

# S101 Beefy Noodle Bowl



## Gear Needed

|   |                |   |                       |
|---|----------------|---|-----------------------|
| 1 | Backpack stove | 1 | plastic cooking ladle |
| 1 | 2 qt pot       |   |                       |

## Cooking Instructions

|   | Qty   | Ingredient   |
|---|-------|--------------|
| 1   | AR    | water        |
| 2 cups water per serving  |       |              |
| 2   | 1 bag | beefy noodle |
| Remove soy sauce and onion soup packet from bag before adding dry ingredients to water. |       |              |
| 3   | pkg   | Onion soup   |
|   |       |              |
| 4   |       | Stir well    |
| Stir until noodles are soft and vegetables are rehydrated                               |       |              |
| 5   | pkg   | soy sauce    |
| Add soy sauce to taste.   |       |              |

## Handling Instructions

4 cups = 1 quart  
If using frozen vegetables, then use meal on first day.

## Tips & Tricks

Do not boil, or put boiling water in Ziploc bags.  
Re-use and recycle the Freezer Ziploc bags.  
Close containers to prevent spills.  
Put lid on pots during cooking to conserve fuel.

# Beefy Noodle Bowl



## Home Preparation Supplies

|   |                          |
|---|--------------------------|
| 1 | Freezer Ziploc bag, 1 qt |
|---|--------------------------|

## Home Preparation

|   |                                       |
|---|---------------------------------------|
| 1 | Discard ramen noodle flavor packet    |
| 2 | Combine all ingredients in Ziploc bag |
| 3 |                                       |

Tips: Put this card in bag  
Burp air from bag  
Securely close bag.

## How many servings at this meal?

Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

## Ingredients NOTE: Serves 2

| Qty for 2 | Description            | Servings Qty |
|-----------|------------------------|--------------|
| 1 pkg     | Ramen Noodles, 3 oz    |              |
| 1 pkg     | Instant onion soup     |              |
| 3 tbl     | Beef jerky, shredded   |              |
| ¼ cup     | Mixed vegetable, dried |              |
| ¼ tsp     | Garlic powder          |              |
| ¼ tsp     | Ground ginger          |              |
| ½ tsp     | Cilantro               |              |
| 1-2 pkg   | Soy sauce              |              |

## Special Preparation Instructions

vegetables if use frozen vegetables pack in separate Ziploc bag.  
canned mixe vegetable may be used

# S102 Ham & Pea Ramen



| Gear Needed |                |   |                       |
|-------------|----------------|---|-----------------------|
| 1           | Backpack stove | 1 | plastic cooking spoon |
| 1           | 2 qt pot       |   |                       |

| Cooking Instructions   |                           | Qty   | Ingredient  |
|--|---------------------------|-------|-------------|
| 1  | Add water to peas         | 1 bag | dried peas  |
| <i>At breakfast</i> , add 1 cup cold water for each serving to bag. Seal and let soak for until ready to fix supper. |                           |       |             |
| 1  | boil water                | AR    | water       |
| bring water to a boil , 2 cups per ramen package   |                           |       |             |
| 2  | add peas to water         | 1 bag | soaked peas |
| Drain soak water from bag of lentils. Add to pot and cook until tender   |                           |       |             |
| 2  | add noodles to water      | 1 bag | noodle      |
| when noodles are tender, drain water   |                           |       |             |
| 3  | add remaining ingredients | 1pkg  | ham         |
|  |                           | 1 bag | cheese      |
| add ham and parmesan cheese. Heat and serve  |                           |       |             |

**Handling Instructions**

peas if using dried split peas they need to soak in water for several hours. At breakfast put them in 6 parts water to 1 part peas.

**Tips & Tricks**

Do not boil, or put boiling water in Ziploc bags.  
 Re-use and recycle the Freezer Ziploc bags.  
 Close containers to prevent spills.  
 Put lid on pots during cooking to conserve fuel.

