

# Basic Camping Food List

## Meat/Protein

- Tuna – vacuum-packed
- Chicken – vacuum-packed
- Beans – dried ‘cooked’ beans, or instant
- Salami/Sausage
- Textured Vegetable Protein (TVP)
- Ground Beef – see below
- Ground Turkey – see below
- Preparing Ground Beef or Turkey
  - Purchase leanest meat available
  - Brown in small chunks
  - Put in Colander, rinse with very hot water (removes fat) and drain
  - Put in Food Dehydrator w/paper towels. 150° - 160° for 4-8 hours
  - Done when hardy and crumbly
  - Double bag – suck out air with straw – good for 1 week

## Fruits/Vegetables

Fresh Fruit and Vegetables bought unrefrigerated last longer.

- Carrots – dried – leathery, deep orange
- Celery
- Bell Peppers – dried – shriveled, leathery
- Onions – dried - brittle, hard
- Cucumbers
- Tomato
- Apples – dried - leathery to hard
- Blueberries – dried - hard and dark
- Dried Fruits – cranberries, bananas, apricots
- Prep for Fresh Vegetables – Tomatoes, Peppers, Cucumbers
  - Immerse washed, whole vegetables in a sinkful of cold water w/ 1/8 cup regular chlorine bleach
  - Soak vegetable for a couple minutes, dry completely
  - Wrap in paper toweling and pack in uncrushable container
  - Rinse before eating – good for 1 week
- Dried Fruits and Vegetables - 145° for 2 ½ - 5 hours.
  - Next to fruits and vegetables above I’ve noted how to tell if done.

## Bread/Carbohydrates

- Pita or Tortilla
- Bagels
- Rice – converted, jasmine, basmat, medium-grain
- Instant Rice – less nutritious, cooks quickly
- Pasta – the thinner the quicker it cooks
- Potato Buds
- Stuffing
- Ramon Noodles
- Bisquick – biscuits or pancakes
- Hot Cereal – Oatmeal, cream of wheat, multi-grain
- Cous-Cous

## Dairy

- Block of Hard cheese – Cheddar, Colby, Swiss, Gouda, Parmesan
  - lasts for 1 week unrefrigerated, wrap well in plastic

## Other

- Mushrooms – dried – sliced, crispy and light
- Herbs – basil, oregano, parsley
- Stroganoff Sauce – powdered
- Red Sauce – powdered or plastic jar
- Soup
- Spices

## Condiments

- Peanut Butter
- Jelly/Jam
- Nutella
- Almond Butter

## Desserts

- Instant Pudding
- Oreo Dessert

### Keep in Mind!

Many dried foods available at Whole Food Markets.

Oriental Markets – typically cheaper.

Anything that you can add milk to – just add water!

Many instant foods that can be taken on a trip – browse your local grocer for ‘just add water’ items.

## Quick Recipes

### Stroganoff

#### **Ingredients:**

Stroganoff Mix  
Egg Noodles  
Ground Beef or Turkey  
Onions and Mushrooms – dried

**Directions:** Put water in bag with Ground Meat to rehydrate. Cook noodles. When noodles done with water still in pan – add rest of ingredients. Stir.

### Red Beans and Rice – whole protein

#### **Ingredients:**

Reds and Rice  
Tortillas

**Optional Ingredients:** Cheese, Salami

**Directions:** Cook Red Beans and Rice as noted on packet. Put on Tortilla. Optional: Add salami to beans and rice as they cook. Top with Cheese

### Burrito

#### **Ingredients:**

Tortillas  
Rice  
Instant Beans  
Chicken  
Peppers  
Onions  
Carrots  
Cheese

**Directions:** Make Instant Beans and Rice over stove. If vegetables are dried, add them to beans/rice as they cook. When done, put on tortilla and add

### Mashed Potatoes

#### **Ingredients:**

Pack of Potato Buds  
Herbs

**Options:** Meat and Cheese  
Vegetables

**Directions:** Cook up Potato Buds. Add Herbs, vegetables, and meat while cooking. Add cheese when done.

### Stuffing:

#### **Ingredients:**

Instant Stuffing  
Celery  
Onions  
Carrots  
Peppers  
Mushrooms

**Directions:** Make stuffing on stove and add vegetables.

### Pudding Dessert

#### **Ingredients:**

Favorite Instant Pudding Mix  
Crushed Graham Crackers or Oreos

**Directions:** Make Pudding Mix by mixing with water to desired consistency. Add crushed crackers or cookies.

### S'Mores

#### **Ingredients:**

Marshmallows  
Tortillas – uncrushable!  
Chocolate Bar, Nutella, Peanut Butter

**Directions:** Roast Marshmallow over fire. Put roasted marshmallow on tortilla square with chocolate, nutella and/or peanut butter.

### Hot Cereal

#### **Ingredients:**

Instant Oatmeal, Cream of Wheat or Multi-Grain  
Fruit

**Directions:** Add hot water to Instant breakfast cereal. Add dried or fresh fruit.