

FBC MEAL IDEAS

Freezer Bag Goulash (1 serving per bag)

1 box (500 g) macaroni
½ cup diced green pepper
½ cup diced celery
½ cup diced onion
1x 796 ml can of diced Tomatoes (undrained)
2 cans of Campbell's Tomato Soup
½ cup TVP granules
salt + pepper to taste

Instructions

Add some oil to a pan, and fry up the vegetables.
Cook and drain the macaroni.
Stir the vegetables into the macaroni.
Stir in the can of diced Tomato and juice.
Stir in 2 cans of Campbell's Tomato Soup.
Stir in the TVP.
Add Salt + Pepper to taste.
Cook over low heat for 20 minutes, stirring occasionally.

Drying

Place Goulash in a thin layer on the drying racks of a dehydrator.
Dry for 10 – 12 hours

- *If your dehydrator won't hold it all, store the remainder in the refrigerator.
- *if the holes in your dehydrator racks are too large, make screens from "plastic canvas" available at craft stores.

Storage

*the macaroni will be sharp and stuck together when it comes from the dehydrator.
Remove and place in a heavy plastic bag for crushing.
Seal bag, then break up macaroni into nearly individual pieces.
Place 1 cup of Goulash into each freezer bag....then seal each bag inside another freezer bag.
*this will protect the outer bag from the sharp macaroni.

At Camp

Transfer the Goulash from the inner bag to the outer.
Add boiling water SLOWLY and stir. Keep adding water and stirring until food is JUST covered.
Squeeze air from the bag as you seal it, then squish it at around a bit.
Place inside a winter hat for 10 minutes. (squish the bag through the hat every few minutes)

Alfredo Potatoes (1 serving)

2/3 cup instant mashed potatoes
1 Tbsp. dry milk
1 Tbsp. shelf stable parmesan cheese
1 tsp non-dairy coffee creamer
1/4 tsp dried basil
1/8 tsp dried garlic
1/8 tsp ground black pepper
1/8 tsp salt
1/8 tsp dried oregano

At home: Seal ingredients in a quart freezer bag.

At Camp: Add 1 cup of near boiling water and stir well.
Let sit till cool enough to eat.

Beefy Rice (1 serving)

1 cup instant rice
1 Tbsp. diced dried tomatoes
1 Tbsp. diced dried onion
1 Tbsp. shelf stable parmesan cheese
1 Tbsp. French onion soup mix
1 Tbsp. TVP granules.

At Home: Seal the ingredients in a quart freezer bag.

At Camp: Add 1 1/4 cups near boiling water.
Stir well and seal tightly.
Put in a cozy for 15 minutes.
Fluff up and serve.

Beef Stroganoff 1(1 serving)

4 oz. cooked and dehydrated pasta
1/2 cup TVP granules
1/4 cup crumbled dried mushrooms
2 Tbsp. diced dried onion
2 Tbsp. dry milk
1 Tbsp. flour
1 Tbsp. tomato powder
1 tsp low sodium beef bouillon
1 tsp butter powder
1 pinch ground black pepper

At Home: Seal all ingredients in a quart size freezer bag

In Camp: Pour in enough hot water to cover ingredients.
Seal the bag and put in a cozy for 15 mins.

Beef Stroganoff 2 (1 serving)

1 1/3 cup broken plain ramen
1/3 cup TVP granules
1/3 cup crumbled dried mushrooms
3 Tbsp. powdered sour cream
1 Tbsp. diced dried onion
1 pinch ground nutmeg

At home: Pack sour cream powder and nutmeg in a small bag.
Seal remaining ingredients in a quart freezer bag.
Place the small bag within the large bag.

At camp: Remove the small bag from the larger bag.
Pour 2 cups near boiling water into freezer bag and stir well.
Seal tightly and put in a cozy for 10 minutes.
Drain off the broth carefully into a mug.
Add nutmeg and sour cream powder to the bag..
Add extra broth as needed and mix well.

