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**Eat great and have fun outdoors.**

## **Dehydrated Red Beans & Rice for Backpacking**

2 Tbs unsalted vegetable broth  
1 yellow onion diced  
1 green bell pepper seeded and diced  
2 stalks celery diced  
10 cloves garlic finely diced  
1/4 to 1/2 cup fresh chopped parsley  
1 Tsp dried thyme  
1 Tsp paprika  
2 Tbs Creole or Cajun seasoning  
2 bay leaves  
7 cups unsalted vegetable broth  
1 Lb dry red kidney beans soaked overnight  
1 1/2 cups dry brown rice  
1 Tsp liquid smoke

Heat vegetable broth in a medium stock pot or Dutch oven. Add the onion, green bell pepper and celery. Sauté until the onions become translucent. Add the garlic and cook for another minute or two.

Add the parsley, thyme, paprika, Creole or Cajun seasoning and bay leaves. Pour in the vegetable broth. Drain the kidney beans and add them to the pot. Add the brown rice and liquid smoke. Give it all a good mix.

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Turn the heat up to high and bring the pot to a boil. Turn the heat down to low. Cover and simmer for 1 hour and 15 minutes.

Line your dehydrator trays with parchment paper. Distribute the beans and rice evenly over the trays. Set your temperature to 135 Degrees. F. Dehydrate 4 to 6 hours.

Using a spatula, flip the semi-dried beans and rice on the trays.

Dehydrate another 4 to 6 hours until the beans and rice is completely dry and crumbly.

Divide your dehydrated beans and rice into 5 ounce portions. I like to use these paper lunch bags for this. This batch yielded four five ounce servings.

Wrap the lunch bags in parchment paper. Insert the parchment wrapped portion into your vacuum seal bags. Vacuum seal the bags. Don't forget to label and date those bags.

To rehydrate, place the dehydrated meal in your cook pot. Add water to the level of the food and let it sit for 5 minutes. Bring to a boil. Give it a good stir. Add additional water as needed. Place pot in a cozy for 10 to 15 minutes.

Enjoy.