**Dinner: Beans + Rice with Fritos & Cheese**

**KEY STATS**

* Recommended meal weight: 5.7 oz
* Total calories: 675 (120 calories/ounce)

**Ingredients**

* 2.0 oz || [Beans](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#beans) (Santa Fe Instant SW style refried beans)
* 1.5 oz || [Rice](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#rice) (Minute Rice)
* 1.0 oz || [Fritos](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#fritos)
* 1.0 oz || [Cheese](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#cheese) (Tillamook extra sharp cheddar)
* 0.2 oz || [Taco seasoning](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#taco-seasoning) (McCormick’s)
* [Salt, pepper, and red pepper flakes](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/#spice-kit) to taste

**At-home preparation**

* For each person, place 2 oz beans and 1.5 oz rice into 1 qt Ziploc FREEZER BAG (6 bags for 6 people)
* Fritos and cheese are divided proportionally in the field
* Meals are individually seasoned with taco seasoning and group spice kit

**Cooking “freezer bag style” instructions**

1. Add 1¼ oz of boiling water (1½ oz for soupier version), to freezer bag of beans, rice and taco seasoning
2. Seal Ziploc and let sit for ~10 minutes
3. Add Fritos just before eating

**Cooking “in the pot” instructions for 1 person**

1. Add at least 12 oz of water to stove pot (for perfect at-home consistency, use 10 oz of water)
2. To prevent burning, DO NOT add beans, rice, and taco seasoning UNTIL WATER BOILS
3. Pour in beans, rice, taco seasoning, and other spices
4. Cook to a simmer for 60 seconds, stirring to avoid boil-over
5. Cut cheese into dice-sized pieces and add to meal
6. Add Fritos just before eating. If added early, they will soften

**Dinner: Cheesy Potatoes**

**KEY STATS**

* Recommended meal weight: 4.5 oz
* Calories: 500 (110 calories/ounce)

**Ingredients**

* 2.0 oz || mashed potatoes (instant, unflavored)
* 0.5 oz || cheese powder (cheddar)
* 0.7 oz || whole milk (dried)
* 1.0 oz || bacon crumbles (Kirkland Bacon Crumbles)
* 0.3 oz || green chilies (canned)
* Taco Seasoning, salt, pepper, red pepper flakes to taste

**At-home preparation** (for dietary differences, keep ingredients separate)

* For each person, put 2-oz potatoes in 1 qt Ziploc FREEZER BAG (6 bags for 6 people)
* For each person, put 1.2-oz bag of cheese powder and whole milk into Ziploc snack bag
* Crumbled bacon & green chilies are distributed in the field

**Cooking “freezer bag style” instructions**

1. Add 1¼ oz of boiling water (1½ oz for soupier version) to freezer bag of potatoes. Stir.
2. Immediately stir in cheese powder, milk, taco seasoning
3. Immediately stir in bacon crumbles and chilies
4. Seal Ziploc and let sit for ~10 minutes

**Cooking “in the pot” instructions for 1 person**

1. Add at least 12 oz of water to stove pot (for perfect at-home consistency, use 10 oz of water)
2. Add half the bag, stir to a uniform consistency, and then add the rest of the bag. Stir.
3. Bring meal back to a simmer to reduce the wait time before eating, but potatoes need not be simmered for a full cook

**Dinner: Thai Peanut/Raisin Noodles**

**KEY STATS**

* Recommended meal weight: 5.7 oz
* Total calories: 717 (126 calories/oz)

**Ingredients**

* 3.00 oz || [Ramen noodles](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "ramen-noodles" \t "_blank) (one package)
* 0.75 oz || [Raisins](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "raisins" \t "_blank) or crushed [peanuts](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "peanuts" \t "_blank) (you pick)
* [Universal spice kit](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "spice-kit" \t "_blank)
* Sauce:
  + 1.20 oz || [Peanut butter](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "peanut-butter" \t "_blank) (if sugar-added, do not add more sugar)
  + 0.20 oz || [Olive oil](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "olive-oil" \t "_blank)
  + 0.05 oz || [Garlic](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "garlic" \t "_blank)
  + 0.20 oz || [Soy sauce](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "soy-sauce" \t "_blank)
  + 0.10 oz || [Turbinado sugar](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "turbinado-sugar" \t "_blank)
  + 0.05 oz || [Lime juice](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "lime-juice" \t "_blank)
  + 0.10 oz || [Sriracha chili sauce](http://andrewskurka.com/2015/backpacking-breakfast-dinner-recipes-ingredient-info-sourcing/" \l "sriracha" \t "_blank)

**At-home preparation**

* For each person, place 1 package Ramen (discard flavor pack) into 1 qt Ziploc FREEZER BAG (10 bags, 10 people)
* Raisins or Peanuts are divided proportionally in the field
* Meals are individually seasoned with universal spice kit
* Make sauce at home and transport in a plastic food storage container with lid and then inside Ziploc. Do not store sauce in narrow/wide-mouthed bottle (hard to get out)

**Cooking “freezer bag style” instructions**

1. Add at least 1¼ cups boiling water (2 cups for soupier version) to freezer bag of Ramen, Peanuts/Raisins, and sauce
2. Seal Ziploc and let sit for ~5 minutes
3. Eat

**Cooking “in the bowl” instructions for 1 person**

1. Pour Ziploc of Ramen, Peanuts/Raisins, and sauce into bowl
2. Add at least 1¼ cups boiling water (2 cups for soupier version)
3. Stir and cover and let sit for ~7 minutes
4. Eat

# Dinner: Creamy Chicken Alfredo Noodles

**KEY STATS**

* Recommended meal weight: 6.1 oz
* Total calories: 582 (95 calories/oz)

**Ingredients**

* 1 cup pasta broken in 2” pieces (flat, quick-cooking artisan pasta that cooks on stovetop in 4 min. or less)
* 1 teaspoon chia seeds or ground flaxseed (optional)
* ¼ cup freeze dried chopped chicken
* ¼ cup toasted pine nuts
* ¼ cup freeze dried chopped mushrooms
* 1½ teaspoons powdered chicken flavor base (or boullion granules)
* 3 tablespoons grated Parmesan cheese (the dried, unrefrigerated kind in a can)
* 2 tablespoons instant dried buttermilk powder (or regular powdered milk)
* 2 tablespoons corn starch
* 2 teaspoons freeze dried Italian herb blend (or 3/4 teaspoon dried Italian herb blend)
* ¼ teaspoon garlic powder
* 1/8 teaspoon ground black pepper
* ¼ teaspoon salt (or more to taste)

**At-home preparation**

* For each person, place all ingredients into 1 qt Ziploc FREEZER BAG (10 bags, 10 people)

**Cooking “freezer bag style” instructions**

1. Add at least 1¼ cups boiling water to freezer bag of dry goods
2. Seal Ziploc and let sit for ~9 minutes (knead bag several times)
3. Eat

**Cooking “in the bowl” instructions for 1 person**

1. Pour Ziploc of dry ingredients into bowl
2. Add at least 1¼ cups boiling water
3. Stir and cover and let sit for ~10 minutes
4. Eat