

# Freeze Dried Backpacking Meal Recipes



## MRE Style

Version 3.1 – January 2026

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"Honey, we are out of chilli peppers.  
Can I borrow your pepper spray?"

# Freeze Dried Meal Recipes

## Freeze Drying Instructions

Prepare the recipes as indicated. Place freeze dryer trays on a kitchen scale and hit the tare button before loading the trays with the food. Place the food on the freeze drying trays. Record the weight of the food on the tray. Pre-freeze food laden trays in a freezer before beginning the freeze drying cycle. Freeze dry the meal and then weigh again. The difference between the before and after freeze drying weights is the amount of hot water needed for rehydration. One gram equals 1 milliliter of water. Package and seal in a Mylar bag with an oxygen absorber. On the outside of the bag write the type of meal and how much hot water will need to be added to rehydrate.

## Rehydrating Instructions

Tear open pouch and remove oxygen absorber. Carefully add boiling water (specified amounts should be listed on the pouch). Stir carefully and close zipper. Wait 5 minutes, stir again and reseal. Let stand an additional 4 minutes, stir and enjoy. Can also be done in a pot with a lid. The meal will hold its heat better if a pot cozy is utilized.

## Breakfast Recipes

### Biscuits and Gravy Casserole

Servings: 8

#### Ingredients

- 2 cans biscuits
- 1 lb. breakfast sausage
- 1 lb. lean ground beef
- 2 cups shredded cheddar cheese
- 2-1/2 cups milk
- 1/4 cup flour
- 10 eggs + 1/2 cup milk, whisked
- Salt and pepper to taste

#### Directions

1. Cut biscuits into 1 inch pieces and put into bottom of nonstick spray coated casserole dish.
2. Brown meat, season with salt and pepper to taste. Drain grease and rinse. Put meat on top of biscuits.
3. Sprinkle cheese over casserole.
4. Pour whisked eggs over casserole.
5. Make gravy with milk and flour and pour over casserole.
6. Bake in oven for 35 minutes at 350°F.
7. Cool, cut in squares and freeze dry.

### Biscuits and Gravy with Pork Sausage

Servings: 4

#### Ingredients

- 1 lb. pork sausage roll (mild or spicy)
- 1-2.75 oz. packet Pioneer Country Sausage Gravy Mix (or other available mix)
- 1 can southern home-style buttermilk refrigerated biscuits (your favorite brand)
- 2 cups water

#### Directions

1. Bake 1 can of southern home-style buttermilk refrigerated biscuits according to package instructions. After baking, allow them to cool before cutting into 1/2 inch cubes.
2. While biscuits are baking, brown the sausage and drain grease. Rinse sausage with hot water to remove additional grease.
3. Make sausage gravy according to package instructions. Remove from heat and add sausage. Mix thoroughly.
4. Place sausage gravy and biscuits on separate freeze drying trays lined with parchment paper.
5. Cool and pre-freeze before freeze drying. After freeze drying, package the biscuits and gravy together for the trail.

## **Breakfast Burritos**

Servings: 8

### **Ingredients**

- 8 oz. frozen tater tots, 1/2 of a 16-oz. bag
- 1 Tbsp. olive oil
- 2 cups diced vegetables such as onion, bell pepper, tomatoes, and/or mushrooms
- 1 lb. breakfast sausage
- 12 eggs
- 1/2 cup milk
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 2 tsps. unsalted butter
- 2 cups shredded cheddar cheese, Monterey jack, pepper jack or a combination
- 8 burrito size tortillas
- 8 packets of salsa (optional)

### **Directions**

1. Prepare tater tots according to package directions in the oven until crispy.
2. Heat the olive oil in a medium/large nonstick skillet over medium heat. Once hot, add the vegetables and cook, stirring often, until softened, about 4 minutes. Transfer vegetables to a clean medium size bowl.
3. Add the sausage to the pan and cook, crumbling, until it is browned and fully cooked. Drain grease and rinse.
4. Transfer sausage to the bowl with the vegetables.
5. Remove the tater tots from the oven, chop them up and add them to the bowl.
6. Crack the eggs into a medium mixing bowl and add the milk, salt and pepper. Whisk vigorously, until eggs are completely combined and uniform.
7. Wipe out the skillet and add the butter. Heat over medium heat until the butter is melted, using a rubber spatula to spread it around the pan. Pour the eggs into the pan and reduce the heat to medium low. Let the eggs cook without stirring for 30 seconds, then use a rubber spatula to gently and slowly scrape across the bottom and around the edges of the pan as the eggs cook, scraping across different areas of the pan and in different directions so that no bits of egg dry out. As the eggs cook, also fold them gently to help them cook evenly.
8. Once the eggs are cooked, turn off the heat and add them to the bowl with the sausage, tater tots, and veggies. Stir gently to mix everything together.
9. Place the mixture on trays and then sprinkle shredded cheese on top and pre-freeze before freeze drying.
10. To assemble the burritos, rehydrate the mixture with boiling water and place on top of a tortilla, placing it down the tortilla in a line slightly off center (for easier wrapping). Add salsa if desired. Tightly wrap up each tortilla, burrito-style and enjoy.

## **Breakfast Skillet #1**

Serves: 6-8

### **Ingredients**

- 1 dozen eggs
- 3/4 cup milk
- 2 lbs. ground sausage
- 2 lbs. shredded hashbrowns with onions and peppers
- 1 lb. shredded cheddar cheese
- Salt and pepper to taste

### **Directions**

1. Cook the sausage. Drain the grease and rinse. Set aside.
2. Cook potatoes in skillet. Set aside.
3. Whisk the eggs together with the milk and scramble. Add the sausage and potatoes and mix together.
4. Divide among freeze drying trays and then sprinkle shredded cheddar cheese on top. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **Breakfast Skillet #2**

Serves: 12

### **Ingredients**

- 3 dozen eggs
- 16 oz. cottage cheese
- 2 lbs. breakfast sausage
- 2 lbs. southern style potatoes, frozen
- 8 oz. diced mushrooms
- 20 oz. frozen pepper/onion blend
- 1 cup chicken broth
- 8 oz. shredded cheddar cheese
- 1-1/2 tsp salt
- 3/4 tsp pepper

### **Directions**

1. Brown the breakfast sausage. Drain the grease and rinse. Set aside.
2. Put eggs, cottage cheese, salt and pepper into a blender. Blend until smooth. (Do in batches of 1 dozen eggs, 3/4 cup cottage cheese, 1/2 tsp. salt, 1/4 tsp. pepper.) Scramble each batch of eggs and set aside in a large bowl.
3. Put the potatoes, mushrooms, onions, peppers, and chicken broth in a skillet and cook until the potatoes are tender. Add the sausage and continue cooking until sausage is completely heated.
4. Transfer the contents of the skillet to a colander to drain the excess liquid. Transfer the contents of the colander to the large bowl with the scrambled eggs. Add the cheese and mix thoroughly.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **French Toast Sticks**

Servings: 5

### **Ingredients**

- 4 large eggs
- 1/4 cup powdered sugar
- 3/4 cup milk
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/4 tsp. salt
- 10 slices white bread, cut into thirds
- Nonstick cooking spray
- 10 maple syrup cups

### **Directions**

1. Mix eggs, powdered sugar, milk, maple syrup, brown sugar, nutmeg and cinnamon together in a bowl with a fork until well blended. Dip each bread slice into the egg mixture.
2. Coat a skillet or griddle with nonstick spray and heat over medium heat. Place bread slices in the hot skillet or on a griddle and cook until brown, 2 to 3 minutes; turn over and cook until browned on other side, 2 to 3 minutes more. Repeat until all are cooked. Cut each slice into fourths.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying.
4. After freeze drying, package the French toast sticks for the trail. Include two maple syrup cups for each serving (8 sticks) for dipping when packing for the trail.

## **Granola #1**

Servings: 4

### **Ingredients**

- 5 cups rolled old fashioned oats (don't use quick oats)
- 1/2 cup packed light-brown sugar
- 1/4 cup honey
- 2 Tbsp. water
- 1-1/4 tsp ground cinnamon
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1/4 tsp baking soda
- 1 cup Craisins

### **Directions**

1. Preheat oven to 300°F. Place the oats in a large bowl and set aside.
2. In a medium saucepan, combine brown sugar, honey, water, cinnamon, and salt. Bring mixture to a boil stirring frequently. Once mixture reaches a boil, allow to boil for 1 minute, whisking constantly.

3. Remove from heat, stir in vanilla and baking soda and whisk until mixture is foamy. Carefully pour hot sugar mixture over oat mixture and toss to evenly coat.
4. Spread mixture into an even layer on a silicone baking mat or parchment paper lined 18 by 13-inch rimmed baking sheet.
5. Bake in preheated oven, about 36 - 40 minutes until lightly golden brown, removing from oven and tossing twice during baking. Toss the Craisins in just after removing granola from oven.
6. Allow to cool completely then break into clusters (note that granola won't be crisp until cooled).
7. Divide among freeze dryer trays and pre-freeze before freeze drying.
8. After freeze drying, package the granola as individual servings for the trail by placing 1-1/4 cup of granola along with 1/4 cup of powdered milk into the Mylar bag along with an oxygen absorber before sealing.
9. Rehydrate by adding 1 cup of water. Stir and let sit for 5 minutes before eating.

## **Granola #2**

Servings: 4

### **Ingredients**

- 4 cups oats
- 2/3 cup pure maple syrup
- 2/3 cup unsweetened applesauce
- 2 teaspoons ground cinnamon
- 2 teaspoons vanilla extract
- 1/2 teaspoon fine sea salt
- 1-1/3 cups chopped nuts (pecans or walnuts)
- 2 cups freeze dried or dehydrated fruit of choice (cranberries, raisins, blueberries, cherries, peaches, etc.)
- 1 cup powdered milk

### **Directions**

1. Preheat your oven to 350°F.
2. Mix all ingredients except for freeze dried or dehydrated fruit, nuts, and powdered milk together in a large bowl so that the oats are evenly coated.
3. Pour the granola mixture onto a silicone mat or parchment paper lined baking sheet. Press down on the granola with the back of a spatula.
4. Bake for a total of 22 minutes.
5. At the halfway point, stir the granola and press down on the granola with the back of a spatula.
6. Once it's finished cooking, let cool completely before breaking it up.
7. Divide among freeze drying trays. Pre-freeze before freeze drying. After freeze drying, seal in a Mylar bag with an oxygen absorber.
8. When preparing for the trail, place 1 cup of the granola in a quart Ziploc freezer bag along with 1/2 cup of a freeze dried or dehydrated fruit of your choice (cranberries, raisins, blueberries, cherries, peaches, etc.), 1/3 cup of chopped nuts (pecans or walnuts), and 1/4 cup of powdered milk. This will make 1 serving.
9. On the trail add 1 cup cold water and mix until milk powder is dissolved. Consume immediately

## **Grits with Brown Sugar**

Servings: 6

### **Ingredients**

- 6 cups grits
- 3/4 cup brown sugar
- 1 Tbsp. Cinnamon

### **Directions**

1. Cook the grits according to the instructions on the container.
2. Add in the brown sugar and cinnamon. Mix thoroughly.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.



## **Oatmeal**

Servings: 6

### **Ingredients**

#### *Basic Oatmeal:*

- 6 cups old fashioned rolled oats
- 3/4 cup vanilla Greek yogurt
- 3/4 cup brown sugar
- 2 scoops whey protein powder (vanilla ice cream flavor)
- 1 Tbsp. cinnamon
- 2 Tbsp. vanilla extract
- 1 tsp. salt
- 1/4 cup milk

#### *Apple Cinnamon*

- 2 apples, diced (Sauté apples in maple syrup for a few minutes until soft and they look similar to baked apples.)
- 1/2 cup maple syrup

#### *Bananas and Cream\*\**

- 2 bananas, diced

#### *Berries and Cream\*\**

- 2 cups frozen berries (blackberries, blueberries, raspberries, strawberries, etc.) thawed and sliced

#### *Maple and Brown Sugar*

- 3/4 cup maple syrup

#### *Peaches and Cream\*\**

- 2 cups peaches (fresh if available)

#### *Pina Colada*

- 2 cups pineapple tidbits, drained
- 1/4 cup coconut flakes

### **Directions**

1. Cook the oatmeal according to the instructions on the container.
2. Add the yogurt, protein powder, and milk along with the ingredients for the flavor you are creating and mix thoroughly.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

\*\*Note: If using freeze dried fruit instead of fresh, add 1/3 cup per serving to the basic oatmeal recipe after the oatmeal has been freeze dried.

## **Scrambled eggs**

Servings: 4

### **Ingredients**

- 8 eggs
- 1/4 cup milk
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 Tbsp. butter
- 1/2 cup shredded cheese (optional)

### **Directions**

1. Crack the eggs into a medium bowl and add the milk. Whisk until smooth and combined, with no streaks of egg whites remaining.
2. Melt the butter in a nonstick skillet over medium heat.
3. Carefully pour the whisked eggs into the center of the pan and allow them to cook without stirring.
4. When the edges start to set, use a spatula to push the cooked eggs on the outer edges toward the center of the pan.
5. Sprinkle cheese over the surface, if using.
6. Continue cooking over medium heat, gently pushing the cooked eggs towards the center every few seconds until the eggs are almost cooked through, with a little liquid egg remaining. Total cook time will be about 2-3 minutes.
7. Remove the pan from the heat and let finish cooking with residual heat in the pan.
8. Season with salt and pepper.
9. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Scrambled Eggs - Loaded**

Servings: 4

#### **Ingredients**

- 8 eggs
- 1/2 cup milk
- 1/4 teaspoon salt
- 1-2 tablespoons butter
- 1/2 small onion diced
- 1/2 cup chopped bell peppers
- 3/4 cup sliced mushrooms
- 2 roma tomatoes chopped
- 4 slices cooked bacon chopped
- 1/2 cup shredded cheddar cheese
- Chopped chives

#### **Directions**

1. In a large bowl, whisk together the eggs, milk, and salt. Set aside.
2. Heat the butter in a large skillet over medium heat. Once heated, add in the onion, bell peppers, mushroom, and a pinch of salt. Cook for a few minutes until softened.
3. Stir in the tomatoes and bacon.
4. Pour in the egg mixture. Gently scramble the eggs to your liking, using a spatula to break apart and stir the eggs as they cook.
5. Mix in cheddar cheese and chives.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Scrambled Eggs with Beans**

Servings: 4

#### **Ingredients**

- 2 Tbsp. extra virgin olive oil
- 1 small onion
- 3 cloves garlic
- 1 small red bell pepper
- 1 15.5-oz can white beans
- 1/2 tsp. sweet smoked Spanish paprika
- 1/4 tsp. ground cumin
- 6 eggs
- 2 tsp. dried parsley
- 1/4 cup milk
- 1/4 cup shredded sharp cheddar cheese
- Kosher salt and black pepper
- 4 packets of salsa for the trail (optional)

#### **Directions**

1. Crack the eggs into a bowl, add in the parsley, whisk together. Add in the milk and give it one final whisk.
2. Drain the can of white beans into a colander and rinse the beans under water.
3. Finely chop the onion, garlic, and red bell pepper
4. Heat a nonstick fry pan with a medium heat and add in the olive oil
5. After a couple of minutes add in the chopped vegetables. Mix continuously. Once the vegetables are lightly sautéed, about 4 minutes, add in the drained white beans, sweet smoked paprika, ground cumin, and season with salt and black pepper. Quickly mix together.
6. Add in the whisked eggs. Let them sit for 30 to 60 seconds without mixing, then mix continuously until the eggs are just cooked through. Remove from the heat and add in the cheddar cheese. Stir to combine.
7. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
8. Bring along packets of salsa for the trail (optional).

## **Tofu Scramble, Classic**

Yields: 4 servings

### **Ingredients**

- 1 Tbsp. olive oil
- 1 bell pepper (any color), diced
- 1 medium onion, diced
- 15 oz. (1 standard block) extra firm tofu, pressed gently to remove excess moisture
- 2 Tbsp. tahini
- 1 Tbsp. tamari or soy sauce
- 1 tsp. Dijon mustard
- 1/2 tsp. ground turmeric
- 1/2 tsp. smoked paprika
- 1 cup Sliced mushrooms
- 1 cup Broccoli florets
- 1 small tomato, diced
- 4 oz. shredded vegan cheese
- Optional toppings: hot sauce or sriracha

### **Directions**

1. Heat the olive oil or water in a large skillet over medium heat. Add the bell pepper, mushrooms, broccoli florets and onion. Cook for 5-8 minutes, stirring frequently, or until the pepper is tender and onion is clear. Crumble the tofu into the skillet; you can make it either very crumbled or leave some sizable chunks if that's your preference.
2. Cook the tofu for about 2 minutes, stirring a few times, until it's warmed through and there's very little liquid in the pan. Meanwhile, whisk together the tahini, tamari, turmeric, mustard, and paprika. Add this mixture to the tofu and mix well to incorporate.
3. Add the diced tomato to the scramble. Cook for another 2-3 minutes. In the last minute, stir in the vegan cheese.
4. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail. Add in packets of toppings of choice.

## **Tofu Scramble, Southwest**

Servings 4

### **Ingredients**

#### *Scramble*

- 15 oz. (1 standard block) extra firm tofu, pressed gently to remove excess moisture
- 1-2 Tbsp. olive oil
- 1/2 medium onion (thinly sliced)
- 1-4 oz. can diced green chilies
- 1 cup sliced mushrooms
- 1-15 oz. can black beans, drained and rinsed
- 1 small tomato, diced
- 4 oz. shredded vegan cheese

#### *Sauce*

- 1/2 tsp sea salt (reduce amount for less salty sauce)
- 1/2 tsp garlic powder
- 1/2 tsp ground cumin
- 1/4 tsp chili powder
- 1/2 tsp. ground turmeric
- Water (to thin)

#### *For serving*

- Salsa
- Hot Sauce

### **Directions**

1. Pat tofu dry and roll in a clean, absorbent towel with something heavy on top, such as a cast-iron skillet, for 15 minutes.
2. While tofu is draining, prepare sauce by adding dry spices to a small bowl and adding enough water to make a pourable sauce. Set aside.
3. Prep veggies and warm a large skillet over medium heat. Once hot, add olive oil, onions, and mushrooms. Season with a pinch each salt and pepper and stir. Cook until softened - about 5 minutes.
4. Add green chilies, tomato, and black beans. Stir and let cook for 2 minutes.
5. In the meantime, unwrap tofu and use a fork to crumble into bite-sized pieces.
6. Use a spatula to move the veggies to one side of the pan and add tofu. Sauté for 2 minutes, then add sauce, pouring it mostly over the tofu and a little over the veggies. Stir immediately, evenly distributing the sauce. Cook for another 5-7 minutes until tofu is slightly browned.
7. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail. Add in packets of toppings of choice.

