

# 1,000 Calorie One-Pot Backpacking Meal Recipes



Looking for some new food ideas for your next backpacking trip? Here are ten of my favorite high-calorie, lightweight backpacking meal recipes. Each meal includes an entree, hot drink and dessert, provides at least 1,000 calories, takes less than 15 minutes to prepare, and most of the ingredients can be found in regular grocery stores. They are inexpensive (around \$5 each) and I think they taste pretty darn good. Give em a try and let me know what you think.

## Ultralight Backpacking Cooking Utensils

All you need to make these simple meals is: a stove, a pot, a cup, a spoon and a pot cozy.



Here are the lightweight utensils I use:

[Snowpeak LiteMax Stove \(2 oz\)](#)

[Evernew Titanium 900ml Pot \(4.9 oz\)](#)

[Evernew Titanium 400ml Cup \(1.8 oz\)](#)

[Light My Fire Spork \(0.3 oz\)](#)

[Home-made Pot Cozy \(2 oz\)](#)

**Total Weight:** 11 oz

# Homestyle Turkey Dinner

**Calories: 1420, Dry Weight: 15.7 oz (90 cal/oz), Protein: 48g, Carbs: 223g, Fat: 37g**

Turkey Dinner Entree (11 oz, 935 cal), Apple Cider (0.7 oz, 80 cal), Fruit Pie (4 oz, 405 cal)



## Ingredients:

1 box [Kraft Stovetop Stuffing](#)

1/2 pouch (3.5 oz) [Foil Pouch Chicken](#) or can of chicken (can opener required)

1 tbsp each: Dried Onions, Celery & Carrots (1 Bag of Natures Promise "Tomato Garden) Soup mix)

1 oz [Dried Cranberries](#)

1 tbsp Olive Oil

Water: 2 1/2 cups (20 oz)

Hot Drink: 1 bag -Tea

Dessert: 1 Fruit Snack Pie

## Directions:

Bring 2 1/2 cups water to boil in pot. Pour 1 cup hot water into mug for tea, then return pot to flame. Add olive oil, (dried vegetable mix - onions, celery, carrots) and cranberries and simmer for 3-5 minutes. Add stuffing, stir carefully to combine (pot will be very full), then add chicken. Cover pot with lid and let stand for 5 minutes, or until all water is absorbed. Fluff with spoon before eating.

## Parmesan Chicken Couscous

**Calories: 1260, Dry Weight: 13.6 oz (92 cal/oz), Protein: 50g, Carbs: 182g, Fat: 37g**

Couscous Entree (9.9 oz, 870 cal), Coffee w/ Creamer (0.5 oz, 60 cal), Fig Newtons (4 oz, 425 cal) or Cupcakes (3.2 oz, 330 cal)



**This is one of the quickest and easiest backpacking meals to make.** Couscous requires no simmering, just add boiling water and let it sit for a few minutes.

### Ingredients:

1 box [Near East Couscous \(Herbed Chicken\)](#)

1/2 pouch (3.5 oz) [Foil Pouch Chicken](#) (or Tuna) or can of chicken (can opener required)

1 tbsp Grated Parmesan

1 tbsp Olive Oil

Water: 2 1/4 cups (18 fl oz)

Hot Drink: 1 pk Hot Chocolate

Dessert: 4 Fig Newtons or 1 pack Hostess Cupcakes

### Directions:

Bring 2 1/4 cups water to boil in pot. Pour 1 cup hot water into mug for hot chocolate.. Add olive oil, seasoning packet, couscous and chicken. Stir briefly, cover pot with lid and let sit for 3-5 minutes, or until water is absorbed. Fluff with spoon and top with Parmesan.

# Spicy Southwest Taco Rice

**Calories: 1510, Dry Weight: 13.8 oz (110 cal/oz), Protein: 44g, Carbs: 244g, Fat: 40g**  
Rice Entree (8.6 oz, 940 cal), Hot Cocoa (1.2 oz, 145 cal), Fig Newtons (4 oz, 425 cal)



Tender rice and crispy tortilla strips provide a variety of textures and the taco seasoning, veggies and hot sauce give it a boost of flavor.

## Ingredients:

1 pouch [Knorr Fiesta Sides \(Taco Rice\)](#)  
1/4 cup (1.2 oz) Beef Jerky cut in small pieces (other option – Taco Bits – hard to find).  
1 tbsp each: Dried Onion, Corn, Bell Pepper, Tomato 1 Bag of Natures Promise "Tortilla" Soup mix)  
1 Cheese Stick (cubed)  
1/2 oz Tortilla Strips  
1 tbsp Olive Oil  
Seasoning: Dried Cilantro, Hot Sauce (optional)  
Water: 3 cups (24 oz)  
Hot Drink: 1 pk [Hot Cocoa Mix](#)  
Dessert: 4 [Fig Newtons](#)

## Directions:

Bring 3 cups water to boil in pot. Pour 1 cup hot water into mug for cocoa, then return pot to flame. Add olive oil, dried veggies, taco bits and rice mixture. Cover and simmer on low heat for 5 minutes. Stir, then let stand for 5 more minutes, or until rice is tender and water is absorbed. Season with dried cilantro and hot sauce and top with tortilla strips and cheese.

