

## SNACKS AND DESSERTS

I typically plan for 3 snacks a day. Usually 1 bar, 1 trail mix packet and dessert after dinner.

**Bars:** Store bought granola or protein bars. Also make your protein balls or freeze dry yogurt, fruit and granola bars.

**Trail Mix:** I use small baggies, (snack size or smaller). I mix up a combo of mixed nuts, dried fruits and M&Ms in a bowl and fill up the baggies.

### Desserts:

**Angel Food Cake:** Cut into cubes. Dehydrate strawberries. On the trail rehydrate strawberries with water. Make them a bit juicy. Pour strawberries over angel food cake cubes and top with a swirl of chocolate syrup. Let it sit for a minute or so to allow juice from strawberries to rehydrate the angel food cake.

**Lemon Pudding Cake:** Buy a store bought (or make your own) lemon cake (lemon pound cake baked in a loaf pan works well) and slice into individual servings. Lay slices on a dehydrator tray and dehydrate thoroughly. Divide up a box of instant lemon pudding for the number of servings you need and package up some instant powdered milk for the trail. On the trail, mix the milk powder with water then add in your pudding and stir according to package directions. Let pudding sit for 5 minutes then pour over your cake slice. Let it sit for a minute to start rehydrating your cake and enjoy.

**Banana Nut Bread:** Follow process for above Lemon Pudding Cake only use banana nut bread and banana pudding. You might want to garnish this with freeze dried banana and/or walnuts.

**Cinnamon Apple Loaf Cake:** Dehydrate cinnamon loaf cake slices. Dehydrate apple pie filling (makes a leather) or some cooked spiced apples. On the trail rehydrate the apples and top the cinnamon cake with the mixture. Allow it to sit for a minute to rehydrate the cake.

**Cheese Cake:** buy or make your own cheese cake. Slice into 1/4" slices and dehydrate. Eat as they are.

**Brownies:** Buy or make your own brownies, slice into 1" squares and dehydrate. Eat as they are.

**Lemon Squares:** Buy or make your own lemon squares, slice into 1/4" squares and dehydrate. Eat as they are. These are super chewy and sweet.

## **BREAKFAST MEALS**

**Pancakes:** Just add water pancake mix, syrup, fruit topping (fruit leather or dehydrated fruit reconstituted).

**Oatmeal:** Instant oatmeal, nuts, brown sugar, dehydrated fruits

**Sausage, egg & potato hash:** Cook the sausage and dehydrate into a sausage jerkey. Blot off as much grease as possible. Chop the potato, pepper and onion small (1/4" pieces) and fry the potatoes with bell peppers and onions then add in eggs and scramble. Dehydrate the potato mixture. At the camp, rehydrate the sausage and the potato mixture then fry it in a skillet for a better flavor.

**Breakfast Casserole:** Make your favorite breakfast casserole. Dehydrate 1/2" slices then package appropriately. Rehydrate on the trail. Better if fried in a skillet after rehydration but not necessary.

**Bread Pudding:** Make your favorite bread pudding. Dehydrate then reconstitute on the trail. Great heated on a skillet after rehydration.

### **Fruit Smoothie (freeze dried fruits are available at Kroger)**

- 30 grams of freeze dried fruit or 4 tbs of freeze dried fruit powder or a combination of both
- 2 tablespoons full cream milk powder (Nestle Nido)
- 1 teaspoon oat flour

Combine all the ingredients in a zip lock bag. On the trail add 2/3: 1 C water to a lidded container, add the powder (add powder to water to avoid mixing issues) then shake well. Let stand for 5-10 minutes to rehydrate.

Alternative: use freeze dried bananas as the fruit and add 1 Tbs of peanut butter powder and 1 tsp cocoa.

You can add protein powder to this but it will alter the taste.

**Potatoes and salami:** Dehydrate hash browns. On the trail, rehydrate the potatoes with boiling water. You can also add in bell peppers and onions if you have them dehydrated. When soft, drain off any additional liquid (appropriately) and fry in skillet. Add in chopped up salami.

## LUNCH MEALS

**Hummus in a Pita (or wrap):** Make hummus using canned garbanzo beans according to your favorite recipe BUT omit the oil. I take the time to peel off the skins for a creamier texture. Dehydrate your hummus, pulse in a blender until powdery and package appropriate servings. On the trail you will need a packet of olive oil and add with water to your hummus. Mix and spread your hummus on a pita bread and serve with sun dried/dehydrated tomatoes. Other toppings could be rehydrated slaw, bell peppers, onions. If you have salad dressing packets you might add a bit of dressing.

