

Backpacking ONE POT DINNERS

One pot dinners can be easy to prepare with a little thought before hand.

Which foods need to cook longer? - Start them first.

How much water is needed? - Is the pot big enough?

Try to maintain texture in the food. Mush is mush and no amount of spices will dress it up.

Plastic bags can serve for carrying and mixing items such as instant potatoes. Reduce the cleanup, add the boiling water to the bag and mix. This works with quick rice as well.

Trail Breakfast

Mix and Match: Pick one from each category.

| dairy | meat | grain | fruit | fun |
|---|--|--|---|--|
| hard cheese cheese spread string cheese | jerky bacon bar hard salami meat sticks | bagel crackers melba toast graham cracker oatmeal, instant grits, instant cream of wheat pilot bread cereal mixes granola bar | dried apples banana chips fruit bits fruit leathers raisins orange | trail mix choc. granola nuts sunflower seeds pumpkin seeds |
| drinks | | | | |
| water Tang tea powder mixes hot chocolate | peanut butter powder eggs eggbeaters | | | |

Trail Lunches

| dairy | meat | grain | fruit | fun |
|--|--|--|--|--|
| hard cheese cheese spread string cheese | jerky can tuna canned spread hard salami meat sticks | bagel crackers melba toast graham cracker corn chips flour tortillas wheat bread pilot bread pretzels granola bar | dried apples banana chips fruit bits fruit leathers raisins walking apple orange | hard candies GORP trail mix candy bar choc granola nuts sunflower seeds pumpkin seeds cereal mixes |
| drinks | | | | |
| water kool aid gator types powder mixes | peanut butter jelly | | | |

One Pot dinners

take one from each column

| BASE | VEGETABLE | MEAT | SAUCE | SPICE | TOPPING |
|---------------------|---------------------|-----------------------|-------------------|-------------------|------------------|
| Spaghetti | fresh | ground beef | cheese | oregano | nuts |
| Thin Spaghetti | carrots | can beef | sour-cream | herbs | toasted |
| Vermicelli | potatoes | can chicken | stroganoff | sage | sunflower |
| Capellini | summer squash | can turkey | spaghetti | basil | pumpkin |
| Fettuccini | onions | can meat spread | dry soup mix | salt, pepper | coconut |
| Macaroni Ribbons | cucumbers | dried chipped beef | miso powder | poultry seasoning | sesame seeds |
| Egg Noodles | frozen | stew meat | gravy mixes | garlic salt | margarine |
| Linguine | for short trips & | hard salami | curry | onion salt | cheese |
| Elbow Macaroni | cold weather | Vienna sausage | sweet & sour | chili powder | catsup |
| Rotini | freeze dried | Spam | au jus | butter buds | packets |
| Small Shells | peas | jerky | teriyaki | soy sauce | bacon bits |
| Juniorettes | gr. beans | canned fish | | bouillon | croutons |
| Pasta Nuggets | corn | clams | thickeners | chicken | dumplings |
| Kluski noodles | | tuna | cornstarch | beef | |
| Rigatoni | home dried | salmon | flour | vegetable | wheat |
| Mostaccioli | onions | sardines | cornmeal | mixes | germ |
| Ziti | mushrooms | crab | SOUPS | chili | |
| Ready-cut Spaghetti | mixed veg. flakes | shrimp | Cream of Mushroom | taco | dried fruit bits |
| Rotelle | soup blends | pepperoni | Tomato | sloppy Joe | raisins |
| Rainbow Rotini | pepper flakes | freeze dried | creamed corn | | |
| Medium Shells | celery flakes | ham | | | |
| Cous Cous | can onion rings | beef | | | |
| Acini di Pepe | | chicken | Tomato juice | | |
| Rosmarina | | shrimp | Cheddar cheese | | |
| A-B-C- noodles | | dried fish | soup | | |
| Rings | | smoked fish | | | |
| Ramen noodles | chow mein noodles | bacon bar | | | |
| Quick Rice | ## Helper's | | | | |
| Rice-A-Roni | Stuffing | TVP | | | |
| Instant Potatoes | box mixes | beef flavored chicken | | | |
| Quick Grits | mac & cheese | | | | |
| | rice & ## | | | | |
| | noodles & ## | | | | |