**DINNER # 1 (First Night only) Italian Wedding Soup (2 Adults or 5 Scouts)**

### Supplies:
- Stove with fuel cylinder
- Large Pot (6 quart) with lid
- Large spoon or ladle

### Camp Ingredients:
1. 3 Quarts (96 oz.) of water (preferably Pre-Treated)
2. 1 Quart of treated water held in reserve

### Home Ingredients:
1. 1 lb. Chop meat made into mini-meatballs baked and then frozen
2. 1 12 oz. Package of Tortellini
3. 2 Pkg. of dehydrated spinach (See Note D)
4. 2 Table spoons of Minced Onions
5. 2 Envelopes of Sodium Free Chicken Bouillon
6. 4 Envelopes Cream of Chicken Soup Mix
7. 1 Container of grated cheese (shared)
8. 1 Salt & pepper (shared)

### Notes:

**A** Treated (filtered) water allows ingredients to be added before water has come to a boil. If boiling is being used to treat water do NOT add any ingredients to the pot until water has been boiling for a full minute.

**B** There are 3 goals in this preparation:
1. The meatballs need to be defrosted and heated through
2. The spinach & other dry ingredients needs to rehydrate
3. The Tortellini needs to be cooked in a rolling boiling water for 8 minutes

**C** As desired cheese, salt & pepper are to be added to individual bowls only.

**D** The dehydrated spinach is from HarmonyHouseFoods.com. The dehydrated spinach can be replaced with 2 cups of frozen chop spinach and use 2 cups less water.

### Preparation:
1. Add 3 Quarts of treated water to pot.
2. Add bouillon & soup mix to pot and mix well. Add spinach & meatballs.
3. Once all but tortellini are added, place pot on burner and bring to a boil
4. Once pot is boiling remove from burner. Allow dry ingredients rehydrate.
5. After 10 min. place pot back on the burner and bring to a boil again.
6. Add Tortellini and keep pot boiling, stirring occasionally.
7. After 8 min. check if the tortellini is done & take off stove when done.
8. Serve with cheese, salt & pepper available to be added to individual bowls
**Dinner # 2 Grandma's Hardy Chicken Vegetable Curry Soup (2 Adults or 5 Scouts)**

### Supplies:
- Stove with fuel cylinder
- Large Pot (6 quart) with lid and large spoon
- Can opener for cans of chicken

### Camp Ingredients:
- 2.5 Quarts (80 oz.) of water (preferably Pre-Treated)
- 1 Quart of treated water held in reserve

### Home Ingredients:
- 2 12 oz. cans of Chicken. (See Note D for alternative to carrying cans)
- 4 Pkg. of Ramien Noodles (Crushed and Re-packaged)
- 1 Pkg. Dehydrated String beans (See Note E)
- 0.5 Pkg. of dehydrated Celery (See Note E)
- 0.5 Pkg. of dehydrated Carrots (See Note E)
- 1 Flavor Pack (Onion Powder & Dried Parsley)
- 3 Envelopes of Cream of Chicken soup mix
- 3 Envelopes of Sodium Free Chicken Bouillon
- 1 Small pkg. of red curry powder (shared)
- 1 Container of grated cheese (shared)
- 1 Salt & pepper (shared)

### Notes:
- **A** Treated water allows all dried ingredients to be added before water has come to a boil. This will help dried ingredient rehydrate.
- **B** A small amount of curry can be added to the pot or held out & just added to individual bowls.
- **C** As desired curry, cheese, salt & pepper are to be added to individual bowls only.
- **D** The 2 (12 oz.) cans of chicken can be dehydrated at home. Increase the water by 16 oz. to allow the chicken to rehydrate. Dehydrated chicken should be added to pot with other dry ingredients
- **E** Dehydrated vegetables from Harmonyhouse foods.com.
  An Alternative is home dehydration or a dried Vegetable soup mix.

