**The Golden Book of Hitch Recipes!**

**Or**

**How to Survive Eight Days on Hitch While Staying Well Fed and HAPPY!**

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# Breakfast

*"Never work before breakfast; if you have to work before breakfast, eat your breakfast first."*

*-Josh Billings*

# Lunch

*“So munch on, crunch on, take your nuncheon,*

*Breakfast, supper, dinner, luncheon!”*

*-Robert Browning*

# Dinner

*"Americans are just beginning to regard food the way the French always have.*

*Dinner is not what you do in the evening before something else. Dinner is the evening."*

*-Art Buchwald*

## Vegetarian

### Rice and Beans

***From Southeast Conservation Corps***

Ingredients:Rice, 2-3 cans beans, chopped green peppers, and chopped onions.

Optional: Sour cream, salsa, cheese, tortillas.

Cook rice in large pot while sautéing onions and green peppers in large frying pan. When rice is done combine the veggies and add the beans (or optional cheese and salsa). Stir everything together until beans are warm. Spice with salt, pepper and cumin.

\*For backcountry: substitute canned beans with dehydrated refried beans.

### Southwest Chicken Wraps

***From Southeast Conservation Corps***

Ingredients: tortillas, 2 cans chicken, 2 cans corn, 2 cans black beans, diced onions, diced green peppers, salsa, lettuce, cheese, sour cream (if available).

Serve cold (assembly line style) or hot by sautéing veggies and chicken before wrapping in tortillas.

### Quesadillas (Veggie or Chicken Option)

***From Southeast Conservation Corps***

Ingredients:tortillas, diced onions, diced green peppers, cheese.

Optional: Chicken or TVP, serve with sour cream, hot sauce or salsa.

Add all ingredients to tortilla and fold tortilla in half. Cook on frying pan of griddle until tortilla is browned and cheese is melted.

### Cheesy Mashed Potatoes and Veggies

***From Southeast Conservation Corps***

Ingredients: instant mashed potatoes, 2 cans corn, 2 cans peas, chopped onion, chopped green pepper, zucchini or broccoli, TVP, cheese.

Rehydrate TVP and set to the side. In large frying pan sauté all fresh vegetables. Add TVP and spices.

In large pot make mashed potatoes, add all the contents of the frying pan, canned veggies and cheese. Mix everything until thoroughly combined and all cheese is melted.

### Peanut Sauce Stir Fry or Gado Gado

***From Southeast Conservation Corps***

Ingredients: mixed veggies, rice, peanut butter, brown sugar, soy sauce, curry powder, garlic.

Optional: canned coconut milk substitutes for water.

Sauté all desired veggies and cook rice in a large pot.

Mix peanut sauce to the side using peanut butter, brown sugar, soy sauce, garlic and spices and a small amount of water. Once rice and veggies are cooked combine everything in large pot.

### Mac & Cheese

***From Southeast Conservation Corps***

Ingredients:Elbow Mac, Velveeta or cheese powder, butter.

Optional: Broccoli, TVP or Tuna.

Cook macaroni and add cheese sauce, either in the form of melted Velveeta, or cheese powder reconstituted with some butter, oil or water. Add broccoli, TVP or Tuna for some variety.

### Pasta & Marinara Sauce

***From Southeast Conservation Corps***

Ingredients: Spaghetti, 1-2 jars of marinara sauce, chopped onions, chopped green pepper, garlic and any additional veggies.

Optional: TVP, Parmesan cheese.

Sauté desired veggies in large frying pan, add TVP at this time, if desired. Spice to taste. Cook pasta and mix in sauce, veggies and TVP. Serve with Parmesan.

### Couscous & Hummus Wraps

***From Southeast Conservation Corps***

Ingredients: couscous, dehydrated hummus, tortillas or flatbread, diced onions, shredded lettuce, 2 cans peas, chopped carrots.

Cook couscous, adding peas and carrots toward the end. Reconstitute hummus, and assemble wraps or flatbread sandwiches.

### Quinoa & Veggies

***From Southeast Conservation Corps***

Ingredients:Veggies of your choice, quinoa.

Optional: Cheese.

Sauté veggies and mix into cooked quinoa. Season to taste.

### Couscous with Veggies

***From Southeast Conservation Corps***

Ingredients: Veggies of your choice, couscous.

Optional: add TVP or chicken, or serve as wraps in tortillas.

Sauté veggies and mix into cooked couscous. Season to taste.

### Vegetarian Chili

***From Southeast Conservation Corps***

Ingredients: Dehydrated Chili Mix, 2-3 cans of beans, 2 cans corn, 2 cans Rotel, chopped onions, chopped green peppers.

Optional: Sour Cream, Chips, and Cheese.

Rehydrate chili mix and cook with veggies. Spice to taste. Serve with tortilla chips, cheese, and sour cream, if available.

\*For Backcountry: Substitute canned veggies for dehydrated ones and serve with tortillas or grain option of your choice.

###  Chili Mac

***From Southeast Conservation Corps***

Ingredients: Elbow Mac, instant chili mix, 2 cans beans, 2 cans Rotel, cheese.

Cook macaroni and chili separately and then combine. Serve with cheese and hot sauce.

