

Turkish Chicken and Couscous

See Ingredients for Meals for notes about buying couscous, and hints to keep it from getting mushy in the cozy.

This recipe makes a FULL cozy of food, 4 cups. It's hard to stir. I usually eat about ¼ of it the next morning for breakfast, if there is room in the bear can for overnight storage.

Alternatively, you could use ½ cup couscous and cut the water down by ¼ C.

AT HOME:

Bag 1:

¾ Cup couscous

½ Cup FD chicken

¾ Cup mixed vegetables - corn, peas, green beans, kale, mushrooms, tomato

1 Tbsp dried onions

1 Tbsp dried peppers

1 Tbsp Turkish spice blend (see below)

1 Tbsp (or more) chicken bouillon granules (enough to make 3 Cups strong broth)

1 Tbsp nutritional yeast

¼ C sliced almonds

1 packet hot sauce (Tabasco works well)

Turkish spice blend

(This is not exact quantities, but proportions. If 1 part = 1 Tablespoon, you will make enough spice blend to make 8 or so meals). Make extra and use it on rice or vegetables or chicken...it's yummy!

- 2 parts sweet paprika
- ½ part salt
- 1 part garlic powder
- 1 ½ part oregano
- ¾ part cumin
- ¾ part ground coriander
- ½ part sumac
- ¼ part cayenne
- 1 dash cinnamon
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ON TRAIL:

Boil 2.25 to 2.5 C water with the hot sauce packet. Put the contents of Bag 1 into your cozy. Add the liquid to the well mixed bag of everything else in the cozy. Make sure you stir really well – try adding half the water and stirring, then the other half and stir some more.

(I like this meal with a little extra water – the first time you make it, you may want to start with the smaller amount and see if it needs more for your taste – make a note in your On Trail Instructions which you preferred)