# Ham & Pea Ramen



| Home Preparation Supplies |                          |
|---------------------------|--------------------------|
| 1                         | Ziploc bag, sandwich     |
| 2                         | Ziploc Snack bag         |
| 1                         | Freezer Ziploc bag, 1 qt |

**How many servings at this meal?**  
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/2 cup).

| Home Preparation |  |
|------------------|--|
| 1                | Discard ramen noodle flavor packet                     |
| 2                | Put ramen noodles Ziploc sandwich bag                  |
| 3                | Put dried peas in separate Ziploc snack bag            |
| 3                | Put parmesan cheese in Ziploc snack bag                |
| 4                | Put ingredient bags, and ham pouch in 1 qt Ziploc bag. |

| Ingredients NOTE: serves 2 |                         |              |
|----------------------------|-------------------------|--------------|
| Qty for 2                  | Description             | Servings Qty |
| 1 pkg                      | Ramen noodles, 3 oz     |              |
| 1/2 cup                    | Dried peas              |              |
| 1 tbl                      | Parmesan cheese, grated |              |
| 1 pkg                      | Ham, 3 oz               |              |
|                            |                         |              |
|                            |                         |              |

**Tips:** Put this card in bag  
 Burp air from bag  
 Securely close bag.

| Special Preparation Instructions |             |
|----------------------------------|-------------|
| Ingredient                       | Description |
|                                  |             |

# S103 Cheese-O-Rama



| Gear Needed |                |   |                       |
|-------------|----------------|---|-----------------------|
| 1           | Backpack stove | 1 | plastic cooking spoon |
| 1           | 2 qt pot       |   |                       |

| Cooking Instructions   |                                   | Qty   | Ingredient                |
|--|-----------------------------------|-------|---------------------------|
| 1  | Soak lentils                      | 1 bag | lentils                   |
| <i>At breakfast</i> , add 1 cup cold water for each serving to bag. Seal and let soak for until ready to fix supper. |                                   |       |                           |
| 2  | boil water                        | AR    | water                     |
| Bring water to a boil, 6 cups per macaroni & cheese package.   |                                   |       |                           |
| 3  | add lentils to water              | 1 bag | lentils                   |
| Drain soak water from bag of lentils. Add to pot and cook until tender   |                                   |       |                           |
| 4  | add noodles to water              | 1 bag | noodle                    |
| Cook until tender. Do not combine steps 3 and 4.   |                                   |       |                           |
| 4  | Drain water when noodles are soft |       |                           |
| 5  | add remaining ingredients         | 1pkg  | powdered cheese & milk    |
|  |                                   | 1 pkg | mustard                   |
|  |                                   | 1 pkg | ham                       |
|  |                                   | AR    | water (see Tips & Tricks) |
| Add ¼ cup water per macaroni & cheese package. Mix well  |                                   |       |                           |

| Tips & Tricks   |
|---|
| Mix cheese & milk in a separate cup before adding to noodles            |
| If using Velveeta shells & cheese then omit the powdered milk and water |
| Do not boil, or put boiling water in Ziploc bags.                       |
| Re-use and recycle the Freezer Ziploc bags.                             |
| Close containers to prevent spills.                                     |
| Put lid on pots during cooking to conserve fuel.                        |

# Cheese-O-Rama



| Home Preparation Supplies |                             |
|---------------------------|-----------------------------|
| 2                         | Freezer Ziploc bag, 1 pt    |
| 1                         | Ziploc Sandwich bag         |
| 1                         | Ziploc storage bag, 1/2 gal |

| Home Preparation |  |
|------------------|--|
| 1                | Put noodles in 1 pt Ziploc bag   |
| 2                | Put lentil beans in ½ gal Ziploc bag   |
| 2                | Put powdered cheese (take out of packet), powdered milk, and pepper in Ziploc sandwich bag |
| 3                | Put ingredient bags, mustard, and ham pouch in ½ gal Ziploc bag.                           |

Tips: Put this card in bag  
 Burp air from bag  
 Securely close bag.

