

# Field Rations

Many times when a regiment was going on a march, they would receive 3 days rations which they would have to prepare before leaving. These original field rations, which typically consisted of boiled beef, bread, and cheese, can be very easily replicated by you and your students for your Soldier's Day visit.

If you would like to be authentic with your "midday rations", may we suggest:

Very Easy – Many "Lunchables" contain meat, cheese, and cracker combinations

Easy – **Meat:** chunks of ham, turkey, roast beef

**Cheese:** any block cheese that is available

**Bread:** 1 lb. round loaves (preferably multi-grain) or sourdough rolls, crackers

**Fruits/Veggies:** either dried or fresh fruit, and/or fresh vegetables (a great research project would be to only bring the in-season produce)

**Drink:** water or fruit juice

If you are feeling adventurous, try making this for the meat option:

## Boiled Beef

This recipe calls for 1 lb. beef per person, but may be scaled to suit your needs. You will need a 2-3 quart pot, a stove to cook on, and adult supervision to safely prepare your boiled beef.

### Ingredients:

1 lb. beef (not ground beef)

More than 3 Tbsp. salt or salt substitute

Water to cover

Chunk beef into 1-inch cubes. Place beef and salt into pot. Add enough water to cover beef. Boil for 1 hour. (More water may need to be added throughout this time.) When the hour is up, allow the beef to cool in the salt water. Finally, place beef into plastic bag and sprinkle with either more salt or salt substitute for flavoring.