

# Recipes for Adventure

Healthy, Hearty & Homemade  
Backpacking Recipes

By Chef Glenn McAllister



# Table of Contents

Dehydrating Food .....	8
Buying a Food Dehydrator .....	10
Dehydrating Meat: Introduction .....	14
Dehydrating Ground Beef.....	16
Dehydrating Deli-Style Ham .....	18
Dehydrating Canned Chicken .....	20
Dehydrating Tuna .....	20
Dehydrating Shrimp.....	22
Dehydrating Imitation Crab.....	22
Dehydrating Vegetables .....	24
Dehydrating Frozen Vegetables .....	26
Fresh Vegetables .....	28
Dehydrating Beans .....	40
Dehydrating Potatoes.....	40
Dehydrating Fruit.....	42
Fruit & Apple Sauce Leather .....	52
Tomato Sauce & Salsa Leather .....	58
Dehydrating Rice & Risotto .....	62
Risotto .....	64
Rice Pudding .....	68
Dehydrating Bread & Cake .....	70

## Introduction to Bark ..... 72

Potato Bark.....	74
Potato Vegetable Bark Stew.....	78
Mashed Potatoes with Vegetables & Meat.....	80
BBQ Beef Stew.....	82
Sweet Potato Bark.....	84
Double A Root Bark.....	88
Mashed Double A Root Bark with Tomatoes & Chicken ...	90
Fruit Root Bark & Pudding.....	92
Sweet Potato Bark Porridge.....	94
Root Bark Stew.....	96
Corn Bark.....	102
Fish & Chips Chowder.....	106
Spicy Shrimp Chowder.....	108
Crab Chowder.....	110
Corn Bark Stew with Beans.....	112
Corn Bark Stew with Ham.....	114
Bean Bark.....	116
Enchilada Bean Bark Stew.....	122
Baked Bean Bark Stew.....	124
Black Bean & Salsa Bark Stew.....	126
World Peas Bark & Stew.....	128
Pumpkin Pie Bark.....	132
Granny Smith's Pumpkin Apple Pie Bark.....	134

## Assembled Meals..... 136

Milk & Cheese Powders.....	138
Ham & Cheese Macaroni.....	138
Kickin' Veggie Mac & Cheese.....	140
Taco Mac & Cheese .....	142
Pasta & Cheesy Tomato Sauce .....	144
Tuna Mac & Cheese.....	146
Chili Mac .....	148
Spinach & Bean Raminara .....	150
Bean & Veggie Noodles .....	152
Seafood Raminara .....	154
Ramen Noodles & Kraut .....	156
Cheese-O-Rama .....	158
Rice with Meat & Vegetables .....	160
Beef & Broccoli with Rice .....	162
Unstuffed Peppers.....	164
Salsa Rice & Beans.....	166
Mexican Beef & Rice.....	168
Hawaiian Shrimp & Rice .....	170
Curry Chicken & Rice .....	172
Easy Cheesy Rice & Beans .....	174
Chicken & Rice Cacciatore .....	176
Shrimp and Grits.....	178

## Enhanced Meals ..... 180

Cheesy Lasagna.....	182
Beef Stroganoff.....	184
Cheddar & Herb Chicken .....	186
Red Beans and Rice .....	188
Spanish Rice.....	190
Couscous with Beef & Tomato .....	192

## Dehydrating Whole Meals ..... 194

Beef & Bean Chili .....	196
Ratatouille .....	200

## Breakfast Recipes ..... 204

Scrambled Eggs & Polenta.....	206
Oatmeal Recipes.....	214
Green Grits & Ham .....	218
Pizza Grits Supreme .....	220

## Dessert Recipes ..... 222

Pineapple Upside-Down Cake .....	224
Trail Angel Cake .....	226
Apple Pie.....	228
Peach Cobbler.....	230
Banana Nut Bread Pudding .....	232
Grahma Nanna Nilla Pudding .....	234
Mud Pie.....	236

Let's Hit the Trail..... 238

    Preparing & Packing Food ..... 240

    Trail Cooking..... 246

Closing Thoughts ..... 250

