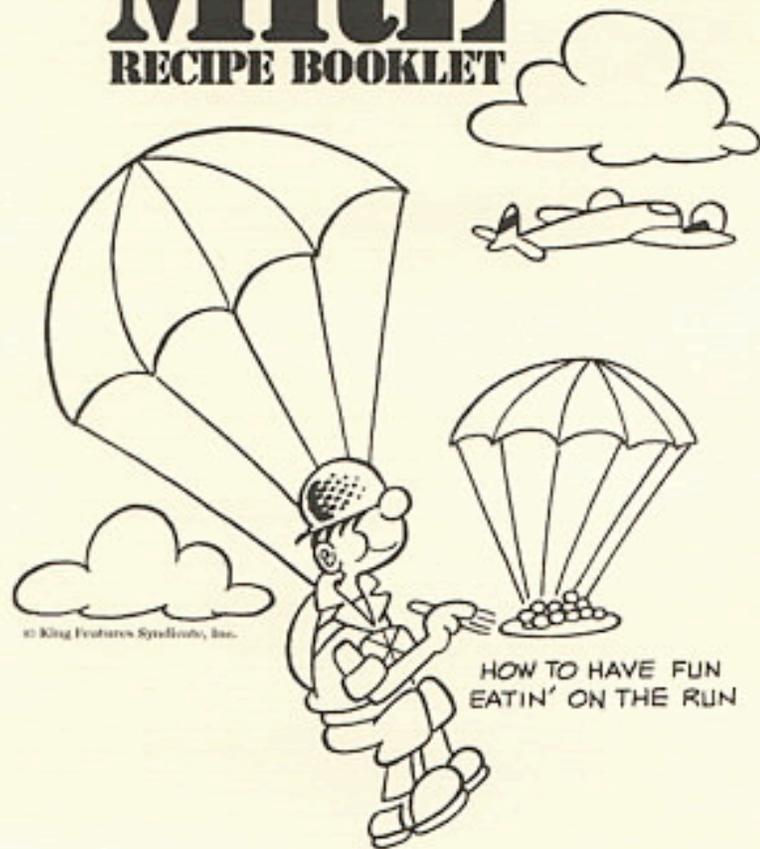


THE UNOFFICIAL
MIRE
RECIPE BOOKLET



McIlhenny Company, Avery Island, Louisiana 70513

Peelable Seal



MENU NO. 17
BEEF
TERIYAKI

Meal Ready-to-Eat, Individual

THE WORNICK COMPANY
McALLEN, TEXAS 78505

U.S. GOVERNMENT PROPERTY
COMMERCIAL RESALE IS UNLAWFUL

FLAMELESS RATION HEATERS ARE PROHIBITED ON COLLECTIVE
MRE UNLESS SEALED IN ORIGINAL MRE MENU BAG



MENU NO. 24
MEATLOAF
WITH GRAVY

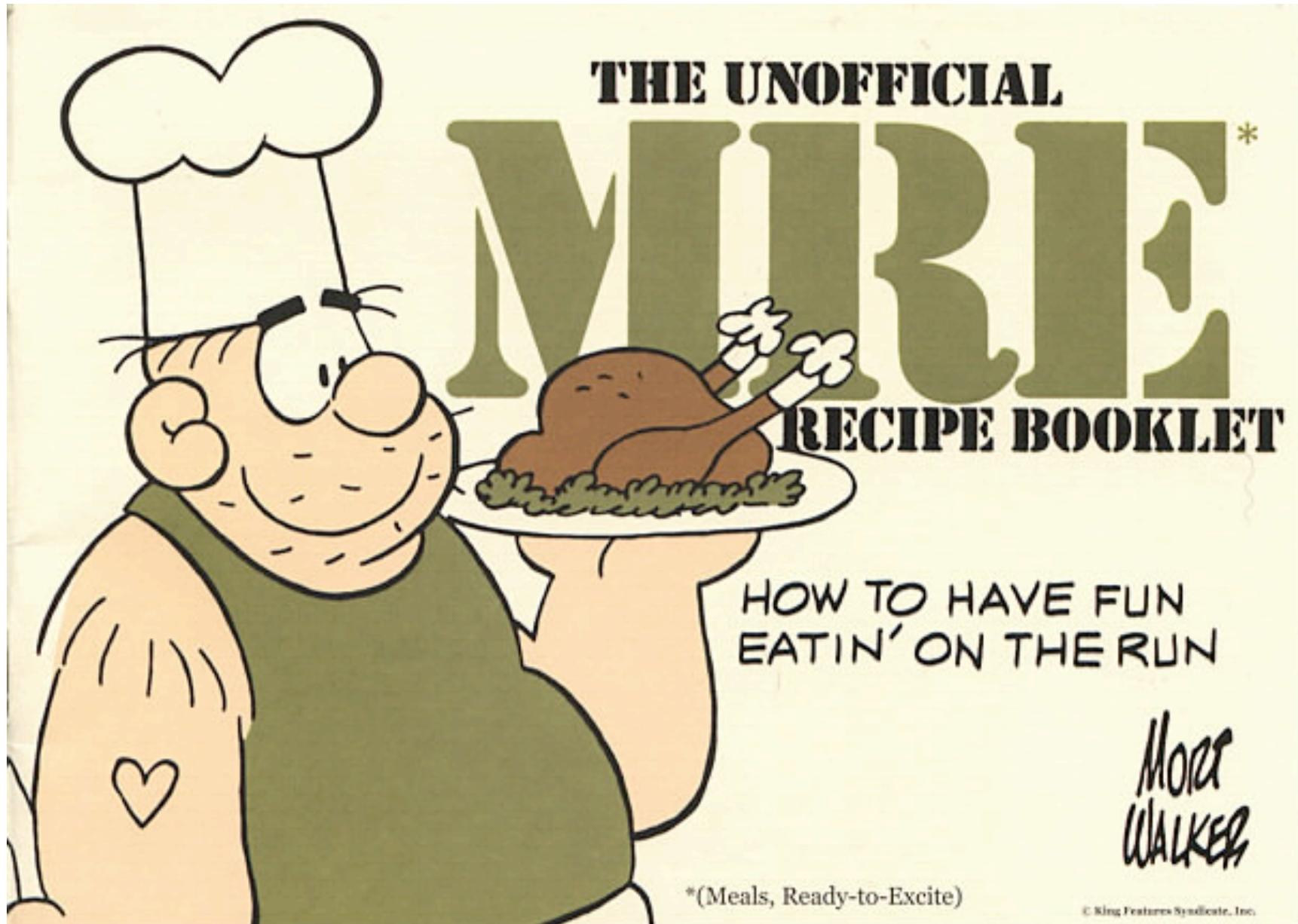
Meal Ready-to-Eat, Individual

THE WORNICK COMPANY
McALLEN, TEXAS 78505

U.S. GOVERNMENT PROPERTY
COMMERCIAL RESALE IS UNLAWFUL

FLAMELESS RATION HEATERS ARE PROHIBITED ON COLLECTIVE
MRE UNLESS SEALED IN ORIGINAL MRE MENU BAG





THE UNOFFICIAL

MIRIE*

RECIPE BOOKLET

HOW TO HAVE FUN
EATIN' ON THE RUN

*MORE
WALKER*

*(Meals, Ready-to-Excite)

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MEAL # 1

PARATROOPER POTLUCK PIE
CANTEEN COCOA MOCHA

MEAL # 2

FORT POLK PORK 'N APPLES
NUKE 'EM NOODLES & CHEESE

MEAL # 3

THIS-AIN'T-NO-PICNIC
CHEESEBURGER
PEANUT BUTTER PATROL COOKIE

MEAL # 4

PENTAGON PARTY MIX
CHECKPOINT CHICKEN CHOW MEIN

MEAL # 5

BEEF AND MUSHROOMS WITH POTATO
SHRAPNEL
COMMANDO CHOCOLATE CHEWS

MEAL # 6

THE-WHOLE-ENCHILADA CHEESE
SOUP
CRUMB-TOP CAMO COBBLER

MEAL # 7

KUNG POW POW CHICKEN
OH-SAY-CAN-YOU-SEE TEA

MEAL # 8

FOXHOLE HASH
PEANUT BUTTER BIVOUAC BROWNIES

MEAL # 9

