

WILD MUNCHIES

Backcountry Cooking

Edited by ISA NELLÓS



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Backcountry Cooking

I would like to thank the New Mexico
Wild team for contributing with their
tasty recipes and pure enthusiasm over
the cookbook...! Ya'll are awesome and much
appreciated!

-Isa



Edited by ISA NELLOS

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Edited by Isa Nello
with contributions by New Mexico Wild Staff and Members
Designed by Isa Nello

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ABOUT NEW MEXICO WILD

New Mexico Wilderness Alliance (New Mexico Wild) is a statewide nonprofit organization dedicated to the protection, restoration, and continued enjoyment of New Mexico's wildlands and Wilderness areas. Founded in 1997, we protect our state's Wilderness, wildlife, and water through educational outreach, grassroots organizing, and building a diverse community of support to achieve conservation successes.

Through opportunities like the Nancy Morton Wilderness Internship, New Mexico Wild supports young community members invested in New Mexico's Wilderness. A founding board member of New Mexico Wild, Nancy Morton volunteered her time for over 23 years, serving as Chair, Secretary and part of the executive committee. After her passing in 2021, New Mexico Wild established the Nancy Morton Wilderness Internship. As the first recipient of the scholarship, Isa Nelloos assisted in Wilderness Stewardship in the Pecos and created this backpacking cookbook.

If you enjoy this cookbook and are looking for more information on New Mexico Wilderness, check out New Mexico Wild's *Wild Guide: Passport to New Mexico Wilderness*. Part hiking guide and part reference book, this Wild Guide can help you discover our best public lands. The Wild Guide is available at nmwild.org/shop/.

New Mexico Wild relies upon the support of our volunteers and members to accomplish our mission of protecting and restoring New Mexico's spectacular public lands. Volunteer opportunities include solitude monitoring, trail stewardship, tabling events, and much more. Go to nmwild.org/volunteer/ to learn more and become a volunteer. If you would like to become a member of New Mexico Wild, head to nmwild.org/donate/.

Thank you for your support. Let's continue to protect and restore New Mexico's Wilderness, wildlife and water.

HOWDY!

My name is Isa Nelloos. I am from Albuquerque, New Mexico, and Panama City, Panama. I grew up in a family that recreated in the outdoors almost every weekend. All that time spent in the jungles, oceans, deserts, and mountains showed me how valuable it is to have a connection with nature. As I've grown up, that connection has turned into a passion to give back by finding ways to work as a community to protect and preserve the environment. Summer of 2021, I had the privilege of interning with New Mexico Wild as a wilderness ranger in the Pecos Wilderness. It was inspiring to see the dedication of the New Mexico Wild team and their commitment to protect our public lands.

At the beginning of my season with New Mexico Wild, I struggled to come up with meals for the backcountry. Although I consider cooking to be one of my strengths, cooking in the outdoors was a challenge. I had to plan each meal, pre-measure my food, cook with a limited set of gear, pack light, bring foods that can last, and so on. Therefore, I came up with the idea of *Wild Munchies* as an opportunity to learn more about the skills, techniques, and creative recipes behind backcountry cooking.

I would like to thank the recipe contributors for their collaboration on this project. Special thank you to Jesse, Lois, Will, Mark, Tisha, Walker, Brennan, Liam, Doug, Nathan, Logan, Brian, and Grace.

I hope that you enjoy the recipes in this book and that they encourage you to come up with your own! Most importantly, have fun with it, get creative, and let food be the reward for all the tremendous adventures you embark on!

Cheers,
Isa Nelloos



HOW TO PLAN YOUR BACKCOUNTRY MEAL

One strategy I've adopted to help me narrow down the sorts of foods to pack is asking myself: What, How, When, Where, and Who?

WHAT

What kind of foods should I take?

- » Pack light, non-perishable, and portable foods. Dehydrated foods work fantastic.
- » Pack a variety of foods that you enjoy eating to keep you motivated!
- » Calorie-high and nutritious foods. Make sure to replenish your body with carbs, fats, and proteins.
- » Bring spices! Salt, pepper, garlic powder, crushed red pepper, etc
- » Include some fresh foods. This can be nuts, bread, tortillas, salami, and cheeses.
- » Stay hydrated. Drink plenty of water and bring electrolyte packets to replenish your body. Gatorade, Emergen-C, Nuun, hot cocoa, and tea are all great drinks to bring on the trail.

HOW

How much food should you take? How many days will you be out?

