

MONT YBOCA

Elevate your meals

recipes | meal plans | cookbooks

All recipes:

-10 ingredients or less

-ready in 30 min or less

-as low as 4 oz per serving

-no pre prep, no dehydrating

-use fresh and healthy ingredients

@montyboca

YouTube: Chef Corso

www.montyboca.com

Backcountry Cooking Workshop



RECIPE BANK: montyboca.com/recipes/

STOVE ARTICLE: montyboca.com/packing-tips/

FOOD PAGE: montyboca.com/shop/products-food/

EQUIPMENT PAGE: montyboca.com/shop/suggested-equipment/

Tropical Granola

Tested by
Chef Corso

2 servings	5 Ingredients		
5 ingredients		US	METRIC
10 minutes	Water	8 oz	250 g
~3 oz / ~75 g per serving +water	Granola, your fav	1 C	80 g
	Dried Pineapple	1/4 C	20 g
	Dried Mango	1/4 C	20 g
	Macadamia Nuts	1/4 C	20 g
	Total Weight	~14 oz	~400 g

Steps

- TURN ON BURNER: HIGH HEAT**
- Add** water, fruit
- Boil**
- Stir. Simmer** 3-5 min until soft
- Add** nuts
- Stir**

EAT & PACK IT OUT

Dairy Free

Vegan

Vegetarian

Gluten Free



Did you know that? The Macadamia was introduced into Hawaii around 1881 and only used as an ornamental. Now you know!

Ham, Egg & Cheese Grits

Tested by
Chef Corso

2 servings	6 Ingredients		
6 ingredients	◆ SPECIAL INGREDIENT	US	METRIC
10 minutes	Ham	7 oz	200 g
~7.5 oz / ~215 g per serving +water	Water	12 oz	350 ml
	Salt	1/2 tsp	2 g
	Grits / Cornbread Mix	1/2 C	80 g
	Powdered Eggs ◆	4 TB	40 g
	Cheese, your fav	4 oz	100 g
	Total Weight	~1.8 lbs	~775 g

Steps

- Chop** ham
- TURN ON BURNER: HIGH HEAT**
- Add** ham, water
- Boil**
- Add** salt, grits. **Stir**
- Cook** 1-2 min. **Stir**
- Add** cheese, extras. **Stir**

EAT & PACK IT OUT

Did you know that? It takes 21 to 45 days to cure a ham. But don't worry, it's just hangin out. Now you know!



STOVE SELECTION

- pot size
- burner type
- size/surface area of burner
- gas type
- pot/pan integration
- how many people?

Pizza Grain Bowl

Tested by
Dirty Linda

2 - 4
servings

9
ingredients

15
minutes

~11 oz /
~325 g
per serving

High Calorie

Gluten Free

No Burner

Low Water

9 Ingredients

◆ SPECIAL INGREDIENT	US	METRIC
Quinoa or Grain Mix ◆ _precooked or 3 1/2 C cooked	16 oz	500 g
Olive Oil	1/4 C	100 g
Lemon	1	1
Baby Tomatoes	8 oz	225 g
Pepperoni/Italian Salami	6 oz	240 g
Mozzarella/your fav cheese	4 oz	120 g
Olives	2 oz	60 g
Oregano	2 tsp	5 g
Chili Flake	1 tsp	2 g
Total Weight	~2.8 lbs	~1.3 kg

Steps

*** NO BURNER RECIPE ***

1. **Chop** salami, cheese. If needed.
2. **Mix** all ingredients
3. **Sit** for 10 min

EAT & PACK IT OUT

Make this your favorite pizza! Veggie, meaty, hawaiian...go nuts!
Did you know that? Peru produces over 50% of the worlds quinoa.
Now you know!



