

Recipes were developed by Don Chase and were part of his cooking seminar at the 2019 BMW Riders Of Washington

47th Cascade Country Rendezvous and ADVENTURE Rally



Street Rides



ADV/Dirt Rides

Republic • WA

Washington State BMW Riders

Cooking On The Trail



Tired of freeze dried meals? Want to avoid restaurant food? These recipes make it easy to cook a great meal on the road, using gas stove, a cook pot, and a few simple items you bring from home and buy along the way.



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Tired of freeze dried meals? Want to avoid restaurant food? These recipes make it easy to cook a great meal on the road, using gas stove, a cook pot, and a few simple items you bring from home and buy along the way.



You don't have to rely on expensive freeze dried meals when you're on the bike - you can create your own cuisine. All you need is a meal plan and few minutes to prepare a 'seasoning bag', before you leave home. You'll be buying a few items somewhere along your ride.

Every recipe in this booklet has been 'trail-tested'. These are one-pot meals so you don't need to carry more than one pot or pan. Cleanup is easy, preparation is minimal - some chopping or rinsing is all you'll do.

Items needed: Pressurized gas stove, can opener, spoon and fork (Spork), knife, cooking pot, and some water.

JetBoil stoves are great for boiling water but their ability to cook is limited, which is why there's a note after every title. If you have the snap-on pot-shelf accessory wings you can remove the cup and cook in a pot, but watch your heat. JetBoil doesn't moderate the flame the way a backpacker stove does, so be careful you don't burn your dinner.

Take advantage of pre-packaged dry condiments whenever possible. When you cook all you need to do is "open, add, mix, cook, and enjoy". Place each meal's pre-packaged ingredients in a small Ziplock bag and label it; that way you won't put the Moroccan Chicken mix on your Beef Stew.

All recipes are designed to feed 2 adults. If appetites are large, add more food items, such as a can of fruit cocktail, some granola bars, haggis, pickled pig's feet, or other items you normally carry in your saddlebags.

You don't have to rely on expensive freeze dried meals when you're on the bike - you can create your own. All you need is a meal plan and few minutes to prepare a 'seasoning bag', before you leave home. You'll be buying a few items somewhere along your ride.

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Moroccan Chicken

OK for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 12 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp cumin
1 tsp dried oregano
1/2 tsp dried mint (optional)
1/2 tsp salt (or to taste)
1/2 tsp pepper (or to taste)

Add spices to small ziplock bag
Seal, shake, and label.

Make couscous baggie at home

1 - cup couscous
1 - handful raisins
2 - lemon juice packets
(unopened)

Buy at a store during the ride:

1 - 4.5 oz can of chicken
1 - carrot

1 - lemon (optional, use if you can't find lemon juice packets)

Equipment needed at camp:

1 cup water
2 qt pot for cooking
can opener, spork, knife

Cooking Directions:

Add 1 cup water to pot, bring to a boil. Add couscous, raisins, and c lemon juice packets. If using real lemons, squeeze juice into pot. Remove from heat.

Chop carrot into 1/4" cubes. Add chicken, carrot, seasoning mix and couscous to the pot. Stir well.

Let stand covered for 10 minutes. Before serving, fluff the couscous and chicken with a fork or a stick from a willow tree.

Serve while watching "The Maltese Falcon" on your Kindle. Practice your Humphry Bogart imitations.

Notes: Canned peas and carrots can substitute for a REAL carrot. The ratio of couscous to water is 1:1. One cup of uncooked

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2 servings = 2 cups each
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Cook time = 12 minutes

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Make couscous baggie at home

1 - cup couscous
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Buy at a store during the ride:

1 - 4.5 oz can of chicken
1 - carrot

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Equipment needed at camp:

1 cup water
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Notes: Canned peas and carrots can substitute for a REAL carrot. The ratio of couscous to water is 1:1. One cup of uncooked

Bannock Bread

Cook over a campfire or use a cook stove. NOT for JetBoil stoves.

2 servings = 2 cups each
Prep time < 5 minutes.
Cook time = 10 minutes

Seasoning bag from home:

2 - cups flour
2 - tsp baking powder
1/2 tsp salt

Add items to large 1-quart bag
Seal, shake, and label.

Also bring from home:

1 - margarine packet,
or 1 tsp olive oil in a bottle

Equipment needed at camp:

3/4 cups water
shallow pan (or a stick)
can opener, spork, knife
campfire if available

Cooking Directions:

Pour 3/4 cup water, a little at a time into the Bannock baggie and work gently to mix the dough.