- » Shoot for 2,500-4,500 calories a day depending on the intensity of activity. Or, 1 ½- 2 ½ pounds per day.

How will you cook your food? Take a gear check:

- » Backcountry stove
- » Fuel
- » Lighter
- » Pot/pan
- » Cups/bowls/plates
- » Eating utensils
- » Small cleaning towel

WHEN

When are you planning on eating your food?

- » Do you have time to cook a meal or do you need something ready to go and easy to eat on the trails?

WHERE

Where will you be camping?

- » What's the weather like? Is it winter or summer? Do you want to eat hot or cold foods?
- » Do you have access to running water or do you have to pack out your water? How much water do your meals require?

WHO

What is the size of your group?

- » Is anyone vegan? Does anyone have allergies? What are their food preferences?



Gluten-Free



Dairy-Free



Basecamp Foods



No Meat



Vegan



Backpacking Foods



BREAKFAST

PEACHES & PANCAKES

Will Ribbans, Wilderness Stewardship & Outreach Manager



“This recipe was shown to me by an old youth corps supervisor to lift our spirits on our grueling 8-day hitches doing trail work in the Apache Kid Wilderness Area. I would describe this as a pick-me-up for special occasions or to impress your fellow travelers.” -Will

Serves: 4 Hungry Hikers



Ingredients

- » 1 can sliced peaches (with easy open tab)
- » 2 cups Aunt Jemima Original Pancake Mix (just add water)
- » 1 1/2 cups water
- » Optional toppings: syrup, 1-2 Tbsp. butter

Directions

1. Mix 2 cups of pancake mix with 1 ½ cups of water in mixing bowl (or in Ziplock bag).
2. Open can of peaches. Pour a small amount of syrup/juice into pancake mixture.
3. Heat pan over stove and *optional* add 1 Tbsp. of butter to pan.
4. Pour pancake mix to make a 2" diameter pancake in the pan. Add one peach to pancake.
5. When pancake begins to show bubbles, check underside and flip.
6. Repeat process until all mixture is done and all of your pancakes are ready. Add additional butter if needed. If any peach slices are left over, spread them on top.
7. Add syrup and enjoy!

CHOCO-PB OATMEAL

For peanut butter-chocolate fiends like me!

Isa Nellos

Ingredients

- » 1 cup water
- » 1 cup old fashioned rolled oats
- » 2 Tbsp. chocolate protein powder
- » 2 Tbsp. peanut butter powder
- » Optional seeds: chia, hemp, flax
- » Optional Toppings: Chocolate chips, coconut flakes, nuts, peanut butter, dried fruit such as dates or cranberries, granola

Directions

1. Pour all ingredients into a bowl and let the oats soak for 5 minutes.
2. Eat with some morning coffee or tea!



Serves: 1 Hungry Hiker



COCONUT CHIA OATMEAL

Isa Nellos

Ingredients

- » 1 cup oatmeal
- » 1/4 cup chia seeds
- » 1 Tbsp. coconut powder
- » 2 tsp. coconut sugar or other type of preferred sugar
- » 1/4 cup sliced almonds
- » 1/4 cup golden raisins
- » Salt to taste
- » Cinammon to taste

Directions

1. Bring 1 cup water to boil.
2. Add all ingredients to the pot and let cook for 3-5 minutes. Stir frequently.
3. Remove from heat and enjoy!

Serves: 1 Hungry Hiker



BACON & GRITS

.....

Liam Tow, Gila Wilderness Ranger

Ingredients

- » 2 packets (56 g) instant grits
- » 1/2 small bag of real bacon bits (or dehydrated ham)
- » 1 Tbsp. Parmesan cheese
- » Oil or powdered butter
- » Optional: hot sauce

Directions

1. Boil 1 1/4 cups water, then turn off your stove.
2. Add all ingredients to the pot and stir. The water should just cover the mixture.
3. Put lid on the pot, place it in a cozy, and wait 10-15 minutes to make sure everything is rehydrated. Check to see if additional time or more water is needed.
4. Stir up, add oil or butter, hot sauce, and enjoy!



Serves: 1 Hungry Hiker



HIJACKED BURRITOS

.....

