Ziploc bag. Put bag into mylar cozy and fold edges of bag over edges of cozy. Add water to pot, light backpacking stove, place pot on stove, cover and boil. Add 1 ¼ C near boiling water to bag. Stir well! Seal bag tightly, close cozy and let sit for 20 minutes.

BACKPACKING STOVE
ZIPLOC BAG AND COZY RE-HYDRATION
GARDEN VEGGIE COUSCOUS
GLUTEN FREE AND DAIRY FREE OPTIONS

Ingredients:

1/3 C couscous (use minute rice for
gluten free)
¼ C dehydrated peas
¼ C dehydrated corn
1 T diced dried carrots
¼ C parmesan cheese (Romano or
omit for dairy free)
1 T dry milk (use dry coconut milk or
omit for dairy free)
1 ¼ t vegetable or chicken bouillon
¼ t garlic powder
¼ t black pepper
¼ t onion powder
¼ t salt
1 ¼ C Water

Equipment:

Backpacking stove
Backpacking pot with lid
matches
Ziploc bag
Mylar cozy
Clean rocks
measuring cups and spoons
pot holders

Add all ingredients except water to a quart size Ziploc bag. Put bag into mylar cozy and fold edges of bag over edges of cozy. Add water to pot, light backpacking stove, place pot on stove, cover and boil. Add 1 ¼ C near boiling water to bag. Stir well! Seal bag tightly, close cozy and let sit for 20 minutes.

BACKPACKING STOVE
ZIPLOC BAG AND COZY RE-HYDRATION

PIZZA IN A BAG

GLUTEN FREE AND DAIRY FREE OPTIONS

Ingredients:

1/3 C couscous (use minute rice for gluten free)

1 T diced sun-dried tomatoes

1 T diced dried bell pepper

1 t dried oregano

1 t dried basil

¼ t garlic powder

1 cheese stick (¼ C Romano or omit for dairy free)

4 oz pepperoni slices

1 C Water

Equipment:

Backpacking stove

Backpacking pot with lid
matches

Ziploc bag

Mylar cozy

Clean rocks

measuring cups and spoons
pot holders

Add all ingredients except water and cheese to a quart size Ziploc bag. Put bag into mylar cozy and fold edges of bag over edges of cozy. Add water to pot, light backpacking stove, place pot on stove, cover and boil. Add 1 C near boiling water to bag. Stir well! Seal bag tightly, close cozy and let sit for 20 minutes. Dice up cheese, fold in and let sit for 1 minute.

BACKPACKING STOVE

ZIPLOC BAG AND COZY RE-HYDRATION

MANGO LIME COCONUT RICE

GLUTEN FREE AND DAIRY FREE OPTIONS

Ingredients:

1/3 C minute rice
¼ t True lime (powdered)
1 T Coconut cream powder
2 T dried mango, chopped
1/8 t allspice
1 t brown sugar
1 T dry milk (coconut cream powder
for dairy free)
½ C Water
Optional: For main dish add ½ 5oz
can chicken

Equipment:

Backpacking stove
Backpacking pot with lid
Can opener
matches
Ziploc bag
Mylar cozy
Clean rocks
measuring cups and spoons
pot holders

Add all ingredients except water to a quart size Ziploc bag. Put bag into mylar cozy and fold edges of bag over edges of cozy. Add water to pot, light backpacking stove, place pot on stove, cover and boil. Add ½ C near boiling water to bag. Stir well! Seal bag tightly, close cozy and let sit for 20 minutes.

BACKPACKING STOVE

STEAMING

CINNAMON ROLLS

SERVES 4

DAIRY FREE OPTIONS

1 Can prepared biscuit or crescent roll dough

$\frac{3}{4}$ C Sugar (white or brown)

2 T Cinnamon

2 T butter softened (Use margarine for dairy free)

Equipment:

Backpacking stove

Backpacking pot with lid
matches

Silicone cupcake liners

Clean rocks

measuring cups and spoons
pot holders

butter knife

1. On a cutting board, take out and unroll prepared dough
2. Spread butter onto dough or distribute evenly if not spreadable
3. Mix sugar and cinnamon in a small mixing bowl
4. Sprinkle sugar mixture over butter then roll up the dough
5. Place individual rolls into cupcake liners
6. Fill pot with small clean rocks or wire riser and 1 inch of water.
7. Place cupcake liners with rolls on top of rocks in water.
8. Light backpacking stove and place pot on stove. Cover with lid
9. Bring water to boil and steam for about 10 minutes.
10. Refill water as needed. DO NOT LET WATER RUN DRY! But do not fill with too much water or it will make rolls soggy.
11. Remove pot from stove using pot holders and let cool.

BACKPACKING STOVE

STEAMING

CUPCAKES OR MUFFINS

GLUTEN FREE AND DAIRY FREE OPTIONS

1 box cake or muffin mix (GF for gluten free)

All ingredients needed to make cake or muffins based on box directions

Equipment:

Backpacking stove

Backpacking pot with lid

matches

Silicone cupcake liners

Clean rocks

measuring cups and spoons

pot holders

1. Mix cake or muffins according to box directions
2. Fill pot with small clean rocks or wire riser and 1 inch of water.
3. Place cupcake liners on top of rocks in water.
4. Fill liners 2/3 full with cake or muffin batter.
5. Light backpacking stove and place pot on stove. Cover with lid
6. Bring water to boil and steam for about 10 minutes.
7. Refill water as needed. DO NOT LET WATER RUN DRY! But do not fill with too much water or it will make muffins/cupcakes soggy.
8. Remove pot from stove using pot holders and let cool.