Add 1 tbsp oil and again knead the dough in the bag. Incorporate ingredients, don't knead more than 10 times in the bag.

Scoop out the dough and add to a pan, or wrap the dough around a stick.

Put the pan near the fire, or hold the stick above the fire. You don't want to heat the dough too fast because the outside will be burnt and the inside raw. Slow steady heat is best, about 10-12 minutes.

When bread is done it will be a nice golden brown.

Best served around a campfire! Remove your motorcycle seat and use it as a backrest, the same way the cowboys used their saddles. Sing a cowboy song: "Tumbling Tumbleweeds"

Notes: My favorite thing is to pull the bread off the stick, then put peanut butter and honey in the hole.

This recipe can also be used for dumplings in soups and stews. Simply mix up dough and drop

Power Oatmeal

OK for JetBoil stoves.

2 servings = 2 cups each
Prep time < 5 minutes.
Cook time = 5 minutes

Seasoning bag from home:

1/4 cup raisins
1/4 dried pineapple or dried fruit (apples, apricots, prunes)
2 Tbsp powdered milk
1/2 tsp salt (or to taste)

Power topping bag (from home)

1/4 cup chopped walnuts,
almonds, or pecans
2 tsp brown sugar
1/2 tsp cinnamon

Add items to small ziplock bag
Seal, shake, and label.

Buy at a store during the ride:

1 - banana
2 - packets instant oatmeal

Equipment needed at camp:

2 cups water
2 qt pot for cooking
can opener, spork, knife

Cooking Directions:

Mash the banana like you mean it, then add it to the oatmeal mix.

Add water to the pot, bring to a boil, add the seasoning bag.

Remove from heat and let stand (covered) for 3-4 minutes.

Serve in bowls, top with the power topping mix.

A light sprinkling of Metamucil lends flavor and provides added health benefits.

If you're a chocolate fan, add one cube of ExLax to each serving. Allow chocolate to melt, then stir.

Note: You can add or substitute ingredients as desired, i.e. chopped coconuts, wild berries, crushed granola bars, gummy bears, etc.

You can double the recipe if you're really hungry and won't be eating until dinner.

Bannock Bread

Cook over a campfire or use a cook stove. NOT for JetBoil stoves.

2 servings = 2 cups each
Prep time < 5 minutes.
Cook time = 10 minutes

Seasoning bag from home:

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2 - tsp baking powder
1/2 tsp salt

Add items to large 1-quart bag
Seal, shake, and label.

Also bring from home:

1 - margarine packet,
or 1 tsp olive oil in a bottle

Equipment needed at camp:

3/4 cups water
shallow pan (or a stick)
can opener, spork, knife
campfire if available

Cooking Directions:

Pour 3/4 cup water, a little at a time into the Bannock baggie and work gently to mix the dough.

Add 1 tbsp oil and again knead the dough in the bag. Incorporate ingredients, don't knead more than 10 times in the bag.

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Cook time = 5 minutes

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2 Tbsp powdered milk
1/2 tsp salt (or to taste)

Power topping bag (from home)

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Note: You can add or substitute ingredients as desired, i.e. chopped coconuts, wild berries, crushed granola bars, gummy bears, etc.

You can double the recipe if you're really hungry and won't be eating until dinner.

Beef Chili

Can opener, spoon, fork

Cooking Directoins:

Cut 1 cup jerky into small pieces.

Bring water to boil, add Jerky and allow to soften, about 5 minutes.

Add canned beans, diced tomatoes (or rotel,) and seasoning mix.

Stir and allow mixture to thicken, about 3-5 minutes, or until all ingredients are hot.

Serve in a bowl, along with a small crescent wrench, needle nosed pliers, or other tools which can serve as stirring stick. These are great conversation starters.

Make sure your guests return the tools before they leave the table.

OK for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 10 minutes

Seasoning bag (from home)

2 tsp beef bullion powder
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1 Tbsp chili powder
1/2 tsp salt (or to taste)
1/2 tsp cayenne (or to taste) (optional)

Add spices to small ziplock bag Seal, shake, and label.

Buy at a store during the ride:

1 - bag beef jerky
1 - 15 oz can kidney beans or chili beans
1 - 15 oz can diced tomatoes, or 1 - 10 oz can Rotel

Equipment needed at camp:

2 cups water
2 quart cooking pot

Chicken Alfredo

Equipment needed at camp:

4 cups water
2 quart cooking pot
Can opener, spoon, fork

NOT for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 10 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1/2 tsp dried thyme
1 tsp dried parsley
1 Tbsp flour
4 Tbsp powdered milk
1/2 tsp salt (or to taste)
1/2 tsp pepper (or to taste)

Add spices to small ziplock bag Seal, shake, and label.