## Waffle Sticks

Makes 24 waffle sticks

### Ingredients

- 2 cups unbleached all-purpose flour
- 2 Tbsp. granulated sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. kosher salt
- 2 cups whole milk
- 1/3 cup unsweetened applesauce
- 2 large eggs
- 1 tsp. pure vanilla extract
- 1 tsp. ground cinnamon
- 3/4 cup frozen blueberries (optional)

### Directions

1. Put the flour, sugar, baking powder, baking soda, salt, and cinnamon in a large bowl and whisk to combine.
2. Add the milk, applesauce, egg, and vanilla to a large liquid measuring cup, and whisk to combine. Pour the liquid ingredients into the dry ingredients, and whisk until smooth.
1. Add the optional frozen blueberries if using and mix them in.
3. Pre-heat your waffle maker to desired shade setting and let the batter sit for 2-4 minutes to thicken up. The waffle maker's ready light will illuminate green to indicate it is ready to use.
4. Once preheated, pour a scant cup of batter evenly over the center of the lower waffle grid. Spread the batter using a heatproof spatula to within 1/2-inch of the edge of the grid. Close the lid; the green indicator light will turn off. When the green indicator light turns on again, the waffle is ready. Open the lid and carefully remove the waffle sticks. Break apart into individual waffle sticks and serve immediately.
5. Repeat with the remaining batter until gone.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying.
7. After freeze drying, package the waffle sticks for the trail. Include two maple syrup cups for each serving for dipping when packing for the trail.

## Breakfast Smoothie Recipes

### Apple-Peanut Butter Smoothie

Servings: 4

#### Ingredients

- 2 cups milk
- 2 cups unsweetened applesauce
- 4 tablespoons natural peanut butter
- 4 teaspoons honey (Optional)
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

#### Directions

1. Combine almond milk, apple, peanut butter, honey (if using), vanilla, and cinnamon in a blender. Puree until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### Berry Breakfast Smoothie

Servings: 4

#### Ingredients

- 2 cups cranberry juice
- 2 (6-oz.) containers raspberry yogurt
- 1 cup frozen unsweetened raspberries
- 1 cup frozen unsweetened blueberries

#### Directions

1. In a blender, combine all ingredients; cover and process 30-45 seconds or until blended.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.

3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Blueberry Breakfast Smoothie**

Servings: 4

#### **Ingredients**

- 1 quart fresh blueberries
- 2 cups Greek yogurt
- 1 cup orange juice
- 4 Tbsp. white sugar, or to taste
- 1 tsp. vanilla extract
- 1/4 tsp. ground cinnamon, or to taste

#### **Directions**

1. Blend blueberries, yogurt, orange juice, sugar, vanilla extract, and cinnamon together in a blender on low speed for 30 seconds; increase speed to high and blend until smooth, about 2 minutes.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Cherry Almond Oatmeal Smoothie**

Servings: 4

#### **Ingredients**

- 3/4 cup quick-cooking rolled oats
- 6 cups frozen pitted sweet cherries
- 1-1/3 cup vanilla Greek yogurt
- 3 Tbsp. honey
- 1/2 tsp almond extract
- 1/2 tsp kosher salt

#### **Directions**

1. In a small bowl, stir together the oats and 1 cup hot water, and rest for 5 minutes.
2. In the pitcher of a blender, add the oat mixture, the cherries, yogurt, the honey, almond extract and salt. Blend on high speed until very smooth.
3. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
4. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
5. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Cherry-Pineapple Smoothie**

Servings: 4

#### **Ingredients**

- 2 cups frozen sweet cherries
- 2 cups plain Greek yogurt
- 2 cups pomegranate-cherry juice
- 1 (16-oz.) can crushed pineapple in juice, drained
- 2 bananas, sliced

#### **Directions**

1. Place cherries, yogurt, juice, pineapple and bananas in a blender; process until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.

4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Chocolate-Peanut Butter Smoothie**

Servings: 4

#### **Ingredients**

- 4 cups milk
- 1 tsp. vanilla extract
- 4 bananas, sliced
- 2 cups plain Greek yogurt
- 4 Tbsp. cocoa powder
- 4 Tbsp. peanut butter
- 1/4 cup maple syrup

#### **Directions**

1. Combine milk, banana, yogurt, cocoa powder, vanilla extract, and peanut butter in a blender; blend until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Mango Oatmeal Breakfast Smoothie**

Servings: 4

#### **Ingredients**

- 2 cups orange juice
- 2 cups frozen mango chunks
- 2 banana, cut into chunks
- 1-1/3 cups plain yogurt
- 1 cup oats

#### **Directions**

1. Place orange juice, mango, banana, yogurt, and oats in a blender; blend until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Mango, Strawberry, and Pineapple Smoothie**

Servings: 4

#### **Ingredients**

- 2 mangos, skin removed, cut into 1-inch cubes
- 10 strawberries, stems removed, cut in half
- 2 cups unsweetened pineapple tidbits
- 2 cups orange juice

#### **Directions**

1. Combine all ingredients in a blender and puree until smooth, about 2 to 3 minutes.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

## **Nectarine Smoothies**

### **Ingredients**

- 1-1/2 cups lemon Greek yogurt
- 1 cup orange juice
- 4 tablespoons lime juice
- 4 tablespoons honey
- 2 cups nectarines or peaches, peeled, and cubed

### **Directions**

1. Place all ingredients in a blender; cover and process until blended.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

## **Oatmeal Cookie Smoothie**

Servings: 4

### **Ingredients**

- 1-1/2 cups rolled oats
- 1/2 cup raisins
- 1/2 tsp pumpkin pie spice
- 2 cups whole milk
- 1 cup vanilla Greek yogurt
- 2 Tbsp. brown sugar

### **Directions**

1. Add the oats, raisins and pumpkin pie spice to the carafe of a blender and pour in the milk, adding more to cover the oats if needed. Stir completely and set aside until the oats are soft, 15 minutes.
2. Blend on high speed until pureed and smooth, about 1 minute. Add the yogurt and brown sugar and blend on high speed until smooth, about 30 seconds.
3. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
4. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
5. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

## **Peach Pie Smoothie**

Servings: 4

### **Ingredients**

- 2 cup unsweetened frozen peaches
- 2 Tbsp. honey, plus more to taste
- 1/2 tsp. vanilla extract
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1/8 tsp. ground ginger
- 1 cup milk
- 1 cup plain Greek yogurt

### **Directions**

1. Put all ingredients into a blender and blend until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Peachy Oat Smoothie**

Servings: 4

#### **Ingredients**

- 3/4 cup quick-cooking rolled oats
- 1 cup hot water
- 8 small, ripe yellow peaches, peeled, pitted and roughly chopped
- 1-1/3 cup vanilla Greek yogurt
- 1/4 cup honey
- 1/2 tsp ground cinnamon

#### **Directions**

1. Stir the oats and water together in a small bowl and let sit for 5 minutes.
2. Put the oat mixture, peaches, yogurt, honey and cinnamon into a blender. Blend on high until very smooth.
3. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
4. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
5. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Peanut Butter Banana Oat Smoothie**

Servings: 4

#### **Ingredients**

- 4 bananas, broken in half
- 1 cup old-fashioned rolled oats
- 2 cups vanilla yogurt
- 2 cups milk
- 6 Tbsp. peanut butter
- 4 tsps. honey, or to taste
- 4 tsps. ground cinnamon, or to taste

#### **Directions**

1. Put banana, oats, yogurt, milk, peanut butter, honey, and cinnamon, respectively, in a blender; blend until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Peanut Butter Split Smoothie**

Servings: 4

#### **Ingredients**

- 4 ripe bananas, sliced
- 2 cups milk
- 1 cup vanilla Greek yogurt
- 6 Tbsp. creamy peanut butter

#### **Directions**

1. Put all of the ingredients into a blender and blend until smooth.
2. Blend on high speed until pureed and smooth, about 1 minute. Add the yogurt and brown sugar and blend on high speed until smooth, about 30 seconds.
3. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
4. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
5. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.



### **Pineapple Smoothie**

Servings: 4

#### **Ingredients**

- 1 (20-oz.) can unsweetened pineapple chunks, undrained
- 1 cup Greek yogurt
- 2 tsps. vanilla extract
- 2 tsps. sugar

#### **Directions**

1. Drain pineapple, reserving 1/2 cup juice. Place reserved juice, yogurt, vanilla, sugar and pineapple in a blender; cover and process until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Pumpkin Apple Pie Smoothie**

Servings: 4

#### **Ingredients**

- 2 cups unsweetened applesauce
- 2-2/3 cups milk
- 1/2 tsp. vanilla extract
- 1 cup pumpkin puree
- 2 Tbsp. brown sugar, or to taste
- 1 tsp. pumpkin pie spice

#### **Directions**

1. Blend applesauce, milk, and pumpkin puree in a blender until smooth; add brown sugar, vanilla extract, and pumpkin pie spice. Blend until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Pumpkin Pie Smoothie**

Servings: 4

#### **Ingredients**

- 2 cups plain vanilla Greek yogurt
- 2 cups canned pumpkin puree
- 1 scoop protein powder (vanilla)
- 2 cups milk
- 2 bananas sliced
- 4 Tbsp. honey (or maple syrup)
- 2 tsp pumpkin pie spice

#### **Directions**

1. Add all ingredients to a blender and pulse until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Strawberry Lemonade Smoothie**

Servings: 4

#### **Ingredients**

- 2 cups lemonade
- 3/4 cup lemon yogurt
- 1/2 tsp. vanilla extract
- 2 cups frozen unsweetened strawberries

#### **Directions**

1. Place all ingredients in a blender; cover and process 15 seconds or until blended.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Strawberry Oatmeal Breakfast Smoothie**

Servings: 4

#### **Ingredients**

- 1 quart milk
- 2 cups rolled oats
- 56 frozen strawberries
- 4 banana, broken into chunks
- 2 Tbsp. white sugar (Optional)
- 2 tsps. vanilla extract (Optional)

#### **Directions**

1. Blend soy milk, oats, strawberries, and banana in a blender until smooth. Add sugar and vanilla and blend again until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

### **Strawberry Smoothie**

Servings: 4

#### **Ingredients**

- 3 cups vanilla or plain yogurt
- 1-1/3 cup orange juice
- 4 medium ripe bananas, cut into chunks
- 2 cup halved fresh strawberries
- 4 tsps. honey

#### **Directions**

1. In a blender, combine all ingredients; cover and process until smooth.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.

## Tropical Oatmeal Smoothie

Servings: 4

### Ingredients

- 1 cup old-fashioned rolled oats
- 2 bananas, peeled and sliced
- 3 cups plain unsweetened coconut milk
- Juice of 1 lemon (about 2 Tbsp.)
- 1 tsp pure vanilla extract
- 1/4 tsp kosher salt
- 1-1/2 cups unsweetened mango cubes
- 1-1/2 cups unsweetened pineapple tidbits

### Directions

1. Add the oats to a blender, cover and blend to a fine powder. Add banana, coconut milk, lemon juice, vanilla and 1/4 teaspoon salt, cover and blend until smooth. Add the mango and pineapple, cover and blend until smooth, at least 1 minute.
2. Transfer smoothie mixture to freeze drying trays. Cool and pre-freeze before freeze drying.
3. Once freeze dried, the dried smoothie can easily be ground into a powder with a blender and then packaged for the trail.
4. To rehydrate on the trail, add water to the freeze dried ingredients. The amount of water required may vary depending on the desired consistency of your smoothie. Start by adding a small amount of water and gradually increase until you reach the desired thickness.



## Lunch Recipes

### Bean and Cheese Burrito

Servings: 6 burritos

#### Ingredients

- 2-16 oz. can refried beans
- 1/2 cup chunky salsa
- 1/2 cup finely chopped yellow onion
- 1/2 cup finely chopped green bell pepper
- 1/2 tsp. smoked paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1 cup shredded cheddar cheese
- 1 cup shredded Monterey jack cheese
- 3/4 cup sour cream
- 6 (10-inch) flour tortillas

#### Directions

1. In a large nonstick skillet, heat 2 tablespoons of water over medium. Add onion and bell pepper, season with salt and pepper, and cook, stirring occasionally, until onions become transparent and peppers are and tender, about 8 minutes.
2. Add refried beans, salsa, smoked paprika, garlic powder, both cheeses, and sour cream. Stirring often, continue heating until cheese has melted and everything is thoroughly blended.
3. Remove the skillet from the heat.
4. Divide food among freeze drying trays. Cool and pre-freeze before freeze drying.
5. After freeze drying, package the meal for the trail including your preferred hot sauce packets if desired.
6. Bring 10-inch flour tortillas on the trail to wrap the rehydrated mixture.

### Beef, Bean, and Cheese Burrito

Servings: 8

#### Ingredients

- 2 lbs. lean ground beef
- 2 packets Old El Paso Taco Seasoning mix
- 4 oz. can chopped mild green chilies
- 1 small yellow or white onion diced
- 2-16 oz. cans refried beans
- 1 cup sour cream
- 3 cups shredded Mexican cheese blend
- 8 flour tortillas (10-inch) for the trail
- 8 packets of taco sauce for the trail (optional)

#### Directions

1. In a large skillet, brown the hamburger and then drain the liquid. Rinse hamburger with hot water to remove additional grease.
2. Return the meat to the skillet on the stove and add the packets of taco seasoning along with 1-1/2 cups of water and bring to a boil. Reduce heat; simmer uncovered for 3 to 4 minutes until thickened.
3. Add the green chilies, refried beans, sour cream, and cheese to the meat and stir to combine.
4. Place hamburger mixture on freeze drying trays lined with parchment paper.
5. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
6. Bring 10-inch flour tortillas on the trail to wrap the rehydrated beef, bean, and cheese mixture along with packets of taco sauce.



*"Yes, we're hauling my grill the 20 miles to the lake. I'm not cooking fish on some cheap frying pan!"*

### **Broccoli Cranberry Vinaigrette Salad**

Servings: 4-6

#### **Ingredients**

- 1 lb. broccoli crowns
- 1/4 tsp. sea salt, more to taste
- 1/3 cup diced red onions
- 1/2 cup dried cranberries
- 1/2 cup slivered almonds
- 1 granny smith apple peeled and diced
- 2 tsps. fresh lemon juice
- 1/2 cup shredded sharp cheddar cheese
- 4-6 packets (1.5 oz.) Ken's Balsamic Vinaigrette Salad Dressing

#### **Directions**

1. Chop the broccoli florets into 1/2-inch pieces and any remaining stems into 1/4-inch diced pieces. Peel any woody or course parts from the stem first.
2. Toss the apple pieces with 2 teaspoons fresh lemon juice.
3. Place all ingredients in a large bowl and thoroughly combine.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
5. When departing for the trail, include a packet of vinaigrette salad dressing for each serving.

### **Cajun Ranch Chicken Salad Burrito**

Servings: 8

#### **Ingredients**

- 2 lbs. boneless skinless chicken breasts, cooked and diced
- 1 Tbsp. lime juice
- 2 tsp. dried cilantro
- 1-14.5 oz. can diced tomatoes, drained
- 1/2 medium red onion, diced
- 1 cup frozen corn
- 1/2 cucumber, peeled and diced
- 2 celery ribs diced
- 1 green bell pepper, diced
- 1 Tbsp. Slap Ya Mama Cajun Seasoning
- 1/2 cup Parmesan cheese
- 1 packet Hidden Valley Original Ranch Salad Dressing
- 1 cup milk
- 1 cup mayonnaise alternative (see recipe in this booklet)
- Salt and pepper to taste
- 8 flour tortillas (10 inch) for the trail

#### **Directions**

1. In a large bowl, whisk the mayonnaise alternative with 1 cup of milk and the packet of ranch dressing.
2. Add the remaining ingredients and toss until evenly combined. Taste and adjust seasoning, if necessary.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
4. Bring 10-inch flour tortillas on the trail to wrap the rehydrated Cajun ranch chicken salad in.

### **Chicken Salad Burrito**

Servings: 8

#### **Ingredients**

- 2 lbs. boneless skinless chicken breasts, cooked and diced
- 1 cup mayonnaise alternative (see recipe below)
- 1 tablespoon Dijon mustard
- 1 cup red grapes quartered
- 2 celery ribs diced
- 1/2 medium red onion, diced
- 3 Tbsp. lemon juice
- 1 tsp. salt
- 1/2 tsp. sugar
- 1/2 tsp. freshly ground black pepper
- 8 flour tortillas (10-inch) for the trail

#### **Directions**

1. In a large bowl, whisk the mayonnaise alternative, lemon juice, Dijon mustard, salt, sugar, and pepper.
2. Add the chicken, red onions, celery, and grapes. Toss until evenly combined. Taste and adjust seasoning, if necessary.

3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
4. Bring 10-inch flour tortillas on the trail to wrap the rehydrated chicken salad in.

### **Chili Cheese Burrito**

Servings: 8

#### **Ingredients**

- 1 lb. ground beef
- 1 medium yellow onion, diced
- 3 Tbsp. chili powder
- 1/4 tsp. cayenne pepper
- 1 tsp. salt
- 2 cups water plus 2 Tbsp. divided
- 2 Tbsp. cornstarch
- 16 oz. can refried beans
- 6 oz. can tomato paste (about 6 Tbsp.)
- 3 cups cheddar cheese
- 8 (10 inch) flour tortillas

#### **Directions**

1. Heat a large skillet on medium-high heat add the ground beef and diced onion and cook until browned. Drain the extra fat and add the chili powder, cayenne, and salt, and stir it. Add in 2 cups of water.
2. In a small bowl add the cornstarch and the remaining 2 tablespoons of water together and mix, stir that into the meat mixture, and let it come to a simmer to thicken.
3. Add in the refried beans, tomato paste, and stir until combined.
4. Add in the shredded cheese and mix until melted.
5. Divide food among freeze drying trays. Cool and pre-freeze before freeze drying.
6. After freeze drying, package the meal for the trail including your preferred salsa packets if desired.
7. Bring 10-inch flour tortillas on the trail to wrap the rehydrated mixture.

