

One Pot Meals

One pot meals are simply menus stripped down to be cooked in one pot over a backpacking stove.

Ingredients To make a one pot meal you need the following ingredients

- A meat or meat substitute (protein)
- A pasta or grain (carbohydrate)
- A vegetable
- A sauce

Optionally, you can also add seasonings and toppings. See the ingredient list on the next page for suggestions.

Most of these ingredients are available in your grocery store and the rest are for sale in a natural food store. The amount of each ingredient is not critical and up to the cook. If you want more vegetables, add more vegetables. If you have more tuna in the sealed pouch, use it. You are the judge on how much to use.

Packaging for the trip Package the ingredients you will for meal in a zip-lock bag. Measure out the amount of rice, pasta, or grain you will need to serve the number of people in you group and pour in the bag. Also measure the needed vegetables in the bag. The meat, if already in a small package can also be added to the bag. The powdered sauce should be measured and added to a small separate bag and placed in the larger one. Remember some ingredients will be added first to pot and some will be added later so keep them separated.

Order of preparation Some of the ingredients will take longer to cook that others. Read the instructions for each and package them separately. If you are using fresh vegetables, they will need to be cooked 5-15 minutes longer so measure the water for the instant rice or mashed potatoes and simmer them first. Then add you instant rice or potatoes and let them expand. Then add the meat let it heat a bit. Finally, add you powered sauce and or seasonings to the pot.

Serving When the recipe is ready, invite your diners to bring their mess kits and start eating. If you have toppings having them ready for everyone to add to their meal.

Recipe Suggestions

1. Instant rice | tuna in pouch | dried peas | powdered curry sauce
2. Instant mashed potatoes | diced summer sausage | chopped fresh carrots | brown gravy mix
3. Boxed stuffing | canned chicken | mixed dried vegetables | chicken gravy mix

Make up your own one pot recipe and if you like it share with others. For more backpacking recipes read the book **"The Well-Fed Backpacker"** by June Fleming

Meats

- Fresh precooked meat
- Canned meats
- Dried chipped beef
- Summer sausage
- Pepperoni
- Smoked sausage links
- Canadian bacon
- Canned precooked bacon
- Beef jerky
- Turkey jerky
- Dried fish
- Smoked fish
- Bacon bars
- Meat bars
- TVP beef, chicken, bacon
- Freeze dried ham, beef, chicken, shrimp

Sauces (powdered)

- Soup mixes (many kinds)
- Beef gravy
- Chicken gravy
- Spaghetti (add water)
- Stroganoff
- Teriyaki sauce
- Miso powder
- Tomato paste in tube
- Curry

Pasta & Grains

- Macaroni (small)
- Minute rice
- Couscous
- Bulgur
- Box stuffings
- Hamburger helper
- Tuna Helper
- Chicken Helper
- Millet
- Bean threads
- Ramen Noodles
- Chow Mein noodles
- Spaghetti (thin)
- Egg noodles (thin)
- Alphabet pasta
- Freeze dried tofu
- Mac & cheese mix

Seasonings

- Salt & pepper
- Sage, basil, oregano
- Bouillon cubes
- Poultry seasoning
- Garlic salt
- Onion salt
- Butter Buds
- Paprika
- Chili powder
- Margarine
- Soy Sauce
- Sloppy joe mix
- Taco mix
- Chili mix

Vegetables

- Fresh Carrots
- Potatoes
- Fresh summer squash
- Fresh cucumber
- Fresh beans
- Freeze-dried vegetables
- Instant mashed potatoes
- Dried onions
- Dried mushrooms
- Dried vegetable flakes
- Celery flakes
- Shredded dried potatoes
- Sliced dried potatoes

Toppings

- Nuts
- Sunflower seeds
- Pumpkin seeds
- Coconut flakes
- Cheese
- Sesame seeds
- Wheat germ
- Bacon bits
- Croutons
- Fresh or dried apples
- Dried fruit
- Ketchup (packets)
- Mustard (packets)