

Fieldcraft Skills

Field Cooking



Cranberry Chicken with Rice

This is a quick easy camp meal that can be made easily with a minimum of cooking gear. This recipe is measured for a single meal, but can be scaled to meet your needs while at camp or on the trail.

Pre-camp preparation:

Combine the following ingredients in a 1 quart freezer bag:

- 1 cup instant rice
- 1 teaspoon powdered chicken bouillon or one bouillon cube
- 1/4 teaspoon of salt, if desired
- 1/2 teaspoon of granulated garlic
- 1 teaspoon of dried parsley
- 1 teaspoon of dried onion
- 2 tablespoons of dried vegetable flakes or freeze dried mixed vegetables
- 3 tablespoons of "Craisins" (dried cranberries)

- you will need one 4.5 to 5 oz can of chicken breast

In camp meal preparation:

- add the can of chicken and all of the liquid in the can into the freezer bag
- add 1 1/4 cups boiling water
- stir well, seal bag and keep warm or put into a cozy for 10 minutes
- stir with a fork before eating

makes one large serving