### **Creamy Coleslaw**

Serves: 8

#### **Ingredients**

- 1 Tbsp. salt
- 1 cup water
- 2-14 oz. bags of coleslaw mix
- 3/4 cup Real Lemon Juice
- 1 tsp. ground mustard
- 1 tsp. celery seed
- 1 cup sugar
- 1 cup mayonnaise alternative (see recipe in this booklet)
- Optional – Add freeze dried apples and/or Craisins. Walnuts or almonds can be added on the trail

#### **Directions**

1. Mix salt and water and in a large bowl pour over coleslaw mix. Mix well and let sit for 1 hour
2. While coleslaw is in the brine water, mix together lemon juice, mustard powder, celery seeds and sugar. Bring mixture to a boil mixing until sugar is dissolved. Remove from heat and set aside
3. After coleslaw has set in the brine for 1 hour, drain and rinse very well. Using a salad spinner remove as much water as possible.
4. In a large bowl combine slaw mixture and dressing mixture. Add mayonnaise alternative to slaw dressing mix. Mix well and freeze until solid
5. Freeze dry. To reconstitute, sparingly add water until the desired consistency is achieved.

### **Creamy Salad Lover's Pasta**

Servings: 6-8

#### **Ingredients**

- 12 oz. penne pasta
- 1-1/2 cups mayonnaise alternative (see recipe in this book)
- 3/4 cup sour cream
- 3 tbsp. Dijon mustard
- 21 tbsp. apple cider vinegar
- 2 tbsp. honey
- 3/4 cup shredded White Cheddar Cheese
- 1/4 cup grated Parmesan Cheese
- Salt and pepper to taste
- 1/2 cup diced red bell pepper
- 1/2 cup diced green bell pepper
- 1/2 cup diced red onion
- 1/2 cup diced celery
- 1/2 cup sweet corn
- 1/2 cup cherry tomatoes, cut in half
- 1 cup frozen green peas
- 1/2 cup shredded carrot

#### **Directions**

1. Cook the penne pasta according to the package instructions. Aim for al dente pasta. Once cooked, rinse the pasta under cold water to stop the cooking process and cool it down. Set it aside to drain completely.
2. While the pasta is cooking, dice the bell peppers, red onion, and celery. Shred the carrot. Cut cherry tomatoes in half.
3. In a large bowl, whisk together the mayonnaise alternative, sour cream, Dijon mustard, apple cider vinegar, honey, salt, and pepper until smooth.
4. Add the cooled pasta to the bowl with the dressing and toss gently to coat the pasta evenly. Next, fold in the diced vegetables, corn, shredded carrot, cherry tomatoes, and frozen peas.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Green Pea Salad**

Servings: 6 servings

#### **Ingredients**

- 4 cups frozen peas,
- 1/3 cup diced red onion
- 1 small carrot, shredded
- 1/2 cup finely chopped celery
- 3/4 cup shredded cheddar cheese
- 8 slices bacon, cooked crispy and crumbled or 3 oz. bag Real Bacon Bit Pieces
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper
- Optional: 1 cup dry roasted peanuts
- 6 Ken's 1.5 Ounce Ranch Dressing Packets

#### **Directions**

1. In a large bowl, combine all of the ingredients with the exception of the ranch dressing packets.
2. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
3. When departing for the trail, include a packet of ranch salad dressing for each serving.

### **Grilled Cheese Croutons**

Servings: 4

#### **Ingredients:**

- 8 Sourdough bread slices
- 4 Sharp cheddar or Gruyère cheese slices
- Butter

#### **Directions**

1. Lightly butter bread and grill your sandwiches in a skillet until the cheese is melted.
2. Allow sandwiches to cool on a rack until cheese is solid.
3. Cut crusts off the sandwiches, then cut into nine squares.
4. Place squares in one layer on freeze dryer trays and process.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the croutons for the trail.
6. To serve, place freeze-dried croutons directly into hot soup or enjoy as a crunchy snack.

## **Mayonnaise Alternative for Freeze Drying**

### **Ingredients**

- 8 oz. softened cream cheese
- 1-1/2 tsp. lemon juice
- 1 tsp. vinegar
- 1/4 tsp. mustard
- 1/2 tsp. salt
- 1/4 cup milk

### **Directions**

1. Combine ingredients and mix very well.

## **Smash Burger Burrito**

Servings: 8

### **Ingredients**

- 2 lbs. lean ground beef
- 1 Tbsp. paprika
- 1-1/4 tsp. salt
- 1 tsp. ground black pepper
- 1/2 tsp. brown sugar
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. ground cayenne pepper
- 2 cups shredded sharp cheddar cheese
- 1-28 oz. can diced tomatoes, drained
- 1 medium sweet onion, diced
- 1/2 cup sweet relish
- 8 flour tortillas (10 inch) for the trail
- 8 packets mustard, ketchup, and mayonnaise for the trail

### **Directions**

1. In a large skillet, brown the hamburger and then drain the liquid. Rinse hamburger with hot water to remove additional grease.
2. Combine paprika, salt, pepper, brown sugar, garlic powder, onion powder, and cayenne. Add to the ground beef along with the shredded cheese, tomatoes, onions, and sweet relish. Mix thoroughly.
3. Place hamburger mixture on freeze drying trays lined with parchment paper.
4. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
5. Bring 10-inch flour tortillas on the trail to wrap the rehydrated smash burger in along with condiment packets for topping the burger.

## **Southwest Corn and Black Bean Salad**

Servings: 8

### **Ingredients**

- 1 lbs. frozen corn kernels
- 1-15 oz. can black beans, rinsed and drained
- 2 cups cherry tomatoes quartered
- 1/2 cup green pepper diced
- 1/2 cup orange pepper diced
- 1 large red onion, finely chopped
- 1/4 cup minced fresh cilantro
- 2 garlic cloves, minced
- 1/2 cup Feta cheese

### *Dressing*

- 1/4 cup unsweetened applesauce
- 2 Tbsp. sugar
- 2 Tbsp. white vinegar
- 1-1/2 tsp. lime juice
- 1/4 tsp. ground cumin
- 1/2 tsp. chili powder
- Salt and pepper to taste
- 8 flour tortillas (10 inch) for the trail (optional)

### **Directions**

1. Combine corn, beans, tomatoes, bell pepper and onion in a medium bowl.
2. Add dressing ingredients and toss to combine. Generously season with salt and pepper. Marinate at least 1 hour in the refrigerator.
3. Top with feta and additional cilantro if desired.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
5. Enjoy straight from the pouch or bring 10-inch flour tortillas on the trail to wrap the rehydrated salad in.



## Waldorf Salad

Servings: 4

### Ingredients

- 4 cups diced tart apples (4 apples)
- 2 Tbsp. sugar
- 4 tsps. lemon juice
- 1 cup diced celery
- 1-1/2 cups seedless grapes, halved
- 1 cup Craisins
- 1/4 cup plain Greek yogurt
- 1/2 cup mayonnaise alternative (see recipe in this booklet)
- 1 tsp. kosher salt
- 1 cup toasted walnuts or pecans , roughly chopped (for the trail)

### Directions

1. Add the diced apples to a large mixing bowl and sprinkle with the lemon juice. Toss to coat. Add the celery, grapes, and Craisins.
2. In another bowl, mix the mayonnaise alternative, sugar, salt, and yogurt together. Fold into the apple mixture. Taste and adjust the seasoning to your liking.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.
4. When preparing for the trail, place 1/4 cup of the toasted nuts per serving in a Ziploc freezer bag to add to your Waldorf salad just prior to eating.



“Oh, Helen! You’re pregnant? That’s wonderful! ...  
At first, I was taking you quite literally when  
you said you had one in the oven!”

## Dinner Recipes

### Beef Bolognese

Servings: 6

#### Ingredients

- 2 Tbsp. extra-virgin olive oil
- 1 medium carrot, grated
- 3 ribs celery, minced
- 1 medium yellow onion, finely minced
- 1 lb. lean ground beef
- 1 lb. ground pork
- 1 (24-oz.) jar store-bought marinara
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/2 cup heavy cream
- 1 lb. fettuccine
- 1 cup freshly grated parmesan cheese

#### Directions

1. In a large skillet, brown the hamburger and pork, breaking up the meat with a spoon. Drain the liquid and rinse the meat with hot water to remove additional grease.
2. Heat the olive oil in a large saucepan over medium heat. Once the oil is glistening, add the carrots, celery, and onion and cook, stirring, until just tender, about 4 minutes. Add to the ground beef and ground pork.
3. Stir in the marinara sauce, salt, and pepper and simmer, stirring occasionally, for about 30 minutes, or until the sauce thickens. Stir in the heavy cream and parmesan cheese. Remove from heat.
4. While the sauce is thickening, cook pasta according to package directions and drain.
5. Combine the sauce and pasta and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Beef Broccoli Stir Fry

Servings: 8

#### Ingredients

- 2-1/2 lbs. beef striploin, cut into 1/2-inch cubes
- Olive oil for cooking
- 4 cups broccoli florets, chopped
- 1 medium onion, diced
- 8 oz. baby bella mushrooms, sliced
- 2 (8-oz.) cans sliced water chestnuts, drained
- 2 bottles Teriyaki Sauce
- 4 cups white rice

#### Directions

1. Place the meat in a medium bowl and drizzle in 1/2 cup of the Teriyaki sauce; mix with a spoon. Cover the meat and set aside for 15 minutes or refrigerate along with the remaining sauce if preparing later.
2. Cook the rice according to the package instructions.
3. When ready to cook, heat a tablespoon of oil in a large non-stick skillet over high heat. Add the prepared beef and cook until it is well seared, roughly 1 minute. Remove to a plate.
4. Add the onions along with 2 teaspoons of oil (if needed) and stir them around so to pick up the flavors left in the pan.
5. Then add broccoli, water chestnuts and mushrooms to the pan, stir to coat everything and cover. Allow to cook until broccoli is bright green, crisp-tender, about 3 minutes.
6. Add the meat back to the skillet and stir in remaining Teriyaki Sauce.
7. Combine with the white rice and thoroughly mix.
8. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Beef Chili Recipe**

Servings: 8

#### **Ingredients**

- 1 large onion, diced
- 1 green bell pepper stemmed, seeded and diced
- 1/4 cup chili powder
- 1 Tbsp. ground cumin
- 2 Tbsp. brown sugar
- 1/4 tsp. cayenne pepper
- 1-1/2 tsp. salt
- 6 garlic cloves minced
- 2 lbs. ground beef 90% lean
- 1 (30-oz.) can dark red kidney beans drained and rinsed
- 1 (28-oz.) can petite diced tomatoes
- 1 (28-oz.) can tomato puree

#### **Directions**

1. Add the ground beef to the pot along with the onion and bell pepper. Break apart the beef with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally. Drain the fat.
2. Add the remaining ingredients. Stir until well combined.
3. Bring to a simmer, then reduce the heat so it maintains a slow simmer, cover and cook for 45 minutes.
4. Remove the lid and continue to simmer for an additional 45 minutes. Season with additional salt and pepper to taste. Remove the pot from the heat.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail including Sriracha packets if desired.

### **Beef Pasta Marinara**

Servings: 8

#### **Ingredients**

- 2 lbs. ground beef extra lean
- 1 medium onion, diced
- 1-1/2 tsps. garlic powder
- 1-1/2 tsps. Kosher salt
- 1 tsp. black pepper
- 1 Tbsp. Italian seasoning
- 2 tsps. dried parsley
- 1-24 oz. jar marinara sauce
- 1-16 oz. package medium shell pasta
- 32 oz. beef broth
- 2 cups mozzarella cheese shredded
- 1 cup parmesan cheese grated

#### **Directions**

6. In a large skillet, brown the hamburger and then drain the liquid. Rinse hamburger with hot water to remove additional grease.
7. Add the onion and seasoning to the skillet and stir.
8. Add the marinara sauce, pasta, beef broth and stir everything together. Bring to a boil then turn the heat down to low. Cook for about 15 minutes or until the pasta is cooked al dente.
9. Stir in the cheese and cook until the cheese melts and is thoroughly incorporated.
10. Remove from heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Beef Pot Roast**

Servings: 4

#### **Ingredients**

- 2-3 lb. beef roast
- 1 large onion diced
- 2 cups beef broth
- 2 tsps. kosher salt
- 1 tsp. pepper
- 1/2 tsp. garlic salt
- 1/2 tsp. thyme

#### **Directions**

1. Take the roast out of the packaging and pat dry with paper towels.
2. Cut onion into thick slices and place in the bottom of the slow cooker. Place roast on top of onions.
3. Season with salt, pepper, garlic, and thyme. Pour beef broth around the sides of the roast.
4. Put the lid on the crock pot and, cook on high for 6 hours or 8 hours on low.
5. Remove the roast from the slow cooker, and let it rest for 15 minutes. Shred before freeze drying.

6. To make gravy, place crock pot into the refrigerator overnight. The next day, remove from the refrigerator and skim off all of the congealed fat. Pour the liquid into a sauté pan. Thicken the gravy with a slurry made with two tablespoons of flour and 1/4 cup of cold water. Whisk the slurry into the liquid and bring it up to a simmer to thicken. Taste and adjust with salt and pepper.
4. Pour gravy into freeze dryer trays and pre-freeze before freeze drying.

### **Gravy, Beef**

Servings: 4

#### **Ingredients**

- 2 cups beef broth, (you can also use beef dripping from a roast)
- 2 tsps. garlic powder
- 1 tsp. onion powder
- 1 Tbsp. Worcestershire sauce (optional)
- 1/4 cup cold water + 3 Tbsp. corn starch
- Salt and pepper to taste

#### **Directions**

1. In a medium sauce pan bring beef broth to boil over medium-high heat. Stir in garlic powder, onion powder, and Worcestershire sauce.
2. In a small bowl whisk together cold water and corn starch until dissolved. Pour into boiling beef broth and reduce heat to medium-low. Stir until thickened.
3. Season with salt and pepper. Taste, add more salt and pepper if needed, and taste again to make sure it's just right.
4. Pour gravy into freeze dryer trays and pre-freeze before freeze drying.

**Notes:** This recipe makes about 2 cups of gravy and can easily be doubled or even tripled if you use a large sauce pan.

### **Gravy, Chicken**

Servings: 4

#### **Ingredients**

- 2 cups chicken broth
- 2 tsps. garlic powder
- 1 tsp. onion powder
- 1 Tbsp. Worcestershire sauce (optional)
- 1/4 cup cold water + 3 Tbsp. corn starch
- Salt and pepper to taste

#### **Directions**

5. In a medium sauce pan bring chicken broth to boil over medium-high heat. Stir in garlic powder, onion powder, and Worcestershire sauce.
6. In a small bowl whisk together cold water and corn starch until dissolved. Pour into boiling chicken broth and reduce heat to medium-low. Stir until thickened.
7. Season with salt and pepper. Taste, add more salt and pepper if needed, and taste again to make sure it's just right.
8. Pour gravy into freeze dryer trays and pre-freeze before freeze drying.

**Notes:** This recipe makes about 2 cups of gravy and can easily be doubled or even tripled if you use a large sauce pan.

### **Beef Sirloin Tip Roast**

Servings: 6

#### **Ingredients**

- 3 lbs. sirloin tip roast
- 1.5 lbs. baby potatoes
- 2 cups baby carrots
- 1 large yellow onion sliced into rings
- 3 Tbsp. unsalted butter cubed
- 1 cup beef broth
- 4 Tbsp. apple cider vinegar
- 3 Tbsp. soy sauce
- 2 Tbsp. Worcestershire sauce
- 2 tsps. garlic powder
- 2 tsps. onion powder
- 1 tsp. smoked paprika
- 1 tsp. dried parsley
- 1/2 tsp. salt
- 1 tsp. ground black pepper

### Directions

1. At the bottom of large slow cooker, spread baby potatoes, baby carrots and onion. Top with cubes of butter and place sirloin tip roast on top.
2. In a medium bowl, whisk beef broth, apple cider vinegar, soy sauce, Worcestershire sauce, garlic powder, onion powder, smoked paprika, parsley, salt and pepper. Pour slowly over the roast.
3. Close the lid and cook on Low for 8-10 hours or until meat is tender and easily pulls apart with a fork. It's best to cook tougher cut of meat like this one on low heat for the most fork tender results. However, you can still cook it on high heat for 4-5 hours.
4. When done, shred meat with two forks right in the slow cooker, gently pour off the liquid and reserve for gravy. Divide the meat and veggies among freeze dryer trays and pre-freeze before freeze drying.
5. Make gravy in the same manner as in the Beef Pot Roast recipe.

### Beef Stew

Servings: 8

#### Ingredients

- 2-1/2 lbs. carrots
- 1-1/4 lbs. onions
- 2-1/4 lbs. lean ground beef
- 1 Tbsp. soy sauce
- 2 Tbsp. Worcestershire sauce
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 Tbsp. Better than Beef Bouillon
- 1-6 oz. can tomato paste
- 1/4 cup apple cider vinegar
- 1/4 tsp. thyme
- 1 tsp. garlic powder
- 6 cups beef broth
- 3 lbs. cubed potatoes (~8 cups)
- 1 lb. green beans (frozen)
- 8 Tbsp. corn starch

### Directions

1. Brown the ground beef in a stovetop skillet and thoroughly drain and rinse.
2. Transfer the ground beef to a stock pot and add the soy sauce, Worcestershire sauce, salt, pepper, beef bouillon, tomato paste, apple cider vinegar, garlic powder, beef broth, and cubed potatoes. Bring to a boil, then reduce heat to a simmer. Cook until potatoes begin to soften.
3. Make a thickening agent using 8 Tbsp. cornstarch mixed in 1 cup water. Add the green beans to the pot and slowly add the thickening agent while stirring continuously. Continue simmering until the broth has thickened.
4. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying.
5. After freeze drying, package the meal for the trail.

### Beef Stroganoff

Servings: 4-6

#### Ingredients

- 2 lbs. lean hamburger
- 8 oz. white mushrooms sliced
- 1 (10.5-oz.) can of cream of mushroom soup
- 1-oz. Lipton French Onion soup dry mix (1 oz. is usually 1 packet)
- 1-oz. brown gravy mix (1 oz. is usually 1 packet)
- 1 cup beef broth
- 1 Tbsp. Worcestershire sauce
- 1 tsp. garlic powder
- 1 cup sour cream
- 12 oz. egg noodles

### Directions

1. In a large skillet, brown the hamburger and then drain the liquid. Add the mushrooms and cream of mushroom soup to the hamburger in the skillet. Add dry Lipton French Onion soup mix, dry gravy mix, beef broth, Worcestershire sauce and garlic powder to the skillet. Stir everything well to combine. Bring to a boil and reduce heat. Simmer for 1-2 hours.
2. Right before you are ready to eat, cook egg noodles in a large pot of salted boiling water for about 8-10 minutes or according to the package directions.
3. Add the sour cream to the skillet and stir. Serve over noodles.

