

DINNER#3 - Chicken Gumbo

Stovetop (Good for Backpacking)

Date:11/01/94

MENU: Chicken Gumbo

SHOPPING LIST:

ITEM	PER PERSON	TOTAL	ITEM	PER PERSON	TOTAL
oodles of noodles	1/2 pkg		rice	1/8 oz	
chicken rice soup mix (Mrs.Grass)	1/8 pkg		chunk chicken	1/2 can	
sponge?			soap?		

PLAN:

At Home: Package everything in zip lock bags. Eliminate boxes. Save soup directions. Chicken cans are o.k. (avoids refrigeration)

30 MINUTES BEFORE MEAL:

1. BRING WATER TO BOIL PER SOUP INSTRUCTIONS.
2. ADD RICE & SOUP MIX.
3. SIMMER 15 MINUTES.
4. ADD OODLES OF NOODLES, BROKEN UP CHICKEN.
5. SIMMER.

GUMBO SHOULD BE THICK LIKE STEW. CAREFUL NOT TO BURN IT.
SERVE WITH BREAD OR CRACKERS.

VARIATION: ADD CARROT SHAVINGS AND/ OR CROUTONS.