

# Freezer Bag Meals

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## Introduction

Spend any amount of time in the outdoors and you have probably found that mealtime is full of trade-offs. Do you choose foods that fuel your body or foods that satisfy your taste buds? Do you spend the extra time to prepare a real meal or grab a protein bar on the go? Freezer Bag Cooking minimizes these trade-offs by changing the concepts of traditional outdoor food. It offers simplicity, convenience and variety. The cooking gear needed is minimal, lightweight and can be bought, found or even made. Meals are prepared at home and put into zip top freezer bags. When ready to eat, the meal is prepared in and eaten out of the freezer bag. Mealtime becomes fast, effortless and cleanup is as easy as licking your utensil and sealing the zip top bag. Also, with meals portioned into individual freezer bags, making meals for multi-day trips, families or a group is painless.

## Supplies Needed

- ▶ A backpacking teakettle or lightweight pan with lid to boil around 2 ½ to 3 cups water. Any metal is fine, and it doesn't need to be coated.
- ▶ A simple canister or alcohol stove. A windscreen for your stove made of a turkey pan, stove liner pan or heavy-duty foil folded 3 times. This will increase fuel efficiency.
- ▶ A spoon to eat with. Forks can be used very carefully if eating pasta dishes.
- ▶ A mug/cup with measuring markers on it (Lexan is clear so you can use it as a measuring cup/drinking cup). Or a lightweight Titanium mug. Both work well for measuring water, and are light, yet hold up to abuse.
- ▶ A box of good quality freezer bags. Glad bags that are a greenish blue color or Ziploc bags.
- ▶ A 'cozy' consisting of a piece of cloth to insulate the freezer bag (wool scarf, knit cap or other suitable material).

When getting ready to "cook" your meal, bring your water to a boil. Pour the water into your cup, measure, then add it to your freezer bag. This way you avoid painful burns, adding too much water, or touching your freezer bag with a burning hot piece of metal-and having the small potential of melting the bag. Stir with a Lexan or plastic spoon. After you have mixed it well, zip up the bag tightly and wrap in a fleece hat, jacket or cozy made for the purpose. Then let sit for 5-15 minutes, make yourself a drink, stir real well, and eat.

Put the freezer bag into a cozy before adding the water, this works well as you don't have to hold the bag upright while adding the water. If you squeeze or knead your bags to mix up the food, be very careful- be sure you have pushed out all the air before you do this. The steam from the hot liquid can cause a build up and your kneading could cause the bag to pop open. After your food is ready, roll the top 1/3 of the bag down (imagine you are cuffing socks). This will make your bag into it's own bowl. If you are planning on making soups in a cozy...it never hurts to carry some instant mashed potatoes to thicken if it is too watery. If you are making a lot of rice dishes it doesn't hurt to carry a little extra instant rice, in case it is too thin. Or add about 2-3 packets Parmesan cheese to help thicken.

<p><b>Keep on hand in bulk or boxes:</b></p> <ul style="list-style-type: none"> <li>▶ Instant Rice</li> <li>▶ Couscous</li> <li>▶ Instant refried beans</li> <li>▶ Cheese sauce powder</li> <li>▶ Dried minced onions</li> <li>▶ Dried veggie mix</li> <li>▶ Dried Bell Peppers</li> <li>▶ Dried Tomatoes, flaked</li> <li>▶ Dried Mushrooms</li> <li>▶ Soup mixes, such as cup of soup, and Knorr soup mixes</li> <li>▶ Gravy packets</li> <li>▶ Stuffing mix</li> <li>▶ Pouches of tuna, salmon, cans of chicken, turkey, hamburger pouches</li> <li>▶ Crystal Light To Go packets</li> <li>▶ Ramen noodle pouches</li> <li>▶ A vast assortment of packets of condiments. I keep them in sandwich bags by type.</li> </ul> <p>Carry with you in a small Ziploc bag:</p> <ul style="list-style-type: none"> <li>▶ A couple salt and pepper packets from a fast food place.</li> <li>▶ A couple packets of Parmesan cheese.</li> <li>▶ Herbs/spices such as Thyme, Garlic, dried parsley, etc.</li> </ul>	<p><b>Single Serving Condiment Packets</b></p> <p>Organize packets in sandwich bags by type of condiment. Rotate your stock, and for items like mayo and dressings, use them up in couple months or toss them.</p> <ul style="list-style-type: none"> <li>▶ Honey: Starbucks, KFC.</li> <li>▶ Butter and its imitators: KFC, Popeye's, McDonalds</li> <li>▶ Ketchup &amp; mustard: fast food places</li> <li>▶ Salsa/picante sauce: McDonalds and convenience stores</li> <li>▶ Ranch tubs: McDonalds, KFC, Hidden Valley Dressing in 4 packs at the grocery store</li> <li>▶ Parmesan Cheese &amp; Red Chilies: Costco and Sams Club food courts, any pizza joint</li> <li>▶ Jam packets or tubs: Burger King, McDonalds, continental breakfasts at motels</li> <li>▶ Soy Sauce &amp; sesame seeds: your favorite Chinese place</li> <li>▶ BBQ Sauce: KFC, Popeye's, McDonalds</li> <li>▶ Salt and pepper packets: almost any place</li> <li>▶ Mayonnaise and relish packets: stores that sell fried foods or deli's in grocery stores</li> <li>▶ Arby's is great for horseradish sauce and BBQ sauce</li> <li>▶ Most McDonalds's and KFC have moist towelettes in packets</li> <li>▶ Papa John's is great as they will sell you tubs of cheese sauce, garlic sauce, marinara sauce</li> </ul>
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## Basic Cooking

Rice	<p>Serving sizes: 1 person: 1 cup rice/1 cup water  2 persons: 2 cups rice/ 2 cups water  You can find white rice, premium white rice and brown rice in instant versions. I prefer the premium white rice, and I prefer Minute Rice brand. Rice can handle sweet or savory flavors well. Rice should be put in a cozy for 5-10 minutes after you add boiling water.</p>
Couscous	<p>You can use either couscous in boxes or for a better buy, find it in bulk. Couscous is made from semolina, the same as pasta. It is pasta, it just doesn't need anything but boiling water to cook. You can find it in regular, whole wheat or in flavored varieties.</p> <p>Basic cooking method:  1 person: 1/3 cup couscous to 1/2 cup water  2 persons: 3/4 cup couscous to 1 cup water  To this you can add whatever flavorings, herbs or spices you might desire. A pinch of salt is usually mandatory with couscous. I always take salt packets with me to be sure. Couscous works well with either savory or sweet recipes- and handles items like nuts and dried fruit well. It does not do well though, with heavy thick sauces. Add your boiling water, stir well, and let sit for 5-10 minutes in a cozy.</p>
All Purpose Seasoning Mix	<p>2 tsp garlic powder  1 tsp basil  1 tsp dillweed  1 tsp oregano  1 tsp powdered lemon rind  Blend well</p>