**Refried Beans Wraps:** Open a can of refried beans (or make your own) and spread on a dehydrator tray. Dehydrate then pulse in a blender to break up chunks. In the package for the trail measure out the appropriate amount of hummus per person eating, add in about a 1/2 serving of instant rice, add in dehydrated bell peppers and onions (to taste). On the trail you will need a piece of salsa leather, wraps and your packet of bean mix. Put the salsa in the bean mix and rehydrate the bean mix with boiling water. Let it sit until rice is tender. Spread on wrap. If you have cheese add it or not and enjoy!

### Mexi-Bean Salad

- 1 tablespoon minced cilantro
- 1/2 teaspoon salt
- 1 tablespoon vinegar
- 1/3 cup salsa
- 1 15-ounce can kidney beans, rinsed and drained
- 1 cup frozen corn, thawed
- 1/2 bell pepper, sliced into strips
- 2 scallions, chopped

At home: Stir the cilantro, salt, and vinegar into the salsa in a large bowl. Add the remaining ingredients, stir, cover the bowl, and marinate for at least 24 hours before drying. The salad is done when the beans are crunchy and the corn is still a bit leathery. Place a single serving (1/4 cup) of the dried mix in each zipper-lock bag.

In camp: Add an equal amount of water to each portion of salad (1/4 cup of water to 1/4 cup of salad) and allow it to reconstitute for at least 1 hour. Use as a side salad or as filling for a vegetable burrito-just add cheese. Yield: 1 1/2 to 2 cups (6 to 8 side dishes).

## **Oriental Cabbage Salad**

- 1/4 cup vinegar
- 1 cup sugar
- 1/2 teaspoon salt
- 1/2 cup vegetable oil
- 1/4 cup soy sauce
- 1 large Chinese cabbage, shredded
- 1 bunch scallions, white bulb discarded, chopped
- 1 teaspoon toasted sesame seeds
- 1 tablespoon toasted slivered almonds

At home: Mix the vinegar, sugar, salt, and soy sauce in a bowl and stir until the sugar is dissolved. Place the cabbage and scallions in a bowl, pour the marinade over them, and toss to thoroughly coat the vegetables. Marinate for 24 to 36 hours, then dehydrate. Package a single serving (1/4 cup) of the dried mix in each zipper-lock bag. Pack the sesame seeds and almonds and oil in a separate bag.

In camp: Add 1/8 cup of water to 1/4 cup of dried mix and let it soak for at least half an hour. Add in oil. Sprinkle with the sesame seeds and almonds just before serving. Yield: 1 1/2 to 2 cups (6 to 8 side dishes).

## **Curry Chicken Salad**

- 1 1/2 lb shredded cooked chicken breast (I used 2 large cans) (if using raw chicken, cook it in a pressure cooker for better results)
- 5 teaspoons curry powder
- 1 tablespoon fresh lime juice (I like a bit of lime zest added as well)
- 1 teaspoon honey
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 medium red onion, chopped (1 cup)
- 1 firm-ripe mango (3/4 pound), peeled, pitted, and chopped
- 1 cup red seedless grapes (5 ounces), halved

Mix the ingredients together the spread on dehydrator tray and dry. Package for the trail along with chopped roasted cashews and mayonaise packets and crackers. Rehydrate with boiling water (or you can cold soak this one starting in the morning and have it ready for lunch). Add mayo and nuts, stir and eat on crackers.

## **Grilled Cheese & Tomato Soup**

If you have a wide-mouth Thermos you are willing to carry on the trail you can bring your favorite dehydrated soup which would be great on cold blustery or rainy days. Canned tomato soups dehydrates into a leather (has a high sugar content). You might try to make your own with no added sugar and see if it dehydrates enough that you can grind it to a powder. Other canned soups will dehydrate as well. Or again, make your own soup.

For grilled cheese, make them as you would but after grilling cut them into 1/2-1" squares. Lay on tray to dehydrate. Add to your rehydrated soup.

## **Garden Veggie Pasta**

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

8 servings

### Ingredients

- 16 ounces spaghetti
- 1 tablespoon olive oil
- 1 small onion (diced)
- 2 cloves garlic (minced)
- 1 small zucchini (diced)
- 1 small yellow squash
- tomatoes
- 1 red sweet bell pepper (seeded and diced) (or color of choice)

### Marina sauce

- 1/2 cup low-sodium vegetable broth
- 1 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 2 teaspoons dried basil
- 1 tablespoon balsamic vinegar
- Optional garnishes: fresh basil, nutritional yeast

### Instructions

Cook the pasta according to package directions.