Extra seasoning bat from home

1 tbsp bread crumbs
1 tbsp parmesan cheese

Buy at a store during the ride:

1 - 4.5 oz can chicken
8 oz dried spaghetti (1/2 16 oz bag)

Cooking Directions:

Bring 3 cups water to boil, add spaghetti.

While cooking, add 1 cup cold water to seasoning the mix baggie, shake and mix well to remove lumps.

When pasta is done, remove the pasta and drain, BUT leave about 1/2 cup of the hot pasta water in the pot.

Add chopped chicken, peas, carrots and seasoning mix to the remaining water, stirring as it heats.

Pour heated mixture over spaghetti, sprinkle servings with bread crumbs and cheese.

Garnish each plate with a 10mm socket and serve. (Recover sockets before riding.)

Note: Adding a packet of cream cheese will make the recipe even more creamy.

Beef Chili

Can opener, spoon, fork

Cooking Directoins:

Cut 1 cup jerky into small pieces.

Bring water to boil, add Jerky and allow to soften, about 5 minutes.

Add canned beans, diced tomatoes (or rotel,) and seasoning mix.

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2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 10 minutes

Seasoning bag (from home)

2 tsp beef bullion powder
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1 Tbsp chili powder
1/2 tsp salt (or to taste)
1/2 tsp cayenne (or to taste) (optional)

Add spices to small ziplock bag Seal, shake, and label.

Buy at a store during the ride:

1 - bag beef jerky
1 - 15 oz can kidney beans or chili beans
1 - 15 oz can diced tomatoes, or 1 - 10 oz can Rotel

Equipment needed at camp:

2 cups water
2 quart cooking pot

Chicken Alfredo

Equipment needed at camp:

4 cups water
2 quart cooking pot
Can opener, spoon, fork

NOT for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 10 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1/2 tsp dried thyme
1 tsp dried parsley
1 Tbsp flour
4 Tbsp powdered milk
1/2 tsp salt (or to taste)
1/2 tsp pepper (or to taste)

Add spices to small ziplock bag Seal, shake, and label.

Extra seasoning bat from home

1 tbsp bread crumbs
1 tbsp parmesan cheese

Buy at a store during the ride:

1 - 4.5 oz can chicken
8 oz dried spaghetti (1/2 16 oz bag)

Cooking Directions:

Bring 3 cups water to boil, add spaghetti.

While cooking, add 1 cup cold water to seasoning the mix baggie, shake and mix well to remove lumps.

When pasta is done, remove the pasta and drain, BUT leave about 1/2 cup of the hot pasta water in the pot.

Add chopped chicken, peas, carrots and seasoning mix to the remaining water, stirring as it heats.

Pour heated mixture over spaghetti, sprinkle servings with bread crumbs and cheese.

Garnish each plate with a 10mm socket and serve. (Recover sockets before riding.)

Note: Adding a packet of cream cheese will make the recipe even more creamy.

Chick'n 'N Dumplins

Equipment needed at camp:

3-1/2 cups water
2 quart cooking pot
Can opener, spork, knife

Cooking Directions:

Bring 2 cups water to boil, add chicken, peas and carrots.

While cooking, add 1 cup cold water to seasoning mix baggie, shake and mix to remove lumps, add to cooking pot.

Add margarine and 1/2 to 3/4 cup water to dumpling mix and knead. Mixture should be sticky, add water as needed, but don't over mix.

Drop spoonfuls of dumpling mix into pot with the chicken. Cover the pot, turn down heat and cook for 5-7 minutes. Serve and enjoy.

For a whimsical twist on this dish, form the dough balls onto the square ends of zipties before you place them in the pot. Your guests will find this both creative and amusing. Zipties serve as toothpicks after you've eaten.

NOT for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 10 minutes.
Cook time = 15 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1/2 tsp dried thyme
1 tsp dried parsley
1 Tbsp flour
4 Tbsp powdered milk
1/2 tsp salt (or to taste)

Add spices to small ziplock bag
Seal, shake, and label.

