

ONE POT MEAL IDEAS

Backpacker Beef Stew (2 servings)

*1 pot meal

1/2 cup TVP or dried hamburger
1 cup dried potatoes (flakes or slices)
½ cup dried carrots
1/4 cup dried peas
1/2 cup dried onions
1/2 cup beef bouillon
1/4 cup flour
1/4 tsp pepper
5 cups water

Instructions:

Bring water to a boil in 3 litre pot.
Add vegetables, bouillon, flour, and pepper.
Cook on medium until the vegetables are tender and the stew is smooth and thick.
Add meat for the last 15 minutes of cooking time.

Backpacker Beef Stroganoff (2 servings)

*1 pot meal

4 1/2 cups water
2/3 cup instant powder milk
1 pkg sour cream mix
1 pkg Stroganoff mix
2 cups egg noodles
1/2 cup dried beef
2 tsp salt
4 tbs margarine (optional)

Instructions:

Mix 1 1/2 cups water and 1/2 cup powder milk in pot.
Add Sour Cream mix and Stroganoff mix.
Heat until sauce thickens.
Pour sauce into a freezer bag so pot can be reused.

Place noodles, beef, salt, and 3 cups of water in pot.
Bring to boil and simmer 15 minutes.
Stir in sauce from freezer bag.
Add margarine and serve.

Backpacker Trail Soup (2 servings)

***1 pot meal**

Knorr or Lipton packaged soup
Grated parmesan cheese
Dried sausage or pepperoni
Split peas or lentils
Seasoned croutons

Instructions:

Prepare packaged soup as per directions.
Add cheese, sausage/pepperoni and split peas/lentils.
Cook over medium heat until ready to eat.
Add croutons and serve.

Onion Soup Mix Pasta (2 servings)

***1 pot meal**

2 tbsp powdered onion soup mix
2 servings of Spaghettini or other pasta
Olive oil
Parmesan cheese

Instructions:

Boil pasta then drain off water.
Add onion soup mix and olive oil (or butter for a richer taste) Mix well.
Add parmesan and serve.

Hearty Soup (2 servings)

***1 pot meal**

1 pkg Knorr Tomato Vegetable Soup
1 cup TVP (Textured Vegetable Protein)
Dehydrated hamburger

Instructions:

Take one package of Knorr tomato vegetable soup mix, add it to boiling water, then add a handful of dehydrated vegetable protein, and a hearty helping of dehydrated hamburger (amounts vary according to taste).

Cheesy Ramen (1 serving)

***1 pot meal**

1 packet instant ramen noodle soup
1-2 ounces Sweet & Spicy Jerky, shredded
1/3 cup Parmesan, shredded
1/4 cup dehydrated peas
1 1/4 cup water

Instructions:

Measure out the water and put into your pot.
Add the dehydrated peas and jerky and bring water to a boil.
When water is boiling, add the instant ramen noodles along with seasoning. Simmer for 3 minutes.
As soon as the noodles start to get soft, turn off the heat and garnish soup with parmesan cheese.

Cheesy Pasta (2 servings)

***1 pot meal**

6 oz. thin spaghetti, broken in half

1 Tbsp. extra-virgin olive oil

Kosher salt

1 tsp lemon juice

1/4 cup grated Romano, plus more for serving

1/2 Tbsp. unsalted butter

1/4 cup grated Parmesan

1 tsp coarsely ground black pepper, plus more for serving

Put the spaghetti, olive oil, 1/2 teaspoon salt and 2 3/4 cups of water together in a pot.

Bring to a boil over medium-high heat. Continue to cook, stirring the spaghetti frequently to keep it from clumping, until it is al dente, about 8 minutes.

Remove from the heat and stir in the lemon juice.

Gradually sprinkle in the Romano and stir until completely melted, then add the butter.

Sprinkle in the Parmesan, pepper and 1/4 teaspoon salt and stir until melted and smooth. The cheese will clump at first but will melt into the sauce and thicken it up after about 4 minutes.

Divide the spaghetti among 2 bowls and garnish with additional Romano and pepper.