



ON THE GO

MEALS IN THE FIELD

SPRING 2022





My name is Aqueena and I run this recipe website! I aim to share easy to make recipes that result in delicious food.

I was raised on a farm and as an adult I have continued that lifestyle with my husband, while also spending over a decade working in agriculture. From these experiences I like to think I have a good grasp on what farmers are going through in the field. After years of cooking and farming, I have paired my two passions and created this guide. My first guide was for harvest meals and spoke in greater detail about successfully delivering food to a field, and included family style meals in the field. I heard feedback that many of you are looking for more **meals on the go**. This entire guide is dedicated to just that! In here you will find breakfast, lunch, dinner and snack ideas that can be sent with farmers or delivered to them and usually eaten with one hand.

Please review any recipes you try, your feedback is much appreciated!

At the bottom of each recipe post there is a place to rate and review the recipe. Your honest feedback not only helps me develop better recipes but it also helps other home cooks decide if the recipe is a fit for them.

HOW TO USE THE GUIDE



FREEZER FRIENDLY

I love meals that can go in the freezer. There are definitely days when we all have more time than others. I like to spend my days helping my future self out by making items that can be frozen now and reheated or cooked in the future. I think this is such a life hack to implement with feeding farmers. There are days when we are sent for parts, need to run equipment, a move takes longer than expected or we are needed in other areas of life. These days are perfect for giving yourself a hand by having these meals ready to go.



BATCH COOK

Some farms have one mouth to feed in the field and some have over ten! Whatever your situation, I think it's best to cook lots when you're cooking so you have it when you need it. This batch cook symbol is intended for recipes of items that can be easily multiplied to feed crews or to stock up your freezer stash to feed your smaller crew.



ONE HANDED

More and more I am hearing from those that feed farmers (and from my own farmer) that they need to have a quick bite and get back to work! If you need to literally throw a hot meal at a farmer while he's running equipment, recipes with this symbol will be perfect.

No body wants to mess around with a fork, knife or spoon if they have equipment to tend to.



LUNCH BOX FRIENDLY

I know every farm is different and if we think about it most days are different. There will be days when you will not see the farmer between sun up and sun down and need to send food with them that will remain safe to eat and delicious. When you see this symbol, know that it is a great item to pack in the lunch box (with an ice pack) for the day.

HOW TO FIND A RECIPE

If you are reading a digital version of this guide you can click the url or the photo.

If you are using a printed out hard copy you can type out the whole url (web address) into your web browser or you can go to aqueenathekitchen.com and use the search function for any recipe!

MORE FIELD MEAL IDEAS

This guide fits a specific theme but in reality there are so many options of mains, sides and snacks.

Most days all we need is an idea so I've written down some of my favourites for each category as a resource for you to use when you are stuck on what to make.

GROCERY LIST

I have added in a grocery list template. If you are anything like me you need a grocery list to tackle massive meal prep.

If you have a super human memory this page is best used as a colouring page for a little that needs some entertainment while you're cooking.

THANK YOU!

It takes a village to run a farm and behind every farmer and their crew is someone like YOU keeping them fed. It's rarely an easy task but it's always an appreciated one by those who are lucky enough to receive your meals. So, thank you for all you do! If you found this guide helpful, please pass it along to a friend who might like it as well.

If you have any feedback on this guide or suggestions for future ones please reach out to me at admin@aqueenathekitchen.com or you can DM on any of my social media channels.

On the Go BREAKFAST

SAUSAGE PANCAKE BITES



Pancakes: but made in a mini muffin tin in the oven! These have cooked and then crumbled breakfast sausage nestled throughout the pancake bite. Perfect to make and freeze until you're ready to eat them. These are great to microwave quickly, throw in a paper bag and take them on your way out the door.

<https://aqueenathekitchen.com/sausage-pancake-mini-muffins/>

BREAKFAST COOKIES



These are like a bowl of oatmeal that fit in your hand - winning. These breakfast cookies are made with simple ingredients like honey, oatmeal and peanut butter and take less than 5 minutes to put together. They are also the perfect use for those bananas that are past their prime.