Jesse Furr, Pecos Wilderness Ranger

Ingredients

- » 1 packet Complete Jackfruit Meal (available from most grocery stores)
- » 1 packet Ben's Original cilantro lime flavor instant rice (or Simple Truth Kroger Smith's brand lime rice)
- » 2 "Grande" Grandma's brand flour tortillas (or preferred source)
- » 1 small avocado
- » Several packets of "fuego" hot sauce from Taco Bell (or a container of preferred hot sauce)
- » Salt and pepper to taste

Directions

1. Tear a 1-inch slit at top corner of Jackfruit Meal pouch and leave rice packet sealed.
2. Set both in a medium pot of boiling water for 5 minutes to heat through.
3. Warm tortillas by setting on or holding over burner until warm and toasted.
4. Divide rice and jackfruit meals between two tortillas and season accordingly.
5. Thinly slice avocado and spread evenly.
6. Apply hot sauce and season to taste.
7. Roll burritos firmly at bottom and sides and enjoy.

Serves: 2 Hungry Hikers



EGG SCRAMBLE SANDWICH



.....
Isa Nellos

Ingredients

- » 2 powdered eggs (1 heaping Tbsp. of powdered eggs mixed with 2 Tbsp. water is equivalent to one regular egg)
- » 2 Tbsp. olive oil or butter
- » 2 fresh mushrooms
- » 1/3 cup shredded Cheddar cheese
- » 1 Handful sundried tomatoes
- » Optional protein, such as salami, prosciutto, ham, turkey, etc.
- » 1 Handful fresh basil leaves
- » Salt and pepper
- » 2 slices of bread or one bagel, sliced

Directions

1. In a separate container, mix powdered eggs and water together.
2. Set stove to low heat and melt oil/butter.
3. Slice mushrooms and sauté until golden brown in the pot.
4. Once mushrooms are cooked, pour eggs into the pot.
5. Slice cheese and add to eggs as they are cooking. Sprinkle salt and pepper to taste.
6. Once eggs are cooked to the desired consistency, place on one of the bread slices.
7. Place the rest of ingredients on top of the eggs and top off with the other slice of bread to make a breakfast sandwich!



Serves: 1 Hungry Hiker





“A crude meal, no doubt, but the best of all
sauces is hunger.”

- Edward Abbey, *Desert Solitaire*

MARK'S FAMOUS RED CHILE POACHED EGGS

*A simple, hearty breakfast that is always
a winner.*

Mark Allison,
New Mexico Wild Executive Director

Ingredients

- » ~28 ounces or more of
canned, homemade,
or rehydrated dried
red chile. (see [www.
NMChiliJustAddWater.com](http://www.NMChiliJustAddWater.com))
- » 2 fresh eggs per person plus
an extra couple because why
not? If backpacking, crack
eggs into a Nalgene container
at home and they will keep for
a couple days.
- » 1 or 2 servings per person of
instant mashed potatoes in a
Ziploc. Add dried milk and salt
per directions at home.

Optional:

- » Corn Tortillas
- » Sour cream
- » Cilantro for garnish
- » Salt and pepper to taste

Directions

1. Add boiling water to instant
mashed potatoes in pot with
lid per directions and set
aside. Wrap with sweater in
cold weather to keep warm.
2. Bring red chile to simmer in
pot with lid.
3. Carefully add eggs to
simmering red chile, trying
to keep yolks intact. If some
break, no worries.
4. Turn heat to low, put lid on,
and continue to simmer until
eggs poached to preference.
5. To plate, put corn tortillas on
bottom or side of plate; add
helping of mashed potatoes;
gently place poached eggs on
top along with as much red
chile as you can get away with.
6. Enjoy!

Serving size depends on number of Hungry Hikers!





TRAIL SNACKS

HUNGRY HIKER GRANOLA

To make at home and eat on the trail...



Isa Nellos

Ingredients

- » 2 cups old fashion rolled oats
- » 1/2 cup peanut butter
- » 1/4 cup chocolate chips (use dark chocolate to make it vegan)
- » 1/4 cup dried cranberries
- » 1/2 cup chopped nuts and seeds
- » 1/2 cup melted coconut oil
- » 1/3 cup honey
- » Dash of cinammon
- » Dash of salt

Directions

1. Preheat oven to 350 degrees Farenheit.
2. Mix all dry ingredients in a bowl .
3. Add wet ingredients and mix with hands if need be.
4. Place parchment paper over baking pan, spread granola evenly, and bake for 25-30 minutes. Check halfway through the cooking time and stir.

