

Backcountry Cookbook

Dehydrated Backpacking Meals
from the 2018 UAA Wrangell St. Elias Expedition



photo by Miranda Sheely

Compiled by Kelly Ireland

Recipes by Miranda Sheely, TJ Miller, Monika Fleming and Kelly Ireland

Table of Contents

Dehydrated Meals

Tips & Tricks for Dehydrating and Rehydrating Food

Breakfast

Cheesy Baco-Spuds

Breakfast of Champions

Breakfast Scramble

Dinner

Teriyaki Noodles

Creamy Garlic Shells

Shrimp Scampi

Parmesan Fettuccine

Turkey Meatball Spaghetti

Chili Macaroni

Stir Fry

Shepherds Pie

Beefy Noodle Bowl

Chicken Tikki Masala

Dessert

Pudding Pie Dessert

Acknowledgments

Big thanks to Miranda Sheely, TJ Miller, and Monika Fleming for their recipes. Shout out to Erin Cutts, Miranda Sheely, and Jesse Munday for their photos in this book as well.

Printing brought to you by the UAA Outdoor Recreation Club



Tips & Tricks for Dehydrating and Rehydrating Food

- Eggs can be bought in dehydrated powder form, but if you want to dehydrate your own, mix eggs, milk, and polenta (1:1 ratio to the eggs), salt and pepper to taste, then scramble and dehydrate
- For all recipes, unless otherwise noted, add a little more than enough boiling water to cover food to rehydrate. If there's instant mashed potatoes in the recipe, add more water, it takes a lot to rehydrate instant mashed potatoes
- To dehydrate chicken, place 1 bag of frozen chicken breasts into a crock pot, cover with water, add about 2 Tbsp chicken bouillon, cook in crock pot on low for 8-10 hours, drain chicken, shred, and then dehydrate
- To make your own quick cook pasta, just simply cook a package of pasta, and then dehydrate
- Whey protein quickly adds protein and calories to any dehydrated meal for very little weight
- Natural Pantry in Anchorage has a number of dehydrated items and powders such as coconut powder, stir fry spice mix, whey protein and more
- Frozen vegetable bags can easily be thrown straight on a dehydrator
- Many dehydrated items can be purchased online on Amazon or in stores like Wal Mart
- Test meals out before you go to ensure your taste buds like the food and to gauge how much water to add

Cheesy Baco-Spuds

Recipe by Monika Fleming

2 1/4 cup	instant mashed potatoes
1/2 cup	instant dried milk
1 tsp	butter buds
3/4 cup	bacon bits
1/4 cup	powdered cheese
1 1/2 Tbsp	dried parsley flakes
1 1/2 Tbsp	dried onion
	salt and pepper to taste

Mix ingredients together

Breakfast of Champions

Recipe by Monika Fleming

1 box	Annie's Organic Flaky Biscuits
1 cup	dehydrated eggs
1/4 cup	bacon bits
1 pack	country gravy mix
1 bag	instant mashed potatoes
1/4 cup	parmesan cheese

Cook biscuits, break into smaller pieces, dehydrate

Mix dehydrated biscuits in with other ingredients

Breakfast Scramble

Recipe by Miranda Sheely

1 box	dehydrated hash browns
2 cup	dehydrated ham or ground beef
1/2 cup	dehydrated egg
1/2 cup	dehydrated polenta
1/4 cup	dehydrated onion
1/4 cup	dehydrated peppers

Mix ingredients together

Add cheese and hot sauce once rehydrated

Teriyaki Noodles

Recipe by Kelly Ireland

1 pack	Knorr Pasta Sides Teriyaki Noodles
1 cup	dehydrated chicken
1 cup	dehydrated broccoli
1/2 cup	peanut butter powder
1/4 cup	peanuts and/or cashews

Mix ingredients together

Creamy Garlic Shells

Recipe by Kelly Ireland

1 pack	Knorr Pasta Sides Creamy Garlic Shells
1 cup	dehydrated veggie mix
1 cup	dehydrated chicken
1/2 cup	powdered milk