BLTA Grain Bowl

Tested by
dreamcrusher

2 - 4
servings

9
ingredients

10
minutes

~8 oz /
~250 g
per serving
+water

High Calorie

Dairy Free

Gluten Free

No Burner

Low Water

9 ingredients

	US	METRIC
Grain Mix, precooked	16 oz	500 g
Bacon, precooked	4 oz	100 g
Avocado	2	2
Tomato	1-2	1-2
Spinach/Kale	4 oz	110 g
Olive Oil	1/4 C	100 g
Rice Vinegar	2 TB	25 g
Salt	1 tsp	5 g
Black Pepper	1/2 tsp	2 g
Total Weight	~2 lbs	~1 kg

Steps

*** NO BURNER RECIPE ***

1. **Chop** avocado, tomato, spinach/kale (if needed)
2. **Mix** grain mix, bacon, avocado, tomato, greens, olive oil, rice vinegar, salt, black pepper
3. **Let sit** for 5-10 min

EAT & PACK IT OUT

Did you know? That 80% of the worlds' quinoa is grown in Peru and Bolivia.
Now you know!



Fresh Ultralight Pad Thai

Tested by
Chef Corso



1 servings	9 ingredients	15 minutes	~4 oz / ~200 g per serving +water	9 ingredients	US	METRIC
				Water	12 oz	600 ml
				Thick rice noodles	2-3 oz	200 g
				Salt	1/2 tsp	5 g
				Nutbutter / powder	3 TB	20 g
				Sriracha	1 TB	20 g
				Ginger Powder	1 tsp	5 g
				Green Onions	1/4 bunch	1/4 bunch
				Lime/Rice Vinegar	1 / 2 tsp	1 / 10 g
				Mixed Nuts	1/4 C	35 g
				Total Weight	~1.5 lbs	~ 700 g

- Dairy Free
- Vegan
- Vegetarian
- Gluten Free

Steps

- TURN ON BURNER: HIGH HEAT**
- Add** water, rice noodles
- Boil** until soft. **Stir. Reserve** 4 oz water in pot
- Chop** green onions
- Noods done, **Add** salt, nutbutter / powder, sriracha, ginger. **Stir**
- Cook** 2-3 min. **Stir**
- Garnish** w/ green onions, mixed nuts, lime wedge/rice vinegar

EAT & PACK IT OUT

*Did you know that? Mount Olympus in the Olympic Nat. Park is NOT a volcano. It was acutally formed by two plates shoving together years ago.
Now you know!*



Cuban Black Bean Soup

Tested by
Chef Corso

2 servings	10 ingredients	15 minutes	~4.5 oz / ~125 g per serving +water	10 ingredients	US	METRIC
				◆ SPECIAL INGREDIENT		
				Olive Oil	2 TB	25 g
				Red Bell Pepper	1	1
				Shallot	2	2
				Garlic	2 clvs	2 clvs
				Dehydrated Black Beans ◆	3 C	285 g
				Water	24 oz	700 ml
				Salt	1 tsp	5 g
				Cumin	2 TB	10 g
				Lime	1	1
				Plantain Chips ◆	4 oz	113 g
				Total Weight	~2.6 lbs	~1.2 kg

- High Calorie
- Dairy Free
- Vegan
- Vegetarian
- Gluten Free

Steps

- Chop** garlic, shallot, red pepper
- TURN ON BURNER: MED HEAT**
- Add** olive oil, garlic, onion, red pepper, salt, cumin
- Cook** 2-3. **Stir**
- Add** water. **Boil**
- Add** black beans
- Stir. TURN OFF BURNER. Let sit** 5-7 min
- Garnish** w/ plantain chips, lime

EAT & PACK IT OUT

*Did you know that? Plantains are a good source of hearty fuel rich in potatssium, fiber and vitamin A
Now you know!*



MENU PLANNING

- how many people?
- which stove?
- length of trip?
- how hard is the trip?
- water sources?
- weight/volume?
- dietary?
- preferences!

