



EXCLUSIVE CONTENT

TRAIL CHEF

EASY, TASTY RECIPES FOR CAMP



For extra zest, squeeze some fresh lime juice over your curry.

PLANT POWER

Going meatless shouldn't mean going hungry. These protein-packed vegan recipes will satisfy any hiker. *By Alisha McDarris*

COCONUT CASHEW CURRY

Who says backpacking food has to be bland? *Serves 2*

- ½ cup diced onion
- ½ cup shredded carrot
- ½ cup chopped mushroom
- 2 vegetable bouillon cubes
- 2 tsp. curry powder
- 4 Tbsp. coconut milk powder
- ¼ tsp. garlic powder
- ½ tsp. crushed red pepper
- ½ tsp. sugar
- ¼ tsp. salt
- 1 ½ cup water
- 1 cup instant rice
- 4 tsp. coconut oil
- ½ cup roasted cashews

AT HOME → Combine vegetables, bouillon, curry powder, coconut milk powder, garlic powder, crushed red pepper, sugar, and salt in a zip-top bag.

Package rice, coconut oil, and cashews separately.

IN CAMP → Bring 1 cup water to a boil. Add rice, cover, and remove from heat. Let sit for 5 minutes. Boil the remaining water and stir in vegetable-curry mix. Simmer for 5 minutes, then add oil. Pour curry sauce over rice, top with cashews, and serve.

WEIGHT* 8 oz.
PROTEIN 19 g
CALORIES 635

BLACK BEAN CHILI

This version is a delicious spin on the beef-based classic. *Serves 2*

- 2 vegetable bouillon cubes
- 2 Tbsp. tomato powder
- 1 cup instant black beans
- 1 tsp. chili powder
- ½ tsp. cumin

- ½ cup TVP (textured vegetable protein)
- ½ cup diced onion
- ½ cup diced carrot
- 3 cups water
- 4 Tbsp. olive oil
- salt and pepper to taste

AT HOME → Combine dry ingredients, TVP, onion, and carrot in a zip-top bag. Pack oil, salt, and pepper separately.

IN CAMP → Bring water to a boil, then empty contents of bag into pot. Stir, then simmer for 5 to 7 minutes or until TVP is rehydrated to the consistency of cooked ground beef. Add oil, salt, and pepper and serve.

WEIGHT 5 oz.
PROTEIN 22 g
CALORIES 501

MUSHROOM STROGANOFF

Chickpea noodles will fill you up after a long day. *Serves 2*

- 2 cups chickpea pasta
- 4 Tbsp. chopped dried mushrooms

- 2 Tbsp. dried mushroom powder
- 2 tsp. beef-flavored vegetable bouillon
- 2 Tbsp. nutritional yeast
- 2 Tbsp. dried coconut milk powder
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 3 cups water
- 2 Tbsp. olive oil
- salt and pepper to taste

AT HOME → Combine pasta and chopped mushrooms in one zip-top bag and remaining ingredients in another. Pack oil, salt, and pepper separately.

IN CAMP → Boil pasta and mushrooms for 7 to 10 minutes then drain and set aside, reserving 3 tablespoons of liquid. Return pasta water to the pot and add remaining ingredients, simmering until it forms a sauce thick enough to coat the back of a spoon. Pour sauce over pasta and mushrooms and serve.

WEIGHT 3 oz.
PROTEIN 30 g
CALORIES 532

*ALL NUTRITION AND WEIGHTS ARE PER SERVING. WEIGHTS ARE FOR UNCOOKED INGREDIENTS.



Adjust the Sriracha-to-soy sauce ratio for a customized kick.

PEANUT BUTTER DREAM

This backpacking staple can do more than make sandwiches.

By Siena Fry

THAI PEANUT NOODLES

Even ramen is better with peanut butter. *Serves 2*

- ½ cup peanut butter
- 2 Tbsp. Sriracha
- 2 Tbsp. soy sauce
- 2 packages ramen noodles
- 1 red bell pepper, dehydrated or fresh
- 1 head broccoli, dehydrated or fresh
- 1 lime

AT HOME → Combine peanut butter, Sriracha, and soy sauce in a leakproof container (adjust ratios according to taste). Pack other ingredients separately.

IN CAMP → Cook noodles according to packaging. Meanwhile, chop or rehydrate veggies, then cook in a separate pan. In a bowl or pot, mix

peanut sauce and juice from lime. Stir in water until sauce is the consistency of ketchup. Add hot noodles and veggies to sauce and stir until combined.

WEIGHT* 15 oz.

CALORIES 847

PROTEIN 24 g

PB CHEESECAKE BALLS

Protein powder adds substance to this decadent dessert. *Serves 2*

- 1 Tbsp. vanilla protein powder
- 3 Tbsp. dark-chocolate chips
- ½ cup rolled oats or granola
- 3 Tbsp. crunchy peanut butter
- 3 Tbsp. shelf-stable cream cheese

AT HOME → Mix protein powder and chocolate chips in a zip-top bag. Place oats in plastic wrap

and add bundle to the bag. Pack peanut butter and cream cheese together in a leakproof container.

IN CAMP → Whip peanut butter and cream cheese in container. Add protein and chocolate mixture and mix well. Shape into six 1-inch balls and roll in oats, then serve.

WEIGHT 3 oz.

CALORIES 336

PROTEIN 14.5 g

PB&J PANCAKES

Turn this classic combo into a hearty breakfast. *Serves 2*

- 4 Tbsp. milk powder
- 2 Tbsp. whole powdered egg flour
- 3 tsp. baking powder
- ½ tsp. salt
- 1 Tbsp. sugar
- 3 Tbsp. peanut butter
- ½ cup strawberry jam
- ¼ cup maple syrup
- 2 Tbsp. vegetable oil

AT HOME → Mix dry ingredients in a zip-top bag. Package peanut butter, jam combined with syrup, and oil in separate leakproof containers.

IN CAMP → Melt peanut butter over low heat in a small pot. Stir in 1 cup cold water then dry ingredients to make batter. Warm oil in a frying pan over medium heat and cook pancakes like normal. Transfer them to a plate or bowl. In the empty frying pan, warm jam-maple syrup mixture over low heat. Pour over the pancakes and serve.

WEIGHT 7.5 oz.

CALORIES 860

PROTEIN 19 g



Elevate your camping meals by enrolling in our **Backcountry Kitchen** online course with Colorado Outward Bound instructor Siena Fry. Visit backpacker.com/backcountrykitchen.

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You can skip the boiling water—the Barista packs a cup of Joe on the go.

DIY BREAKFAST BARS

Prepare the first meal of the day at home and you'll start hiking sooner—and have on-the-go snacks. *By Nick Cote*

THE ELVIS

Sweet, salty, and savory—this bar hits all the right notes.

Makes 9 bars

- 6 strips bacon
- 2 very ripe bananas
- ½ cup peanut butter
- ¼ cup maple syrup
- ½ tsp. salt
- 2 cups rolled oats
- ¼ cup peanuts, roughly chopped
- ¼ cup dates, roughly chopped

AT HOME → Heat oven to 400°F. Arrange bacon in a single layer on a foil-lined baking sheet and cook until very crispy, 15 to 20 minutes. Let cool on a paper towel-lined plate. Meanwhile, reduce oven heat to 350°F. Combine bananas, peanut butter, maple syrup, and salt

in a mixing bowl and mash until smooth. Chop bacon and add to banana mixture along with the oats, peanuts, and dates, and mix well. Smooth mixture into a greased, 9-by-9-inch baking dish. Bake 30 minutes, then let cool at least 2 hours. Cut bars into nine squares and wrap individually. (Green tip: Swap out plastic wrap for eco-friendly beeswax food wrap. Carry in, carry out, reuse.)