Meanwhile, sauté the onion, carrot and garlic in olive oil over medium heat for 5 to 7 minutes until starting to soften.

Add the bell pepper, zucchini, and yellow squash and sauté another 5-7 minutes.

Add the crushed tomatoes, vegetable broth, salt, pepper, dried basil, balsamic vinegar and stir to combine.

Simmer the sauce on low for 20 minutes, stirring occasionally.

Once cooked and seasoned, spread mixture on dehydrator trays and dehydrate until dry. To rehydrate, mix 1:1 ratio of food and water, bring to boil, cover and rehydrate for 15-20 minutes.

Great option to go with fish.

## **Couscous with Pine Nuts**

Makes 4 servings

- 4 tablespoons (1/2 stick) unsalted butter
- 3/4 cup chopped shallots (3 to 4 shallots)
- 3 cups chicken stock, preferably homemade
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 cups couscous
- 1/2 cup toasted pine nuts (pignolis)
- 1/4 cup dried currants
- 2 tablespoons chopped fresh flat-leaf parsley

### **Instructions**

Melt the butter in a large saucepan. Add the shallots and cook them over medium-low heat for 3 minutes, until translucent. Add the chicken stock, salt, and pepper and bring to a boil. Turn off the heat. Stir in the couscous, cover the pan, and set aside for 10 minutes. Add the pine nuts, currants, and parsley and fluff with a fork to combine.

Spread mixture on dehydrator trays and dehydrate until dry. You might need to check and crumble up chunks as you dehydrate. Once dry put in storage bag.

To rehydrate mix 1:1 ratio of water and product, bring to boil in a pot then cover and let sit to hydrate for 15-20 minutes.

This is a great option for those days when you catch fish.

## **Lentil and Sweet Potato Chili (slow cooker)**

Nothing says comfort meal like this easy and hearty vegetarian / vegan Slow Cooker Lentil Sweet Potato Chili. The perfect way to warm up on a cold day!

Prep Time: 15 mins

Cook Time: 8 hrs

Rehydrate time: 20 minutes

Water to chili ratio 2:1

Servings: 8

*Author: Gwen Leron*

### Ingredients

- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 2 sweet potatoes, chopped
- 2 x 796ml/28oz cans of diced tomatoes
- 1 x 398ml/14oz can of red kidney beans, drained and rinsed
- 1 1/2 cups frozen corn
- 3 1/2 cups vegetable broth
- 1 1/2 cups dried green lentils (be sure to pick through them for any non-lentil things!)
- 2 tablespoons chili powder
- 2 teaspoons cumin
- salt and pepper to taste
- diced avocado for garnish (optional)
- fresh parsley or cilantro for garnish (optional)
- Corn bread

### Instructions

Add all ingredients to slow cooker. Mix well.

Cover and cook on low for 8 hours or on high for 4.5 hours

Season with salt and pepper to taste. More chili powder can be added if you'd like. Give it a taste test and if you find it can use some more, go ahead and add, 1 tsp at a time.

Cut up cornbread into 1 inch cubes and dehydrate until dry.

Once cooked and seasoned, spread mixture on dehydrator trays and dehydrate until dry. To rehydrate, mix 1:1 ratio of food and water, bring to boil, cover and rehydrate for 15-20 minutes.

Ladle into bowls and top with cornbread topping.



## **VEGAN WEST AFRICAN PEANUT STEW**

(oily but dried pretty good, keep in freezer and eat early on the trail, no recommended for long term storage).

With a rich peanut and tomato sauce, sweet potatoes, collard greens, and crunchy peanuts, this Vegan West African Peanut Stew is comfort in a bowl!

Prep Time: 10 mins

Cook Time: 45 mins Rehydrate time: 15 minutes

Water to stew ratio: 1:1

Servings: 4 -6: 1.5 cups servings

### Ingredients

- 1 Tbsp olive oil (\$0.16)
- 4 cloves garlic (\$0.32)
- 1 Tbsp grated fresh ginger (\$0.30)
- 1 sweet potato (about 1 lb.) (\$1.47) Chop into 1/4" pieces for dehydrating
- 1 medium onion (\$0.21)
- 1 tsp cumin (\$0.10)
- 1/4 tsp crushed red pepper (\$0.02)
- 1 6oz. can tomato paste (\$0.45)
- 1/2 cup natural style peanut butter (\$0.55) (use peanut butter powder to eliminate the oil)
- 6 cups vegetable broth (\$0.78) (only use as much as needed)
- 1/2 bunch collard greens (4-6 cups chopped) (\$0.99)
- Optional: 1/4 bunch cilantro (\$0.25)
- Optional: 4.5 cups cooked brown rice (\$0.53) (can also use instant rice to avoid having to dehydrate this)
- Optional: 1/3 cup chopped peanuts (\$0.16)

### Instructions

Peel and grate the ginger using a small holed cheese grater. Mince the garlic, and dice the onion. Sauté the onion, ginger, and garlic in a large pot with the olive oil over medium heat for 2-3 minutes, or until the onion becomes soft and translucent.