MILITARY MEATLOAF CHEESE STEAK
PEANUT BUTTER CANNON BALLS

MEAL # 10

MINEFIELD MINISTRONE
MESS HALL MASHED POTATOES

MEAL # 11

BEANWICH BOMBERS
TUTTI-FRUTTI COMBAT CAKE

MEAL # 12

SPICY SPECIAL OPS PIZZA
PATRIOT POUND CAKE

At the time this booklet was published, recipes were developed using ingredients from the following MRE Menu Packs:

- #1 Grilled Beefsteak
- #2 Boneless Pork Chop
- #3 Beef Ravioli
- #4 Country Captain Chicken
- #5 Grilled Chicken
- #6 Thai Chicken
- #7 Chicken with Salsa
- #8 Chicken with Rice
- #9 Beef Stew
- #10 Chili and Macaroni
- #11 Pasta with Vegetables
- #12 Bean and Rice Burrito
- #13 Cheese Tortellini
- #14 Pasta with Alfredo Sauce
- #15 Beef Enchiladas
- #16 Chicken with Noodles
- #17 Beef Teriyaki
- #18 Turkey Breast with Gravy
- #19 Beef with Mushrooms
- #20 Spaghetti with Meat Sauce
- #21 Chicken Tetrizzini
- #22 Jambalaya
- #23 Chicken with Cavatelli
- #24 Meatloaf with Gravy

CONTENTS

Throughout military history, savvy commanders have known that “an army marches on its stomach.” And just as the tools of battle have changed over the centuries, so have the means of feeding the troops.

A Roman legionnaire “worth his salt” received a portion of the precious condiment as part of his pay. If he were more interested in goldbricking than conquering, his salt ration would be withheld (probably finding its way to the table of some shavetail centurion!).

