

BACKPACKING KITCHEN IDEAS

See the full Backpacking kitchen guide at thecrazyoutdoormama.com

CHICKEN AND RICE (1 SERVING)

- 1 cup water
- 1 cup Minute Rice
- 4 oz. chicken (the kind that comes in the foil packets)
- Your favorite seasonings
- 1 tbsp olive oil (optional)

1. Boil the water
2. Add the rice, chicken, seasonings, and oil.
3. Cook until done (about 5 minutes).

REAL BEEF RAMEN (1 SERVING)

- 2 ½ cups water
- 1 pack beef flavored ramen noodles
- ½ cup freeze-dried veggies)
- 2 oz. shredded beef jerky

1. Boil the water
2. Add all ingredients
3. Serve once noodles are done!

REAL BEEF RAMEN (1 SERVING)

- 1 packet Uncle Ben's Red Beans and Rice
- 7 oz. packet of chicken
- Touch of chili seasoning
- Tortillas

1. Make a slit in the top of the beans/rice and chicken foil packets and place them in a pot with some boiling water.
2. Once warm, add to your tortillas to make some burritos.

MORE EASY INGREDIENTS FOR YOUR BACKPACK MEALS

- **Prepacked meats** (Like the tuna, salmon, and chicken that comes in the foil packets)
- **Pre-cooked beans and grains** in sealed foil packets (Usually these are ones you would just heat up in the microwave, but when camping you can just snip a vent in the top and put the pouch in some boiling water.)
- **Preserved meats** like pepperoni and salami, jerky
- **Hard cheese** (Doesn't need refrigeration)
- **Granola Bars**
- **Instant oatmeal packets**
- **Pre-mixed spice packets** for easy seasoning
- **Instant coffee** (Try Starbucks instant coffee packets, yum!)
- **Ramen noodles**
- **Powdered milk** (Calorie-dense, easy to pack, and has a lot of different uses.)
- **Nut butter, nuts**
- **Dried fruit**
- **Minute rice/paste**