WEIGHT* 1.6 oz.
PROTEIN 9 g
CALORIES 256

MOLÉ MOLÉ BARS

Upgrade your usual nuts-and-seeds bar with a kick from flavorful Ancho chiles. *Makes 9 bars*

- 1 cup almonds
- 1 ½ cups rolled oats
- ½ cup green pumpkin seeds
- 1 cup chopped dates
- ½ cup almond butter
- ¼ cup Mexican chocolate, roughly chopped
- ½ cup agave syrup
- 3 Tbsp. Ancho chile powder
- ¼ cup coconut oil

AT HOME → Heat oven to 350°F. Pulse almonds in a food processor until roughly chopped (or buy a 6-ounce bag of chopped nuts) and mix well with all other ingredients. Spoon into a greased, 9-by-9-inch baking dish and press down firmly with a spatula or the bottom of a smaller baking dish. Bake 30 minutes, then let cool at least 2 hours. Cut bars into nine squares and package separately.

WEIGHT 2.5 oz.
PROTEIN 7.5 g
CALORIES 406

THE BARISTA

Each of these bars contains nearly as much caffeine as a cup of coffee—that's multitasking at its finest. *Makes 9 bars*

- 1 cup cashews
- 1 ½ cups rolled oats
- ½ cup honey
- ¼ cup coarsely ground coffee
- ¼ cup unsweetened shredded coconut
- ¼ cup chocolate chips

AT HOME → Heat oven to 350°F. Pulse cashews in a food processor until roughly chopped and mix well with all other ingredients. Scoop into a greased, 9-by-9-inch baking dish and press down firmly. Bake 30 minutes, then let cool at least 2 hours. Cut bars into nine squares and wrap.

WEIGHT 2.4 oz.
PROTEIN 4.5 g
CALORIES 231

*ALL NUTRITION AND WEIGHTS ARE PER BAR. BARS WILL KEEP UP TO ONE WEEK IN YOUR PACK.



For a milder pozole, swap the Anaheim pepper for a poblano.

HOT 'N' SPICY

Follow these flavorful recipes and you won't need to dump Tabasco on your dinner. *By Nick Cote*

POZOLE

 Hominy adds whole-grain heartiness to this chili stew. *Serves 2*

- 1 25 oz. can hominy
- 1 fresh Anaheim chile
- 1 medium yellow potato
- ¼ cup quinoa
- 3 Tbsp. green chile hot sauce
- 3 bouillon cubes (any flavor)
- 2 Tbsp. dried onion flakes
- 1 Tbsp. Mexican oregano
- 1 tsp. ground coriander
- 1 avocado
- 1 tsp. vegetable oil

AT HOME → Drain and rinse hominy and spread on a dehydrator tray. Run it at 135°F until completely dry (4 to 5 hours). Once cool, pack with spices in a zip-top bag. Store

vegetable oil in a leakproof container.

IN CAMP → Add 4 cups water to the hominy bag and set aside. Dice chile and potato into ¼-inch pieces and fry in oil over medium-high heat until slightly charred, 5 to 7 minutes. Add all other ingredients except avocado. Bring to a boil, cover, and simmer for 15 to 20 minutes, until potatoes are soft. Top with avocado.

WEIGHT* 15 oz. **PROTEIN** 9.5 g **CALORIES** 570

MASSAMAN CURRY

 Indian spice adds kick to this warming stew. *Serves 3*

- 1 medium russet potato
- 2 shallots

- 1 5 oz. can coconut cream
- 1 7 oz. chicken pouch (or 12 oz. extra-firm tofu)
- 3 Tbsp. Massaman curry powder
- 2 Tbsp. brown sugar
- ¼ cup peanut butter
- 2 bouillon cubes (any flavor)
- 1 Tbsp. Sriracha
- 1 tsp. coconut oil
- 1 cup instant rice

AT HOME → Combine curry, brown sugar, peanut butter, bouillon cubes, and Sriracha in a leakproof container. Pack other ingredients separately.

IN CAMP → Cut shallots into ¼-inch slices and fry in oil over medium-high heat until lightly browned, 3 to 4 minutes. Dice potato (and tofu, if using) into ½-inch pieces. Add coconut cream and contents of the leakproof container to pot and stir until combined. Add potato, chicken (or tofu), and 2 cups water. Bring to a boil, then simmer, covered, for 15

minutes. Serve with rice. **WEIGHT** 10 oz. **PROTEIN** 28 g **CALORIES** 443 (with chicken)

CRUNCHY SWEET CHILI CHICKPEAS

 Power up with a protein-packed snack. *Serves 2*

- 2 15 oz. cans chickpeas
- 2 Tbsp. honey
- 1 Tbsp. each: soy sauce, Sriracha, and sesame oil
- ½ tsp. each: garlic powder, ground ginger, and chile powder

AT HOME → Preheat oven to 375°F. Rinse and dry chickpeas. Toss with other ingredients, spread on a baking sheet, and roast, stirring occasionally, until chickpeas are mostly crispy (35 to 45 minutes). Let cool.

ON TRAIL → Enjoy by the handful. **WEIGHT** 11 oz. **PROTEIN** 14 g **CALORIES** 193

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Add a few chips at a time to your tortilla soup to maintain the perfect level of crunch.

LOGO FOR COCOA

Nothing provides comfort like chocolate—whether it's in a savory soup or a warm mug on a cold night. *By Nick Cote*

TORTILLA SOUP

Take a note from the mole playbook. *Serves 2*

- 2 oz. freeze-dried chicken
- ¼ cup ancho chile powder
- ¼ cup dried onion flakes
- ½ cup freeze-dried corn
- 1 oz. Mexican chocolate (such as Ibarra; 1 oz. is about 1.5 servings)
- 8 oz. can of tomato sauce
- 1 Tbsp. Mexican oregano
- 4 bouillon cubes (or enough for 4 cups)
- 1 cup tortilla chips
- 1 avocado

AT HOME → Pack tortilla chips in a zip-top bag (it's okay if they break). Combine all dry ingredients in another bag. Pack avocado separately.

IN CAMP → Empty the zip-top bag of dry ingredients into a pot with 4 cups water. Bring the mixture to a boil, then reduce heat, cover, and simmer until all ingredients are rehydrated, about 15 to 20 minutes. Top with tortilla chips and diced avocado and serve.

WEIGHT* 10 oz. **PROTEIN** 32 g
CALORIES 580

S'MORES QUESADILLAS

No campfire, no problem: Toast s'mores ingredients in a tortilla. *Serves 2*

- 4 6-inch flour tortillas
- ½ cup mini marshmallows
- ½ cup semi-sweet chocolate chips
- 1 graham cracker, broken into pieces
- 2 Tbsp. butter

AT HOME → Combine chocolate chips, marshmallows, and graham cracker pieces in one zip-top bag, and store butter in another. Pack tortillas separately.

IN CAMP → Warm half the butter in a skillet over low heat. When fully melted, add a tortilla and top with half the bagged ingredients. Top with another tortilla and toast until the chocolate and marshmallows have melted, about 2 minutes. Flip the quesadilla to toast the other side. Continue cooking, flipping as needed until the tortilla is lightly browned on both sides. Repeat with remaining ingredients.

WEIGHT 6 oz. **PROTEIN** 11 g
CALORIES 670



MEXICAN HOT CHOCOLATE

Add a dash of rum or whiskey to this rich chocolate drink for a perfect nightcap. *Serves 2*

- 1 cup milk from powder
- 2 oz. Mexican chocolate (such as Ibarra)
- ¼ cup mini marshmallows
- Pinch each: cinnamon and ground cayenne

AT HOME → Combine chocolate and spices in a zip-top bag. Pack milk powder and marshmallows each in separate bags.

IN CAMP → Rehydrate milk. In a pot over low heat, melt chocolate with spices. Reduce heat slightly and add milk, stirring constantly until well mixed. Remove from heat, pour into mugs, and top with marshmallows.

WEIGHT 2 oz. **PROTEIN** 5 g
CALORIES 230

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Sweet potato, corn, and black bean chili perfectly balances sweet with heat.