Salt Free Creole Seasoning	2 1/2 Tbl paprika 2 Tbl garlic powder 1 Tbl black pepper 1 Tbl onion powder 1 Tbl cayenne pepper 1 Tbl dried oregano 1 Tbl dried thyme Blend well. Perfect for pasta, mashed potato and rice dishes.
Herb Mix	1 tsp ground red pepper cayenne 1 tsp garlic powder 1 tsp basil 1 tsp mace 1 tsp dried parsley 1 tsp savory 1 tsp thyme 1 tsp onion powder 1 tsp freshly ground black pepper 1 tsp sage Blend well.
For Potatoes & Veggies	1 tsp dry mustard 1/2 tsp sage 1/2 tsp thyme 1/4 tsp marjoram Blend well.
For Fish	3/4 tsp dried parsley 1/2 tsp onion powder 1/2 tsp dill seed 1/4 tsp marjoram 1/4 tsp paprika Blend well.

## Beef Dishes

<p><b>Veggies, Beef &amp; Rice</b></p> <p>In a quart freezer bag put:          2 cups instant rice          1/4 cup freeze dried vegetables (mixed works well)          1/2 cup dried hamburger          2 Tsp low sodium beef bullion          1/2 tsp granulated garlic          1 tsp dried parsley          1/2 tsp dried thyme          Also take 1 ounce Swiss cheese.          To prepare, add 2 2/3 cups boiling water, stir well and put in a cozy for 10 minutes. Top with Swiss cheese.          Serves 2</p>	<p><b>Veggie Hamburger Rice</b></p> <p>In a quart freezer bag put:          2 cups instant rice          1 package Knorr Spring Vegetable Soup Mix          1/2 cup dehydrated cooked hamburger          To prepare, add 2 1/4 cups boiling water, stir well. Let sit in a cozy for at least 10 minutes. Stir again. Cheese on top makes it even better. Serves 2.</p>	<p><b>Herbed Beef with Mushroom Gravy</b></p> <p>In a quart freezer bag put:          1 tsp granulated garlic          1/2 tsp thyme          Dash rosemary, black pepper          1/4 cup dried mushrooms (or freeze dried mushrooms)          1 chicken bullion cube, crushed          1/2 tsp cornstarch          1 tsp olive oil (1 packet)          1/2 cup dried hamburger          To prepare, add boiling water to cover and put in a cozy for 10 minutes.          Optional: add 1/4 cup white wine Serve over instant rice (1 cup worth), or mashed potatoes. Serves 1.</p>
<p><b>Beef Stroganoff</b></p> <p>In a quart freezer bag put:          2 Teaspoons powdered milk          1 Teaspoons butter buds (or use fresh butter/margarine, 1 Tablespoon.)          1 Teaspoons tomato powder (or soup mix)          1 Teaspoons flour          Dash of pepper          2 Teaspoons dried onion          1 cube beef bullion, crushed          1/4 Cup dried chopped mushroom slices (or freeze dried mushrooms)          1 Cup cooked &amp; dehydrated noodles (egg noodles work well)          1/2 cup dried hamburger          To prepare, top with boiling water and cozy for 10 minutes. Serves 2.</p>	<p><b>New Beef Stroganoff</b></p> <p>At home: Put sour cream powder and nutmeg in a small zip bag. Remaining ingredients go in a separate quart freezer bag.          3 Tablespoon powdered sour cream. If you don't have sour cream powder on hand, a packet of cream cheese is a good substitute.          1 Pinch nutmeg          1/3 cup dehydrated ground beef          1/3 cup thinly sliced dried mushrooms          1 Tablespoon dried onion          1 1/3 Cups Chinese instant noodles (you can use ramen noodles also)          To prepare, pour 2 cups boiling water into main bag. Stir and put in a cozy for 10 minutes. Drain off the broth-this makes a nice starter soup if you like. Add nutmeg and sour cream powder to the bag and any extra broth as needed and mix well. Serves 1-2.</p>	<p><b>BBQ Bowl</b></p> <p>In a quart freezer bag put:          1/2 cup dried ground beef/turkey          2 Teaspoons dried green pepper          1/4 cup freeze dried corn          2 tubs/packets BBQ sauce          1/2 tsp chili powder          1/4 cup French fried onions          1 cup Instant hash browns          Combine beef, peppers, corn and chili powder. Mix well in bottom of bag. Top with hash browns. (Don't mix). Put French fried onions in a sandwich bag with unopened BBQ tubs.          To prepare, add BBQ sauce, then boiling water to the quart freezer bag (not quite covering), knead gently and cozy 15 minutes. Divide and top with onions. Serves 2.</p>
<p><b>Homemade Hamburger Helper</b></p> <p>These recipes can be dehydrated and taken with you for simple style meals, or one could simmer to prepare. To cut down on cooking time, one could use dried sliced potatoes (found in bulk sections), freeze-dried vegetables (sub 1/2 cup freeze-dried vegetables for 1 cup frozen) and precooked and dried pasta. Precooked pasta will cut back on cooking time by about half. Canned tomatoes can be pureed and dried at home. Servings would be in the 2-4 person range, per recipe made. This is a mix you can make in advance and use in a number of ways. Store tightly sealed. Use mix as a base for the following dinners: At home mix together:</p> <p>2 cups nonfat dry milk          1 cup corn starch          1/4 cup beef bouillon powder          2 tablespoons onion flakes          1 teaspoon dried basil          1 teaspoon dried thyme          1 teaspoon black pepper          2 tablespoons dried parsley          1 tablespoon garlic powder</p>		