4. If freeze drying, add the noodles to the beef and stir thoroughly. Place on freeze drying trays. After freeze drying, package the beef stroganoff for the trail.

**Note:** Mash potatoes can be substituted for the noodles for an interesting twist on a classic recipe!

### **Caribbean Jerk Chicken and Rice**

Servings: 4

#### **Ingredients**

- 2 Tbsp. olive oil
- 1 lb. boneless skinless chicken thighs, cut into 1-inch chunks
- 1 medium red bell pepper, diced
- 1 medium onion, diced
- 4 1/2 tsp. Caribbean Jerk Chicken Seasoning, divided
- 1 1/2 cups chicken broth
- 1 1/2 cups orange juice
- 1 cup long-grain white rice
- 1-15 oz. can black beans, drained and rinsed

#### **Directions**

1. Heat oil in a large skillet on medium-high heat. Add chicken, onions, and peppers to skillet. Sprinkle evenly with 3 teaspoons of the seasoning. Cook for 3 minutes, stirring occasionally, until browned.
2. Stir in broth, orange juice, rice, black beans, and remaining Seasoning. Bring to a simmer. Reduce heat to medium-low; cover. Cook for 20 to 25 minutes, stirring halfway through, until most of the liquid has been absorbed and rice is tender. Remove from heat and let stand, covered, for 5 minutes.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Cheesy Beef Noodle Casserole**

Servings: 6-8

#### **Ingredients**

- 12 oz. egg noodles
- 2 Tbsp. unsalted butter
- 1.5 lbs. lean ground beef
- 1 large yellow onion, finely chopped
- 3 cloves garlic, finely chopped
- 1 (15-oz.) can tomato sauce
- 1 (15-oz.) can diced tomatoes, drained
- 1 (10.5-oz.) can cream of mushroom soup
- 1/3 cup heavy cream
- 8 oz. sharp cheddar, shredded, divided
- 1 Tbsp. chopped fresh parsley
- Salt and pepper to taste

#### **Directions**

1. In a large pot of boiling salted water, cook noodles, stirring occasionally, until 1 minute less than al dente according to package directions. Drain; reserve 1 cup pasta water. Add butter to noodles and toss to combine.
2. Meanwhile, in a large skillet over medium-high heat, cook beef, breaking up with a wooden spoon, until no longer pink, about 6 minutes. Drain fat.
3. Reduce heat to medium. Add onion and garlic and cook, stirring, until onion is translucent, 4 to 5 minutes. Add tomato sauce, diced tomatoes, soup, cream, and cheese. Bring to a simmer and cook, adding 1/2 to 1 cup pasta water, until cheese is melted and desired consistency is reached. Salt and pepper to taste. Add noodles to pot and mix with meat mixture. Simmer until noodles are al dente.
4. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Cheesy Chicken Broccoli and Rice**

Servings: 6

#### **Ingredients**

- 1 Tbsp. olive oil
- 1 small onion chopped
- 2 chicken breasts cut into 1/2-inch cubes
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 4 cloves garlic minced
- 3/4 cup rice uncooked
- 1 (10-oz.) can cream of chicken soup
- 2 cups chicken broth low sodium
- 2 cups broccoli florets
- 1 cup cheddar cheese
- 1 Tbsp. fresh parsley chopped

### Directions

1. Heat the olive oil in a large proof skillet. Add chopped onion and cubed chicken. Cook on medium heat for about 5 minutes until the chicken starts to brown a bit and is no longer pink. Season with salt and pepper to taste. Stir in garlic and cook for another 30 seconds until garlic gets aromatic.
2. Add the rice, cream of chicken soup and chicken broth. Start with 2 cups of chicken broth and if more is needed, add more until rice is fully cooked.
3. Bring to a boil, then reduce heat, cover, and cook over medium heat until the rice is fully cooked, stirring occasionally, should take about 15 minutes or so. Taste for seasoning and adjust as necessary.
4. Finish with broccoli and cheese. Add the broccoli florets and the cheese then continue cooking for 2 more minutes, until broccoli softens a bit and the cheese melts.
5. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Chicken Alfredo Pasta

Servings: 3

#### Ingredients

- 1 chicken breast cut into 1/2-inch cubes
- Salt and pepper
- 1 Tbsp. olive oil
- 8-oz. fettuccine
- 2 cups milk
- 1 1/2 cups chicken broth
- 1 large garlic clove, minced
- 1/2 cup heavy cream
- 3/4 cup freshly grated parmesan (See Note)
- 1 tsp. dried parsley

#### Directions

1. Season chicken with salt and pepper. Use a skillet large enough to fit the pasta. Heat oil over medium high heat. Add chicken and cook for 2 minutes on each side until golden and cooked through.
2. Add milk, chicken broth and garlic. Bring to simmer then add fettuccine.
3. Move pasta around every 30 seconds or so until it is softened (around 3 minutes) so it doesn't stick. Once pasta is softened, reduce heat to medium and stir every couple of minutes.
4. At about 9 - 10 minutes, the pasta should be almost cooked but there should still be liquid covering the base of the skillet. Add cream and parmesan and mix.
5. Simmer, stirring occasionally, for ~2 minutes, until sauce is thickened and pasta is cooked. If you cook it too long and the sauce is too thick, add a splash of hot tap water. It will go back to silky with a few tosses.
6. Adjust salt and pepper to taste.
7. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Note

Using fresh grated parmesan ensures it melts into the sauce. You can use store bought but it tends to be larger grains so some of it may not melt into the sauce completely. Reduce to 1/2 cup (because that equates to about 3/4 cup freshly grated).

### Chicken and Dumplings

Servings: 8

#### Ingredients

- 2-10.5 oz. cans condensed cream of chicken soup
- 3-14 oz. cans chicken broth
- 2 lbs. boneless skinless chicken breasts, cooked and diced
- 1 medium yellow onion diced
- 1-12 oz. bag frozen peas and carrots
- 2 sticks celery diced
- 2-10 oz. cans refrigerated biscuit dough

#### Directions

1. Stir condensed soup, chicken broth, chicken, onions, peas and carrots together in a large pot over medium-high heat until it begins to simmer.
2. Cut each biscuit into 1/2 inch cubes and gently stir into the simmering soup.
3. Reduce heat to medium-low, cover, and simmer until biscuits are no longer doughy in the center, 5 to 10 minutes.

4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken and Sausage Jambalaya**

Servings: 8

#### **Ingredients**

- 2 ribs celery, coarsely chopped
- 1 medium bell pepper, coarsely chopped
- 1 medium onion, coarsely chopped
- 1 Tbsp. minced fresh garlic
- 1 lb. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 lb. Andouille sausage, cut into 1/4-inch slices
- 2-1/2 cups water
- 1 (14.5-oz.) can diced tomatoes, drained
- 1 package Zatarain's® Jambalaya Rice Mix

#### **Directions**

1. Heat large deep skillet or Dutch oven on medium heat. Add celery, bell pepper, garlic, and onion; cook and stir 4 to 5 minutes until softened. Remove from pan. Set aside.
2. Heat same skillet on medium-high heat. Add chicken and sausage and a little water to reduce sticking; cook and stir 5 to 7 minutes, until lightly browned.
3. Return vegetables to skillet. Stir in water and tomatoes. Bring to boil. Add Rice Mix; mix well. Return to boil. Reduce heat to low; cover and simmer 25 minutes or until rice is tender, stirring occasionally.
4. Divide among 4 trays and freeze dry.
5. After freeze drying, package the meal for the trail.

### **Chicken Broccoli Alfredo**

Servings: 8

#### **Ingredients**

- 2 lbs. chicken breast cut into small pieces
- 1 lb. fettuccine pasta
- 1 lb. white mushrooms, thickly sliced
- 2 heads of broccoli, chopped, about 3-4 cups (stalks discarded)
- 2 carrots, sliced to thin rounds
- 1 medium onion, finely chopped
- 1 red bell pepper, thinly sliced
- 2-8 oz. cans sliced water chestnuts
- 3 cloves garlic, minced
- 3-1/2 cups Half-n-Half
- 2 cups freshly grated Parmesan cheese
- 2 tsps. dried parsley
- 1 Tbsp. Slap Ya Mama Cajun Seasoning
- Salt and pepper to taste
- 3 Tbsp. olive oil, divided
- 1 Tbsp. unsalted butter

#### **Directions**

1. Cook fettuccini in a pot of salted water (4 qts. water, 1 Tbsp. salt,) according to package instructions. In the last 3 minutes of the cooking time, add the broccoli florets. When the pasta is done cooking, reserve 1 cup of the pasta cooking water. Drain and set aside.
2. Season chicken with salt and pepper. In a large skillet, heat 2 Tbsp. olive oil over medium/high heat and sauté chicken until lightly golden and cooked through. Remove chicken from the pan and add to the pasta.
3. In the same skillet over medium/high, heat 1 Tbsp. olive oil and 1 Tbsp. of butter. Add onion, red pepper, and carrots and sauté for 3 minutes. Add sliced mushrooms and continue sautéing for another 5-7 minutes, stirring frequently. Add garlic and sauté 30 seconds, stirring constantly. Add sautéed vegetables and water chestnuts to the pasta.
4. Add the Half-n-Half, and scrape up any brown bits from the bottom of the skillet. Add the grated parmesan cheese along with the Cajun seasoning and stir continuously until cheese is melted and the sauce is just starting to bubble. Add chicken, pasta, and vegetables back to the pan along with the parsley. Stir to combine. If necessary, add in pasta water to thin the sauce to desired consistency.
5. Season to taste (1/2 to 1 tsp. salt and 1/4 to 1/2 tsp. pepper).
6. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.



### **Chicken Chili, Creamy White**

Servings: 6-8

#### **Ingredients**

- 1 Tbsp. olive oil
- 1-1/2 lbs. skinless, boneless chicken breast cut into 1/2-inch cubes
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 (15.5-oz.) cans great Northern beans, rinsed and drained
- 1 or 2 (14.5-oz.) cans chicken broth
- 2 (4-oz.) cans chopped green chilies
- 1 cup frozen corn
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 1/2 tsp. ground black pepper
- 1/4 tsp. cayenne pepper
- 1 cup sour cream
- 1/2 cup heavy cream
- 1 cup shredded Monterey Jack cheese

#### **Directions**

1. Heat olive oil in a large saucepan over medium heat. Add chicken, onion, and garlic; cook and stir until chicken is no longer pink in the center and juices run clear, 10 to 15 minutes.
2. Stir in beans, chicken broth, green chilies, corn, salt, cumin, oregano, black pepper, and cayenne pepper; bring to a boil. Reduce heat and simmer until flavors have blended, about 30 minutes.
3. Remove chili from heat; stir in sour cream, whipping cream, and cheese until incorporated.
4. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken Chili, Green Enchilada**

Servings: 8

#### **Ingredients**

- 2 Tbsp. olive oil
- 3 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 2 tsp. kosher salt
- 1 tsp. black pepper
- 1 medium onion, diced
- 24 oz. chicken broth
- 2-15.5 oz. cans Cannellini beans
- 2-10.75 oz. cans green enchilada sauce
- 2-4 oz. cans chopped green chilies
- 4 oz. green salsa
- 3 Tbsp. chili powder
- 2 Tbsp. ground cumin
- 2 tsp. paprika
- 2 Tbsp. lime juice
- 1 Tbsp. dried cilantro
- 8 oz. cream cheese, softened
- 1 cup sour cream
- 2 cups Monterey Jack cheese, shredded
- 2 cups frozen corn, optional

#### **Directions**

1. In a large skillet or stock pot over medium heat, add the olive oil, onion, and chicken. Season with salt and pepper. Sauté until the chicken is browned but not cooked fully through and onions are tender, 3 to 5 minutes.
2. Pour in chicken broth, enchilada sauce, green chilies, cannellini beans, green salsa, lime juice, the remaining spices, and corn if using. Stir to combine. Bring to a simmer, cover and cook for 10 minutes or until chicken is thoroughly cooked. Add shredded cheese, sour cream, cream cheese and stir until cheese is melted and thoroughly combined. Remove from heat.
3. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken Fajita Bowl**

Servings: 8

#### **Ingredients**

- 4 cups long grain rice
- 2 lbs. chicken breast, cut into 1/2-inch cubes
- 1 lb. sweet corn, frozen
- 2 lbs. pepper and onion blend, frozen
- 1 (16-oz.) jar picante sauce, medium heat
- 1 Fajita seasoning packet
- 2 (15.25-oz.) cans black beans, drained and rinsed

**Directions**

1. Cook 4 cups rice with 6 cups water and 16-oz. picante sauce.
2. Sauté chicken along with the onion and pepper mix. Add the corn and black beans and continue heating. Add the fajita seasoning and simmer for 5 minutes.
3. Mix in rice.
4. Divide among 4 trays and pre-freeze before freeze drying.
5. After freeze drying, package the meal for the trail.

**Chicken Fried Rice**

Servings: 4

**Ingredients**

- 2 cups brown rice
- 1-1/2 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 2 Tbsp. olive oil, divided
- 2-1/2 cups frozen peas and carrots blend
- 4 green onions chopped
- 2 cloves garlic , minced
- 4 large eggs, whisked
- 4 Tbsp. soy sauce
- Salt and freshly ground black pepper
- Sriracha packets, for serving (optional)

**Directions**

1. Cook the rice according to package instructions.
2. In a large non-stick wok or skillet, heat 1 tablespoon olive oil over medium-high heat. Once hot, add chicken pieces, season lightly with salt and pepper and sauté until cooked through, about 5 - 6 minutes. Transfer chicken to a plate and set aside.
3. Return skillet to medium-high heat, add remaining 1 tablespoon olive oil. Add peas and carrots blend and green onions and sauté 1 minute, then add garlic and sauté 1 minute longer. Push veggies to edges of pan, add eggs in center and cook and scramble.
4. Return chicken to skillet along with rice. Add in soy sauce and season with salt and pepper to taste. Mix thoroughly.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail including Sriracha packets if desired.

**Chicken Pasta Primavera**

Servings: 4

**Ingredients**

- 2 cups uncooked spiral pasta
- 2 Tbsp. butter
- 2 garlic cloves, minced
- 1-1/2 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 garlic cloves, minced
- 1 lb. package frozen California blend (broccoli, cauliflower, carrots), thawed
- 1/2 cup diced green bell pepper
- 1/2 onion, diced
- 1 Tbsp. Italian seasoning
- 3/4 cup heavy whipping cream
- 3/4 cup grated Parmesan cheese

**Directions**

1. Cook pasta according to package directions.
2. Meanwhile, in a large skillet, sauté chicken, onions, and green pepper in butter until chicken is no longer pink. Add garlic; cook 1 minute longer.
3. Add the California blend vegetables and cream; cook until vegetables are tender, stirring often.
4. Drain pasta. Add the pasta, cheese, salt and pepper to skillet; cook and stir until heated through.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken Pesto Pasta**

Servings: 8

#### **Ingredients**

- 1-1/2 lb. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 tsp. Italian seasoning
- Kosher salt
- Black pepper
- 1 tsp. garlic powder
- 16 oz. penne or bow tie pasta
- 1 cup chicken broth
- 2 cups heavy cream
- 3/4 cup grated Parmesan
- 1/2 cup mozzarella cheese, shredded
- 3/4 cup basil pesto
- 1/2 cup sliced sun dried tomatoes, not in oil
- 1/8 tsp. crushed red pepper flakes, or to taste

#### **Directions**

1. Add the chicken to a bowl and season with the Italian seasoning and a big pinch each of kosher salt and black pepper. Toss to coat.
2. Bring a medium pot of water to a boil and salt it well with about 1 tablespoon of salt. Drop the pasta in the boiling water and cook until al dente according to package instructions (about 8 to 9 minutes).
3. While the pasta is cooking, add two tablespoons of chicken broth to a large non-stick skillet and heat over medium-high. Add the chicken and cook, tossing occasionally, until golden brown on the outside and cooked through, about 7 to 8 minutes.
4. When the pasta is ready, reserve about 1 cup of the cooking water and drain.
5. To the pan with the chicken, lower the heat and stir in the cooked pasta, garlic powder, heavy cream, basil pesto, parmesan cheese, mozzarella cheese, and sundried tomatoes. Stir until everything is well combined and the cheese is melted. If it looks a bit dry, add a splash of the pasta cooking water (a couple tablespoons at a time) until the pasta is glossy and coated in the creamy sauce.
6. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken Risotto with Vegetables**

Servings 4

#### **Ingredients**

- 4 cups chicken broth
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 medium onion finely chopped
- 1.5 pound boneless chicken breast, diced
- 1 red bell pepper, diced
- 1 cup sliced mushrooms
- 1 head of broccoli cut into bite sized florets
- 1-1/4 cups Arborio rice
- 2/3 cup parmesan cheese grated
- 1/4 cup apple cider vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- Salt to taste

#### **Directions**

1. Heat the chicken broth, and keep warm.
2. Plunge the broccoli into a saucepan of boiling salted water. Bring it back to the boil and simmer for 2 minutes, then drain in a colander and refresh under cold running water. Shake well to remove the surplus water and set aside to drain completely, before adding to the risotto with the cheese in step 10.
3. Heat oil and butter in a large saucepan. Add the onion and cook until clear.
4. Add in the diced chicken and fry until the outside is just white (not fully cooked).
5. Add bell peppers, and mushrooms to the chicken and cook an additional 3-4 minutes
6. Add the rice and apple cider vinegar. Stir to coat fully.
7. Add the hot chicken stock in, 1 ladle at a time, to the chicken and rice mixture, stirring often. Add more as the stock is absorbed.
8. Repeat this until you have used almost all of the stock- it should take about 20-25 minutes.
9. Continue until rice is fully cooked and the dish is creamy.
10. Stir in the Parmesan cheese, broccoli, and black pepper. Salt to taste.
11. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

**Notes:** This recipe will work with regular white rice, but it won't be as creamy. It is definitely worth seeking out the Arborio rice. It can be found in most grocery stores.

