

Backpack Food Ideas

Breakfast	Lunch	Supper
Instant oatmeal Instant grits Bisquick pancakes Precooked bacon Granola bar Apple/orange/banana Omelet w/Eggbeaters	Ramen noodles & chicken Fruit Dried fruit Trail mix Summer sausage Crackers Cheese Peanut butter Peanuts/raisins/M&M's	Chicken & Stuffing Summer sausage spaghetti Frozen hobo Alfredo noodles w/chicken Dried beef w/noodles Flavored rice packets w/ chicken

Beverages: Cocoa Instant tea (flavored is good) Tang Water
 Coffee Pre-sweetened Kool-aid Flavored hot tea

Chicken & Stuffing

2 pkg turkey gravy
 1 pkg Stove Top stuffing
 1-7oz can chicken

Make gravy per pkg instructions.
 Add stuffing and water per Stove Top pkg.
 Add chicken. Serve hot.

Summer Sausage Spaghetti

Knoerr tomato basil sauce pkg
 Noodles
 Summer sausage

Cook noodles in salty water till tender.
 Mix sauce per pkg instructions.
 Combine sauce, noodles and add summer sausage cut in bite size pieces.

Hobo

1. Ground beef, thinly sliced potatoes, onions, & carrots, Worcestershire sauce, salt & pepper, garlic salt.
 2. Chicken breast, thinly sliced potatoes & onions, Heinz 57 sauce, salt & pepper.
 3. Chicken breast, frozen mixed vegetables, salt & pepper, Ranch dressing.
- Make hobo ahead, wrapping tightly in two layers of heavy duty aluminum foil, and freeze overnight. Will keep well in backpack and thaw during the day. Cook over a hot bed of coals for 30-40 mins, turning every 10 minutes.

Each Scout should pack two plastic grocery bags to pack their trash out in.