BBQ Hash Browns (1 serving)

1 cup dried hash browns
1/2 cup TVP
1/4 cup freeze-dried corn
2 Tbsp. diced dried bell pepper
1 tsp chili powder
1 cup French fried style onions
2 pkt bbq sauce

At Home: Seal the dry items in a quart freezer bag.
Put the fried onions in a small plastic bag inside the freezer bag.
Tuck the BBQ sauce packets in another bag inside the freezer bag.

At camp: Add the BBQ sauce to the bag, then cover with nearly boiling water.
Stir well, seal tightly and put in a cozy for 15 minutes.
Top with the fried onions.

Breakfast Potatoes (1 serving)

1/2 cup instant mashed potatoes

2 Tbsp. cheese sauce powder

1 Tbsp. dry milk

3 Tbsp. bacon bits (or shelf stable bacon)

*pack shelf stable bacon separately and add just before water.

At home: Seal ingredients in a freezer bag.

At camp: Add ½ cup near boiling water, mix well and serve.

Cheesy Bacon Ramen (1 serving)

3 oz. pack ramen

1/4 cup bacon bits (or shelf stable bacon)

*pack shelf stable bacon separately and add just before water.

1/4 cup shelf stable parmesan cheese

1/2 tsp granulated dried garlic

1/4 tsp red pepper flakes

1/4 tsp ground black pepper

1 Tbsp. olive oil (1 packet)

At home: Seal the ingredients in a quart sized freezer bag.

In camp: Bring the water to a near boil and pour into the bag.

Seal tightly and put in a cozy for 5 to 10 minutes.

Drain off the water and toss with the oil and then serve.

Cheesy Bacon Potatoes (1 serving)

1 1/2 cup instant mashed potatoes

1/3 cup dry milk

3 Tbsp. cheese sauce powder

1/4 tsp ground black pepper

3 Tbsp. bacon bits (or shelf stable bacon)

*pack shelf stable bacon separately and add just before water.

At home: seal ingredients in a quart freezer bag.

* If using shelf stable bacon, pack it separately.

At camp: Add 2 1/4 cups near boiling water.

Stir well and let sit till cool enough to eat.

Cheesy Chili (1 serving)

4 oz. cooked and dehydrated small pasta shapes (see below)

2 Tbsp. TVP granules

2 Tbsp. diced freeze-dried bell peppers

1 Tbsp. cooked and dehydrated pinto beans

1 Tbsp. freeze dried corn

1 tsp chili powder

1 tsp dried oregano

1/4 tsp dried garlic

1 Tbsp. olive oil

1 oz. cheddar cheese

At home: Seal the pasta and vegetables in a quart freezer.

Pack the seasonings and cheese in 2 small bags, inside the freezer bag.

At camp: Remove smaller bags from freezer bag.

Add 2 cups of near boiling water to the bag. (cover pasta)

Seal tightly and put in a cozy for 15 minutes.

Drain off any remaining water carefully.

Shake in spice packet and add oil.

Mix well and top with diced cheddar. Let melt a bit and stir in.

Cheesy Couscous (1 serving)

1/2 cup couscous (whole wheat or regular)
3 Tbsp. cheese sauce powder
1 Tbsp. dry milk
1/4 tsp salt

At home: Seal ingredients in a quart freezer bag.

At camp: Add 1 cup near boiling water to the freezer bag.
Stir well, seal tightly and put in a cozy for 10 minutes.
Fluff up and serve.

Cheesy Rice (1 serving)

1 cup instant rice
2 Tbsp. dry milk
2 Tbsp. cheese sauce powder
1 Tbsp. Italian seasoned bread crumbs (pack + add separately)

At home: Seal everything but the bread crumbs in a quart freezer bag.
Pack the bread crumbs in a small bag inside the freezer bag.

At camp: Remove Bread Crumbs from Freezer Bag.
Add 1 1/8 cups near boiling water.
Stir well, seal tightly and put in a cozy for 15 minutes.
Top with bread crumbs before serving.

Chicken Alfredo Couscous (1 serving)

1/3 cup couscous

1 Tbsp. diced dried onion
1 Tbsp. dry Alfredo mix (organic)
1 tsp dried parsley
1/4 tsp dried garlic
1 Tbsp. dry milk
1 Tbsp. shelf stable parmesan cheese
1 can 3 to 5-ounces chicken

At home: Seal the dry ingredients in a quart freezer bag.
Put the cheese in a small bag and place it in the freezer bag.