### Lentil & Potato Stew

***From Southeast Conservation Corps***

Ingredients: diced potatoes, chopped onions, lentils, 2 cans corn, 2 cans peas, 2 cans Rotel.

Add chopped potatoes, onions, and lentils to a pot and boil until the potatoes are soft, and lentils are cooked. Add canned veggies and simmer until everything is warm. Season to taste. Serve with rice or tortillas for carbs.

### Trail Pizzas

***From Southeast Conservation Corps***

Ingredients: Flatbread, tomato sauce, cheese, chopped vegetables.

Optional: Summer sausage, pepperoni, chicken, TVP.

Spread tomato sauce on flatbread and top with desired toppings and cheese.

Cook in the Dutch oven or a frying pan with a lid on it, until all of the cheese is melted.

### Grilled Cheese & Soup

***From Southeast Conservation Corps***

Ingredients: Bread, cheese, butter.

Optional: tomatoes, ham or bologna.

Soup of your choice (from menu or purchased soup mix). Assemble sandwiches with sliced cheese and any additional toppings. Cook on frying pan or griddle with plenty of butter. Make your choice of soup, stew or chili to serve with grilled cheese.

### Corn Chowder

***From Southeast Conservation Corps***

Ingredients: Chopped potatoes, chopped onions, chopped carrots, chopped celery (if available) 2-3 cans corn, 2-3 cans peas, milk or powdered milk. Salt and pepper to taste.

Add potatoes, onions carrots and celery to large pot, cover in water and boil. Cook at a simmer until potatoes are soft. Add milk until soup is creamy. Add canned vegetables, and seasonings and serve.

### Couscous with fried potatoes

***From Southeast Conservation Corps***

Ingredients:Couscous, finely diced (for faster cooking time) potatoes, diced onions, diced green peppers, butter.

Fry potatoes in butter, adding onions and peppers when potatoes have grown a little soft. Spice to taste and serve with couscous.

### Dirt Bags

***By Jessie “JC” Condon c. 2011-2012***

This recipe can accommodate most dietary restrictions because it allows each crewmember to select the items they want in their personal bundle. This meal requires a campfire, and it is prudent to check fire restrictions ahead of time.

Ingredients:

2-4 zucchini squash

1 pound of Brussels sprouts

3 bell peppers

1 head garlic

2 onions

1 bundle asparagus

1 small box of baby portabella mushrooms

1 package of 8-10 sausages

1 pound of butter

Fresh herbs (optional)

Seasoning (optional)

1 bottle olive oil

Hot sauce

1 roll aluminum foil (Heavy duty type)

* Start out by cooking all of the sausages fully and chopping them up into bite sized pieces.
* Next, cut all vegetables into bite-sized pieces and keep them separated.
* Slice 2 sticks of butter into tablespoon rations.
* Have crew members each individually rip off a 2-foot segment of aluminum foil.
	+ Next have them fill it with the chopped ingredients they want
	+ Add butter or oil and whatever desired seasonings
	+ Fold aluminum foil to conceal vegetables
	+ Place near fire on rocks or a grate to cook
	+ Check bundle until veggies are of desired consistency

DON’T FORGET DESSERT! I would recommend paring this meal with good old-fashioned S’mores.

### Grilled Cheese & Tomato Soup

***From Anna Moyers c. 2011-2012***

This is the recipe that my crew ended up liking the most and is pretty easy to make.

Ingredients: Swiss Cheese, bread, Basil, and Honey.

Add that to tomato/basil soup and it works really well. The cleanup from it isn't too bad.

### Peanut Noodles

***From Zoe Gordon c. 20xx***

Here is a quick spike recipe that I like, since it is a good pasta change-up when you are totally sick of marinara sauce!

This can be made with regular spaghetti noodles, rice noodles, or pad Thai noodles for a gluten free option. You can also pre-mix the sauce before spike, if you need to save time/space.

Ingredients:

1/4 cup soy sauce

1/4 cup water

1/3 cup peanut butter

1 teaspoon sugar

1 teaspoon vinegar (rice wine or apple cider work well)

2 tablespoons sesame oil

3 teaspoons finely minced ginger root

Hot sauce or chili powder to taste

Diced cilantro (optional)

Top with:

Green Onions (optional)

Sesame Seeds (optional)

Chopped peanuts (optional)

\*\*Another option is to cook up tofu and/or assorted veggies to mix in as well!

### Shepherdish Pie

**From Michelle Marsich c. 2010**

Ingredients: A lot of any vegetables you want – carrots, corn, peas, broccoli, cauliflower, potatoes, spinach, kale, squash, zucchini, tomatoes, onions, mushrooms, beans, etc

\*Depending upon your preference, these vegetables can be from cans, frozen, or fresh.

Combine all of the vegetables in one pot – cook/boil until soft.

Stir in gravy from cans or pouches or your own, simmer

In a separate pot, prepare mashed potatoes (again, you can do fresh or powdered potatoes here)

Once everything is cooked, salt and pepper to taste. Then have everyone grab some veggies with gravy and covered with scoops mashed potatoes. Top with grated cheese (Colby or cheddar).