Dumpling mix (from home)

1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 cup flour
1 margarine packet (unopened)

Buy at a store during the ride:

1 - 4.5 oz can chicken
1 - 8.5 oz can peas and carrots

Chicken Enchilada Stew (Tortilla Soup)

OK for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 5 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp cumin
1 Tbsp chili powder
1 tsp dried oregano
1/2 tsp cayenne (optional)
1/2 tsp salt (or to taste)
1/2 tsp pepper (or to taste)

Add spices to small ziplock bag
Seal, shake, and label.

Buy at a store during the ride:

1 - 4.5 oz can of chicken
1 - 4.5 oz can chopped green chilies
1 - 15 oz can diced tomatoes, or 1 - 10 oz can Rotel (if using Rotel can omit green chilies)
2-3 packages of string cheese

1 - snack sized bag of tortilla chips (e.g., Nacho Cheese Doritos)

Equipment needed at camp:

2 cups water
2 quart cooking pot
Can opener, spork, knife

Cooking Directions:

Add 2 cups water to pot, add chilies, tomatoes, chicken and home seasoning baggie. Stir to mix well. Cook for 2-3 minutes.

While mix is cooking, lightly crush snack bag of tortilla chips.*

Add chips to pot and stir. Cook 1 minute.

Cut up string cheese (or other cheese if you have it) and add it to pot. Stir well and serve.

*To save the time it takes to crush those chips, place them on your saddle about 10 miles before you reach camp. When you arrive the chips will be neatly crushed and ready to add to the pot.

Chick'n 'N Dumplins

Equipment needed at camp:

3-1/2 cups water
2 quart cooking pot
Can opener, spork, knife

Cooking Directions:

Bring 2 cups water to boil, add chicken, peas and carrots.

While cooking, add 1 cup cold water to seasoning mix baggie, shake and mix to remove lumps, add to cooking pot.

Add margarine and 1/2 to 3/4 cup water to dumpling mix and knead. Mixture should be sticky, add water as needed, but don't over mix.

Drop spoonfuls of dumpling mix into pot with the chicken. Cover the pot, turn down heat and cook for 5-7 minutes. Serve and enjoy.

For a whimsical twist on this dish, form the dough balls onto the square ends of zipties before you place them in the pot. Your guests will find this both creative and amusing. Zipties serve as toothpicks after you've eaten.

NOT for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 10 minutes.
Cook time = 15 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1/2 tsp dried thyme
1 tsp dried parsley
1 Tbsp flour
4 Tbsp powdered milk
1/2 tsp salt (or to taste)

Add spices to small ziplock bag
Seal, shake, and label.

Dumpling mix (from home)

1/2 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 cup flour
1 margarine packet (unopened)

Buy at a store during the ride:

1 - 4.5 oz can chicken
1 - 8.5 oz can peas and carrots

Chicken Enchilada Stew (Tortilla Soup)

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2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 5 minutes

Seasoning bag (from home)

2 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp cumin
1 Tbsp chili powder
1 tsp dried oregano
1/2 tsp cayenne (optional)
1/2 tsp salt (or to taste)
1/2 tsp pepper (or to taste)

Add spices to small ziplock bag
Seal, shake, and label.

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2-3 packages of string cheese

1 - snack sized bag of tortilla chips (e.g., Nacho Cheese Doritos)

Equipment needed at camp:

2 cups water
2 quart cooking pot
Can opener, spork, knife

Cooking Directions:

Add 2 cups water to pot, add chilies, tomatoes, chicken and home seasoning baggie. Stir to mix well. Cook for 2-3 minutes.

While mix is cooking, lightly crush snack bag of tortilla chips.*

Add chips to pot and stir. Cook 1 minute.

Cut up string cheese (or other cheese if you have it) and add it to pot. Stir well and serve.

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Spaghetti

Add pasta and cook until almost done. (not quite cooked)

Not for JetBoil stoves

2 servings = 2 cups each
Prep time < 5 minutes
Cook time < 10 minutes

Seasoning bag (from home)

2 Tbsp parmesan cheese
1 Tbsp bread crumbs

Add spices to small ziplock bag.
Seal, shake and label.

Buy at store during the ride:

1 - 16 oz. package spaghetti (will use only 8 oz, or half the package)

1 - can Tomato soup

1 - package Spaghetti sauce mix

1 - can vienna sausage, hard salami, or other canned meat

Equipment needed at camp:

2 1/2 cups water
2 qt pot for cooking
can opener, spork, knife

Cooking Directions:

Bring water to boil. If unsure about this process, Google the term "how to boil water"

Stir occasionally. To prevent boil-over, add some cooking oil or margarine to the water.

Add soup, spaghetti mix and cut-up Vienna sausages.

