

Backpackers' Potluck

Courtesy The Daily Gazette (Schenectady, NY)

Total weight: 13 ounces

Weight per serving: 6.5 ounces

Total servings: 2

1 (16-ounce) bag mixed frozen vegetables (lima beans, corn, carrots, peas, and green beans)

1 (5-ounce) can light chunk chicken

2 cups instant brown rice

1 package dried onion soup mix

$\frac{1}{8}$ teaspoon ground cayenne

1 tablespoon margarine

3 cups water (more if needed)

At home:

Dry vegetables and chicken separately in your dehydrator. Mix together dried vegetables, dried chicken, rice, onion soup, and cayenne. Place in a 1-gallon resealable plastic bag. Pack margarine separately.

On the trail:

Place all ingredients, including margarine, into water and allow to sit for about 30 minutes. Bring mixture to a boil and cook for 10 minutes. If the vegetables aren't sufficiently rehydrated, allow them to simmer a little longer.