<p><b>Potato Beef Casserole</b></p> <p>1 pound ground beef, browned and drained  3/4 cup water  6 potatoes, peeled and thinly sliced  1 cup frozen mixed veggies  1/2 cup dry mix  To prepare, combine all and simmer, covered, until potatoes are tender, about 30 minutes, stirring occasionally. Remove cover and cook until excess water is evaporated.</p>	<p><b>Chili Mac</b></p> <p>1 pound ground beef, browned and drained  1 cup water  1/2 cup macaroni noodles (uncooked)  2 cans no salt added diced or stewed tomatoes  1 tablespoon chili powder  1/2 cup dry mix  To prepare, combine all and simmer 20 minutes or until macaroni is cooked</p>	<p><b>Beef Stroganoff</b></p> <p>1 pound ground beef, browned and drained  2 cups water  1/2 cup dry mix  2 cups uncooked egg noodles  1/2 cup sour cream  To prepare, combine all except sour cream. Simmer 20 minutes or until noodles are tender. Stir in sour cream and serve.</p>
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**Chili**

In quart freezer bag put:  
1/8 cup dried onion  
2 Teaspoons dried green pepper  
1 tsp granulated garlic  
1/2 tsp dried jalapeno peppers (or Serrano if you like the heat)  
2 tsp brown sugar  
1 Teaspoons tomato powder (or soup mix)  
1/2 tsp ground chili pepper  
Dash of: oregano, red pepper, cumin, ground cinnamon, salt  
1/8 cup diced tomatoes, dried and crumbled  
1/4 cup dark red kidney beans, cooked and dried (canned and dehydrated)  
1/4 cup hot chili beans, cooked and dried (canned and dehydrated)  
To prepare, add 1 package chipped beef (or use a packet of ground beef), top with boiling water and put in a cozy for 10 minutes. You can use a 1/4 Cup of red wine also, and top with a couple of tablespoons of fresh pico de gallo if you want to pack it.

## Chicken Dishes

<p><b>Curry Chicken Pita</b></p> <p>In a quart freezer bag put:  1 7 ounce pouch chicken  4 packets mayo  In a sandwich bag put:  2 Tablespoon dried onion  1/4 cup dried apples, chopped  In a small bag put:  1 tsp curry powder  1/4 tsp ground ginger  Also take:  2 large pita pockets or large tortillas  To prepare: Add enough water to cover the onions and apples. Let soak for 10-20 minutes.</p> <p>If any water is left, drain off carefully. Open the chicken packet, add in the mayo to taste, then the seasonings.</p> <p>Toss in the onion and apple. Spoon into the pitas, halved. Serves 2.</p>	<p><b>Chicken Wraps</b></p> <p>1 foil pouch of chicken  1-3 packets of mayo or ranch dip tubs  1 packet of relish, salsa or whatever flavor you like.  4 taco sized tortillas or flatbreads.  To prepare: Mix in pouch, spread on tortillas. Serves 2. Also great with cheddar or Swiss cheese added.</p>	<p><b>Trail Chicken Salad</b></p> <p>1 7 oz pouch chicken  2-4 packets mayonnaise  1-2 tsp curry in a snack size Ziploc bag.  To prepare: This can be mixed up in the chicken pouch. Squeeze the mayo first then shake the curry on top, mix it in a bit, then mix that into the chicken. Serves 2.</p>
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<p><b>Harvest Chicken Salad Wraps</b></p> <p>1 7 ounce pouch of chicken  In a sandwich bag:  1 Tablespoon dried chopped celery  1/4 cup dried apples, chopped  Also take:  1/4 cup chopped walnuts or pecans  1 Tablespoon raisins  1 packet each salt and pepper  1 Tablespoon olive oil  large pitas or tortillas  To prepare: Cover the celery and apples with water and let sit for 10-20 minutes. Drain any remaining water carefully. Open the chicken pouch and add the vegetables, nuts and raisins and toss.</p> <p>Add in olive oil to texture you like, salt and pepper to taste. Serve in pita halves or as wraps. Serves 2.</p>	<p><b>Razzie Chicken</b></p> <p>1 7 ounce pouch of chicken  In a quart freezer bag put:  1-2 tablespoon of dried cranberries  1-2 tablespoon dried apples  1 tablespoon walnuts, chopped in quarters  basamalic raspberry dressing to taste, in a single serve pouch  To prepare: mix together in chicken pouch. Works as a filling for 2 tortillas. Serves 1-2.</p>	<p><b>Cranberry Chicken Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  1 Tsp. Chicken bullion  1/4 Tsp. salt, if desired  1/2 Tsp. granulated garlic  1 Tsp. Parsley  1 Tsp. Dried Onion  2 Tablespoon. Dried veggie flakes or freeze dried mixed vegetables  2 Tablespoon.+2 Tsp. Raisins  Take a 3-5 oz. can of chicken with you.  To prepare: put the chicken and it's liquid into the freezer bag, and 1 1/4 cups boiling water.</p> <p>Stir well and put into a cozy for 10 minutes. This is great with 2 cups water as a soup. Serves 1.</p>
<p><b>Cheesy Chicken and Corn</b></p> <p>In a quart freezer bag put:  2 cups instant rice  1/4 cup freeze dried corn  3 Tablespoon cheese sauce powder  1/4 tsp granulated garlic  2 tsp dried chives  1/2 tsp dried thyme, crumbled up  black pepper to taste  salt to taste  Also take:  1 7 ounce pouch chicken  1 packet or 1 Tablespoon olive oil  To prepare: add chicken, oil and 2 1/4 cups boiling water.</p> <p>Stir well, and put in a cozy for 10 minutes. Stir before eating. Serves 2.</p>	<p><b>Creamy Chicken With Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  1 packet Lipton Cup A Soup Cream Of Chicken soup mix (the 1 cup of water type)  1 tablespoon dried onions  pinch of granulated garlic  pinch of dried parsley  Also take:  A 3-5 oz can of chicken or a 7 oz foil packet of chicken.  To prepare: add 1 cup boiling water &amp; chicken (liquid and all), stir well, put in cozy for 5 minutes.</p>	<p><b>Creamy Chicken With Rice #2</b></p> <p>In a quart freezer bag put:  1 1/2 cups instant rice  1/3 cup dry milk  1 package Erin Traditional Cream Of Chicken soup mix (Found at Cost Plus World Market)  Also take:  A 3-5 oz can of chicken.  To prepare: add chicken (liquid and all) and 1 1/2 cups boiling water, and stir well. Let sit for 5-10 minutes in a cozy.</p> <p>Would also be great with parmesan cheese on top, and some freeze dried mushrooms. Serves 2.</p>
<p><b>Creamy Leek Chicken Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  3 Tablespoon Knorr Leek Soup Mix (half a package)  1 Tablespoon dry milk  1 Tablespoon dried veggie mix or mixed freeze dried veggies  Also take:  A 3-5 oz can of chicken.  To prepare: add the chicken (liquid and all) and 1 cup plus 2 Tablespoon boiling water. Mix well, pop in a cozy for 10 minutes. Serves 1.</p>	<p><b>Cheesy Chicken Veggie Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  1/4 cup freeze dried vegetable mix  2 Tablespoon cheese sauce powder  2 Tablespoon instant milk  pinch of salt if desired  Also take:  A can of chicken (3-5 ounce size)  To prepare: put the chicken w/ liquid into the bag.  Add 1 1/4 cups boiling water. Mix well, and put in cozy for 5 minutes.  Stir, and let set for another minute, to thicken. Very good with any type of cheese on top. Serves 1.</p>	<p><b>Chicken Diablo Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  1 package tomato cup-a-soup (Lipton's)  2 tsp chili powder  1/4 cup freeze dried corn  Also take:  A 3-5 oz can of chicken  To prepare: add chicken with liquid and 1 cup boiling water. Stir well and set in cozy for 10 minutes. Serves 1.</p>

