

Sun-Dried Tomato Couscous

Backcountry Foodie Recipe

You won't find this flavor of boxed couscous on the grocery store shelf. However, you will find all of the ingredients needed to make it. The herbs and spices used are staples in our backpacking pantry.

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NUTRITION (per serving)

CAL/OZ	CAL/GRAM	CALORIES	PROTEIN	CARBS	FIBER	ADDED SUGAR	FAT	SODIUM
128	4.6	642 kcal	15 g	79 g	8 g	0 g	28 g	324 mg



HOME PREP TIME

3 mins



FIELD PREP TIME

3 mins



WT/SERVING

5.0 oz (140 g)



MEAL PREP

Cold Soak, Cook, Dehydrator
Not Required



DIET TYPES

Dairy-Free, Low-Sodium, Low-Sugar, Vegan



SERVINGS

1 serving

INGREDIENTS

- 1/2 cup couscous
- 3 pieces sun-dried tomatoes, oil-free, diced
- 2 Tbsp pine nuts
- 1/2 tsp parsley, dried
- 1/2 tsp oregano, dried
- 1/2 tsp basil, dried
- 1/2 tsp turmeric, ground
- 1/2 tsp garlic powder
- 1/4 tsp black pepper
- 1/8 tsp table salt
- 1 Tbsp olive oil

OPTIONAL

- salt substitute (substitution), low-sodium option

INSTRUCTIONS

HOME

1. Put all dry ingredients in a bag or container to be used in the backcountry. *See meal prep tip below.*
2. Pack 1 Tbsp (14 g) olive oil in a leakproof container to be added when the meal is consumed. We recommend double bagging the oil in the event there is a leak.

FIELD

1. Add 6 oz (180 mL) hot/cold water to bag or container.
2. Stir to mix well and let stand until fully rehydrated.
3. Add 1 Tbsp (14 g) olive oil.
4. Stir to mix well and enjoy!

NOTES

MEAL PREP TIP

- We recommend using kitchen scissors to cut the tough sun-dried tomatoes to save time and effort.

NUTRITION

- Total sugar (per serving): 5 g with no added sugar
- To reduce the sodium by 291 mg, replace the table salt with a salt substitute as desired.
- To reduce calories by 120, do not add the 1 Tbsp (14 g) olive oil. Although, the meal is more flavorful with the oil.



Did you make this recipe? We'd love to see it!

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