### **Chicken Spaghetti**

Servings: 8

#### **Ingredients**

- 2 Tbsp. olive oil
- 2 lbs. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 2 lbs. spaghetti, uncooked and broken into two-in. pieces
- 2 cans cream of mushroom soup
- 3 cups grated sharp cheddar cheese
- 1/2 cup finely diced green pepper
- 1/2 cup finely diced onion
- 1 (8-oz.) jar diced pimentos, drained
- 2 cups chicken broth
- 2 tsp. Lawry's Seasoned Salt
- 1/8 tsp. to 1/4 tsp. cayenne pepper
- Salt and pepper, to taste

#### **Directions**

1. In a large skillet over medium heat, add the olive oil, onion, and chicken. Season with salt and pepper. Sauté until the chicken is browned but not cooked fully through and onions are tender, 3 to 5 minutes.
2. Cook spaghetti in the chicken broth until al dente. Do not overcook. When spaghetti is cooked, add in the chicken and cheese.
3. Continue cooking while stirring often until cheese is melted and thoroughly combined with the other ingredients.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken Tikka Masala with Rice**

Servings: 8

#### **Ingredients**

- 4 cups basmati rice
- 1 (29-oz.) can tomato puree
- 1-1/2 cups plain yogurt
- 1/2 large onion, finely chopped
- 2 Tbsp. olive oil
- 4-1/2 tsps. minced fresh gingerroot
- 4 garlic cloves, minced
- 1 Tbsp. garam masala
- 2-1/2 tsps. salt
- 1-1/2 tsps. ground cumin
- 1 tsp. paprika
- 3/4 tsp. pepper
- 1/2 tsp. cayenne pepper
- 1/4 tsp. ground cinnamon
- 2-1/2 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 1 jalapeno pepper, halved and seeded
- 1 bay leaf
- 1 Tbsp. cornstarch
- 1 cup heavy whipping cream

#### **Directions**

1. In a 5-qt. slow cooker, combine the first 13 ingredients. Add chicken, jalapeno and bay leaf. Cook, covered, on low 4 hours or until chicken is tender. Remove jalapeno and bay leaf.
2. In a small bowl, mix cornstarch and cream until smooth; gradually stir into sauce. Cook, covered, on high 15-20 minutes or until sauce is thickened.
3. Cook rice according to package directions and combine rice with the sauce.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chicken Vegetable Stew**

Servings: 8

#### **Ingredients**

- 2 lbs. boneless skinless chicken breasts, cooked and diced
- 4 Tbsp. olive oil, divided
- 1 onion chopped
- 2 (8-oz.) packages sliced mushrooms sliced
- 3 carrots sliced
- 3 celery stalks sliced
- 1 cup frozen peas
- 1 cup frozen green beans cut into 1" pieces
- 3 garlic cloves minced
- 2 Tbsp. fresh thyme chopped
- 1 tsp. salt
- 1 tsp. black pepper
- 1/4 cup corn starch
- 1 Tbsp. tomato paste
- 1 (14.5-oz.) can fire roasted diced tomatoes
- 4 cups low sodium chicken broth
- 3 medium Yukon gold potatoes cut into 1/2" cubes (about 1-1/2 pounds)

#### **Directions**

1. Season chicken with salt and pepper. In a large skillet, heat 2 Tbsp. olive oil over medium/high heat and sauté chicken until lightly golden and cooked through. Remove chicken from the pan and set aside.
2. In the same skillet over medium/high, heat 2 Tbsp. olive oil, add the onion and mushrooms and cook for 10 to 12 minutes, or until the onion is golden brown and the mushrooms have released most of their moisture.
3. Add the carrots, celery, garlic and thyme and cook for 5 to 7 minutes, or until the carrots and celery start to soften.
4. Add tomato paste, stirring with a wooden spoon to evenly incorporate. Cook for about 1 minute, then add flour or corn starch, stirring to evenly coat the vegetables. Cook for 1 to 2 minutes more.
5. Add diced tomatoes and chicken broth and bring to a boil. Once boiling, add potatoes, peas, and beans. Reduce heat to simmer. Cook for 30 to 40 minutes, or until the potatoes are tender and the stew has thickened.
6. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Chili Mac with Beef**

Servings: 6

#### **Ingredients**

- 1 Tbsp. olive oil
- 2 garlic cloves, minced
- 1 medium onion, finely chopped
- 1 bell pepper, chopped
- 1 lb. ground beef (lean)
- 1 (14.5-oz.) can petite diced tomatoes
- 1 (14.5-oz.) can tomato sauce
- 1 (14-oz.) can red kidney beans, drained
- 2-1/2 cups beef broth
- 8 oz. elbow macaroni pasta, uncooked
- 2 cups shredded cheese (cheddar, Monterey Jack, tasty cheese)
- 1 Tbsp. chili powder
- 1 Tbsp. brown sugar
- 1 tsp. paprika powder
- 1 tsp. cumin powder
- 1 tsp. dried oregano
- 1/2 tsp. black pepper
- 1-1/4 tsp. salt

#### **Directions**

1. In a large skillet, heat the olive oil and sauté the onion, green pepper, and garlic for 2 minutes. Then add the ground beef.
2. Break the beef down into small pieces as it cooks. Drain the fat.
3. Once the fat has been drained, add remaining ingredients except cheese. Stir, bring to simmer, then turn the heat down to medium.
4. Cover and cook for about 12 minutes or until the macaroni is al dente, meaning just cooked, still a tiny bit on the firm side. It should be saucy but not tons of liquid.
5. Turn the stove OFF but leave the pot on the stove. Add cheese and stir thoroughly until the cheese melts. Adjust salt and pepper to taste.

6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Creamy Parmesan Chicken and Rice**

Servings 4

#### **Ingredients**

- 1-1/2 lbs. boneless, skinless chicken breasts, cut into 1/2-inch cubes
- 1 Tbsp. olive oil
- 1 large onion, diced
- 8 oz. sliced mushrooms
- 2 large carrots cut into small cubes
- 3 cloves garlic, minced
- 2 tsps. Italian seasoning
- 1 Tbsp. dried parsley
- 1/2 tsp. pepper
- 1 tsp. salt
- 2-1/2 cups chicken broth
- 1 cup long grain white rice
- 1/2 cup heavy cream
- 3/4 cup freshly grated parmesan cheese

#### **Directions**

1. Heat the olive oil in a large skillet over medium high heat. Add the onion, carrots, and mushrooms and cook for 2-3 minutes, until beginning to soften.
2. Add the diced chicken to the pan along with the Italian seasoning, parsley, pepper, and salt.
3. Cook and stir for 5 minutes until chicken is golden on all sides.
4. Add the garlic and cook for one additional minute, stirring constantly.
5. Add the chicken broth and rice to the pan and stir.
6. Bring to a boil, then reduce the heat to medium low.
7. Cover with a lid and simmer for 17-20 minutes, until rice is completely tender.
8. Add heavy cream and parmesan and stir until cheese is melted.
9. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail. (Optional: Package with 1 tablespoon powdered butter per serving.)

### **Creamy Ranch Chicken and Potatoes**

Servings: 6

#### **Ingredients**

- 2 (10.5-oz.) cans cream of chicken soup
- 3/4 cup milk
- 1 oz. ranch seasoning powder (1 packet)
- 1/2 cup bacon bits freshly cooked or prepacked
- 2 lbs. boneless, skinless chicken breasts cut into 1/2-inch cubes
- 1-1/2 cups baby carrots
- 1 lb. red potatoes cubed (may use Yukon Gold potatoes)
- Parsley for serving (optional)

#### **Directions**

1. In a 6-8 quart crock pot, mix cream of chicken soup, milk, ranch seasoning, and bacon bits until well combined and creamy.
2. Add baby carrots and red potatoes to the mixture and then finally add chicken tenders. Mix well until all are coated well with bacon ranch mixture.
3. Cook on high for 4 hours or low for 6-8 hours.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Creamy Tomato Beef Pasta**

Servings: 8

#### **Ingredients**

- 1 medium onion, finely chopped
- 1 lb. lean ground beef
- 1 Tbsp. Italian seasoning
- 1 (24-oz.) jar marinara sauce
- 1 tsp. garlic powder
- 1-1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 4 tsps. Better than Bouillon Chicken Base
- 1 lb. rotini, penne, elbow macaroni or other short pasta
- 3/4 cup heavy cream
- 3/4 cup shredded Parmesan cheese

#### **Directions**

1. Add the ground beef to the pot along with the onion. Break apart the beef with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally. Drain the fat.
2. Add Italian seasoning, garlic powder, salt, pepper, Better than Bouillon chicken base, and marinara sauce. Fill the sauce jar with water, put the lid back on and shake. Pour in pot. Add pasta and bring to a boil; reduce heat to simmer and cook, covered for 12-15 minutes or until pasta is al dente, stirring often to prevent the pasta from sticking.
3. Add cream, then simmer for a further 1 to 2 minutes. Add Parmesan cheese and stir gently until cheese is melted.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Curry Chicken and Rice**

Servings: 8

#### **Ingredients**

- 3 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, white or yellow, chopped
- 1 Tbsp. minced garlic
- 1 Tbsp. olive oil
- 2 Tbsp. curry powder
- 6 Tbsp. red curry paste
- 2 tsp. ground ginger
- 1 tsp. salt
- 3 cups basmati white rice
- 32 oz. chicken broth
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2-20 oz. cans pineapple tidbits drained
- 2-13.5 oz. cans coconut milk

#### **Directions**

1. In a large skillet with a lid, heat oil. Add chicken, onions, minced garlic, bell peppers, and sauté 3 minutes.
2. Add curry powder, salt, and pepper and sauté about 1 minute longer until golden brown on the outside. (Chicken will not be cooked through yet).
3. In the separate stock pot, combine rice, chicken broth, ginger, and curry paste. Stir well.
4. Bring to a boil then reduce to a simmer. Cover and cook for 15 minutes.
5. Add the chicken to the rice along with the pineapple tidbits. Cover and cook 10 minutes longer, stirring occasionally. Add more water if necessary to keep from the rice from sticking or burning.
6. Uncover, stir in coconut milk.
7. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **Drunken Noodles with Chicken**

Servings: 4

### **Ingredients**

- 8 oz. flat, wide dried rice noodles
- 1 (10-oz.) bottle of stir fry sauce
- 2 boneless skinless chicken breasts cut into 1/2-inch cubes
- 4 Tbsp. olive oil, divided
- 2 cloves garlic, minced
- 1 (15-oz.) can whole baby corn, cut in half and quartered
- 1 zucchini, halved and sliced
- 1 red bell pepper, sliced
- 10 snow peas
- 2 green onions sliced
- 1 cup Thai basil, torn into small pieces

### **Directions**

1. Place cubed chicken into a medium bowl. Pour a third of the sauce over the chicken, incorporate, and place in the refrigerator to marinate for 20-30 minutes.
2. Boil a large pot of water, then cover noodles with the boiling water and let them sit for 10 minutes (stirring a few times). Drain and rinse with cold water.
3. While noodles are sitting, use a wok or large nonstick skillet and heat 2 Tablespoons of oil in the skillet over medium heat, place the marinated chicken in and cook through. Take chicken out of the skillet and set aside.
4. Turn up the heat to medium-high, when the skillet is really hot, add garlic, chilies, baby corn, bell pepper, zucchini, and snow peas. Cook this for 2 minutes, stirring constantly to avoid burning.
5. Then add the green onions and basil. Continue to cook and stir for another minute.
6. Mix the cooked chicken back into the skillet and combine. Then pour in the sauce and noodles to the pan. Stir as this is cooking until the noodles are the desired texture (about 5 more minutes). Make sure to turn the noodles over as they cook to help them absorb the sauce.
7. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **Enchilada and Rice – Beef**

Servings: 8

### **Ingredients**

- 2 lbs. ground beef
- 1 medium onion, diced
- 2 cloves garlic, minced
- 14.5 oz. can diced tomatoes
- 10.75 oz. can red enchilada sauce
- 15 oz. can black beans, drained, rinsed
- 15 oz. can corn, drained
- 1 cup cooked rice
- 1 tsp. Slap Ya Mama seasoning
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1/2 tsp. red pepper flakes
- 1 Tbsp. dried cilantro
- 1-1/2 cups sharp cheddar cheese, shredded

### **Directions**

1. In a large skillet or Dutch oven over medium heat, cook ground beef and onions until beef is no longer pink and onions are tender.
2. Add minced garlic and cook for an additional 2 minutes. Drain and return to the pan.
3. Pour in diced tomatoes, enchilada sauce, black beans, corn, rice, and all the seasonings. Stir to combine. Bring to a simmer, cover and cook for 10 minutes until heated through. Add shredded cheese and stir until thoroughly combined and melted.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.



## **Enchilada and Rice – Chicken**

Servings: 8

### **Ingredients**

- 2 Tbsp. olive oil
- 2 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 1 tsp. kosher salt
- 1 tsp. black pepper
- 1 medium onion, diced
- 2 cloves garlic, minced
- 14.5 oz. can diced tomatoes
- 10.75 oz. can red enchilada sauce
- 15 oz. can black beans, drained, rinsed
- 15 oz. can corn, drained
- 1 cup cooked rice
- 1 tsp. Slap Ya Mama seasoning
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1/2 tsp. red pepper flakes
- 1 Tbsp. dried cilantro
- 1-1/2 cups sharp cheddar cheese, shredded

### **Directions**

1. In a large skillet or Dutch oven over medium heat, add the olive oil, onion, and chicken. Season with salt and pepper. Sauté until the chicken is browned but not cooked fully through and onions are tender, 3 to 5 minutes.
2. Add minced garlic and cook for an additional 2 minutes.
3. Pour in diced tomatoes, enchilada sauce, black beans, corn, rice, and all the seasonings. Stir to combine. Bring to a simmer, cover and cook for 10 minutes until heated through. Add shredded cheese and stir until cheese is melted and thoroughly combined.
4. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **Homestyle Chicken Noodle Casserole**

Servings: 8

### **Ingredients**

- 2 lbs. boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1/2 tsp. seasoned salt
- 1/2 tsp. chicken bouillon
- 1/4 tsp. garlic powder
- 8 oz. white button mushrooms, sliced
- 1/2 onion, finely diced
- 1-1/2 cups frozen peas and carrots
- 2 (10.5-oz.) cans condensed cream of mushroom soup
- 1/4 cup powdered butter
- 5 cups (40-oz.) chicken broth
- 16 oz. egg noodles, uncooked
- 2 cups shredded sharp cheddar cheese
- Salt to taste

### **Directions**

1. To the bowl of a slow cooker, add the chicken, seasoned salt, chicken bouillon, garlic powder, mushrooms, onions, peas and carrots, cream of mushroom soup, butter, and chicken broth. Cover and cook on high for 2 hours (or low for 3-4 hours).
2. After 2 hours, or when the chicken is fully cooked, remove it from the slow cooker and place it onto a cutting board. Using 2 forks, finely shred the chicken and place it back into the bowl of the slow cooker.
3. Add the uncooked egg noodles to the slow cooker, stirring to combine.
4. Cover and continue cooking for an additional 15-20 minutes, or until the noodles are done to your liking, stirring occasionally. Remove from heat. Salt to taste.
5. Divide among freeze drying trays. Sprinkle the shredded cheddar cheese evenly over the trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Kung Pao Beef with Rice**

Servings: 8

#### **Ingredients**

- 3 Tbsp. olive oil, divided
- 2 lbs. flank steak, thinly sliced
- 1-1/2 Tbsp. corn starch
- Kosher salt and pepper
- 2 cups carrots, sliced into 1/4-inch rounds
- 4 ribs celery, diced
- 1 medium sweet onion, diced
- 1 medium red pepper, diced
- 1 medium bell pepper, diced
- 1 bottle Kung Pao Stir Fry Sauce
- 2 cups brown rice
- 2 cups white rice

#### **Directions**

1. Cook the white and brown rice according to package instructions.
2. Place the steak in a medium sized bowl with the cornstarch and salt and pepper to taste. Toss gently to combine.
3. Heat 1 1/2 tablespoons of the olive oil in a large pan over high heat. Place the meat in a single layer in the pan. Cook for 2-3 minutes per side until golden brown. You may have to do this step in batches.
4. Remove the steak from the pan. Cover with foil to keep warm.
5. In a skillet, add the remaining olive oil and add the carrots, celery, green and red peppers, and onions. Sauté 1 to 2 minutes to cook through. Add the beef back in along with the Kung Pao Sauce. Heat for an additional minute.
6. Combine with the brown and white rice and thoroughly mix.
7. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Kung Pao Chicken with Rice**

Servings: 8

#### **Ingredients**

- 2 Tbsp. olive oil, plus more as needed
- 2 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- Kosher salt and pepper
- 2 cups carrots, sliced into 1/4-inch rounds
- 4 ribs celery, diced
- 1 medium sweet onion, diced
- 1 medium red pepper, diced
- 1 medium bell pepper, diced
- 1 bottle Kung Pao Stir Fry Sauce
- 2 cups brown rice
- 2 cups white rice

#### **Directions**

1. Cook the white and brown rice according to package instructions.
2. In a skillet, add the olive oil and chicken. Season with salt and pepper. Sauté until the chicken is browned but not cooked fully through, 3 to 5 minutes. Remove and set aside.
3. Add the carrots, celery, green and red peppers, and onions. Sauté 1 to 2 minutes to cook through. Add the chicken back, along with the Kung Pao Sauce. Heat for an additional minute.
4. Combine with the brown and white rice and thoroughly mix.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Lasagna**

Servings: 8

#### **Ingredients**

- 1 lb. ground beef browned
- 16 oz. bowtie (Farfalle) pasta
- 1-24 oz. jar pasta sauce
- 1 medium onion chopped
- 1 clove garlic minced
- 1/2 tsp. Italian seasoning
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 large eggs, lightly beaten
- 1-15-oz. container ricotta cheese
- 1/3 cup Parmesan cheese
- 2 cups shredded mozzarella
- 2 Tbsp. dried parsley flakes

**Directions**

1. Cook the pasta until al dente (about 8 minutes). Drain and set aside
2. In a skillet over medium heat, cook beef until no longer pink, drain and rinse.
3. Add onions and cook until translucent.
4. Add garlic and cook for 1 minute longer. Transfer to a 5 qt. slow cooker that has a coating of nonstick cooking spray.
5. Add the spaghetti sauce, salt and pepper, Italian seasoning, pasta, mozzarella cheese, ricotta cheese, eggs, Parmesan cheese, and parsley. Thoroughly combine.
6. Cook on high for about 1-1/2 hours or on low for about 3 hours.
7. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

