Girl Ventures
ADVENTURE • DISCOVERY • ACTION
recipes for the field
THE BASICS
“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”

-Audre Lorde
DEHYDRATED BEANS

1 PART BEANS TO 2 PARTS WATER

Add beans to water in pot and simmer for 15 minutes

No rinsing, sorting, or soaking necessary
DEHYDRATED CREAM CHEESE

1 1/3 CUP CREAM CHEESE POWDER WITH 1/2 CUP WATER = 8 OZ CREAM CHEESE
INSTANT RICE

1 PART RICE TO 1 PART WATER

Bring water to a boil and add salt. Mix in rice and cover. Remove from heat. Let stand for 5 minutes until water is absorbed.

Fluff with a fork!
PEANUT BUTTER POWDER

2 TABLESPOONS POWDERED PEANUT BUTTER TO 1 TABLESPOON WATER

Mix until the consistency is spreadable.
ALMOND BUTTER POWDER

2 TABLESPOONS POWDERED ALMOND BUTTER TO 1.5 TABLESPOON WATER
Mix until the consistency is spreadable.
DEHYDRATED VEGGIES

Place desired amount of dried veggies in a bowl and cover with almost twice as much boiling water. Drain off any excess water, unless using in a soup.
POWDERED MILK

1 CUP COOL WATER TO 1/3 CUP POWDERED MILK (COW'S, SOY, COCONUT) = 1 CUP MILK

ADD MORE POWDER FOR A CREAMIER MILK. AFTER PRE-MIXING MILK POWDER WITH COOL WATER, MILK CAN BE WARMED UP TO USE FOR COLD MORNINGS!
Dehydrated eggs can be used in any recipe that calls for eggs.

2 tablespoons egg powder + 3 tablespoons cold water = 1 egg

Mix 2 parts (2 tablespoons) egg powder with 3 parts (3 tablespoons) cold water. Mix thoroughly until all clumps are gone.
DEHYDRATED HUMMUS

1 PART HUMMUS POWDER TO 1.5 PARTS WARM WATER

Add hummus powder to bowl. Add warm water and 3 tablespoons olive oil. Mix well.
BREAKFAST SAMMIES

INGREDIENTS
- ENGLISH MUFFINS
- EGGS
- CHICKEN SAUSAGE PATTIES
- CHEESE
- TOMATOES
- BELL PEPPERS
- SALT
- BLACK PEPPER

METHOD

CHOP UP BELL PEPPERS AND COOK WITH EGGS.
ADD SALT AND PEPPER TO TASTE.

IN A SEPARATE PAN, HEAT UP CHICKEN SAUSAGE PATTIES BY COOKING ON BOTH SIDES.

OPTIONAL: TOAST ENGLISH MUFFINS IN A SEPARATE PAN USING OIL OR BUTTER.

SLICE TOMATOES AND CHEESE.

SERVE ENGLISH MUFFINS WITH SLICED TOMATO, SLICED CHEESE, CHICKEN SAUSAGES, AND EGGS (WITH PEPPERS).
BREAKFAST BURRITOS

INGREDIENTS

BLACK BEANS
EGGS
CHEESE
VEGGIES (PEPPERS, ONIONS)
DRIED SHREDDED POTATOES
SALSA
LARGE FLOUR TORTILLAS
SPICES: SALT, BLACK PEPPER,
GARLIC POWDER,
CHILLI/CAYENNE

METHOD

SOAK POTATOES THE NIGHT BEFORE FOR EASIER MORNING COOKING. YOU CAN ALSO ADD POTATO SHREDS TO BOILING WATER AND SIMMER ON LOW HEAT UNTIL SOFT. DRAIN EXCESS WATER AND SAUTE IN OIL UNTIL GOLDEN BROWN.

CHOP UP VEGGIES & SAUTE IN OIL. ADD SALT, BLACK PEPPER, GARLIC POWDER, CHILLI/CAYENNE. ADD BLACK BEANS (IF USING DEHYDRATED, COOK ACCORDING TO DIRECTIONS FOUND IN THIS BOOK, IF USING CANNED BLACK BEANS, STRAIN AND ADD DIRECTLY TO THE VEGGIE MIXTURE). COOK UNTIL WARM.

IN A SEPARATE PAN, SCRAMBLE EGGS USING A LITTLE BIT OF OIL OR BUTTER.