## Cheesy Bacon Mashed Potatoes

**Calories: 1250, Dry Weight: 9.5 oz (132 cal/oz), Protein: 35g, Carbs: 130g, Fat: 65g**

Mashed Potato Entree (6.2 oz, 750 cal), Tea w/ Creamer (0.5 oz, 60 cal), Peanut Butter Cups (2.8 oz, 440 cal)



These cheesy, bacony, gooey mashed potatoes give new meaning to the term “food that sticks to the ribs.”

### Ingredients:

1 pouch [Idahoan Mashed Potatoes \(Loaded Baked\)](#)

1 oz [Real Bacon Bits](#)

1 Cheese Stick (cubed)

1 tbsp Olive Oil

Seasoning: Dried Chives (optional)

Water: 3 cups (24 oz)

Hot Drink: 1 bag Tea

Dessert: 2 [King-Size Reese's Peanut Butter Cups](#)

### Directions:

Bring 3 cups water to boil in pot. Pour 1 cup hot water into mug for tea, then transfer pot to cozy. Add olive oil, potatoes, bacon and cheese. Stir until combined, cover pot with lid and let sit for 1-3 minutes, or until water is absorbed. Fluff with spoon and top with dried chives.

## Darn Good Trail Chili

**Calories: 1010, Dry Weight: 8.3 oz (122 cal/oz), Protein: 45g, Carbs: 110g, Fat: 43g**

Chili Entree (5.8 oz, 660 cal), Coffee w/ Creamer (0.5 oz, 60 cal), Snack Mix (2 oz, 290 cal)



**After a long dusty day on the trail, nothing warms you up like a like a bowl of hot chili.** Fair warning: This is best eaten when solo camping, if you don't want to risk the wrath of your tent-mates later.

### Ingredients:

1/3 pouch (3.3 oz) McCormick Chilli Mix

1/4 cup (1 oz) Original Beef Jerky – Cut in tiny pieces (Beef Bits hard to find in stores)

1 tbsp each: Dried Onions, Celery & Carrots (1 Bag of Natures Promise "Tomato Garden) Soup mix)

1 Cheese Stick (cubed)

1 tbsp Olive Oil

Seasoning: Salt, Black Pepper, Parsley (optional)

Water: 3 cups (24 oz)

Hot Drink: 1 pk Hot Chocolate

Dessert: 1 pack [Reese's Snack Mix](#)

### Directions:

Bring 3 cups water to boil in pot. Pour 1 cup hot water into mug for hot chocolate, then return pot to flame. Add olive oil, dried veggies, tomato powder, beef bits and chili mix. Simmer for 5 minutes, stirring occasionally. Cover pot with lid and let sit for 5 more minutes, or until beans are fully cooked. Top with cheese and season with salt, pepper and parsley.

# Chicken Pasta Primavera

**Calories: 1250, Dry Weight: 12 oz (104 cal/oz), Protein: 47g, Carbs: 152g, Fat: 51g**

Pasta Primavera Entree (8.9 oz, 790 cal), Tea w/ Creamer (0.5 oz, 60 cal), Chocolate Bar (2.6 oz, 400 cal)



## Ingredients:

1 pouch [Knorr Italian Sides \(Creamy Garlic Shells\)](#)

1/2 pouch (3.5 oz) [Foil Pouch Chicken](#) (or Tuna) or can of chicken (can opener required)

1 tbsp each: Dried Onions, Celery & Carrots (1 Bag of Natures Promise "Tomato Garden) Soup mix)

1 bag broccoli –dried. (Trader Joes)

1 tbsp [Whole Milk Powder](#)

1 tbsp Grated Parmesan

1 tbsp Olive Oil

Seasoning: Black Pepper, Dried Parsley (optional)

Water: 2 3/4 cups (22 oz)

Hot Drink: 2 bags Tea

Dessert: 1 [King Size Hershey's Chocolate Bar](#)

## Directions:

Bring 2 3/4 cups water to boil in pot. Pour 1 cup hot water into mug for tea, then return pot to flame. Add milk powder, olive oil, dried veggies, pasta and seasoning mix and boil gently for 5 minutes, stirring occasionally. Add chicken, cover pot with lid and let sit for 5 more minutes, or until noodles are cooked and sauce has thickened. Season with pepper, parsley and top with grated Parmesan.

