

Who says you can't eat gourmet food while on the trail? The following recipes range from gourmet meals that require planning, to quick and easy meals you can make in seconds.

The last thing you want to do while backpacking is dirty a bunch of pots and pans for you to clean after. The majority of recipes provided can be made in just a zip lock freezer bag or in just one pot. In the top corner of each recipe, they may be marked with either a **FB**, recipe can be make in just a zip lock freezer bag, or an **OP**, for recipes that can be made in just one pot. Enjoy!

## Spam-Tastic Fried Rice

- 1 1/2 cup instant rice
- 1/2 cup [freeze-dried mixed vegetables](#)
- 1 Tbsp dried chives
- 2 tsp lower sodium bouillon
- 1/2 tsp granulated garlic
- 1/4 tsp dried powdered ginger
- 1/4 tsp red pepper flakes
- 1/4 tsp sugar
- 2 pkt soy sauce
- 3 oz Spam single packet
- 1 Tbsp vegetable oil (1 packet)
- 2 fresh eggs, in shell
- 2 cups water

**Note:** fresh eggs carry well in the cooler months, just cut off part of a cardboard egg box and carry in your pot, padded with paper towels.



**At home:** pack the rice, vegetables and all the seasonings in a quart size freezer bag.

Tuck the soy sauce, oil, and Spam in with it.

**In camp:** bring 2 cups water to a near boil. Add to the rice bag, stir well, seal tightly and let sit for 15 minutes to rehydrate. Heat the oil over a medium flame in a non-stick trail wok or 2 liter pot and add in the Spam. Cube up and stir-fry till turning golden. Add in the cooked rice and stir constantly till smelling great. Splash on the soy sauce to taste and mix in. Make a hole in the center and crack the eggs into it. Start scrambling them and then toss with the rice. Pull off the heat as soon as the eggs are setting up.

*Makes 2 servings*

[This recipe and photo courtesy of Trail Cooking](#)

## Alpine Pasta

- 2 4.4-ounce Knorr Butter & Herb pasta packets
- 4 ounces pepper-coated salami, diced
- 2 ounces sun-dried tomatoes
- 6 green onions, chopped
- 5 ounces Gruyère cheese, grated

**At home:** put tomatoes into a zip lock plastic bag. Store pasta and other ingredients in separate bags.

**In camp:** boil a cup of water and pour it over tomatoes. In separate pot, cook pasta according to package instructions. While pasta simmers, chop softened tomatoes. After pasta cooks for 5 minutes, add all ingredients and stir until noodles are done.

*Makes 2 servings*

[This recipe courtesy of Backpacker Magazine, June 2009](#)

## Sweet and Spicy Tuna Couscous

- 1/3 cup couscous
- 2 Tbsp dried mixed vegetables
- 1 5-ounce package sweet & spicy flavored tuna

**At home:** combine the couscous and vegetables in a zip lock plastic bag.

**In camp:** add just enough water to cover. Stir well. Let sit for 5 minutes. Just before serving, stir in the tuna.

*Makes 1-2 servings*

[This recipe courtesy of One Pan Wonders](#)

## Beefy Noodle Bowl

- 3 Tbsp beef jerky, shredded
- 1 3-ounce package ramen noodles
- 1 1-ounce package instant onion soup
- 2 Tbsp mixed vegetables
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 1/2 tsp dried cilantro
- 1-2 packets soy sauce to taste

**At home:** discard the flavor packet from the ramen noodles, and combine all of the dry ingredients in a quart size, freezer zip lock bag.

**In camp:** boil about 2 cups of water. Add water to zip lock bag, then stir well until noodles are soft and vegetables are rehydrated. Season with soy sauce to taste.

*Makes 2 servings*

[This recipe courtesy of One Pan Wonders](#)

## Ham and Pea Ramen

- 1-2 packages ramen noodles
- 1/2 cup dried peas
- Parmesan cheese to taste
- Ham to taste
- Red pepper flakes to taste

**At home:** repack oriental noodles and dried peas into one zip lock freezer bag, throwing away the flavor packs. In another zip lock bag combine ham, pepper, and cheese.

