



NO Freezer Cooler **Backcountry Cooking Recipes**

Special thanks to the Overland Expo PNW for the opportunity to share this with you!

Cooking Supplies

Sharp Knife	Pot
Cutting Board	Pan
Cheese Grater	Spoon
Heat Source	Spatula
Measuring Cup	

Blueberry & Bacon Pancakes

Pancake Mix that only requires water to be added
Sugar

Optional add-ins:
Dried Blueberries
Bacon Bits (shelf stable)
Chocolate Chips

Prep:

Follow package instructions for how many pancakes you want.
Put Pancake Mix, Sugar (to taste), and desired add-ins into a gallon sealable bag.

At Camp:

Add water to pre-made packet. Mix. Cut corner of packet and pour to desired pancake size on griddle.

Keep Rolling Chicken Almond Cran-Apple Wraps

Chicken in a Packet or Can
Tortillas

Optional Add-Ins & Garnishes:

Apple
Dried Cranberries
Almonds
Onion

Prep:

Mix desired ingredients in a zip lock bag, pour onto tortilla and enjoy!





Thai Curry Dinner

Mike's Curry Love Sauce Packet
Heat & Serve Rice Packet

Optional Add-Ins & Garnishes:

Dried or Fresh Veggies
Chicken in a Packet
Steak Strips
Almonds
Onion

Prep:

Heat 1/2 cup water with sauce packet until warm. Add veggies and meat. Heat until vegetables are desired doneness.
Add rice and heat until warm.



Salmon Ramen

Wild Pink Salmon Packet
Forbidden Rice Ramen

Optional garnishes:

Dried Wasabi Edamame
Fresh or Dried Mushrooms
Dried or Fresh Veggies
Seaweed
Hard Boiled Egg

Prep:

Bring 2 cups of water to a boil. Add noodles, flavor packet, salmon and garnishes that need to be warm. Simmer for 4 minutes. Add desired garnishes.

Mushroom Risotto

Mushroom Risotto Packet

Optional Add-Ins & Garnishes:

Fresh or Dried Mushrooms
Freshly Grated Hard Cheese
Dried or Fresh Veggies
Chives

Prep:

Brown the rice with 1/2 tsp oil. Add 2 1/2 cups water, veggies and cook about 20 minutes. Garnish with grated cheese and chives.

Pineapple Upside Down Bowl

Pineapple
Cherries
Graham Crackers

Prep:

Cut pineapple into bite size pieces. Place pineapple and cherries in a pot, cover with water and sprinkle with sweetener to taste. Simmer until fruit is soft and water thickens a bit. Serve warm. Sprinkle with crumbled graham crackers.

Fruit Cobbler

Apples
Brown Sugar/Honey

Optional Garnishes:

Granola
Pumpkin Seeds
Crumbled Graham Crackers
Nuts

Prep:

Dice apples. Place in pot, cover with water and sprinkle with sweetener to taste. Simmer until apples are soft. Serve warm. Sprinkle with desired toppings.