**Loaded Bacon Cheeseburger Alfredo Pasta**

Servings: 4

**Ingredients**

- 1 lb. ground beef
- 4 slices bacon, cooked and crumbled
- 2 cups penne pasta, cooked
- 1-14.5 oz. jar alfredo sauce
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped pickles (optional)
- Salt and pepper to taste

**Directions**

1. Cook the pasta until al dente (about 8 minutes). Drain and set aside
2. In a skillet over medium heat, cook beef until no longer pink, drain and rinse.
3. Add the cooked and crumbled bacon to the ground beef. Stir in the cooked penne pasta and Alfredo sauce until everything is well combined.
4. Sprinkle the shredded cheddar cheese over the mixture and stir until the cheese is melted and the pasta is creamy. If using, gently fold in the chopped pickles for an extra burst of flavor.
5. Taste and season with salt and pepper as needed.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

**Mac and Cheese, Buffalo Chicken**

Servings: 8

**Ingredients**

- 8 oz. dry macaroni noodles
- 3 Tbsp. butter
- 3 Tbsp. flour
- 2 cups milk
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. ground mustard
- 4 oz. cream cheese
- 1-1/2 cup shredded mozzarella cheese I use low-moisture part skim
- 1 cup sharp shredded cheddar cheese
- 1/3 cup sour cream
- 1/2 cup buffalo hot sauce
- 1-1/2 cups shredded chicken

**Directions**

1. Cook pasta al dente according to package instructions.
2. Meanwhile, melt butter in a large pot over medium heat. Once it has melted, add flour and stir until smooth.
3. Add milk and spices, stir well and bring to a boil.
4. Once mixture begins to boil, reduce heat, bring to a simmer, and stir frequently until it is slightly thickened.
5. Reduce heat to low and add cream cheese, mozzarella cheese, cheddar cheese, and sour cream. Stir until cheeses are melted and mixture is smooth.
6. Add hot sauce and stir.
7. Add shredded chicken and cooked, drained pasta noodles and stir until well coated by the sauce.
8. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **Mac and Cheese, Chicken**

Servings: 8

### **Ingredients**

- 12 ounce elbow macaroni or penne, rigatoni, ziti
- 2 Tbsp. olive oil
- 1-1/2 lbs. chicken breasts skinless and boneless, cut into small cubes
- 1 large onion chopped
- 3 cloves garlic minced
- 1/2 tsp. salt or to taste
- 1/2 tsp. pepper or to taste
- 4 Tbsp. all-purpose flour
- 2-2/3 cups milk
- 1-1/2 tsp. dried mustard
- 1-1/2 cups mozzarella cheese shredded
- 2-1/2 cups cheddar cheese shredded
- 1/3 cup Parmesan cheese grated

### **Directions**

1. Cook pasta according to package instructions. Drain and rinse with cold water to keep the pasta from sticking together. Set aside.
2. Heat the olive oil in a large skillet. Add the chicken and cook for 5 to 7 minutes until no longer pink and cooked through. Transfer the chicken to a plate.
3. In the same skillet add the onions and cook for 3 to 5 minutes until softened and translucent. Add the garlic and cook for 30 seconds until aromatic. Season with salt and pepper to taste.
4. Sprinkle the flour over the onion mixture and stir. Cook for another minute. Whisk in the milk and dried mustard. Add the mozzarella, cheddar cheese, Parmesan cheese and stir it in. Continue to cook until the cheese has melted.
5. Add the chicken and pasta to the skillet and stir everything together. Taste for seasoning and adjust as necessary with salt and pepper if needed.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## **Mac and Cheese, Green Chili**

Servings: 8 servings

### **Ingredients**

- 1 lb. elbow macaroni
- 3/4 cup heavy cream
- 3/4 cup whole milk divided
- 2 Tbsp. all-purpose flour
- 3/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. cayenne pepper
- 1 tsp. yellow or Dijon mustard
- 1-7 oz. can chopped green chilies (mild)
- 8 oz. extra sharp white cheddar cheese, shredded
- 8 oz. Monterey Jack cheese, shredded
- 1/2 tsp. kosher salt adjust to taste
- 1/2 tsp. fresh ground black pepper adjust to taste

### **Directions**

1. In a large pot, bring about 4 quarts of water to a boil. Bring the water to a boil and add 2 tablespoons of salt. Stir to dissolve and add the pasta. Cook the pasta to al dente, stirring frequently and taking care not to overcook. The pasta should still have a nice chew to it. Drain and do not rinse.
2. In the same pot used for the pasta, add the cream and 1/2 cup of milk over medium heat. In a separate bowl or glass measuring cup, whisk together the remaining 1/4 cup of milk with the flour, garlic powder, onion powder, and cayenne pepper. Whisk until smooth.
3. When the milk on the stove begins to steam (not boil!) add the flour mixture and whisk to combine. Continue whisking until the milk thickens slightly, about 4-5 minutes.
4. Stir in the mustard and green chilies. Add the shredded cheese, a handful at a time, stirring to melt. Remove from the heat once all the cheese has melted. Stir in the salt and pepper.
5. Return the pasta to the pot with the cheese sauce and stir to coat. Taste and add salt, only if needed.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Mac and Cheese, Three Cheese**

Servings: 6

#### **Ingredients**

- 1 lb. elbow or medium shell macaroni
- 4 Tbsp. unsalted butter
- 1/4 cup all-purpose flour
- 1-1/2 cups whole milk
- 1-1/2 cups Half-and-Half
- 1 tsp. mustard powder
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/8 tsp. ground red pepper
- 8 oz. shredded extra sharp white cheddar cheese
- 8 oz. shredded white American cheese
- 1/2 cup grated parmesan cheese

#### **Directions**

1. Cook the pasta al dente according to package instructions. Drain it in a colander and rinse with cold water to stop cooking and prevent it from sticking. Set it aside.
2. Melt the butter in a large skillet with high sides over medium heat.
3. Add the flour. Cook for 1-2 minutes, stirring frequently until the flour and butter combine and turn golden brown. This is the roux and will thicken the cheese sauce.
4. Pour in the milk and Half-and-Half. Stir occasionally, cooking for a few minutes, until the mixture has thickened slightly. Do not bring to a boil!
5. Add the mustard, onion powder, garlic powder, red pepper, salt, and pepper. Stir to combine. Cook for a 3-4 minutes stirring continuously.
6. Add the shredded/grated cheeses to the sauce and stir until completely melted. Remove from heat.
7. Add the cooked pasta back into the cheese sauce and mix thoroughly.
8. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Mac and Cheese, Veggie #1**

Servings: 8

#### **Ingredients**

- 1 lb. elbow or medium shell macaroni
- 2 cups mixed vegetables, frozen
- 4 Tbsp. unsalted butter
- 1/4 cup all-purpose flour
- 1-1/2 cups whole milk
- 1-1/2 cups Half-and-Half
- 1 tsp. mustard powder
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/8 tsp. ground red pepper
- 8 oz. shredded extra sharp white cheddar cheese
- 8 oz. shredded white American cheese
- 1/2 cup grated parmesan cheese

#### **Directions**

9. Cook the pasta al dente according to package instructions. Drain it in a colander and rinse with cold water to stop cooking and prevent it from sticking. Set it aside.
10. Microwave the mixed vegetables according to package instructions. Drain.
11. Melt the butter in a large skillet with high sides over medium heat.
12. Add the flour. Cook for 1-2 minutes, stirring frequently until the flour and butter combine and turn golden brown. This is the roux and will thicken the cheese sauce.
13. Pour in the milk and Half-and-Half. Stir occasionally, cooking for a few minutes, until the mixture has thickened slightly. Do not bring to a boil!
14. Add the mustard, onion powder, garlic powder, red pepper, salt, and pepper. Stir to combine. Cook for a 3-4 minutes stirring continuously.
15. Add the shredded/grated cheeses to the sauce and stir until completely melted. Remove from heat.
16. Add the cooked pasta and mixed vegetables into the cheese sauce and mix thoroughly.
17. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## Mac and Cheese, Veggie #2

Servings 4 servings

### Ingredients

- 1 cup mixed vegetables
- 1/2 cup diced onion
- 1.5 cups water
- 1 cup milk (2% or whole only)
- 8 oz. elbow macaroni
- 4 oz. Deli-counter American cheese
- 1/2 tsp Dijon mustard
- 1/8 tsp garlic powder
- 1/8 tsp ground cayenne pepper or sweet paprika
- 4 oz. sharp or extra-sharp cheddar cheese (grated from the block)
- Salt and pepper to taste

### Directions

1. Cook the mixed vegetables and onion.
2. Freshly grate cheddar cheese off the block and chop/grate deli American cheese. Block American cheese purchased from the Deli counter works best here because of its high milk content. Freshly grated cheese is needed here because pre-shredded does not work due to additives.
3. Measure out all remaining ingredients for ease/efficiency.
4. Bring water and milk to a boil in a medium saucepan or pot set to HIGH heat.
5. Stir in mini shell or elbow macaroni and a teeny pinch of salt. Reduce heat to a MEDIUM-LOW active simmer. Use a metal whisk to stir often to prevent sticking.
6. Cook until macaroni reaches desired tenderness, approx. 7-9 minutes.
7. Add American cheese, Dijon mustard, cayenne, and garlic powder. Whisk constantly for one minute until the cheese has melted into a luscious sauce.
8. Remove pot from heat.
9. Whisk in grated cheddar cheese slowly, working in 2-3 batches until completely melted. Cover with the pot's lid and allow to sit and thicken for 5 minutes.
10. Add any additional salt/pepper/spices to taste if needed. Stir in cooked veggies.
11. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## Maple Roasted Carrots

Servings: 4

### Ingredients

- 1 lb. organic carrots
- 1/4 cup pure maple syrup
- 2 Tbsp. soy sauce
- 1/2 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. smoked paprika
- 1/4 tsp. oregano
- Red pepper flakes (optional)

### Directions

1. Preheat oven to 450°F and line a baking sheet with parchment paper. Peel and trim the carrots if necessary before slicing them.
2. In a large bowl mix together the maple syrup, soy sauce, garlic powder, onion powder, smoked paprika, and oregano.
3. Add the carrots and thoroughly mix.
4. Lay the carrots out in a single layer on the baking sheet. Pour any excess maple syrup mixture over the carrots.
5. Place in the oven and bake for 10 minutes. Then, gently flip the carrots with a spatula and cook for another 10 minutes. Depending on your appliance, size of the carrots, and desired texture cooking time may vary.
6. Remove from the oven and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Mashed Potato Bowl – Beef**

Servings: 8

#### **Ingredients**

- 8 cups mashed potatoes
- 2 lbs. lean ground beef.
- 2 cups prepared beef gravy
- 2 cups frozen sweet corn
- 1 cup shredded Colby-Jack cheese
- Salt and pepper, to taste

#### **Directions**

1. Begin by making the mashed potatoes. Any mashed potatoes will do!
2. Add the ground beef to a large saucepan over medium-high heat. Break it apart with a wooden spoon. Cook for 6-7 minutes, until the beef is browned, stirring occasionally. Drain grease and rinse.
3. As the ground beef is cooking, prepare the gravy in a small saucepan on the stove top. A gravy packet works easily for this recipe or use the gravy recipe that appears in this booklet.
4. Cook the corn in the microwave according to package instructions.
5. Combine all of the ingredients and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Mashed Potato Bowl – Chicken**

Servings: 8

#### **Ingredients**

- 8 cups mashed potatoes
- 2 lbs. chicken breast cut into 1/2-inch cubes
- 2 cups prepared chicken gravy
- 2 cups frozen sweet corn
- 1 cup shredded Colby-Jack cheese
- Salt and pepper, to taste

#### **Directions**

1. Begin by making the mashed potatoes. Any mashed potatoes will do!
2. Season chicken with salt and pepper. In a large skillet, heat 2 tablespoons olive oil over medium/high heat and sauté chicken until lightly golden and cooked through.
3. As the chicken is cooking, prepare the gravy in a small saucepan on the stove top. A gravy packet works easily for this recipe or use the gravy recipe that appears in this booklet.
4. Cook the corn in the microwave according to package instructions.
5. Combine all of the ingredients and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Mexican Style Adobo Rice and Chicken**

Servings: 6

#### **Ingredients**

- 2 lbs. boneless skinless chicken breasts cut into 1/2-inch cubes
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 2 Tbsp. olive oil
- 1 (8-3/4 oz.) can whole kernel corn, drained
- 1 cup frozen peas
- 1 cup chicken broth
- 1 cup salsa
- 1/2 to 1 tsp. salt
- 1/2 to 1 tsp. chili powder
- 1/4 tsp. pepper
- 1-1/2 cups uncooked instant rice
- 1 cup shredded cheddar cheese

#### **Directions**

1. In a large skillet, sauté the chicken green pepper and onion in oil until chicken is no longer pink and vegetables are crisp-tender. Add the corn, peas, broth, salsa, salt, chili powder, and pepper; bring to a boil.
2. Stir in the rice; cover and remove from the heat. Let stand for 5 minutes. Fluff with a fork.
3. Add cheese and stir in. Cover and let stand for 2 minutes.
4. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Mushroom Rice Pilaf**

Servings: 8

#### **Ingredients**

- 4 tsps. unsalted butter
- 2 (8-oz.) package sliced fresh mushrooms
- 1/2 cup chopped green bell pepper
- 4 Tbsp. chopped onion
- 2-2/3 cups water
- 1-1/3 cups white rice
- 2 tsps. chicken bouillon granules
- 1/4 tsp. salt
- 2 pinches garlic powder
- 2 pinches ground black pepper

#### **Directions**

1. Melt butter in a saucepan over medium heat. Add mushrooms, bell pepper, and onion; cook and stir until tender, about 5 minutes.
2. Stir in water, rice, bouillon granules, salt, garlic powder, and black pepper; bring to a boil.
3. Reduce heat to medium-low, cover, and simmer until liquid is absorbed and rice is tender, 14 to 16 minutes.
4. Remove from heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Orange Chicken Stir-Fry with Rice**

Servings: 8

#### **Ingredients**

- 1 cup orange juice
- 6 Tbsp. soy sauce
- 6 cloves garlic, chopped
- 2 Tbsp. grated orange zest
- 2 tsps. ground ginger
- 1 tsp. red pepper flakes (Optional)
- 2 Tbsp. vegetable oil
- 8 skinless, boneless chicken breasts cut into 1/2-inch cubes
- 1 cup chicken broth
- 4 Tbsp. cornstarch
- 32 oz. frozen stir-fry vegetables
- 2 cups sugar snap peas
- 2 cups broccoli florets
- 2 cups sliced carrot
- 2 cups jasmine rice

#### **Directions**

1. Cook the rice according to the package instructions.
2. While rice is cooking, stir orange juice, soy sauce, garlic, orange zest, ground ginger, and red pepper flakes together in a bowl until thoroughly combined.
3. Heat oil in a large skillet or wok over medium-high heat. Cook and stir chicken in the hot oil until the chicken is no longer pink in the middle and the juices run clear, 7 to 10 minutes. Add the orange juice mixture and bring to a simmer.
4. Whisk chicken broth and cornstarch together in a small bowl. Stir into the chicken and sauce mixture in small amounts until sauce has thickened.
5. Mix stir-fry vegetables, sugar snap peas, broccoli, and carrot into the chicken and sauce mixture; cook and stir until the vegetables are slightly softened, another 7 to 10 minutes.
6. Combine with the white rice and thoroughly mix.
7. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Pad Thai**

Servings: 8

#### **Ingredients**

- 1 lb. flat rice noodles
- 2 Tbsp. oil
- 6 cloves garlic, minced
- 1 lb. boneless, skinless chicken breasts cut into 1/2-inch cubes
- 4 eggs
- 2 cup fresh bean sprouts
- 1 red bell pepper, sliced thinly
- 2 medium carrots, peeled and sliced thinly
- 1 medium onions, chopped
- 1/2 cup cilantro, chopped
- 1 bottle Pad Thai sauce



### Directions

1. Cook noodles according to package instructions, just until tender. Rinse under cold water.
2. Heat the oil in a large skillet over medium-high heat. Add the chicken and cook, stirring, until browned on all sides and mostly cooked through, 5-6 minutes. Transfer chicken to a plate.
3. Add the bell pepper, carrots, and onions to the skillet and cook until just softened, about 3 minutes. Push everything to the side of the pan. Add the eggs and scramble them quickly with a spatula. When the eggs are just barely set, combine with the veggies.
4. Add the chicken, noodles, bean sprouts, cilantro, and sauce to the skillet. Toss with tongs to combine.
5. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Pepper Steak and Rice

Serves: 4

#### Ingredients

- 1 cup white rice
- 1 lb. beef top round steak
- 1 medium onion, sliced thin
- 1/2 lb. mushrooms, sliced
- 2 cloves garlic, minced
- 3/4 cup beef broth
- 1/4 cup soy sauce
- 1 tsp. sugar
- 1/2 tsp. pepper
- 1 stalk celery, sliced
- 1 green bell pepper, sliced thin
- 1 red bell pepper, sliced thin
- 1 yellow bell pepper, sliced thin
- 1-14.5 oz. can diced tomato, drained
- 2 tsps. cornstarch
- 1/4 cup cold water

### Directions

1. Cook the rice in a medium saucepan by bringing 2 cups water to a boil. Add in rice and lower the heat to low. Stir with a fork and cover. Cook for 20-25 minutes until water is gone and rice is cooked through. Turn off heat, but keep warm.
2. Slice the meat into thin strips (against the grain) about 3 inches long and 1/4 inch thick.
3. Put 1 tablespoon beef broth in skillet on medium high and add onion, mushrooms, and garlic, stirring until onion is tender, around 4 or 5 minutes. Transfer to a bowl and set aside.
4. Add 2 tablespoons beef broth and sauté the beef until browned.
5. Add the remaining beef broth, soy sauce, sugar, and ground pepper to the skillet, stir well.
6. Return, onion, mushrooms, and garlic to skillet and simmer for 30 minutes.
7. Add celery, bell pepper and tomatoes. Cover and cook until celery and peppers are crisp/tender, around 5 minutes.
8. Dissolve the cornstarch in cold water. Add to the skillet stirring constantly until thickened, around 2 minutes.
9. Add cooked rice to skillet and thoroughly mix.
10. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying.
11. After freeze drying, package the meal for the trail.