CHILI WEATHER

Banish the goosebumps on cold nights with these three belly-warming one-pot recipes. *By Nick Cote*

BUFFALO CHILI

Cocoa lends this recipe an earthy, mole-like flair. *Serves 4*

- 2 lbs. lean ground bison
- 4 Tbsp. chili powder (see right)
- 1 cup cooked black beans
- 2 chicken bouillon cubes
- 1 cup tomato sauce from powder
- 1 tsp. each: garlic, cumin, and coriander
- 1 Tbsp. Mexican oregano
- 2 Tbsp. onion flakes
- 1 Tbsp. cocoa powder
- 1 oz. aged Gouda

AT HOME → Sauté bison meat until browned, chopping into small pieces with a spatula. Then drain fat and dehydrate at 145°F for 4 to 6 hours, or until completely dry. Dehydrate beans at 125°F for 6 to 8 hours. Pack cheese in a zip-top bag. Combine all dry and dehydrated ingredients in another bag.

IN CAMP → Add dry ingredients to a pot with 2½ cups water. Bring to a boil, cover, and simmer 20 minutes, or until rehydrated. Garnish with shaved Gouda. **WEIGHT*** 4 oz. **PROTEIN** 56 g **CALORIES** 480

GREEN CHILE AND POTATO STEW

Char fresh chiles over an open flame to give this meal a sweet, smoky flavor. *Serves 2*

- 5 fresh chiles (poblano for milder, Anaheim for hotter)
- 1 large russet potato
- ½ cup freeze-dried corn
- 1 Tbsp. Mexican oregano
- 3 beef bouillon cubes
- 2 Tbsp. onion flakes
- 2 ft. aluminum foil
- 3 oz. freeze-dried chicken

AT HOME → Combine dry ingredients in a zip-top bag.

IN CAMP → Char chiles over a camp stove flame until blackened and blistered all over. Wrap in foil and set aside. Chop potato into ¼-inch cubes. When chiles are cool, peel off charred skin, remove stems and seeds, and dice. Add all ingredients to a pot with 3½ cups water. Bring to a boil, cover, and simmer for 20 minutes, or until potatoes are cooked through, then serve. **WEIGHT** 12 oz. **PROTEIN** 46 g **CALORIES** 420

SWEET POTATO, CORN, AND BLACK BEAN CHILI

This veggie chili is loaded with fiber and vitamins. *Serves 2*

- 1 cup cooked black beans
- 1 medium sweet potato
- ½ cup freeze-dried corn
- 1 cup tomato sauce from powder
- 2 vegetable bouillon cubes
- 4 Tbsp. chili powder (see right)
- 1 tsp. each: garlic, cumin, and coriander
- 2 Tbsp. minced onion flakes
- 1 Tbsp. Mexican oregano
- ½ cup aged Gouda

AT HOME → Dehydrate beans at 125°F for 6 to 8 hours. Combine dry ingredients in a zip-top bag.

IN CAMP → Chop potato into ¼-inch cubes. Add all ingredients to a pot with 2 cups water. Boil, cover, and simmer 20 minutes, or until potato is cooked and ingredients are rehydrated. Serve with shaved Gouda. **WEIGHT** 6 oz. **PROTEIN** 18 g **CALORIES** 420

CHILI POWDER

Mix and match these dried chiles to dial in your preferred flavor (you'll need 5 oz. total). *Yields 1 cup*

- Ancho: mild, fruity, sweet
- Pasilla: earthy, fruity
- New Mexico: earthy, sweet, medium-hot
- Chipotle: rich, smoky, hot

Remove stems and seeds. Toast chiles over medium-low heat until fragrant (avoid blackening). When cool, grind chiles into a fine powder in a food processor, then store.

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Dress up your pumpkin pasta with grated Parmesan cheese.

THE GREAT PUMPKIN

Pack in sweet, creamy flavor with these fall-inspired recipes.

By Nick Cote

SPICED PANCAKES

Enjoy the flavor of pumpkin pie—for breakfast. *Serves 2*

- ½ sheet pumpkin leather (see right)
- 1 cup all-purpose flour
- 1 cup milk from powder
- 1 Tbsp. pumpkin pie spice mix
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 6 Tbsp. maple syrup
- 5 tsp. coconut oil

AT HOME → Pack leather in one baggie and dry ingredients in another. Mix 2 Tbsp. syrup and 2 tsp. oil in a leakproof container. Pack remaining oil and syrup in separate containers.

IN CAMP → Reconstitute milk. Add pumpkin leather to a pot with 1 cup water. Boil, reduce heat, and stir until reconstituted. Let cool, then stir in milk and oil/syrup

mixture. Gently mix in dry ingredients. Heat a few drops of oil in a skillet over medium-high heat. For each pancake, pour ½ cup batter into the pan and cook 3 minutes or until bubbles rise to the surface. Flip and cook the other side. Serve with syrup.

WEIGHT* 6 oz. **PROTEIN** 12g
CALORIES 660

THREE SISTERS SOUP

This hearty stew is ultralight and easy to make. *Serves 2*

- 1 sheet pumpkin leather
- 1 cup dehydrated black beans
- 1 cup freeze-dried corn
- 4 Tbsp. onion flakes
- 5 bouillon cubes
- ½ cup potato flakes
- ¼ tsp. each: cayenne, turmeric, allspice, garlic powder, coriander

AT HOME → Combine ingredients in a zip-top bag.

IN CAMP → In a large pot, combine ingredients with 6 cups water. Boil, cover, reduce heat to low, and simmer 10 to 15 minutes, stirring occasionally, until ingredients have reconstituted.

WEIGHT 4 oz. **PROTEIN** 21g
CALORIES 460

PUMPKIN PASTA

Pumpkin and sage spice up this creamy pasta dish. *Serves 2*

- 1 sheet pumpkin leather
- 1 sheet tomato sauce leather (dehydrate an 8 oz. can according to pumpkin leather instructions)
- 1 Tbsp. ground sage
- 1 tsp. each: garlic powder, onion powder, salt
- ½ tsp. black pepper
- 1 pinch nutmeg
- 1 cup milk from powder
- 8 oz. penne pasta
- 2 oz. Parmesan cheese

AT HOME → Wrap pumpkin and tomato sauce leathers in plastic. Combine spices in a zip-top bag. Pack milk powder, pasta, and cheese in separate bags.

IN CAMP → Reconstitute milk and set aside. Boil pasta until very al dente (about 2 minutes less than package directions indicate). Drain and set aside, reserving 1 cup pasta water. Add leathers and 3 cups water to a pot. Bring to a boil, reduce heat, and stir until reconstituted. Stir in milk powder and spices. Simmer gently over low heat for about 5 minutes. Add pasta, spooning in reserved water as necessary to thin the sauce. Cover and simmer until pasta is done, 3 to 5 minutes. Serve with Parmesan.

WEIGHT 7 oz. **PROTEIN** 29g
CALORIES 717

PUMPKIN LEATHER

Make canned pumpkin puree camp-ready. Set dehydrator to 135°F (or oven to its lowest setting, usually 180 to 200°F). Spread a 15-ounce can of puree in a ½-inch-thick layer on a piece of parchment paper. Place on a dehydrator rack (or a cookie sheet if using an oven) and let it dry for 6 to 8 hours (1 to 3 hours in an oven).

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Give the pan a swirl immediately after adding batter for an evenly cooked, golden-brown crêpe.

GLOBAL CUISINE

Tour the world—and its flavors—without leaving your campsite. *By Nick Cote*

EGYPT: KOSHARI

Combine all the best backpacking foods in this one national dish. *2 servings*

- ¼ cup** red lentils
- ½ cup** dehydrated chickpeas
- ½ cup** macaroni
- ¼ cup** instant jasmine rice
- 2 Tbsp.** onion flakes
- 1** 8-oz. can tomato sauce
- 1 tsp.** garam masala
- 1 tsp.** hot sauce
- 2** chicken bouillon cubes (enough for 2 cups)
- ½ cup** crispy fried onions

AT HOME → Store chickpeas and macaroni in one zip-top bag. Put lentils, bouillon, garam masala, and onion flakes in another. Pack fried onions separately.