Serves: ~10 Handfuls



SWEET POTATO COOKIES

Isa Nellos

Ingredients

- » 3 cups old fashion oats
- » 1 cup almond flour
- » 1 tsp ground ginger
- » 2 tsp cinnamon
- » 1/2 tsp. baking powder
- » 1 cup orange-fleshed sweet potato yam or puree
- » 1/2 cup maple syrup
- » 1/2 cup coconut oil
- » 1 tsp. vanilla extract
- » 1 tsp. salt
- » 1/2 cup dried cranberries

Directions

1. Preheat oven to 350 degrees Farenheit.
2. In one bowl, mix dry ingredients: oats, almond flour, ginger, cinnamon, baking powder and salt.
3. In another bowl, whisk together wet ingredients: sweet potato puree, maple syrup, coconut oil, vanilla, and raisins.
4. Add dry ingredients to wet ingredients. Mix well until batter-like consistency.
5. Make small cookies with the batter and spread them out on a cookie sheet.
6. Bake for 25-30 minutes or until bottoms are a deep golden brown.

Serves: 12-13 cookies



CHOCO-PB ENERGY BITES

For an energy pick-up on the trail or sweet dessert after dinner!

Grace Williams, Photojournalist & Athlete

Ingredients

- » 6 Medjool dates
- » 1/2 banana
- » 1/2 cup cacao powder
- » 1/2 cup peanut butter
- » 1 cup rolled oats
- » Optional: Chia, hemp, and flax seeds, chocolate chips, coconut flakes

Directions

1. Place dates into a food processor or a blender and pulse until dates are well blended.
2. Add the the rest of the ingredients and pulse until the entire mixture has a thick, doughy consistency.
3. Scoop the mixture out with a spoon and roll with the palm of your hands into small, bite-size balls.
4. Place in an air tight container and store in the fridge until ready to eat.

Serves: ~ 12-15 Energy Bites



GINGER-TURMERIC ENERGY BITES

Grace Williams,
Photojournalist & Athlete

Ingredients

- » 1/2 banana
- » 1/2 cup peanut butter
- » 1 cup almond flour
- » 1 Tbsp. cinnamon
- » 1 Tbsp. ginger
- » 1 Tbsp. turmeric
- » 1 tsp. nutmeg

Directions

1. Place all ingredients in a food processor and pulse until the mixture has a thick, doughy consistency.
2. Scoop mixture with a spoon and roll them with the palm of your hands into small, bite size balls.
3. Place in an air tight container and store in the fridge until ready to eat.



Serves: ~ 6-8 Energy Bites



TRAMPAS TRAIL MIX

Isa Nello

Ingredients

- » 2 cups mixed nuts (almonds, cashews, peanuts, pecans, Brazil nuts, macadamia nuts, pistachios, etc.)
- » 1/2 cup seeds (sunflower, pumpkin)
- » 1 cup dried fruit (cranberries, cherries, apricots, etc.)
- » 1/2 cup chocolate chips (use dark chocolate to make it vegan)

Directions

1. Mix all ingredients in a bowl. Pack in small reusable bags for on-the-go trail mix!



Serves: ~10 Handfuls



BEET'N TRAIL HUMMUS

Isa Nellos

Ingredients

- » 1 can chickpeas
- » 1 large red beet (pre-cooked)
- » 2 cloves garlic
- » 2 Tbsp. tahini
- » 3 Tbsp. lemon juice
- » ½ cup olive oil
- » Salt and pepper to taste

Directions

1. Place chickpeas and beet in food processor and pulse until well blended.
2. Add the rest of the ingredients and blend.
3. Serve in to-go container to eat with pita chips or veggies on the trail!

Serves: 3-4 Hungry Hikers



DIRTY PEANUT BUTTER



Isa Nellos

Ingredients

- » 4 cups natural peanut butter
- » 2/3 cup coconut sugar or other granulated sugar
- » 2 Tbsp. freshly ground coffee
- » 1 Tbsp. coconut oil (slightly melted, or olive oil)
- » 1 Tbsp. vanilla extract
- » 1/4 cup hemp seeds,
- » 1/4 cup ground flax seeds
- » 1 tsp. salt

Directions

1. Pour peanut butter into a medium-sized bowl and mix in the melted coconut oil
2. Mix in the rest of the ingredients and make sure they are well blended.
3. Place in a reusable bag or a reusable squeeze tube.

Eating Suggestions

- » With apple or banana
- » On bread, tortilla, or cracker
- » On top of oatmeal in the morning
- » By itself!