<p><b>Chicken &amp; Peas With Rice</b></p> <p>In a quart freezer bag put:  2 cups instant rice  2 tsp chicken bouillon (low sodium)  1 tsp Butter Buds or Molly McButter, if desired.  1/4 cup freeze-dried peas  Also take:  A 5 oz can of chicken and 4-8 packets Parmesan cheese.  To prepare: add the chicken (w/ liquid) and 2 1/4 cups boiling water. Stir well, and cozy for 10 minutes. Stir again and top with Parmesan cheese.  Serves 2.</p>	<p><b>Chicken &amp; Mushroom Rice</b></p> <p>In a quart freezer bag put:  1 1/2 cups instant rice  2 tsp chicken broth  1/4 cup freeze dried mushrooms, crumbled  1 tsp dry thyme leaves  A pinch of salt, if desired, and couple grinds of black pepper  Also take:  A 3-5 oz can of chicken or a 7 oz pouch of chicken.  To prepare: put the chicken in and add 1 1/2 cups boiling water. Stir well and put in cozy for 5-10 minutes. Good with Parmesan cheese on top. Serves 2.</p>	<p><b>Sesame Orange Chicken</b></p> <p>In a quart freezer bag put:  2 tsp sesame seeds, toasted  1/2 tsp butter buds  1 tsp dry whole milk  1 cube chicken bullion, crushed  Dash of red pepper  1/2 tsp crystal light orange powder (or tang)  1/2 tsp cornstarch  Also take:  A 7oz pouch of chicken  1-2 cups instant rice in a separate freezer bag.  To prepare: combine all but meat with 1/4 cup boiling water and shake to mix well. Add meat and put in a cozy for 10 minutes. Serve over instant rice.  Serves 1-2. (1 cup instant rice per person.)</p>
<p><b>Roast Chicken with Cranberry Sauce</b></p> <p>In a quart freezer bag put:  Dash of sage, thyme, black pepper  1 cube chicken bullion, crushed  1/4 cup dried cranberries  1/4 cup dried cranberries (powdered)  Also take:  A 7oz pouch chicken  1 package grape jelly (1 use size)  To prepare: combine all but chicken with 1/4 cup boiling water and shake to mix well. Add chicken and put in a cozy for 10 minutes. Serve over instant rice (1 cup), or mashed potatoes. Serves 1.</p>	<p><b>Chicken Adobo</b></p> <p>In a quart freezer bag put:  Dash black pepper  1 chicken bullion cube, crushed  1 Teaspoons granulated garlic  1/4 bay leaf  Also take:  1 cup instant rice in sandwich bag  1 package soy sauce  1 package vinegar  1 7 ounce pouch chicken  To prepare: add 1/4 cup boiling water to all and cozy 5 minutes. Add instant rice and remaining water (3/4 cup). Put in cozy until done, 10-15 minutes.</p>	<p><b>Mexican Chicken</b></p> <p>In a quart freezer bag put:  1/3 cup couscous  1 1/2 tablespoon dried mixed vegetable flakes/freeze dried vegetables  1 tsp each dried adobe &amp; chipotle powder  1 packet low sodium chicken bouillon (1 tsp)  1/2 tsp Mexican spice  1 tsp granulated garlic  1 tsp granulated onion powder  Also take:  A can chicken (4.5 to 5 ounce size)  To prepare, add 1/2 cup boiling water and the canned chicken, including liquid into the bag. Stir well and let it sit in a cozy for 10 minutes. Stir and top off with some fresh ground pepper if desired. Serves 1.</p>
<p><b>Chicken Italian</b></p> <p>In a quart freezer bag put:  1/3 cup couscous  1/4 cup freeze dried mixed vegetables  2-3 Tablespoon Knorr Tomato With Basil soup mix  1 Tablespoon dry onion  1/4 tsp granulated garlic  Also take:  A can chicken (4-5 ounce size)  To prepare, add chicken and liquid to the bag with 1 cup boiling water. Stir very well. Let sit in a cozy for 10 minutes. You may prefer up to 1/4 cup more water, as the recipe is very thick. Serves 1.</p>	<p><b>Ramen Pot Pie</b></p> <p>In a quart freezer bag put:  1 package chicken flavored ramen w/ seasoning packet. Break up the ramen.  1 pouch or can of chicken (3-7 ounces depending on your taste)  A Ziploc with instant mashed potatoes. (I would recommend the Idahoan ones that have everything in them, or use the cup version that has everything in it.)  To prepare, add 2 cups boiling water to the ramen. Add in the chicken. Pop in a cozy for 10 minutes or so, then start adding the potatoes till it becomes nice and thick. Serves 2.</p>	<p><b>Chicken &amp; Cranberry Gravy with Mashed Potatoes</b></p> <p>In a quart freezer bag put:  1 cup instant mashed potatoes  1 tsp salt  Fresh ground black pepper, to taste  1 tsp dried chives  In a second freezer bag put:  1 pouch chicken gravy mix (the add 1 cup water type)  1/2 cup raisins  7 oz foil pouch of chicken.  To prepare, add 1 cup boiling water to the potatoes, stir well. Add 1 cup boiling water to the gravy mix, stir well, add chicken. Let sit in a cozy for 5 minutes. Stir again, pour over potatoes and eat!. Serves 2.</p>