IN CAMP → Add contents of the lentil bag and 2 cups water to a pot. Boil, reduce heat, and cover

for 5 minutes. Add macaroni and chickpeas, cover, and simmer another 5 minutes. Add rice, cover, and simmer 5 more minutes, then set aside. Combine tomato sauce, garam masala, and hot sauce in a pot, boil, then simmer 5 minutes. Spoon sauce over each serving, then top with fried onions.

WEIGHT* 13 oz. **PROTEIN** 23g
CALORIES 630

FRANCE: CRÊPES

This egg-free crêpe is as paper-thin and chewy as the French classic. *2 servings*

- 1 cup** flour
- 2 Tbsp.** sugar
- 1 tsp.** baking powder
- ½ tsp.** salt
- 1 cup** milk from powder
- 3 Tbsp.** vegetable oil
- 1** banana (or 1 cup berries)
- ½ cup** Nutella or peanut butter

AT HOME → Pack milk powder in a zip-top bag. Mix other dry ingredients in a separate bag. Put oil in a leakproof bottle and fruit in a hard-sided container.

IN CAMP → Chop fruit if needed. Reconstitute milk, then mix with dry ingredients and 2 Tbsp. oil. Slowly add water until batter is the consistency of heavy cream. Warm ½ tsp. oil in a pan over medium heat. Add 2 Tbsp. batter and swirl in pan to even it out in a thin layer. Cook until lightly browned (1 to 2 minutes), flip, and cook just enough to set the batter (about 1 minute). Remove from heat, fill with toppings, fold, and serve.
WEIGHT 9 oz. **PROTEIN** 17 to 27g
CALORIES 960

BOLIVIA: SOPA DE MANÍ

Savor this simple—but rich and creamy—peanut soup. *2 servings*

- ½ cup** raw, unsalted peanuts
- 1** Yukon gold potato
- 1** medium carrot
- 1** jalapeño pepper

- 2 Tbsp.** onion flakes
- ¼ tsp.** garlic powder
- 2** bouillon cubes (enough for 2 cups)
- 1 tsp.** olive oil
- 2 Tbsp.** hot sauce (optional)

AT HOME → Pulse peanuts in a food processor until finely ground, about 30 seconds, and pack in a zip-top bag. Combine other dry ingredients in a separate bag. Pack oil and hot sauce in separate leakproof containers.

IN CAMP → Combine peanuts and 2 cups water in a bowl. Set aside to soak. Dice potato and carrot. Remove stem and seeds from jalapeño and mince. Warm oil in a pan and sauté jalapeño until lightly browned (2 to 3 minutes). Stir in peanuts, peanut water, and other dry ingredients. Bring to a boil, then reduce heat, cover, and simmer until vegetables are soft (about 15 minutes) stirring occasionally. Top with hot sauce and serve.
WEIGHT 7 oz. **PROTEIN** 12g
CALORIES 330

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DOLLAR MENU

Put a dent in your hunger—not your trip budget—with three tasty meals for less than \$2.50 per serving. *By Nick Cote*

GOURMET GRANOLA

Nutty and slightly sweet, this rivals anything at your artisan coffee shop. \$3.39 for 2 servings

1 cup	rolled oats
¼ cup	raw almonds, chopped
¼ cup	raw pumpkin seeds
1 ½ Tbsp.	honey
2 Tbsp.	vegetable oil
2 ½ Tbsp.	brown sugar
½ tsp.	salt
¼ cup	dried blueberries

AT HOME → Heat oven to 300°F. Combine all ingredients (except blueberries), spread evenly on a parchment-lined pan, and bake 40 minutes, or until lightly browned. Let cool, add berries, and store in a zip-top bag.

IN CAMP → Enjoy by the bowlful. **WEIGHT*** 5 oz. **PROTEIN** 13 g **CALORIES** 625

RAMEN CARBONARA

Aged cheese and a creamy sauce kick up a dirtbag classic. \$4.78 for 2 servings

2	packets ramen noodles
1 ½ oz.	dried, uncured chorizo (about ½ cup chopped)
1 tsp.	olive oil
3	eggs
1 cup	Parmesan, grated
1 tsp.	pepper

AT HOME → Store eggs in a hard-sided container and oil in a leak-proof bottle. Keep chorizo in its original packaging. Put pepper and cheese in a zip-top bag.

IN CAMP → Put ramen in a pot with enough water to cover noodles (1 ½ to 2 cups). Boil until noodles separate (2 to 3 minutes). Drain water, reserving about ½ cup, and set aside. Sauté chorizo in oil over medium heat until

browned (3 to 4 minutes). Beat eggs in a bowl with half the cheese. Stir noodles into chorizo, and add 2 Tbsp. of the reserved cooking water. Reduce heat to its lowest setting, and add egg mixture, stirring until eggs are thickened but not scrambled (careful not to undercook). Spoon in reserved cooking water as desired to thin the sauce. Top with cheese.

WEIGHT 8 oz. **PROTEIN** 39g **CALORIES** 770

RED LENTIL DAL

Simmer up a rich taste on a poor man's budget. \$3.18 for 2 servings

1	5.5-oz. can coconut milk
1 Tbsp.	curry powder
1 cup	red lentils
¼ cup	dried minced onion
2	chicken bouillon cubes (or enough for 2 cups)

AT HOME → Sort and rinse lentils, let dry, and store with onion

in one zip-top bag. Put curry powder in another.

IN CAMP → Scrape 2 Tbsp. coconut solids from the can and add to a pot. Stir in curry powder and fry over medium heat for 1 to 2 minutes. Add remaining ingredients and 2 ½ cups water. Bring to a boil, cover, and reduce heat. Simmer for 20 minutes, stirring every 5, until lentils are tender.

WEIGHT 7 oz. **PROTEIN** 27g **CALORIES** 530

BUY ON A BUDGET

Spend less on all your meals.

- **Shop bulk bins.** Prices are often half of those for packaged products. Look for honey, oils, and spices, as well as nuts and grains.
- **Read "per ounce" prices.** Stock up with big boxes, and buy off-brand.
- **Shred your own cheese** and chop your own nuts—conveniences cost extra.

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CAMPFIRE FRESH

Turn up the fun factor with stuffed fruits and veggies. Best part? No dishes required. *By Nick Cote*

BELL PEPPER EGGS

Slow down your morning with a protein-rich breakfast. *Serves 2*

- 4 bell peppers
- 4 strips bacon, precooked
- 8 large eggs
- 2 oz. aged Gouda, grated salt and pepper, to taste

AT HOME → Cook bacon until crispy. Crumble and store in a zip-top bag. Pack grated cheese in another. Store eggs in a hard-sided container.

IN CAMP → Cut around bell pepper stems (like carving a pumpkin), and scoop out seeds (reserve tops). Crack two eggs into each pepper. Season with salt and pepper, stir lightly to break yolks, then top with bacon and cheese (divide between each). Replace tops and wrap each pepper tightly in foil. Roast in coals, turning

occasionally, for 20 minutes or until eggs are set.

CALORIES 560 **PROTEIN** 38g
WEIGHT 1 lb.*

CHORIZO AND COUSCOUS DOLMAS

Spice up this classic Turkish dish with shelf-stable Spanish chorizo. *Serves 2*

- ½ cup couscous
- ½ cup sun-dried tomatoes, chopped
- 2 pinches salt
- ½ cup pine nuts
- 2 tsp. lemon pepper
- 8 oz. cured Spanish chorizo
- 4 medium zucchini

AT HOME → Mix dry ingredients in a baggie. Pack whole chorizo in its original packaging.

IN CAMP → Bring 1 ½ cups water to a boil. Add couscous mix, stir, cover, remove from heat, and let

sit 5 minutes. Meanwhile, dice chorizo. Cut each zucchini in half lengthwise and use a knife or spoon to hollow it out, leaving about ¼-inch-thick walls. Mix remaining zucchini flesh and chorizo with couscous. Stuff each zucchini half. Press halves together, wrap tightly in foil, and roast in coals, turning occasionally for 20 minutes or until soft.

