

# Supper

## Asian Style Chicken

### Ingredients:

Knorr Asian Sides  
Canned or "bagged" Chicken

### Directions:

Prepare rice dish following instruction on box (if you repackage, keep the directions!). 3-5 minutes before rice is done add chicken

## Turkey and Dressing

### Ingredients:

Canned turkey  
Stovetop Stuffing  
Cream of Mushroom Soup

### Directions:

Follow directions for Stovetop using the cream of mushroom soup as a portion of the liquid needed to make the stuffing. 5 minutes before dinner add the turkey, stir into mix well. Wait until turkey is heated.

## Chicken Fajitas

### Ingredients:

Fajita seasoning                      Oil  
Fresh Peppers                      Canned chicken  
Onion

### Directions:

Carmelize onion then add peppers. When peppers are softened, add chicken and heat until chicken is warmed.

## Shepherds Pie

### Ingredients:

Instant potatoes                      Powdered milk  
Canned or pre-cooked beef              Dried or fresh veggies

### Directions:

At breakfast, add water to veggies to reconstitute. At meal time use the instruction to prepare potatoes. Use instruction for milk. Combine potatoes, milk and veggies. Heat meat. Layer potato mix on top of meat.

## Vegetarian Pasta

### Ingredients:

1# bowtie pasta                      12oz can Kalamata olives  
10oz spinach                      2.5 cups of tomato pesto sauce  
optional tofu or pickled eggplant

### Directions:

Pre-cook pasta until almost done (in camp) half olives and rough cut spinach. Re-heat pasta until cooked then drain. Add pesto, olives and spinach.

# Dessert

## pudding

### Ingredients:

Jello Pudding mix(any flavor)          Dried milk

### Directions:

At home, mixed pudding mix and milk in appropriate size ziploc bag.

In camp, add required water to ziploc and knead for 2 minutes.  
Use slightly less water for thicker pudding.

## Lunch

### Pizza

**Ingredients:**

Olive oil                      Shredded cheese  
Pepperoni                      Pita bread or flour tortillas (NOT CORN!!!)

**Directions:**

Use pot lid inverted on stove. Place pita or tortilla on lid.  
Spread a little olive oil on top, then cheese and pepperoni.

### PB & J

**Ingredients:**

tortilla or pita bread                      Jelly  
Peanut butter

**Directions:**

Carefully apply peanut butter and jelly to bread. Enjoy!

## Fresh veggies and fruit that pack well

Carrots, broccoli, peppers, green beans, onions, potatoes, apples, oranges  
(really any citrus), cucumbers

Consider cutting and prepping at home to minimize prep time in camp.

# Breakfast

## Pancakes and eggs

### Ingredients:

Precooked pancakes or French toast          Syrup  
Dried or fresh eggs                                  Margarine

### Directions:

Follow directions for dried eggs (if necessary) or cook fresh eggs as desired. Re-heat pancakes and serve

## Cereal

### Ingredients:

Dried milk                                  Cereal of choice

### Directions:

Add milk to cereal in bowl. Add water according to milk instructions. Stir and enjoy.

## Bagels

### Ingredients:

Bagels                                  Fresh or dried fruit  
Jelly                                      Cream cheese

### Directions:

Serve with fruit and jelly. If 1st day out serve with cream cheese.

## Oatmeal

### Ingredients:

Instant oatmeal                          Water

### Directions:

Heat water, add to oatmeal. Eat.