Stir well to break up lumps. Simmer 5 minutes or until pasta is done and sauce is well mixed.

Add topping mix to each plate, and with a thick Italian accent say "*buon appetito*".

As you enjoy your meal, tell Ducati jokes and perform impressions of Chef Boy-Ar-Dee.

Beef Stroganoff

Not for JetBoil stoves

2 servings = 2 cups
Prep time < 5 minutes
Cook time < 10 minutes

Seasoning bag (from home)

1 tsp salt
2 tsp beef bullion
1 Tbsp dried onion
1 tsp garlic powder
1 tsp thyme
4 Tbsp powdered milk
1 Tbsp flour

Add spices to small ziplock bag.
Seal, shake and label.

Buy at store during the ride:

1 - package beef steak bites or beef jerky

1 - 4.5 oz can mushrooms

1 - 16 oz package egg noodles (you will use only half, 8 oz)
Or, bring noodles from home

2 - packets cream cheese or small square of cream cheese, or small tub of sour cream

Equipment needed at camp:

2 1/2 cups water
2 qt pot for cooking

can opener, spork, knife

Cooking Directions:

Bring water to boil.

Cut up steak or jerky.

Add jerky, egg noodles and cook until noodles are almost done.

Stir occasionally.

Add mushrooms and seasoning bag. Stir well to break up lumps.

Simmer 5 minutes or until noodles are done and sauce is well mixed and has thickened. Add cream cheese, or sour cream, stir and serve.

Ask any nearby URAL riders to join you for dinner. Have them bring the vodka.

With each shot you chug, yell loudly "*здоровье!*" (To your health), then slam your wodka mug face-down on the picnic table.

Spaghetti

Add pasta and cook until almost done. (not quite cooked)

Not for JetBoil stoves

2 servings = 2 cups each
Prep time < 5 minutes
Cook time < 10 minutes

Seasoning bag (from home)

2 Tbsp parmesan cheese
1 Tbsp bread crumbs

Add spices to small ziplock bag.
Seal, shake and label.

Buy at store during the ride:

1 - 16 oz. package spaghetti (will use only 8 oz, or half the package)

1 - can Tomato soup

1 - package Spaghetti sauce mix

1 - can vienna sausage, hard salami, or other canned meat

Equipment needed at camp:

2 1/2 cups water
2 qt pot for cooking
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Cooking Directions:

Bring water to boil. If unsure about this process, Google the term "how to boil water"

Stir occasionally. To prevent boil-over add some cooking oil or margarine to the water.

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Prep time < 5 minutes
Cook time < 10 minutes

Seasoning bag (from home)

1 tsp salt
2 tsp beef bullion
1 Tbsp dried onion
1 tsp garlic powder
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4 Tbsp powdered milk
1 Tbsp flour

Add spices to small ziplock bag.
Seal, shake and label.

Buy at store during the ride:

1 - package beef steak bites or beef jerky

1 - 4.5 oz can mushrooms

1 - 16 oz package egg noodles (you will use only half, 8 oz)
Or, bring noodles from home

2 - packets cream cheese or small square of cream cheese, or small tub of sour cream

Equipment needed at camp:

2 1/2 cups water
2 qt pot for cooking
can opener, spork, knife

Cooking Directions:

Bring water to boil.

Cut up steak or jerky.

Add jerky, egg noodles and cook until noodles are almost done.

Stir occasionally.

Add mushrooms and seasoning bag. Stir well to break up lumps.

Simmer 5 minutes or until noodles are done and sauce is well mixed and has thickened. Add cream cheese, or sour cream, stir and serve.

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With each shot you chug, yell loudly "*здоровье!*" (To your health), then slam your wodka mug face-down on the picnic table.

White Bean Chicken Chili

OK for JetBoil stoves

2 servings = 2 cups each
3 servings = 1.5 cups each
Prep time < 5 minutes
Cook time = 5 minutes

Seasoning bag (from home)

1 tsp chicken bullion
1 Tbsp dried onions
1 tsp garlic powder
1 tsp ground cumin
1 tsp dried oregano
1/2 tsp (or to taste) salt
1/4 tsp (or to taste) cayenne

Add spices to a small ziplock bag, seal, shake, and label.

Buy at a store during the ride:

1 - 15 oz can white beans
1 - 8 oz salsa verde (green)
1 - 4.5 oz can of chicken

Equipment needed at camp:

1 cup (8 oz) water
2 qt cooking pot
can opener , spoon or fork

*If using a JetBoil stove there may not be room for all the ingredients - split the ingredients and cook the meal in 2 batches

Cooking Directions

Pour canned beans, salsa verde, and canned chicken into the pot.

