STRESS FREE CAMPING

seriously good camping recipes

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THE ART OF CAMP COOKING

Hello, hello and welcome!

I'm so excited that you have decided to join us on the adventure of cooking amazing foods even while you are camping. In a life filled with technology, deadlines and stress, we invite you to roll up your sleeves, get dirty, and make something delicious that brings people together.

Being raised in the Pacific Northwest, camping is something that our families have all grown up doing. Recognizing that may not be the case for you, we have done our best to include as many tips and tricks within this book on how to have the MOST successful (and tasty) trip you possibly can!

As busy moms to 7 crazy wild kids (Dani-3 boys, Holli-4 girls), these recipes represent our families take on food that is delicious enough to satisfy our foodie tastes, yet still simple and cozy enough to not freak your kids out.

Whether you like to bring the camper along, or prefer to get right out under those stars in a sleeping bag or hammock, this nifty little guide, will teach you how to effortlessly take your camp cooking to a whole new level!

Let's get cooking!

PACKING THE CAR & COOLER

You are going to need to bring a few things along with you on your trip, so preparation is key here! Making sure everything is properly packed will prevent many headaches.

The first thing to do, is make a list of all the items your camp kitchen requires, and what you need to purchase. Then you can jump into the fun of planning your meals!

Use the included meal planner and packing list to get everything organized.

USE A TARP:
Unless you have a roof box or a trailer, you'll be packing firewood into the car. A canvas or plastic tarp, is your best friend for keeping your car clean! Put this down right away before you start putting the fire materials in the vehicle. Figure 1-2 bundles of firewood for every 2 hours of a fire. Pick heavier wood vs. lighter if you have a choice, the denser wood burns longer.

TETRIS PACKING SKILLS:
Put your big stuff on the bottom. The heavier and bulkier the item, the further down it should go when you pack your vehicle. Firewood is usually the heaviest thing you pack, so start there. Be sure to tarp over the wood, then pack up from there. Plastic totes of gear, coolers and cook stove come next. Finally top with clothing, folding chairs, bedding and anything else remaining.

PACK YOUR COOLER PROPERLY:
Ice or cooler packs: Always start with a solid layer of ice at the bottom of the cooler. You can use reusable cooler packs, or my preference, water frozen into gallon ziplock bags, or water bottles so you don't have to store them later. Fill 3/4 full (to allow room to expand), and freeze overnight.
Condiments and bottles/cans: This includes milk. Pack them vertically.
Tupperware and watertight containers: Place items at the top for the first meals, and lower down for future days meals, (so you don't have to dig around).
Ice on top: Add a layer of ice to the top of the cooler to cover everything you packed, and help keep it all cool.

Very fragile items, like cilantro, can either be kept on top of the ice or place them in tupperware. The ice will crush them so be prepared for this.

Keep your cooler in the shade. You can soak towels and cover it as well to keep it cool!

If you plan on camping regularly, it is FAR easier to have dedicated camp kitchen gear in durable plastic totes! Time and brain cells will be saved as you remove the chore of packing everything from scratch each time you want to get out into the woods!

THE BASIC CAMP KITCHEN

COOKING:

Ice Chest(s)
Folding Table
Camp Stove & Fuel
1 Medium Non-Stick Saucepan with Lid
1-2 Medium Non-Stick Skillets w/Lid
Cast Iron Dutch Oven
Cast Iron Skillet
Oven Mitts
1 Large Wooden or Metal Mixing Bowl
Metal Colander
Metal Skewers
Long Metal Tongs
Long Metal Spatula
Whisk
Measuring cups & spoons
Heavy Duty Aluminum Foil
Cooking Spray
French Press
Can Opener
Bottle Opener
1 Small Cutting Board
1 Medium Cutting Board
1 Chef Knife
1 Paring Knife
Roasting Sticks

EATING:

Utensils (forks, spoons, knives etc)
Bowls & Plates (paper, plastic or enamelware)
Cups (plastic drinking cups & coffee mugs)
Plastic Wine Glasses
Napkins
Tablecloths (and weights or tape to secure)
Gallon & Quart Ziplock Bags

CLEANING:

Washing Station: 2 Bins, Soap & Sponge
Dish Towels
Paper Towels
Baby Wipes (pack extra!)
Trash Bags
Pop Up Trash Can
String for Clothesline
Clothing pins
Hand broom & dust pan

LIGHT & HEAT:

Head Lamps, Flashlights or Lanterns
Tarp
Firewood
Axe
Lighter Fluid

CAMP KITCHEN CLOSE UP

Most of the camp items are fairly self explanatory. But the selection and placement of these tools can make the difference between a scattered frustrating mess and a clean cohesive system.

