

# TROOP 162'S BACKPACK MENU

## Nothing on this list needs refrigeration

### **Breakfast: No cooking necessary**

honeybuns  
breakfast bars  
cinnamon rolls  
cereal and ovoltime (evaporated milk & water)  
liquid canned slimfast  
little debbie snack cakes  
tarts- apple, cherry, lemon  
white powder donuts  
high carb pastries( popartarts)

### **Cooking necessary**

oatmeal  
grits  
backpack dehydrated eggs with vacuum packed bacon (or spam)  
bacon sandwich - vacuum packed bacon , bread and mayo pack  
pancakes with sliced fried spam (taste like ham) feeds 3-4 people  
Sunrise Spuds – potato flakes, powder cheese, dehydrated onions, packaged ham or bacon bits

### **Lunch or Supper: No cooking necessary**

Deviled ham sandwich with mustard and mayo packs  
Vienna sausage  
peanut butter and jelly sandwich  
Lipton spreadable sandwich  
potted meat sandwich  
potted meat on crackers  
tuna fish sandwich with mayo packs  
ham sandwich if packed that morning

### **Cooking necessary**

canned soup there are about 15 -20 flavors  
Maggots and meat- roman noodles and canned chicken or canned shrimp

depending on the flavor of the noodles, or dehydrate 1 lb. Ground meat & use beef flavor

Jambalaya - small summer sausage, 1 pack of Lipton onion soup mix, 3 cups of instant rice and 3 cups of water. bring water to boil, add soup mix. Boil for 2 minutes, add cut up summer sausage, cook for 4 minutes, add 3 cups of instant rice, stir cover and kill fire. Let stand for 3-4 minutes.

Jambalaya - 1/4 lb. smoke tasso (vacuum packed) 1 cup instant rice, 1 cup of water and 1 boullion cube. Bring water to boil, add boullion cube, cook 2-3 minutes. Add tasso, cook for another 3 minutes. add rice, stir, cover and kill fire.

Pizza – whole pita bread, cut slot fill with mozzarella cheese and heated pizza sauce & pepperoni

vacuum packed Lasagna - heat on a skillet, turn to heat both sides.

canned Spaghetti, Ravioli

canned Chili ( you may bring some frito chips)

Mashed potatoes and Vienna sausage (use dehydrated potatoes flakes)

Chili Mac - cook 2 cups of elbow noodles, drain off extra water, stir in canned chili

La choy sweet and sour chicken, feeds 3 people. follow instructions on can.

Lipton Pastas and sauce, follow instructions add canned meat (Hormel Roast Beef, canned crab meat, shrimp, tuna fish or canned chicken) (use powdered milk for milk and butter buds for butter)

Cheesy Roman – 4 pk roman noodles, 3 cups of water, meat(2 large cans of chicken or 1 lb. ground meat) can cheese soup. Cook noodles, meat w/ water then add cheese soup on low heat and stir till blended.

Spaghetti- dehydrated ground meat, angel hair pasta(or roman noodles), spaghetti sauce in pack

Mash potatoes, dehydrated ground meat and corn

Chicken and gravy – canned chicken, boullion cube, pack of chicken gravy and instant rice

Mexican chicken – canned chicken, rotel tomatoes, block of velvitta cheese, noodles

Hamburger helper - follow receipt and use dehydrated ground meat

Grilled steak ( if frozen) precooked baked potato wrapped in foil and packed that morning

Macaroni and cheese mix in canned chicken or tuna

Soft Tacos – four tortillas, dehydrated ground meat, onions, cheese spread and picante sauce (may use canned chicken as another meat)

Red beans & rice – summer sausage, boxed black beans (or pinto beans), instant rice

Gumbo – canned chicken, summer sausage, roux (dry powder),dehydrated onions & parsley and instant rice. Boil meat, stir in roux by the tablespoon, once dissolved add seasonings, onions and parsley , simmer. Add rice ant the last minute.

*To dehydrate ground meat: brown meat & drain off grease. Spread meat on a cookie sheet set oven on 170 degrees, cook for 2 hours stirring every 15 minutes or so. Convection ovens work better.*