Add seasoning bag and 1 cup of water. Stir and mix.

Heat over medium flame until mixture is bubbling hot, stirring occasionally.

Garnish with a sprig of pine needles and small twigs, serve as you sing the theme from "Blazing Saddles". Your guests will join in the song at the proper moment.

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Beef Stew

Not for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 12 minutes

Seasoning bag (from home)

3 tsp beef bullion powder
1 Tbsp dried onions
1 tsp garlic powder
1 tsp dried oregano
1/2 tsp dried sage (optional)
1/2 tsp salt (or to taste)
1/2 tsp pepper (or to taste)
1 Tbsp all purpose flour

Add spices to small ziplock bag
Seal, shake, and label.

Buy at a store during the ride:

1 - 15 oz can cut potatoes
or 1 - large Russet potato
1 - 8.5 oz can peas & carrots
1 - bag beef jerky

Equipment needed at camp:

2 qt pot for cooking
can opener, spoon or fork
3 cups water

Cooking Directions:

Cut potato into 1/2" cubes
Cut jerky into tiny pieces.

Add 2 cups water to pot. Bring to a boil and add cut-up beef jerky and diced potatoes.

Boil until jerky and potatoes start to soften, about 5 minutes.

Cooking time will be longer if using raw potatoes - dice them smaller to reduce time.

Meanwhile, add 1 cup cold water to the seasoning bag. Seal and shake the mix to remove lumps.

Add seasoning mix, canned peas and carrots to the cooking pot.

Continue cooking, stirring occasionally until stew thickens, about 3-5 minutes.

Sprinkle each dish with a few dead mosquitos, biting flies, or sand fleas, and serve.

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Clam Fettucine

OK for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each
Prep time < 5 minutes
Cook time = 5 minutes

Seasoning bag (from home)

1 tsp garlic powder
1 tsp dried oregano
1 tsp dried parsley
1/2 tsp crushed red pepper flakes
1/2 tsp salt (or to taste)
Add spices to a small ziplock bag, seal, shake, and label.

Separate topping from home:

1 Tbsp bread crumbs
1 Tbsp parmesan cheese

Add toppings to another bag.

Buy at a store during the ride:

1 - 6.5 oz can chopped clams
8 oz dried spaghetti (1/2 of a 16 oz package)

Equipment needed at camp:

3 cups water
2 qt pot for cooking
can opener, spork, knife

Cooking Directions:

Add 3 cups water to pot. Bring to a boil and add spaghetti.

Test for doneness by throwing noodles on your motorcycle gas tank.. If they stick, they're ready.

When done cooking carefully drain water, add chopped clams and the home seasoning baggie.

Stir well. Top each serving with bread crumbs and parmesan cheese.

Garnish each plate with a few bugs scraped from a windscreen or face shield. Dragonflies are always popular because of their large size and iridescent wings. Stinging insects should be avoided.

Beef Hash

Not for JetBoil stoves.

2 servings = 2 cups each
3 servings = 1.5 cups each.
Prep time < 5 minutes.
Cook time = 15 minutes

Seasoning bag (from home)

1 Tbsp Montreal steak seasoning
1 Tbsp dried onions
1 tsp garlic powder
2 tsp dried parsley

Add spices to a small ziplock bag, seal, shake, and label.

Buy at a store during the ride:

1 - 12 oz can corned beef
1 or 2 Russet potatoes

Equipment needed at camp:

2 cups water
2 qt cooking pot
Can opener, spork, knife

Cooking Directions:

Skin and dice potatoes. The smaller the dice, the quicker they'll cook.

Bring water to a boil, add potatoes. Cover and cook until potatoes are done (but still firm). About 7 minutes.

Meanwhile, break corned beef into small pieces.

When potatoes are done, drain and put potatoes on a plate .

Add corned beef to pot and stir-fry until edges turn brown, 3-5 minutes. Add cooked potatoes back in the pot along with the seasoning mix. Stir well, cook for another 2 minutes.

Garnish each plate with a miniature pine cone, and serve.

Notes: If you have an egg, scramble it after browning the hash, then add the potatoes to the pot.

Ketchup packets add flavor to this dish. Small bottles of Tabasco are easy to find and add a spicy zing. Insist on semi-synthetic Tabasco (fully synthetic can cause premature piston wear.)

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