<p><b>Cheesy Chicken Rice Soup</b></p> <p>In a quart freezer bag put:  1/2 cup instant rice  3 Tablespoon cheese sauce powder  1 Tablespoon dried powdered milk  1 Tablespoon dried veggie mix or freeze-dried vegetables  salt to taste, if desired  A 3-5 oz can of chicken.  To prepare, add 1 cup boiling water and chicken with liquid. Stir, put in cozy, and let sit for 5-10 minutes.  Serves 1.</p>		
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## Meatless Dishes

<p><b>Ramen Salad</b></p> <p>In a quart freezer bag put:  1 Package. ramen noodles (discard flavor packet.)  2 Tablespoon. dried veggie flakes or freeze dried veggies  Also take:  1 packet salad dressing of choice (shelf stable, find at fast food places, delis or use 2 tubs of Ranch dip/dressing)  To prepare, put ramen and veggies in a quart freezer bag, add 1 1/2 cups water (room temp), and seal. Let sit for 30 minutes to 1 hour. Drain well. Add dressing and toss well. Great with cubed cheese and or pepperoni slices.  Serves 1.</p>	<p><b>Trail Nachos</b></p> <p>In a quart freezer bag put:  1/4 cup + 2 Tablespoon cheese sauce powder (This is a product you can find in bulk sections)  1/4 tsp of garlic  1/4-1/2 tsp of salt, if desired.  Add bell pepper flakes, hot pepper flakes, etc-whatever you like!  Also take:  Separately packed chips to dip  To prepare, add 1/2 cup boiling water, mix very well, seal and pop in cozy for 5-10 minutes. Serves 1.  Vegetable Crunchies  For the vegetables, use freeze dried.  Combine and mix:  1/2 cup freeze dried onions  1/2 cup freeze dried carrots  1/2 cup freeze dried bell peppers  1/2 cup dried crumbled tomatoes  1/2 cup bacon bits (real or soy)  Store in a tightly sealed bag or container. This is really good for just munching on, or for tossing 1/4 cup or so into almost any hot meal!</p>	<p><b>Beans &amp; Rice</b></p> <p>In a quart freezer bag put:  1 Tablespoon dried onion  1 tsp cumin  1 tsp chicken or vegetable bullion  1 tsp Italian seasoning  1/4 cup black bean soup mix or dried beans  3/4 cup instant brown rice  Also take:  1 Tablespoon or 1 packet olive oil  To prepare, add 1 cup boiling water and oil to bag. Stir well and let sit in a cozy for 10-15 minutes. Serves 1</p>
<p><b>Creamy Mushroom Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  2 Tablespoon freeze-dried white mushrooms (crumbled up)  1 Tablespoon dry milk  1/2 package Knorr Wild Mushroom &amp; Chive Soup mix.  To prepare, add 1 1/2 cups boiling water, mix well. Pop in cozy for 5 minutes. Stir well. Serves 1.</p>	<p><b>Curry Lentils With Rice</b></p> <p>In 2 quart freezer bags  In one put:  1 cup instant rice  pinch of salt, if desired.  In the other put:  1/2 cup Curry Lentil soup mix  To prepare, add 1 cup boiling water to the rice, and 2/3 cup boiling water to the lentils. Pop into a cozy for about 5 minutes. Dump the lentils on top of the rice. Serves 1.</p>	<p><b>Split Peas With Rice</b></p> <p>In 2 quart freezer bags  In one put:  1 cup instant rice  pinch of salt, if desired.  In the other put:  1/2 cup Split Pea soup mix  In camp add 1 cup boiling water to the rice, and 2/3 cup boiling water to the Split Peas. Pop into a cozy for about 5 minutes. Dump the peas on top of the rice. (Roll the bag down a bit, and make a bowl). Serves 1.</p>

<p><b>Mexi Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  1 tsp chicken bullion powder  1 Tablespoon dry onions  1 Tablespoon dry bell pepper flakes  Also take:  4-6 packets salsa, or 1 small tub.  To prepare, add the salsa packets to the freezer bag, and add 1 cup boiling water. Stir well, and pop in cozy for 5-10 minutes. This recipe works great with cheddar cheese added on top, or used as a burrito filling, with cheddar cheese, and more salsa packets.  Serves 1.</p>	<p><b>Cheesy &amp; Crunchy Veggie Rice</b></p> <p>In a quart freezer bag put:  1 cup instant rice  2 Tablespoon dried veggie flakes or freeze dried vegetables  1 tsp low sodium chicken bullion powder  1/4 tsp salt if desired  Separately pack 2 Tablespoons worth of Fried Onions in a sandwich bag.  Also take:  1-2 oz's cheese of choice.  To prepare, add 1 1/8 cups boiling water to bag, stir well, toss in cheese, and pop in cozy for 5-10 minutes. Stir well, try to mix cheese in. Toss in fried onions and eat. Serves 1.</p>	<p><b>Cheesy Rice</b></p> <p>In a quart freezer put:  1 cup instant rice  pinch of salt  2 Tablespoon dry milk  2 Tablespoon cheese sauce powder  To prepare, add 1 1/8 cups boiling water to the bag and stir very well. Let sit in a cozy for 5 minutes, then stir well again. Serves 1. This is great with some Italian bread crumbs on top.</p>
<p><b>Spinach Couscous</b></p> <p>In a quart freezer bag put:  1/4 cup dried tofu cubes  1/2 cup dried spinach  1/8 cup dehydrated or freeze-dried veggie flakes  2 tsp onion soup mix  1/3 cup couscous  1/2 tsp pepper  Also take:  1 Tablespoon or 1 packet olive oil  To prepare, add olive oil and 1/2 to 2/3 cup boiling water. Serves 1.</p>	<p><b>Cheesy Couscous</b></p> <p>In a quart freezer bag put:  1/2 cup couscous  3 Tablespoon. cheese sauce powder  1/4 tsp. salt, if desired.  1 Tablespoon. dry milk  To prepare, add 1 cup boiling water. Mix well, seal and pop in a cozy for 10 minutes, stir again. Serves 1.</p>	<p><b>Nutty Couscous</b></p> <p>In a quart freezer bag put:  2 tsp chicken bouillon  1 cup couscous  1/3 cup Toasted unsalted walnuts, chopped  2 Tablespoon diced dried bell pepper  1 Tablespoon dried parsley  Pepper, to taste  To prepare, add 1 3/4 cups boiling water, stir well and put in a cozy for 5-10 minutes. Serves 1-2</p>
<p><b>Mac &amp; Cheese</b></p> <p>Take 4 boxes of Organic Kraft White Cheddar Shells (6 ounce box), boil the pasta for 9 minutes (about 1 1/2 minutes less than called for on the box). When done, drain the pasta, then spread on parchment lined trays on a dehydrator. Dry the pasta at 135* till dry (the time will depend on type of pasta and humidity.) When dry, weigh out the pasta, and split it among 4 quart freezer bags. Weight was roughly 4 1/2 ounces in each bag. Then packed with each bag:  1 cheese sauce packet  2 Tablespoon dry milk  1 packet olive oil  To prepare, pour boiling water over the pasta (to just cover). Seal well, and put in a cozy for 10 minutes. Drain off most of the water, leaving in about 1/4 cup. Add in the milk powder, cheese sauce powder and oil. Stir well and enjoy.</p>	<p><b>Cheesy Ramen</b></p> <p>In a quart freezer bag put:  1 block ramen noodles.  Also take:  1-2 tubs cheese sauce. (This can be found at Papa John's pizza joints, thru Enertia foods, or in cases at some Sams Clubs. If you can't find the tubs or tubes, Velveeta can be used.)  To prepare, pour 1 to 1 1/2 cups boiling water into the bag of noodles. Seal and squish around. Let sit in a cozy for about 10 minutes. Drain out water and add cheese sauce. Serves 1.</p>	<p><b>Different Ramen</b></p> <p>In a quart freezer bag put:  1 block ramen (toss flavor packet)  1/4 cup freeze dried vegetables of your choice  Also take:  1 tsp dried spices of your choice (chili powder, garlic, oregano, etc..)  1/4-1/2 cup Parmesan cheese.  To prepare, add 1 1/2 cups boiling water to the ramen. Let sit for 5-10 minutes. Drain off almost all the water except for a bit, add spices and toss. Toss in cheese and eat up. Serves 1.</p>

