

**DINNER # 1 (First Night only) Italian Wedding Soup (2 Adults or 5 Scouts)****Supplies:**

	Stove with fuel cylinder
	Large Pot (6 quart) with lid
	Large spoon or ladle

**Camp Ingredients:**

3	Quarts (96 oz.) of water (preferably Pre-Treated)
1	Quart of treated water held in reserve

**Home Ingredients:**

1	lb. Chop meat made into mini-meatballs baked and frozen
1	12 oz. Package of Tortellini
2	Pkg. of dehydrated spinach
2	Table spoons of Minced Onions
2	Envelopes of Sodium Free Chicken Bouillon
4	Envelopes Cream of Chicken Soup Mix
1	Container of grated cheese (shared)
1	Salt & pepper (shared)

**Notes:**

A	Treated (filtered) water allows ingredients to be added before water has come to a boil. If boiling is being used to treat water do NOT add any ingredients to the pot until water has been boiling for a full minute.
B	There are 3 goals in this preparation: 1. The meatballs need to be defrosted and heated through 2. The spinach & other dry ingredients needs to rehydrate 3. The Tortellini needs to be cooked in a rolling boiling water for 8 minutes
C	As desired cheese, salt & pepper are to be added to individual bowls only.

**Preparation:**

1	Add 3 Quarts of treated water to pot.
2	Add bouillon & soup mix to pot and mix well. Add spinach & meatballs.
3	Once all but tortellini are added, place pot on burner and bring to a boil
4	Once pot is boiling remove from burner. Allow dry ingredients rehydrate.
5	After 10 min. place pot back on the burner and bring to a boil again.
6	Add Tortellini and keep pot boiling, stirring occasionally.
7	After 8 min. check if the tortellini is done & take off stove when done.

8	Serve with cheese, salt & pepper available to be added to individual bowls

**DINNER # 2 Backpackers' Shepherd Pie (2 Adults or 5 Scouts)****Supplies:**

	Stove with fuel cylinder
	Large Pot (6 quart) with lid
	Large spoon or ladle

**Camp Ingredients:**

2.5	Quarts (80 oz.) of water (preferably Pre-Treated)
1	Quart of treated water held in reserve

**Home Ingredients:**

1.5	lb. of chop meat 'gravel' browned & dehydrated (See alternatives in Note: H)
3	Env. (8 cups) instant Mash Potatoes with cheese or roasted garlic
0.5	Pkg. of dehydrated Celery
1	Pkg. of dehydrated string beans
1	Pkg. of dehydrated Peas
3	Table spoons of Minced Onions
2	Envelopes of Sodium Free Beef Bouillon
3	Envelopes Beef Bouillon
1	Salt & pepper (shared)

**Notes:**

A	Directions assume water is treated (filtered). If not, wait until water has been boiling for a full minute before adding any other ingredients to the pot.
B	Water does not need to continue to boil while dry ingredients rehydrate. Remove Pot from stove and shut flame to save fuel.
C	Once dry ingredients are fully rehydrated (@15 min.), water is brought back to a boil.
D	The dry instant mash potatoes are added to the bowls not to the cooking pot.
E	Hot water mixture is added to individual bowls in a ratio of 2 parts liquid to 1 part potatoes.
F	It is likely you will have extra UNCOOKED potato mix leftover. Save as emergency food.
G	All rehydrated vegetables & meat DO need to be eaten. More plain water could be heated to a boil if required for additional potato mix.
H	Dehydrated beef can be replaced by 2 pkg. of 'beefish' TVP or 3 pkg of freeze dried beef

**Preparation:**

1	Add 2.5 Quarts of treated water to pot.
2	Add bouillon, celery, string beans, peas, onions and beef to pot and mix well.
3	Once all ingredients are added, place pot on burner and bring to a boil

4	Once pot is boiling remove from burner. Allow dry ingredients rehydrate for about 15 minutes.
5	After 15 min. place pot back on the burner and bring to a boil again for 5 min.
6	Confirm all ingredients are fully rehydrated or wait until they are.
7	The instant mash potatoes are added dry to the bowls.
	IMPORTANT: Only add a LIMITED quantity of mash potato mix to each bowl.
8	Hot liquid mix is poured into bowls & mixed vigorously while potatoes set-up.
	Twice as much liquid as potato mix, for example, 1/4 cup of potatoes and 1/2 cup of water.
	Extra liquid can be added if mix becomes too thick.
9	Try to spread out ingredients evenly among the individual bowls. Not all ingredients should be used on the initial disbursement. Reserve some for anyone eating more potatoes.
10	Any unused potato mix can be packed out but be sure to consume all other ingredients.
	If liquid starts to run out, add water to kettle and return to the burner.

