



Barbecue Breakdown Bowl

When the power grid fails but your taste buds still have standards.

INGREDIENTS :

-  Instant mashed potatoes (your favorite flavor)
-  2 cans chicken (or black beans if you're a veggie prepper)
-  1 can corn
-  BBQ sauce (whatever's in the bunker)

Optional but glorious: :

-  Shredded cheese (freeze-dried, don't knock it 'till you've tried it)
-  Crispy fried onions

APOCALYPSE-PROOF ASSEMBLY INSTRUCTIONS:

Lay the Starchy Foundation: Make those mashed potatoes. Spread into a cast iron skillet or divide into foil packets for easy campfire cooking. (Also makes cleanup easier if society has collapsed.)

Corn It Up: Add as much canned corn as your heart—or rations—allow.

Top with Apocalypse Protein: Shred canned chicken (or sub black beans for a meatless option) then layer it on.

Sauce Like You Mean It: Drizzle BBQ sauce over the top like you're hosting the last cookout on Earth.

Optional: Sprinkle cheese to boost morale.

Heat It Up: Bake at 375°F or toss foil packets on the campfire until hot and gooey. You're not looking for perfection—just warmth and survival.

Finish with Flair: Top with crispy fried onions, because if the world's ending, you might as well go out crunchy.

Feeds 3-4 survivors, or just you if it's been a long day of foraging and existential dread.

Questions? Feedback? Email us at haalp@chickenlittlepreps.com.

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