

BEEFARONI

1	7 1/2-oz. Pkg. Macaroni & Cheese
1/2 Cup	TVP (Textured Vegetable Protein)
2 Tbsp.	Freeze-dried Mushrooms
1 Tbsp.	Dried Onions
1	12-oz. can V-8 or Tomato Juice
	Salt & Pepper to taste

Boil macaroni in 6 cups water. Put package of cheese aside. A few moments before straining macaroni, add TVP, mushrooms and onions to reconstitute them. Drain excess water and add juice. Simmer over low heat for a few minutes, stirring occasionally to prevent sticking. Before serving, garnish with package of powdered cheese. Serves two.

PEMIGEWASSET STEW

3/4 Cup	Millet
1/4 Cup	Chick Peas (Garbanzo Beans)
3/4 Cup	Dehydrated mixed Vegetables

Add 3 1/2 cups water to all ingredients. Bring to a boil and cook until water is absorbed and mixture is tender (10-15 minutes). Serve with lots of margarine and salt. Makes enough for two people.

CURRIED VEGETABLES

2	2-oz. pkg. vegetable soup
4 1/2 cups	Cold water
3 cups	Quick cooking rice
1 tbsp.	Curry powder
5 oz.	Raisins
3 oz.	Nuts
1	2-oz. pkg. coconut

Mix vegetable soup with water. Bring to boil. Add rice and stir. Turn off stove. Add curry powder, raisins and nuts. Cover pot. Wait 5 minutes, sprinkle coconut on top and serve. Serves four.

LENTIL STEW

2 cups	Lentils
1/2 cup	Sesame seeds (uncooked)
1/4 cup	Pumpkin or sunflower seeds
1/4 cup	Dried potato or potato flakes
1/4 cup	Dry milk
1/2 cup	TVP (Textured Vegetable Protein)
4 tbsp.	Dried onion flakes
2 tsp.	Sea salt
1	Crushed bay leaf

Mix all ingredients together at home and seal in plastic bags. In camp, add mixture to 4 cups boiling water and simmer for 20 to 25 minutes. Serves four.

SPICY LENTILS on TORTILLAS

2/3 cup	Lentils
1/3 cup	Short-grain brown rice
1 tbsp.	Sesame seed
2 pinches	Cayenne pepper
2 pinches	Cumin
1/4 tsp.	Curry powder
1/4 tsp.	Salt

Mix all ingredients together at home and seal in plastic bags. In camp, add 1 3/4 cups water and simmer until the water has been absorbed and lentils are soft. Serve on flour tortillas. Serves two.

CASHEW RICE CURRY

1/4 cup	Dry Milk	1 cup	Quick-cooking Rice
1/2 tsp.	Salt	1/4 cup	Cashew Nut Pieces
2 tsp.	Curry Powder	2 oz.	Grated Cheddar Cheese
2 cups	Water		

Mix the dry milk and seasonings with a little water to form a paste. Add the rest of the water, mix well and bring to a boil. Stir in rice, cover and simmer until the liquid is absorbed and the rice is soft - about 10 minutes. Stir in nuts and cheese. Serve when cheese has melted. Serves two or three.

BULGHUR with FRUIT and NUTS

1 tsp.	Salt
2 cups	Water
1 cup	Finely Ground Bulghur
1/2 cup	Nuts, Raisins or Berries

Add salt to water and bring to a boil. Stir in bulghur, nuts, raisins and/or fruit. Lower heat, cover and cook for one minute. Remove from heat and let stand five to ten minutes. Serve with brown sugar and milk.

WEETAMOO STEW

1 cup	Quick Rice	1 pkg.	Cream of Mushroom Soup
1/2 cup	Bulghur	1 tsp.	Garlic Powder
1/4 cup	Cashew Pieces	1 tsp.	Salt
2 tbsp.	Dried Green Vegetables	1 quart	Water
1/4 cup	Dried Mushrooms	2 tbsp.	Margarine

All ingredients except water and margarine may be combined in a plastic bag at home. In camp, add ingredients to water, after bringing it to a boil. Lower heat, cover and cook 15 to 20 minutes. Add margarine and serve. TVP (textured vegetable protein) may be added if desired. Serves four people.

BULGHUR STEW

2 cups Water
3/4 cup Bulghur
1 pkg. Instant Tomato Soup
1 pkg. Instant Onion Soup
1/4 cup Dried Milk
1 tsp. Garlic Powder
1 tsp. Salt
2 oz. Chopped Cheese of your choice
2 or 3 tbsp. Sunflower or Sesame Seeds

Bring Water to a boil and add ingredients, which have been mixed and packaged at home. Lower heat, cover and cook about 20 minutes. Remove from heat, stir in cheese and sunflower or sesame seeds. Adding chopped vegetables makes heartier stew. Serves two.

TRAIL MUNCHIES

1 large egg
1 tsp. vanilla
1/2 cup packed dark brown sugar
1/2 cup maple syrup
1 cup butter
1 cup all-purpose flour
2/3 cup old-fashioned rolled oats
3 cups Kelloggs Country Morning Cereal with raisins and dates
1 can (14 oz.) condensed milk

Combine egg, vanilla, brown sugar, syrup and butter in a large bowl and beat with a wooden spoon until creamy. Stir in remaining ingredients until thoroughly mixed. Spread on ungreased 11 x 17 inch cookie sheet. Bake at 350 degrees for 30 minutes. Cool and cut into 2 x 4 inch bars. Makes 20 bars.

