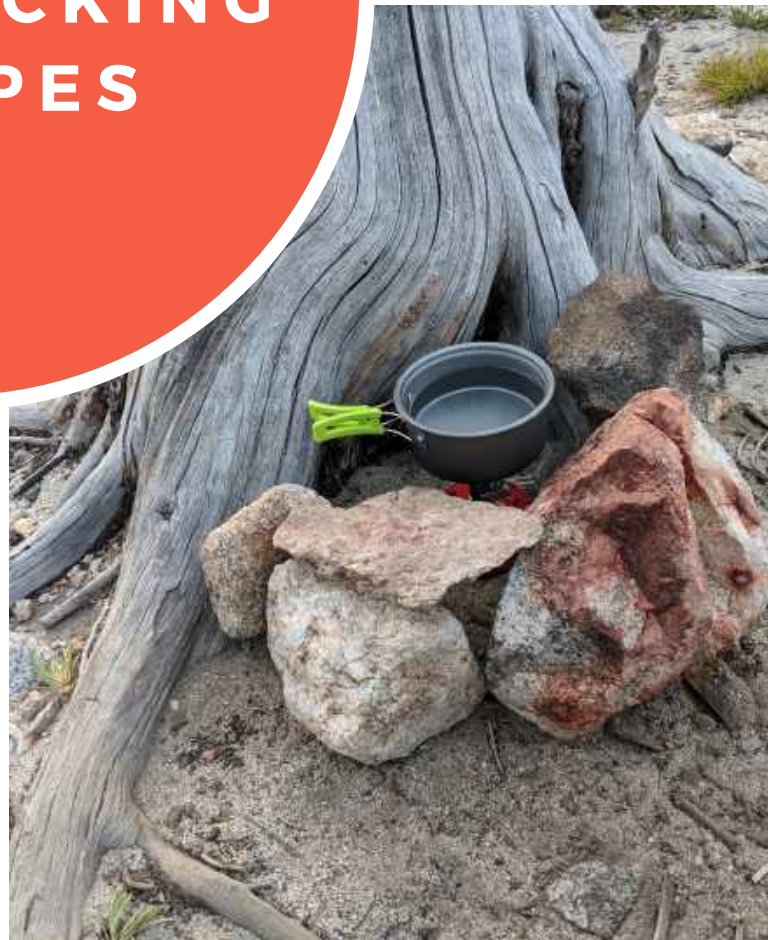




**PLANT-BASED
BACKPACKING
RECIPES**



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PLANT BASED

PLANT-BASED vs. VEGAN

	Vegan Diet	Plant-Based Diet	Whole-Food, Plant-Based Diet
 Meat & Poultry	✗	—	—
 Seafood	✗	—	—
 Eggs & Dairy Products	✗	—	—
 Oils	✓	✓	—
 Highly Processed Foods <small>Refined Sweeteners, Refined Flours, White Rice</small>	✓	✓	—
 Whole Grains <small>Including Whole Grain Flours, Bread, Pasta</small>	✓	✓	✓
 Fruits, Veggies, & Starchy Veggies	✓	✓	✓
 Legumes	✓	✓	✓

FORKS & KNIVES ✓ OK — Avoid ✗ No

“Plant-based” refers to a diet that solely or primarily consists of plant foods. A whole foods, plant-based diet also excludes oils and processed packaged foods. “Vegan” indicates that animals are excluded from the diet, products, and lifestyle decisions. Something every dietary theory comes together on - we can all use more vegetables in our diet!

MACROS AND HOW TO GET THEM

CHOOSE YOUR CARBS

- Complex carbs are rich in fiber and take longer to break down in the body. By consuming complex carbs you are able to continue your hike for a longer period of time.
- Mashed or shredded potatoes
- Quick Cooking pasta - less than 5 minutes
- Ramen
- Oatmeal - not just for breakfast
- Polenta or grits
- Couscous

PICK YOUR PROTEIN

- Protein works in the body to build bones, along with muscle tissue, skin, cartilage, and blood.
- Yes - there is protein in foods other than animal products
- Vegetables like peas
- Nuts
- Beans - dehydrated refried beans and hummus
- Chia Seeds & Hemp Hearts
- Baked Chick Peas
- Protein Powder in oatmeal or pastas
- Not plant-based?
 - Tuna or Chicken Packets
 - Salami or Pepperoni
 - Jerky (can reconstitute in boiling water)

