

Recipes by **Diane Gelotte**

Split Pea Soup with Vegetables

Serves 4

9 cups water

1 lb. dried split green peas

4 Tablespoons olive oil

4 cloves garlic, minced

1 1/2 C diced Carrots

1 1/2 C peeled and diced sweet potatoes

1C chopped onions

1 C chopped celery

1 teas. ground marjoram

2 teas dried basil

1 teas ground cumin

3 cubes vegetable bouillon

Salt and Pepper to taste

2 cups additional water added on trail per each serving

Preparation at Home:

1. Pour 9 cups water into a large pot, add peas, then bring to boil.
2. Lower heat and simmer the peas for 1 hour, then skim off foam.
3. While peas simmer, warm oil in frying pan over medium heat and sauté the garlic, carrots, sweet potatoes, onion, and celery.
4. Add marjoram, basil, cumin, crumbles bouillon cubes, and optional salt to pan, stir, then continue to cook for 2 more minutes.
5. Add carrot mixture to the peas in the pot.
6. Simmer pea soup for an additional hour. Once soup is thick and vegetables tender, remove from heat and allow to cool.
7. Transfer soup to a blender or food processor and blend until smooth.
8. Transfer about 1 1/2 cups soup to each of 4 lined drying trays. Dehydrate.
9. Once thoroughly dried, pulse contents from each tray individually in food processor until it becomes a fine powder.
10. Pack contents from each tray into a zip lock bag for individual servings.

Pepperoni Pizza

1 jar (5oz) pizza sauce (dried and blended into powder) and place in zip lock bag

2 tablespoons grated Parmesan cheese

1 stick Pepperoni

1/3 cup water (added on the trail)

Mini Boboli , or flatbread

Preparation on trail:

To prepare a single serving, add 1/3 cup water to dried sauce (I prefer using hot water but not necessary)

Seal bag and carefully knead for a few minutes to speed rehydration of pizza sauce

Heat Boboli in a little oil in skillet

Slice Pepperoni Stick

Assembly:

Spread sauce on warm Boboli or flatbread

Top with cheese and Pepperoni

Recipes by **Teresa Wittman**

Café Pasqual's Quinoa Burgers (double recipe makes 10 small burgers (1/2 cup each))

1 small sweet potato

Olive oil

½ small zucchini

1 small shallot finely chopped

¼ tsp red pepper flakes

1 cup cooked quinoa (from about 1/3 cup uncooked)

¾ cup dried breadcrumbs

1 ½ tsp fresh lemon juice

Preheat oven to 350 degrees. Prick sweet potato with fork and rub with 1 T oil and season with salt and pepper. Roast directly on oven rack until tender (about 30-45 min.) Let cool. Remove and discard skin. Mash flesh with fork and set aside.

Coarsely grate zucchini then gather in kitchen towel and squeeze out excess liquid.

Heat 1 T oil over low heat. Cook shallot and red pepper flakes, stirring often, about 2 min. Add zucchini and cook about 2 more min. Transfer to large bowl and mix in cooked quinoa and season with salt and pepper. Let cool. Add breadcrumbs, lemon juice, and about ¼ cup mashed sweet potato and mix well. Taste and adjust seasonings.

Divide into ½ cup portions for small burgers and form into patties. Dehydrate, freeze, or cook in a little oil until golden brown (about 2 min each side) and dehydrate.

Jambalaya (makes 12+ cups or 5 generous servings)

Seasoning mix:

2 bay leaves,

1 ½ tsp salt,

¾ tsp red pepper flakes,

1 ½ tsp dried oregano,

1 ¼ tsp white pepper,

1 tsp black pepper,
¾ tsp dried thyme
1 ½ cups chopped veggie sausage
1 ½ cups chopped onion
1 cup chopped celery
¾ cup chopped green pepper
¾ lb. bay shrimp (cooked)
1 ½ tsp minced garlic
4 medium tomatoes (chopped)
¾ cup tomato sauce
2 cups vegetable stock
2 cups uncooked rice

Combine seasoning mix. In a Dutch oven (or oven proof pan) sauté onion, celery, and green pepper in a little oil until soft. Add seasoning mix and garlic and cook on medium heat for 3 min. Add shrimp and veggie sausage and tomatoes and cook for a few min. Add tomato sauce and stock and bring to a boil. Add rice. Bake covered at 350 degrees for 35-45 min. until rice is cooked. Dehydrate.