SERVE IN A TORTILLA WITH SALSA AND CHEESE.
Bagels, Butters, Cream Cheese & Jam

Ingredients

Bagels
Butter
Jam
Nut Butter
Cream Cheese

Method

Optional: toast bagels/english muffins in a pan with butter or olive oil.

Serve with cream cheese, butter, jam, and nut butter.
CHEESEY GRITS

INGREDIENTS

INSTANT GRIT PACKETS
CHEESE
WATER
OLIVE OIL / BUTTER
SALT
PEPPER

METHOD

Ratio: 1/2 cup very hot water to 1 packet of instant grits

Chop up cheese. Heat water. Add instant grits to bowls and add hot water. Stir to combine. After the water has been absorbed into the grits, add cheese, salt and pepper to taste. Stir to combine and allow to rest until cheese is melted.
CHOCOLATE CHIP PANCAKES

INGREDIENTS

PANCAKE MIX
CHOCOLATE CHIPS
OATS/GRANOLA
CANOLA OIL (FOR COOKING)
MAPLE SYRUP
NUT BUTTER
EGGS

METHOD

Ratio: 2 cups mix to 1 1/3 cup water (makes about 20 pancakes)
Heat pan. You will know it's ready when a drop of water sizzles and disappears.
Mix pancake mix, chocolate chips, and water until combined. Batter will be slightly lumpy. Let batter sit a few minutes before making.
Add oats/granola to batter for extra protein.

Pour batter onto pan into 4 inch circles. Flip when the edges start to dry and the bottoms are golden brown.
Serve pancakes with nut butter and maple syrup.
Scramble eggs and serve on the side.
Mix granola and dried bananas with milk in individual bowls. Add brown sugar and cinnamon to taste.
OATMEAL

INGREDIENTS

PLAIN INSTANT OATMEAL PACKETS
BROWN SUGAR
CINNAMON
PEANUT BUTTER OR ALMOND BUTTER POWDER
CHOCOLATE CHIPS

METHOD

RATIO: 1 PACKET INSTANT OATMEAL TO 1/2 CUP BOILING WATER.

BOIL WATER.

ADD OATS TO INDIVIDUAL BOWLS. MIX IN WATER. LET STAND FOR 60 SECONDS.

ADD BROWN SUGAR, CINNAMON, NUT BUTTER POWDER, AND CHOCOLATE CHIPS TO TASTE
CHOCOLATE BANANA CREPES

INGREDIENTS

LARGE FLOUR TORTILLAS
BANANA CHIPS
NUTELLA OR CHOCOLATE PEANUT BUTTER OR
CHOCOLATE ALMOND BUTTER POWDER

METHOD

SPREAD NUT BUTTER CHOCOLATE ONTO A TORTILLA.
SPRINKLE WITH BANANA CHIPS.
LUNCH
BACKCOUNTRY FALAFEL

METHOD

RATIO: 1 CUP FALAFEL MIX TO 3/4 WATER (MAKES 9 PATTIES)

Add falafel mix and water to a container (or ziplock bag) & stir carefully to blend.
Seal and set aside until water is absorbed into a thick paste (about 30-60 minutes)

Add oil to a frying pan and heat over medium temperature. Form small patties, about 2.5 inches wide and .5 inch thick. When the oil is hot enough, place patties into the hot oil and cook for about 2 minutes on each side, until golden brown. To avoid burning yourself with hot oil, use a form to turn the patties and turn them away from you when flipping.

To make tahini dressing, mix tahini, lemon juice, garlic powder, salt, pepper. Add water if necessary for consistency.

Chop up cucumbers. Serve with pita bread.

INGREDIENTS

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON JUICE, WATER, GARLIC POWDER, SALT, PEPPER)
CUCUMBER

TAHINI SAUCE
(TAHINI, LEMON JUICE, WATER, GARLIC POWDER, SALT, PEPPER)
CUCUMBER

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON JUICE, WATER, GARLIC POWDER, SALT, PEPPER)
CUCUMBER

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON JUICE, WATER, GARLIC POWDER, SALT, PEPPER)
CUCUMBER

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON JUICE, WATER, GARLIC POWDER, SALT, PEPPER)
CUCUMBER
PITA PIZZA

INGREDIENTS
PITA BREAD
TOMATO SAUCE
SHREDDED MOZZARELLA CHEESE
PEPPERONI/SUMMER SAUSAGE

METHOD
MAKES FOR A QUICK LUNCH - NO NEED TO HEAT INGREDIENTS.

