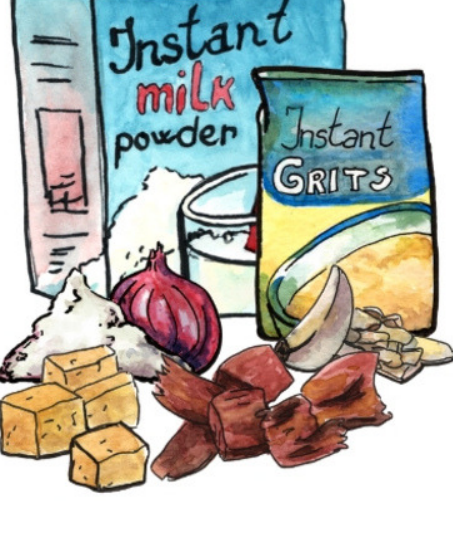


# 13 DELICIOUS FREEZER BAG COOKING RECIPES



## BROWN SUGAR & QUINOA

- 1/3 cup Instant quinoa flakes
- 1 1/2 tsp Brown sugar
- 1/4 tsp Ground cinnamon
- 1 cup Water to Rehydrate



## CHEESY BACON GRITS

- 2 pkg Instant grits
- 2 tbsp Dry milk
- 2 tbsp Bacon bits
- 1/2 tsp Onion powder
- 1/2 tsp Dried diced garlic
- 2 oz cheddar cheese
- 1 cup Water to Rehydrate



## BREAKFAST RICE PUDDING

- 1/2 cup Instant white rice
- 1/4 cup Raisins
- 1/2 tsp Sugar
- Pinch of Cinnamon
- 3/4 cup Water to Rehydrate



## TRAIL OATMEAL

- 1/3 cup of Oats
- 1 tsp of Chia seeds
- 2 tsp Powdered milk
- 1 to 3 tsp of sugar
- Pinch of Cinnamon
- 1/2 cup of Water to rehydrate



## ALFREDO VEGETABLE RICE

- 1 cup Instant white rice
- 2 tbsp Alfredo sauce mix
- 2 tbsp Parmesan cheese
- 2 tbsp Dry milk
- 1/4 cup Freeze dried vegetables
- 1 cup Water to rehydrate



## MOROCCAN CHICKEN COUSCOUS

- 1 cup couscous
- 1 cup dried apricots chopped
- 1/4 cup sliced almonds
- 1 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cumin
- 1/2 teaspoon coriander
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 pack olive oil
- 7 oz pack chicken
- 1 cup Water to rehydrate



## MEXICAN BEANS AND RICE

- 1 cup instant rice
- 2 Tbsp Instant refried beans
- 1 Tbsp Taco seasoning
- 1 ounce cheddar cheese
- 1 ounce Fritos
- 1 1/4 cup Water to rehydrate



## CHEESY MASHED POTATOES

- 1/2 cup instant mashed potatoes
- 4-5 cubes Cheddar cheese
- 1 slice Summer sausage
- 2/3 cup Water to rehydrate



## COUSCOUS PRIMAVERA

- 1 cup Couscous
- 1/4 cup Freeze-dried mixed vegetables
- 1/2 cube Chicken or vegetable bouillon
- 1/2 teaspoon Italian seasoning blend
- Optional: foil pack chicken or salmon
- Optional: olive oil packet
- 1 cup Water to rehydrate



## BACON AND CHEESE PASTA

- 3-ounce pack Ramen
- 1/4 cup Bacon
- 1/4 cup Parmesan cheese
- 1/2 tsp Garlic powder
- 1/4 tsp Red pepper flakes
- 1/4 tsp Ground black pepper
- 1 tsp Olive oil
- 1 1/2 cups Water to rehydrate



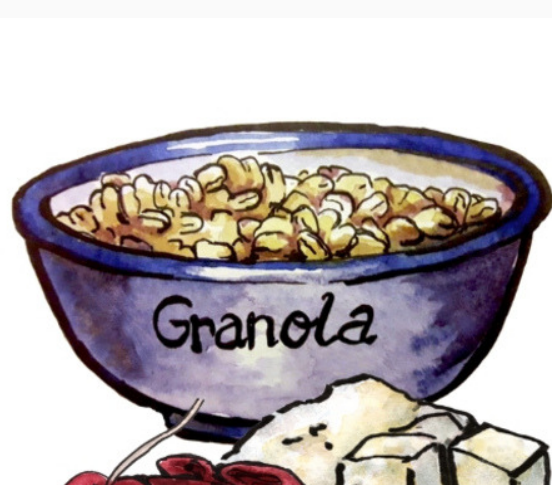
## THANKSGIVING ON THE TRAIL

- 1 1/2 cups Dry chicken stuffing
- 4 tsp Chicken gravy
- 4-1-ounce Packet Instant Baby Red & Garlic Idaho potatoes
- 1/4 cup Freeze dried veggie mix
- 1 tsp Olive oil
- 7 oz. of chicken
- 1/4 cup dried raisins
- 3 cups Water to rehydrate



## BROWNIE IN A BAG

- 1/4 cup Chopped walnuts
- 3/4 - 1 cup Chocolate chips
- 3 tbsp Dry milk
- 2 tbsp Powdered sugar
- 1/4 cup Water to rehydrate



## CHERRY CRISP

- 2 cups Dried Cherries
- 1 tbsp. sugar
- 1/4 cup Granola