While the onion, ginger, and garlic are sautéing, peel and dice the sweet potato into 1/4-inch cubes. Add the sweet potato cubes, cumin, and red pepper to the pot and continue to sauté for about 5 minutes.

Add the tomato paste, peanut butter, and vegetable broth to the pot. Stir until the peanut butter and tomato paste have mostly dissolved into the broth. Place a lid on the pot and turn the heat up to high. Allow the stew to come up to a boil. Once it reaches a boil, turn the heat down to medium-low and allow it to simmer for 15-20 minutes, or until the sweet potatoes are very soft.

While the soup is simmering, prepare the collard greens. Use a sharp knife to remove each stem (cut along the side of each stem), then stack the leaves and cut them into 1/2-

inch wide strips and rough chop. Place the chopped collard greens in a colander and rinse very well

Once the stew has simmered for 15-20 minutes and the sweet potatoes are very soft, stir in the collard greens. Let the stew simmer for about 5 minutes more, then begin to smash the sweet potatoes against the side of the pot to help thicken the stew.

Finally, taste the stew and add salt or red pepper, if desired.

Spread stew onto dehydrator trays and dehydrate until dry.

Spread cooked rice onto trays and dehydrate until dry. You might have to keep checking the rice and crumble it up as it dries to break down clumps. Once dry package rice and stew in separate bags.

Rehydrate rice and stew in separate pots using a 1:1 ratio of water to ingredients. Bring pots to boil then cover and let set for 15 to 20 minutes to rehydrate, Serve the stew with a scoop of cooked rice (about 3/4 cup), a few chopped peanuts, fresh cilantro, and a drizzle of sriracha, if desired.

## Vegan Pazole (ForksOverKnoves)

Servings: 8: 1.5 C servings Water to Pozole ratio 2:1 Time to rehydrate 30 minutes  
(probably need to reheat and/or boil over fire for a bit)

### Ingredients

- 2 (25-ounce) cans hominy, rinsed and drained (5 cups) (Rough chop the hominy for faster rehydration, otherwise it will be chewy)
- 2 medium potatoes, cut into 1/2-inch dice (4 cups)
- 4 medium carrots, peeled and cut into 1/2-inch dice (2 cups)
- 3/4 medium onion, cut into 1/4-inch dice, divided
- 2 tablespoons minced fresh garlic
- 2 teaspoons ground Mexican oregano
- 1/2 teaspoon cumin powder
- 2 Anaheim or Poblano chiles, seeded and cut into 1/4-inch dice (1 cup)
- 2 teaspoons guajillo chile powder
- 2 tablespoons ancho chile powder
- Sea salt

### Garnishes

- 3 corn tortillas, cut into 1/4-inch strips
- 1 cup shredded red cabbage
- 1/2 bunch radishes, cut into matchsticks (1/2 cup)
- 1/4 cup finely chopped fresh cilantro
- 3 limes, cut into wedges

### Instructions

In a large soup pot, combine the hominy, potatoes, carrots, 1 cup onions, garlic, oregano, and cumin with 1 cup water; cook on medium heat for 10 minutes.

Add 4 cups of water, diced chiles, and guajillo and ancho chile powders. Bring to a boil, reduce heat to simmer and cook for 30 to 40 minutes until the hominy has softened and the stew has thickened. Add salt to taste.

Meanwhile, preheat the oven to 350°F. Line a baking sheet with parchment paper. Spread the tortilla strips on the baking sheet and bake until crispy and golden-brown, 20 to 25 minutes, shaking the pan occasionally for even browning. Set aside.

Spread thickened Pazole onto the dehydrator trays and dehydrate until dry. Store in an airtight bag.

Spread cabbage and radishes onto a dehydrator tray and dehydrate until dry. Store in separate bags. Store tortilla strips in a separate bag.

Rehydrate Pazole in a pot using a 1.5:1 ratio of water to ingredients. It is almost like a thick soup. Bring to boil then cover and let set for 15 to 20 minutes to rehydrate.

Rehydrate the cabbage and radishes using a 1:1 water ratio.