Serves: Several days' worth of PB





MAIN DISHES



GILA GREEN CHILE CHICKEN ENCHILADAS

Nathan Newcomer,
Gila Grassroots Organizer

Ingredients

- » 2 large chicken breasts
- » 1 yellow onion
- » 1 container Bueno Autumn Roast Green Chile
- » 3 cans Campbell's condensed cream of chicken soup
- » 6 cloves garlic
- » 24 Mission corn tortillas
- » 4 Roma tomatoes
- » 1 1/2 packages shredded cheddar cheese
- » Olive oil
- » Salt and pepper to taste

Gear

- » 12" diameter cast iron Dutch oven
- » Charcoal chimney
- » Charcoal
- » Paper
- » Large bowl
- » Large spoon
- » Cutting board
- » Work gloves
- » Shovel
- » Portable table

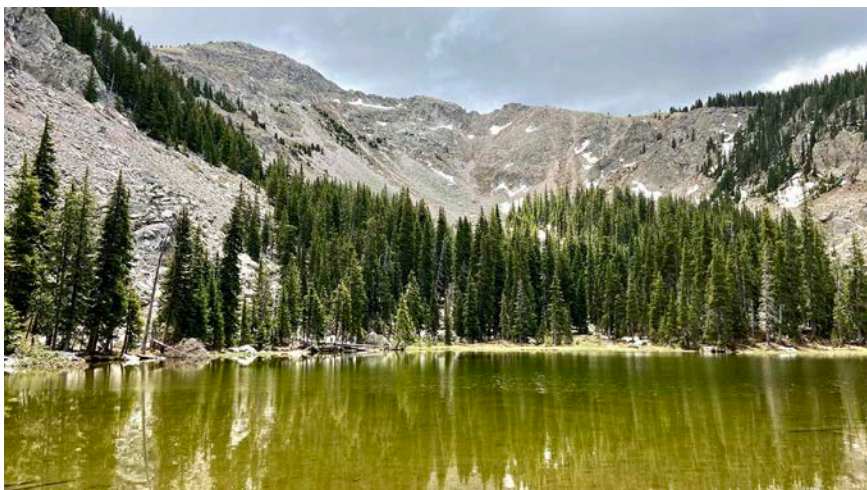
Serves: ~ 12 Campers (Ideal for large groups- This recipe is designed for a basecamp in the woods, not for backpacking.)



Directions

1. Prior to trip, wash and pat dry chicken breasts. Generously season with salt and pepper on both sides. Heat oil in a large skillet and cook chicken breasts until golden brown on both sides and cooked to an internal temperature of 150 degrees F. Remove from pan and let cool (NOTE: chicken should be cooked to an internal temperature of 165 degrees F, but rest assured that the Dutch oven will do the rest of the work. The point here is that you don't want the chicken to become too dry before placing in the Dutch oven.)
2. After chicken breast has cooled, cut the breasts into manageable pieces and begin to shred the chicken pieces with a fork. The goal is to make the chicken meat as shredded as possible. Once finished, place in an airtight container and put in the refrigerator.
3. When you're at basecamp, bust out your Dutch oven and ensure that it has a layer of oil coating all sides, including the bottom of the lid.
4. With your shovel, dig a small hole in an area that is free of flammable material, or utilize an existing area such as a campfire ring. The hole should be about 2-3 inches deep and wide enough to accommodate the Dutch oven. Do a practice run to ensure it fits uniformly.
5. Fill the charcoal chimney with approximately 40 charcoal pieces, and stuff the bottom of the chimney with paper and light on fire. Repeat with more paper if necessary to ignite the charcoal. The charcoal will need to burn for approximately 30 minutes.
6. Chop the onion into wedges length wise – about 1/2 inch wide, and then cut each wedge in half width-wise.

7. Chop and dice the 4 Roma tomatoes into small, manageable pieces.
8. Mince the 6 cloves of garlic.
9. Open the 3 cans of Campbell's condensed cream of chicken soup and pour into the bowl. Be sure to scrape out as much cream as you can.
10. Add the chicken, onion, garlic, tomatoes, Bueno Autumn Roast Green Chile to the bowl and stir thoroughly to ensure a consistency of ingredients.
11. Spoon in the ingredients to the bottom of the Dutch oven to cover about 1-inch thickness. Drizzle with shredded cheddar cheese and place approximately 7-9 corn tortillas on top in a circular layering fashion. Drizzle more cheddar cheese on top of the tortillas.
12. Next spoon about 2 inches of the ingredients on top and repeat the above directions until you have used all the ingredients. Cover the Dutch oven with the lid.
13. Once the charcoal is hot, spread half of them in the hole evenly, and put the Dutch oven on top. Place the remaining charcoal on top of the lid evenly and let cook for approximately 45-60 minutes.