In medieval times, a knight-at-arms was expected to provide men and equipment for the king’s quests and pay for the upkeep out

of his own pocket. If he were stingy with food, grumbling peasant conscripts unhappy with the menu would simply lay down their arms and go home to the farm.

Napoleon’s bold campaign strategies depended on moving with lightning swiftness, which he managed by splitting his army into foraging columns which fended for themselves off the land while staying close enough to come running if things heated up. He nearly blew it at Marengo, though, when the sharp-eyed Austrians noticed most of his army was missing (out “liberating” a few local chickens, no doubt) and pounced on him. With a last-minute rescue by one of

his quick young generals, Bonaparte carried the day, but the close call prompted him to find a safer way to go about his empire-building.

He put up 100,000 francs as a prize for the solution to his supply problem. That led to the invention of canning. A French confectioner, Nicholas Appert, preserved food in champagne bottles, using heat to sterilize the food so it would keep for long periods. Englishman John Gamble took the idea a step further and preserved foods in tin cans, which were much handier than champagne bottles for military use.

For the American soldier from the Revolutionary War through the Civil War, the



basic ration was simple and unchanging – meat, bread, and beans. Yankee and Rebel alike made do on solid fat pork and hardtack (a rock-hard biscuit that required all the recruit's originality along with a good set of choppers to make it edible). Cussin'-the-cook sounded the same on both sides, except for the accents.

By WWI, canned foods had come into general use by America's "doughboys." Continued improvements in quality and variety led to the famed C-Ration so familiar to American Armed Forces from WWII to the present.

With his steel helmet for a makeshift saucepan and some "moonlight requisitioning," the foxhole chef concocted

highly imaginative meals with his "Charlie Rations." While you couldn't call 'em Mom's home cooking, they could turn out mighty tasty, especially with a few dashes of TABASCO® brand Pepper Sauce to liven things up.

Now the Space Age, with its computerized, laser-guided, high-tech weaponry and rapid deployment concepts, is changing the way the American G.I. dines in the field. The "steel pot," in which many a savory meal was prepared, has given way to the safer, lighter Kevlar headgear which, though it stops flying metal more effectively, wasn't designed for cooking duty. And the old standby C-Ration will take its place in history,

replaced by the lightweight nutrition-rich highly versatile MRE (Meal, Ready-to-Eat) Ration. R2-D2® and C-3PO® just love 'em!

Thermal-processed MRE Rations, made with techniques developed to feed America's astronauts, can be eaten just as they are if need be, though they're a good bit more palatable when heated in the pouch (no need for the "steel pot" anymore!). If you're young enough to appreciate eating things out-of-a-bag like chili-Fritos®, then you'll have no problem with eating these rations right out the pouch – just be careful you don't burn your hands. But, if you're an old-timer and have left behind your mess



kit, then you'll have to look for a banana leaf or some such to use as a plate. And the O.D. can opener (a.k.a. "The John Wayne") – once a trooper's most prized possession next to his rifle – is unnecessary with the easy-open packs.

While no-frills MRE's are plainly meant for survival in quick-moving situations,



they needn't be dull. Think of them as Meals, Ready-to-Excite with a little imagination and lots of TABASCO®!

The recipes we've gathered in this book by TABASCO® brand Pepper Sauce can be made from individual MRE packs or in combination with others from your platoon mates for variety. Naturally, any other ingredients you can beg, borrow, or otherwise acquire can be included to taste.

Recon your area for goods you can "appropriate" to spice up your menu. Anything fresh perks up a meal – bird eggs, ripe fruits, garden-grown or wild vegetables, even edible critters. Be on the lookout for pots and pans or likely substitutes to

set up your own foxhole field kitchen. Explore and experiment!

Keep your trusty TABASCO® sauce at your side at all times for sure protection against mealtime monotony. With TABASCO® sauce, eating on the run *can* be fun, even considering the circumstances.

The American G.I. is the best-trained, best-equipped, best-fed trooper in the world. And though the supplies he carries may change with modern times, he'll always bring that native G.I. ingenuity to mealtime. It is to the inventive battlefield gourmet that this book is dedicated.

Hearty eating, soldier!

MEAL # 1

You won't need a mess sergeant's steam tables to dish up these meals on a minute's notice – all the recipe ingredients are included in your MRE Menu packs. In most cases, the MRE Menu number indicates the pack where you can find the ingredient. However, some ingredients, such as peanut butter, cheese spread, snack bread, crackers, coffee, creamer, sugar, and cocoa, are available in numerous MRE packs, so those items have no menu number beside them. Happily, TABASCO® brand Pepper Sauce is packed in every menu – it's the perfect way to wage war against tasteless food.

PARATROOPER POTLUCK PIE

Don't take a dive on your next meal! Jump into this military version of beef pot pie and let the others take a flying leap. Use plenty of TABASCO® without reserve—it will lift you right off your feet!



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- 1 pouch beef stew (MRE Menu 9), heated
- 1/2 packet cheese spread
- 4 dashes TABASCO® brand Pepper Sauce
- 1/2 pouch crackers, crumbled

Combine beef stew, cheese, and TABASCO®, and mix well. Sprinkle cracker "crust" over top.