SPREAD TOMATO SAUCE INSIDE PITA POCKET. SPRINKLE WITH SHREDDED CHEESE. ADD SLICED PEPPERONI/SUMMER SAUSAGE.
TUNA & CHEESE

INGREDIENTS
TUNA
JACK CHEESE
BELL PEPPERS
MAYO
TUBE OF PESTO
LARGE FLOUR TORTILLAS

METHOD
Chop up bell peppers and cheese.
Open up tuna pouches.
Serve peppers with cheese and tuna in tortillas. Add pesto and mayo.

Suggestion: Warm up wraps so that the cheese melts.
GODDESS WRAPS

INGREDIENTS

LARGE FLOUR TORTILLAS
CHICKEN/TUNA/BAKED TOFU/GARBANZO BEANS
GODDESS DRESSING
ROMAINE LETTUCE
CUCUMBERS
PEPPERS
CHEESE

METHOD

CHOP UP VEGGIES, CHEESE, AND TOFU.
OPEN UP CHICKEN OR TUNA POUCHES.

ADD INGREDIENTS TO TORTILLA WITH
GODDESS DRESSING.
SNACKS
ANTS ON A STUMP / LOG

INGREDIENTS
NUT BUTTER
CELERY STICKS (LOG)
SALTY CRACKERS (STUMP)
RAISINS (ANTS)

METHOD
SPREAD NUT BUTTER ONTO CELERY STICKS OR SALTY CRACKERS. SPRinkle WITH RAISINS.
CHARCUTERIE BOARD

INGREDIENTS
DRIED FRUIT
JERKY
OLIVES
SALTED ALMONDS
BABYBEL CHEESE

METHOD
Set out cheese, dried fruit, jerky, olives, 
& almonds to share.
DINNER
BACKCOUNTRY FALAFEL

INGREDIENTS

FALAFEL MIX
OLIVE OIL
PITA BREAD
TAHINI SAUCE
(TAHINI, LEMON JUICE, WATER,
GARLIC POWDER,
SALT, PEPPER)
CUCUMBER

METHOD

Ratio: 1 cup falafel mix to 3/4 water (makes 9 patties)

Add falafel mix and water to a container (or ziplock bag) & stir carefully to blend.
Seal and set aside until water is absorbed into a thick paste (about 30-60 minutes)

Add oil to a frying pan and heat over medium temperature. Form small patties, about 2.5 inches wide and .5 inch thick. When the oil is hot enough, place patties into the hot oil and cook for about 2 minutes on each side, until golden brown. To avoid burning yourself with hot oil. Use a form to turn the patties and turn they away from you when flipping.

To make tahini dressing, mix tahini, lemon juice, garlic powder, salt, & pepper. Add water if necessary for consistency.

Chop up cucumbers. Serve in pita bread.
TRAIL TACOS

INGREDIENTS

SMALL FLOUR/CORN TORTILLAS
CHEESE
BLACK BEANS
TACO SEASONING MIX
CHICKEN
VEGGIES (PURPLE CABBAGE, ONION, BELL PEPPER)
LIMES

METHOD

SAUTE PEPPER AND ONIONS IN OIL WITH TACO SEASONING MIX (SAVE SOME FOR THE CHICKEN).

ADD BLACK BEANS (IF USING DEHYDRATED, COOK ACCORDING TO DIRECTIONS FOUND IN THIS BOOK, IF USING CANNED BLACK BEANS, STRAIN AND ADD DIRECTLY TO THE VEGGIE MIXTURE).

SAUTE CHICKEN SEPARATELY WITH OIL AND SOME OF THE TACO SEASONING MIX.

GARNISH WITH CHEESE AND SHREDDED CABBAGE.
NUT BUTTER NOODLES

**INGREDIENTS**

**RICE NOODLES**

**SAUCE:**
NUT BUTTER, TAMARI, LIME JUICE, COCONUT MILK, GINGER POWDER, GARLIC POWDER

**VEGGIES (SCALLIONS, BROCCOLI, CARROTS)**

**METHOD**

Soak rice noodles in warm water for 60 minutes.
Mix together sauce ingredients: nut butter, tamari, lime juice, coconut milk, ginger powder, & garlic powder until emulsified. Adjust the consistency as desired adding additional water or coconut milk.

Chop up veggies.

Heat oil and cook veggies (everything but the scallions) for 3-5 minutes. Drain the water from the rice noodles and add the noodles to the veggie mixture. Continue to cook for another 4-5 minutes.