**In camp:** add noodles and peas to a pot of boiling water. Once cooking, drain the water. Mix in ham, red pepper, and parmesan cheese.

*Makes 1 serving*

## Tuna Spaghetti

- 1 8-ounce package angel hair pasta
- 1 6-ounce can or packet of tuna in oil
- 8 sun dried tomatoes, sliced
- 1 tsp dried basil
- 1 tsp oregano
- 1/4 cup parmesan cheese
- 1/2 tsp garlic powder
- 4 cups water

**At home:** mix the basil, oregano, parmesan cheese and garlic powder in a zip lock bag. Store other items separately.

**In camp:** soak tomatoes in 4 cups of water for 10 minutes. Remove the tomatoes from water and bring to a boil. Break the angel hair pasta in half and add to the boiling water. Cook pasta until done, usually around 5 minutes. Drain water. Leave noodles in the pot and add tuna, tomatoes, and contents of the cheese and spice bag. Stir well.

*Makes 2 servings*

## Cheesy Bacospuds

- 2 1/4 cup instant potato flakes
- 1/2 cup instant dry milk
- 1 packet Butter Buds
- 1 1/2 Tbsp dried parsley flakes
- 1 1/2 Tbsp dried onions
- Salt and pepper to taste
- 3/4 cup crumbled bacon
- 1 package powdered cheese spread

**At home:** add all ingredients into quart size freezer zip lock bag.

**In camp:** bring 4 1/2 cups (less if using fresh cheese) to boil. Add water to bag, and stir well. Let stand, and add more water if needed.

*Makes 4 servings*

## Zesty Pasta Salad

- 4 ounces cooked and dehydrated curly/corkscrew pasta
- 1/4 cup golden raisins
- 2 Tbsp dehydrated sliced black olives
- 1/4 cup chopped walnuts or pine nuts, toasted
- 3 Tbsp Parmesan cheese

### Dressing:

- 2 Tbsp olive oil
- 1 packet lemon juice
- 1 packet mustard
- 1/2 tsp each dried basil, oregano and dill
- 1 Tbsp dehydrated shallots or onions
- 1/4 tsp pepper
- Salt to taste

**At home:** add pasta, raisins, and olives into quart size freezer zip lock bag. In a small snack size zip lock bag, combine the dressing ingredients. Seal and shake well.

**In camp:** cover the pasta, raisins and olives with boiling water. Seal well, and let sit for 10-15 minutes. Drain off any remaining water carefully. Pour dressing over pasta, seal the bag tightly and toss to coat. Add in the nuts, stir in and toss with Parmesan cheese to taste.

*Makes 1 serving*

**Note:** The olives dry well on a tray with the same time as the pasta. For ease, buy canned sliced olives and drain well. This would be considered a "warm" salad. One could cool it down by sealing it tightly and chilling it in a cold stream. It would work well with chicken or cubed cheese added in as well-or any freeze dried vegetable that is liked (add in with water).

[This recipe courtesy of Trail Cooking](#)

## Curried Rice & Chicken

- 1 cup instant rice
- 1/2 Tbsp curry powder
- 1 Tbsp dried onion flakes
- 1/4 Tbsp sugar
- 1/2 Tbsp chicken or vegetable bouillon
- 1/2 tsp garlic powder
- 1/8 tsp ground turmeric
- Chopped cashews, optional
- Salt to taste

**At home:** combine everything in a quart freezer zip lock bag. If you are bringing a foil pack of chicken, carry that separately.

**In camp:** bring 1 cup of water to a boil. Add to rice mix and steam inside bag for 1-2 minutes or until the rice is tender. Serve topped with chopped cashews.

