

# Camp Recipes – Backpacking

## BC MPING



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## Dehydrating

*(Source: Colleen Aven)*

I usually dehydrate until the food item is very dry. There is a less chance of spoilage. Then I store most of the food items in air-tight containers (or Ziploc bags) in the fridge until it's time to go camping. The only disadvantage to dehydrated one pot meals is that they all have a similar texture, and almost never crunch. To add crunch, consider bringing some raw veggies (eg. celery, carrots, snap peas, cucumber). They are heavier, but make a nice addition to these meals.

## Meats

I usually use ground beef or turkey for meats. I cook them, rinse them under hot water in a strainer to remove the fat, and use the solid dehydrator trays to dehydrate them until they are very dry. Fat is the first thing to spoil over time, and it also seems to slow down the rehydrating process. Ground meats rehydrate very fast due to the large surface area. Canned fish also dries quickly and rehydrates quickly.

## Sauces

Many sauces will dehydrate. Just prep them like you normally would. Put onto a solid dehydrator tray and dehydrate until there is no more moisture. Peel or chip off the sauce from the tray into Ziploc bags to rehydrate before supper.

## Vegetables

I tend to use frozen veggie premix to dehydrate. There are lots of varieties out there to choose from. If doing vegetables from scratch, then the vegetables should be blanched before dehydrating. I also sometimes use dried soup/vegetable mix found in my bulk bins, and throw in some extra dried onion flakes for flavor. Vegetables can take up to half the day to rehydrate – so I will usually plan to start rehydrating at lunch or even first thing in the morning. I keep the vegetables separate from the meat.

Rehydrating can take different amounts of time: vegetables and whole meats can take hours, while ground meats and canned fish take less than one hour. You should package for rehydrating in Ziploc freezer bags and use two Ziploc bags if you will be carrying in a backpack for the day. This is to prevent spillage. Rehydrating will need the space to double in size.

When cooking, it is always a good idea to have some extra hot/warm water set aside in case you need it. Balancing how much water to make the dish can be very challenging. Too much and you will need to boil it away. With not enough water you must be careful not to burn the food. You can add some extra preheated water to keep things going. Water amounts will depend on how much extra water there is in the rehydrated packages that are added along the way.

Once you arrive at camp, get some water boiling for tea, hot drink or cuppa soup. It helps with the girls' personal rehydration. Soup will replace salt and can be a bit of an appetizer while dinner is being made and setting up of camp.

**\*\*\* WARNING – Amounts in the Backpacking Recipes are rough guidelines only. \*\*\***

I never seem to do the same thing twice, but it often works out.

Try something new, it just might work.

For dehydrated dinners, you can mix and match: one protein, one starch with vegetables, and spices or sauce. Explore with different ingredients you like to eat. I usually just adjust the starch and sauce depending on the number to feed. Some of the instant packages make good starters to any lightweight meal. Make sure you read the preparation directions, so you know what to take with you. Ichiban noodles are also easy to cook. With any of these, I still like to add extra ingredients to liven them up.

## Beef Jerky

(Source: Colleen Aven)

### Ingredients:

1 pound lean ground beef

### Equipment:

dehydrator

### Instructions:

1. Thaw the ground beef.
2. Mix in curing salt and spices.
3. Wrap well and store overnight in the fridge.
4. Press meat into strips on the drying racks and dry on highest heat setting until it is very dry.

## Dried Tomatoes

(Source: Colleen Aven)

### Ingredients:

tomatoes	sea salt	spices (hot pepper seeds, caraway, basil)
olive oil	garlic	

### Equipment:

frying pan	bowl
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### Instructions:

1. Sear garlic, hot pepper seeds, caraway, and basil in olive oil.
2. Add some more oil to the bowl. Let it sit for a while.
3. Once on the rack, brush it with oil on top.
4. Sprinkle some sea salt.
5. When partially dry, turn the tomatoes over and repeat with the oil and salt.