To serve, ladle the stew into individual bowls and garnish with tortilla strips, cabbage, radishes.

## **Ratatouille**

*Author: Cookie and Kate*

Prep Time: 20 minutes

Cook Time: 40 minutes Rehydrate Time: 15 minutes, pasta: 15 minutes

Water to food ratio 1:1, pasta 2:1 then drain excess water

Yield: 4 servings 1x

### Ingredients

- 2 pounds ripe red tomatoes (6 medium or 4 large)
- 1 medium eggplant (1 pound), peeled and diced into 1/2-inch cubes (before dicing into cubes you might slice it up, sprinkle it with salt and press between paper towels for an hour to remove some of the bitter taste).
- 1 large red, orange, or yellow bell pepper (about 8 ounces), cut into 3/4-inch squares
- 1 medium-to-large zucchini (about 8 ounces), diced into 1/2-inch cubes
- 1 large yellow squash (about 8 ounces), diced into 1/2-inch cubes
- 5 tablespoons + 1 teaspoon extra-virgin olive oil, divided
- 3/4 teaspoon fine sea salt, divided, more to taste
- 1 medium yellow onion, chopped
- 4 cloves garlic, pressed or minced
- 1/4 cup chopped fresh basil
- 1/4 teaspoon red pepper flakes, more or less to taste
- 1/4 teaspoon dried oregano: I use Herb de Provence which is a blend of Italian seasonings that give this dish a more intricate flavor.
- Freshly ground black pepper, to taste
- Angel hair pasta Nests cooked then dehydrated

### Instructions

Preheat the oven to 425 degrees Fahrenheit with one rack in the middle of the oven and one in the upper third of the oven. Line two large, rimmed baking sheets with parchment paper for easy clean-up, if desired.

To prepare your tomatoes, remove any woody cores with a paring knife. Then, grate them on the large holes of a box grater into a bowl (this is easiest if you hold the tomato at a diagonal), and chop any remaining tomato skin. Or, blitz the tomatoes in a food processor until they are broken into a frothy pulp. Set aside.

On one baking sheet, toss the diced eggplant with 2 tablespoons of the olive oil until lightly coated. Arrange the eggplant in a single layer across the pan, sprinkle with 1/4 teaspoon of the salt, and set aside. Go easy on the oil if dehydrating. Also make sure to chop all vegetables small for easier rehydration.

On the other baking sheet, toss the bell pepper, zucchini and yellow squash with 1 tablespoon of olive oil and 1/4 teaspoon salt. Arrange the vegetables in a single layer. Place the eggplant pan on the middle rack and the other vegetables on the top rack. Set the timer for 15 minutes.

Meanwhile, warm 2 tablespoons of the olive oil in a large Dutch oven or soup pot over medium heat. Add the onion and ¼ teaspoon salt. Cook, stirring occasionally, until the onion is tender and caramelizing on the edges, about 8 to 10 minutes.

Add the garlic, stir, and cook until fragrant, about 30 seconds. Add the tomatoes, and use a wooden spoon or sturdy silicone spatula to stir any browned bits stuck to the bottom of the pan into the mixture. Reduce the heat to medium-low, or as necessary to maintain a gentle simmer.

Once 15 minutes are up, remove both pans from the oven, stir, and redistribute the contents of each evenly across the pans. This time, place the eggplant on the top rack and other vegetables on the middle rack.

Bake until the eggplant is nice and golden on the edges, about 10 more minutes (the eggplant will be done sooner than the rest). Remove the eggplant from the oven, and carefully stir the eggplant into the simmering tomato sauce.

Let the squash and bell pepper pan continue to bake until the peppers are caramelized, about 5 to 10 more minutes. Then, transfer the contents of the pan into the simmering sauce. Continue simmering for 5 more minutes to give the flavors time to meld.

Remove the pot from the heat. Stir in 1 teaspoon olive oil, the fresh basil and red pepper flakes. Crumble the dried oregano between your fingers as you drop it into the pot. Season to taste with additional salt (I usually add ¼ teaspoon more) and black pepper.

Spread mixture on dehydrator trays and dehydrate until dry.

To rehydrate, mix 1:1 ratio of stew and water. Bring to a boil then cover and let sit until rehydrated (about 15-20 minutes). Serve over the angel hair pasta.

Ideas: Eggplant can be a bit bitter. To help with the flavor you can slice the eggplant into 1/4" slices. Layer them on a cookie sheet with paper towels and sprinkle the eggplant with salt (lightly). Put another cookie sheet on top and weigh it down (I use cast iron pots) for a couple of hours. Then I slice them into the 1/4-1/2 inch pieces.