

Favorite Backpacking Recipes

Granoatmeal

This breakfast can be served with cold water as a granola or with boiling water as oatmeal and gives you the flexibility to respond to the weather and time constraints of the day. Check with your vegan to see if honey is ok, you can use Karo Syrup instead of the honey to make a vegan granoatmeal.

At home: Combine in a large flat pan

10 cups quick oats

1 cup chopped or sliced nuts

½ cup honey (depends on Vegan as to whether or not they eat honey)

½ cup oil

Stir well and bake at 350 degrees for 30 minutes or until golden, stirring well after the first 15 minutes.

Remove from the oven and add:

1 cup raisins and / or other chopped dried fruit

¾ cup wheat germ

Pack in 1 portion amounts (zip locks), adding:

1/3 cup powdered milk or soy milk per 1 cup granoatmeal (560 calories)

½ cup powdered milk or soy milk per 1 ½ cups granoatmeal (840 calories)

On the trail, add 1 cup water per 1 cup of granoatmeal, stir and eat.

From Backpacker: Backcountry Cooking, Dorcas S. Miller, 1998

Kitchen Creek Breakfast Rice

If you have a leisurely morning or layover day and feel like cooking, this is a nice change from oatmeal. Caution: Instant rice is not instant, and the 10 minutes at sea level will increase at altitude.

1 cup instant brown rice

¼ cup raisins (or any dried fruit)

¼ cup chopped pecans

2 tablespoons sugar

1 teaspoon cinnamon

(carry any other seasonings you like – brown sugar, etc)

¼ teaspoon salt

1 ¼ cup water

At home: combine dry ingredients except for salt (carry separately) in ziplock bag.

On the trail: Bring water and salt to a boil. Add remainder of ingredients, cover and simmer 10 minutes or until rice is tender. Makes 2 servings, 400 calories each.

From Lipsmackin' Backpackin', Tim and Christine Conners, 2000

Sutliff's Logan Bread

This is a great trail bread. It will keep for at least a week in your pack. And if sliced and dried in a food dehydrator it is pretty much indestructible (and lighter). It makes a great breakfast or lunch if smeared with peanut butter, or jelly, or both.

At Home: Mix together in a saucepan

1 ½ cup water

1 ¾ cup sugar

2 cups applesauce

½ cup molasses

2 cups margarine (use Vegan margarine to make Vegan bread)

Bring to a boil, stirring.

In a (very) large bowl blend together:

8 cups whole wheat flour

2 2/3 cups white flour

2 teaspoons baking soda

1 teaspoon baking powder

1 teaspoon ground cloves

(I add 2 teaspoons cinnamon)

1 teaspoon ground nutmeg

Pour in the liquid mixture, and stir well.

Bake at 300 degrees for 1 hour in three greased 9 5/8 x 5 ½ x 2 ¾ inch loaf pans (I use two 15 ½ x 4 ½ pans) or 5 of the 8 ½ x 4 ½ x 2 5/8 inch pans.

This bread is considerably easier to slice if allowed to cool overnight. If you slice it into 42 slices (2.5 oz each), it will be 240 calories per slice. I usually slice mine into 24 slices (4.4oz each) which give 420 calories per hunk (plus peanut butter calories).

From Lipsmackin' Backpackin', Tim and Christine Conners, 2000

Ultra Lite Potatoes with Gravy

This is a variation on instant potatoes / meat / vegetable and gravy. This one is great because it only uses one pot.

At home: Pack

1 ounce Freeze Dried beef (or dehydrated hamburger)

1 ounce freeze-dried green beans (or peas, or your favorite vegetable)

1 1/3 cups potato flakes

1 envelope gravy mix

On the trail:

Combine all ingredients and add 3 cups boiling water (or more if needed). Stir well and let stand 10 minutes or until all ingredients are fully reconstituted.

Makes 1 serving of about 515 calories.

From Backpacker: Backcountry Cooking, Dorcas S. Miller, 1998

Curry Couscous Salad

This is a favorite (troop, crew, and family) for reference; I usually make 3 recipes for 6 people. For backpacking I use the olive oil but not a scallion. Check the couscous to see how much water it calls for, and use that amount. This one is great for a dry camp because it takes so little water to prepare.

½ teaspoon curry powder
large pinch turmeric
1 teaspoon salt
½ teaspoon ground black pepper
¼ cup dried cranberries
5 or 6 dried apricots, finely chopped
¼ cup sliced almonds
¼ cup pine nuts
¾ cup couscous
½ bouillon cube (any flavor) – use vegetable bouillon for Vegans and Vegetarians
¾ cup water
1 tablespoon olive oil (optional)
1 scallion, thinly sliced (optional)

At home: Mix curry powder, turmeric, salt, and pepper and store in a zip lock bag or spice container.

