

OCCASIONALLY OUTDOORS • FIELD KITCHEN SERIES

BACKCOUNTRY RECIPE CARDS & TRAIL MEALS

High-calorie, lightweight, and fast-cook camp recipes designed for wilderness efficiency.

1. CAMPFIRE SHRIMP BOIL

DUTCH OVEN / FOIL Serves: 2-3 | Cook: 20 min | ~650 kcal/serv

INGREDIENTS

- 1 lb Raw shrimp (peeled & deveined)
- 2 Smoked sausage links (sliced into coins)
- 2 ears Sweet corn (cut into 3rds)
- 1 cup Baby red potatoes (halved/pre-boiled)
- 2 tbsp Butter, 1.5 tbsp Old Bay Seasoning

PREPARATION & COOKING

1. Melt butter in Dutch Oven over medium coals (or split ingredients evenly into heavy-duty foil packets).
2. Add sausage and pre-cooked potatoes; sear 3–5 min.
3. Add corn, shrimp, and Old Bay seasoning. Toss well.
4. Cover and cook 8–10 minutes until shrimp is pink and tender. Serve hot.

Trail Tip: Pre-boil potatoes at home to cut camp cook time in half!

2. TRAIL PEANUT NOODLE BOWL

1-POT QUICK COOK Serves: 1-2 | Cook: 8 min | ~780 kcal/serv

INGREDIENTS

- 2 pkgs Instant Ramen noodles (discard flavor packet)
- 3 tbsp Heavy peanut butter or powder
- 1 packet Soy sauce & 1 packet Sriracha/Honey
- 1 tbsp Dehydrated green onions / veggies
- 2 tbsp Roasted crushed peanuts / cashews

PREPARATION & COOKING

1. Boil 1.5 cups water; add dehydrated veggies and ramen noodles. Cook for 3 minutes.
2. Drain most water, leaving ~3 tbsp in pot.
3. Stir in peanut butter, soy sauce, Sriracha, and honey until a creamy sauce forms.
4. Top with crushed peanuts for healthy fats and crunch.

Nutritional Hit: Add a foil packet of chicken for +25g extra protein.

3. LOADED TRAIL POWER OATS

BREAKFAST / NO-COOK Serves: 1 | Cook: 5 min | ~620 kcal/serv

INGREDIENTS

- 1 cup Quick-cook rolled oats
- 2 tbsp NIDO whole milk powder or coconut cream
- 2 tbsp Chia seeds & flax meal mix
- 2 tbsp Freeze-dried berries / raisins
- 1 tbsp Brown sugar, pinch of cinnamon & salt

PREPARATION & COOKING

1. Combine all dry ingredients into a freezer-safe ziplock bag at home.
2. At camp, add 1 cup boiling water directly to bag or pot.
3. Stir thoroughly, seal or cover, and let soak for 4 minutes.
4. Drizzle with honey or a squeeze packet of nut butter.

Zero Cleanup: Eat straight out of the freezer bag to save camp water!

4. CUSTOM CAMP RECIPE

Serves: ____ | Cook: ____ min | ~ ____ kcal/serv

INGREDIENTS

PREPARATION & COOKING

Trail Notes / Fuel: _____