At camp: Remove the bag of cheese from the freezer bag.
Add the chicken with its broth to the bag.
Pour ½ cup of hot water to the bag and stir well.
Seal tightly and put in a cozy for 10 minutes.
Stir again and top with Parmesan cheese.

Chicken Rice Cream (1 serving)

1 cup instant rice
3 Tbsp. cream of chicken dry soup mix
1 Tbsp. diced dried onion
1/4 tsp dried garlic
1/4 tsp dried parsley
1 can 3 to 5 ounces chicken

At home: Seal the dry ingredients in a quart freezer bag.

At camp: Add 1 cup near boiling water and chicken with broth and stir well.
Seal tightly and put in cozy for 15 minutes.

Chicken Leeky Rice (1 serving)

1 cup instant rice
3 Tbsp. dry leek soup mix
1 Tbsp. dry milk
1 Tbsp. diced dried leeks
1 can 3 to 5 ounces chicken

At home: Seal the dry ingredients in a quart freezer bag.

At camp: Add the chicken with broth and 1 cup of near boiling water.
Stir well, seal tightly and put in a cozy for 15 minutes.

Chicken n' Gravy Rice (1 serving)

1 cup instant rice
2 tsp chicken gravy mix
1 tsp diced dried shallots or onion
1/2 tsp Worcestershire sauce powder (or 1 tsp liquid sauce)
2 Tbsp. shelf stable parmesan cheese
1 can 3-ounces chicken

At home: Seal the dry ingredients in a quart freezer or sandwich bag.

At camp: Add 1 cup near boiling water and the chicken, stir well,
Seal tightly and put in a cozy for 15 minutes.
Fluff up before eating.

Chicken and Ramen Potatoes (1 serving)

- 1 pk 3-ounce chicken ramen
- 1 can 3 to 5-ounces chicken
- 1 pk flavored instant mashed potatoes (see notes)

At home: Pack the ramen, with 1/3 of the flavor packet in a quart freezer bag.

At camp: Add the chicken and 2 cups near boiling water to the bag.

Seal tightly and put in a cozy for 10 minutes.

Add the dry potatoes slowly stirring till it thickens.

Chicken Ranch Potatoes (1 serving)

- 3/4 cup instant mashed potatoes
- 1/4 cup dried hash browns
- 2 Tbsp. dry milk
- 1 Tbsp. dry ranch dip mix
- 1 Tbsp. diced dried shallots or onion
- 1 Tbsp. shelf stable parmesan cheese
- 1/4 tsp dried garlic
- 1 oz cheddar cheese
- 1 can 3 ounces chicken

At home: Seal the dry ingredients in a quart freezer bag.

Place the cheese in a small bag inside the freezer bag.

At camp: Dice the cheese.

Add 1 1/4 cups near boiling water, the can of chicken with broth and 3/4 of the cheese to the bag.

Stir well, seal tightly and put in a cozy for 10 minutes.

Stir again and top with the remaining cheese.

Chicken Stew (2 serving)

1 3/4 cup instant mashed potatoes
1 1/2 dry milk
2 tsp low sodium chicken bouillon
2 tsp diced dried onion
1 tsp dried parsley
1/4 tsp ground black pepper
1/4 tsp dried thyme
1/8 tsp turmeric

At home: Mix the ingredients well, then divide in two 1 quart freezer bags.

At camp: Add 1 1/2 cups near boiling water.
Stir until smooth and let sit till cool enough to eat.

Italian Couscous with Chicken (1 serving)

1/3 cup couscous
1/4 cup freeze-dried vegetable blend
3 Tbsp. tomato soup dry mix
1 Tbsp. diced dried onion
1/4 tsp dried garlic
1/4 tsp Italian herb blend
1 can 3 to 5-ounce chicken

At home: Seal the dry ingredients in a quart freezer or sandwich bag.