FOLDING TABLE:
A folding table is a massive help in camp, even if you have a picnic table to work with. You can use a standard folding table, but we prefer the lightweight camping folding tables. They collapse nice and small, and have flip out wing tables on the bottom to give you more space!

COOLERS:
If possible for a big family camping trip, we like to bring two coolers, one for the drinks and the other for the food. For smaller couple's trips or weekends, one medium cooler is plenty. You want them to be packed full vs having lots of air space. Avoid opening them as much as possible. The drinks ice chest will get opened more, thus melting faster.

Remember you must keep the food cold to prevent food poisoning! Bring an extra bath towel with you. As the ice melts and leaves space in the cooler, pack it with the towel to help keep the cooler insulated. ***It's tempting, but do NOT drain the cooler water until you have fresh ice!*** The water is very cold and will keep your food colder than the air.

BABY WIPES:
Self explanatory, but just don't discredit them. Not having to waste water is crucial. You can wipe off plates, fix a dropped utensil, wipe down muddy feet & so much more. Trust us and get a big bag!

PLASTIC STORAGE TOTES/WASH BINS:
Use them to corral everything together in the car. Then they double as dishwashing bins when on site. If you have little kids, you can even get a very large tote and water warmed over the fire, to create a mini "bath", to clean them up before bed.

HEAVY DUTY ALUMINUM FOIL:
Make sure to buy the best quality heavy duty foil you can find. The last thing you want is your finished foil packet to rip while you carry it to the table.

ZIPLOC GALLON BAGS:
Keep things separate and watertight in your cooler. They pack much more snugly than lots of plastic storage containers. Use hard plastic for things that will be easily crushed, like berries and eggs. Buy the nicer ones, the last thing you want is cooler water in your food.

HEADLAMPS & BATTERY LANTERNS:
Headlamps are easily one of my favorite grown up additions to camping. Headlamps, come in major handy when you are cooking late at night, keeping your workspace clear of a lantern and your hands free. Battery or USB powered lanterns are a massive safety upgrade with kids. Also, make sure to snag some glow sticks for the kids, they make it easy to keep track of them in the dark!

CAST IRON COOKING

Cast iron cooking is never something you would take backpacking, but for car camping it opens up a huge range of dishes. If you only get to bring one cast iron item, go with the dutch oven. It's crazy versatile and worth the weight (though my ultra minimalist boyfriend teases me every time he has to carry it!)

If you are buying new, go for a dutch oven with legs and the rimmed lid. This allows you to cook more dishes and turn it into a mini oven, and the handle makes it easier to grab out of the fire.

AS A SOUP POT/SKILLET:
Start your sauce or sauté an ingredient, before you start your main meal in the same pot!
The bottom of your Dutch Oven also functions perfectly as a classic cast iron skillet.

LID AS A SKILLET:
You can turn the lid of a Dutch Oven over to create a make shift skillet, if you need a second pan!

AS AN OVEN:
From chilaquiles (pg 25), to popcorn (pg 40), to apple pie cinnamon rolls (pg 88), a Dutch oven offers the perfect oven like environment. The rimmed lid is designed to allow you to stack coals on top of it easily. If you don't have a rimmed lid version you can invert your lid and place the coals on top of that.

If yours does not have legs, you can still make it work! Use it on a cooking grate, or place fire safe bricks or rocks underneath it to raise it up above the coals slightly.

CARE AND CLEANING:
People get nervous about cast iron care, but truly it's quite simple. Scrape as much food off as you can. Add a 1/2 inch of water to the pan and warm it. Scrub the pan with a coarse scrubber and the warm water. DO NOT USE SOAP!

Pour a little olive oil or bacon grease in the pan and use a paper towel to wipe the entire pan inside and out with the oil. It should just lightly coat the pan not be pooling anywhere. Allow it to dry fully. Cast iron will rust if water is left in it. Never leave it to soak fully submerged!