CANTEEN COCOA MOCHA

Rise and shine! You want to live forever? You'd be loco not to try this mocha to shake off the chill!

- 1 packet cocoa beverage powder
- 1/2 packet freeze-dried coffee
- 8 ounces hot water (1/3 canteen cup)

Combine all ingredients and mix well.

MEAL # 2

FORT POLK PORK 'N APPLES

It can be hard holding down the fort, but this classic combination of pork and apples will lift your spirits. If you close your eyes and imagine you're in Normandy, you can call it "Pork à la Normande."

- 1 pouch boneless pork chop with noodles (MRE Menu 2), heated
- 1 packet dry cream substitute
- 1 spoon water
- 1 pouch spiced apples (MRE Menu 2), heated
- 1 dash TABASCO® brand Pepper Sauce

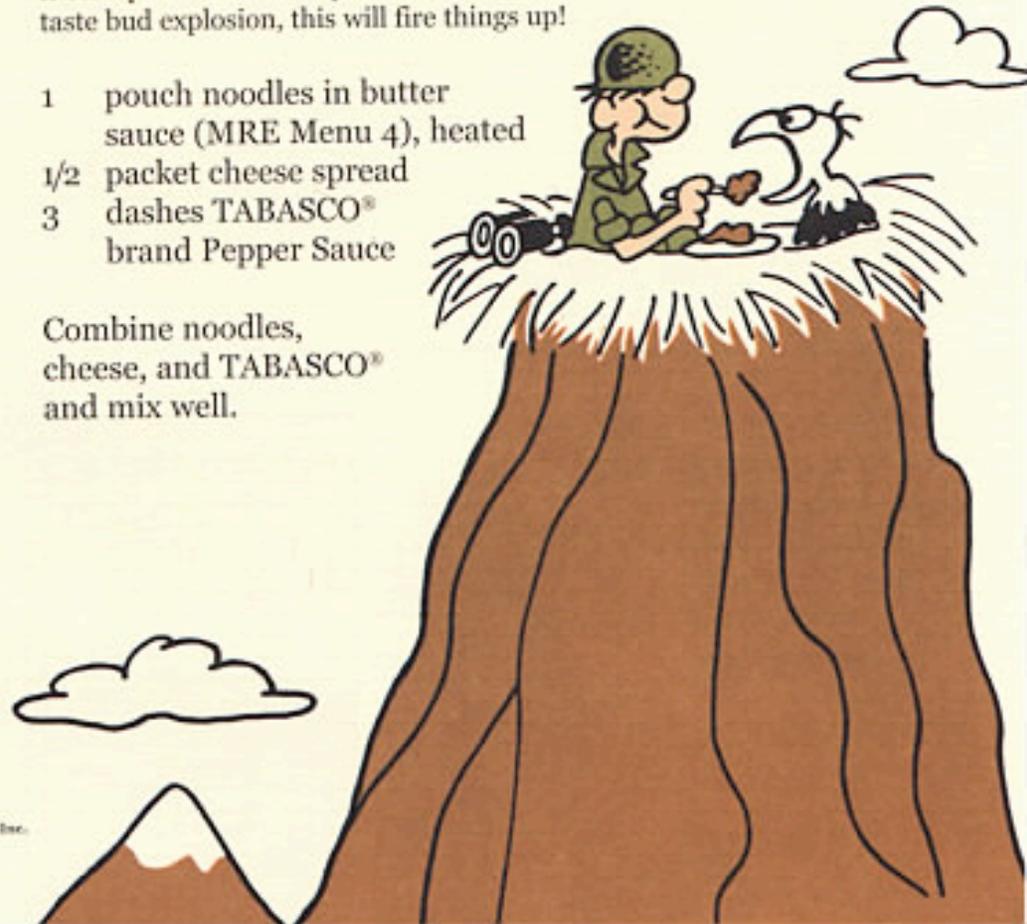
Remove pork chop from noodles and gravy and place on a plate (trade noodles and gravy for another item or save for a snack later). Dissolve cream in water; add to apples along with TABASCO®. Mix well and pour over pork chop.

NUKE 'EM NOODLES & CHEESE

Well, there are no microwaves lying around where you are, but this recipe is still quick to make. If you want an atomic taste bud explosion, this will fire things up!

- 1 pouch noodles in butter sauce (MRE Menu 4), heated
- 1/2 packet cheese spread
- 3 dashes TABASCO® brand Pepper Sauce

Combine noodles, cheese, and TABASCO® and mix well.



MEAL # 3

THIS-AIN'T-NO-PICNIC CHEESEBURGER

Here's the beef! There's nothing basic about this treat, Mac. While it's not exactly hamburger heaven where you are, you can still cook up a whopping good American cheeseburger. Keep a sharp eye out for onions, because you're not going to see any golden arches around here. Diced or sliced, a touch of onion brings tears of joy!