GRUNCH

1 cup crunchy peanut butter
1/2 cup honey
1/2 cup finely crushed honey graham crackers
1/4 cup powdered skim milk
3 tbsp. cinnamon
1 tbsp. clove (powdered)

Mix all ingredients thoroughly. Pack in plastic container and place in the refrigerator to harden overnight. Transfer to plastic squeeze tube for easy carrying. Makes 2 cups of spread.

BACKPACK SNACK BARS

- 1 can (6 oz.) frozen orange juice concentrate, thawed
- 1/2 cup quick oats
- 1/2 cup sliced dried apricots
- 1/2 cup sliced pitted prunes
- 1/2 cup raisins
- 1/4 cup chopped walnuts
- 1/4 cup freshly roasted chopped pecans
- 1/4 cup sliced dates
- 1/4 cup wheat germ
- 1 tbs. sesame seeds
- 1/2 cup vegetable shortening
- 1/2 cup raw sugar
- 1/2 cup molasses
- 1 large egg
- 2 cups all-purpose flour
- 1/4 tsp. baking soda
- 1 tsp. ginger
- 1 tsp. cinnamon

Combine first ten ingredients and mix thoroughly. In a separate bowl, cream together shortening and sugar; add molasses and egg. Sift in dry ingredients and stir. Add fruit and nut mixture, slowly. Blend well. Pour into greased 9 x 13 inch glass pan and bake in preheated 325 degree oven for 35 minutes. Cool and cut into 1 x 3 inch bars. Wrap in aluminum foil and freeze until needed, or wrap bars individually or in pairs for immediate eating on the trail. Yields 39 bars.

OATCAKES

4 cups	Old-fashioned rolled oats	1 tsp.	Baking soda
1 cup	Whole wheat flour	3 tbs.	Margarine
1 tsp.	Salt		Boiling water

Sift together dry ingredients. Cut in margarine with two knives (crisscrossing each other). Isolate small portion of mixture at edge of bowl; add one tablespoon of water and stir with fork. Repeat until entire mixture is cohesive, but beware of adding too much water. Roll out onto lightly floured board until very thin. Cut into 2 inch squares and bake in preheated 375 degree oven, turning once, for 20 to 35 minutes, or until slightly brown. Spread on towel to cool, and refrigerate until use. Pack in plastic bag for the trail.

DRIED BEANS

At home: Put one pound of dried beans - any kind - in a pressure cooker without the rack; cover with water 2 inches above the level of the beans. Pressure cook for 30 minutes or as directed by pressure-cooker instructions. Drain well, spread in a single layer on cookie sheets, and dry in the oven at lowest heat until dry and hard. Ovens vary: it will take 12 hours (overnight) with a gas oven pilot only, or about 6 hours at 140°F. and approximately the same time in an electric oven at its lowest setting. If a home dehydrator is used, follow instructions for drying cooked beans.

For the trail: Measure the desired amount of beans into a plastic bag with onion flakes, tomato flakes, bouillon cubes, bacon bits, or any other vegetable or seasoning.

In camp: Soak the mixture 10 minutes, bring to a boil, and cook for 10 to 15 minutes or until done.

CORN PONES

3 cups	Stone-ground white cornmeal
1/2 cup	Raw wheat germ
1/2 cup	Raw peanut flour
1 tsp.	Sea salt
1tbsp.	Sesame seeds
1/3 cup	Corn oil

Start the procedure by putting about 3 cups of water on the stove to heat to boiling. While the water is heating, combine the dry ingredients in a mixing bowl. Mix for a minute or so. Then put about 1/3 cup of corn oil in a measuring cup. Now, pour in the boiling water slowly, and at the same time pour in the corn oil. Mix well to combine the water and oil with the dry ingredients. you will have to experiment to find out how much boiling water is best to suit your taste and ingredients. Some corn meal is dryer than others, so takes more water to moisten it. A general rule is to go easy on the water, and to end up with a mix that is on the dry side. Your ponies will be more crisp, and easier to form into cakes with your hands.

After allowing the mixture to cool for about half an hour, preheat an oven to 350 degrees. Oil a cookie sheet and cover your hands with oil too. Then form the mix into cakes about 3 inches in diameter. Bake the ponies for about 40 minutes, or until brown around the edges.

PACKER'S CRACKERS

2 cups	Whole wheat flour (or 1 cup white and 1 cup whole wheat)
1 cup	Soy flour
1 cup	Wheat germ
4 cups	Oatmeal
1 cup	Sesame seeds
4 tsp.	Baking powder
4 tsp.	Salt
4 tsp.	Sugar
2 tsp.	Baking soda
3/4 cup	Corn oil
2 cups	Buttermilk, or enough to make a stiff dough

Sift flour into a large mixing bowl and mix in other dry ingredients. Add corn oil and buttermilk and mix thoroughly. Pack in a ball and divide into four parts. With hands floured, pat each part into a rectangle on a floured board. Roll out to about 1/16 inch and press broken edges together with fingers. With a sharp knife, cut lengthwise, then crosswise into crackers 1 1/2" square. With a spatula, place crackers on a cookie sheet in even rows. Prick each cracker several times with a fork to release moisture. Bake at 350 degrees for 10 to 15 minutes or until light brown. Turn off oven and let crackers continue to dry and toast for 30 to 45 minutes, but be sure they don't burn. When dry, remove from oven and let cool. Store in a tin until needed.

For camping, pack in stacks of 6 to plastic bag. Unused dough may be frozen for later use. Makes approximately 140 to 150 crackers.