<https://aqueenathekitchen.com/breakfast-cookies/>



BREAKFAST SANDWICHES



A classic breakfast item that freezes well. I love making these because it is easy to make a large amount and pop them in the freezer for future mornings. My breakfast sandwich recipe is simple to make and satisfying to eat. Customize it to your preference with different protein choices. The eggs are specially seasoned and baked in a dish at the same time, making bulk prep a breeze. I have a separate post for Bacon, Chorizo and Sausage breakfast sandwiches.

Chorizo



A pork patty made as spicy as you want with paprika, chili powder, cumin, garlic powder and more.

<https://aqueenathekitchen.com/chorizo-breakfast-sandwich/>

Sausage



A pork patty made with brown sugar, sage, oregano and more. You can easily make these with store bought Breakfast Sausage patties or make your own.

<https://aqueenathekitchen.com/freezer-breakfast-sausage-sandwich/>

Bacon



Roast your bacon in the oven on a baking sheet while the eggs cook. This is the easiest of the three to prep and who doesn't love bacon?!

<https://aqueenathekitchen.com/bacon-egg-and-cheese-sandwich-freezer-friendly/>

CRANBERRY APPLE PECAN CHICKEN WRAPS



These wraps are a family favourite. The apples, pecans and cranberries are cut super small with some celery to ensure an even flavoured bite every time. This can be made with rotisserie chicken, chicken strips or boneless skinless chicken breasts cooked and cut into small cubes. No matter which way you slice it, it's sure to be a hit with it's delicious creamy dressing.

<https://aqueenathekitchen.com/cranberry-apple-pecan-chicken-wraps>

EGG SALAD SANDWICHES



This is a classic, I know. My recipe includes really delicious variations on it though! Check it out if you want to spice up an old favourite. If you are really looking for a treat, make these sandwiches with a loaf of homemade bread. (Link Below)

<https://aqueenathekitchen.com/perfect-homemade-bread>
<https://aqueenathekitchen.com/classic-egg-salad-sandwich>

SHRIMP SPRING ROLLS



Perfect For the gluten sensitive or bored of the same old - same old dinners. If you can make a wrap, you can make a spring roll. If you are worried about the wrapper drying out while these sit in the lunch box - fear not. Simply wrap in damp paper towel and then in plastic wrap or an airtight container. Just tell the diner about the paper towel so they don't have a weird lunch haha

<https://aqueenathekitchen.com/easy-shrimp-spring-rolls>

BBQ CHICKEN PINWHEELS



Cream cheese, chicken and chipotle seasoning.

oh do I need to say more?

These are super quick to prepare and often served as an appetizer but they are such a treat in a lunch box as a main.

<https://aqueenathekitchen.com/bbq-chicken-pinwheels>

On the Go SNACKS

COWBOY COOKIES



These cookies were made popular by former First Lady Laura Bush. I found the recipe years ago and have adapted it to be less sweet which suits my tastes a lot more. Trust me, it's still sweet enough and I have yet to meet a person who doesn't LOVE this cookie. It's an oatmeal chocolate chip cookie that also has coconut, pecans and hint of cinnamon. So delicious!

<https://aqueenathekitchen.com/coconut-pecan-oatmeal-cookies-cowboy-cookies/>

BLUEBERRY MUFFINS



I have been making these muffins for years because they are really simple to make. They use frozen blueberries and sour cream. These freeze well, so you can make them in advance and pull them out when you need a filling snack. Perfect for sending to the field.

<https://aqueenathekitchen.com/sour-cream-blueberry-muffins/>

EATMORE BARS



I grew up with these bars. Both the store bought kind and the homemade kind! These fudgy bars are salty and sweet. Filled with crunchy peanuts and smooth chocolate. They are simple to make too!

<https://aqueenathekitchen.com/eatmore-bars/>

GRANOLA BARS



I love granola bars. I have a few different ways to make them too. However, this recipe is the most simple AND crowd pleasing. They are chewy and gooey and take mere minutes to make. Recipe includes the classic chocolate chip variety but also different additive options such as cranberry pistachio and more.

