

# EASY CAMPING FOOD

## FROM THE SUPERMARKET

By Richard Ferguson

I use a combination of two elements, a carbohydrate and a protein, which can be found at any supermarket. The carbohydrates are a variety of pasta, mashed potatoes, or couscous. The protein is tuna or chicken, usually in a foil packet but sometimes I use small cans of chicken.



A ziplock with two packets makes a quick meal; this is Buffalo Chicken with Chicken Pasta Florentine

### THE ADVANTAGES OF THESE MEALS:

- The components are easy to find at any store, and the busy supermarket turnover means they're fresh.
- The meals are tasty, and not too salty, and there's lots of variety. You can mix and match flavors.
- They are mostly dehydrated, so they're lightweight, usually about seven ounces.
- Almost all the components come in envelopes, so they're compact; each meal fits into a quart ziplock.
- These meals cook in less than ten minutes.
- At about \$2.50 per meal they're less expensive than the commercial dinners marketed for backpacking.

THE ONLY DRAWBACK? You do need to clean the pot afterwards, unlike most freeze-dried meals.

### SAMPLE MENUS FROM A RECENT TRIP:

Day 1: Chicken flavor, Knorr Pasta Sides + Hot Buffalo Style Tuna Creations from StarKist

Day 2: Alfredo flavor, Knorr Pasta Sides + Zesty Lemon Pepper Chicken Creations from StarKist

Day 3: Buttery Homestyle, Idahoan Mashed Potatoes + Sweet and Spicy Tuna from Kroger

Day 4: Butter flavor, Knorr Pasta Sides + Hot Buffalo Style Chicken Creations from StarKist

Day 5: Alfredo flavor, Knorr Pasta Sides + Zesty Lemon Pepper Chicken Creations from StarKist

PORTION INFORMATION: The combination of these two components makes meals that are about right for one person. They contain around 300 calories. For comparison, a typical Mountain House freeze-dried dinner, labeled to serve two (not enough for two; too much for one) contains about 400 calories.

MORE SPECIFICS: The pasta envelope may call for 1½ cups of water and ½ cup of milk, but they still taste good with two cups of water, or you can add some dried whole milk made by Nido, which is available in the baking aisle of the supermarket. The carbohydrate packets I use are often by Knorr, but Lipton also has good pasta sides. Garlic Couscous is another tasty option, but it will need to be repackaged from its box.