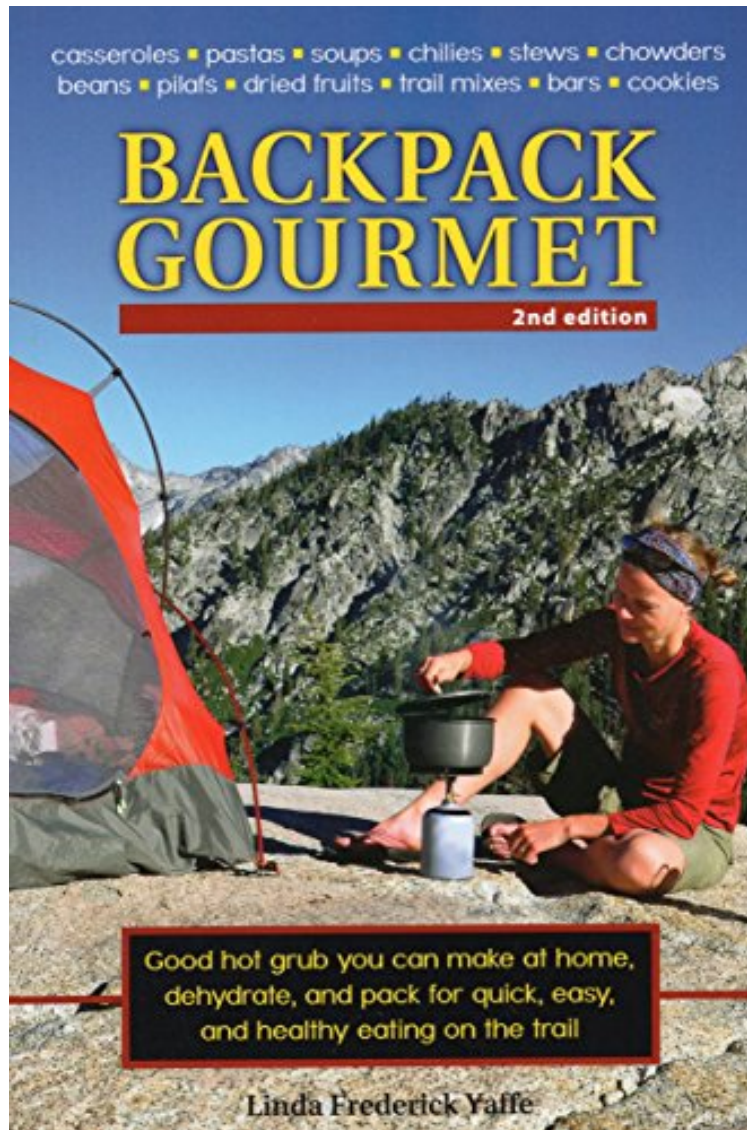


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# Backpack Gourmet: Good Hot Grub You Can Make at Home, Dehydrate, and Pack for Quick, Easy, and Healthy Eating on the Trail

Linda Frederick Yaffe

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Improve your backpacking experience by creating the delicious and healthy home-dried meals and snacks featured in this book. Easy to rehydrate in camp and lighter than lugging ingredients and extra fuel, these foods are perfect for backpackers. Updated with 20 brand new recipes, including Sesame Lasagna, Stuffed Cabbage Soup, San Antonio Special, and Backpacker's Cincinnati Chili, this new edition also has the most up-to-date information on dehydrators and stoves, water purification, and food storage, making it the perfect handbook for nutritious--and delectable--dining on the trail.Over 180 recipes for casseroles, pastas, soups, stews, chowders, beans, pilafs, dried fruits, trail mixes, bars, and cookiesTips on drying food in a dehydrator or ovenIncludes vegetarian and low-fat recipesRecipes so tasty that you'll make them at home too

Trail meals are usually scarfed down, when you make stuff that you truly enjoy the whole adventure becomes a better one. Backpack Gourmet offers you the opportunity to become a better trail Chef with magic recipes and cooking techniques. Eat better and enjoy your food. --gilberto.dur@gmail.comAbout the AuthorLifelong camper Linda Frederick Yaffe has written for Backpacker magazine. Her previous books are Solar Cooking for Home Camp, High Trail Cookery, and The Well-Organized Camper. She lives in Auburn, California.