Broccoli and Couscous Stew



Prep Time:15 Min **Cook Time:**10 Min **Total Time:**25 Min

Serves 1

Ingredients

- 1 TBSP Onion soup mix
- 1/4 cup couscous
- 1/4 tsp garlic powder
- 1/4 tsp turmeric
- 1/8 tsp salt
- 1 pkt Alfredo sauce mix
- 1 TBSP Cilantro (packed down or equivalent)
- 1 TBSP Apple cider vinegar
- 1 cup broccoli cut into bite-sized pieces
- 5 oz Albacore Tuna (1 foil pack)
- 1 1/2 cups water

Instructions
At Home:
1 Mix the dry ingredients (The first six) and place in a sandwich bag.

2 Mix the cilantro and apple cider vinegar and place in a waterproof container like a bag made with a Seal-a-meal.

3 Place the broccoli and The sealed vinegar and cilantro in a sandwich bag.

On the Trail:
1 Boil water with broccoli

2 Add vinegar/cilantro mixture

3 Quickly stir in the dry ingredients and smash out any large lumps

4 Let sit 5 covered minutes.