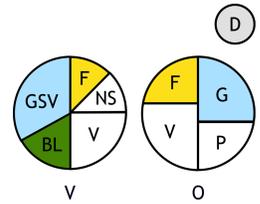


FIRE OR STOVE



Sunflower Ramen

Number of campers having ramen: _____

Number of people this recipe will serve: 4

How many times do we need to make this recipe to serve everyone? _____ =

Budget for this meal: \$2.50 * _____ = \$ _____

Item	Recipe amount	Multiplier	Amnt needed	Bring or buy?	Cost
Miso (awase or darker)	4 Tbsp				
Soy sauce	2 Tbsp				
 Unsweetened sunflower butter	2 Tbsp				
Toasted sesame oil	1 Tbsp				
Bouillon powder, cube, or paste	4 tsp / 1 cube/ 2 tsp				
Ginger, ground	1/2 tsp				
Neutral oil or plant butter	1 Tbsp				
 Shallot	1				
Garlic cloves	4				
 Dried shiitake mushrooms (Dynasty best)	1 oz				
 Tofu, extra firm 	14 oz				
 Broccoli	1 bunch				
 Dried ramen noodles	4 cakes				
 Scallions	1 bunch				



Item	Recipe amount	Multiplier	Amnt needed	Bring or buy?	Cost
Sichuan chili oil	1 bottle				



Gear needed at campsite:

- Camp stove
- Large pot
- Cup measure
- Cutting boards or hiking boards
- Chef's knives
- Cooking spoon