FIND YOUR FAT

- Adding a small amount of fat to your backpacking meal can enhance the taste and also help to keep you satisfied for longer.
- Fats are not scary
- Nuts
- Coconut Oil Packets
- Powdered Coconut Milk
- Chia Seeds
- Ghee



CHOOSE YOUR CARBS



MASHED POTATOES - reconstitute per instructions

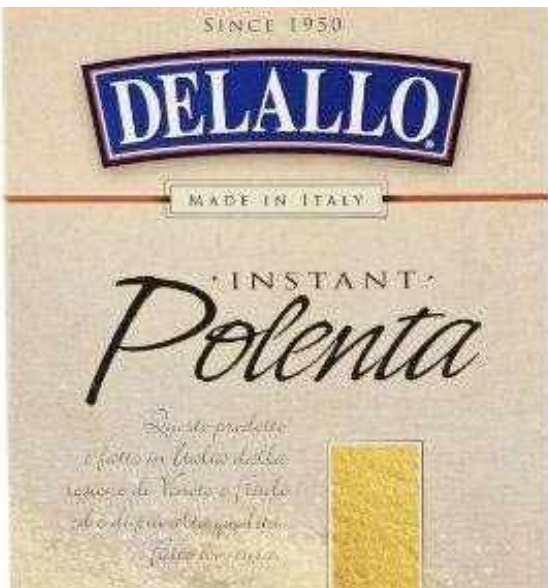
- Grab a gravy packet to prepare and pour over mashed potatoes with some dried veggies
- Add cheese and bacon for loaded mashers
- Can be a thickener in soups
- Add to a tortilla

- lookout for dried shredded potatoes (hashbrowns)

INSTANT POLENTA- reconstitute per instructions

- Use in place of mashed potatoes
- Top with refried beans and salsa
- Make sweet with pumpkin pie spice and brown sugar
- Top with pizza sauce pouch, olives, and sun dried tomatoes

- lookout for grits - essentially same but just different corn and milled differently



QUICK COOKING PASTAS - boil per instructions

- Some like this brand do have eggs - which are not consumed on a typical plant-based diet
- Cook time on package should be less than 5 minutes
- Angel Hair is good - just make sure bag holding pasta is double bagged



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CHOOSE YOUR CARBS



POTATO GNOCCHI

- Add to soups
- Italian with Marinara Sauce and sundried tomatoes
- Boil and then sautee with Ghee or coconut oil & Italian Seasoning



QUICK COOKING OATS- reconstitute per instructions

- Make your own flavor combos
- Not just for breakfast - use as you would mashed potatoes
- But why not have breakfast for dinner?
- Mix with applesauce pouch for dessert (like a cobbler)



RAMEN - boil per instructions

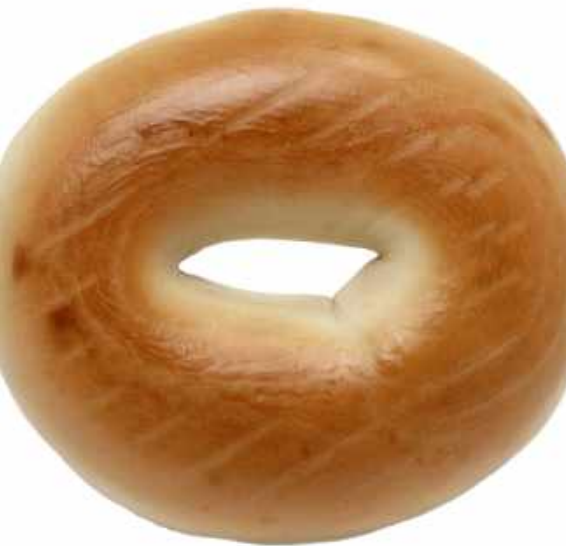
- Use without seasoning packet as noodles in a soup
- Make a Pho Soup
- Add veggies to round out meal
- See page 11 for more recipes

CHOOSE YOUR CARBS



QUICK COOKING RICE

- Minute Brown Rice does not work
- Microwave rice packets work - but are heavier
- Rice Pudding for breakfast or dessert with raisens
- See page 10 for Rice Pilaf recipes



BAGELS

- Super sturdy and not likely to get smashed
- Sandwiches
- Pizza (think bagel bite)
- scoop out middle to use as thickener and rest can be used for dipping in soup broth
- Dipper for Hummus



NAAN OR TORTILLAS

- Roll up with PB&J and granola
- Dippers in soups or curries
- Warm with chocolate for dessert

