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July's Tasty Recipe List

The theme for July is camping and paddling. The following recipe is provided to inspire you to think about all you can do for a tasty new meal while out camping! Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

CHICKEN & DUMPLINGS

2 envelopes Lipton's *Cream of Chicken Cup-o-soup*

1 can Swanson's Chunk Chicken Meat

½ package of mixed freeze-dried vegetables

1 cup Bisquick *in a zip-lock bag*

Water

First rehydrate vegetables (¼ - ½ cup hot water for the vegetables) Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove, lit to medium-low. Heat to simmering, stirring occasionally. While soup is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, cut off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.