HOW TO MAKE A FOIL PACKET

Many camping recipes require making a simple foil pouch to cook in. They are incredibly easy to make and they make clean up a snap! If you pre-make them at home be sure to store them in a tupperware so they don't get mushed. Trust us and buy the heavy duty foil, it's worth it!

STEP 1:
Start with at least 12-14 inches of foil per packet. Place the food in the center and add everything you need, including seasonings.

STEP 2:
Fold it in half lengthwise. Crimp the edges tightly together and fold over twice or more. Leave some space for expansion and heat to circulate inside the packet.

STEP 3:
Fold the edges to close the ends off. There should be some space for the food to move around and expand, so don't make them too tight!

Always support the bottom of foil packets. Nothing is more disappointing than losing dinner onto the ground!

HOW TO START A FIRE

Starting a fire is a basic camping skill you will want to master. Don't be intimidated, it's quite easy! The important thing to understand is how to start a tiny fire, a medium fire and finally your ultimate fire.

Always remember to ensure fire restrictions allow you to have fires, and obey the laws. Just one rogue spark can cause a devastating forest fire! Avoid throwing paper products and cardboard into the fire, they can easily turn into floating embers that blow away from camp and start a fire.

Before starting your fire clean the area of flammable debris at least five feet in each direction.

WOOD:
Full sized split or whole logs. Split logs catch faster but burn for less time. Whole logs take a good bit of time to ignite, but provide long sustaining fires.

SMALL STICKS/TWIGS:
Less than 1/2 inch in diameter and roughly 6-12 inches long. These catch fire faster than a log, but slower than a fire starter. These provide the sustaining heat that is needed to ignite a full sized log. The more exposed the surface of the item is, the faster it will light, so look for twigs that are not perfectly round and sealed up. Small pieces of sappy tree bark also work well here.

FIRE STARTERS:
Pine needles, dried grass, and very tiny pinecones etc., all make great fire starters. These are all items that catch fire quickly, but burn out quickly. Paper towels and torn paper can be used if you can't find anything, but monitor them closely as they can turn into floating embers, and start a fire.

CHARCOAL:
Charcoal is a great option for cooking if you want to do Dutch oven cooking. This makes it a bit easier to control the cooking environment if you are planning to only cook in the fire, vs bringing a cook stove.

WATER AND/OR A SHOVEL:
Bring in enough water to fully extinguish the fire. Alternatively, if you are camped near a water source, pack a container to fill with water. If you can't bring water in, bring a shovel, and mix dirt into the fire repeatedly, until the fire is completely out and cool. Start this process several hours before you leave, to ensure it is fully out.

You MUST fully soak a fire, and stir it, to ensure it is fully out. A totally dead looking, smoldering fire, can reignite easily with a few gusts of wind. ALWAYS put a fire out fully before you leave the vicinity, and check the entire camp for embers before you leave.

CONTAINING RING:
If your intended fire area doesn't already have a fire pit set up, you may need to construct one for yourself. Some rocks, can explode if they get too hot, so pick fire safe rocks like lava rocks, or research which rocks are safe in your local area.

TREES ABOVE:
Before starting your fire, ensure there are no low hanging branches that may become ignited from the flames of your fire. If there are too many branches to clear you, may want to reconsider the location of your fire pit.

STEP 1:
Start by making a small stack of fire starters. Over this, build a teepee of 3-4 split logs.

STEP 2:
Light the fire starters and slowly add in a few small twigs at a time. You may need to add additional fire starters to keep them ignited long enough to catch the twigs on fire.

STEP 3:
Continue monitoring until the split logs catch on fire. Add additional split logs, and whole logs to maintain as needed.

NEVER LEAVE YOUR FIRE UNATTENDED. ALL IT TAKES IS ONE SPARK TO START A FOREST FIRE!

BREAKFAST

Waking up while we are camping is a love-hate relationship. I hate the cold shock of getting out of my sleeping bag, but being the first person up earns me the reward of a few moments of coveted silence.

Even though we make coffee the same way at home, there's just something different about that steaming cup of French Press coffee (pg 112), when you are chilled from the cold nights, watching the sun come up.

Once the hustle and bustle gets going, it's right into breakfast mode. From easy make ahead dishes if you are not a morning person, to gourmet brunch, we've got you covered!

Peach Overnight Oats

Juicy summer peaches combine overnight with oats and yogurt for a perfect creamy, cold treat! Great for breakfast, or a mid morning pick me up after a sunrise hike. Substitute any juicy fruit for the peaches, fresh picked blackberries are also a delicious swap.