CALORIES 892 **PROTEIN** 40g
WEIGHT 1 lb. 5 oz.

BROWNIE-IN-AN-ORANGE

Citrus flavor gives these brownies a fresh twist. *Serves 4*

- ½ cup vegetable oil
- 1 cup flour
- ¾ cup sugar
- ½ cup unsweetened cocoa powder
- ½ tsp. baking powder
- 1 4 oz. cup applesauce
- 4 medium oranges

AT HOME → Store oil in a leakproof container. Mix dry ingredients

in a zip-top bag. (Easy option: Use cake mix.)

IN CAMP → Combine ingredients with ½ cup water to make batter. Slice a half-inch off the top of each orange (reserve) and scoop out the fruit, eating as you go. Fill each orange about ¾ full with batter. Replace tops, wrap in foil, and bake in coals, turning occasionally, until set (35 to 45 minutes). Let cool, and eat with a spoon.

CALORIES 510 **PROTEIN** 7g
WEIGHT 9 oz.

STOKE THE FIRE

CAMPFIRE COOKING TIPS

- Before baking, let the fire burn down a bit; **hot coals** (look for red centers) produce more consistent heat than an open flame.
- Add fuel to keep a small fire going, and **rotate food** every 5 to 10 minutes for even heating.
- Use **tongs**, sticks, or leather gloves to handle hot packets of food.

*ALL NUTRITION AND WEIGHTS ARE PER SERVING. WEIGHTS ARE FOR UNCOOKED INGREDIENTS.



POWER HUNGRY

Protein helps your body maintain muscle mass, prevents next-day soreness, and sustains energy. Pack it in with these filling, recovery-boosting recipes. *By Laurie March*

CARROT CAKE QUINOA AND CHIA PUDDING

CALORIES 650 **PROTEIN** 23 g
WEIGHT 6 oz.

Fill up with this sweet, nutty medley for breakfast or dessert. *Serves 2*

¼ cup	quinoa, rinsed and dried
1	large carrot
1 pinch	salt
¼ cup	hemp hearts
2 Tbsp.	brown sugar
½ cup	chia seeds
1 cup	milk from powder
½ tsp.	cinnamon
½ tsp.	nutmeg
¼ cup	walnuts, chopped
¼ cup	raisins or dates, chopped

AT HOME → Place quinoa and salt in one zip-top bag and remaining dry ingredients in another.

IN CAMP → Add quinoa mixture to ½ cup water in a pot. Boil,

then cover and reduce heat to low and cook until water is absorbed (12 to 15 minutes). Grate carrot and add to bag with remaining ingredients. Add 1 cup cold water and knead until combined. Stir in cooked quinoa and let sit 15 minutes. If needed, spoon in more water until the mixture reaches pudding consistency, then serve.

MEDITERRANEAN TUNA PASTA

CALORIES 680 **PROTEIN** 30 g
WEIGHT 8 oz.

Change up your menu with this flavorful entrée. *Serves 3*

½ lb.	Penne pasta
3 oz.	Parmesan cheese
12	green olives, with 1 Tbsp. brine from jar
2 Tbsp.	olive oil
1 tsp.	garlic granules

½ tsp.	crushed red chilies
1 ½ tsp.	parsley, dried
9	sun-dried tomatoes, with 1 Tbsp. oil from jar
1	6-oz. foil tuna pouch
1	lemon
¼ cup	pine nuts, toasted
	salt and pepper, to taste

AT HOME → Put pasta in a zip-top bag. Store chilies, garlic, and parsley in one baggie and pine nuts in another. Wrap cheese in plastic wrap. Pack sun-dried tomatoes, tomato oil, and olive oil in one leakproof container. Pack olives (with brine) in another.

IN CAMP → Cook pasta and set aside with ⅓ of the pasta water. Chop olives (discard brine) and tomatoes. Grate or shave cheese. Heat oil in a pan, then add spices and tomatoes and sauté for 1 minute. Add tuna and half the cheese, then pasta and reserved water. Cook, stirring often, for 3 minutes. Mix in olives, juice of 1 lemon, and remaining cheese. Season with salt and pepper, top with pine nuts, and serve.

LENTIL SOUP

CALORIES 600 **PROTEIN** 33 g
WEIGHT 6 oz.

Warm up with this hearty recipe. *Serves 4*

1	small onion
1 Tbsp.	olive oil
1 cup	red lentils, uncooked
4 tsp.	chicken bouillon powder
1 Tbsp.	tomato powder
1 tsp.	garlic granules
1 ¼ tsp.	curry powder
¼ tsp.	cumin seeds
½ tsp.	garam masala
1 pinch	cayenne pepper
1	7-oz. foil pouch chicken

AT HOME → Pack dry ingredients in a zip-top bag (pack onion separately). Store oil in a leakproof container.

IN CAMP → Chop onion. Warm oil in a pot over medium heat. Sauté onion until it begins to brown. Add 4 cups water and dry ingredients, bring to a boil, then reduce heat and simmer for 15 minutes. Add chicken and heat for another 5 minutes, then serve.

*ALL NUTRITION AND WEIGHTS ARE PER SERVING. WEIGHTS ARE FOR UNCOOKED INGREDIENTS.

Camp Barista

Leaving a cozy sleeping bag takes its own brand of liquid courage. Find the brew style that suits you best, and use these recipes to serve it with a flourish.

BY KAREN L. GARMIRE

All recipes are for 1 cup of dark roast coffee, which holds its flavor at a wider range of temperatures and is better for cold-weather brewing.



Coco Mocha

Add some sweetness to your joe with this chocolatey recipe.

- 2 Tbsp. coconut cream powder
- 1/4 cup whole milk powder
- 2 Tbsp. chocolate milk powder

AT HOME → Pack 1 pinch coconut cream powder in a zip-top bag. Combine all other ingredients in a separate baggie.

IN CAMP → Brew coffee. Stir in mocha mix until dissolved. Sprinkle with coconut cream powder and serve.



Cinnamon Spice Latte

Fire up your palate with this spicy-sweet drink.

- 1/2 tsp. cinnamon, ground
- 1 Tbsp. muscovado or dark brown sugar
- 1/4 cup whole milk powder
- 1/8 tsp. nutmeg, ground
- 2 Tbsp. powdered vanilla coffee creamer

AT HOME → Pack a pinch of cinnamon in a zip-top bag. Combine all other ingredients in a separate baggie.

IN CAMP → Brew coffee. Stir in spice mix until dissolved. Dust with extra cinnamon and serve.



Mexican Coffee

Chilly evening? This spiced drink (and its dash of tequila) will warm you from the inside out.

- 1/4 cup whole milk powder
- 2 Tbsp. unsweetened cocoa powder
- 2 Tbsp. muscovado or dark brown sugar
- 1 tsp. cinnamon, ground
- 1 pinch cayenne pepper
- 1 shot tequila (optional)

AT HOME → Combine dry ingredients in a zip-top bag. Pack tequila in a leakproof container.

IN CAMP → Brew coffee. Stir in mix until dissolved. Add tequila and serve.



Vanilla Latte

Pure vanilla powder adds warm, delicate flavor to this classic cup.

- 1 tsp. pure vanilla powder
- 1 tsp. sugar
- 2 Tbsp. powdered vanilla coffee creamer
- 1/4 cup whole milk powder

AT HOME → Blend sugar and half the vanilla powder and package in a zip-top bag. Combine all other ingredients in a separate baggie.

IN CAMP → Brew coffee. Stir in mix until dissolved, then garnish with vanilla sugar and serve.



Gingerbread Latte

Cookie in a cup? Yes, please.

- 2 tsp. molasses
- 1/4 cup whole milk powder
- 1 Tbsp. dark brown sugar
- 1/4 tsp. cinnamon, ground
- 1 pinch nutmeg, ground
- 1/4 tsp. ginger, ground

AT HOME → Pack dry ingredients in a zip-top bag, setting aside half the ginger. Measure molasses into an empty corner of the same bag and use a twist tie to separate it. Pack extra ginger separately.