DOUG'S FAMOUS GRAND CANYON GREEN CHILE CHICKEN STEW

Doug Campbell, Grand Canyon Guide and NOLS Instructor

Ingredients

- » 8 oz. dried refried pinto beans
- » 8 oz. dried hash browns
- » 4 oz. dried posole
- » 4 oz. chopped green chile
- » 8 oz. dried or pre-cooked chicken
- » 1 tsp. minced dried garlic
- » 2 tsp. minced dried onion
- » 2 Tbsp. Mrs Dash garlic herb seasoning
- » Grated monterey jack cheese

Directions

1. Add ingredients (except for the cheese) into a medium size pot. Eyeball amounts based on how many people you are serving.
2. Add water to desired consistency. Bring to boil then simmer for 15 minutes, stirring occasionally. Serve with cheese.

Note: Ingredients can be dried, precooked, vacuum packed (chicken) or fresh.

Serves: 4 Hungry Hikers



BACKCOUNTRY FRIED RICE

.....

Walker Martin, Cibola Wilderness Ranger

Ingredients

Bag 1

- » 1 cup dehydrated or freeze dried veggies (I like Harmony House Premium Vegetable Soup Mix)
- » 1 vegetable bouillon cube
- » 1/2 tsp. brown sugar
- » 1/2 tsp. ground ginger
- » 1/4 tsp. garlic powder
- » 1/4 tsp. pepper
- » 1/4 tsp. salt (if you like it salty)
- » 2 soy sauce packets
- » 1-2 Sriracha packets (I like it spicy)

Bag 2

- » 1 cup instant rice (I like Original Whole Grain Brown Rice Microwavable Pouch- 8.8 oz.- Good & Gather)

Bag 3

- » 1/4-1/2 cup instant eggs (the recipe I base this on suggests OvaEasy egg crystals but any instant eggs will do)

Serves: 2 Hungry Hikers



Directions

1. At home, gather ingredients and place them into ziplock bags.
2. At camp, mix 1/4 cup OvaEasy egg crystals with 3 oz. water in your cookpot and stir to blend. Place the cookpot on your stove over low heat and scramble, stirring frequently so the egg doesn't stick to the bottom. Once cooked, remove and set aside.
3. Add 1 1/4 cups water and the contents of the veggies + spices bag to the pot. Bring to a boil, then reduce the heat and simmer until the veggies are soft, about 5 minutes.
4. Add instant rice, stir, and remove the pot from the heat and cover. Let sit for 5 minutes.
5. Return the egg to the pot and stir to combine and re-warm the eggs.

FOREST FARRO & FISH

.....
Brennan Davis, Cibola Wilderness Ranger

Ingredients

In a ziploc bag or other airtight container, add:

- » 1/2 cup "Trader Joe's 10-minute Farro"
- » 1/3 cube bullion of choice (I use caldo de tomate- chicken and tomato, but any flavor works)
- » 1/4 to 1/3 cup dehydrated or freeze-dried vegetable(s) of choice (I have used dried carrots, beets, and sundried tomatoes to great effect)
- » 1 tsp. nutritional yeast
- » Spices to taste (I typically use garlic powder, black pepper, and red pepper flakes)
- » 1 packet of fish, hiker's choice

Directions

1. Add the contents of your ziploc bag to a pot along with 1 cup water.
2. Simmer for 10 minutes.
3. Remove from heat and add the packet of fish.

Serves: 1 Hungry Hiker



"This is a filling and flavorful dish that's very lightweight - perfect for backpacking. It's also much cheaper than pre-made dehydrated backpacking meals! It can be prepared with a backpacking stove, though be careful to stir consistently to avoid burning in the middle of the pot. The farro and vegetable base contains around 400 calories and 10g of protein; the amount of additional protein and fat will vary based on the amount and type of fish used." -Brennan



SALTY SAM'S RAMEN

Jesse Furr, Pecos Wilderness Ranger

Ingredients

- » 1 packet Spring Flavor Thai Kitchen rice noodles
- » 1 packet Citrus Pepper flavored Safe Cath Elite Wild Tuna
- » Handful (~14g, 14 nuts) crushed Wasabi & Soy Sauce flavored Blue Diamond Almonds
- » Several diced candied ginger cubes to taste (Trader Joe's brand or generic "bulk")
- » Sprinkle toasted sesame seeds and/or crushed red pepper to taste

Directions

1. Bring 1 1/4 cups water and tuna packet (with oil) to a boil.
2. Add almonds, candied ginger, rice noodles, and powder seasoning packet (save the additional oil packet for sautéing another meal). Cook for one minute, stirring frequently.
3. Remove from heat and let stand two minutes or until noodles are tender.
4. Stir and enjoy!