## Fruit Crumble

(Source: Colleen Aven)

### Ingredients:

dehydrated fruit pieces: apples, peaches, strawberries (from frozen or fresh)  
 ½ cup soft margarine  
 ¾ cup brown sugar  
 1 cup rolled oats  
 ¾ cup flour  
 cinnamon

### Equipment:

wooden spoon	bowl	baking tray
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**Instructions:**

1. Cream margarine with brown sugar.
2. Mix 1 cup rolled oats,  $\frac{3}{4}$  cup flour and a pinch of cinnamon.
3. Brown on tray in oven at 350°F.
4. Cool and put in Ziploc bag.
5. Rehydrate fruit for a couple of hours. Finish by simmering until juicy.
6. Pour off any excess water. Top with the crumble topping.

**Instant Oatmeal**

*(Source: Colleen Aven)*

**Ingredients:**

instant oatmeal      instant dried milk      extra dried fruit      brown sugar

**Equipment:**

pot

**Instructions:**

1. Rehydrate fruit overnight if it is part of the menu.
2. Boil water. Add boiling water to oatmeal.
3. Embellish with fruit, milk, and sugar.
4. This can be done in a Ziploc freezer bag to avoid dishes. Sugar and milk can be pre-added too, making it a ready-to-eat breakfast.

**No Bake Cheesecake**

*(Source: Colleen Aven)*

**Ingredients:**

powdered milk      margarine      dehydrated strawberries      water

**Instructions:**

1. Follow directions on cheesecake box. Use powdered milk, margarine or just water. Do not forget to read the box before you leave so you know how to adapt it. NOTE: Beating can be done with fork, chopsticks, or just shake it hard in a wide mouth Nalgene water bottle.
2. Top the cheesecake with strawberries and juice. Use some instant fudge pudding drizzled over top.

## One Pot Taco

(Source: Colleen Aven)

### Ingredients:

dehydrate 1 pound cooked and peppered ground meat  
 dehydrate 1 cup frozen mixed veggies (suggestion: fajita mix)  
 dehydrate ½ can refried beans  
 dehydrate ½ cup salsa  
 2 cups instant rice  
 1 to 2 packages taco seasoning  
 shredded cheddar cheese  
 soft taco shells

### Equipment:

large pot

### Instructions:

1. Rehydrate everything in separate bags.
2. Boil 2 to 3 cups of water. Add meat and veggies.
3. Add rice and taco seasoning. Simmer until most of the water is gone and rice is cooked.
4. Put mixture in taco. Top with cheese and salsa. Wrap and enjoy.

## Shepherd's Pie

(Source: Colleen Aven)

### Ingredients:

dehydrate 1 pound cooked and peppered ground meat  
 dehydrate 1 cup frozen mixed veggies of your choice  
 2 packages of gravy or 1 onion soup mix  
 2 packages (1 package makes 4 – ½ cup servings) of instant potato mix  
 1/3 cup skim milk powder  
 shredded cheddar cheese

### Equipment:

large pot

### Instructions:

1. Rehydrate meat and vegetables separately.
2. Boil 3 to 4 cups of water in a pot. Add meat, vegetables, skim milk, and gravy.
3. Once heated well it should start to thicken. Add 1 ½ packages of potato and mix to the thickness you prefer (use the extra ½ package as needed). Top with cheese.

## Spicy Tuna and Rice

(Source: Colleen Aven)

### Ingredients:

dehydrate 2 cans spicy Thai tuna	dehydrate 1 cup frozen mixed vegetables
2 to 3 cups instant rice	3 to 4 packages of tomato soup mix
1/3 cup parmesan cheese	

### Equipment:

large pot

### Instructions:

1. Rehydrate vegetables and tuna separate.
2. Boil 2 to 3 cups of water. Add vegetables, rice, and soup mix.
3. Simmer until rice is almost done.
4. Add tuna and cheese.