IN CAMP → Brew coffee. Remove twist tie and gently knead molasses into dry ingredients. Stir latte mix into mug until dissolved. Dust with ginger, then serve.

PHOTOS BY LOUISA ALBANESE/ISTOCK.COM (5)
ILLUSTRATIONS BY GIOVANNI CORRADO LEONE

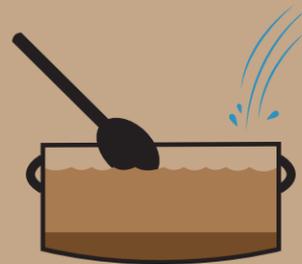
Make Perfect Camp Coffee

Whether you want gas station-fast or cafe-gourmet, there's a way to do it right.



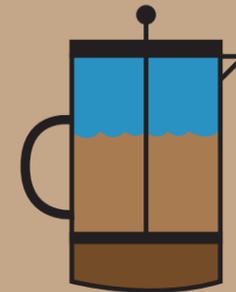
Instant

- » **BEST FOR** Ounce-counters and hikers in a hurry
- » **DRAWBACKS** It tastes like instant coffee.
- » **BREWING TIPS** Try Alpine Start (\$9 for 8; alpinestartfoods.com) or Stoked Roasters (\$9 for 8; stokedroasters.com).



Cowboy Coffee

- » **BEST FOR** Big groups who don't want to carry brewing equipment
- » **DRAWBACKS** You'll pick grounds out of your teeth.
- » **BREWING TIPS** Boil water first, then remove from heat and add grounds (2 Tbsp. per 8 oz.). Stir briefly and cover for 4 minutes. Uncover, then sprinkle with cold water or rap the side with a spoon to settle grounds. Pour carefully to avoid disturbing the sludge.
- » **GRIND** Medium to coarse



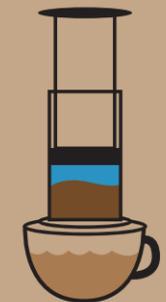
French Press

- » **BEST FOR** Groups with more refined taste
- » **DRAWBACKS** Cleanup is a water-intensive pain.
- » **BREWING TIPS** We prefer GSI's JavaPress (\$45; 14.6 oz.; gsioutdoors.com) for its weight and 50-oz. capacity. Add coffee and water to the press (2 Tbsp. per 8 oz.), stir briskly, steep for 4 minutes, then push filter slowly to the bottom. Serve.
- » **GRIND** Medium to coarse



Pour-Over

- » **BEST FOR** Coffee snobs who like a little ritual
- » **DRAWBACKS** One cup at a time.
- » **BREWING TIPS** Set a dripper—like Snow Peak's Collapsible Coffee Drip (\$30; 4.9 oz.; snowpeak.com)—over a mug. Rinse your filter, then add coffee. Skip the bloom phase; the wait time will cool your water. Pour water (just off a boil) in a slow spirals until your mug is full (about 3 minutes).
- » **GRIND** Medium



AeroPress

- » **BEST FOR** Connoisseurs
- » **DRAWBACKS** It's not espresso, but hear us out: Portable espresso makers are expensive, not to mention bulky for the quantity of coffee they make. As an alternative, the AeroPress (\$30; 6.4 oz.; aeropressinc.com) brews similarly rich, strong coffee in under a minute. Bonus: easy cleanup.
- » **BREWING TIPS** Follow equipment instructions.
- » **GRIND** Fine

Basecamp Thanksgiving

Take the holidays outdoors with this portable feast. BY KRISTA KARLSON

Cranberry Gouda Bruschetta

Start the festivities as soon as you roll into camp with this easy appetizer. *Serves 4.*

½ pound Gouda cheese
2 Tbsp. olive oil
1 loaf French bread
⅓ cup dried cranberries (or 4 oz. cranberry sauce)

AT HOME → Store cranberries and Gouda in separate zip-top bags, and put oil in a leakproof container. Store loaf in a large plastic bag, and stow at the top of your pack to avoid squishing.

IN CAMP → Slice Gouda and cut bread into 1-inch slices. Warm a dash of oil over medium heat and toast bread until golden. Flip, add cheese, and cover until melted (2 minutes). Top with cranberries or a dollop of sauce, remove from heat, and serve.

Turkey Stuffing

Cut prep and cleanup time by turning the feast's centerpiece inside out. *Serves 4.*

1 lb. turkey breast, cooked
3 sticks celery, diced
1 medium carrot, coarsely chopped
1 medium onion, coarsely chopped
5 Tbsp. butter
1 6-oz. package seasoned stuffing mix
⅓ cup dried cranberries

AT HOME → Cut turkey into ½-inch cubes or shred with a fork. Put in a zip-top bag and freeze.

Before your trip, put frozen turkey bag in the middle of your pack to keep it cool (cook on day one). Pack butter in a leakproof

container. Store dried cranberries in one zip-top bag and whole carrot and celery in another. Pack whole onion. Pack stuffing in its original package.

IN CAMP → If turkey is still frozen, let thaw. Meanwhile, chop vegetables. Heat 1 Tbsp. butter in a nonstick skillet over medium heat, add veggies, and sauté for 8 minutes or until onion is translucent. Add turkey. Cook for 2 more minutes, or until turkey is warmed through and onion begins to brown.

Heat 1 ½ cups water and 3 Tbsp. butter in a pan until water boils and butter melts completely. Reduce heat to low and stir in stuffing mix, vegetables, and turkey. Remove from heat, add cranberries, and serve.

TIP → Out for a few days? Instead of turkey, sub in dried, cured turkey sausage.



Sweet Potato Casserole

Some holiday classics are worth schlepping in the real thing. *Serves 4.*

4 medium sweet potatoes
⅓ cup + 1 pinch brown sugar
½ tsp. cinnamon
½ tsp. nutmeg
½ tsp. ginger
¼ cup butter
2 Tbsp. orange juice
1 cup mini marshmallows
¼ cup walnuts or pecans
4 strips bacon, cooked

AT HOME → Store butter and orange

juice in leakproof containers. Pack sugar and spices in a zip-top bag. Crumble bacon. Pack it, nuts, and marshmallows in separate baggies. Chop potatoes into ½-inch cubes and pack in a zip-top bag.

IN CAMP → Boil potatoes until soft (10 to 15 minutes). Drain, then mash with a fork in a separate bowl. Set aside a pinch of sugar mixture, then combine remaining sugar, spices, butter, and orange juice in the pot and heat, stirring until smooth (about 5 minutes). Stir in potatoes. Top with marshmallows, nuts, and reserved sugar, then return to medium heat and cover for 2 to

Eggless Eggnog

Eggs, shmeggs. This backpacker-friendly drink will have you laughing around the campfire long into the night. *Serves 4.*

3 ¼ cups milk from powder
2 oz. instant vanilla pudding
2 pinch cinnamon
3 pinches allspice
3 pinches nutmeg
2 oz. bourbon, brandy, or cointreau (optional)

AT HOME → Measure pudding, spices, and powdered milk into a zip-top bag. Pack any alcohol in a plastic bottle or flask.

IN CAMP → Add 3 ¼ cups cold water and powdered ingredients to a medium-size bowl. Stir until smooth, about 1 minute. Add alcohol (adults only) and serve.

PHOTO BY LOUISA ALBANESE



No Small Potatoes

Sorry, pasta and rice: Potatoes are the best comfort food. How, you ask? Let us count the ways. They're packable, versatile, and nutritious. You can cook them in actual fire and use them for any meal. Going light? Bring instant flakes. Basecamping? Treat yourself to the real thing. No matter your style, the potato is right for you. BY NICK COTE

Instant Gratification

The humble packet of instant mashed potatoes doesn't deserve to be exiled to ramen bombs and side dishes. Elevate this staple to gourmet status with four filling recipes.