**How many servings at this meal?**  
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

| Ingredients for 3 servings |   |              |
|----------------------------|---|--------------|
| Qty for 3                  | Description                               | Servings Qty |
| 1 box                      | Macaroni & Cheese, ramen noodles, 7.25 oz |              |
| 1 cup                      | dried lentil beans                        |              |
| 1/8 tsp                    | red pepper flakes, crushed                |              |
| 1 tbl                      | powdered milk                             |              |
| 1 pkg                      | ham, 3 oz foil pouch                      |              |
| 1 pkg                      | yellow mustard                            |              |

| Substitutions     |   |
|-------------------|---|
| red pepper flakes | cayenne or black pepper                                       |
| Macaroni & Cheese | If using Velveeta shells & cheese then omit the powdered milk |

# S104 Chicken & Rice



| Gear Needed |  |   |                       |
|-------------|--|---|-----------------------|
| 1           | Backpack stove                                     | 1 | plastic cooking spoon |
| 1           | 2 qt pot (larger needed if more than two servings) | 1 | can opener            |

| Cooking Instructions  |                 | Qty   | Ingredient |
|---|-----------------|-------|------------|
| 1   | Boil water      | AR    | water      |
| 1 cup for each serving. See Tips & Tricks conserving water and when using noodles.                                |                 |       |            |
| 2   | Add ingredients | 1 bag | rice       |
|   |                 | 1 pkg | chicken    |
|   |                 | 1 bag | seasoning  |
|   |                 | 1 can | soup       |
|   |                 | 1 can | vegetables |
| Mix well. Bring back to boil. Remove from heat and cover. Let set 5 minutes to hydrate rice. Add water if needed. |                 |       |            |
| 3   | Stir and serve  |       |            |

| Tips & Tricks  |
|--|
| Re-use the water from the chicken and vegetables to conserve water.                                    |
| Do not dump the aromatic water from the chicken and vegetables on the ground. It will attract animals. |
| If using noodles, cook them first separately, drain. Then continue with step 2.                        |
| Do not boil, or put boiling water in Ziploc bags.  |
| Re-use and recycle the Freezer Ziploc bags.  |
| Close containers to prevent spills.  |
| Put lid on pots during cooking to conserve fuel.   |

# Chicken & Rice



| Home Preparation Supplies |                              |
|---------------------------|------------------------------|
| 1                         | Ziploc storage bag, ½ gal    |
| 1                         | Ziploc storage bag, sandwich |
| 1                         | Ziploc storage bag, snack    |

| Home Preparation |   |
|------------------|---|
| 1                | Put seasoning ingredients in Ziploc snack bag   |
| 2                | Put rice in Ziploc sandwich bag   |
| 3                | Package foil pouch, can of vegetables, seasoning bag, soup can, and rice bag into ½ gal Ziploc bag. |

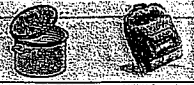
Tips: Put this card in bag  
 Burp air from bag  
 Securely close bag.

**How many servings at this meal?**  
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

| Ingredients for 2 servings |   |              |
|----------------------------|---|--------------|
| Qty for 2                  | Description                               | Servings Qty |
| 1 pkg or 1 can             | chicken, foil pouch, 6.4 oz chicken, 5 oz |              |
| 1 can                      | mixed vegetables                          |              |
| 1/8 tsp                    | pepper                                    |              |
| ¼ tsp                      | garlic powder                             |              |
| ½ tsp                      | parsley flakes                            |              |
| 1 tsp                      | chicken bouillon, granules                |              |
| 1 cup                      | instant rice                              |              |
| 1 can                      | cream of celery soup                      |              |

| Substitutions |                                   |
|---------------|-----------------------------------|
| Chicken       | canned chicken can be used        |
| bouillon      | 1 cube (crushed) = 1 tsp granules |
| rice          | flat noodles                      |