- 1 packet cheese spread
 - 1 pouch wheat snack bread
 - 1 pouch grilled beefsteak (MRE Menu 1), heated
- TABASCO® brand Pepper Sauce

Have it your way! Spread cheese on snack bread and top with beefsteak. Sprinkle generously with TABASCO® and serve open-face.



PEANUT BUTTER PATROL COOKIE

Seeing beady-eyed monsters? Got the creeps up your back? Here's your password. Sound off with this crispy, crunchy favorite. Chocolate and peanut butter go together like owls and nighttime.

- 1/2 packet peanut butter
- 1 pouch chocolate-covered oat cookie (MRE Menu 22)
- 1 heaping spoon roasted peanuts (MRE Menu 11 or 14)

Spread peanut butter over top of cookie and sprinkle with peanuts. It's taps for boring desserts and between-meal treats now!

MEAL # 4

PENTAGON PARTY MIX

Feel like a party? Gather up a bunch of buddies (or settle for the ones you're stuck with) to share the fun with. You may not find the Brass at the Pentagon serving this, but they would if they knew about it. Oh, don't forget to invite the Sarge.

- 1 pouch cheese-filled pretzels (MRE Menu 18 or 21) or pretzel sticks (MRE Menu 23)
- 1 pouch nut-raisin mix (MRE Menu 6) or roasted peanuts (MRE Menu 11 or 14)
- 1 pouch cereal-oat biscuits (MRE Menu 2 or 22)
- 3 dashes TABASCO® brand Pepper Sauce

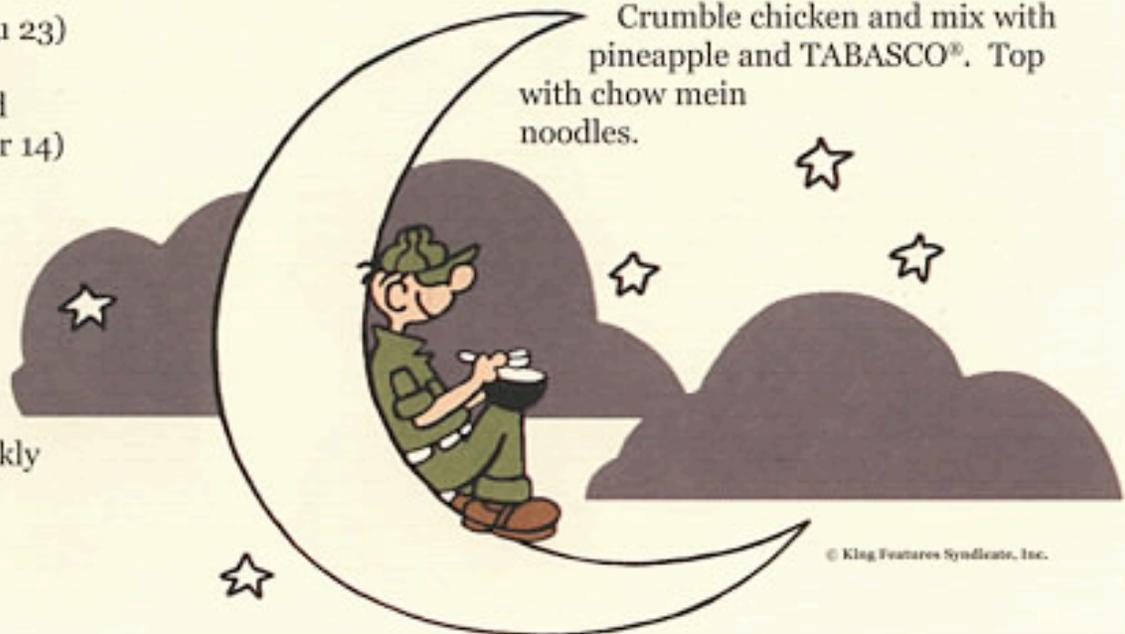
Combine pretzels, nut mix, and cereal biscuits; sprinkle with TABASCO® and stir quickly until well mixed.

CHECKPOINT CHICKEN CHOW MEIN

This dish will get you clearance into all kinds of places, especially when shared with MPs and COs. You may even be able to negotiate an off-base pass.

- 1 pouch grilled chicken (MRE Menu 5), heated
- 1 pouch pineapple (MRE Menu 11)
- 5 dashes TABASCO® brand Pepper Sauce
- 1 pouch chow mein noodles (MRE Menu 17)

Crumble chicken and mix with pineapple and TABASCO®. Top with chow mein noodles.