Potato Soup

This quick belly-warmer is perfect for chilly evenings when you'd rather spend more time getting cozy than cooking. Serves 2 to 3

1	bouillon cube, chicken or vegetable (enough to make 2 cups broth)
¼ cup	onion flakes
1	bay leaf
1½ cups	potato flakes
2 cups	milk from powder
	salt and pepper, to taste

AT HOME → Pack all ingredients separately.

IN CAMP → Add bouillon cube, bay leaf, and onion flakes to 2 cups water and bring to a boil. Reduce heat and simmer 2 to 3 minutes, until bouillon dissolves. Add prepared milk and potato flakes. Simmer for 10 minutes, stirring frequently to prevent burning. Remove bay leaf, then serve.

Gnocchi with Sage

With fresh, handmade pasta in your repertoire, you can go as far out as you want without ever leaving behind the taste of a home-cooked meal. Serves 2 to 3

1 cup	potato flakes
1½ cups	flour
¼ cup	olive oil
1 tsp.	dried sage
¼ cup	Parmesan, grated
	salt and pepper, to taste

AT HOME → Pack all ingredients separately in zip-top bags. Store oil in a leakproof container.

IN CAMP → Boil 1 cup water. Add potato flakes, remove from heat, and stir until thickened (2 to 3 minutes). Let cool for 8 to 10 minutes.

Add cooked potatoes to a large pot or gallon-size zip-top bag. Fold flour into potato mixture, about ½ cup at a time. (Knead gently to keep dough from becoming too dense.) Use as little flour as possible—around 1 to 1½ cups—and knead until dough is uniform and no longer tacky.

With your hands, roll dough into oblong shapes about the size of your thumb pad.

When all dough is shaped, add gnocchi to a boiling pot of water and cook until they float to the top, about 1 minute. Remove from heat and set aside.

Warm olive oil and sage over medium heat for 2 to 3 minutes. Add gnocchi and cook until pasta is lightly browned, another 2 to 3 minutes. Remove from heat, stir in Parmesan, and serve.

TIP → While shaping dough, sprinkle with extra flour as necessary to keep it from sticking to your hands.

BACKCOUNTRY KITCHEN | The Burn-free Fry Sauté and skillet-bake without scorching your meal or the pan.

1. Pack a nonstick skillet. If it's thin, try a heat diffuser like Packit Gourmet's foldable version (\$10; packitgourmet.com).

2. Oil liberally. Use a high-heat oil like canola.

2. Strategize. If you're frying up something oily like bacon, cook that first, then throw hash browns in with the grease.

3. Offset the pan to avoid blackening the

PHOTOS BY NICK COTE

Potato Pancakes

Drizzle these fluffy pancakes with maple syrup for breakfast or top with chives and sour cream for a savory dinner. Serves 2 to 3

1 cup	potato flakes
2 tsp.	baking powder
1 tsp.	onion powder
1 cup	all-purpose flour
4 Tbsp.	cornstarch
1 Tbsp.	canola oil
2 tsp.	salt
1 Tbsp.	chives (optional)
1	packet sour cream (optional)

AT HOME → Store cornstarch and canola oil in separate leakproof containers. Pack sour cream packet and chives separately. Combine other ingredients in a zip-top bag.

IN CAMP → Combine cornstarch with 4 tablespoons water and stir until smooth. Mix in dry ingredients until batter is slightly lumpy.

Heat oil in a skillet over medium-high heat. For each pancake, pour ½ cup batter into the pan and cook each side for about 3 minutes (until browned). Serve hot.

Shepherd's Pie

Swap ground meat for packable, quick-cooking lentils in this protein-rich meal. Serves 3 to 4

1 cup	lentils (sorted, rinsed, and dried); sprouted varieties cook faster
1 cup	dehydrated corn
1	0.85-oz. packet instant mushroom gravy powder
⅓ cup	potato flakes
½ cup	sunflower seeds
	salt and pepper, to taste

AT HOME → Pack all ingredients separately.

IN CAMP → Add lentils to 1½ cups boiling water. Reduce heat and simmer for 5 minutes, or until tender. Drain and set aside. Follow package directions to reconstitute corn and add to lentils.

Boil 1 cup water and add gravy powder, stirring until thickened. Add cooked lentils and corn to gravy. Remove from heat and divide into bowls.

Boil 1½ cups water in the same pot and stir in potato flakes. Let thicken 2 minutes. Spoon potatoes over lentils and vegetables in each bowl, sprinkle with sunflower seeds for extra texture and protein, and serve.

TIP → Try using a meat-based gravy for heartier flavor.



BACKCOUNTRY KITCHEN

Cook Like a Pro
Become a master chef with our new backcountry cooking course.

We've partnered with the Colorado Outward Bound School to create a comprehensive, five-part class that includes:
 » Scores of recipes for breakfast, lunch, dinner, and dessert.
 » Expert advice on cookware and cooking techniques.
 » Tips and tricks on everything from meal planning to finding the perfect dinner spot to baking cheesecake on the trail.
 Best of all? You can take the course at your own pace and access all the content forever. To register, go to backpacker.com/backcountrykitchen.

Say Cheese

You're an adult: Eat like one. Upgrade your mac and cheese by swapping fluorescent powder for old-world flavors, veggies, and spices. BY NICK COTE

Backcountry Mac

This gourmet recipe serves as a base for the three variations below. *2 to 3 servings*

8 oz. macaroni
4 oz. cheese of your choice (1½ cups grated)
1½ cups milk from powder (whole milk powder like Nido yields a creamier result)
1 Tbsp. flour
 salt and pepper to taste

AT HOME → Pack ingredients in separate zip-top bags.

IN CAMP → Boil noodles until al dente, drain, and set aside.

Heat rehydrated milk over medium heat until it just starts to bubble. Reduce heat and mix in flour until there are no clumps. Simmer until mixture thickens, about 3 to 5 minutes.

Add cheese in batches, stirring until fully combined and smooth. Mix in any additions, plus salt and pepper. Remove from heat, stir in noodles, and serve.

Crush Dish Duty

It doesn't matter how many miles you spent dreaming of a cheesy dinner—scraping dried goo off the side of a pot is still a nightmare. Ease the pain with these tips.

▶ **Don't procrastinate.** Start boiling dishwater as soon as you've served dinner so dregs don't have time to dry.

▶ **Let it soak.** Leave water in crusty pots for 5 to 10 minutes to soften burnt bits.

▶ **Soap up.** If hot water doesn't cut the grease, a drop of biodegradable soap will.

▶ **Go easy on the nonstick.** Don't scratch pot coatings with metal utensils. A plastic tool like **GSI's Compact**

• **Scraper** (\$5) is contoured to scour curved surfaces.



Cajun Mac & Cheese

Turn up the heat with a homemade spice mix and Spanish-style chorizo. *2 to 3 servings*

4 oz. dried, uncured Spanish-style chorizo or other hard salami
4 oz. aged Manchego (1½ cups grated)
1 Tbsp. Cajun seasoning (see below)

AT HOME → Pack ingredients, including those for Backcountry Mac, in separate zip-top bags.

IN CAMP → Chop chorizo into bite-size chunks. Follow instructions for Backcountry Mac, stirring chorizo and seasoning in with the sauce before adding to pasta.

TIP → Keep the chorizo or salami in its original packaging until ready to use. It requires refrigeration after opening, so snack on the extra while you're cooking.

Homemade Cajun Seasoning

1 Tbsp. each onion powder, garlic powder, dried oregano, dried basil
½ Tbsp. each dried thyme, black pepper, white pepper, mace, celery seeds
½ Tbsp. cayenne pepper (or to taste)
3 Tbsp. paprika
1 tsp. salt

Combine all ingredients and pack what you need for the trail in a zip-top bag.



Porcini Mac & Cheese

These mushrooms add savory depth but almost no extra pack weight. *2 to 3 servings*

1 oz. dried porcini mushrooms
4 oz. aged Manchego (1½ cups grated)

AT HOME → Chop mushrooms into ¼-inch pieces.

Pack ingredients for Backcountry Mac.