<p><b>Mountain Spaghetti</b></p> <p>In a quart freezer bag put: 1 block ramen noodles In a small zip bag put: 1 Tablespoon dried parsley 1/2 tsp granulated garlic 1 Tablespoon Italian herb seasoning 1/4 cup Parmesan cheese Also take: 2 packets or 2 Tablespoon olive oil To prepare, pour 1 1/2 cups boiling water over the ramen, seal bag, rotate bag till ramen softens. Put in a cozy for 10 minutes. Drain. Add olive oil and toss. Add in spices and cheese and toss again. Serves 1</p>	<p><b>Herby Pasta</b></p> <p>In a quart freezer bag put: 8 ounces spaghetti, precooked and dried (break in thirds). You can use ramen or choka soba noodles instead. In a small sandwich bag put: 1 Tablespoon dried parsley 1 Tablespoon freeze dried chives 1 tsp celery seed 1 tsp granulated garlic 1/8 tsp black pepper Also take: 1 packet or 1 Tablespoon olive oil. To prepare, cover the noodles with boiling water, seal the bag, and put in a cozy for 5 minutes. Drain. Toss with oil and herbs. Serves 1-2.</p>	<p><b>Sasquatch's Taters</b></p> <p>Mix these ingredients in a bowl. At home: combine all ingredients, put 1/2 cup mix in a freezer bag. 1-3/4 cups instant mashed potatoes 1-1/2 cups dry milk 2 tsp chicken bullion 2 tsp dried onion 1 tsp dried parsley 1/4 tsp ground pepper 1/4 tsp dried thyme 1/8 tsp turmeric (or an Indian curry powder) 1-1/2 tsp seasoning salt, if desired-salt to taste To prepare, add 1 cup boiling water. Stir until smooth. Serve. Serves 1 as a side dish.</p>
<p><b>Evening Potatoes</b></p> <p>In a quart freezer bag put: 1/2 cup instant potatoes 1 Tablespoon instant milk salt and pepper packets 2 Tablespoon cheese sauce powder 1/2 bag of precooked crumbled bacon bag. (Shelf stable) To prepare, add 1/2 cup boiling water (sometimes a bit more) and mix well. Serves 1.</p>	<p><b>Bean &amp; Rice Burritos</b></p> <p>In 2 quart freezer bags In one put: 1/2 cup instant rice pinch of salt, if desired. 1/4 tsp granulated garlic 1 tsp dried onions In the second put: 1/3 cup instant refried beans Also take: 4 tortillas, 2 parmesan cheese packets, or cheddar cheese, and a salsa or picante packet per burrito. To prepare, add 1/2 cup boiling water to the rice, and 1/2 cup to the beans. Let sit for 5 minutes. The beans may be thick-add water to thin to liking. Spread the beans on tortillas. Put rice and toppings on top. Serves 2.</p>	<p><b>Cheese Potato Soup</b></p> <p>Put the following dry ingredients in a quart sized jar: 2 c. powdered coffee creamer 1/2 c. imitation bacon bits 2 (1.5 oz) pkgs of cheese sauce mix 2 T. dried parsley flakes 1 t. salt-free seasoning mix 1 t. dried minced onion 1/2 t. pepper 2 c. instant potato flakes 2 (5 oz.) cans ham, optional To prepare, place dry ingredients in a large soup pot. Add 8 cups of boiling water. Mix well and let stand 5 minutes. Add ham if desired.</p>
<p><b>Cheese Soup</b></p> <p>Put the following dry ingredients in a quart sized jar: 1 (1.5 oz) pkg of Knorr Cheese Sauce (or similar brand) 3 t. chicken bouillon 1/2 t. pepper 1 (1.4 oz) pkg Knorr Vegetable Soup Mix (or similar brand) 1/4 c. dried parsley flakes 3 c. powdered coffee creamer 1/4 c. cornstarch To prepare, place all ingredients in a large soup pot. Add 5 cups boiling water. Mix well and bring back to a boil. Boil 4 to 6 minutes, stirring often and scraping bottom of pan. Add more water if you want to then it out some.</p>	<p><b>Potato Soup</b></p> <p>Put the following dry ingredients in a quart sized jar: 3 c. instant potato flakes 1 c. powdered coffee creamer 1 pkg chicken gravy mix 2 T. dried parsley flakes 1/4 c. grated Parmesan cheese 2 T. seasoning blend of your choice 1 t. dried minced onion 1/2 t. pepper To prepare, place ingredients in a large soup pot. Add 8 cups of boiling water. Mix well and let stand 5 minutes to thicken. Serve immediately.</p>	<p><b>Minestrone Soup</b></p> <p>In a quart freezer bag put: 2 tsps chicken bullion 1/2 cup instant refried bean flakes (brown or black) 1/4 cup dried veggie flakes or crushed freeze-dried vegetables 1/4 cup couscous 1/4 tsp granulated garlic 1/2 tsp dried parsley Tape onto bag 1 salt packet and 1 pepper packet. To prepare, add 2 cups boiling water, stir well, seal and pop in cozy for 10-15 minutes. This is an almost chowder thickness soup. Serves 2.</p>

