



BACKCOUNTRY COOKBOOK

BREAKFAST

Breakfast Tacos

- 5 eggs
- ¼ c. milk
- Shredded cheese (desired amt.)
- ½ roll sausage
- Chunky picante sauce
- Flour tortillas

Crumble and brown in skillet. Mix eggs and milk in bowl. Pour into skillet. Add cheese. Cook. Spoon into tortilla- add picante sauce.

Boil in a Bag

- 6 slices bacon
- 2-3 eggs
- Butter
- Salt
- Pepper
- Plastic Zip-Loc baggies

First, brown the bacon until crispy. Remove from frying pan, crumble into small pieces, place in sandwich bag. Whisk the eggs in a bowl and then place in baggy with the bacon. Add salt, pepper, and butter, zip the freezer bag or sandwich bag and put into boiling hot water until done.

Oatmeal Hotcakes

- 2 cups oatmeal
- Raisins
- ½ cup powdered milk
- Cinnamon
- Pinch of salt
- 1.5 cups warm water

Using the butt of a spice bottle, grind the oatmeal to a flour-like consistency. Combine all ingredients with warm water and let soak for about an hour. To cook: Form into 3-inch cakes about ¾ inch thick and fry slowly in an oil until golden brown.

Cowboy Coffee

- 6 cups water
- 4-6 Tbs. ground coffee

Bring water to a boil. Add coffee and set on fire where it will stay hot but not boil. If using a cookstove, remove from heat and cover. Let coffee sit for a few minutes.

Knock the side of the coffee pot with a spoon or spatula to get the grounds to settle. TIP: A splash of cold water will help make the grounds sink but will not compromise the temperature of the coffee.

Spicy Huevos Rancheros

- 4 eggs
- 1 can ranch style beans
- 1 Tbs. olive oil
- Garlic
- Avocado
- Sriracha
- Serves two

Simmer beans. Scramble eggs, add garlic, salt and pepper. Add avocado slices and Sriracha to taste!

Hole in One

- Bread of choice (either regular sliced bread, pita bread, or even biscuits)
- Butter
- Eggs
- Grated cheese
- Small ground Sausages (if you like- works fine without)

Take a circular cookie cutter and cut a hole in the middle of the bread. Lightly butter both sides of the bread and stick it in a frying pan over medium heat. Crack an egg into the hole in the bread and cook it either thoroughly or keep it a little runny. The egg will cook into the bread and spread throughout the bread. If you like, you can place a round sausage in the pan, cook it, and place it in the hole on top of the egg. Sprinkle with grated cheese and voila- it's a hole in one!

LUNCH

Tuna Pesto Pita Pockets

- Pita pocket
- Cheddar cheese
- Tuna
- Pesto

Fill pita with ingredients and enjoy.

Bagel Surprise

- Bagel
- Hummus (dehydrated)
- Hot Sauce
- Avocado
- Turkeyronies
- Cucumbers
- Cheese
- Alfalfa Sprouts

Cut the bagel in halves (hamburger style). Mix hummus with hot sauce and water to desired thickness. Spread hummus on top of bagel halves, open face style. Layer turkeyronies on top of hummus, slice cucumber and place on top of turkeyronies. Slice avocado and cheese and place on top. Top it off with sprouts.

Pesto Pizza

- Flour tortillas
- Peppers (red, yellow, and/or green)
- Jalapeños
- Chicken
- Pesto
- Shredded cheese

Spread pesto evenly on a tortilla. Add toppings and cheese. Grease skillet. Place tortilla directly on skillet and let heat until edges are golden brown and cheese is melted.

Martini Madness

- Flour tortillas
- Summer Sausage
- Pringles (any flavor)
- Cheddar Cheese

Cut summer sausage and cheese. Place Summer Sausage on tortilla and crush Pringles over sausage. Roll up like a burrito and enjoy!

Honey I Wrapped the Granola

- Flour tortilla
- Granola
- Peanut butter
- Honey

Spread peanut butter, honey on tortilla then sprinkle granola over.

Walking Tacos

- Small bags of tortilla chips (crushed)
- Taco meat (pre-cooked)
- Shredded cheese
- Lettuce
- Tomato
- Salsa
- Sour cream
- Avocado

Mix everything in a plastic bag and enjoy. Add or remove ingredients to personal taste.

Boboli Pizza

- Tortillas
- Boboli Sauce
- Pepperoni
- Mushrooms (optional)
- Cheese

Spread pizza sauce evenly on a tortilla, add ingredients, enjoy!

Tortilla Roll-Up

- Tortilla
- Peanut Butter
- Golden Raisins
- Banana

Take a tortilla (preferably Stacy's organic Whole Wheat), cover it with peanut butter, then sprinkle with raisins. Put a banana in the middle and roll it up like a burrito.