### Pierogi Pasta

Servings: 6

#### Ingredients:

- 1/4 cup butter
- 6 servings instant mashed potatoes
- 1 cup shredded Cheddar cheese
- 1 large onion, diced
- 8 ounces medium pasta shells
- Salt
- Black pepper

### Directions

1. Cook the pasta shells according to package instructions until al dente.
2. Cook the instant mashed potatoes according to package instructions.
3. While the mashed potatoes and pasta cook, melt the 1/4 cup butter in a large frying pan over medium heat. Add onion and sauté, stirring occasionally, until translucent.

4. Combine the pasta, mashed potatoes and shredded cheddar cheese with the onions in the skillet and stir completely until cheese is melted.
5. Season with salt and black pepper, to taste.
6. Remove from heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Santa Fe Style Rice and Beans with Chicken**

Servings: 4

#### **Ingredients**

- 1 lb. boneless, skinless chicken breasts cut into 1/2-inch cubes
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. chili powder
- 1 tsp. salt
- 1/2 tsp. black pepper
- 2 Tbsp. olive oil - divided
- 1 Tbsp. butter
- 1 large onion - diced
- 1 (15-oz.) can black beans, drained and rinsed
- 1 (15-oz.) can diced tomatoes
- 1 (4.5-oz.) can green chilies
- 1-1/2 cups frozen corn
- 1 cup instant white rice
- 1 cup chicken broth
- 1/2 tsp. ground cumin
- 1 Tbsp. lime juice
- 1-1/2 cups Mexican cheese mix – shredded

#### **Directions**

1. In a small bowl combine the garlic powder, onion powder, chili powder, salt, and black pepper. Generously season the small cubes of chicken breast.
2. Add 1 tablespoon of olive oil and the butter to a large skillet set over medium-high heat. Add the chicken and sear for approximately 3-5 minutes stirring occasionally, until golden and nearly cooked through. Remove the chicken to a clean plate and set aside.
3. To the same skillet set over medium heat add the remaining tablespoon of olive oil. Add the onions and cook for 6-8 minutes, stirring frequently.
4. Stir in the tomatoes, corn, black beans, green chilies, chicken broth, rice, ground cumin, lime juice, and any leftover seasoning mixture that was not used to season the chicken breasts. Mix well to combine. Bring to boil. Reduce heat to low; cover and simmer 5 minutes or until rice is tender. Return the chicken back to the skillet. Add the cheese and mix thoroughly.
5. Cover and continue to cook over medium-low heat until the cheese is melted and the chicken is cooked through.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Shepherd's Pie**

Servings: 8

#### **Ingredients**

- 1-1/2 lbs. lean ground beef
- 3 cloves garlic minced
- 4 medium carrots peeled and cut into 1/4" slices
- 8 oz. white mushrooms, cleaned and roughly chopped
- 1-1/2 cups frozen corn, thawed
- 3/4 cup low-sodium beef broth
- 6 Tbsp. tomato paste
- 2 tsps. Worcestershire sauce
- 1 tsp. dried oregano
- 1-1/2 tsps. salt
- 1-1/2 tsps. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- 3 Tbsp. all-purpose flour
- 1-1/2 cups frozen peas, thawed
- Salt and freshly ground black pepper to taste

#### *For the Mashed Potatoes:*

- 2-1/2 lbs. russet potatoes peeled and cut into 1/2-inch cubes
- 1 tsp. salt
- 1 cup milk
- 2 Tbsp. butter
- 1/2 cup sour cream
- 1-1/2 cups shredded cheddar cheese
- Salt and freshly ground black pepper to taste

### Directions

1. In a large skillet, brown the hamburger and then drain the liquid. Add the garlic, carrots, mushrooms and corn to the hamburger in the skillet.
2. In a medium bowl, whisk together the beef broth, tomato paste, Worcestershire sauce, oregano, salt, garlic powder, onion powder, and black pepper. Pour the broth mixture over the contents of the skillet and stir to combine.
3. Bring to a boil and reduce heat. Cover and simmer for 1-2 hours.
4. In a small bowl, mix the flour and 6 tablespoons water until smooth, then slowly stir the mixture into the skillet.
5. Add the peas. Adjust the seasonings to taste with salt and pepper.
6. Cook for 15-30 minutes, until the gravy has thickened
7. To make the mashed potatoes, place the potatoes in a large saucepan and cover them with 2 inches of water. Bring the potatoes to a boil over high heat and stir in the salt. Reduce the heat and simmer until the potatoes are tender when stabbed with a fork (start checking them at 15 minutes).
8. Drain the potatoes and return them to the pot. Add the milk, butter, sour cream, salt and pepper to taste. Gently mash the potatoes with a handheld potato masher.
9. Mix the cheddar cheese into the mashed potatoes.
10. Combine the potatoes with the meat mixture.
11. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Spaghetti with Ground Beef Sauce

Servings: 8

#### Ingredients

- 2 lbs. spaghetti pasta
- 1 lb. ground beef
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 small green bell pepper, diced
- 8 oz. mushrooms, diced
- 1 (28-oz.) can diced tomatoes
- 1 (16-oz.) can tomato sauce
- 1 (6-oz.) can tomato paste
- 2 tsps. dried oregano
- 2 tsps. dried basil
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1 cup Parmesan cheese

#### Directions

1. Combine ground beef, onion, garlic, mushrooms, and green pepper in a large saucepan over medium-high heat. Cook and stir until meat is browned and crumbly and vegetables are tender, 5 to 7 minutes. Drain grease and rinse.
2. Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.
3. Follow the instructions on the spaghetti package to cook the spaghetti al dente. Drain and add into the pasta sauce along with the Parmesan cheese. Mix thoroughly.
4. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Steak Fajita Bowls

Servings: 8

#### Ingredients

- 2 lbs. steak, thinly sliced (top round, flank steak, London broil, skirt steak)
- 2-4 oz. cans diced green chilies
- 4 cloves garlic
- 1 cup beef broth
- 2-1.12 oz. packets McCormick Fajita Seasoning Mix
- 4 tablespoons olive oil
- 1 large onion thinly sliced
- 2 green bell peppers thinly sliced
- 2 red bell peppers thinly sliced
- 2 5.6 oz. packages Knorr Fiesta Sides Spanish Rice
- 2-14 oz. cans beans drained and rinsed (pinto or black. Your choice)
- 8 oz. shredded cheese (Mexican blend)

### Directions

1. Place steak strips, chilies, garlic, beef broth, and 1 packet of fajita seasoning mix in a large plastic Ziploc bag. Press all the air out and let it marinade for at least 1 hour. Drain most of the marinade into a bowl, Set marinade aside.
2. Heat olive oil in large skillet and add steak. Stir-fry until brown and cooked through.
3. Add the marinade back in with the steak and stir in second packet of fajita mix along with the onion and bell peppers. Cook for 2-3 minutes just until the veggies have barely softened.
4. Prepare Spanish rice according to package directions.
5. Add beans and cheese. Stir together with rice until hot and the cheese is melted.
6. Combine the steak, onions, and peppers with the rice, beans, and cheese and stir until thoroughly mixed.
7. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying.
8. After freeze drying, package the meal for the trail.

**Optional:** Bring 10-inch flour tortillas on the trail to wrap the rehydrated meal in.

### Sweet-and-Sour Pork Stir-Fry

Servings: 6

#### Ingredients

- 1 cup chicken broth
- 1 (8-oz.) can pineapple tidbits in natural juice, drained and juice reserved
- 2 Tbsp. soy sauce
- 1 Tbsp. apple cider vinegar
- 1/4 cup packed brown sugar
- 2 Tbsp. cornstarch
- 2 Tbsp. vegetable oil
- 1-1/2 lbs. pork tenderloin cut into 1/2-inch cubes
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 cups small fresh broccoli florets
- 2 large bell peppers (red and yellow), cut into 1-inch pieces
- 1 Tbsp. minced garlic
- 1 tsp. grated fresh gingerroot
- 3 medium green onions, diced
- 3 cups Basmati rice

### Directions

1. Cook rice according to package directions.
2. In a medium bowl, mix chicken broth, reserved pineapple juice, soy sauce, vinegar, brown sugar and cornstarch; set aside.
3. In large 12-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat until hot. Season pork with salt and pepper. Add to skillet; cook without stirring 2 minutes. Stir occasionally 1 to 3 minutes longer or until browned; transfer to plate, and keep warm.
4. Add remaining tablespoon oil to skillet; stir in broccoli and peppers. Cook 3 to 4 minutes, stirring frequently, until vegetables are crisp-tender. Return pork and juices to skillet. Stir in garlic and gingerroot; cook about 30 seconds or until fragrant.
5. Stir chicken broth mixture, and pour into skillet; heat to simmering. Cook and stir 2 to 3 minutes or until pork is cooked through and sauce is thickened. Stir in reserved pineapple chunks.
6. Combine rice with the sauce and mix well.
7. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### Taco Stew

Servings: 8

#### Ingredients

- 3 lbs. lean ground beef
- 1 lb. sweet corn, frozen
- 20 oz. pepper and onion blend, frozen
- 2 (4 oz.) cans diced green chilies, medium heat
- 2 Taco seasoning packets
- 2 (15.25-oz.) cans black beans, drained and rinsed
- 1 (15.5 oz.) can pinto beans, drained and rinsed
- 2 (15.5 oz.) cans fire roasted diced tomatoes
- 3 cups beef broth
- 1 lb. Monterey Jack cheese, shredded
- 16 oz. sour cream
- 8 Tbsp. corn starch

### Directions

1. Brown the ground beef in a stovetop skillet and thoroughly drain and rinse.
2. Transfer the ground beef to a stock pot and add the corn, pepper/onion blend, green chilies, taco seasoning, black beans, pinto beans, and fire roasted tomatoes. Bring to a boil, then reduce heat. Simmer for 10 minutes.
3. Make a thickening agent using 8 Tbsp. cornstarch mixed in 1 cup water. Slowly add the thickening agent while stirring continuously. Continue simmering until the broth has thickened.
4. Add shredded cheese and stir until cheese is melted.
5. Add the sour cream and stir until combined.
6. Divide among 4 trays and pre-freeze before freeze drying.
7. After freeze drying, package the meal for the trail.

### Teriyaki Beef

Servings: 4

#### Ingredients

- 2 Tbsp. olive oil divided
- 1 bottle of your favorite Teriyaki Sauce
- 1 medium onion, thinly sliced
- 1 red pepper thinly sliced
- 1/2 cup water
- 3 cups broccoli florets cut into bite-sized pieces
- 1 cup mushrooms, sliced thinly
- 1-1/2 lb. flank steak cut into 1/2-inch cubes
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. cornstarch mixed with 2 tsps. water - if needed
- 2 cups white rice

### Directions

1. Cook the rice according to package instructions.
2. Add 1 tablespoon olive oil to a wok or large skillet and set over high heat. When the oil is shimmering, add onion, mushrooms, and red pepper. Season with salt and pepper. Cook for 3 to 5 minutes, stirring often, until the onion is lightly browned. Add the broccoli and water, then cover pan tightly and steam for 2 to 3 minutes, or until the broccoli is crisp tender.
3. Using a slotted spoon, remove vegetables from the skillet and set aside. Add remaining oil. Once shimmering, add the steak and season with salt and pepper. Cook, stirring constantly, for 1 to 2 minutes, or until the steak is just cooked through.
4. Add Teriyaki sauce and reserved vegetables back to the pan and bring to a boil. Reduce heat to a simmer and cook for 2 to 3 minutes, or until the sauce thickens slightly. Add the rice and thoroughly mix.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

**Notes:** If for some reason your sauce has not thickened, quickly whisk in the cornstarch/water mixture and continue stirring until syrupy. Alternatively, if sauce is too thick, add water in tablespoon increments until reaching your desired thickness.

### Teriyaki Chicken

Servings: 4

#### Ingredients

- 1.5 lbs. skinless, boneless chicken breasts cut into 1/2-inch cubes
- 2 Tbsp. olive oil divided
- 1 bottle of your favorite Teriyaki Sauce
- 1 medium onion, thinly sliced
- 4 cups broccoli florets lightly steamed
- 1 cup mushrooms, sliced thinly
- 1 tsp. cornstarch mixed with 2 tsps. water - if needed
- 2 cups white rice

### Directions

1. Cook the rice according to package instructions.
2. Add 1 tablespoon olive oil to a wok or large skillet and set over high heat. When the oil is shimmering, add onion, mushrooms, and red pepper. Season with salt and pepper. Cook for 3 to 5 minutes, stirring often, until the onion is lightly browned. Add the broccoli and water, then cover pan tightly and steam for 2 to 3 minutes, or until the broccoli is crisp tender.

- Using a slotted spoon, remove vegetables from the skillet and set aside. Add remaining oil. Once shimmering, add the chicken and season with salt and pepper. Cook, stirring constantly until the chicken is lightly browned and crisp.
- Add Teriyaki sauce and reserved vegetables back to the pan and bring to a boil. Reduce heat to a simmer and cook for 2 to 3 minutes, or until the sauce thickens slightly. Add the rice and thoroughly mix.
- Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

**Notes:** If for some reason your sauce has not thickened, quickly whisk in the cornstarch/water mixture and continue stirring until syrupy. Alternatively, if sauce is too thick, add water in tablespoon increments until reaching your desired thickness.

### **Thai Peanut Curry with Chicken**

Servings: 8

#### **Ingredients**

- 2 lbs. chicken breast cut into cubes
- 2 carrots, sliced
- 2 red bell peppers, diced
- 1 zucchini, diced
- 1 large onion, diced
- 6 garlic cloves, minced
- 2 tsp. ginger, minced
- 1/2 cup peanuts chopped
- 4 tsp. avocado oil
- 36 oz. Thai style peanut curry sauce
- 4 cups water
- 2 cups uncooked white rice
- Salt and pepper to taste

#### **Directions**

- Combine water and rice in a saucepan over medium-high heat; bring to a boil. Reduce heat to low, cover, and simmer until rice is tender and liquid is absorbed, about 20 minutes.
- Meanwhile, add the avocado oil to a pot and preheat the pot over medium heat. Prepare the ingredients by washing and chopping them.
- First, add the onion, garlic, ginger and chicken breast chunks to the pot and sauté them shortly until the chicken breast has some color. Don't cook the chicken breast through at this point as it will stay in the pot and might become dry if seared for too long.
- Then, add the carrot to the pot and sauté until they have slightly softened. Next, add the red bell pepper and zucchini to the pot and stir everything.
- Add the Thai peanut curry sauce into the pot. Cover the pot with the lid, reduce the heat and let the peanut curry simmer for approx. 10 minutes or until the vegetables are soft enough. Add salt and pepper to taste.
- Combine with the rice.
- Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Tuscan Sausage Pasta**

Servings: 8

#### **Ingredients**

- 16 oz. uncooked pasta (fettuccine)
- 22 oz. Italian sausages
- 6 cloves garlic minced
- 1 cup chicken broth
- 1 tsp. Dijon mustard
- 2 tsp. flour
- 2 tsp. lemon juice
- 1/2 cup sun-dried tomatoes
- 2 cup heavy/whipping cream
- 3 cups (loosely packed) fresh baby spinach
- Small handful fresh basil torn/chopped
- Salt and pepper to taste
- Freshly grated parmesan cheese to taste

#### **Directions**

- Boil a salted pot of water and cook pasta al dente according to package directions.
- Meanwhile, take the sausages out of their casings and crumble the meat into a skillet. Sauté over medium-high heat for 5 minutes, stirring occasionally, until it's nicely browned on the outside. Drain and rinse to remove fat. Set aside.

3. Add the garlic, chicken broth, Dijon mustard, flour, and lemon juice to the pan. Stir until well combined (be sure to scrape up any brown bits from the bottom of the pan) and let it bubble for a minute or two.
4. Add the sun-dried tomatoes and cream to the pan. Let it cook for 2-3 minutes.
5. Add the sausage back into the pan. Cook for another few minutes until the sauce has thickened up a bit.
6. Stir in the basil and spinach. Let it cook for a minute or so until it wilts. Give the sauce a taste and season with extra salt and pepper if needed.
7. Drain the pasta and toss it with the sauce. Add some freshly grated parmesan if desired.
8. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **White Chicken Chili**

Servings: 4

#### **Ingredients**

- 1 Tbsp. oil
- 1 medium onion, diced
- 8 oz. mushrooms, diced
- 1-1/2 tsp. garlic powder
- 1-1/2 tsp. cumin
- 1 tsp oregano
- 1/4 tsp. cayenne or crushed pepper (optional for extra spice)
- 24 oz. chicken breasts or thighs cut into 1" cubes
- 1-14 oz. can chicken broth (or 1-3/4 cup)
- 1 can cream of mushroom soup
- 1 cup water (or more if needed)
- 2-4 oz. cans diced green chilies
- 16 oz. frozen corn
- 3-14 oz. cans great cannellini beans; drained and rinsed
- 8 oz. cream cheese
- 1-1/2 cups sour cream
- 8 oz. Pepperjack cheese, shredded

#### **Directions**

1. Heat oil in a large soup pot. Sauté onions and spices for 3 to 4 minutes over med-high heat.
2. Add chicken and continue sautéing until chicken is cooked, another 4 to 6 minutes.
3. Add broth, water, and cream of mushroom soup to pot, stir until the soup is completely mixed in.
4. Add cannellini beans, corn, mushrooms, and diced green chilies
5. Turn up the heat and bring to boil.
6. Reduce heat, add cream cheese milk and sour cream. Simmer for another 20 minutes or so.
7. Stir in Pepperjack cheese. Chili will thicken as it cools.
8. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

### **Vegetable Stew**

Servings: 6

#### **Ingredients**

- 2 Tbsp. olive oil
- 1 onion chopped
- 2 (8-oz.) packages sliced mushrooms
- 3 carrots sliced
- 3 celery stalks sliced
- 1 cup frozen peas
- 1 cup frozen green beans cut into 1" pieces
- 3 garlic cloves minced
- 2 Tbsp. fresh thyme chopped
- 1 tsp. salt
- 1 tsp. black pepper
- 1/4 cup flour or corn starch
- 1 Tbsp. tomato paste
- 1 (14.5-oz.) can fire roasted diced tomatoes
- 4 cups low sodium vegetable broth
- 3 medium Yukon gold potatoes cut into 1/2" cubes (about 1-1/2 pounds)

#### **Directions**

1. In a large Dutch oven or heavy bottomed pot, add olive oil and set over medium heat. Add the onion and mushrooms and cook for 10 to 12 minutes, or until the onion is golden brown and the mushrooms have released most of their moisture.
2. Add the carrots, celery, garlic and thyme and cook for 5 to 7 minutes, or until the carrots and celery start to soften. Season with salt and pepper.

