

It's in the Bag

A collection of No Muss, No Fuss Recipes for Backpacking

By Dennis A. Schmitt

The method

The basic principle is to cook in the bag that you carry the food in. This will reduce your cleanup. Which will save you water and time. Freezer style bags and roasting bags can be used since they are more tolerant to the heat of boiling water. Different sizes of bags are available for different volumes of food.

Two types of cooking are possible.

1. adding boiling water to instant type foods. Rehydrating dried or instant type foods. The use of an insulated mug or a kuzie made from closed cell foam will add in the heating of the food.

2. Retort or cooking in boiling water. Here you heat precooked meals or cook with the heat of boiling water or steam. The Bakepacker uses this approach.

Once you have looked over the recipes, sit and think how you might apply this technique to your own favorite foods.

Breakfast

Home Made Instant Oatmeal

CUP

1 cup quick oatmeal
1/4 tsp. cinnamon
1 tbsp. chopped nuts

1/3 cup instant dry milk
handful wheat bran
1/4 cup chopped dried fruit

At home: grind 1/3 cup oatmeal in a blender, until powdered. Mix every thing together and divide into 3 bags. On the Trail. Add boiling water to the bag and mix. serves 3.

True Grits

A. J. Anonymous

1/2 cup Instant Grits

1 T. Bacon Bits

dash Molly McButter

Boil Water, add to a heavy duty bag containing grits, Bacon Bits, Molly McButter.... eat with an attitude.

Add cheese or cooked egg as well.

Granola to Go

Fred Wisenheimer

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

Ants in the Oatmeal

Dick Ross

Regular oatmeal (not instant) with brown sugar, raisins & nuts, Dried fruit

Cream of Freebies

Michael Vesely

1/2 cup boiling water, **1/2 cup Cream of Wheat** **and freebies**

Place the bag in a insulating mug or Kozzie. Add the boiling water to the bag containing the cream of Wheat. Let sit for a few minutes. Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

Omelets in a Bag theme:

My Cub Scout den likes these too. After the eggs appear done, I carefully take them out of the water, and put the bag on a paper plate. The boy then kneads the bag, mixing the eggs so that the inside (sometimes not fully cooked) is redistributed. The bag then goes back into the water to finish cooking. I precook and chop up, at home, sausage. I also cut up onions and cheese. The boys make their own omelets and love them. Oh, by the way, we call them "barf-in-a-bag".

Scrambled Egg Variations

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

4 eggs = 4 Tbls powdered egg mix

2 tbls. Dry Milk

4 tbls. water

1/2 tsp. Salt, dash of pepper

Add one of the following:

4 Tbls. Shredded Cheddar, Jack, or Swiss cheese

4 Tbls. Rehydrated mushroom pieces

1 Tbls. Crushed dry parsley or celery leaves

1 Tbls. Bacon bar (Wilson's) or BACOS

3 Tbls. Rinsed shredded dried beef

1/2 tsp. Chili powder

1 Tbls. Dried tomato slices, crushed

Flour tortillas and Pita Pocket Bread make great holders for scrambled eggs.

Lunch or Trail

Trail Peak Trail Mix

1 cup Chex's cereal, rice, corn, wheat or mixed

1 cup salted peanuts or dried roasted peanuts

mix in a Zip lock bag and eat on the trail.

Philmont Training Center

1 cup M&M's

1 cup raisins

Fruity GORP

1 cup salted peanuts or dried roasted peanuts

1 cup roasted sunflower kernels

mix in a large Zip lock bag and eat on the trail.

1 cup dried Fruit Bits

1 cup M&M's

Mixed GORP

1 cup mixed nuts or dried roasted mixed nuts

1 cup dried Fruit Bits

1 cup roasted sunflower kernels

1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

SAM's Mix

Dennis A. Schmitt

**1 big box Pepperidge farm cheese fish crackers or 1 box Chex Mix,
1 jar Planter's Dry Roasted Peanuts 1 @1 lb. bag M&M's
raisins**

1/2 lb.

