

# *RECIPES*

## 5 GLUTEN, DAIRY, SOY & CORN FREE BACKPACKING DINNERS

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### **1. Veggie Beans and Rice**

2/3 cup dehydrated white rice or Minute Rice

2/3 cup black beans or refried beans

1/3 cup dried spinach or veggies of choice

1 teaspoon taco seasoning

1 cup boiling water

2 olive oil packets or 2 tablespoons olive oil

Optional Additions and/or Substitutions: Tapatio sauce packet,  
Real Lime packet, crushed red pepper flakes,  
1 teaspoon nutritional yeast

### **2. Thai Coconut Almond Rice**

2/3 cup dehydrated white rice or Minute Rice

2/3 cup TraderJoes Thai Lime and Chili Almonds

2 tablespoons coconut milk powder

1 cup boiling water

2 olive oil packets or 1 coconut oil packet

Optional Additions and/or Substitutions: veggies of choice

### **3. Coconut Curry Chicken & Cashews**

2/3 cup dehydrated rice or rice pasta (I like either one)

2/3 cup freeze dried chicken or dehydrated canned chicken

1/4 cup cashews

1/4 cup dehydrated carrots or peas

2 tablespoons coconut milk powder

1 teaspoon curry powder

1/2 teaspoon salt

1/8 teaspoon pepper

2 olive oil packets or 1 coconut oil packet

1 cup boiling water

Optional Additions and/or Substitutions: onion and garlic powder

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### 4. Beef Noodle Stroganoff

2/3 cup dehydrated rice pasta

2/3 cup soft beef jerky or beef stick (cut into smaller pieces before adding boiling water)

1/3 cup dehydrated mushrooms

1/3 cup dehydrated broccoli

1 ghee packet

1/2 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon parsley

1 cup boiling water

Optional Additions and/or Substitutions: garlic and onion powder, balsamic vinegar packet, mustard packet, butter powder

### 5. Tuna Casserole

2/3 cup dehydrated rice pasta

1 can dehydrated tuna or 1 pouch tuna

1/3 cup dehydrated mushrooms

1/3 cup dehydrated peas

1/4 cup crushed potato chips (sprinkle on top after dinner is cooked)

1 ghee packet

1/2 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon onion

1/8 teaspoon garlic

1 cup boiling water

Optional Additions and/or Substitutions: parmesan cheese packets, string cheese, nutritional yeast, 2 tablespoons olive oil, butter powder