

Day	Meal	Item	
Thursday - 1	B	On Road or at Home	
	L	On Road	
	S	Fruit Bar\Gorp	Daily ration in zip lock bag
	D	Steak, Baked potatoes , Veg, Mushrooms	
		Port\cheese\chocolate	
Friday - 2	B	Loaded Omelets on Tortilla\ Yogurt	
	L	Bagels; cream cheese\carrots\soup	4 bagels, 1 small bag of mini carrots, soup broth, cream cheese
	S	Fruit Bar\Gorp	Daily ration in zip lock bag
	D	Southern Pilaf - pg 97-add Mexican Beef & Rice	
		Port\cheese\chocolate	
Saturday - 3	B	Oatmeal - pg 55\toast\dried fruit	
	L	Salami sandwich on Rye\carrots\soup	Rye bread, Mennonite summer sausage, mayo, mustard, soup broth, cream cheese
	S	Fruit Bar\Gorp	Daily ration in zip lock bag
	D	Stew & Dumplings - pg 77-add Chicken jerky	
		Port\cheese\chocolate	
Sunday - 4	B	Pancakes & Syrup with dried fruit\bacon	Prepared mix – 2 cups – add berries, syrup
	L	Webbers Burger stop	
	S	Fruit Bar\Gorp	Daily ration in zip lock bag
	D	Home	

Steak & Baked Potato

2 steaks
 2 pre-baked potatoes – stuffed with butter, bacon, cheese and chives – wrapped in foil
 Sour cream
 Campfire cauliflower – cauliflower, onions, garlic, butter, salt & pepper – wrapped in foil
 Sautéed mushrooms
 Blue cheese
 Red wine

Loaded Omelets

In each individual zip lock baggie;
 4 x 2 eggs, bacon or ham, mushrooms, peppers, onions, cheese
 Pre-cooked, frozen in zip lock bags
 4 10" tortillas

Southern Pilaf – pg 97

To Be Dried:

- ½ cup frozen peas, thawed
- ½ cup frozen corn, thawed
- ½ carrot, sliced
- ½ onion, slivered
- ½ can black beans

- ½ tsp each, thyme, oregano, paprika, pepper, chili powder
- 1 tsp liquid smoke
- 1 bouillon cube
- 4-5 sundried tomatoes cut in thirds
- 1/8 cup cured black olives

Beef and Rice mix

Pack:

Each variety of dried veggies and dried black beans, SD tomatoes in separate plastic bags

Spices

Olives in leak proof container

Wrap all in one large plastic bag with the meal label (day and meal time) inside

At Campsite: - Print

- Rehydrate the dried beef mixture, dried veg, black beans, spices, bouillon and SD tomatoes in 4 cups of water in a large pot for 30 minutes
- Bring to a boil and cook for at least 30 minutes – stir occasionally
- Add 1 cup of rice and olives, cover and let simmer on very low for 20 minutes
- Fluff with fork and server

Oatmeal - pg 55: - Print

- Add ¾ cup of quick cook oats to 1 ¾ cups of boiling water – pinch of salt
- Stir and cook for 3 – 5 minutes
- Add choice of dried fruit

Stew & Dumplings - pg 77-add Chicken jerky

Tomato leather – 1 - 23.9 oz can of tomato sauce – need half

- Set the Oven to 140 – 145 F
- Cover baking sheet with plastic wrap
- Pour tomato sauce evenly over plastic wrap – 1/4" thick
- Dry 8 – 10 hours checking often with the oven door slightly ajar – use wooden spoon
- When the leather is well dried on the top – peel it off the plastic wrap, flip it over onto the tray to complete the drying, toss the plastic wrap
- Finish drying until it feels supple and resembles leather – about 2 – 3 hours
- Let cool then roll the leather into a log and store in a plastic bag in the refrigerator

To Be Dried:

- 1 large onion, slivered

1 carrot, sliced
1-2 stalks celery, sliced
½ cup frozen corn, thawed
½ cup frozen peas, thawed
1 small zucchini, sliced
6-8 mushrooms, sliced

¼ cup potato flakes
½ tsp each; oregano, mustard powder, pepper & salt
1 tsp chili powder
1 bay leaf
2 cloves garlic
1 tsp soya sauce

Chicken Jerky

1 cup biscuit mix

Pack:

Each variety of dried veggies and dried black beans, SD tomatoes in separate plastic bags

Spices

Liquids in leak proof container

Wrap all in one large plastic bag with the meal label (day and meal time) inside

At Campsite: - Print

- Rehydrate the Chicken, dried veg, potato flakes, tomato leather, spices, garlic and soya sauce in 4 cups of water for 30 minutes
- Bring to a boil and cook for at least 30 minutes, stir occasionally
- Prepare the biscuit mix, adding about ¼ cup water to the zip lock bag and needing to combine
- Drop the biscuit mix by spoonfuls or squeeze out to cover the top of the stew; cover immediately and cook another 12 to 15 minutes. DON'T PEEK!!
- Server and enjoy