Mix in a 2 gallon zip lock bag. **serves one Troop.**

Donny's Mix

Donny Shaheen

Bag

1 cup Pretzels 1 cup Chex Mix 1 cup nuts 1 cup M&M's
Mix and eat and share with your buddies

Pick a Trail Mix

Pick 1/2 cup from each column, pack in bag.

Cereal	Nuts	Fruit	Candy
Cheerio's	Peanuts	Raisins	M&M's
Chex 's	Mixed Nuts	Fruit Bits	Chocolate chips
Grape Nuts	Macadamia	Apple chips	Reese's Pieces
Granola	Sunflower kernels	Banana chips	Peanut Butter Chips
Wheat Thins	Almond slices	Pineapple	Butterscotch chips
Snack crackers	Corn Nuts	coconut	Carob chips
Pretzels		cranasins	
Fish crackers			

Dinner

*Quick Rice**Minute**Bag***1/2 cup Minute rice**

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess**

*Rice & Freebies**The Road King*

- | | | |
|----------------------------------|---|------------------------------|
| 1 Box instant rice | - | bought with triple coupons |
| 5 packets taco sauce | - | Taco Bell |
| 2 packets Chile Sauce | - | Wendy's |
| 3 packets bacon bits | - | McDonald's |
| Salt & pepper packets | - | Kentucky Fried |
| 2 honey packets | - | Kentucky Fried |
| Road Kill | - | only if fresh (only kidding) |

Cook the rice, add the sauces and stuff. Eat if you dare.

The Minute rice can be cooked in a freezer bag and the rest of the sauces added.

*Cup of Noodles Sans Cup.***Cup of Noodle soup****Freezer bag insulated mug**

Remove the soup from the foam cup and place in freezer bag. This saves you the problem of crushed and broken foam cups which will leak when you don't want it to. Place the bag in the insulated mug and add the boiling water.

CousCous

Dennis A. Schmitt

1 cup Cous Cous meat **oil vegetables** **onions soy sauce** **bullion green pepper flakes**

Cous Cous is coarsely ground Durum wheat which is pre-cooked. Use like you would rice. Bring to boil 1 1/2 cups of water or bullion, add 2 T. butter, and 1 cup of Cous Cous in a freezer bag. Stir and cover, remove from heat and let sit 5 minutes. If you are adding dried onions or bell peppers, do so while bringing the water to a boil, use a little more water to rehydrate the dried food. Add a little margarine or soy sauce. Treat as a side dish or bed for vegetable. and meat. You can also serve with your favorite sauce poured over it, such as tomato sauce, cheese sauce, or gravy. **1 cup ≈ 4 servings**

Mix and Match
take one from each column

BASE	VEGETABLE	MEAT	SAUCE	SPICE	TOPPING
Quick Rice	freeze dried	dried chipped beef	cheese	oregano	nuts
Instant Potatoes	peas	jerky	sour-cream stroganoff	herbs sage	toasted sunflower
Cous Cous	gr. beans	canned fish	spaghetti	basil	pumpkin
Acini di Pepe	corn	clams	dry soup mix	salt, pepper	coconut
Stuffing	home dried	tuna	miso powder	poultry seasoning	sesame seeds
Ramen noodles	mixed vegetable flakes	salmon	gravy mixes	garlic salt	margarine
Vermicelli	onions	sardines	curry	onion salt	cheese
chow mein noodles	mushrooms	crab	sweet & sour	chili powder	catsup packets
Quick Grits	soup blends	shrimp	au jus	butter buds	bacon bits
Cup-of-Noodles	pepper flakes	freeze dried	teriyaki	soy sauce	cROUTONS
Noodle soup mix	celery flakes	ham	thickeners	bouillon	dumplings
	Green Pepper	beef	cornstarch	chicken	
		chicken	flour	beef	wheat germ
		shrimp	cornmeal	vegetable	
		dried fish	Cup of SOUPS	mixes	raisins
		bacon bar	Cream of Mushroom	chili	dried fruit bits
		TVP	Tomato	taco	
		beef flavor	creamed corn	sloppy Joe	
		chicken flavor			