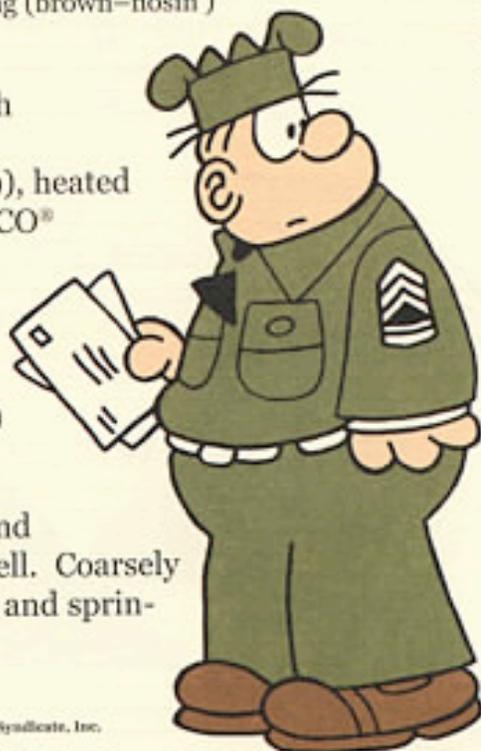
MEAL # 5

BEEF AND MUSHROOMS WITH POTATO SHRAPNEL

TABASCO® and that potato stick thing-a-ma-bob adds something extra to your ordinary beef and mushroom dinner. Candlelight and wine are optional, but are a big help if you're romancing (brown-nosin') the Sarge!

- 1 pouch beef with mushrooms (MRE Menu 19), heated
- 3 dashes TABASCO® brand Pepper Sauce
- 1 pouch potato sticks (MRE Menu 3)

Combine beef with mushrooms and TABASCO®; mix well. Coarsely crush potato sticks and sprinkle over top.



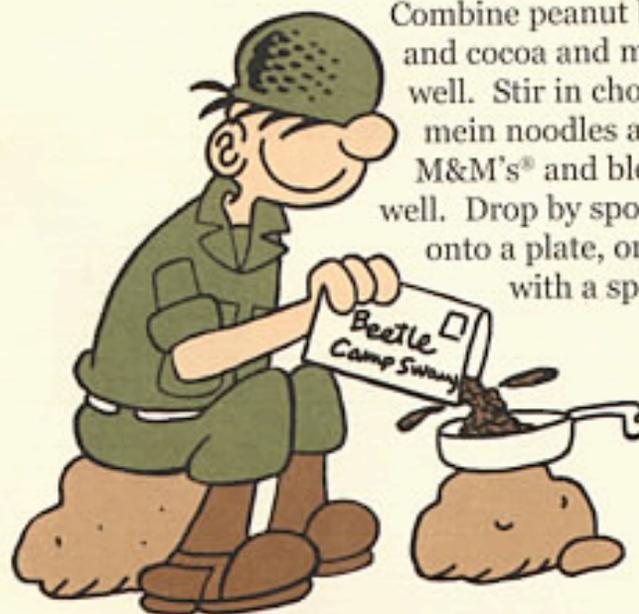
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COMMANDO CHOCOLATE CHEWS

This snack has might and it will take care of your intense chocolate cravings that are holding your tastebuds under siege.

- 1 packet peanut butter
- 1/2 packet cocoa beverage powder
- 1 pouch chow mein noodles (MRE Menu 17)
- 1 bag M&M's® brand Chocolate Candies (MRE Menu 5, 7, or 21)

Combine peanut butter and cocoa and mix well. Stir in chow mein noodles and M&M's® and blend well. Drop by spoonfuls onto a plate, or eat with a spoon.



MEAL # 6

THE-WHOLE-ENCHILADA CHEESE SOUP

Well, this is what's called Military-Mex, and it can be prepared without any major maneuvers. If it doesn't transport you south of the border, don't know what else will besides official orders!

- 1 pouch beef enchiladas (MRE Menu 15), heated
- 1 packet cheese spread
- 4 ounces hot water (1/6 canteen cup)
- 4 dashes TABASCO® brand Pepper Sauce

Cut enchiladas into small pieces. Add cheese, hot water, and TABASCO® and stir until well blended.

CRUMB-TOP CAMO COBLER

Looking for a fabulous fruit-filled dessert, but can't find it in the field? This is it. Better keep it under a camo net, though—there's been a high incidence of AWOL cobbler since this recipe was issued.

- 1 pouch pears (MRE Menu 14) or pineapple (MRE Menu 11)
- 1 pouch applesauce (MRE Menu 13 or 16)
- 1 pouch oatmeal cookies (MRE Menu 19) or cereal-oat biscuits (MRE Menu 2 or 22)

Combine pears or pineapple with applesauce. Crumble cookies or cereal-oat biscuits over top.



MEAL # 7

KUNG POW POW CHICKEN

What's the matter, you draggin'? Run down? It's a little inconvenient to send out for Chinese food (considering the tip the delivery boy would want!), but you can make your own without a wok.

- 1 pouch Thai chicken (MRE Menu 6), heated
- 1/2 packet peanut butter
- 1/2 pouch roasted peanuts (MRE Menu 11 or 14)
- 4 dashes TABASCO® brand Pepper Sauce
- 1 pouch rice (MRE Menu 6), heated

Combine warm chicken and peanut butter and mix well. Stir in peanuts and TABASCO®. Serve over rice.

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OH-SAY-CAN-YOU-SEE TEA

Nothing's more thirst-quenching to a soldier from the South than a big glass of sweetened iced tea. Add some fruit-flavored drink to that classic and you have a refreshing new beverage. Serve it before dawn's early light or after a dusty day of marching. Imagine yourself dozing on a balcony in New Orleans to the calliope music from a steamboat on the river!

