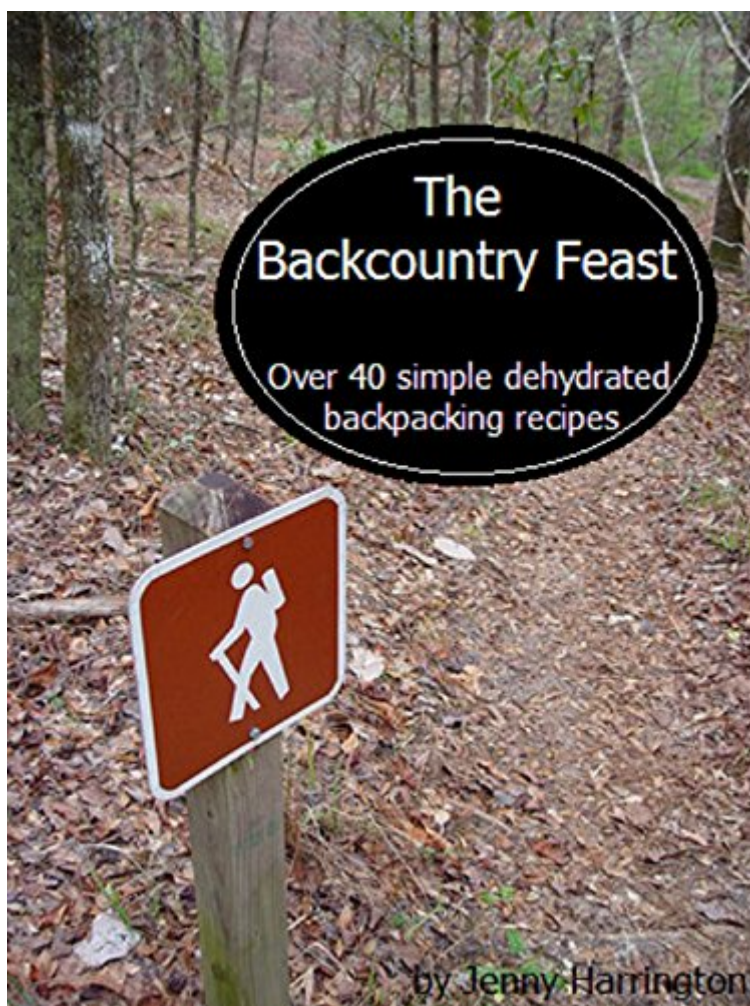




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# The Backcountry Feast: Over 40 Simple Dehydrated Backpacking Recipes



## Synopsis

Lightweight, tasty, and nutritious foods are a must for any backpacking trip. These recipes are simple, taking just minutes to assemble, yet tasty and satisfying. You will find tricks for making your own food without a dehydrator, along with tips on dehydrating, packing, and cooking your meals. There is even a recipe for making tasty dehydrated eggs that beat out the freeze dried commercial variety -- one of the major challenges of the home backpacking chef! Find staples like macaroni and cheese, favorites like frito pie and breakfast smoothies, and exotic flavors like curry and pad thai. Every recipe only needs one thing to prepare it once you are on the trail -- boiling water. You will always be ready to eat within 20 minutes!

## Book Information

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## Customer Reviews

I just bought this and havent made any of the stuff yet, but looking through it and im pretty happy with it. for 3 bucks im going to be eating good on my hunting trips now. i was curious about some different way to cook certain foods, and this shows how to get past some of my questions. being that a mountain house is 8\$ and is just sodium in a bag, this 3 dollar book is well worth it.

I love this book. Good, simple commonsense approach to simple, easy meal preparation.

Picked out some recipes from here and modified them slightly for my own twist. Great place for ideas and a great way to save money and eat better tasting food on the trail!

Thanks to you, my fuel canisters will go much, much farther, saving me \$\$\$. I will look for pastas differently from now on, as well. I look forward to trying some of your recipes on my 2650 mile hike of the Pacific Crest Trail in 2017. Thanks Jenny! Smartest 3 bucks I ever spent!!

Great info in this book. Trying them out now.

Not many recipes. And too many with pork and or beef

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