*Rice N' Chicken**Troop 928*

1-1/3 cups instant rice
1/2 tsp. Sage

2 Tbls. Dry onion flakes **1 can boned chicken**
2 tsp. Instant chicken bouillon

Boil 1-2/3 cups water. Add dry ingredients and can chicken. Mix and let stand 5 min.
 Variations: Tuna and dry mushrooms 2 servings

*Potato Soup**Dennis A. Schmitt*

1 T. dried onion flakes
1 tsp. dried bell peppers
crumbled bacon

1 Box Instant Potatoes
dash cooking oil
dash salt and pepper.

Place in large bag. Add boiling water and cover. Let sit about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh. **serves 4-6**

*Potato Soup**"needs Salt & Pepper"*

1 cup potato buds **1/2 cup dry milk** **2 Tbls instant beef bouillon**
dried parsley and onions. **1 Gallon Freezer Bag**

Boil 4 cups water, mix in bag, Let sit for a couple of minutes.

*Souper Rice**Minute Rice*

2 packages Cream of Mushroom Cup of Soup **2 cups Minute Rice, uncooked**
1 1/3 cans water or milk **1/3 cup dry milk**

Place the Cup of soup mix, dried milk and the instant rice together in a freezer bag. Add the boiling water. Cover and set aside for 5 minutes. Fluff and serve. 4 servings.

Try other Cream Soups..

*Just a Minute**Minute Rice*

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

*"It's in the bag" Chinese**Dennis A. Schmitt*

**1 can Chinese vegetables,
1 can Chinese noodles**

**1 can bean sprouts,
2 @ 4 oz cans of chicken**

**Soy Sauce
1.5 cups Minute Rice**

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.

No pot to clean... **serves 4-5**

*Clam Chowder**"needs Salt & Pepper"*

**2 cups dried potatoes
1 T. dried onions
1 cup dried milk
2 T. crumbled bacon**

**3 cups water
parsley
2 T. margarine
8 oz can minced clams**

> can use instant potatoes

>add boiling water.

>add the rest, stir and heat, **don't boil**

>add more water if needed.

Place potatoes, onion, milk, and parsley in a large **2 qt. heavy freezer style zip lock bag**. Add the 3 cups of boiling water and the clams and bacon. Mix and let sit to heat up the clams.

*Chicken And Stuffing**StoveTop***2 cup water****1 Tbs.. celery flakes****2 (6 oz.) cans chicken****1/4 cup onion flakes****1/2 cup chopped dried mushrooms****1 bag stuffing mix with herbs and spices**

Bring water to a boil, add to bag containing the ingredients. Break chicken into small chunks. Remove from heat and mix well.

Serves four to six.

*Cous - Cous Cluck - Cluck***1 cup Cous-Cous
chicken instant bouillon****4 oz. canned chicken
water**

Add Boiling water to the Cous-Cous and bouillon . Use enough water to cover the Cous-Cous. add the chicken after you have removed it from the can. Add seasonings.

*Instant Refried Beans**Fantastic Foods***1 1/2 cups instant refried beans****2 cups water****1 Tbs. butter****cheese**

Boil water and add to beans in a bag. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

*Cheesy Baco Spuds**June Fleming***1 1/2 cups potato flakes****1 packet Butter Buds****1 Tablespoon parsley flakes****1/2 teaspoon salt and pepper****1/2 cup dry milk****1/2 cup Bacos****1 Tablespoon dried onion flakes****1 package powder cheese**

Place ingredients in a large freezer bag. Mix in 3 cups, Boiling water, cover, sit 1 minute. You can reduce portions to individual servings.