## Super Scramble

(Source: Colleen Aven)

### Ingredients:

dehydrate 4 cups frozen hash browns	2 tablespoons dried chopped onion
2 tablespoons oil or butter	1 package ready-made bacon bits
½ cup shredded cheddar cheese	dried / powdered eggs

### Equipment:

### Instructions:

1. To dehydrate, place frozen hash browns in a single layer on the dehydrator trays.
2. Dehydrate the hash browns until they are very dry and hard.
3. Place in medium size heavy duty Ziploc bag with a sprinkle of dried onion.
4. It is best to start rehydrating the night before your planned breakfast by adding just enough water to cover potatoes. In the morning, drain any excess water.
5. Melt the butter. Add the potatoes and heat thoroughly. They do not brown very well.
6. Stir in bacon bits and cheddar cheese. Stir constantly until the cheese is melted.
7. Serve with salt, pepper, and ketchup as desired.
8. Cook the dried eggs as per directions to go with this.

## Trail Mix Bars

(Source: Colleen Aven)

### Ingredients:

1 ½ cups chocolate chips                      ½ cup honey  
 ¾ cup butterscotch chips                      1 cup rolled oats  
 3 cups dry ingredients: toasted wheat germ, coconut, walnut pieces, almond flakes, peanut pieces, sunflower seeds, raisins, cranberries, dried fruit pieces

### Equipment:

bowl                      baking pan

### Instructions:

1. Mix all the dry ingredients in a bowl.
2. Melt the chocolate chips and butterscotch chips.
3. Add the warmed honey.
4. Add the melted ingredients to the dry ingredients. Mix well.
5. Press into greased baking pan to desired thickness. Cut while still warm. Let it cool and wrap individually if desired.

## Tuna Noodle Casserole

(Source: Colleen Aven)

### Ingredients:

dehydrate 2 cans of tuna    1 package (4 cups) onion soup mix  
 dehydrate 1 cup frozen mixed veggies    3 cups medium egg noodles  
 1/3 cup parmesan cheese    1/3 cup skim milk powder

### Equipment:

dehydrator                      large pot

### Instructions:

1. Rehydrate tuna and vegetables separately.
2. Boil 3 to 4 cups of water in a big pot. Add the noodles, onion soup mix, rehydrated veggies and tuna.
3. When the water is mostly gone and noodles are done, add cheese and milk to make the final sauce.

# Backcountry Dishwashing

(Source: Colleen Aven)

Be certain that the water for washing is sanitary with no germs or parasites. Getting sick or having severe diarrhea on the trail is NO FUN. Getting Hepatitis A is not either. These are all possibilities especially in well-used wilderness areas these days. It is really bad in some areas when you see how careless some people are about disposal of human waste (feces).

According to my copy of "**Walking Softly in the Wilderness. The Sierra Club Guide to Backpacking**":

"All serious washing should be done away from natural water. **Never rinse off suds in live water, but rather carry the water and wash and rinse ashore.**" That should be about 200 feet from water sources.

And according to **Leave No Trace Canada** "Wastewater":

For dish washing, use a clean pot or expanding jug to collect water and take it to a wash site at least 200 feet away from water sources. This lessens trampling of lakeshores, riverbanks and springs and helps keep soap and other pollutants out of the water. Use hot boiling water, elbow grease and little or no soap – even if you have biodegradable soap. Strain dirty dish water with a fine mesh strainer (part of a nylon) before scattering it broadly. Do this well away from camp, especially if bears are a concern.

Soaps and lotions, even if biodegradable, can affect the water quality of lakes and streams. So minimize its use. **Always wash yourself and your equipment well away from shorelines (200 feet)** and rinse with water carried in a pot or bucket. This allows the soil to act as a filter. Where freshwater is scarce, think twice before swimming in creeks or potholes. Lotions, sunscreen, insect repellent, and body oils can contaminate these vital water sources.

Any water, that will be touching our mouths directly through drinking or indirectly through washing and rinsing of cooking and eating utensils and our hands, must be decontaminated in some way to prevent possible contamination to ourselves with bacteria, viruses or parasites that could make us very ill. Practice decontamination by boiling, filtration or purification tablets or liquids.