- 1 packet iced tea drink mix
- 1/2 packet cherry, orange, or lemon-lime beverage powder
- 12 ounces cold water (1/2 canteen cup)

Combine all ingredients and stir until dissolved.



MEAL # 8

FOXHOLE HASH

Now they'll know you're a sly fox. After you're dug in, dig into this hearty feast. Simple, but refreshing. A little nap afterwards is in order, unless Sarge orders otherwise! (The last person you want to hash it out with.)

- 1 pouch grilled beefsteak (MRE Menu 1), heated
- 1 pouch mashed potatoes (MRE Menu 24), heated
- 4 dashes TABASCO® brand Pepper Sauce
- 1 packet cheese spread, optional

Cut beefsteak into 1/2-inch pieces; stir in potatoes, TABASCO®, and cheese, if desired. Mix well.

PEANUT BUTTER BIVOUC BROWNIE

This dessert won't last long after construction! If you need some extra brownie points, spell out the CO's initials in peanuts or M&M's® and give it to him!

- 1/2 packet peanut butter
- 1 pouch fudge brownie (MRE Menu 3 or 8)
- 1/4 pouch roasted peanuts (MRE Menu 11 or 14)
- 1/4 bag M&M's® brand Chocolate Candies (MRE Menu 5, 7, or 21)

Spread peanut butter over top of brownie and decorate with peanuts and M&M's®.



MEAL # 9

MILITARY MEATLOAF CHEESE STEAK

Been dreamin' about those Philly Cheese Steaks back home? This ought to help those comfort food cravings. It calls for plenty of TABASCO®, so bear in mind there is heavy artillery in every bite!

- 1 pouch meatloaf with gravy (MRE Menu 24), heated
- 4 dashes TABASCO® brand Pepper Sauce
- 1 pouch wheat snack bread
- 1 packet cheese spread

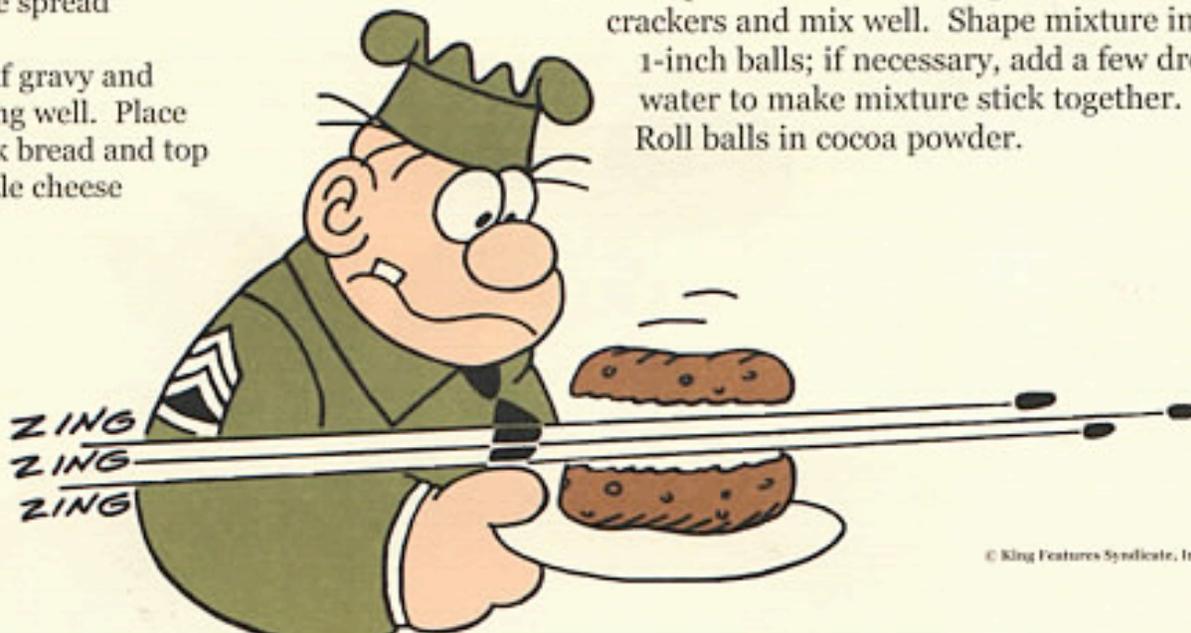
Combine meatloaf gravy and TABASCO®, mixing well. Place meatloaf on snack bread and top with gravy. Drizzle cheese spread on top.

PEANUT BUTTER CANNON BALLS

These are as much a blast to make as they are to eat. They add a real boom to mundane meals!

- 1 packet peanut butter
- 3 packets sugar
- 3/4 pouch crackers, finely crumbled
- 1/2 packet cocoa beverage powder

Combine peanut butter and sugar; stir in crackers and mix well. Shape mixture into 1-inch balls; if necessary, add a few drops water to make mixture stick together. Roll balls in cocoa powder.



