



BACKPACKING RECIPES



TROOP 12 – DUTCH OVEN RECIPES

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LUNCH

ITALIAN PASTA SALAD

Ingredients

- 1 package ramen noodles (any flavor)
- 2 ounces Italian dressing
- 1/2 ounce Parmesan cheese
- 1 ounce dried mixed vegetables (optional)
- 6 ounces water

Instructions

I use a plastic Lemonade Jar as a cup, water bottle, bowl, and re-hydration chamber. Anyway, put the water in the bowl (or a zip lock or something), break up the ramen into little pieces, and add it to the water about 30 min prior to when you want to eat. When your ready to eat, drain off any excess water (shouldn't be hardly any) and add the Italian dressing. Voila - Italian pasta salad. Save the flavor package for ramen later to increase the flavor of another ramen dinner.

Total calories should be about 620.

PIZZA POCKETS

Ingredients

- 1 package ramen noodles (any flavor)
- 2 ounces Italian dressing
- 1/2 ounce Parmesan cheese
- 1 ounce dried mixed vegetables (optional)
- 6 ounces water

Instructions

Roll out 2 C of your favorite pizza dough (I prefer sourdough) into a 8" x 12" oblong. On one half of the dough, spread 1/2 C spaghetti sauce,

sprinkle on 1 C shredded mozzarella cheese
and your favorite pizza toppings (pepperoni, olive, onions . . .).

Fold the plain half of the dough over the pizza toppings, forming a 6" x 8" oblong. Press the edges of the dough together firmly and place on a cookie sheet to rise. Bake at 350°F for 20-25 minutes. Store in a plastic bag in the freezer until departure. This is a relatively high moisture-content food, so eat it early in the trip to substantially lighten your load. I opt for this as a sandwich alternative because you can carry it for a week. The bread will mold before the meat and cheese "sealed" inside go bad, so you can tell by looking if it's still safe to eat. If mold is growing on it, you waited too long.

Total Calories: 1330 51:34:15 167g Carbohydrates 50g Fat 50g Protein