At camp: Add chicken with broth and 1 cup near boiling water.
Stir well, seal tightly and put in a cozy for 10 minutes.

Italian Couscous (1 serving)

1/3 c couscous
1/4 c shelf stable parmesan cheese
1 T diced dried onion

1/4 t dried basil
1/4 t dried oregano
1/4 t ground black pepper
1 pinch of salt
1 can 3 to 5-ounces chicken
1/4 c freeze dried vegetable blend

At home: Seal the dry ingredients in a quart freezer bag.

At camp: Add 1 cup near boiling water and chicken with broth.
Stir well, seal tightly and put in a cozy for 10 minutes.
Fluff up.

Italian Rice (1 serving)

1 cup instant rice
1 Tbsp. diced dried spinach
1 Tbsp. tomato powder
2 oz. tomato & basil cheese
1 Tbsp. Italian seasoned bread crumbs

At home: Seal the rice and vegetables in a quart freezer bag..
Put the bread crumbs and cheese in 2 small plastic bags and place
inside the freezer bag.

At camp: Remove the smaller bags from the freezer bag.
Dice the cheese up. Add it and the near boiling water.
Stir well, seal tightly and put in a cozy for 15 minutes.
Stir well and top with the bread crumbs.

Mountain Spaghetti (1 serving)

1/4 cup shelf stable parmesan cheese
1 Tbsp. dried parsley
1 Tbsp. Italian herb blend
1/2 tsp dried garlic
1 Tbsp. olive oil
3 oz. ramen packet

At home: Seal the pasta in a quart freezer bag.
Place the cheese/seasonings in a small bag, inside the freezer bag.

In camp: Pour 1½ cups near boiling water over the ramen. Seal bag tightly.
Carefully rotate bag till ramen softens. Put in a cozy for 10 minutes.
Drain any remaining water carefully.
Add olive oil and toss with spices and cheese.

Pasta Primitive (1 serving)

4 ounces precooked and dehydrated pasta
¼ cup freeze-dried mixed vegetables

2 Tbsp. shelf stable Parmesan cheese
Pinch of Italian seasonings blend.

1 tsp Butter
1 Tbsp. olive oil

At home: Place first 2 ingredients in a quart freezer bag.
Place next 2 ingredients in a small bag within the freezer bag.

At camp: Remove small bag from freezer bag.
Pour 2 cups near boiling water into the freezer bag.
Seal tightly, place in cozy for 10 minutes.
Drain carefully.
Toss pasta with oil, butter powder, Parmesan and seasonings to taste.

Red Bean Stew (1 serving)

1/4 cup dried diced carrot
1/4 cup crumbled dried mushrooms
1/4 cup diced sun-dried tomatoes
1 cup cooked and dehydrated red kidney beans
4 oz. cooked and dehydrated small pasta shapes
1 tsp low sodium beef bouillon
1/2 tsp dried garlic
1/4 tsp ground black pepper
2 Tbsp. shelf stable parmesan cheese

At home: Seal everything in a quart freezer bag.

At camp: Add near boiling water to cover the dry items.
Stir well, seal tightly and put in a cozy for 15 minutes.

Vegetable Beef Rice 1 (1 serving)

3/4 cup instant rice
6 Tbsp. freeze dried ground beef
3 Tbsp. freeze dried mixed vegetables
2 Tbsp. vegetable soup mix
1 tsp dried chives

At home: Place all the dry ingredients in a quart freezer bag.

At camp: Add near boiling water to the bag. Stir well, seal tightly and put in a cozy for 15 minutes.

Vegetable Beef Rice 2 (1 serving)

2 cups instant rice
1/2 cups cooked and dehydrated hamburger
1/4 cups freeze-dried vegetable blend

2 tsp low sodium beef bouillon
1 tsp dried parsley
1 tsp dried garlic
1 tsp dried thyme
1 oz. Swiss cheese

At home: Seal dry ingredients in a quart freezer bag.
Pack the cheese in a smaller bag within the freezer bag,

At camp: Add $2\frac{2}{3}$ cups near boiling water.
Stir well, seal tightly and put in a cozy for 15 minutes.
Fluff up and top with diced Swiss cheese.