Serves: 1 Hungry Hiker



THAI NOODLE-RED CURRY

Tisha Broska, Deputy Director

Directions

1. Slice veggies thin and sauté with garlic and ginger in the olive oil. When soft, add cubed tofu and curry paste; set aside.
2. Boil the rice noodles in a large pot of water per directions, drain, add coconut milk and curry, then sautéed vegetables. Combine to reheat. Top with herbs, lime juice, and peanuts.

Ingredients

- » 1 package rice noodles
- » 2-3 Tbsp. Red Curry or Pangang Curry paste
- » 1 Box of coconut milk, 8-16 oz. in tetra pak
- » 1 Box of tofu in tetra pak (optional)
- » Any fresh vegetables- peppers, carrots, snow peas, zucchini
- » 1 lime
- » 2 Tbsp. olive oil
- » Optional: fresh cilantro, basil, ginger, garlic, peanuts



Serves: ~ 4 Hungry Hikers



ONE-POT ASIAN NOODLES IN PEANUT SAUCE

.....
Mark Allison, Executive Director

Ingredients

- » 1 box (16 oz) dried Asian noodles of choice
- » Dehydrated vegetables- carrots, green onion, broccoli, shiitake mushrooms, etc.
- » 1 package dehydrated protein (beef, chicken, etc.) or shelf stable tofu.
- » 1/2 cup crunchy peanut butter

At home, mix to taste:

- » 4 Tbsp. reduced sodium soy sauce
- » 1 tsp. garlic powder
- » 1/2 tsp. dried ginger powder
- » 1/2 tsp. red chili flakes
- » 2 Tbsp. sesame oil
- » 2 Tbsp. Rice wine vinegar (optional)
- » 1 tsp. Sugar (optional)
- » For personal seasoning at camp: Sriracha sauce, soy sauce, and salt. (Taste before adding salt.)

Note: Fresh ingredients can be substituted but weigh more. A good compromise is to substitute fresh ginger root, garlic, and green onions, which makes the dish much better and does not add significant weight. Bring canola oil to sauté if using fresh ingredients.

Serves: ~ 4 Hungry Hikers



Directions

1. If you brought fresh foods, lightly sauté minced garlic and minced ginger root in oil if and set aside. (If you pre-mixed dried seasonings, skip this step.)
2. In large pot, bring water to boil. Take out enough water to rehydrate dehydrated vegetables and protein in separate bowls. This can be done 15-30 minutes beforehand.
3. After dehydrated vegetables and protein are rehydrated, bring water back up to boil and cook noodles/pasta per directions to al dente. Carefully drain water.
4. Add rehydrated protein or tofu and vegetables to pot with noodles.
5. Add peanut butter and pre-mixed sauce. (Add the sautéed garlic and ginger if you are doing these fresh).
6. Stir and bring up to heat. Add sriracha, soy sauce, and salt to taste. Serve.



CREAMY CLAM CHOWDER

A hearty, creamy soup that will fill you up in the backcountry.

Logan Glassenapp, Staff Attorney

Recipe by Chef Laurence Phillips, Corrales, NM

“The ingredients may weigh a little extra,
but trust us, it’s worth it.”
- Chef Laurence

Ingredients

- » 1/4 pound butter (1 stick)
- » 1 medium-large onion
- » 32 oz. milk (can use powdered)
- » 5-6 oz. box dehydrated potato (like Betty Crocker’s Hash Browns)
- » 1 Tbs. flour
- » 16.5-oz. can clams (tuna or salmon also work)
- » Black pepper to taste
- » Sourdough bread (optional)

Cooking secret “I carry bamboo chopsticks: They’re cheap, light, sustainable, heat-resistant, and easy to clean; and they work great for serving pasta, toasting marshmallows, frying food without scratching pans, picking up food that falls in the burner, stirring stuff, getting hot water in the corners of freeze-dried bags, and more.”

Serves: 3 Hungry Hikers



Directions

At home, place dry ingredients in separate zip-top bags.

In camp...