Brown pine nuts in a frying pan on high heat for 3 minutes; let cool.

Combine them with the cranberries, chopped apricots, and almonds in a zip lock bag.

In camp: Boil water, dissolve bouillon, then add couscous.

Cover tightly and let stand 5 minutes.

Fluff couscous, add olive oil and spices, and mix well.

Stir in dried fruit, nuts, and scallion.

Serve warm, or pack in a water bottle or plastic container for later; this recipe travels well and tastes great cold. Scoop it into pita halves to eat sandwich style.

Serves 2 as a main dish with about 500 calories per serving. Serving weight is about 4.1 ounces.

To make this dish even more filling, mix in a can of chicken or tuna.

(from Backpacker Magazine 05.2006)

Ramen and Veggies

Ramen can be good!

1 x package Knorr Vegetable (or Spring Vegetable) Soup mix
1 x 7 oz package of chicken (or tuna) OPTIONAL
2 x Ramen packs (use chicken with chicken and oriental with tuna)
Make soup (check directions on package) add water (~4 cups) and bring to a boil. Add chicken/tuna and simmer as soup package directs (~10 minutes), adding the ramen for the last 2 to 3 minutes. Serve.

Makes 2 servings, about 400 calories each (you will need dessert!)
Oriental flavor is Vegan; most other flavors are NOT vegetarian.

This one I have been doing for years, and I have no idea where it actually originated.

Clear Creek Cinnamon Chips

This one requires a frying pan, which is extra and heavy and unless you are going to use it for multiple meals (pancakes, etc) I don't usually go here for a 6 or 7 day trip. Fried foods are also harder to clean up and leave no trace, and they attract wildlife.

½ tablespoon cinnamon (or to taste)
2 tablespoons sugar (or to taste)
4 tablespoons oil
2 medium flour tortillas

At home: Mix cinnamon with sugar and carry in a 1 gallon resealable plastic bag. Carry tortillas and vegetable oil separately.

On the trail: Heat oil in frying pan. Cut tortillas in wedges. Place tortillas in hot oil and fry for a short period of time before flipping. Remove and cool. Toss fried tortillas in the bag with the cinnamon-sugar mix. Shake and eat straight out of the bag.

From Lipsmackin' Backpackin', Tim and Christine Connors, 2000

Some More S'mores

These are (sort of) s'mores that you can make without a campfire.

At home: Combine in a small oven bag or freezer bag (must stand up to boiling):

1 ½ crumbled graham crackers (1/2 cup)
¼ cup chocolate chips (dark/semisweet chocolate is really good)
¼ cup chopped, toasted walnuts

On the trail – make sure the bag is shut tight and drop it in hot water until the chocolate melts. Remove from water and spoon into a bowl (or eat it directly out of the bag).

Makes one serving of 1 cup each or two ½ cup servings (450 calories for 1 cup serving)

From Backpacker: Backcountry Cooking, Dorcas S. Miller, 1998

Bear Scat Cookies

These are fun, and you can use the leftovers for a high-energy trail snack the next day (don't count on there being leftovers).

3T powdered milk or soy milk
3T cocoa powder
½ c white sugar
Dash of salt
½ c water
½ c peanut butter (non-“natural” works best)
1 ½ c quick oats (uncooked)
1 c pecan pieces

At home: measure and mix dry ingredients (powdered milk, cocoa powder, sugar, and salt)

On the trail: put pre-measured dry ingredients into the pan with water and peanut butter. Bring to a boil; boil for 1 minute, stirring constantly. Turn off stove. Immediately add quick oats and pecan pieces. Blend well. Spoon rounded teaspoons of dough onto a spare plate or any flat surface (take a piece of aluminum foil folded up). Allow to cool for 5-10 minutes. Makes 8 servings of 385 calories each.

From the JetBoil website: courtesy of Lauren Koshere

Fuel Fudge (the ultimate dense calorie food)

This is great for very long strenuous ascents late in the day, or very cold nights just before you get into your bag. This is not for casual consumption, only if you really need to boost calories. It should keep unspoiled for about 4 weeks with no problems.

1 16-ounce jar of creamy peanut butter
4 ounces hot bacon grease, strained (or 1 cup lard or butter)
½ cup honey
3 cups powdered milk
2 cups crushed peanuts
1 cup raisins
1 cup flaked sweetened coconut

Microwave the jar of peanut butter on high for 1 minute or until it flows easily. Plop peanut butter into a mixing bowl. Stir in bacon grease. Next, mix in honey, powdered milk, peanuts, raisins, and coconut. Spread 1 inch thick in two greased 8x8-inch pans and let cool. Cut the contents of each pan into 16 squares and store in resealable plastic bags.

Weight per serving is 0.7 ounce, calories per serving in 250.

From Lipsmackin' Backpackin', Tim and Christine Conners, 2000