PREP TIME	REST TIME	SERVES
5 mins	6 hours	4

INGREDIENTS

1 cup old fashioned oats
¾ cup greek yogurt
½ cup peaches
1 teaspoon cinnamon
1 tablespoon chia seeds
1 teaspoon honey
¼-½ cup of liquid of choice: almond milk, milk, coconut water, etc.

TOPPINGS

fresh fruit
coconut flakes
granola
mint

METHOD

Combine all ingredients.

Divide into 4 small containers and chill for 6 hours minimum, preferably overnight.

Serve with fresh fruit, coconut flakes and granola.

Keeps well for several days in ice chest.

2 HOUR OATS

You can substitute quick oats, for old fashioned oats, to speed up the dish to just 2 hours. Using quick oats, will result in a softer end result vs. a slightly chewy texture, with old fashioned oats. If you plan to store this for more than 1 day, be sure to use old fashioned oats for the best results!

Hot Croissant Sandwiches

What is better than juicy ham and melty Swiss cheese wrapped in a buttery croissant? If you want to amp the flavor up a notch, fry up some sunny side eggs while the sandwiches are warming on the fire, add the eggs into the sandwich just before you serve.

PREP TIME	COOK TIME	SERVES
5 mins	15 mins	4

INGREDIENTS

- 4 croissants, split in half
- 4-8 slices Swiss cheese
- 1 pound deli ham
- 2 tablespoons dijon mustard
- 1 tablespoon honey
- 1 tablespoon maple syrup

METHOD

Mix the mustard, honey and maple syrup together.

Spread the honey mustard mixture on each side of the four split croissants.

Place 1-2 slices of cheese on each half of the croissants.

Top the bottom half of each croissant with ham.

Place the two halves back together. Wrap in foil.

Place on fire grate and cook 10-15 mins, or until cheese is melted.

Remove with long tongs. Enjoy!

EXTRA CRISPY HASH BROWNS

My boyfriend started this tradition of ordering his hash browns extra crispy every time we go to breakfast. It's hilarious to watch everyone at the table go, "hell yeah, me too!" We've decided that hash browns, should just always be extra crispy!

Extra Crispy Hash Browns

Dehydrated hash browns are the world's best invention. They rehydrate in just over 10 minutes, and then fry up perfectly. Making hash browns from scratch is time consuming, and these work so well, that I just keep boxes of these on hand for making at home! If you can't find dehydrated ones, the bags in the egg section are okay, but don't get frozen.

PREP TIME	COOK TIME	SERVES
12 mins	15 mins	4

INGREDIENTS

1 container dehydrated hash browns (we get Idaho Spuds or Hungry Jack)
Hot water
1 tablespoon olive oil or butter
1 teaspoon garlic powder
1 teaspoon sea salt
½ teaspoon black pepper

OPTIONAL
cheese
green onions
sour cream

METHOD

Boil water.

Fill carton to FILL LINE with hot water.

Close carton and let stand for 12 minutes. Drain well.

Preheat a large, non-stick skillet (I prefer not to use cast iron for these, they tend to stick unless your pan is exceptionally well seasoned) and olive oil or butter over medium high heat.

Add hash browns and season liberally. Stir to expose other side of hash browns and season again.

Fry on one side for 5-7 minutes until very crispy. Flip and fry an additional 5-7 minutes on the other side until they are very crispy. Do NOT stir frequently, or you will end up with mushy potatoes!

Top with cheese at the last minute if desired.

Serve with green onions and sour cream if you want to be super fancy!

SUPER FLUFFY SCRAMBLED EGGS

Scrambled eggs are

Perfect Scrambled Eggs

Scrambled eggs are a camping breakfast staple. Most people think they know how to scramble eggs properly, but are almost always overcooking them to death. Follow our instructions for delicious, fluffy and creamy eggs every time!

PREP TIME	COOK TIME	SERVES
5 mins	5 mins	4

INGREDIENTS

8 eggs
2 tablespoons milk
½ teaspoon sea salt
¼ teaspoon black pepper
1 tablespoon butter

OPTIONAL
½ cup shredded cheese

METHOD

In a large bowl, whisk eggs, milk and salt vigorously until well combined. The mixture should be light and frothy.