# S105 Au Gratin Ham & Potatoes



| Gear Needed |                |   |                       |
|-------------|----------------|---|-----------------------|
| 1           | Backpack stove | 1 | plastic cooking spoon |
| 1           | 2 qt pot       |   |                       |

**Cooking terms**  
 Simmer - Cook slowly, just below the boiling point.

| Qty   | Ingredient    |
|-------|---------------|
| 1     | Boil water    |
| 1 bag | potatoes      |
| 1 pkg | cheese        |
| 1 bag | powdered milk |
| 2 pkg | ham           |
| 1 can | fried onions  |

Stir Constantly. Bring back to boil. Watch carefully to avoid boil over.

Reduce heat

Stir in ham. Cover and let simmer for 8-10 minutes, stirring occasionally. Sauce will thicken as it stands.

Garnish and serve

After sauce has thickened, remove cover and pour 1/2 can of fried onions evenly over top of ham & potatoes. Serve and enjoy.

**Tips & Tricks**  
 Do not boil, or put boiling water in Ziploc bags.  
 Re-use and recycle the Freezer Ziploc bags.  
 Close containers to prevent spills.  
 Put lid on pots during cooking to conserve fuel.

## Au Gratin Ham & Potatoes



| Home Preparation Supplies |                              |
|---------------------------|------------------------------|
| 1                         | Ziploc storage bag, sandwich |
| 1                         | Ziploc storage bag, snack    |
| 1                         | Ziploc storage bag, 1/2 gal  |

**How many servings at this meal?**  
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = 1/4 cup).

| Home Preparation |   |
|------------------|---|
| 1                | Repackage potatoes in Ziploc sandwich bag to eliminate air (air takes up valuable space in the back pack).  |
| 2                | Enter total amount of water and milk, from box instructions, on front side of this card (i.e. 2 cup water and 2/3 cup milk = 2-2/3 cup water at camp) |
| 3                | Put powdered milk in Ziploc snack bag   |
| 4                | Put potato bag, cheese packet, milk bag, meat pouches and optional can of fried onions in 1/2 gal Ziploc bag  |

| Ingredients for 5 servings |                                 |              |
|----------------------------|---------------------------------|--------------|
| Qty for 5                  | Description                     | Servings Qty |
| 1 box                      | Au Gratin Potatoes, 4.9 oz      |              |
| 2 pkg                      | ham in foil pouch               |              |
| 2 tbl                      | powdered milk                   |              |
| 1 can                      | fried onions (optional garnish) |              |
|                            |                                 |              |
|                            |                                 |              |

**Tips:** Put this card in bag  
 Burp air from bag  
 Securely close bag.

**Variations**  
 Other meats: chicken, tuna, spam, summer sausage can be used.

# S201 Cheezy Bacospuds



| Gear Needed |                |   |                       |
|-------------|----------------|---|-----------------------|
| 1           | Backpack stove | 1 | plastic cooking spoon |
| 1           | 2 qt pot       |   |                       |

| Cooking Instructions   |                            | Qty   | Ingredient       |
|--|----------------------------|-------|------------------|
| 1  | Boil water                 | 1 cup | water            |
| Bring water to boil. ½ cup water per serving. Use less water if using fresh cheese   |                            |       |                  |
| 2  | Add ingredients to water   | 1 bag | Cheezy Bacospuds |
| Remove bacon and cheese bag and set aside. Pour remaining ingredients into water and stir until smooth, remove from heat. Cover and let stand for 5 minutes. |                            |       |                  |
| 3  | Dish out ½ cup per serving | 1 bag | cheese & bacon   |
| Top with cheese and bacon  |                            |       |                  |
| 4  | Salt & Pepper to taste     |       |                  |

| Handling Instructions                |
|--------------------------------------|
| cheese may require storage in cooler |

| Tips & Tricks                                     |
|---|
| Do not boil, or put boiling water in Ziploc bags. |
| Re-use and recycle the Freezer Ziploc bags.       |
| Close containers to prevent spills.               |
| Put lid on pots during cooking to conserve fuel.  |

