

One Pot "Shepherds Pie" (Colleen's favourite)

"I have never been very consistent with this recipe... but it has always worked... ingredients can be swapped or substituted, amounts aren't precise... I always try to have a bit of extra potato in case the end result is too soupy, and a small bit of hot water in case it's too thick... As with all homemade dehydrated meals its best to experiment with stuff you like, try it out, and enjoy! Veggies can take a long time to rehydrate... try about 4 hours. Burger rehydrates quickly... try 1 hour or less." ~ Colleen

- 1 package of instant scalloped Potatoes (*by one package I look for one that needs 2 cups of water added...I like the garlic flavoured ones*)
- 1 cup of dehydrated hamburger/ground turkey or substitute
- (Cook about 1 lb of burger, drain, wash fat off in sieve and dry)
- 3/4 cup dehydrated veggies of choice
- (I use extra onion flakes & dried soup mix veggies from store or make your own)
- 1 package of onion soup mix
- (or gravy mix which will thicken the mixture)
- spices to taste, parmesan cheese to garnish



At meal time: Put about 3 cups of water in pot with veggies & burger when hot and ready to eat add potatoes and soup mix...add extra water to thin, or potatoes to thicken. Garnish with Parmesan cheese!

Spicy Thai Tuna and Rice (Adèle's favourite)

"I first tried this recipe on the West Coast Trail with my hiking club – it's been a favourite of mine ever since." ~ Adèle

Ingredients:

- 2 cups Minute Rice
- 2 cups boiling water
- 1 package Lipton instant tomato soup with croutons
- 1 or 2 cans Spicy Thai tuna (found in tuna section of grocery store)

Boil water; add rice, cover and let sit for 5 minutes. Fluff with fork, add dry soup mix, tuna and stir. Happy trails to you!

Apple Crisp – for the trail (Colleen's favourite dessert)

Dehydrate 6-8 peeled apples.

Topping:

- 1 c. rolled oats
- ¾ c. brown sugar
- ½ c flour (white or whole wheat)
- 1 tsp cinnamon
- ¼ c margarine



Stir rolled oats, brown sugar, flour and cinnamon together in a bowl. Cut in margarine. Spread on a cookie sheet and bake at 300 for 30 minutes, stirring frequently. At camp, soak apples in warm water until soft. Serve with topping.