1. Sauté the chopped onion in butter.
2. When the onion is translucent, add the flour to the melted butter, making a paste.
3. Slowly add the rehydrated milk while stirring and blending. Add the clams and potatoes.
4. Simmer for 10 to 15 minutes, stirring occasionally, until the potatoes are rehydrated (taste to see if they’re ready). Sprinkle on pepper.
5. Best served with sourdough bread.



BACON JALAPEÑO MAC AND CHEESE

Jesse Furr, Santa Fe-Pecos

Wilderness Ranger

Ingredients

- » 1 box Annie's Organic Cheddar Vegan Mac
- » 1 8-oz unsweetened almond milk carton (typically come in 4-packs in the cereal aisle)
- » Large handful fried jalapeño salad topper (I use Fresh Gourmet Crispy Jalapeños)
- » Large handful bacon bits
- » Salt and pepper to taste

Directions

1. Follow instructions on Mac and Cheese box, being sure to stir frequently on lowest possible heat if using a Windburner or Jetboil.
2. Once cooked, and cheese sauce has been added to almond milk and incorporated with pasta, add in jalapeños and bacon bits.
3. Add salt and pepper and enjoy!



Serves: 1 Hungry Hiker



CLASSIC CHILI

Isa Nellos

Ingredients

- » 2 cups instant beans
- » 1 cup textured vegetable protein
- » 1/2 cup dried bell peppers
- » 1 Tbsp. tomato powder
- » 1 tsp. taco seasoning
- » 2 tsp. chili powder
- » 1 tsp. garlic powder
- » 1 tsp. vegetable bouillon
- » 1/4 cup dried onion
- » 1/4 cup grated cheddar cheese
- » Small bag Fritos
- » Salt and pepper to taste

Directions

1. To pre-make at home, add all ingredients to one bag except the cheese.
2. Bring 1 1/2 cups of water to a boil. Add chili mixture to the pot.
3. Cover the pot and let it sit for 10 minutes so the mixture can rehydrate.
4. Mix in the cheese and crumble the Fritos over the chili!

Serves: 2 Hungry Hikers



MUSHROOM PESTO PASTA

Isa Nellos

Ingredients

- » 2 cups rotini pasta
- » 3 medium sized fresh (or dehydrated) mushrooms
- » 2 Tbsp. olive oil
- » 3 Tbsp. pre-made pesto
- » 1 handful of pine nuts
- » Salt and pepper to taste

Directions

1. Bring water to a boil in a pot.
2. Slice mushrooms.
3. Add rotini pasta and mushrooms to the pot and cook for 8-10 minutes until al dente. Strain the leftover water once ready.
4. Add olive oil and pesto to pasta and mix well.
5. Top off with pine nuts, salt, and pepper.



Serves: 2 Hungry Hikers



MIXED BEAN, QUINOA, AND KALE SALAD



Isa Nellos

Ingredients

- » 1 cup quinoa
- » 1 can corn
- » 1 cup pinto beans
- » 1 can kidney beans
- » 1-2 cups kale
- » 1 celery stick
- » 1/2 purple onion
- » 1 bell pepper
- » 1/3 cup lemon vinaigrette
- » Salt and pepper to taste

Directions

1. Bring 2 cups of water to a boil. Add the quinoa and cook for about 15 minutes. (To make it easier at camp, precook at home).
2. Open cans of corn, pinto beans, and kidney beans. Add to a large bowl.
3. Finely chop the kale, celery, onion, and bell pepper. Add to the bowl of beans.
4. Once quinoa is cooked, add to the bowl.
5. Pour the lemon vinaigrette and spice with salt and pepper to desired taste.
6. Mix all together and serve!



Serves: 3-4 Hungry Hikers

TRAIL MAGIC SANDWICH

Cheers to random acts of kindness!

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Isa Nellos

Ingredients

- » 2 slices bread
- » 2 Tbsp. Dirty Peanut Butter or almond butter
- » 1 packet honey
- » 1/2 apple (sliced in thin, vertical slices)
- » 3 strips precooked bacon

Directions

1. Spread nut butter and honey over one slice of bread.
2. Evenly place apple slices and bacon over the almond butter. Top off with the other slice of bread.

“The first time I tried this sandwich was at the age of fourteen when I summited a high alpine lake by myself. A group of four, very nice ladies had packed this extra sandwich and offered it to me with a piece of dark chocolate. It was one of the tastiest sandwiches I’ve ever had. I look back and realize that moment was what some people call *trail magic*.”

- Isa



Serves: 1 Hungry Hiker



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Wild Munchies