Mix ingredients together

Add cayenne pepper for an extra kick

Shrimp Scampi

Recipe by Kelly Ireland

1 lb	shrimp
2 cup	broccoli
1/2 cup	butter
1/2 cup	white wine
5 cloves	garlic
1/2	lemon
1/2 Tbsp	garlic powder
1 tsp	cayenne pepper
1 pack	quick cook pasta (angel hair or fettuccine)

Saute ingredients together (minus noodles), then dehydrate, pour all the sauce onto dehydrating pan with the shrimp, make sure to grind into fine powder once dehydrated

Mix shrimp sauce mix with pasta

Parmesan Fettuccine

Recipe by Kelly Ireland

1 pack	Knorr Pasta Sides Parmesan Fettuccine
1 cup	dehydrated chicken
1 cup	dehydrated broccoli
1/2 cup	powdered milk

Mix ingredients together

Turkey Meatball Spaghetti

Recipe by Monika Fleming

1 pack	spaghetti noodles
1 jar	spaghetti sauce
4 cup	precooked turkey meatballs

Dehydrate sauce into a leather, blend it into a fine powder

Cook noodles and dehydrate

Dehydrate turkey meatballs

Mix dehydrated noodles and meatballs

Rehydrate noodles separately and drain excess water

Mix noodles, sauce and meatballs

Add parmesan cheese once rehydrated

Chili Macaroni

Recipe by Kelly Ireland

1 can	black beans
1 can	kidney beans
1 can	corn
2 cup	dehydrated chicken
1 box	macaroni and cheese
1/2 cup	powdered milk

Mix black beans, kidney beans, corn, and spices together, dehydrate

Mix dehydrated beans with chicken, box of mac and cheese and powdered milk

Add more chili spices for extra kick!

Stir Fry

Recipe by Kelly Ireland

1 cup	snap peas
1 cup	shredded carrots
1 bag	Kroger stir fry frozen mix
1 cup	powdered peanut butter
1 can	mushrooms
1 can	baby corn
1/4 cup	dehydrated chicken
1/4 cup	coconut powder
1 bag	stir fry spice mix

Mix snap peas, shredded carrots, Kroger stir fry frozen mix, mushrooms, baby corn together and dehydrate
Mix ingredients together

Shepherds Pie

Recipe by TJ Miller, Miranda Sheely, and Kelly Ireland

1 pack	instant mashed potatoes (any flavor)
2 cup	dehydrated ground beef or pulled pork (1 can)
1 cup	dehydrated mixed veggies
1 pack	brown gravy
1/4 cup	bacon bits

Mix ingredients together

Beefy Noodle Bowl

Recipe by Monika Fleming

1 pack	beef top ramen
1 pack	instant onion soup
4 Tbsp	shredded beef jerky
3 Tbsp	dehydrated mixed veggies
1/4 tsp	garlic powder
1/4 tsp	ground ginger
1/2 tsp	cilantro
1-2 pack	soy sauce or sriracha (to taste)

Mix ingredients together

Chicken Tikki Masala

Recipe by TJ Miller

1 can	chicken
1 can	garbanzo beans
	sun-dried or dehydrated tomatoes
1 pack	coconut milk powder
2 pack	tikki masala powder (or to taste)

Dehydrate chicken and garbanzo beans

Mix ingredients together

To rehydrate boil 32 oz water, drop in ingredients, let cook 5-8 minutes, let sit for 10 minutes

Pudding Pie

Recipe by TJ Miller

1 pack	instant pudding
1/4 cup	nuts (pistachios, almonds, peanuts)
6 Tbsp	powdered milk
	Optional toppings: crumbled oreos, nilla wafers, graham crackers, etc.

Rehydrate pudding and milk, add nuts and toppings

Have a great backpacking dehydrated meal recipe
you'd love to share with us and others?

Send a message to <https://www.facebook.com/UAAOutdoorClub>



photo by Erin Cutts



photo by Erin Cutts



photo by Miranda Sheely



photo by Miranda Sheely



photo by Erin Cutts



photo by Miranda Sheely



photo by Erin Cutts



photo by Jesse Munday



photo by Miranda Sheely



photo by Erin Cutts

BROUGHT TO YOU BY



Department of Health,
Physical Education & Recreation
UNIVERSITY of ALASKA ANCHORAGE