# Cheezy Bacospuds

| Home Preparation Supplies |                           |
|---------------------------|---------------------------|
| 1                         | Freezer Ziploc bag, 1 qt  |
| 1                         | Ziploc storage bag, snack |

**How many servings at this meal?**  
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

| Home Preparation |  |
|------------------|--|
| 1                | Put bacon and cheese into separate snack bag   |
| 2                | Put bacon and cheese bag into 1 qt Ziploc bag  |
| 3                | Add remaining ingredients into 1 qt Ziploc bag |

Tips: Put this card in bag  
 Burp air from bag  
 Securely close bag.

| Ingredients |                                   |              |
|-------------|-----------------------------------|--------------|
| Qty for 1   | Description                       | Servings Qty |
| 1/3 cup     | Instant potatoes                  |              |
| 2 tbl       | Powdered milk                     |              |
| 1 pkg       | Butter buds                       |              |
| ¼ tsp       | Dried parsley flakes              |              |
| ¼ tsp       | Dried onions                      |              |
| ¼ tsp       | Garlic powder                     |              |
| 1/8 tsp     | salt                              |              |
| 1 tbl       | Crumbled bacon                    |              |
| 1 tbl       | Grated cheddar cheese (suggested) |              |

# S202 Lentil Dish



| Gear Needed |                             |   |                       |
|-------------|-----------------------------|---|-----------------------|
| 1           | Backpack stove              | 1 | plastic cooking spoon |
| 1           | 2 qt pot (up to 4 servings) |   |                       |

| Cooking Instructions                             |                      | Qty   | Ingredient            |
|--|----------------------|-------|-----------------------|
| 1  | Boil water           | AR    | water                 |
| 1 ½ cup per serving                              |                      |       |                       |
| 2  | Add ingredients      | 1 bag | lentils and seasoning |
| Boil for two minutes. Cover and let stand 1 hour |                      |       |                       |
| 3  | Bring to boil again. |       | butter                |
| Add butter (optional) and simmer for 15 minutes  |                      |       |                       |
| 4  | Garnish with cheese  |       |                       |

**Handling Instructions**  
 If using optional butter and cheese in this recipe then a cooler will be needed.

**Tips & Tricks**  
 Do not boil, or put boiling water in Ziploc bags.  
 Re-use and recycle the Freezer Ziploc bags.  
 Close containers to prevent spills.  
 Put lid on pots during cooking to conserve fuel.

# Lentil Dish



| Home Preparation Supplies |   |
|---------------------------|---|
| 1                         | Freezer Ziploc bag, 1 pt (up to 4 servings) |

| Home Preparation |   |
|------------------|---|
| 1                | Place lentils, onion, cumin, garlic powder, sugar, and salt in Ziploc bag |
| 2                | Package butter and cheese in separate Ziploc bags.                        |
| 3                |   |

Tips: Put this card in bag  
 Burp air from bag  
 Securely close bag.

**How many servings at this meal?**  
 Multiply single serving quantities below and convert measurements if needed (i.e. 4 tbl = ¼ cup).

| Ingredients |   |              |
|-------------|---|--------------|
| Qty for 1   | Description                             | Servings Qty |
| 1/2 cup     | dried ground lentils (crack in blender) |              |
| 2 tbl       | dehydrated onion                        |              |
| ½ tbl       | cumin                                   |              |
| 1 tsp       | garlic powder                           |              |
| 1 tbl       | sugar                                   |              |
| ½ tsp       | salt                                    |              |
| 2 tbl       | butter (optional)                       |              |
| 2 oz        | cheese (optional)                       |              |

| Special Preparation Instructions |                 |
|----------------------------------|-----------------|
| butter                           | requires cooler |
| cheese                           | requires cooler |