Tacos salad in a bag

Omykidsmom, 1998 Mar 22

For a quick and easy meal on first night of camping:

Ingredients: **ground beef, taco seasoning, lettuce, tomatoes, individual bags of tortilla chips (any flavor)** enough for at least one per person. (Crush chips in bag before eating).

At home, dice tomatoes and lettuce, place in separate ziplock bags. Brown ground beef and add taco seasoning at home, place in freezer ziplock bag.

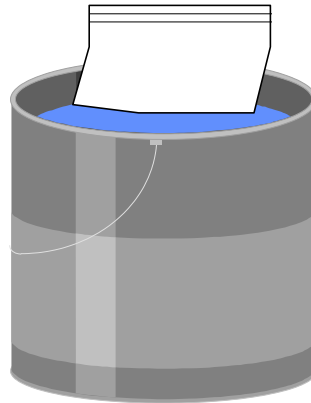
At camp: place bag of beef in boiling water until warm, spoon in some beef in each bag of tortillas, top with lettuce and tomato. Eat out of bag-no dishes to wash!

Omykidsmom

Boy Scout/Girl Scout Leader

*Retort Meals***Freezer Bags****Pre-Cooked Stews and Casseroles**

Place serving sized portions of Stews or casserole meals into the freezer bag. Squeeze out the air and seal. Place in freezer until trip. Wrap in newspaper for insulation. Place the bag into a pot of boiling water and heat the meal. Squish the bag, if you wish to redistribute the heat. Eat from the bag to save on cleaning. Use the hot water for drinks, cleaning the spoon, or cleaning your face. Don't clean your face in the water before you make your drinks.



Drinks

Hot Chocolate Drink Mix

1 lb. instant powdered milk **1/2 lb. powdered sugar or regular**
1/2 lb. powdered coffee creamer **1@ 1 lb. can of Nestle's Quick**

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

Hot Cocoa Mix

1/3 cup cocoa **1 1/3 cup instant nonfat dry milk**
1/2 cup sugar **2 Tbls. non-dairy creamer powdered** **dash salt**

Mix, store in airtight container, for 1 cup cocoa, add 1/4 to 1/3 dry mix to 1 cup boiling water.

*Trail Shake**June Fleming*

Servings: 6

2 cup Dry Milk **1/2 cup Malted Milk Powder**
1/2 cup flavoring: cocoa, instant coffee, berry syrup mix, jam, etc.

Directions: 1/2 cup of mix = 1 serving.

1. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of cold water to plastic bag, seal, and shake until mixed

EggNog Brink Mix

1 1/2 cups instant dry milk **1/2 cup nondairy creamer**
1/2 cup powder egg mix **2 Tablespoons brown sugar**
1/2 Teaspoon cinnamon, ground **1/2 Teaspoon nutmeg, ground**

At Camp: mix 1/3 cup of mix with cold water and stir

Carob - Malt Smoothie Mix

2 cups instant dry milk **1/2 cup malted milk powder**
1/2 cup sifted carob powder **1/4 cup brown sugar**

At Camp: mix 1/3 cup of mix with hot water and stir

Hot Malt Shake Mix

2 cups instant dry milk **1/2 cup malted milk powder**

At Camp: mix 1/3 cup of mix and slowly fill cup with hot water and stir.

Instant Breakfast Drink

1 cup serving:

1/4 cup instant dry milk **1 Tablespoon nondairy creamer**
1 Tablespoon powder egg mix
and one of:
1 Tablespoons malted milk powder **1 Teaspoon instant coffee**
1 Tablespoon cocoa mix **1 packet jelly or jam**

At Camp: Add water and shake in ziplock bag or cup with lid.

Deserts

Fruit Compost

I. B. Wisenheimer

1 cup dried fruit bits **1/2 cup sugar**
1 teaspoon cinnamon **graham cracker**

Keep in a Freezer bag for travel. Then place the bag in a insulated mug. Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

*Instant Pie**Dennis A. Schmitt*

1 box instant pudding mix, 1/4 cup instant milk graham crackers.

