

Cuban Chicken and Rice (Arroz con Pollo)

by: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- ••2 cups of Minute Rice
- •1 teaspoon salt
- 2 crushed peppercorns
- •1 teaspoons onion flakes
- •1 teaspoon garlic powder
- •1 tablespoon dried red or green **bell** peppers
- •1/2 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cilantro
- 6 threads saffron
- •2 chicken bullion cubes
- 8 to 12 slices of dehydrated tomatoes (or 2 packs of fast food ketchup to be added in camp)
- •2 - 1 gallon freezer bag

Camp

- •2 cups water
- •2- 5 oz. can of chicken
- •1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)
- 1 teaspoon lime juice from fast food (or some lemon grass, or powdered lemon peel)
- 1 package freeze dried peas.

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.).

Puerto Rican Vienna Sausages and Rice (Arroz con Salchichas)

by: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- ••2 cups of Minute Rice
- •1/2 teaspoon salt
- 2 crushed peppercorns
- •1 teaspoon onion flakes
- •1 teaspoon garlic powder
- •1 tablespoon dried red or green **bell** peppers
- •1/2 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cilantro
- 6 threads saffron
- •2 beef bullion cubes
- •2 - 1 gallon freezer bag

Camp

- •2 cups water
- •2- cans of vienna sausages cut in halves
- •1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)
- 1 package freeze dried peas.
- 4 packs of fast food ketchup, to be added in camp

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.).

Couscous and Chicken

by: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- •Use flavored couscous that can be cooked by adding boiling water.
- Follow quantities in couscous package (may need to increase slightly, ie, five servings instead of four)
- Margarine or oil, per directions
- 1 chorizo per person (vacuumed packed spanish sausage, that does not require refrigeration) or peperoni.
- •Place couscous in freezer bag

Camp

- •Water for the servings per couscous package directions
- ••1 chorizo per person

Preparation:

At home put the couscous in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling cut the chorizos or sausage. When the water boils, quickly add the oil or margarine to the couscous and the water and the chorizos to the couscous, seal the bag and mix manually. Let sit massaging occasionally until the water is absorbed.

Brazilian Black Beans (fejuada) with white Rice

by: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- •2 cups Taste Adventure instant refried black beans
- •2 cups of Minute Rice
- •1/2 teaspoon salt
- •2 teaspoons onion flakes
- •1 teaspoon garlic powder
- •1/4 teaspoon cumin
- •1 tablespoon dried red or green bell peppers
- •1/8 teaspoon oregano
- •2 chicken or beef bullion cube
- •2 - 1 gallon freezer bag

Camp

- •4 cups water
- •1/2 of a 5 oz. can of ham
- •1/2 of a 5 oz. can of chicken
- •1/2 can of vienna sausages
- 2 Chorizos (Spanish sausages) vacuum sealed
- 1 teaspoon olive oil (nice to have, but adding a little extra water will also work to keep rice from sticking)

Preparation:

At home mix the ingredients listed under "Home" in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the cans, and cut the chorizos into 8 pieces each. Add the chorizos to the rice, but not the rest of the ingredients. When the water boils quickly add the water and the rest of the ingredients to the rice, seal the bag and mix manually. Let sit massaging occasionally until the rice is done (5 - 10 min.). The mixture will be a little soupy, but that's required to keep the spices from glopping together.

With this recipe, there is nothing sacred about the meats, the more variety, the better. If you don't want to deal with 1/2 cans you can just skip one meat and use a whole can of another.

Turkey with Stuffing

by: Henry Molinet

3/1/2002

Ingredients for 4:

Home

- 1 1/4 cups of stuffing (if lactose intolerant, read the stuffing package contents to make sure that the stuffing doesn't contain whey or other dairy product)
- Margarine or oil, per directions
- 6 oz. can of Turkey Spam
- Place stuffing in freezer bag

Camp

- Stuffing
- 4 cups water
- 6 oz. can of Turkey Spam

Preparation:

At home put the stuffing in a 1 gallon freezer bag, or sturdier plastic bag (the second bag is in case the first one breaks while cooking, it can also be used to carry the first bag and the cans together).

In camp boil the water to a rolling boil, while the water is boiling open the spam can. When the water boils, quickly add the oil or margarine to the stuffing then the water and the turkey Spam to the stuffing, seal the bag and mix manually. Let sit massaging occasionally until the water is absorbed.

You may use the turkey Spam or two 4 oz cans of chicken.