<p><b>Red Bean Stew with Pasta</b></p> <p>In a quart freezer bag put:  1/4 cup dried mushrooms (or freeze dried mushrooms)  1/4 cup dried carrots  1/2 tsp granulated garlic  Dash of black pepper  1/4 cup kidney beans, cook and dried (canned &amp; dehydrated)  1/4 cup dried tomatoes, crumbled  1 beef bullion cube, crushed  1 cup cooked, dried pasta, cooked &amp; dried  2 Teaspoons Parmesan cheese (4 packets)  To prepare, add boiling water to cover and cozy 15 minutes. Serves 2.</p>	<p><b>Basic Oatmeal</b></p> <p>In a quart freezer bag put:  2 pkts instant oatmeal, your choice of flavor  2 tbs dry milk  1-2 tbl dried fruit  To prepare, add 1 cup boiling water. Stir well, let cool a bit, and eat. Serves 1.</p>	<p><b>Super Oatmeal</b></p> <p>In a quart freezer bag put:  2 packages instant oatmeal  1 Tbl dry milk  2 Tbl brown sugar  1 Tbl each: dried cranberries, chopped dates and sliced or chopped almonds.  To prepare, Put in a quart freezer bag, add 1 cup boiling water, stir and let sit till cool enough to eat. Serves 1.</p>
<p><b>Couscous and Fruit</b></p> <p>In a quart freezer bag put:  1 1/2 cups couscous  1/2 cup ground dried berries of choice  1/4 cup ground dried bananas  1/2 cup dried pineapple bits  1/4 cup raw sugar  1/2 tsp cinnamon  1 Tbl or 1 packet olive oil  To prepare, Put in a quart freezer bag. Pour 3 cups boiling water into the freezer bag. Stir well and put in a cozy for 5 minutes. Fluff the couscous and eat. Serves 2-3.</p>	<p><b>Dried-Fruit Couscous</b></p> <p>In a quart freezer bag put:  1 1/3 cups couscous  2 tsp low sodium bullion of choice  1/3 cup pitted dates, diced  1/3 cup dried figs or prunes, diced  To prepare, add 2 cups boiling water, stir well and put in a cozy for 5-10 minutes. Fluff and eat. Serves 2-3.</p>	<p><b>Super Charged Oatmeal</b></p> <p>In a quart freezer bag put:  1/2 cup oats ground in a coffee grinder or food chopper. A couple pulses will do (use quick cooking oats)  1/4 cup instant dried milk  2 Tbl. TVP (textured vegetable protein, find in bulk/natural food stores)  1 Tbl. milled Flax seed  1 Tbl. wheat germ  2 Tsp. brown sugar  A handful of raisins  To prepare, Put in a quart freezer bag, add 1 cup boiling water. Mix well, and put in a cozy for 5 minutes.</p>
<p><b>Homemade Granola</b></p> <p>Preheat oven to 225-F. In a large bowl, mix:  2 cups rolled oats  2 cups Bob's Red Mill 5-grain cereal (rolled mixed grains)  1/3 cup toasted wheat germ  1 T cinnamon  2 cups coarsely chopped pecans  In a separate bowl, whisk together:  1/4 cup honey or real maple syrup (not 'pancake' syrup)  1/4 vegetable oil  1/4 cup water  2 t vanilla  Add liquid mixture to grains mixture and toss to coat evenly. Spray 2 jelly roll pans with cooking spray, and spread mixture evenly in a thin layer on the pans. Bake for 75-90 minutes, or until starting to brown lightly. Cool in pans, then store in heavy plastic bags in cool, dry place. Granola will get crisp when it cools.</p>	<p><b>Cran-Orange Cereal</b></p> <p>In a quart freezer bag put:  3/4 Cup bulgur (I like Hodgson Mill Bulgur Wheat w/ Soy Hot Cereal)  4 Tbl dried cranberries  2 Tbl dried blueberries  3 Tbl orange powder (Tang can be used, but it doesn't quite taste the same!)  To prepare, Put in a quart freezer bag, add 1 1/2 c water before bed. In the morning, add 4 T toasted chopped walnuts (or your favorite nuts/seeds). Serves 2.</p>	<p><b>Breakfast Omlettes</b></p> <p>In a quart freezer bag put:  Crack 2 eggs into the freezer bag. Add in whatever you would like with them into the bag.  Ham, chicken, sausage  Dried bell peppers you have soaked in a snack bag.  Onion flakes done the same way.  Shredded or cubed cheese.  To prepare, Add the ingredients and any salt/pepper/herbs you want, seal well, getting the air out. Squish around carefully to mix up. Bring a pot of water to boil. You want the pot about half full of water. When it boils turn it down to a simmer. Pop the sealed bag in and let it simmer in the water, flipping over carefully every once in awhile. You will want to take the bag out of the water periodically and carefully squish the contents so that uncooked egg inside gets to the outer. After a couple minutes you eggs are done-and are nonstick also.</p>

<p><b>Morning Potatoes</b></p> <p>In a quart freezer bag put:  1/2 cup instant potatoes  1 Tbl dry milk  salt and pepper to taste  2 Tbl cheese sauce powder  1/2 bag of precooked crumbled bacon bag.  To prepare, Put in a quart freezer bag, add 1/2 cup boiling water and mix well.  Serves 1.</p>		
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## Seafood Dishes