The Pantry

A starting point for your meal plan

Carbs

Instant Rice
 Instant Mashed Potatoes
 Instant Sweet Potatoes
 Rice Noodles
 Ramen Noodles
 Grits/Polenta/Corn Meal/Masa
 Tortillas (*Flour, Corn*)
 Instant Cous Cous
 Pre-cooked Grain Mixes
 Quinoa
 Stuffing Mix
 Pasta (*stick with thin or small shapes for fastest cooking*)
 Bread/Rolls
 Bagels

Protein

Packaged Chicken
 Packaged Tuna
 Beef Jerky (*hydrates surprisingly well in soups*)
 Smoked Salmon
 Summer Sausage
 Pre-cooked Bacon
 Dry Salami
 Pre-cooked Chicken Sausage
 Pre-cooked/Packaged Tofu
 Nuts/Seeds
 Peanut/Nut Butter & Powder
 Chia Seeds
 Freeze-dried Legumes
 Chickpeas, Lentils, Pinto/Black Beans
 Boca Burgers
 Morningstar Farms Breakfast Sausage
 Field Roast Products
 Soyrizo
 Other Faux Meat Options

The Pantry

Look beyond the tuna and mashed potato packets!

Flavor

Spice Mixes
 Salsa Packets
 Gravy Mixes
 Lemon/Lime
 Vinegars (*apple cider, balsamic, red wine, rice*)
 Sesame Oil
 Soy Sauce Powder
 Coconut Milk Powder
 Coconut Water Powder
 Asian Sauces
 Hot Sauce

Veggies

Snap Peas
 Broccoli
 Carrots, shredded/coins
 Cauliflower/Cauli Rice
 Bell Peppers
 Shallots
 Zucchini/Yellow Squash
 Baby Tomatoes
 Mushrooms
 Brussel Sprouts
 Green Beans

Don't Forget

Instant Coffee/Tea
 Electrolyte tabs/packets
 Trail Bars/Other Desserts
 Other snacks, your favorite

Goat Cheese Dip w/ Burst Tomatoes

Tested by
Chef Corso

4 - 6

servings

9

ingredients

10

minutes

~8 oz /

~250 g

per serving

High Calorie

Vegetarian

Gluten Free

Low Water

9 ingredients

	US	METRIC
Olive Oil	1 TB	14 g
Garlic / Garlic Powder	2 clvs / 1/2 tsp	2 clvs / 2 g
Baby Tomatoes	10.5 oz	300 g
Oregano, dried	1 tsp	2 g
Chili Flake	1 tsp	2 g
Salt	1 tsp	5 g
Goat Cheese	16 oz	450 g
Bread, your fav	1 loaf	1 loaf
Crackerrs, your fav	1 pkg	1 loaf
Total Weight	~3 lbs	~1.5 kg

Steps

1. **Chop** garlic
 2. **TURN ON BURNER: MED HEAT**
 3. **Add** oil, garlic, tomatoes, oregano, chili flake, salt
 4. **Cook** 2-3 min until burst. **Stir**
 5. **TURN BURNER TO LOW**
 6. **Add** goat cheese. **Stir, melt**
- I DIP, YOU DIP, WE DIP**

EAT & PACK IT OUT

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Did you know that? California is home to the world's largest tree, General Sherman Tree in Sequoia National Park
Now you know!

Caramelized Banana Nilla Wafer Bowl

Tested by
Chef Corso

2 -4

servings

5

ingredients

10

minutes

~4 oz /

~235 g

per serving
+water

High Calorie

Dairy Free

Vegetarian

Low Water

5 ingredients

	US	METRIC
Banana	2	2
Brown Sugar	1/2 C	95 g
Water	2 oz	60 ml
Nilla Wafer, crushed	2 C	220 g
Nuts, your choice	1/2 C	50 g
Total Weight	~2.2 lbs	~1 kg

Steps

1. **Cut** Bananas into coins
2. **Chop** nuts & Nilla wafers
3. **TURN ON BURNER: MED HEAT**
4. **Add** brown sugar, Water
5. **Simmer** for 1 min
6. **Add** bananas
7. **Simmer** on **LOW** 2-4 min until coated
8. **Add** Nilla wafers to serving bowl
9. **Pour** over Banana mixture
10. **Add** Nuts

EAT & PACK IT OUT

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Great with a nip of whiskey or rum!