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

*Pistachio Pudding**Jell-O*

1 box instant Pistachio pudding 2 cups cold water 3 tbs. powdered milk

Mix milk with water, add pudding and whip with a whisk for 2-3 minutes. Let set and serve.

Subject: Re: *Ice Cream in a Ziploc?* From: *NHarrin106*

Date: Thu, Feb. 20, 1997 11:40 EST

1/2 cup milk 1 Tbs. Sugar 1/2 tsp. Vanilla

Mix these in Ziploc sandwich bag, seal bag. In Freezer Ziploc bag put ice or snow and a little salt. Place small bag in big bag. Seal and Shake for 5 to 10 minutes.

The hardest part is the shaking!

Dorcas Miller's CHOCOLATE BUTTERMILK CAKE

This rich cake is made without eggs so you don't have to hunt down powdered eggs or an egg substitute. Powdered buttermilk is available in health food stores and supermarkets.

3/4 cup flour 1/2 cup sugar
1/4 cup cocoa powder 1/2 tsp. baking soda
1/4 tsp. salt 2 Tbs.. buttermilk powder
1/4 cup oil 1 chocolate bar

At home: Combine all ingredients except oil and chocolate. On the trail: Add 1/2 cup water and the oil to dry ingredients and mix well. Standard BakePacker: Boil/bake 20 minutes. Ultra-light BakePacker: Use half the recipe and boil/bake 12-14 minutes. Banks Fry-Bake Alpine: Bake 20 minutes in greased pan. Outback Oven: Heat to "bake" range, then bake 20 minutes.

As soon as the cake is done, top with pieces of chocolate bar for the frosting.

Dorcas Miller's CORNBREAD

(BakePacker and Outback Oven)

This makes a sweet cornbread; the sugar can be cut by half.

2 Tbs. oil or margarine	1 cup flour
3/4 cup cornmeal	1/3 cup sugar
1/3 cup instant powdered milk	3/4 tsp. salt
2 Tbs. egg powder	3 tsp. baking powder

At home: Combine all dry ingredients. On the trail: Standard BakePacker: Mix 3/4 cup water with dry ingredients and oil; boil/bake 20-25 minutes. Ultra-light BakePacker: Use half the recipe and a little less than 1/2 cup water, and bake 12-14 minutes. Outback Oven Plus Ten: Mix 1 cup plus 2 Tbs.. water with dry ingredients and oil; bake 25 minutes.

Dorcas Miller's BISCUIT MIX

This mix can be used for pancakes, biscuits, pie dough, coffee cake, dumplings, and any other flour-based treat. I prefer to use half whole wheat and half unbleached white flour, rather than all whole wheat, to give biscuits a lighter texture. (Recipe makes 2 cups of mix; about a dozen biscuits or six servings of coffee cake.)

1 cup unbleached white flour	1 cup whole wheat flour
2 tsp. baking powder	1 tsp. salt
2 Tbs. oil or shortening	1/3 cup instant powdered milk

At home: Combine all ingredients and put in a reclosable plastic bag.

For biscuits on the trail: To make 6 biscuits, add 1/3 cup water to a bag containing 1 cup of mix, and knead the dough in the bag until it's well blended and forms a ball. Sprinkle in a bit more mix to coat the dough ball, then pinch off portions and pat them into biscuits. Standard BakePacker: Lay biscuits in a clean baking bag in a single layer on the BakePacker grid. Boil/bake for 12-15 minutes. Ultra-light BakePacker: Use 1/2 cup mix with 3 Tbs.. water; boil/bake for 8-10 minutes. Banks Fry-Bake Alpine: Bake 10-12 minutes or until golden in greased pan. Outback Oven: Heat to "bake" range, then bake for 10-12 minutes.