VEGETABLES



FRESH

- When planning your menu, have some fresh carrots or celery (they are sturdy yet lightweight) on your first day
- Kale leaves are really sturdy and light as well to add to your first nights dinner



DEHYDRATED

- invest in a food dehydrator and dry your own veggies or soups or meals
- Not quite as long of shelf life of Freeze Dried
- Dehydrated food is hard and usually brittle; some dehydrated food, like fruits and fruit leather, may still be chewy.
- Takes a bit longer to reconstitute



FREEZE DRIED

- More complex process with spendier machines
- More water is removed
- Results in more nutrients left and reconstitute more quickly
- More porous and airy in texture. Freeze dried strawberries seem to melt in your mouth, versus dehydrated strawberries you need to chew. Freeze dried products also tend to weigh less, but take up more volume once reconstituted

Creamy Golden Rice with Crispy Chickpeas

Make your chickpeas at home ahead of time or buy already roasted. If you make them - make plenty for snacking as well!

Crispy Chickpeas

Ingredients

- 2 15-ounce cans chickpeas
- 2 tablespoons olive oil
- 1 to 1 1/2 teaspoons kosher salt
- 2 to 4 teaspoons spices or finely chopped fresh herbs such as chili powder, curry powder, garam masala, cumin, smoked paprika, rosemary, thyme, or other favorite spices and herbs

Instructions

1. Heat the oven to 400°F. Arrange a rack in the middle of the oven and heat to 400°F.
2. Rinse and drain the chickpeas. Open the cans of chickpeas and pour the chickpeas into a strainer in the sink. Rinse thoroughly under running water.
3. Dry the chickpeas. Pat the chickpeas very dry with a clean dishtowel or paper towels. They should look matte and feel dry to the touch; if you have time, leave them to air-dry for a few minutes. Remove any chickpea skins that come off while drying, but otherwise don't worry about them.
4. Toss the chickpeas with olive oil and salt. Spread the chickpeas out in an even layer on a rimmed baking sheet. Drizzle with the oil and sprinkle with the salt. Stir with your hands or a spatula to make sure the chickpeas are evenly coated.
5. Roast the chickpeas for 20 to 30 minutes. Roast, stirring the chickpeas or shaking the pan every 10 minutes. A few chickpeas may pop – that's normal. The chickpeas are done when golden and slightly darkened, dry and crispy on the outside, and soft in the middle, 20 to 30 minutes total.
6. Toss the chickpeas with the spices. Sprinkle the spices if using over the chickpeas and stir to coat evenly. Serve while the chickpeas are still warm and crispy. They will gradually lose their crispiness as they cool, becoming additively chewy

Creamy Golden Rice

Ingredients

- 1 teaspoon ground turmeric
- 1 pinch crushed red pepper flakes
- 1/2 teaspoon ground ginger
- 2 tbsp coconut milk powder
- 1 tbsp vegetable bouillon
- salt and pepper to taste
- 1/2 cups instant white rice
- 1/2 cup unsweetened flaked coconut
- 2 tablespoons raw sesame seeds
- toasted naan

Instructions

1. At home mix coconut milk powder and seasonings in one baggie. Boil rice per instructions. Soupier is ok here. Once rice is cooked, add coconut milk and seasonings and stir. Let rest for one minute off flame. Add coconut flakes, sesame seeds, and baked chickpeas. Serve with naan and enjoy!

Soups

Use this Creamy Potato Soup as a base for other varieties and add ins. Look for "instant soup base" to add to soups. If it says "chicken" it could still be animal free.

Creamy Potato Soup

Ingredients

- 1/3 cup instant potato flakes
- 2 tbsp Nutritional Yeast
- 1 tbsp freeze dried chives
- 2 tbsp vegetable bouillon
- 1/4 cup coconut milk powder
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- a pinch to 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt omit if adding bacon

Optional Variations

- Add dried Broccoli for Broccoli Cheese Soup
- Remove Nutritional Yeast and add mushrooms for Creamy Mushroom Soup
- Add tomato powder and basil for Creamy Tomato Soup

Instructions

At Home

1. TO ASSEMBLE: Add all ingredients except water to a sealable plastic bag, container or jar. Stir together or knead in the bag until evenly combined. (If you want to cook soup in the bag, use quart-size freezer Ziploc.)

At Camp

1. TO COOK IN BOWL OR MUG: Add dry ingredients to bowl or mug that holds at least 2 cups. Pour in half of boiling water; stir well to break up any lumps; add remaining water and stir. Cover and let rest 9-10 minutes.

