

DINNER!

REHYDRATE! Un-rehydrated food = gassy, uncomfortable campers.

Macaroni and Cheese:

Hints and Tips:

Leave a small amount of water in the pot after you cook the pasta. Add powdered milk and cheese sauce, stir WELL. Add a little shredded cheese if you have it.

Additions: Tuna & potato chips* = tuna noodle casserole

Burritos:

Hints and Tips:

Pour treated water over the beans (1:1 ratio) right when you get into camp and let them soak until you're ready to cook. Cook beans until they are totally soft. Season beans to taste with garlic powder, salt, chili powder, a little cinnamon, etc...)

Cook rice – 1:1 water/rice ratio

Monitor your Tapatio use. It's a bummer to hit this meal without any hot sauce! (If you like your food spicy – use chili powder.) You can also 'hide' one bottle of Tapatio just for this meal – it's a great end of trip surprise.

Loaded Mashed Potatoes:

Hints and Tips:

Boil water.

To re-hydrate veggies cover with hot water and let sit (about 1:2 veggie:water)

Put potato pearls in individual bowls and slowly add water until you reach mashed potato consistency (In the same way you would with instant oatmeal.) Note: Potato pearls go a long way, you're looking at a 2:1 (water:pearls) ratio.

Top the mashed potatoes with veggies, cheese, and season to taste with the ranch dressing powder. Add chicken.

Couscous Chili

Rehydrating is key to this meal! We're not sure that you can have too much water on this one—you may want to split into two pots for a soup-like consistency. Note: the couscous is pre-seasoned—taste before seasoning!

Boil water. Add vegetables and beans and simmer until fully rehydrated (about 15 minutes) - be sure there's still lots of water left in the pot. Add couscous. Remove from heat, wrap the pot(s) to keep warm, and let sit 15 minutes. Add tomato paste to taste. Add optional chicken.



MEALS!

Mealtimes on your expedition are an important time for your team to come together and create a strong expedition community. This cookbook is designed to:

- Help you understand how to prepare basic meals
- Provide ideas, hints, and tips to make meals exciting

Have fun and don't be afraid to experiment a little!

The majority of the suggestions can be made with the food BCM provides (but pay attention—you may need to hold back small amounts from other meals or bring them from your travel lunch/breakfast.) There are a few exceptions; the following additions are not included in your shopping list or 'standard issue' BCM food, but you may want to bring them along :

Apple	Falafel mix	These items are starred (*) throughout the cookbook
Extra Snickers	Carrots	
Nutella	Pesto Packet	
Mini-marshmallows		
Powdered Hummus		

Ideas for food allergies and preferences:

Gluten Sensitivity: Gluten free noodles and corn tortillas are good substitutes

Vegetarian: All meals are vegetarian at their base, just pull out personal portions before adding chicken, summer sausage, or tuna

Vegan: Substitute pesto for cheese sauce (make sure it is vegan pesto)

Breakfast!

Oatmeal, Oatmeal, Oatmeal.

Basic BCM Oatmeal:

Add any or all of the included additions: Honey, Craisins, Raisins, Banana Chips, Mango, Peanut Butter, Chocolate Chips, Brown Sugar, Powdered Milk

Chocolate Peanut Butter Oatmeal:

Add a spoonful of peanut butter and some hot chocolate mix + milk (or Nutella*). Add a few chocolate chips.

Apple Pie Oatmeal:

Chop up an apple* and cook it with water and brown sugar until soft. Add to oatmeal with milk, cinnamon, and a little peanut butter. Sprinkle granola on top.

Tropical Oatmeal:

Add banana chips, and cut up dried mango.

Snickers Oatmeal:

Chop up Snickers* into small pieces and add them.

PB&J Oatmeal:

Add a spoonful of Peanut Butter and a spoonful of Jelly (just Jelly is good too)

S'Mores Oatmeal:

Add mini-marshmallows*, chocolate chips, and sprinkle with crushed graham crackers* or granola

Fried Oatmeal:

Add butter or oil to a pan, cook uncooked oatmeal with honey and whatever else you want to make a granola. (Add nuts, dried fruit, etc...)

Other Breakfast Ideas:

Sweet Rice:

Cook leftover rice in milk, add cinnamon, brown sugar, and salt to taste. Sprinkle Craisins on top.

Lunch!

Lunch Hints:

Carry lunch in a separate stuff sack so it is easy to pull out. Set out a daily lunch buffet. Also, it is helpful to set up "lunch" as a time that starts after breakfast and ends at dinner. Establish a long mid-day break where you pull out the more substantial food. On backpacking programs it may be helpful to decide on one or two key substantial items to keep out instead of ALL your lunch items.

Encourage snacking. It is nice to hold back a few items (like Nutella* or beef jerky*) to make food "new" on days 3/4

Snack distribution suggestions:

Option 1: Have everyone make snack bags day 1 that they keep all week. Things like cheese sticks, trail mix, bars, candy, etc. (Especially good for backpacking programs as it distributes weight)

Option 2: Create a big snack stuff sack. Have people pick daily snacks at breakfast time. (Especially easy on canoe trips)

Lunch Buffet Supplies:

	Cream Cheese*
Peanut butter	Bagels
Jelly	Tortillas
Nutella*	Pitas
Honey	Mayo
Salami/Pepperoni/Summer	Mustard
Sausage	Ranch Powder
Tuna	Beef Jerky*
Cheese	

Fun idea! Use powdered Ranch —mix it with mayo and eat with tuna. Or mix it with cream cheese * to eat with carrots*.

Powdered Hummus* or Falafel* (prepared the night before or in the morning) is another great (but not provided) addition.