Devour.

This meal is versatile in that you can make it for yourself and have leftovers or make it for a crew of eight or more! Ingredients can be omitted, added and/or substituted based on dietary preferences.

## Meat

### Curry Chicken with Quinoa

***From Southeast Conservation Corps***

Ingredients: 2-4 cans chicken, carrots, peppers, broccoli, tomatoes, quinoa.

Cook chicken and vegetables in the frying pan with curry powder, cumin, cinnamon, salt and pepper. Serve with quinoa.

### Breakfast for Dinner

***From Southeast Conservation Corps***

Ingredients: eggs, cheese, diced onions, diced green peppers, chopped zucchini, tortillas, and salsa.

Sauté onions, zucchini and peppers in a large frying pan. Scramble eggs and add them to the veggies. Serve with tortillas, cheese and salsa.

### Kielbasa & Veggie Medley

*By Rae Lynn Byars c. 2010*

Best if used for front country but add kielbasa to any back country meal for a good hardy meat meal.

Ingredients:

Kielbasa - 1 package feeds 8 (or 1 person for 5 nights) - About $5

Pasta or Potatoes - 1 package of pasta feeds 5 (or 1 person for all 8 nights in small increments)

-8 potatoes for 8 people or 1 potato per night for 1 person - About $3

Broccoli – (1 stock for 8 people or ½ stock for one person for 5 nights) - About $3

Cheese – (½ lb of cheese or more upon preference. 5 nights for 1 person) - About $3

Pepper (Get packets from fast food place or bring shaker.)

Total:                     $17 for 8 people one night or 1 person 5 nights.

\*For Backcountry: dehydrated potatoes for back country.

## Dutch Oven Recipes

### Shepherd’s Pie

***From Southeast Conservation Corps***

Ingredients: 2-3 cans of cream of mushroom soup, 2 cans corn, 2 cans peas, chopped onions, chopped carrots, chopped broccoli, instant mashed potatoes.

Optional: TVP, Chicken. Make mashed potatoes and set to the side.

In Dutch oven combine canned soup and all veggies, and meat option if desired. Spice to taste. Layer mashed potatoes on the top of the Dutch oven, and cook until everything is evenly heated and mashed potatoes are golden brown.

### Enchilada Pie

***From Southeast Conservation Corps***

Ingredients: 2 cans corn, 2 cans Rotel, 2 cans beans, corn chips, cheese, salsa, diced onions and green peppers.

Optional: Chicken or TVP. Serve with sour cream or hot sauce

Layer all of the ingredients in the Dutch oven with a layer of cheese on top. Cook until everything is warm and melted together.

## Backcountry Meals

### Tasty Bite

***From Eric Adebayo c.2010***

Boil a cup of instant rice until it's done. Then heat up a tasty bite pouch and put that bad boy on there. Costs like 3-4 bucks (that might be wrong as I am thinking of Canadian dollars probably). It's easy and delicious. Can be front or back country. I usually think of things in pouches as back country though.

Also, fruit snacks with added vitamin c and stuff are great.

# Dessert

### Peanut Butter Balls

***From Southeast Conservation Corps***

Ingredients: Peanut Butter, powdered milk, honey, brown sugar. Optional: hot cocoa mix. Mix 1 cup of peanut butter with 1 cup of powdered milk and ½ cup honey (substitute a portion for brown sugar if necessary). Roll into balls and enjoy! Optional: roll in hot cocoa mix for chocolate flavor.

Hot Chocolate and Teas*(with option of adding honey, brown sugar or powdered milk)*

## Dutch Oven Recipes

### Brownies

***From Southeast Conservation Corps***

Cook in the Dutch oven, or make scrambled brownie (a.k.a. Dookie) by cooking the brownie batter in oil in the frying pan until is gooey and has some cooked chunks mixed in.

### Fruit Cobbler

***From Southeast Conservation Corps***

Ingredients: canned fruit of your choice, bisquick, oats, brown sugar, cinnamon, butter.

Mix up Bisquick, layer ingredients in the Dutch oven with oats, cinnamon and sugar on top and cook.

# The Kitchen Box

## What should I have in my crew’s kitchen box?

Front Country Kitchen Box Essentials: 10 or 12 inch pan. Large Pot. Knife. Cutting Board. Spice kit! Oil. Mixing bowls. Dish soap. Scrubby pads for clean up. Lighter. Spatula. Serving spoon. Colander.

Back Country Kitchen Box Essentials: Stove. Cook set with pan and pot. Spice kit! Oil. Cooking utensils. Scrubby pads for clean up.

# Notes & Pro-Tips

Bring a secret snack! Everyone loves a surprise while on trail and sometimes they can provide a much needed boost in moral.

Dish bins can be incredibly helpful in the front country. Folks will actually clean the used cookware rather than a half-hearted attempt.

Be considerate of dietary needs!

Vegetables: Protect these delicious resources as best you can. Leafy greens, peppers, and the like can go bad quickly if not consumed early on, however, beets, potatoes, and onions will last the full 8 days without refrigeration. Plan your meal accordingly and play ‘Veggie Wars’ to decide who’s vegetables need to be cooked sooner than later.