<https://aqueenathekitchen.com/super-simple-chewy-granola-bars/>

CALZONE



These "pizza pockets" stay hot forever making them the perfect meal in the field. The dough is the same as my pizza dough recipe. If you have picky eaters this is a great option to feed everyone the same meal but customized to their requests.

<https://aqueenathekitchen.com/calzones/>

STUFFED MINI MEATLOAF



Mini Meatloaf that is stuffed with seasoned hash browns and veggies. The perfect all in one meal. These are awesome because they are actually quicker than traditional meatloaf due to the fact that they are baked in a muffin tin. You only need 30 minutes in the oven instead of over a hour.

<https://aqueenathekitchen.com/vegetable-and-potato-stuffed-meatloaf/>

PEP N CHED PIZZA ROLLUPS



This is simply homemade pizza that is rolled up in the shape of a croissant. The shape of this makes it easy to pack and eat. They freeze and reheat well and will definitely be a hit with the crew!

<https://aqueenathekitchen.com/pizza-roll-ups/>

TACO POCKETS



These are made with a biscuit dough exterior and stuffed with the taco seasoned meat and veggies we all know and love. This meal comes together quickly and is great for the field because it stays hot until the lucky recipient gets to enjoy it. It's easy to eat with one hand, can be made in advance and frozen before or after baking. If you have a perogie maker, this is a perfect time to pull it out to make the assembly process quicker.

<https://aqueenathekitchen.com/taco-pockets/>

CHICKEN AND RICE BURRITO



These are so easy to make and this recipe yields 14 burritos! They are a hearty meal that is not just packed with flavour but also all of the food groups.

Burritos are incredibly freezer friendly as they are just as good reheated as they are fresh.

<https://aqueenathekitchen.com/shredded-chicken-burrito/>

CHEESEBURGER CUPS



I wanted to include a dish with store bought dough, because homemade dough takes time and we don't always have that. This can be made with multiple refrigerated doughs and filled with saucy beef and the toppings of your choice.

<https://aqueenathekitchen.com/cheeseburger-cups/>

Spring Meal Ideas

SOMETIMES ALL WE NEED TO MAKE LIFE EASIER, WHEN FEEDING A FARMING CREW, IS AN IDEA. HERE IS A LIST OF A FEW ITEMS THAT WORK WELL TO DELIVER TO A FARMER OR SEND WITH THEM FOR THE WORK DAY.

👑 = RECIPE AVAILABLE AT AQUEENATHEKITCHEN.COM

SNACK IDEAS

VEGGIE CUPS
APPLE
ORANGE
OTHER FRUIT
FRUIT CUPS
PUDDING
APPLE SAUCE
CHIPS
COOKIES 👑
CHOCOLATE BARS
GRANOLA BARS 👑
MIXED NUTS
PUFFED WHEAT SQUARES 👑
RICE KRISPIE SQUARES 👑
MAGIC BARS 👑
MUFFINS 👑
PIE

MAINS

CHEESE BURGER 👑
PIZZA 👑
SHEPHERDS PIE 👑
LASAGNA 👑
MEATLOAF 👑
MEAT BALL SUB
PIZZA SUB
CHICKEN POT PIE
PHILLY CHEESE STEAK SANDWICH
BBQ CHICKEN WRAP
CLUBHOUSE WRAP
BAKED SPAGHETTI & MEAT SAUCE
HAM AND SCALLOPED POTATOES
ROAST BEEF AND MASHED POTATOES
GINGER BEEF BOWL 👑
PULLED PORK SANDWICH 👑
MAC AND CHEESE WITH FRIED CHICKEN 👑
SLOPPY JOES
CHICKEN QUESADILLAS

SIDES

VEGGIE TRAY
DINNER ROLL 👑
MASHED POTATOES 👑
SCALLOP POTATOES
ROASTED POTATOES 👑
FRIES 👑
MAC AND CHEESE 👑
RICE
PEROGIES
DUMPLINGS
ROASTED VEGETABLES
STEAMED VEGETABLES



Groceries

MEALS IN THE FIELD GUIDE 2022

VEGETABLES

FRUIT

FROZEN

BAKERY

MEAT

DAIRY

DRY GOODS