Heat a 12" non stick skillet over medium heat. Add butter and spread across bottom of pan. Add eggs. Reduce heat to medium low. When eggs begin to barely set, scrape spatula across the bottom of pan to lift the eggs into piles, allowing liquid egg to spill back onto the open path created by spatula.

The eggs are done when they are set but still look slightly glistening. If they are totally dry you have overcooked them. Add cheese if desired, and allow eggs to sit in pan just until the cheese melts (about 2 minutes).

PACKING EGGS:

Eggs are hard to store in the cooler without cracking. If you are doing scrambles only, crack all your eggs into a hard plastic container and shake! Repurpose plastic orange juice containers or water bottles for the job. If you want fried eggs, get a hard plastic egg carrier, (at any camping store). Or at a minimum buy eggs in plastic egg cartons vs cardboard, which disintegrates in the cooler.

BREAKFAST BURRITOS

If you want to speed this recipe up at camp, take advantage of your kitchen at home before you hop on the road! Whip up these breakfast burritos in full or, just cook the filling components and store them.

Nearly any type of breakfast wrap or sandwich you can dream up, can be stored like this and reheated over the fire!

Breakfast Burritos

Burritos anytime of day are a winner. Wrapped in foil, they are easy to hand out for a quick, practically clean-up free meal! Stuff them full of scrambled eggs (pg 16), crispy potatoes (pg 82), or hash browns (pg 14), sausage or bacon, and anything else you can imagine!

PREP TIME	COOK TIME	SERVES
5 mins	15 mins	4

INGREDIENTS

4 large flour tortillas
2 cups fried potatoes (pg. 82)
or crispy hash browns (pg 14)
8 scrambled eggs (pg. 16)
½ pound cooked sausage or 4
slices of cooked bacon
1 cup shredded cheddar cheese

TOPPINGS

salsa
cilantro
hot sauce
sour cream

METHOD

Lay out a piece of foil for each tortilla and place tortillas on top.

Evenly divide the filling ingredients between tortillas.

Fold burritos up and wrap in foil. If prepping before you leave to camp, store in a plastic zippered bag or airtight plastic container.

When ready to eat, place burritos on the fireplace grate and cook in indirect heat for 10-15 mins turning regularly. Cook until warmed and cheese is melted.

If you are feeling fancy, you can pan fry them in a non stick skillet with a bit of oil (after warming), for an extra crispy exterior.

Serve!

Pulled Pork Breakfast Sandwich

These breakfast sandwiches repurpose leftover BBQ Pulled Pork (pg 69), to make a ridiculously easy and gourmet breakfast. If you have picky eaters, simply crack the yolk while you fry the egg, to set it firm and swap the bbq pulled pork for ham, bacon or sausage patties, for a vastly improved version of the fast food classic.

PREP TIME	COOK TIME	SERVES
5 mins	20 mins	4

INGREDIENTS

4 english muffins
2 cups leftover BBQ pulled pork (pg 69)
4 eggs
4 slices cheddar cheese
Butter (to crisp up the muffins)

METHOD

In a medium cast-iron saucepan, crisp up the English muffins with a bit of butter until golden and crispy. Set aside.

Reheat leftover pork in skillet and set aside.

Fry eggs.

Lay foil out for each sandwich to assemble. Top each english muffin with ½ cup pulled pork, a runny egg and a slice of cheddar cheese.

Wrap in foil and place over the fire until cheese is melted.

Serve and enjoy!

Blackberry Mascarpone Stuffed French Toast

This stuffed french toast is the perfect gourmet camping breakfast. Creamy mascarpone paired with juicy blackberries makes the best filling ever! If you don't love stuffed french toast simply skip the mascarpone and fry as single slices and top with blackberries. If you don't have fresh fruit, a thin layer of jam with the mascarpone is an easy substitution!

PREP TIME	COOK TIME	SERVES
5 mins	20 mins	4

INGREDIENTS

12 slices of bread (I prefer brioche but not the super thick sliced, potato bread is good too)
4 eggs
2 cups milk
1 teaspoon cinnamon
1 teaspoon vanilla extract
1 cup mascarpone cheese
1 cup blackberries

TOPPINGS

mint
maple syrup
whipped cream
powdered sugar

METHOD

Mix eggs, milk, cinnamon and vanilla.

Spread a thick layer of mascarpone on each piece of bread. Add blackberries to half of the bread slices. Sandwich the bread together.