IN CAMP → Soak mushrooms in 2 cups water for 20 minutes, then strain. To save water and boost flavor, use leftover liquid to cook the pasta. Follow instructions for Backcountry Mac, stirring mushrooms in with the sauce before adding the pasta.



Roasted Green Chile Mac & Cheese

Dinner and a show: Impress your friends by flame-scorching chiles and serving up this hot-sweet take on traditional mac. *2 to 3 servings*

2 medium green chilies (poblano for mild, Anaheim for hot)
4 oz. aged Gouda (1½ cups grated)

AT HOME → Wrap chilies in foil. Pack ingredients for Backcountry Mac.

IN CAMP → To prepare chilies, char over a camp stove flame, rotating constantly until blackened all over (5 to 10 minutes). Wrap in foil and set aside until cool enough to handle. Peel off charred skin, remove the stem and seeds, and dice the remaining pepper.

Follow instructions for Backcountry Mac, stirring chilies in with the cheese before adding the pasta.

PHOTOS BY NICK COTE; COURTESY (1)



Summer Yogurt Dishes

Yes, yogurt. Evaporated milk, yogurt culture, water, and boom: Your backcountry menu never looked creamier. Laurie March, author of *A Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry*, serves up her three favorite yogurt-based recipes.



Trail Yogurt

With a recipe this simple, you'll make it all the time. *2 servings*

8 Tbsp.	milk powder (use a high-fat powder like Nido for a richer result)
1 tsp.	yogurt culture powder (purchase at your local health foods store)
1 ¾ cups	water
1 Tbsp.	honey or vanilla sugar, to taste

AT HOME → Measure milk powder into a small zip-top bag. Put culture in a separate bag.

AT CAMP → Boil ¼ cup water and pour into an insulated container to warm the metal. In a pan, mix milk powder and 1 ¾ cups water. Scald milk until the edges just start to bubble, then remove from heat, cover, and cool until it's just warmer than body temperature (15–20 minutes). Too much heat will kill the culture. Too little will keep the yogurt from setting.

Empty the insulated bottle. Add yogurt culture and a few spoonfuls of warm milk. Stir until powder has dissolved, then add remaining milk. Mix well, secure the lid, and tuck the bottle upright in your food bag or bear canister. (Wrap the bottle in clothing to further insulate in chilly weather and be careful not to shake, which will prevent setting.) By morning, you'll have yogurt.

Backpacker's Manti

Pair your yogurt with spices and tortellini to make this Turkish-inspired dinner. *4 to 5 servings*

4 cups	shelf-stable tortellini
1 cup	trail yogurt
1 clove	garlic
2 Tbsp. + 1 tsp.	extra virgin olive oil
¼ tsp.	smoked paprika
pinch	cayenne pepper
1 Tbsp.	dried mint
pinch	red pepper flakes (optional)
pinch	salt

AT HOME → Place tortellini in a zip-top bag. Pour olive oil into a leakproof container. Combine spices in a small baggie. (Pack the red pepper flakes separately.) Right before your trip, add a garlic clove to the zip-top bag. Pack ingredients for trail yogurt. **AT CAMP** → Boil tortellini according to package directions. Mince garlic and stir into yogurt with salt and 1 teaspoon olive oil. Mix the rest of the oil with spice packet and salt. Top pasta with yogurt sauce and drizzle with spiced oil. Garnish with red pepper flakes for added heat, if desired.

Mango Lassi

Kick off your day with this twist on a traditional Indian mango smoothie. Add protein powder for an extra boost. *3 servings*

1 ½ cups	mango, pureed
1 cup	coconut milk from powder
pinch	cardamom
pinch	salt
½ cup	trail yogurt
1	lime



AT HOME → Spread mango puree on a lined dehydrator tray and dry for 6 to 7 hours at 135°F. Place dried mango in a zip-top bag with coconut milk powder, cardamom, and salt. Just before leaving home, pack a fresh lime plus ingredients for trail yogurt.

AT CAMP → Pour mango mixture into a one-liter water bottle. Add enough hot water to bring it to slightly less than 2 ½ cups. Let mixture rehydrate and cool, then add yogurt and juice from half the lime. Shake vigorously until well-combined and frothy.

TIP → Starting the rehydration process with cold water the night before will reduce wait time in the morning.

Yogurt & Chia Pudding

Use this spin on a breakfast bowl to replace your oatmeal—or your dessert. *2 to 3 servings*

2 Tbsp.	walnuts, chopped
2 Tbsp.	unsweetened coconut
1 Tbsp.	pepitas
1 Tbsp.	chia seeds
1 Tbsp.	maple syrup
1 cup	trail yogurt

AT HOME → Toast walnuts and coconut in a dry nonstick pan on medium-high heat until fragrant. Remove from heat and let cool. Put nuts, coconut, pepitas, and chia seeds in a small zip-top bag. Pour maple syrup into a leakproof container.

Pack ingredients for trail yogurt.

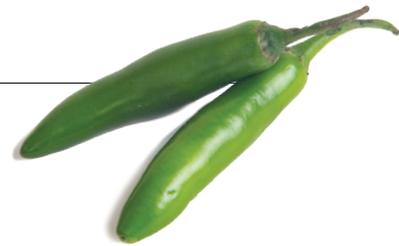
AT CAMP → Mix yogurt with all ingredients. Let sit for 5 to 10 minutes, then serve.

TIP → Maple sugar can be used in place of maple syrup. Simply dissolve it in a little warm water before adding to yogurt.



Taco Time

Tasty, fast, easy: What makes tacos great at home also makes them great in camp.



Spicy Chicken*

Make this classic taco with trail-friendly ingredients.

6	small corn or flour tortillas
1 Tbsp.	vegetable oil
1	small yellow onion, diced
1-2	serrano peppers, diced
1	7-oz. pouch chicken
½ packet	taco seasoning
4 oz.	cheddar cheese, grated
4	radishes, diced
6 sprigs	cilantro, diced

AT HOME → Store oil in a leakproof container. Pack veggies together (if dicing at home, pack only onion and peppers together).

IN CAMP → Heat oil in pot on medium heat. Add onion and peppers; sauté until soft, about 3 to 5 minutes. Stir in seasoning, three tablespoons water, and chicken (not drained). Simmer until water is evaporated and meat is hot. Set aside while you warm tortillas in a pan. Scoop chicken into tortillas; top with cheese, radish, and cilantro.

Avocado and Beans

This fresh-tasting recipe is a vegetarian treat.

6	small corn or flour tortillas
8 oz.	rehydrated black beans
2	green onions, diced
1	red bell pepper, diced
2	avocados (1 if large)
4 oz.	cheddar cheese, grated
6 sprigs	cilantro
Salsa to taste (dehydrated or to-go packets)	

AT HOME → Pack avocado in a hard-sided container and other veggies together in a zip-top bag. Pack beans and tortillas separately.

IN CAMP → Rehydrate and heat beans. Slice avocado. Warm tortillas and add beans and veggies to each. Top with cheese, cilantro sprig, and salsa.

Camp Carnitas

It's not pulled pork, but it's the next best thing you can make on the trail.

6	small corn or flour tortillas
1 Tbsp.	vegetable oil
1	small yellow onion, diced
1	jalapeño pepper, diced
½ packet	taco seasoning
3 oz.	bacon bits
8 oz.	rehydrated black beans
¼ cup	cabbage, diced
4 oz.	cheddar cheese, grated
6 sprigs	cilantro, diced

AT HOME → Pack oil in a leakproof container; store veggies together.

IN CAMP → Heat oil in a pot on medium heat. Add onion and pepper; sauté 3 to 5 minutes, until soft. Add seasoning, a quarter cup of water, and bacon bits. Stir and cook for 3 more minutes; set aside. Rehydrate and heat black beans. Fill tortillas with beans, bacon bit mixture, and cabbage, then top with cheese and cilantro.

*Customize recipes to taste. Don't like things too spicy? Skip the peppers or remove the seeds. Love avocado and don't mind the packing hassle? Add it to all the tacos, not just the veggie one. All recipes serve 2.