Vegetable Rice Soup (1 serving)

1/3 cup instant rice
2 Tbsp. vegetable soup mix (knorr)
1/4 cup diced dehydrated vegetable blend
1 Tbsp. crumbled dried mushrooms
1 Tbsp. diced dried onion
1/4 tsp Worcestershire sauce powder
1/4 tsp diced dried garlic

At home: Seal all the dry ingredients in a small bag or quart freezer bag.

At camp: Add 2 cups hot water to the bag.
Seal tightly and put in a cozy for 15 to 30 minutes.

Vegetable Soup (1 serving)

1/3 cup diced dried veggie blend
2 Tbsp. bulgur
1/4 cup angel hair pasta, crumbled up

2 tsp lower sodium vegetable bullion
1/4 tsp dried parsley
1/4 tsp dried basil, crumbled
1/4 tsp dried garlic, powder or diced
1/4 tsp onion powder (not onion salt!)

At home: Seal all the dry ingredients in a quart freezer bag.

At camp: Add 2 cups hot water to the bag.
Seal tightly and put in a cozy for 15 to 30 minutes.

Vegetable Couscous 1 (1 serving)

1/2 cup couscous
1/4 cup crumbled dry mushrooms
1/4 cup diced sun-dried Tomatoes
1 tsp low sodium vegetable bouillon
1/4 tsp granulated garlic
1/4 tsp dried Oregano

At home: Seal everything in a quart freezer bag.

At camp: Add 1 cup near boiling water to the bag.
Stir well, seal tightly and put in a cozy for 10 minutes.
Fluff up.

Vegetable Couscous 2 (1 serving)

1/3 cup couscous
1/4 cup freeze-dried green peas
1/4 cup freeze-dried sweet corn
1 Tbsp. diced dried carrots
2 Tbsp. shelf stable parmesan cheese

1 Tbsp. dry milk
1 1/4 tsp low sodium vegetable bouillon
1/4 tsp granulated garlic
1/4 tsp dry parsley
1/4 tsp ground black pepper
1/4 tsp dried onion
1/4 tsp turmeric powder
1/4 tsp kosher salt
1 Tbsp. olive oil

At home: Seal the dry ingredients in a quart freezer bag.

At camp: Add the oil and 1 1/4 cups near boiling water to the bag.
Stir well, seal tightly and put in a cozy for 15 minutes.
Stir before eating.

Trail KD 1 (2 single servings)

1 pkg of KD pasta (1 1/4 cups) cooked and dehydrated.
1 pouch of KD cheese powder
4 tsp powdered milk
2 tsp Butter
Salt + pepper to taste

At home: Cook the pasta and then dehydrate it for about 5 hours.

**The pasta will now be sharp and stuck together, so divide it between 2 freezer bags and scrunch it with your hands to separate the pasta into small groups. This will damage the bags.*

Place these damaged bags of pasta inside two 1 quart freezer bags.
Divide the cheese powder, mix each half with 2 tsp of powdered milk and place in small bags within the freezer bags.

At camp: Remove the bag of cheese powder from the freezer bag.
Transfer the pasta from the damaged inner bag to the outer bag.
Pour 1 cup boiling water into the freezer bag to cover pasta.
Seal the bag and place in the cozy for 15 minutes.
Drain away the water, by opening a small corner of the bag.
Stir 1 tsp of butter into pasta.
Stir cheese sauce powder into pasta.
Season to taste.

Trail KD 2 (1 serving)

1 pkg of Ramen Noodles (ditch the flavor packet)

1/2 - 3/4 pouch of KD cheese powder.

1 tsp butter

salt + pepper

At home: Crush the ramen inside its package.

Open the package and place the ramen in a 1 quart freezer bag.

Pack the cheese powder pouch inside the bag.

At camp: Remove cheese pouch and add 1 cup of hot water to the freezer bag.

Seal bag and place it in a cozy for 10 minutes.

Slightly open the bag and drain off the water.

Stir in 1 tsp of butter.

Stir in 1/2 - 3/4 of the cheese powder pouch.

Season to taste.