# Monster Mac & Cheese

**Calories: 1660, Dry Weight: 16.2 oz (103 cal/oz), Protein: 73g, Carbs: 225g, Fat: 52g**

Mac & Cheese Entree (12 oz, 1140 cal), Hot Cocoa (1.2 oz, 145 cal), Cookies (3 oz, 375 cal)



**This is the granddaddy of hungry thru-hiker meals.** It's cheap, easy to cook, packed full of calories and you can find most of the fixins in convenience stores

## Ingredients:

1 box [Kraft Macaroni & Cheese](#)

2.6 oz [Foil Pouch Tuna](#) or SPAM (or other shelf-stable meat product)

1 Cheese Stick (cubed)

1 tbsp [Whole Milk Powder](#)

1 tbsp Grated Parmesan

1 tbsp Olive Oil

Seasoning: Black Pepper, Onion Powder, Italian Seasoning (optional)

Water: 3 cups (24 fl oz)

Hot Drink: 1 pk [Hot Cocoa Mix](#)

Dessert: 2 [Grandma's Cookies](#)

## Directions:

Bring 3 cups water to boil in pot. Pour 1 cup hot water into mug for cocoa, then return pot to flame. Add macaroni and cook for 5 minutes, stirring occasionally. Cover pot with lid and let sit for 5 minutes, or until noodles are cooked and water is mostly absorbed. Add olive oil, cheese, cheese powder, milk powder, tuna and a splash of water and stir to mix. Season with pepper, onion powder and Italian seasoning. Top with grated Parmesan.



## Apple Pecan Loaded Oatmeal

**Calories: 1475, Dry Weight: 11.3 oz (130 cal/oz), Protein: 26g, Carbs: 221g, Fat: 54g**

Oatmeal Entree (7.1 oz, 990 cal), Coffee w/ Creamer (0.5 oz, 60 cal), Donuts (3.7 oz, 425 cal)



**This is the perfect breakfast for when you have to climb a huge mountain before lunch.** It's hot, sweet and packed full of carbs for all-day energy. Can chunkify with granola, nuts and dried fruit (adds calories too.)

### Ingredients:

2 packs [Quaker Maple & Brown Sugar Oatmeal](#)

1/2 cup [Nature Valley Protein Granola](#)

1 tbsp [Whole Milk Powder](#)

1 oz [Raisins](#) (or Dried Cranberries)

1 oz [Dried Apples](#)

1 oz [Chopped Pecans](#)

Seasoning: Cinnamon (optional)

Water: 2 1/2 cups (20 oz)

Hot Drink: 1 pk [Instant Coffee](#) w/ 4 tsp [Powdered Creamer](#)

Dessert: 6 [Mini Donuts](#)

### Directions:

Bring 2 1/2 cups water to boil in pot. Pour 1 cup hot water into mug for coffee, then return pot to flame. Add milk powder, dried fruit, nuts, oatmeal and granola and simmer for 3-5 minutes, or until it reaches the consistency you like. Top with a dash of cinnamon. Allow to cool for a few minutes before eating because this stays hot for a long time.

## Bacon & Egg Scramble

**Calories: 1315, Dry Weight: 9.8 oz (134 cal/oz), Protein: 57g, Carbs: 78g, Fat: 86g**

Bacon & Eggs Entree (4.5 oz, 725 cal), Coffee w/ Creamer (0.5 oz, 60 cal), Honey Bun (4.8 oz, 530 cal)



The secret is [Ova Easy Egg Crystals](#). Unlike other powdered eggs I've tried, these cook and taste like real eggs! They're a bit pricey, but it's worth it not to have to eat oatmeal every morning.

### Ingredients:

1/2 pkg (2.25 oz) [OvaEasy Egg Crystals](#) (equivalent to 6 eggs)

1 oz [Real Bacon Bits](#)

1 tbsp each: [Harmony House Dried Onions, Leeks & Bell Peppers](#)

1 Cheese Stick (cubed)

1 tbsp Olive Oil

Seasoning: Salt, Black Pepper, Dried Thyme (optional)

Water: 2 1/8 cups (17 oz)

Hot Drink: 1 pk [Instant Coffee](#) w/ 4 tsp [Powdered Creamer](#)

Dessert: 1 [Jumbo Honey Bun](#)

### Directions:

In a quart-sized Ziploc baggy, mix: egg crystals, dried veggies, seasonings and 1 1/8 cup water. Set aside for 5 minutes so veggies can re-hydrate. Bring remaining 1 cup water to boil and pour into mug for coffee. Return pot to flame over very low heat, add olive oil and then scramble egg mixture, stirring frequently so they don't stick. When eggs are nearly set up, mix in bacon and cheese, remove from heat and cover for 1-2 minutes until cheese is all melted.