Serve with sauce and garnished with sliced scallions.
PESTO PASTA

INGREDIENTS

PASTA
TUBE OF CONCENTRATED PESTO PASTE
SUNDRIED TOMATOES
OLIVE OIL
PARMESAN CHEESE

METHOD

FILL A POT 2/3 THE WAY WITH WATER. BRING TO A BOIL.
ADD PASTA.

COOK APPROXIMATELY 8-10 MINUTES UNTIL PASTA IS AT A DESIRED CONSISTENCY.

IN A SEPERATE BOWL, COMBINE PESTO PASTE WITH SOME OLIVE OIL TO THIN IT. WARM THIS MIXTURE UP WITH THE SUNDRIED TOMATOES.

COMBINE PASTA WITH PESTO. SERVE WITH PARMESAN CHEESE.
PASTA WITH RED SAUCE

INGREDIENTS
- PASTA
- RED SAUCE
- SUNDRIED TOMATOES
- PARMESAN CHEESE

METHOD
Fill a pot 2/3 the way with water. Bring to a boil. Add pasta.

Cook approximately 8-10 minutes until pasta is at a desired consistency.

In a separate pot, add red sauce and sundried tomatoes, and heat until warm.

Combine pasta with red sauce mixture and serve with parmesan cheese.
TOMATO SOUP & GRILLED CHEESE / QUESADILLAS

INGREDIENTS

DEHYDRATED TOMATO SOUP MIX
(TOMATO POWDER, RED BELL PEPPER POWDER, ONION POWDER)
ITALIAN SEASONING
BLACK PEPPER
SALT
GARLIC POWDER
ENGLISH MUFFINS / TORTILLAS
CHEESE
BUTTER / OLIVE OIL FOR FRYING

METHOD

RATIO FOR TOMATO SOUP MIX: 2 TABLESPOONS TOMATO POWDER, 1 TEASPOON RED BELL PEPPER POWDER, 1/4 TEASPOON ONION POWDER (OR MORE TO TASTE) + 1 1/4 CUPS WATER
(MAKES 1 SERVING - MULTIPLY AS NECESSARY)

BRING WATER TO A BOIL. ADD TOMATO SOUP MIX AND STIR UNTIL DISSOLVED. ADD SALT, PEPPER, & GARLIC POWDER TO TASTE. SLICE UP CHEESE AND COOK GRILLED CHEESE / QUESADILLAS USING OLIVE OIL OR BUTTER.
JAMBALAYA

INGREDIENTS
JAMBALAYA MIX
SUMMER SAUSAGE / CHICKEN
TOFU / CHICKPEAS
TOMATO PASTE
TOMATOES
BELL PEPPERS

METHOD
Use ratios from the jambalaya mix package.
Mix the water and jambalaya mix together. Cook until the rice is done. Add tomatoes and tomato paste.

In a separate pan, cook sausage/chicken. In another pan, cook chickpeas/tofu.

Cook extra rice separately AFTER cooking the jambalaya mix packets depending on quantity needs.
Use instant rice ratios.
DINNER BURRITOS

INGREDIENTS
BLACK BEANS
CHICKEN
CHEESE
VEGGIES (PEPPERS, & ONIONS)
INSTANT RICE
SALSA
LARGE FLOUR TORTILLAS
SPICES: GARLIC POWDER, SALT,
BLACK PEPPER, CHILLI/CAYENNE

METHOD
Cook rice (use instant rice ratios).
Chop up veggies & sauté in oil. Add garlic powder, salt, black pepper, and chilli or cayenne
Add black beans (if using dehydrated, cook according to directions found in this book, if using canned black beans, strain and add directly to the veggie mixture).

In a separate pan, cook chicken with olive oil & garlic powder, salt, black pepper, and chilli or cayenne.

Serve in a tortilla with salsa and cheese.
HOT DOGS, BAKED BEANS & COLESLAW

INGREDIENTS

HOT DOGS
HOT DOG BUNS
BAKED BEANS
SHREDDED CABBAGE
COLESLAW DRESSING
MUSTARD

METHOD

Cook hot dogs by either roasting over a campfire or sauteing in a fry pan.

Warm up baked beans in a pot. Mix shredded cabbage with dressing.

Serve hot dogs in buns with mustard, and baked beans/coleslaw on the side.
BBQ SAMMIES

INGREDIENTS
CHICKEN (MEAT ALTERNATIVE: TUNA, BAKED TOFU, GARBANZO BEANS)
CHEESE
BBQ SAUCE
SHREDDED CABBAGE
ENGLISH MUFFINS

METHOD
On low heat, cook chicken or meat alternative with BBQ sauce in a fry pan until warm.
Suggestion: Chop up cheese and add it to the pan to melt cheese in with the mixture.