<p><b>Spinach Couscous</b></p> <p>In each of two quart freezer bag put half of the ingredients. Each bag gets a pouch of tuna with it.  At home in a bowl mix:  1 cup couscous  1 package Knorr Cream Of Spinach Soup (find in the soup aisle)  3 Tablespoons dry milk or soy milk powder  Also take:  One 3 oz. pouch of tuna with you per freezer bag.  To prepare, add approx 1 cup water, and stir well. Let sit for 30 minutes or so, add tuna and eat. Can also be done hot, with boiling water-add tuna before you add the boiling water.  Serves 1 per bag.</p>	<p><b>Tuna Bruschetta</b></p> <p>Measure dry ingredients and mark on bag. In a sandwich bag put:  1/4 cup Just Tomatoes sun-dried tomatoes, crumbled  2 Tablespoon dried onions  1/4 tsp dried garlic  tsp dried parsley  1/2 tsp dried oregano leaves  black pepper to taste  Also take:  1 3 ounce pouch Albacore tuna  1 packet olive oil (1 Tablespoon)  2 tortillas  1 ounce cheese of choice, diced  Add a 1:1 ratio of water to the vegetable bag. Let sit for 10-30 minutes. Add in oil and stir. Toss in tuna to coat, then add in cheese.  Serve on tortillas. Serves 1-2.</p>	<p><b>Tuna Salad Wraps</b></p> <p>1 foil pouch tuna (regular or Albacore) (use the small 3 oz size package)  1 packet mayo  1 packet relish  2 tortillas (soft taco size)  Rip open tuna pouch, add mayo and relish, beat around with spoon, and put on tortillas. Serves 1.</p>
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<p><b>Creole Albacore</b></p> <p>In each of two quart freezer bag put the ingredients  1 pouch albacore fillets  1/4 tsp mesquite seasoning  1 dash ea garlic powder and black pepper  1 tsp dried onion  2 Teaspoons dried bell pepper  1 pouch spaghetti sauce powder (found in the packet aisle)  1 packet soy sauce  1 packet lemon juice  1 packet hot sauce (Franks)  2 cups instant white rice, uncooked</p> <p>At Home:  Combine dry ingredients in one quart freezer bag.  Put rice in another quart freezer bag w/unopened sauce packets</p> <p>To prepare, combine sauce packets, dry spices and 1/2 cup hot water and mix well, add fillets and place in bottom of cozy. Add 2 cups boiling water to rice, place in cozy on top of fillets. Put in cozy 15 minutes.</p> <p>Divide fish, sauce and rice between the two bags and enjoy! Serves 2.</p>
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<p><b>Clam Chowder</b></p> <p>Put in a quart freezer bag:  1 Package Knorr Leek Soup  1 cup instant mashed potatoes  Also take:  A 1 3 oz. pouch of clams or a can of baby clams in oil.  To prepare, add 2 cups boiling water to the freezer bag, add the clams and the margarine. Stir well. Pop in a cozy for 5 minutes. Season to taste with salt &amp; pepper. Serves 1-2.</p>	<p><b>Orange Rice w/ Salmon</b></p> <p>In a quart freezer bag put:  1 1/2 cups instant rice  2 tsp low sodium chicken bullion  1 Tablespoon dried orange peel  1 tsp orange flavor crystal light  1/2 cup chopped unsalted pecans, toasted  2 Tablespoon dried onion  2 Tablespoon parsley flakes  Also take:  1 3 ounce pouch pink salmon  To prepare, add salmon and 1 1/2 cups boiling water, stir well and put in a cozy 10 minutes. Stir again and serve. Serves 1-2.</p>	<p><b>Smoked Salmon Pasta</b></p> <p>In a quart freezer bag put:  1 cup cooked dried pasta (penne or mac)  1 tsp butter buds (1 Tablespoon Butter or margarine can be used.)  1/4 cup dry sweet or regular onion  1 chicken bullion cube, crushed (or low sodium if preferred)  2 Teaspoons dry milk  2 Teaspoons grated Parmesan cheese (about 4 packets)  2 teaspoons tomato power (or tomato soup mix)  1/4 cup freeze dried peas  Dash of dill, salt, coarse grind black pepper  To prepare, add boiling water to cover and cozy 10 minutes. Shake to mix several times. When pasta seems done, add 2 oz smoked salmon (skinned &amp; diced) and toss. (You can find small packages of smoked salmon in vac sealed bags in grocery stores.)  Serves 2.</p>
<p><b>Spicy Mussel Noodle Bowl</b></p> <p>In a quart freezer bag put:  1 Cup cooked &amp; dried pasta (linguine works well)  2 Teaspoons dry onion  1 Teaspoons dry green bell pepper  4 oz cooked turkey sausage, dried (or you could use summer sausage)  1 tsp granulated garlic  Dash of saffron, black pepper, parsley  1 chicken bullion cube, crushed  1/8 cup dried tomato chunks (or sun dried tomatoes, non oil variety)  To prepare, add 1 foil pouch smoked mussels. Add boiling water to cover and cozy 10 minutes.  Optional: If first night, replace sausage with a baggies of cooked chorizo or sliced kielbasa. Also, 1/2 cup of white wine added is nice if you carry wine with you. Serves 2.</p>	<p><b>Salmon Chowder</b></p> <p>In a quart freezer bag put:  1/2 cup instant mashed potatoes  1/2 cup dried powdered milk  1 Tsp. Old Bay seasoning  1 Tsp. dried chives  2 Tablespoon. dried veggie flakes or Just Veggie freeze-dried veggies  1/2 Tsp. granulated garlic  salt to taste, if desired  Also take:  A 3 oz. pouch of salmon.  To prepare, put the salmon in the freezer bag, and add 2 cups boiling water. Stir well, pop in a cozy and let sit for 10 minutes. Great with 2 or 3 packets of Parmesan cheese. Serves 1-2.</p>	<p><b>Seafood Chowder</b></p> <p>In a quart freezer bag put:  1/2 cup instant mashed potatoes  1/2 cup dried instant milk  1 Tablespoon. Butter Buds/Molly McButter  1 Tsp. Old Bay seasoning  a few shakes of celery seed  Also take:  1 3 oz. pouch each of shrimp and crab meat (can substitute clams).  To prepare, add the seafood, and 2 cups boiling water. Stir well, and put in a cozy for 5-10 minutes. Serves 1-2.</p>