

One-Pot Trail Meals Quick Guide

More elaborate meals can be prepared with training. The following suggestions are easier:

Grains

Grains are the most important source of carbohydrates. These will give backpackers their energy to hike the trail. They are the most filling part of the meal.

Pasta: an excellent choice and pretty much goes with anything. There are many varieties of pasta and egg noodles that can be used.

Couscous: a lighter/space-conserving choice, this light pasta is easy to mix with.

Rice: this grain also mixes well and you don't need a lot of it to fill you.

Tortillas: can be used to wrap anything up to eat, and you don't need a utensil.

Pita Bread: like a tortilla, you can fill the pitas up and eat; no utensils needed.

Protein/Meats

This is usually the tasty part of the meal and it doesn't always have to be meat.

Canned Meats: Obviously you are not lugging the can with you. The meat goes in a zip-loc bag for storage while on the trail. Just about all meats come in a can (Chicken, Pork, Tuna) and are easy to stir in. Beef Jerky is not a good choice of meat to use.

Beans: are light and are especially good with rice and/or tortillas; an excellent meat alternative.

Tempeh: a soy-based meat alternative used in stir-fries. It is perishable.

Vegetables

These goodies provide vitamins and can also be high in fiber.

Dehydrated: are a good choice and easy to mix in with water. Mushrooms can also be used instead of vegetables. Freeze-dried vegetables can be used, but require extra time.

Fresh: the best choice, but can be bulky unless you prepare ahead of time.

Foods to Avoid

Soup mixes can be used for "bases" to add things to, but should not constitute a meal. Vegetables, meat, and anything else can be added to make a substantial meal.

Tips

Spices: these are used to add flavor. Use your favorite spice to give a meal a boost. Avoid adding excessive salt. Pack small amounts from home.

Gravy Packs: these can be used to hold your meal together and add flavor, usually salty.

Cheese: only good if melted, most cheeses are perishable and must be used carefully.

Sample Menu

Below is a suggested backpacking menu for a patrol of 6. The cost for each patrol member can be kept under \$5 with portion control and by allowing for each scout to also have his own snacks to be eaten along with the meal. A snack can be trail-mix, energy bars, or granola bars.

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| <i>Breakfast</i> | Oatmeal (2 packs each) Only requires 12 cups (3 quarts) of boiling water. Energy bars and/or granola bars can supplement | 1- 12pack of instant oatmeal |
| <i>Lunch</i> | Crackers Cheese Summer Sausage Fruit No cooking required, trail mix and energy bars can supplement | 1 small box Stone Wheat Thins 2 packages Mini-Mabells (any variety) 1 sausage 6 apples |
| <i>Dinner</i> | Rice Refried beans Mixed veggies Tortillas Cooking instructions below, can be supplemented with trail mix | 1 small box of rice (6 cups each) 1 can (beans placed in zip-loc bag) 1 can mixed veggies (or a dehydrated mix) 1 package of 12 |
| | <i>Boil 6 cups of water and add rice. (Re-hydrate veggies) Once rice is cooked, add beans and veggies. Add spices to taste- black pepper, garlic powder, cayenne pepper, and/or chili powder. Mix thoroughly. Spoon mixture into tortillas and serve. Makes two each.</i> | |
| <i>Breakfast</i> | Eggs Boil water and add eggs, mix and serve. Energy bars and/or granola bars can supplement | 1 package of dried eggs |

Total cost of items: \$28.50 or \$4.75/scout