Serve on english muffins with shredded cabbage.
"TORTILLA" SOUP

INGREDIENTS
TORTILLA SOUP MIX (BLACK BEANS, CORN, BELL PEPPERS, ONIONS, GARLIC, EPAZOTE, CHILLI)
BOUILLION CUBES
CHICKEN POUCHES
SALSA
LIMES
TORTILLA OR PLANTAIN CHIPS

METHOD

Bring water to a boil and add bouillion cubes. Stir until dissolved. Add tortilla soup mix and salsa. Reduce to medium heat. Let simmer for 15-20 minutes.

In a separate pan, sauté chicken with oil, salt, pepper, chilli powder. Add to soup or keep separate depending on dietary needs.

Pour into bowls and garnish with tortilla or plantain chips. Lime can be added to soup or used as a garnish for individual bowls.
DESSERT / BAKED
CORN BREAD

INGREDIENTS

1 PACKAGE CORN BREAD MIX
1 1/2 CUPS MILK
2 EGGS
1/2 CUP MELTED BUTTER OR CANOLA OIL

METHOD

Combine dry mix with liquid ingredients and mix well.

Pour into a greased fry bake.

Bake for 15-25 minutes with hot coals on the lid and underneath the fry bake.

Another option is to use a stove on the bottom and a twiggy fire or hot coals on the lid.

Let cool before removing from the pan.
CHOCOLATE BROWNIES

INGREDIENTS
ONE PACKAGE CHOCOLATE BROWNIE MIX
1 STICK MELTED BUTTER OR 1/2 CUP CANOLA OIL
2 EGGS

METHOD

COMBINE DRY BROWNIE MIX WITH LIQUID INGREDIENTS AND MIX WELL.
POUR BATTER MIX EVENLY IN A GREASED FRY BAKE.

BAKE FOR 15-25 MINUTES WITH HOT COALS ON THE LID AND UNDERNEATH THE FRY
BAKE. ANOTHER OPTION IS TO USE A STOVE ON THE BOTTOM AND A TIGGTY FIRE OR
HOT COALS ON THE LID.

LET COOL BEFORE REMOVING FROM THE PAN.
NO BAKE CHEESECAKE

INGREDIENTS

ONE PACKAGE NO BAKE CHEESECAKE MIX
2 TBS SUGAR
5 TBS BUTTER/CANOLA OIL
1 1/2 CUPS MILK

METHOD

Combine crust mix with melted butter/canola oil and sugar. Press crust evenly onto bottoms and sides of a greased fry bake.

Combine milk and filling mix together and mix well until it becomes thick. Pour filling into crust.
BANANAS FOSTER FRUIT CRISP

INGREDIENTS
- Granola
- Dried bananas
- Brown sugar
- Cinnamon

METHOD
Cook fruit with a little water + brown sugar + cinnamon, until soft.

When fruit is cooked, remove from heat, and stir in granola.
PINEAPPLE UPSIDE-DOWN CAKE

INGREDIENTS
ONE BOX VANILLA CAKE MIX
1 CUP LIQUID (USE JUICE FROM CANNED PINEAPPLE AND FILL THE REST WITH WATER)
3/4 CUP CANOLA OIL
4 EGGS
1 LARGE CAN OF PINEAPPLE SLICES

METHOD
Combine dry cake mix with liquid ingredients and mix well.

Line a greased fry bake with pineapple slices. Pour cake batter on top.

Bake for 15-25 minutes with hot coals on the lid and underneath the fry bake. Another option is to use a stove on the bottom and a twiggy fire or hot coals on the lid.

Let cool before removing from the pan.
**Buttermilk Biscuits & Jam**

**Ingredients**
- Buttermilk biscuit mix
- 1-2 sticks of butter
- Jar of jam

**Method**

Combine buttermilk biscuit mix with water until a loose dough forms.

**Fry method:** Heat a fry bake with butter. Form balls of dough and drop onto heated butter. Make sure they are not touching. Cook on each side until golden brown.

**Baking method:** Form balls of dough and place on a greased fry bake. Make sure they are not touching. Bake until golden brown (approximately 15-25 minutes) with hot coals on the lid and underneath the fry bake. Another option is to use a stove on the bottom and a twiggy fire or hot coals on the lid.

Let cool before removing from the pan.