Spiced Rice Pilaf

CAJUN SPICE BLEND	2 tbsp	Cumin
	2 tbsp	Coriander
	2 tbsp	Paprika
	1 1/2 tsp	Salt
	1 1/2 tsp	Pepper
	1 tbsp	Oregano
	1/2 tsp	Cayenne Pepper

GREEK SPICE BLEND	1 tbsp	Garlic Powder
	1 tbsp	Basil
	1 tbsp	Oregano
	1 1/2 tsp	Salt
	1 1/2 tsp	Pepper
	1 1/2 tsp	Parsley
	1 1/2 tsp	Rosemary
	3/4 tsp	Nutmeg

PUMPKIN PIE SPICE	1/4 cup	Cinnamon
	2 tsp	Ginger
	2 tsp	Nutmeg
	2 tsp	All Spice
	1 tsp	Cloves

CURRY SPICE BLEND	2 tbsp	Cumin
	2 tbsp	Coriander
	2 tbsp	Turmeric
	1 1/2 tsp	Cardamom
	1/2 tsp	Cinnamon
	1/2 tsp	Cayenne Pepper

ITALIAN SPICE BLEND	2 tbsp	Basil
	2 tbsp	Oregano
	1 tbsp	Thyme
	1 tbsp	Rosemary
	1 tbsp	Garlic Powder
	1/4 tsp	Onion Powder
	1/4 tsp	Salt

CHILI SEASONING	2 tbsp	Chili Powder
	1 tsp	Cumin
	1 tsp	Coriander
	1 tsp	Unsweetened Cocoa Powder
	1/2 tsp	Garlic Powder
	1/4 tsp	Cayenne Pepper
	1 tsp	Paprika
	1 tsp	Smoked Paprika
	1/2 tsp	Salt

TACO SEASONING	2 tbsp	Chili Powder
	2 tbsp	Cumin
	1 1/2 tsp	Onion Powder
	1 1/2 tsp	Garlic Powder
	1/2 tsp	Cayenne Pepper
	1/2 tsp	Black Pepper
	1/2 tsp	Oregano
	1/2 tsp	Salt

- Add spices during the beginning of cooking and fresh herbs at the end
- "Blooming" spices is an important process that helps release the spice's natural oils, evenly distribute the flavors into the dish, and boost the absorption of some beneficial compounds **see instructions below
- Do not shake spices straight out of shaker over the pot while you are cooking - steam can rise into container and cause clumps only to possibly have too much fall out or possibly mold. Pour into spoon or hand and then sprinkle into dish.
- Crush dried herbs with back of spoon or between palms/fingers as this releases the herbs' oils
- After mincing or crushing fresh garlic, let it sit for 10 minutes before cooking as this allows for a chemical reaction for a major health-boosting compound allicin to form

Source: Power Spicing by Rachel Beller, MS, RDN

Blooming Rice Pilaf

- Cook instant rice per instructions
 - I boil water first. Add dry rice to a bowl then add boiling water over the top to allow myself to add more water if needed without being too soupy
 - I like to add dried fruits or sun dried tomatoes here so that the hot water plumps them up
- In pot over a low flame, warm coconut oil and spice mixture from chart that you mixed at home.
- Allow to cook for about 30 seconds, being careful not to let them burn
- Add spice mixture to cooked rice
- Top with chopped nuts
- Enjoy!

Amped Up Ramen

Mediterranean Ramen (w/Hummus Sauce)

2-3 tbsp Hummus Powder	1 packet coconut oil	1 packet True Lemon	Sun Dried Tomatoes	Packed Olives	Pinch Basil
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Cook pasta and drain water, leaving about 1/4 cup. Add other ingredients and heat back



Pad Thai Pasta (w/Spicy Peanut Sauce)

1 tbsp Peanut Butter Powder	1 tbsp Sesame seeds	1 packet Soy Sauce	1 packet Sriracha or Hot Sauce	1 packet True Lime	Pinch crushed Red Pepper flakes
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Cook pasta and drain water, leaving about 1/8 cup. Add other ingredients and heat back up



Taco Pasta (w/Bean Sauce)

1 tbsp dried onions, peppers, & corn	1/4 cup dried refried beans	1 tbsp Nutritional Yeast	1 packet Salsa or Hot Sauce		
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Cook pasta and veggies and drain water leaving about 1/4 cup. Add other ingredients (can



Veggie Soup

1/2 cup dehydrated vegetables	Seasoning packet from Ramen				
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Cook pasta with veggies. Add seasoning packet and heat back up. Enjoy!

