

Dehydrated Meal Recipes For Ceyana Meeting March 4 2023

Chicken and Rice Cacciatore (Large Serving 2-3 people)

Instant Rice	¾ cup
Dried mushrooms, onions, tomatoes, peppers	½ cup total
Dried Chicken	1/3 cup
Garlic powder or flakes	1/8 tsp
Dried Italian herbs	1/8 tsp
Dried Basil	1/8 tsp
Red Pepper Flakes	pinch
Chicken bouillon	½ tsp
Salt and pepper to taste	

** notes- Substitute instant rice and bullion for dehydrated short grain rice cooked in chicken broth

 Canned chicken works best for dehydrating- less chewy

At home, combine all ingredients into one bag. Store in freezer until needed.

At camp, add ingredients to 1 ½ - 1 ¾ cup water in pot. Let stand for 5-10 minutes. Bring to a boil and cook for one minute. Let stand for 10 minutes. Insulate pot.

Taken from "Recipes for Adventure" by Chef Glenn McAllister (c2013) page 66 with minor modifications.

Corn Bark Stew with Beans (Vegan Option)- Large (serves 2-3)

Dried or instant rice	¾ cup
Creamed corn bark	¾ cup
Dried veggies (tomatoes, onion, peas, carrots, green beans)	½ cup
Dried black beans	1/3 cup
Ground cumin	1/8 tsp
Ground chili powder(optional)	1/8 tsp
Salt and Pepper to taste	

Notes- Canned beans work better due to pressure cooking

Dehydrated short grain rice rehydrates better

Creamed Corn Bark

Blend creamed corn until smooth

Dehydrate at 135 degree F

At home, combine all ingredients into one package

At camp, add ingredients to 1 ½ - 1 ¾ cup water in pot. Let stand for 5-10 minutes. Bring to a boil and cook for one minute. Let stand for 10 minutes. Insulate pot.

Taken from "Recipes for Adventure" by Chef Glenn McAllister (c2013) page 44 with minor modifications