Country Casserole

- ¼ cup potato flakes
- 3 Tbs. milk powder
- 1 tsp. cornmeal
- 1 tsp. Molly McButter
- 1 tsp. black pepper
- 1 envelope Country gravy mix
- ¼ cup dried potato hash browns
- ¼ cup dried or freeze-dried corn
- ½ tsp. dried chopped onion
- 3 slices pre-cooked bacon

At home: place instant mashed potato flakes, milk powder, cornmeal, Butter Buds, black pepper and gravy mix into a small sealed plastic bag. In a quart plastic zipper bag, combine the hashbrowns, corn kernels, and dried onions. At camp: remove the small plastic bag with potato flakes; set aside. In medium pot, boil 2 cups water. Add the corn mixture and bacon. Cover; return to a gentle boil. Cook until corn and potatoes are tender, about 5 minutes. Add the potato-flake mixture; reduce heat and simmer until hot and thick, 2 or 3 minutes. If too thick, add a few teaspoons of water before serving.

DINNER

Chicken Stroganoff

- 1 8-ounce package noodles
- 1 packet onion soup mix
- 4Tbs. sour cream (made from dry mix)
- 1 6-ounce can chicken
- 1 small canned sliced-mushrooms

Bring water to a boil; add onion soup mix and stir until dissolved. Add noodles with the soup and cook until tender, 8-10 minutes. Drain water well away from camp, keeping as much of the onion as possible. Add sour cream, mushrooms, and chicken. Season to taste.

Potato Cheese Soup

- ½ cup potato pearls
- 1 cup shredded cheddar cheese
- ½ cup powdered milk
- 2 Tbs. flour
- 2 Tbs. dried onion
- 4 cups water
- Salt and Pepper
- 1 tsp. oil

Put all ingredients (except potatoes and cheese) into a pot. Bring to a boil, stirring often. Put potato pearls in a bowl and add enough of the hot soup to form a thin paste. Pour this back into the soup; stir. Add cheese and cook, stirring until melted.

Chicken in da Woods

- Instant rice
- 1 can of chicken
- 1 can of cream of chicken
- 1 can of cream of mushroom
- Shredded cheese

Bring water to a boil. Add rice, salt and butter and return to a boil. Add chicken, cream of chicken, and cream of mushroom to pot. Let cook. Top with shredded cheese and enjoy!

NOLS Thunder Chili

- 4 cups water
- ½ cup vegetarian chili mix
- 2 cups potato pearls
- Shredded cheese

Boil water and add mix. Cook for 10-15 minutes. Take off heat and mix in potato pearls until desired consistency is achieved. Top off with cheese!

Hamburger Foil Pack

- Hamburger patty
- Potato (sliced)
- Carrots
- Onions
- Spices
- Tinfoil

Wrap 1 hamburger patty, 1 sliced potato, lots of baby carrots, part of a sliced onion and salt/pepper in heavy duty tinfoil. Place in the red-hot coals of your campfire for about 30 minutes.

One Size Fits All

- Potato pearls
- Hot Sauce (Cholula)
- Bacon Bits
- Shredded Cheese

Bring water to a boil. Add above ingredients to desired thickness and enjoy.

Mexican Burrito

- Tortillas
- Beans (dehydrated or canned)
- Mexican style rice
- Chicken in a bag
- Hot Sauce (Cholula)

Cook rice, stir in beans, add chicken, throw it all in the tortillas, enjoy!

NOLS Cornbread

- 1 cup cornmeal
- ½ cup whole wheat flour
- 1/3 cup white flour
- 2/3 cup powdered milk
- 1Tbs. baking powder
- 1 tsp. salt
- 1.5 cups vanilla
- 3 Tbs. honey of brown sugar

Mix together dry ingredients. Gradually add water, vanilla, and sweetener, stirring well. Pour into a greased frying pan, cover, and bake for about 15 minutes or until done.

Jambalaya

- Zatarain's Jambalaya mix w/cheese
- Summer sausage

Cook jambalaya mix, cut up sausage, brown sausage (optional), add sausage to mix when ready, enjoy!

Thanksgiving Meal

- Stove Top stuffing
- Cranberries, dehydrated
- Chicken in a bag

Cook stuffing, add chicken and cranberries, simmer, enjoy!

Ramen Delight

- Ramen
- Instant potatoes w/ cheese
- Tuna or salmon in a bag

Cook ramen, add spice bag, mix in potatoes until thick (casserole style), enjoy!

DESSERT

Dutch Oven Peach Cobbler

- 1 can sliced peaches
- 1 package white or yellow cake mix
- ¼ pound butter

Rub the inside of the Dutch oven with cooking oil. Place 8 pieces of charcoal under oven and about 20 pieces on top. When oven is hot, pour peaches and juice into oven. Add the dry cake mix on top of peaches. Cut the butter into small chunks and place on top of cake mix. Dust everything with cinnamon. Place lid on top and bake for about 40 minutes!

Banana Boats

- Foil
- Banana
- Marshmallows
- Chocolate bar

Slice the banana the long way and crack open while leaving the skin on. Place on a medium size piece of foil. Fill with chocolate, peanut butter, and marshmallows.

Roll the foil around the banana and then roll the ends closed so there's some space above the banana. Place in the coals of the fire until it all melts (10-15 mins). Spoon it out... YUMMY!