

Backcountry Breakfast Burrito

Ingredients

Raw Onion

Raw Bell Pepper

Eggs (For a vegan meal, you can eliminate the eggs or substitute with tofu!)

Dehydrated Black Beans

Tortillas

Cheese (optional)

Salsa

Spices (Salt, Pepper, Paprika, Garlic Powder, Chili Powder, Chili Flakes)

Hot Sauce

Cooking Oil

Instructions

1. Sauté bell pepper and onions together with oil and spices.
2. Scramble the eggs.
3. Rehydrate the beans in water, with chili powder, garlic powder and chili flakes.
4. Warm the tortillas with a light sprinkle of cheese.
5. Serve with your favorite condiments!



Mediterranean-Style Lunch Wrap

Ingredients

Tortillas or Pita Bread
Dehydrated / Powder
Hummus
Cucumber
Onion
Lemon

Block Cheese
Olive Oil
Spices (Parsley, Garlic
Powder, Onion
Powder, Cumin, Salt,
Crushed Red Pepper)

Instructions

1. Dice cucumber and onion and put in a mixing bowl. Cut the lemon in half and squeeze the juice into the bowl. Mix the juice in with veggies.
2. Mix the pre-made hummus blend in a bowl with water and olive oil until it reaches a smooth and creamy consistency. Let sit for a minute and add more water if it becomes too thick.
3. Thinly slice the cheese and place in the pita or tortilla.
4. Stuff with hummus and marinated veggies, top with a drizzle of olive oil and enjoy!



Burrito Bowl Blowout

Ingredients

Tortillas	Block Cheese
Dehydrated refried beans	Olive Oil
Canned chicken with pull tab	Spices (vegetable bouillon, salt, pepper, garlic powder, onion powder, chili powder, crushed chili flakes)
Instant Rice	
Dehydrated Tomato Powder	
Onion	
Salsa and Hot Sauce	

Instructions

1. Boil water in a pot with tomato powder and vegetable bouillon. Add rice, reduce heat and cover with a lid.
2. Boil water in the second pot and add dehydrated beans and spices.
3. Dice the onion.
4. Heat olive oil in the frying pan over medium-low heat. Add onion and cook until pieces are transparent and slightly browned. Remove onion from pan and set aside.
5. Cut cheese into shreds or thin strips.

Use the frying pan and leftover spices from the onion to heat the tortillas. Melt a sprinkle of cheese on top and set the cheesy tortillas aside.

6. If you have vegetarians in your group, the cooking sequence is important. Cook the chicken last if using only one frying pan, or bring a second pan just for meat. Canned chicken is pre-cooked, so just heat it with some olive oil and spices until it is evenly warm. Turn the heat up at the last second to char the edges slightly, then remove from heat.
7. Serve the burrito bowls in layers: cheesy tortilla on the bottom, then rice, beans, onion, chicken, salsa, hot sauce and another sprinkle of cheese on top.



Dessert Faux Crepes

Ingredients

Pre-packaged Crepes or

Flour Tortillas

White Sugar

Lemon

Nutella

Instructions

There are two types of crepes for your students to choose from: Nutella or Sugar Lemon.

Nutella Crepe:

1. Spread Nutella evenly on the crepe or tortilla.
2. Warm up the frying pan on low, no oil is needed.
3. Place crepe or tortilla on the pan with the Nutella side up, and heat until lightly toasted.
4. Use a spatula to fold the crepe into thirds. Serve immediately!

Sugar Lemon Crepe:

1. Warm up the frying pan on low, no oil is needed.
2. Place crepe or tortilla in a frying pan and evenly sprinkle a thin layer of sugar over the crepe.
3. Cut the lemon in half (or use the other half from your Lunch Wraps!!). Squeeze a splash of lemon juice over the crepe.
4. Keep on heat until lightly toasted, then fold into thirds and serve immediately!