*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Cheesy Chicken Rice Soup

- 1/2 cup instant rice
- 3 Tbsp cheese sauce powder
- 1 Tbsp dried powdered milk
- 1 Tbsp dried veggie mix or freeze dried vegetables
- 3-5 oz can of chicken
- Salt to taste

**At home:** combine all ingredients into a quart sized freezer zip lock bag.

**In camp:** add 1 cup boiling water and chicken with liquid. Stir, put in cozy, and let sit for 5-10 minutes.

*Makes 1 serving*

[This recipe courtesy of Trail Cooking](#)

## Basil Parmesan Orzo

- 1/2 tsp butter flakes
- 1/2 cup orzo pasta
- 1 tsp dried basil
- 1/2 tsp dried parsley
- 2 Tbsp freeze dried corn
- 3 single serving Parmesan or Romano cheese packets

**At home:** combine everything but the cheese in a quart size freezer zip lock bag.

**In camp:** bring 1 cup of water to a boil and then add to the zip lock bag. Simmer for 5 minutes or until the pasta is cooked. Add more water if needed. Stir in the cheese just before serving.

*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Backpacking Biscuits

- 2 cups biscuit mix
- 1/4 cup powdered milk
- 1/2 cup water
- 1/2 tsp dried parsley
- 2 Tbsp freeze dried corn
- 3 single serving Parmesan or Romano cheese packets

**At home:** combine mix and milk into a quart size freezer zip lock bag.

**In camp:** gently stir water into bag. Make the dough into biscuit shapes. Cook on pan, turning them when light brown.

*Makes 12 biscuits*

## Chicken Quinoa

- 1/2 cup quinoa
- 1 Tbsp dried chives
- 1 packet of True Lemon
- 1/4 tsp ground coriander
- 1/4 tsp ground cumin
- 1/4 tsp paprika
- 1 3oz foil packet of chicken

**At home:** combine everything, except chicken, in a quart size freezer zip lock bag. Carry the chicken separately.

**In camp:** bring 1 cup of water to boil. Add the quinoa and spices. Reduce heat and simmer for 10-15 minutes, or until quinoa is tender. Add the chicken, toss and serve.

*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Four Cheese Hamburger Rice

- 1 cup instant rice
- 1/3 cup instant milk
- 1 package of Four Cheese sauce blend
- 1/2 tsp butter powder
- 1/2 cup dehydrated hamburger

**At home:** combine all ingredients into a quart size freezer zip lock bag.

**In camp:** add 1 1/2 cups of boiling water, stir well, and put in a cozy for 10 minutes. Stir and eat.

*Makes 1 serving*

[This recipe courtesy of: Trail Food Made Simple by Sarah Kirkconnell](#)

## Bacon Polenta

- 1/2 cup instant polenta
- 2 Tbsp shelf-stable bacon
- 1/2 Tbsp onion flakes
- 2 tsp butter powder
- 1 tsp chicken or vegetable broth powder
- 2 packets Parmesan Cheese

**At home:** combine everything except the Parmesan in a quart size freezer zip lock bag.

**In camp:** bring 1 1/2 cups of water to a boil. Add the polenta and simmer until cooked and creamy. Top with the Parmesan cheese.

*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Bacon Polenta

- 1/2 cup instant polenta
- 2 Tbsp shelf-stable bacon
- 1/2 Tbsp onion flakes
- 2 tsp butter powder
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- 2 packets Parmesan Cheese

**At home:** combine everything except the Parmesan in a quart size freezer zip lock bag.

**In camp:** bring 1 1/2 cups of water to a boil. Add the polenta and simmer until cooked and creamy. Top with the Parmesan cheese.

*Makes 1 serving*

[This recipe courtesy of One Pan Wonders](#)

## Veggies, Beef & Rice

- 2 cups instant rice
- 1/4 cup freeze dried vegetables, mixed
- 1/2 cup dried hamburger
- 2 Tsp beef bullion
- 1/2 tsp granulated garlic
- 1 tsp dried parsley
- 1/2 tsp dried thyme
- 1 oz Swiss cheese

**At home:** combine all ingredients except cheese into a quart size freezer zip lock bag.

**In camp:** add 2 2/3 cups boiling water, stir well and put in a cozy for 10 minutes. Top with Swiss cheese.

*Makes 2 servings*