

Burrito Night

Ingredients:

- Refried beans
- Mexican Rice
- Chicken
- Salsa
- Cheese
- Fajita-sized tortillas

Mexican Rice (serves 4)

1 C. medium grain rice

1 T. tomato paste

2 C. broth (chicken or veggie)

¼ cup chopped cilantro

½ tsp. salt (a little more with veggie broth)

Squeeze of lime juice

In a covered pot, bring all ingredients to a boil. Reduce to a simmer for 20 minutes. Uncover and cool in the pot with a towel over it to absorb steam.

Dehydrate:

Cover 2 trays with parchment paper, cut to tray size. Spread the rice out on the tray (easier done when cooled off or refrigerated first). Dry at 125 degrees overnight. Package in 1 quart-sized freezer Ziplock bag, or vacuum seal.

Rehydrate: 10 minutes

Add boiling water (enough to cover the rice) to the bag or other receptacle of choice. Stir occasionally to distribute the water. Add more water as necessary so rice is tender and not crunchy.

Salsa:

This is my easy short-cut recipe. Go buy a pint of your favorite blended salsa (not the chunky). Line a tray with parchment and pour the salsa onto the tray, spreading it out to distribute evenly. Dehydrate overnight while you're dehydrating the rice, because these flavors will blend well.

Rehydrate: (5 minutes)

Pour boiling water into the bag till just covered. Massage a few times to re-create the blended quality of the original salsa.

Refried Beans:

You can use a can of refried beans, or make your own (remember, light on the oil!). Be sure you've really smashed the beans so there are no large chunks. Spread uniformly on a parchment-lined tray and dehydrate overnight. You can dry the beans in the same load as the rice and salsa.

Even easier: Purchase already dehydrated refried beans – available in pinto and black bean varieties. Santa Fe Refried Beans (https://www.amazon.com/Santa-Fe-Bean-Vegetarian-Gluten-Free/dp/B000FICDO8/ref=sr_1_1?hvadid=77790500373755&hvbm=be&hvdev=c&hvqmt=e&keywords=dried+refried+beans&qid=1584031909&sr=8-1)

Rehydrate: Add just enough water to cover the beans, stir to combine. Squeeze periodically to help distribute the water and add more boiling water for the desired consistency. Careful not to add too much water too quickly, or you will have bean soup.

Chicken:

1 12-ounce can/pouch chicken

Dehydrate:

Drain the chicken. Pull chunks apart into small pieces and spread out on the parchment-lined tray. Dry at 145 degrees for about 8 hours.

Easy Alternative:

I like to use freeze-dried chicken, and my favorite brand is Be Prepared (<https://www.beprepared.com/freeze-dried-white-chicken-cooked-and-seasoned>). I store this in my freezer.

Rehydrate:

Pour boiling water over the top till covered. Let the chicken absorb the water, then add a little more. Drain -- away from camp, per Leave No Trace (LNT). <https://lnt.org/>

Cheese: not dehydrated

I use 1-ounce, individually wrapped cheddar cheese. Cheddar cheese will last a week in a bear canister, and the small size allows me to distribute cheese to those in my cook group who want to add it to their burritos.

Tortillas – not dehydrated

I purchase the fajita-sized flour tortillas since my pot lid accommodates that size for heating each tortilla. Tortillas will last a week (unopened) in my bear canister, but I usually serve this dish early in the trip because tortillas are relatively heavy.

Buen provecho!