**Dinner # 3 Grandma's Hardy Chicken Vegetable Curry Soup (2 Adults or 5 Scouts)**

**Supplies:**

	Stove with fuel cylinder
	Large Pot (6 quart) with lid and large spoon
	Large spoon or ladle

**Camp Ingredients:**

3	Quarts (96 oz.) of water (preferably Pre-Treated)
1	Quart of treated water held in reserve

**Home Ingredients:**

3	1 oz. Pkg. Freeze Dried Chicken (or 2 (12 oz). cans of Chicken (dehydrated))
4	Pkg. of Ramien Noodles (Crushed and Re-packaged)
1	Pkg. Dehydrated String beans
0.5	Pkg. of dehydrated Celery
0.5	Pkg. of dehydrated Carrots
0.5	Pkg. of Dry Mushrooms sliced small & Re-packaged
1	Flavor Pack (Onion Powder & Dried Parsley)
3	Envelopes of Cream of Chicken soup mix
3	Envelopes of Sodium Free Chicken Bouillon
1	Small pkg. of red curry powder (shared)
1	Container of grated cheese (shared)
1	Salt & pepper (shared)

**Notes:**

A	Treated water allows all dried ingredients to be added before water has come to a boil. This will help dried ingredient rehydrate.
B	A small amount of curry can be added to the pot or held out & just added to individual bowls.
C	As desired cheese, salt & pepper are to be added to individual bowls only.
D	The freeze dried or dehydrated chicken can be replaced by 2 pkg. of 'chickenish' TVP

**Preparation:**

1	Add 3 Quarts of treated water to large pot. Add soup mix, bouillon & flavor pack. Mix well.
2	Add all dried ingredients but noodles to pot: chicken, string beans, celery, carrots & mushroom A few shakes of curry can be added to pot if desired
3	Keep 1 Quart of treated water in reserve.

4	Cover pot and bring to a boil, stirring occasionally
5	Once pot is boiling remove from burner and turn off burner
6	Allow dry ingredients to rehydrate for about 15 minutes.
7	After 15 min. place pot back on the burner and bring to a boil again.
8	Check & confirm dry ingredients are re-hydrated or wait until they are.
9	Once all other ingredients are re-hydrated then add Noodles to pot. and mix well but carefully
10	Boil Noodles an additional 3 minutes
	Note: Reserve treated water can be added slowly if mixture becomes too thick
11	Remove pot from heat and let sit covered for 1 min. before serving
11	Serve with cheese, curry, salt & pepper available to be added to individual bowls

**DINNER # 4 Black Beans & Ramien Noodles (Mexican Pasta e Fagioli) (2 Adult & 5 Scouts)****Supplies:**

Stove with fuel cylinder

Large Pot (6 quart) with lid and large spoon

**Camp Ingredients:**

2.5 Quarts (80 oz.) of water (preferably Pre-Treated)

1 Quart of treated water held in reserve

**Home Ingredients:**

1 Pkg. Bacon Bits

1 Pkg. microwave Black Bean Soup repackaged

1 Pkg. dehydrated Black Beans

4 Pkg. of Ramien Noodles crushed and repackaged (discard flavor packs)

0.5 Pkg. dehydrated Carrots

0.5 Pkg. of dehydrated Celery

3 Tablespoons minced onions

0.5 Pkg. of dehydrated Peppers

1 Env. of Black Bean flavor pack from microwave Black Bean Soup

2 Envelopes of Sodium Free Beef Bouillon

1 Small container of grated cheese (shared)

1 Salt &amp; pepper (shared)

**Notes:**

A Treated water allows all dried ingredients to be added before water has come to a boil.

This will help dried ingredient rehydrate.

B Be sure to wait to add Noodles until after carrots, onions and celery are rehydrated

C As desired cheese, salt &amp; pepper are to be added to individual bowls only.

**Preparation:**

1 Add 2.5 quarts of treated water to large pot then add bouillon &amp; mix well.

Keep 1 Quart of treated water in reserve.

2 Add: Carrots, onions, peppers and celery to pot and mix together

3 Cover pot, place on burner and bring to a boil stirring occasionally

4 Once pot is boiling remove from burner and add Black Bean soup mix and mix well.

5 Add Black Bean flavor pack and bacon bits. Mix well.

6	Allow dry ingredients to rehydrate for about 15 minutes.
7	After 15 min. place pot back on the burner and bring to a boil again
8	Lift cover periodically & mix and wait until dry ingredients are re-hydrated.
9	Add Ramien Noodles and mix well.
	Note: Reserve treated water can be added slowly if mixture becomes too thick
10	Cook Noodles an additional 3 minutes.
11	After 3 minutes, remove pot from heat and let sit covered for 1 min. before serving
12	Serve with cheese, salt & pepper available to be added to individual bowls



**DINNER # 5 Backpacker's Thanksgiving (2 Adult & 5 Scouts)****Supplies:**

Stove with fuel cylinder

Large Pot (6 quart) with lid and large spoon

**Camp Ingredients:**

1.25 Quarts (40 oz.) of water (preferably Pre-Treated)

1 Quart of treated water held in reserve

**Home Ingredients:**

2 Pkg. (4 oz.) Idahoan Instant Mash Potatoes

0.5 Cup instant whole milk

1 Cup dried herbed stuffing mix

1.5 Cup Craisins (dried cranberries)

Note Package all dried ingredients (Potatoes, milk, stuffing &amp; Craisins) in a single zip lock bag.

2 Foil Pouch (7 oz.) Chicken

0.5 Pkg. of dehydrated Celery

2 Tablespoons olive oil

**Preparation:**

1 Add 5 cups of to large pot and bring to a boil. If water was treated continue. If not then keep water at a rolling boil for at least a minute.

2 Add olive oil and remove pot from burner.

3 Cover pot, place on burner and bring to a boil stirring occasionally

4 Immediately add dried ingredients to pot and mix well.

5 Crumble chicken into pot and mix again.

6 Allow pot to rest covered for 1 minute before serving.