3. Add tomato paste, stirring with a wooden spoon to evenly incorporate. Cook for about 1 minute, then add flour, stirring to evenly coat the vegetables. Cook for 1 to 2 minutes more.
4. Add diced tomatoes and vegetable broth and bring to a boil. Once boiling, add potatoes, peas, and beans. Reduce heat to simmer. Cook for 30 to 40 minutes, or until the potatoes are tender and the stew has thickened.
5. Remove from the heat and divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.

## Vegetarian Spaghetti

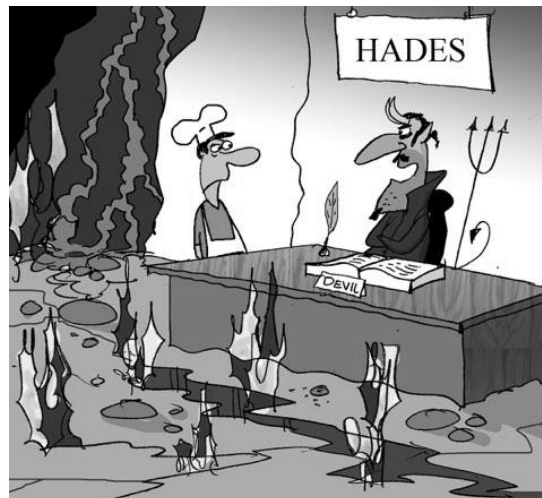
Servings 6-8

### Ingredients

- 1 lb. spaghetti or pasta of choice
- 4 Tbsp. olive oil
- 1 medium onion, chopped
- 1 red bell pepper, diced
- 2 medium zucchinis, chopped
- 2 medium yellow squash, chopped
- 3 garlic cloves, minced
- 1 14.5-oz. can diced tomatoes
- 8 oz. sliced mushrooms
- 1 24-oz. jar of your favorite pasta sauce
- 1 cup Parmesan cheese
- Salt and black pepper to taste

### Directions

1. Heat the olive oil in a wide skillet with sides over medium heat. Add onion and cook, stirring occasionally, until softened, 3 to 5 minutes.
2. Add the zucchini, yellow squash, garlic, mushrooms, and red bell pepper; then cook, stirring occasionally, until softened but still with some crunch, 5 to 8 minutes.
3. Stir in the pasta sauce and tomatoes. Bring to a low simmer and cook for about 10 minutes.
4. While the sauce simmers, bring a large pot of salted water to the boil then cook pasta according to package directions. Drain.
5. Remove the sauce from the heat and stir in the cooked pasta and Parmesan cheese.
6. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the meal for the trail.



*"You placed your hot grill against a wall, you never cleaned your grill and you put your cover on when the grill was still hot. That's why you're here."*



## Dessert Recipes

### Any Fruit Crisp

Servings: 8

#### Ingredients

##### *Fruit filling*

- 6 cups any fruit of your choice (apples, blueberries, cherries, peaches, strawberries, or a mixture of any of these.
- 1/2 cup sugar
- 2 Tbsp. cornstarch
- 1 Tbsp. lemon juice
- 1/2 tsp. of kosher salt

##### *Topping*

- 1/2 cup packed light or dark brown sugar
- 2/3 cup all-purpose flour
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/2 cup unsweetened applesauce (replaces fat)
- 2/3 cup old-fashioned whole rolled oats (or quick oats)

#### Directions

1. Preheat the oven to 375°F. Cut the fruit into chunks or slices, and place in a large mixing bowl. Add the sugar, lemon juice, cornstarch, and kosher salt, mix to combine. Spray a large baking dish with nonstick cooking spray, and pour the prepared fruit into the dish.
2. In a large bowl, mix together the flour, brown sugar, oats, salt, and cinnamon. Whisk to combine.
3. Add the unsweetened applesauce and mix until the topping is well combined. It should be crumbly but stick together when pressed. Generously top the fruit with all of the topping, packing it down lightly if necessary.
4. Bake for 45–50 minutes until the topping is golden brown and the fruit juices are bubbling around the edges. Remove from the oven, place on a wire rack, and allow to cool.
5. Divide among freeze drying trays. Cool and pre-freeze before freeze drying. After freeze drying, package the dessert for the trail.

**Notes:** You can use fresh or frozen fruit. However, if frozen fruits are used, make sure they are entirely thawed, and excess juices are allowed to drain before using. You can thaw frozen fruits by placing them in the refrigerator overnight or by allowing them to sit out at room temperature for about 4 hours.

### Banana Pudding

Servings: 4

#### Ingredients

- 1 (3.4-oz.) box vanilla instant pudding mix
- 2 cups whole milk, cold
- 2 large ripe bananas, thinly sliced

#### Directions

1. In a large mixing bowl, combine the instant vanilla pudding mix and cold milk. Using a hand mixer at medium-low speed, beat the mixture until well blended (about 2 minutes). Pour into a freeze dryer tray.
2. Chill the pudding mixture in the refrigerator while you prepare the next step.
3. Place the thinly sliced bananas onto a freeze drying tray.
4. Pre-freeze the trays before freeze drying. After freeze drying, powder the pudding in a pulse blender. Package the pudding along with the bananas for the trail.

### Brownie Batter Bites - No-Bake

Servings: Makes approximately 24 bites

#### Ingredients

- 1 cup Medjool dates
- 3/4 cup cashews
- 1/4 cup cacao powder
- 1 tsp vanilla extract
- 1/4 tsp salt

**Directions**

1. Blend all ingredients in a food processor until combined.
2. Roll into 1/2-inch balls.
3. Freeze for at least 1 hour to ensure they hold shape.
4. Place on freeze dryer trays and freeze dry.

**Chocolate Raspberry Pudding**

Servings: 4

**Ingredients**

- 1 (3.4-oz.) box chocolate instant pudding mix
- 2 cups whole milk, cold
- 1 cup frozen red raspberries

**Directions**

1. In a large mixing bowl, combine the instant chocolate pudding mix and cold milk. Using a hand mixer at medium-low speed, beat the mixture until well blended (about 2 minutes). Pour into a freeze dryer tray.
2. Chill the pudding mixture in the refrigerator while you prepare the next step.
3. Place the frozen raspberries onto a freeze drying tray.
4. Pre-freeze the trays before freeze drying. After freeze drying, powder the pudding in a pulse blender. Package the pudding along with the raspberries for the trail.

**Caramel Apples****Ingredients**

- Apples: Firm, tart varieties like Granny Smith, Honeycrisp, or Fuji work best to balance the sweetness of the caramel.
- Caramel Sauce: A thick, store-bought caramel topping (like Ghirardelli Premium Sea Salt Caramel Sauce) or a homemade caramel that can be drizzled or spread works well.
- Optional: Lemon juice or salt for pre-treatment of apples to prevent browning, parchment paper for lining trays, and extra dry time for the machine.

**Instructions**

1. Wash and thoroughly dry the apples. Removing the natural wax coating (a quick dip in boiling water and rub with a coarse towel works well) helps toppings stick.
2. Core the apples and slice them thinly (1/4–1/2-inch thick) or into "fries" (wedges). Thinner cuts help the apples dry faster and more evenly.
3. Optional: To prevent browning, soak the slices in a lemon-water bath (1 tbsp lemon juice per 1 cup water) for 3-5 minutes, then pat them dry.
4. Line your freeze-dryer trays with parchment paper to manage mess and prevent sticking.
5. Drizzle a light layer of caramel over the apple slices, or create "sandwiches" by spreading caramel between two slices.
6. Leave some space between the pieces on the tray, as the caramel will expand during the freeze-drying process.
7. Pre-freeze the trays of apples in a traditional freezer first. This helps prevent browning and may reduce the overall machine time.
8. Place the pre-frozen trays into your freeze dryer.
9. Run the machine on a standard or "fruit" cycle. Caramel and candy often require slightly different temperatures than fruit alone, so the total dry time may be longer than usual (up to 40-48 hours).
10. Add 6-12 hours of extra dry time if needed, especially if the items feel cold or soft, until they are completely crisp throughout.

**Notes:** To prevent apple slices from browning using salt, create a saltwater solution by dissolving ½ teaspoon of salt in 1 cup of cold water, soak the apple slices for 5 to 10 minutes, then drain, rinse under plain water, and pat dry. The salt slows the oxidation process that causes browning without leaving a salty taste if rinsed properly. Store the treated slices in an airtight container in the refrigerator.

- The finished product should be dry, light, and crunchy, with a texture similar to a caramel apple sucker.

- If the caramel flavor isn't strong enough, consider trying a thicker application next time or grinding freeze-dried caramel pieces into a powder to sprinkle on.
- Store the finished freeze-dried treats in an airtight container or Mylar bags with an oxygen absorber to maintain their crunch.

### **Freeze Dried Pudding**

Servings: 4

#### **Ingredients**

- 1 (3.4-oz.) box instant pudding mix
- 2 cups whole milk, cold

#### **Directions**

1. In a large mixing bowl, combine the instant pudding mix and cold milk. Using a hand mixer at medium-low speed, beat the mixture until well blended (about 2 minutes). Pour into a freeze dryer tray.
2. Allow the pudding to set up (about 5 minutes).
3. Pre-freeze the trays before freeze drying. After freeze drying, powder the pudding in a pulse blender. Package the pudding with an oxygen absorber for the trail.

### **Fudgy Applesauce Brownies**

Servings: 16

#### **Ingredients**

- 2 eggs
- 1/4 cup non-fat milk powder
- 2 Tbsp. water
- 1/2 cup unsweetened applesauce
- 1/4 cup brown sugar
- 3/4 cup granulated sugar
- 1 tsp. vanilla extract
- 1/2 cup cocoa powder
- 1/2 cup all-purpose flour
- 1/4 tsp. baking powder
- 1/4 tsp. salt

#### **Directions**

1. Preheat oven to 325°F.
2. Line an 8"x8" metal baking pan with parchment paper. Allow the parchment paper to drape over the sides of the pan to make lifting the brownies out of the pan easier once the cook. Set the pan aside.
3. In a small bowl, whisk together the eggs, milk powder and water. Set aside.
4. In a bowl combine the eggs, milk powder, water, applesauce, white sugar, brown sugar, and vanilla extract. Mix well.
5. In a separate bowl, combine the flour, cocoa powder, baking powder and salt. Mix well.
6. Marry the wet ingredients with the dry ingredients and mix well to combine.
7. Spread evenly in your prepared pan.
8. Bake in the pre-heated oven for 20-25 minutes. They are done when a toothpick inserted into the middle comes out clean. If you use a glass baking dish, you may need to bake the brownies for a few minutes longer.
9. Cool completely, cut into very small bite size pieces (they really harden after freeze-drying so you want them bite size), then place on lined freeze-dryer trays.
10. Pre-freeze for 24 hours then process in the freeze dryer

**Notes:** These brownies are oil-free and surprisingly flavorful! They are not overly sweet or rich. Using applesauce instead of butter or oil makes them a lower-fat option with excellent shelf stability. Once freeze-dried, they become light, crunchy, and slightly chewy—perfect when cut into true bite-sized pieces.

## **Fudgy Brownies**

Servings: 16

### **Ingredients**

- 2 eggs
- 1/4 cup non-fat milk powder
- 2 Tbsp. water
- 1/2 cup butter, melted
- 1/4 cup brown sugar
- 3/4 cup granulated sugar
- 1 tsp. vanilla extract
- 1/2 cup cocoa powder
- 1/2 cup all-purpose flour
- 1/4 tsp. baking powder
- 1/4 tsp. salt

### **Directions**

1. Preheat oven to 325°F.
2. Line an 8"x8" metal baking pan with parchment paper. Allow the parchment paper to drape over the sides of the pan to make lifting the brownies out of the pan easier once the cook. Set the pan aside
3. In a bowl, whisk together the eggs, milk powder and water. Add in the melted butter, white sugar, brown sugar, and vanilla extract. Mix well.
4. In a separate bowl, combine the flour, cocoa powder, baking powder and salt. Mix well.
5. Marry the wet ingredients with the dry ingredients and mix well to combine.
6. Spread evenly in your prepared pan.
7. Bake in the pre-heated oven for 20-22 minutes. They are done when a toothpick inserted into the middle comes out clean. If you use a glass baking dish, you may need to bake the brownies for a few minutes longer.
8. Cool completely, cut into small bite size pieces, then place on lined freeze-dryer trays.
9. Pre-freeze for 24 hours then process in the freeze dryer

**Notes:** The most decadent of the brownie recipes! These classic brownies include butter for a richer flavor and fudgier freeze-dried texture. Though still crunchy, they're lighter and more indulgent. This is not a fat-free recipe so shelf life will be limited.

## **Edible Chocolate Chipless Cookie Dough Bites**

Servings: 12

### **Ingredients**

- 2 cups all-purpose flour (heat treated to kill bacteria\*)
- 1 cup applesauce (unsweetened)
- 1-1/4 cups packed light brown sugar
- 1/4 cup granulated sugar
- 2 tsps. pure vanilla extract
- 1 tsp. salt
- 2 Tbsp. milk plus more if needed

### **Directions**

1. Beat sugar and applesauce with an electric mixer in a large bowl until creamy. Beat in vanilla extract and salt.
2. Add flour; mix until a crumbly dough forms. Stir in milk until dough is just combined.
3. Place marble sized balls of cookie dough on a freeze drying tray. Cool and pre-freeze before freeze drying. After freeze drying, package the dessert for the trail.

**Notes:** \*To heat treat flour: preheat oven to 350 degrees. Evenly spread 3 cups all-purpose flour onto a rimmed 18 by 13-inch baking sheet. Bake in preheated oven 7 minutes or until flour registers 160 degrees on an instant read thermometer. Cool completely store in an airtight container.

### **Edible Chocolate Cookie Dough Bites**

Servings: 12

#### **Ingredients**

- 1-1/3 cups all-purpose flour (heat treated to kill bacteria\*)
- 2/3 cups cocoa powder
- 1 cup applesauce (unsweetened)
- 1-1/4 cups packed light brown sugar
- 1/4 cup granulated sugar
- 2 tsps. pure vanilla extract
- 1 tsp. salt
- 2 Tbsp. milk plus more if needed

#### **Directions**

1. Beat sugar and applesauce with a mixer in a large bowl until creamy. Beat in vanilla extract and salt.
2. Add flour; mix until a crumbly dough forms. Stir in milk until dough is just combined.
3. Place marble sized balls of cookie dough on a freeze drying tray. Cool and pre-freeze before freeze drying. After freeze drying, package the dessert for the trail.

**Notes:** \*To heat treat flour: preheat oven to 350 degrees. Evenly spread 3 cups all-purpose flour onto a rimmed 18 by 13-inch baking sheet. Bake in preheated oven 7 minutes or until flour registers 160 degrees on an instant read thermometer. Cool completely store in an airtight container.

### **Edible Sugar Cookie Dough Bites**

Servings: 12

#### **Ingredients**

- 2 cups all-purpose flour (heat treated to kill bacteria\*)
- 1 cup applesauce (unsweetened)
- 1-1/2 cups granulated sugar
- 2 tsps. pure vanilla extract
- 1/2 tsp. almond extract
- 1 tsp. salt
- 2 Tbsp. milk plus more if needed

#### **Directions**

1. Beat sugar and applesauce with an electric mixer in a large bowl until creamy. Beat in vanilla extract, almond extract, and salt.
2. Add flour; mix until a crumbly dough forms. Stir in milk until dough is just combined.
3. Place marble sized balls of cookie dough on a freeze drying tray. Cool and pre-freeze before freeze drying. After freeze drying, package the dessert for the trail.

**Notes:** \*To heat treat flour: preheat oven to 350 degrees. Evenly spread 3 cups all-purpose flour onto a rimmed 18 by 13-inch baking sheet. Bake in preheated oven 7 minutes or until flour registers 160 degrees on an instant read thermometer. Cool completely store in an airtight container.

### **Ice Cream Sandwiches**

Servings: 1 per sandwich

#### **Ingredients**

- Any flavor of ice cream sandwich

#### **Directions**

1. To freeze dry ice cream sandwiches, start the freeze dryer while it's empty so it gets really cold – about 30 minutes.
2. While the freeze dryer is cooling down, place the freeze dryer trays in the freezer. After 30 minutes, remove the ice cream sandwich wrappers and place the sandwiches on the frozen trays. Immediately place the trays in the freeze dryer and start the freeze drying process.
3. Once freeze dried, store them in Mylar bags with an oxygen absorber for ice cream sandwiches on the trail. Eat them as they are and do not try to rehydrate.

## **Peach Cobbler**

Servings: 6

### **Ingredients**

#### *Pound Cake*

- 4 large eggs
- 1 (14 oz.) can sweetened condensed milk
- 1-1/4 cup self-rising flour

#### *Peaches*

- 7-8 fresh peaches, peeled, cored and thinly sliced (about 6 cups)

#### *Dry Ingredients*

- 3/4 cup granulated sugar
- 1-1/2 tsp. ground cinnamon
- ~1/2 tsp. salt
- 3/4 cup powdered milk

### **Directions**

#### *For the Pound Cake*

1. Preheat oven to 350°F. Grease the interior of an 8 inch round cake pan and then line it with parchment paper.
2. In a large bowl, whisk eggs until well beaten. Add in sweetened condensed milk and whisk until batter is uniform. Add in flour and whisk until no flour lumps remain.
3. Pour batter into prepared baking pan. Bake for about 30 minutes or until cake is golden and toothpick inserted comes out clean.
4. Once the cake is cool, slice it into 12 thin pieces. Place the slices on a freeze dryer tray in a single layer. Pre-freeze before freeze drying.

#### *For the Peaches*

5. To freeze dry peaches, first wash, peel, and pit the peaches. Then thinly slice them and spread them on a parchment-lined freeze drying tray. Pre-freeze before freeze drying.

#### *Packaging for the Trail*

6. After freeze drying the pound cake and peaches, package in quantities of 2 servings (4 slices of pound cake broken into pieces, 1 cup of peaches, 2 tablespoons granulated sugar, 1/4 teaspoon ground cinnamon, 1 pinch of salt, and 2 tablespoons powdered milk) along with an oxygen absorber.

#### *Rehydration Instructions*

7. Open pouch at tear mark and remove the oxygen absorber. Carefully add 2/3 cup boiling water to pouch. Stir well and zip pouch closed. Place pouch in a cozy if you have one. Let stand for 10 minutes. Open pouch, stir again and enjoy. If necessary to complete hydration, stir in additional hot water before eating.

