

Hearty Potato Soup

Original Recipe from: Backpacker's Cookbook by Margaret Cross and Jean Fiske

Revised by: Bill and Brent Sheehy

Serving Size: about 1.5 cups Preparation Time: about 15:00

Servings: 8

Amount	Measure	Ingredient
1	Small jar	Precooked bacon or Bac'os
½	Cup	Dried Onions
1	Tbsp	Dried Chives
8-10	Each	Medium sized Potatoes
8	Each	Chicken Bouillon Cubes
7-8	Cup	Water
2-3	Each	Large carrots
½	Cup	Powdered milk
1	Tbsp	Cooking oil
		Salt -- as needed

DEHYDRATING THE VEGETABLES:

Peel and cube potatoes to about 3/8 inch sized cubes. Steam potato cubes until soft, then place into dehydrator. Dehydrate until cubes turn hard, yellow, and translucent. If cubes turn brown, they are OK, but will take longer to reconstitute and might be tough. Carrots should be cut to ¼ inch thickness, then steamed until tender. Dehydrate carrots until they are hard to the touch. Onions are simply sliced to ¼ inch thickness and placed on dehydrator trays. Separate the sections to speed drying. Onions are ready when dry and crunchy (Don't worry if they turn brown.)

PACKAGING FOR THE TRAIL:

Package the dried potatoes, carrots, and onions in one ziplock bag. Package the bouillon cubes, powdered milk, and chives in a separate bag. If the bacon bits are purchased in a glass jar, empty them into a ziplock bag as well. Put all three bags into one larger ziplock bag.

ON THE TRAIL:

An hour or two before dinner, add about 2 cups of water to the bag of vegetables so they can start to reconstitute. At dinnertime, boil 5-6 cups of water in a 3-quart pot. Add cooking oil and the partially reconstituted vegetable mixture to the boiling water and allow to boil until vegetables are tender (5-10 minutes), stirring often to keep ingredients from sticking or burning. Add more water if needed to yield the number of desired servings. Stir in the bouillon cubes, powdered milk, and chives until well mixed. Serve with bacon bits on top.

Notes: For even more flavor, add grated cheddar cheese to top of soup. Ziplock bags should be the heavy freezer type, or pointed edges of dried ingredients may poke through the plastic. Double-bagging your ingredients will prevent leaking in your pack while reconstituting the vegetables on the trail.