MEAL # 10

MINEFIELD MINISTRONE

This soup packs a big bang. It's important to be surefooted when adding the TABASCO® or you could mix in more than 4 dashes and really send your mouth a charge!

- 1 pouch grilled beefsteak (MRE Menu 1) or chicken (MRE Menu 5), heated
- 1 pouch minestrone stew (MRE Menu 5), heated
- 6 ounces hot water (1/4 canteen cup)
- 4 dashes TABASCO® brand Pepper Sauce

Crumble beefsteak or chicken and combine with stew, water, and TABASCO®. Mix well.

MESS HALL MASHED POTATOES

Jazz up the chow line in the front lines! Try this simple and satisfying side dish that will leave others up in arms.

- 1 pouch mashed potatoes (MRE Menu 24), heated
- 1/2 packet cheese spread
- 2 dashes TABASCO® brand Pepper Sauce

Combine potatoes, cheese, and TABASCO®; stir until cheese is melted.



MEAL # 11

BEANWICH BOMBERS

Dive right in! This hearty treat will blast away hunger pains, leaving only enough room for dessert. Bombs away!

- 1 pouch western beans (MRE Menu 1), heated
- 3 dashes TABASCO® brand Pepper Sauce
- 1 pouch wheat snack bread
- 1 packet cheese spread

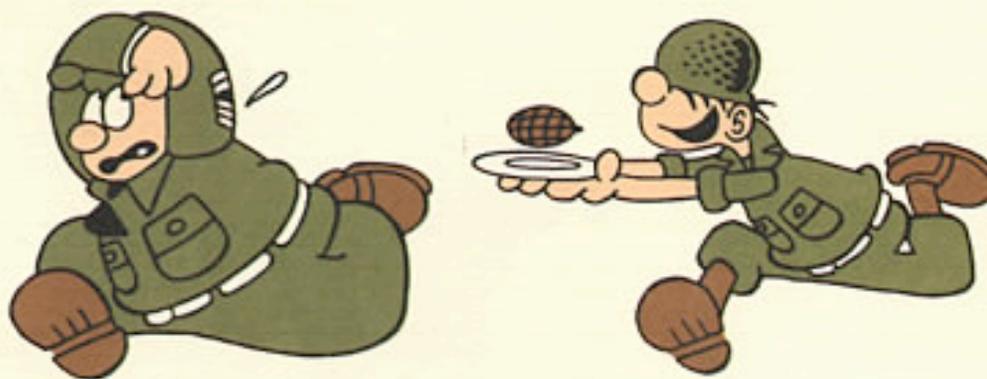
Combine beans and TABASCO® and spread on snack bread. Quickly drizzle on cheese and let melt.

TUTTI-FRUTTI COMBAT CAKE

This is not to be mistaken for upside-down cake! Just as good though. Good enough for the General; even he'll see stars! But serve carefully. Be ready to defend your dessert delicacy from raiding parties of less-imaginative gourmets.

- 1 pouch pound cake (MRE Menu 5, 10, 14, or 21)
- 1/2 packet strawberry or blackberry jam (MRE Menu 17 or 19)
- 1 pouch mixed fruit (MRE Menu 12)

Cut cake in half and spread one half with jam; top with remaining cake and spoon mixed fruit on top.



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MEAL # 12

SPICY SPECIAL OPS PIZZA

Here's a dish anyone can make—no special training needed. It's not the corner pizzeria, but it's delicious. Use all the TABASCO® you want—it's the key to a successful mission!

- 1 packet cheese spread with jalapeños
- 1 pouch wheat snack bread
- 1 packet beef snack strip (MRE Menu 1), chopped TABASCO® brand Pepper Sauce to taste

Spread cheese on bread and top with beef. Sprinkle with TABASCO®. Warm in a wood-burning pizza oven, if you can find one.



PATRIOT POUND CAKE

An All-American dessert! This will get your taste buds pounding out "Stars and Stripes Forever" and the CO's foot tapping—who may even surrender up some praise for the chef!

- 1 pouch pound cake (MRE Menu 5, 10, 14 or 21)
- 1/2 packet peanut butter
- 1/4 pouch nut-raisin mix (MRE Menu 6)

Cut cake in half and spread one half with peanut butter; sprinkle with nut-raisin mixture and top with remaining cake.





THERE'S A
SECRET
CURE FOR
EVERY
CRUMMY
COOK



TABASCO®



The late Brigadier General Walter S. McIlhenny created the hilarious "Charlie Ration Cookbook" in 1966, and "The Unofficial MRE Recipe Book" in 1984. This updated version uses the latest components in "Meal, Ready-To-Eat" menus provided by the U.S. military.

Gen. McIlhenny served as Chairman and Chief Executive Officer of McIlhenny Company, and headed up the Board of Trustees of the Marine Military Academy in Harlingen, Texas.

Want another "Unofficial MRE Cookbook" for a friend or a copy of our TABASCO® Country Store Catalogue? Call us at 1-800-634-9599 or visit us at www.TABASCO.COM for food, apparel and gift ideas.



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