

Trail Burritos

This is a great meal for the first day on the trail. You really need to prepare it on the first day for 2 reasons: first, it's a bit heavy; and second, you really don't want the soft tortillas to be getting smashed around in your pack for more than a day.

Serving Size: 2 to 3 8" burritos per person
Category: Dinner entrees

Preparation Time: About 20:00
Servings: 8+

Utensils needed: 2-quart pot, 3-quart pot, serving spoon, pocket knife or mini cheese grater.

Ingredients:

4 Lbs	Lean (90% or leaner) ground beef
4 Tbsp	Dried onions
4 Packets	Taco seasoning (these are usually sized per pound of meat)
4 Tbsp	Dried jalapeno peppers, finely chopped
6-8 Oz	Shredded cheddar or jack cheese (optional, but highly recommended)
14 Oz	Dry vegetarian refried beans (roughly ½ of the 27.09 oz. bag of dried refried beans available at GFS)
24 Each	8" tortillas (available in 12-pack pouches from GFS)
8-9 Cup	Water

AT HOME:

- Brown the lean ground beef in a large skillet, chopping it up as finely as possible, and then blot with paper towels to remove any remaining grease. Place the meat on screens in dehydrator trays and dehydrate 4 to 6 hours until it attains the texture of fine gravel or sand. When the meat is dehydrated, place it promptly into a 1-gallon Ziplock **freezer** bag—don't wait for the meat to cool. Store dehydrated meat in your freezer until you are ready to leave for your hike.
- The Jalapeno peppers can be cut into strips and dried on the dehydrator racks, then minced finely after they are dried.
- Package ½ bag of the GFS refried beans in a separate 1-gallon Ziplock **freezer** bag.
- Just before you're ready to leave home, add the dried onions, jalapeno peppers and taco seasoning to the dehydrated ground beef, and promptly re-seal the bag.
- You might want to freeze the cheese before putting it in your pack.

ON THE TRAIL:

- In the 2-quart pot, boil 1.5 quarts of water. Pour 4 cups of the boiling water into the Ziplock bag with the dried refried beans and squish the bag to mix. Close the Ziplock bag and place it in the remaining boiling water in the 2-quart pot (this is a backpacking version of a double-boiler). Let the stove simmer 10 to 15 minutes until the beans are completely reconstituted.
- Start reconstituting the beef and hour or so before dinner by adding 2-3 cups of water into the Ziplock bag. When you're ready to start cooking, empty the contents of the bag into the 3-quart pot and add additional water as needed. Heat carefully for 5 to 10 minutes, stirring often so the meat doesn't burn.
- Serve in 8" tortillas and top with shredded cheese.