

VEGETARIAN BACKPACKING MEAL IDEAS

Lunch/Dinner

PREGO READY MEALS

(place bag in boiling water to heat)

- Creamy Three Cheese Alfredo Rotini
- Creamy Tomato Penne
- Roasted Tomato & Vegetables Penne



KNORR PASTA OR RICE SIDES

- Cheddar Broccoli (take fresh broccoli to add to pasta)
- Butter & Herb
- Alfredo Broccoli
- Creamy Garlic Shells
- Spanish Rice
- Mushroom Rice
-and more

Need butter (or oil)

Most pasta calls for milk. (We substitute water for the cheddar broccoli pasta and prefer it that way even at home.)



QUESADILLAS

- Small flour tortilla
- Beans (Casa Solana is a dried instant brand)
- Cheese
- Oil
- Taco sauce (Taco Bell)

Fry in small frying pan



PIZZA QUESADILLA

- Small flour tortillas
- Tomato paste (can purchase in a toothpaste-type tube to make easier to carry)
- Cheese
- Olives or other toppings

Mix paste with water to make a sauce. (Negative is it is runny/messy.) Put tortilla in frying pan, place sauce and toppings on half of tortilla, fold over, and fry/heat.

STEW PACK

- Potatoes
- Carrots
- Onions
- Dehydrated veggie meat
-other veggies as desired
- Butter
- Salt/seasonings (George Washington broth, garlic, etc.)
- Tin foil

Prepare your fire so you have coals to cook in. Dice your veggies. (The larger you cut them the longer it will take to cook. Think no larger than a 3/4-inch) Double your tin foil in a size so that all your ingredients will fit in and that you can fold over and roll the edges to securely shut when finished. Add butter and seasonings. Wrap/seal your stew ingredients completely. Place your stew pack in the coals and cover with more coals. Cook for 5-10 minutes. Check to see if veggies are soft. Eat out of the tin foil. (The idea is to steam the veggies in the tin foil.)

BAKED APPLE

- Apple
- Cinnamon
- Butter

- Tin foil

Prepare your fire so you have coals to cook in. Cut your apple into slices. Place in a double sheet of tin-foil. Add butter and cinnamon. Wrap/seal apple concoction completely in foil. Place in the coals. Cook for 5-10 minutes. Check to see if apple is soft. (The idea is to steam the apple in the tin foil.)

Breakfast

EGG "MCMUFFIN"

- English Muffins (stand up to packing better than regular bread)
- Egg (can purchase egg carriers at camping stores)
- Cheese
- Mayo

Fry egg in small frying pan. Can warm/toast English muffin as well.

BLUEBERRY BAGEL

- Blueberry Bagel (bagels stand up to packing better than regular bread)
- Cream Cheese (blueberry)

Warm bagel in small frying pan...or eat cold.

PANCAKES

- Pancake Mix (Be sure to get a mix that calls for water, not milk.)
- Butter
- Syrup
- Can put dried blueberries or other dried fruit in batter

Snacks/Other

- Dried fruit

- Granola Bars
- Nuts
- Boiled Eggs (put in a plastic egg carrier)