Vegetarian Chili with Beans (makes 4 large servings)

2 T olive oil
1 medium onion finely chopped
2 cloves minced garlic
1 green pepper chopped
1 red pepper chopped
1 (28oz) can tomatoes (chopped and not drained)
Approx. ½ tsp cayenne pepper
1 cup vegetable broth
1 T chili powder
1 tsp ground cumin
1 tsp dried oregano
1 tsp unsweetened cocoa powder
2 (15 oz) black or pinto beans (drained and rinsed)
1 T lime juice

Sauté onion in oil for 5 min. Add garlic and pepper and sauté 5 more min. Add undrained tomatoes, broth, chili powder, cumin, oregano, cayenne, and cocoa. Bring to a boil then reduce heat and simmer 10 min. Add beans and simmer at least 20 min. Stir in lime juice at end. Dehydrate

Recipes by *Brad Mitchell*

Smoked Salmon Scrambled Eggs with Sweet Potato Hash Browns

Source: <http://www.backcountrypaleo.com/smoked-salmon-scrambled-eggs-sweet-potato-hash-browns/>

Serves 1 Prep 5 min Cooking Time 10 min
· 3 eggs or 3 Tbs egg powder + 6 Tbs water

- 1/4 cup smoked salmon in the can/package
- 1/2 cup dehydrated shredded sweet potato hash browns
- 1/2 tsp dried dill
- 1/4 tsp dried tarragon
- 2 Tbs coconut or olive oil for frying
- 1/2 cup water
- Dash salt
- Dash black pepper

Cover dehydrated hash browns with water, and mix eggs with 6 Tbsp water in separate containers and let hydrate for 5 minutes. Drain off excess water from hash browns. Pre-heat pan to medium, and sauté the hash browns in 1 Tbs of coconut or olive oil until browned. Add second Tbs oil, then egg mix, then salmon and then remaining ingredients. Cook until all is hot.

Pita Bread Pizza Pocket

Source: Kevin Callan

Serves 4 Prep 10 min Cooking Time 20 min

- 4 pita pockets
- 1 cup shredded cheese (mozzarella or cheddar)
- 1/2 cup dehydrated spaghetti sauce or tomato sauce
- 1/2 cup dehydrated mushroom
- 1/2 cup dehydrated tomato, or sun-dried tomatoes
- 1/4 cup dehydrated red pepper
- 1/4 cup dehydrated zucchini or yellow squash

Start rehydrating sauce and veggies in separate baggies. Spread sauce in/on pita. Spread veggies in/on pita. Spread cheese in/on pita. Heat each pita in pan or reflector oven for 10-20 minutes each.

Recipes by *Karen Cramer*

Chicken Enchiladas I

Source: *Recipe By:* Debbie Donham

Ingredients

- 4 skinless, boneless chicken breast halves
- 1 onion, chopped
- 1/2 pint sour cream
- 1 cup shredded Cheddar cheese
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt (optional)

- 1 (15 ounce) can tomato sauce
- 1/2 cup water
- 1 tablespoon chili powder

- 1/3 cup chopped green bell pepper
- 1 clove garlic, minced
- 8 (10 inch) flour tortillas
- 1 (12 ounce) jar taco sauce
- 3/4 cup shredded Cheddar cheese

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet. Add the onion, sour cream, Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.
3. Roll even amounts of the mixture in the tortillas. Arrange in a 9x13 inch baking dish. Cover with taco sauce and 3/4 cup Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

I will substitute: 2 - 12.5 oz. cans of chicken

Blended cottage cheese instead of sour cream.

Corn tortillas

To dry the enchiladas, I cut them in 1/2 inch pieces and dry in dehydrator. To rehydrate, I barely cover with boiling water in a thermos and let sit for several hours.

Recipes by ***Felicia Wibowo***

Vegetable Biryani (Indian rice dish) – make 4 serving

The amount of dried vegetable, nuts and raisin/dried cranberry is up to you. I tend to put lots of dried cranberry and cashew nuts. The recipe below is enough for 2 servings

1½ cups instant basmati rice

Dried cauliflower

Dried peas

Dried carrot

Raisin and or dried cranberry

Cashew nut

2 tbs dried onion flakes

¼ tsp garlic powder

1½ tsp cumin

1½ tsp coriander

½ tsp cinnamon powder or ½ cinnamon stick

¼ tsp ginger powder

A pinch of cayenne

A pinch of turmeric

3 Table sp butter/coconut oil

To prepare, start with boiling the dried vegetable since they are the one that take the longest. Add the instant rice to the boiled semi soft vegetables. Add the butter and all the spices. Add the raisin, dried cranberry and cashew. Add salt to taste

Pad See Ew (Thai rice noodle) – make 4 serving

8 oz of dried flat rice noodle

2 C of fresh broccoli – cut and dehydrates

1 fresh red pepper – cut and dehydrates

1 egg – I used Ova easy

2 bean curd sheet

Garlic – fresh or granulated

Sauce:

2 Tbs fish sauce

1 Tbs oyster sauce

1 Tbs sweet soy sauce (or you can use 1 Tbs soy sauce + $\frac{1}{2}$ tsp brown sugar)

1 Tbs sesame seed oil

Put the flat rice noodle, the broccoli, red pepper and bean curd sheet in hot water to re-hydrate.

In the mean time make scramble egg using Ova easy. If using fresh garlic, add the garlic when making the scramble egg.

When the rice noodle is soft drain the water, add the sauce and the egg. If using granulated garlic add it now.