Lemony Ramen Gnocchi

Dried Mushrooms	Dried Peas	1 packet True Lemon	1 packet Olive Oil	Dried Parsley & Mint	
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Cook pasta & gnocchi for 2 minutes. Add Mushrooms and peas to finish cooking (remove some water if too much). Add other ingredients and heat back up. Enjoy!



Pizza Ramen

Dried Mushrooms & other pizza veggies	Pizza Sauce Packet	Dried Basil and Oregano	1 packet Olive Oil	Sun dried tomatoes and olives	
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Cook pasta for 2 minutes. Add Mushrooms and veggies to finish cooking (remove some water if too much). Add other ingredients and heat back up. Enjoy!



Meat Alternatives



TVP (Textured Vegetable Protein) Textured Vegetable Protein is a highly nutritious soy product. It's rich in complete protein and contains no fat, so it is an excellent alternative to meat. TVP is made from defatted soy flour that has been cooked under pressure and then dried. TVP is naturally gluten free and is handled and packaged in our separate, dedicated gluten free facility.

Although TVP doesn't add much flavor, it's low in fat and calories, contains a wealth of complete soy protein and it's a good source of dietary fiber. Soy contains complete protein with all the amino acids essential to human nutrition, which must be supplied in the diet because they cannot be synthesized by the human body. It is also a good source of iron, magnesium and phosphorus.

Very versatile and can be incorporated into all kinds of recipes to add natural protein and fiber. Simply soak for about 10 min. in warm water to rehydrate, and they're ready to add to your favorite dish. As they are unflavored, they can take on any flavor you wish them to. Contain all the fiber and protein of select whole soybeans. All natural, no preservatives or additives, and no chemicals used in processing.

Soy Curls make a great addition to soups, casseroles, potatoes, rice, stir-fry, noodles, spaghetti sauce, chili, pizza topping, salads, curries, enchiladas, and much more! 8 oz bag (makes 1.5 lbs when rehydrated). Directions: Soak Soy Curls for 10 minutes in warm water. Drain. Season to taste in skillet. Serve.

TVP Sloppy Joes

Ingredients

- 1/2 cup TVP

Spices to Mix at Home

- 1 tbsp Vegetable Bouillon
- 1 tsp brown sugar or sugar in the raw
- 1 tsp chili powder
- 1/2 tsp dry mustard powder
- 1/4 tsp garlic powder
- 1/4 tsp ginger powder
- 1/4 tsp thyme
- 1/4 tsp red pepper flake (optional)
- Pinch of Salt and Pepper
- 1/8 teaspoon salt

Additional Items to Pack

- Tortillas or Naan
- Ketchup Packets
- Soy Sauce Packets
- Vinegar Pouch - if possible

Instructions

At Home

1. TO ASSEMBLE: Mix all spice ingredients in small baggie or other container. Include TVP, additional items, and spice mix to one bag and label.

At Camp

1. Boil water. Pour over TVP using roughly 1:1 ratio. Let sit for 10 minutes. Add seasoning packet and packets of ketchup, soy sauce, and vinegar (if available). Add more water if needed. Warm up over heat. Serve in tortillas/naan.

More Recipes

- <https://www.freshoffthegrid.com/>
- <https://momgoescamping.com/vegan-backpacking-meal-ideas/>
- <https://www.trail.recipes/>
- <https://www.rei.com/blog/recipes>



Tips

Save your condiments packages from restaurants

- Ketchup, mustard, mayo, taco seasoning, mayo, soy sauce, sriracha, relish, sugar, creamers, salt & pepper, etc

Share canisters of freeze-dried foods with friends (have a meal packet making party!)

Check out the bulk food section at Winco

Hickory Farms Meats and Cheeses work well for backpacking

Try out your stove at home before going backpacking

Take kitchen sponge for cleanup

Keep all food together in one bag in backpack for easy keeping.

Label everything!

Use granola bars for toppings on oatmeal or make a dessert (mix freeze-dried fruits with water, boil, add granola)

Trader Joe's Coconut Oil packets are great to add to pretty much any meal

Avoid Canned foods – too heavy

Hot drinks are welcomed morning and night: tea, cocoa, cider, coffee

Powdered electrolyte packets are a great alternative to only drinking water all day

Bring a potholder with your cooking pans (both for protection of scratching and for your hands when cooking)

Practice Leave No Trace Principles. Even pack out apple cores and coffee grounds. Pack it in, pack it out!