### Preparation:
1. Add 2.5 Quarts of treated water to large pot. Add soup mix, bouillion & flavor pack. Mix well.
2. Add all dried ingredients but noodles to pot: string beans, celery, & carrots. Open cans of chicken. Add liquid to pot. Break up chicken and add to pot.
3. Keep 1 Quart of treated water in reserve.
4. Cover pot and bring to a boil, stirring occasionally.
5. Once pot is boiling remove from burner and turn off burner.
6. Allow dry ingredients to rehydrate for about 15 minutes.
7. After 15 min. place pot back on the burner and bring to a boil again.
8. Check & confirm dry ingredients are re-hydrated or wait until they are.
9. Once all other ingredients are re-hydrated then add Noodles to pot. and mix well but carefully.
10. Boil Noodles an additional 3 minutes.
11. Note: Reserve treated water can be added slowly if mixture becomes too thick.
12. Remove pot from heat and let sit covered for 1 min. before serving.
13. Serve with cheese, curry, salt & pepper available to be added to individual bowls.
<table>
<thead>
<tr>
<th>Supplies:</th>
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<tr>
<td>1 Pkg. Bacon Bits</td>
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<tr>
<td>1 Pkg. microwave Black Bean Soup repackaged</td>
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<tr>
<td>1 Pkg. dehydrated Black Beans (See Note D)</td>
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<tr>
<td>4 Pkg. of Ramien Noodles crushed and repackaged (discard flavor packs)</td>
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<td>0.5 Pkg. dehydrated Carrots</td>
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<tr>
<td>0.5 Pkg. of dehydrated Celery</td>
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<tr>
<td>3 Tablespoons minced onions</td>
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<tr>
<td>0.5 Pkg. of dehydrated Peppers</td>
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<tr>
<td>1 Env. of Black Bean flavor pack from microwave Black Bean Soup</td>
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<tr>
<td>2 Envelopes of Sodium Free Beef Bouillon</td>
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<tr>
<td>1 Small container of grated cheese (shared)</td>
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<td>1 Salt &amp; pepper (shared)</td>
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**Notes:**

A Treated water allows all dried ingredients to be added before water has come to a boil.  
This will help dried ingredient rehydrate.

B Be sure to wait to add Noodles until after carrots, onions and celery are rehydrated

C As desired cheese, salt & pepper are to be added to individual bowls only.

An Alternative is to use a 2nd microwave Black Bean Soup

**Preparation:**

1 Add 2.5 quarts of treated water to large pot then add bouillon & mix well.  
Keep 1 Quart of treated water in reserve.

2 Add: Carrots, onions, peppers and celery to pot and mix together

3 Cover pot, place on burner and bring to a boil stirring occasionally

4 Once pot is boiling remove from burner and add Black Bean soup mix and mix well.

5 Add Black Bean flavor pack and bacon bits. Mix well.

6 Allow dry ingredients to rehydrate for about 15 minutes.

7 After 15 min. place pot back on the burner and bring to a boil again

8 Lift cover periodically & mix and wait until dry ingredients are re-hydrated.

9 Add Ramien Noodles and mix well.

Note: Reserve treated water can be added slowly if mixture becomes too thick

10 Cook Noodles an additional 3 minutes.

11 After 3 minutes, remove pot from heat and let sit covered for 1 min. before serving

12 Serve with cheese, salt & pepper available to be added to individual bowls
## Supplies:
- Stove with fuel cylinder
- Large Pot (6 quart) with lid and large spoon

## Camp Ingredients:
- 1.25 Quarts (40 oz.) of water (preferably Pre-Treated)
- 1 Quart of treated water held in reserve

## Home Ingredients:
- 2 Pkg. (4 oz.) Idahoan Instant Mash Potatoes
- 0.5 Cup instant whole milk
- 1 Cup dried herbed stuffing mix
- 1.5 Cup Craisins (dried cranberries)

### Note
Package all dried ingredients (Potatoes, milk, stuffing & Craisins) in a single zip lock bag.

- 2 Foil Pouch (7 oz.) Chicken
- 0.5 Pkg. of dehydrated Celery
- 2 Tablespoons olive oil

## Preparation:
1. Add 5 cups of water to large pot and bring to a boil. If water was treated continue. If not then keep water at a rolling boil for at least a minute.
2. Add olive oil and remove pot from burner.
3. Immediately add dried ingredients to pot and mix well.
4. Crumble chicken into pot and mix again.
5. Allow pot to rest covered for 1 minute before serving.