Heat a greased cast iron skillet over medium heat until sizzling.

Dip each sandwich in egg mixture and add to pan, being sure not to overcrowd the pan. Cook until crispy and cooked through, (about 4-5 mins) on each side.

Serve with mint, maple syrup, whipped cream or powdered sugar.

Fried Eggs & Hash

Crispy potatoes and loads of fresh peppers make this a colorful breakfast that everyone loves. If you want to speed this up on camping day, you can precook the potatoes and pepper mixture at home! Otherwise follow the recipe for extra crispy hash browns (pg 14), or crispy pan fried potatoes (pg 82), to make them right in camp.

PREP TIME	COOK TIME	SERVES
10 mins	30 mins	4

INGREDIENTS

2 tablespoons olive oil
4-8 mini peppers, chopped
1 onion, diced
4 slices bacon or ½ pound breakfast sausage
3 cups pre-cooked potatoes, crispy hash browns (page 14) or crispy fried potatoes (page 82)
4-6 large eggs
½ cup shredded cheese
Salt and pepper

TOPPINGS

sliced green onions
hot sauce
salsa

PICK YOUR ONIONS!

It is much easier to store a whole onion in dry storage vs. half of one that has been cut. Pick onions based on what one average dish would use for your family size.

METHOD

Heat the skillet on medium high and add olive oil.

Fry the mini peppers and onions until they are tender and crispy (about 7-8 minutes).

Remove peppers and onions and cook bacon or sausage in the pan until cooked through. Chop up into bite sized pieces.

Add potatoes and onion mixture and get everything warmed thoroughly. Taste and season.

Reduce heat to medium and create indentations for each egg in the potatoe mixture. Sprinkle cheese over the top, and crack eggs into each nest, season with salt and pepper and cover with lid or foil.

Cook until eggs are set. You may need to reduce heat further if the bottom starts to burn, so keep an eye on it.

Serve with sliced green onions, hot sauce and salsa.

Chilaquiles with Charred Corn & Drippy Eggs

Chilaquiles, is a classic Mexican breakfast of fried day old tortillas, or tortilla chips, simmered in brothy mexican sauces, until tender. It's often topped with runny fried eggs. It's the perfect dish to use up leftovers and is absolutely delicious!

PREP TIME	COOK TIME	SERVES
15 mins	30 mins	6

INGREDIENTS

1 15-oz bag Juanitas tortilla chips
1 16-oz can of enchilada sauce
½ cup cotija cheese
5-6 eggs

FILLING
1 cup leftover roasted corn (pg 85)
1 cup cooked ground beef
1 4-ounce can diced green chilies
1 lime, juiced
sea salt
ground black pepper

TOPPINGS
cotija cheese
mexican crema
chopped cilantro
lime slices
hot sauce

METHOD

Combine filling ingredients. You can substitute any meat or veggie for the corn and ground beef. Toss filling with green chiles, lime juice and season to taste. If filling ingredients are bland, a bit of cumin and onion powder can help punch up the flavor.

Grease Dutch Oven with olive oil or line it with foil for easier clean up.

Pour in a layer of chips, then 1/3 of filling mixture, 1/3 of cheese and a generous pour of enchilada sauce. Continue layers until you get to the top.

Create indentations for each egg. Sprinkle cotija cheese over the top and crack eggs into each nest, season with salt and pepper and cover with lid or foil.

Place in a campfire for approximately 30 minutes. Cook until dish is cooked through and egg whites are set with runny yolks.

Serve with cotija, crema, cilantro, lime slices and hot sauce.

This dish works just as well in a skillet scaled down for smaller portions!

Oatmeal 3 Ways:
berry almond crunch, spiced apple pie, strawberries & cream

Oatmeal, is a classic camping breakfast, but we like to bring it up a notch with these toppings! We use milk, as well as water, to cook our oats in for the most flavor, and added protein. If you want to do a savory oatmeal, use a savory stock instead of milk!

PREP TIME	COOK TIME	SERVES
1 min	10 mins	4

INGREDIENTS

2 cups old-fashioned rolled oats
2 cups milk
2 cups water
dash of sea salt

METHOD

Add oats, milk, water and salt to a medium non stick saucepan over medium high heat.

Bring mixture to a boil, reduce heat, and continue to cook for about 5-7 minutes; stirring regularly.

Your oatmeal is ready when the oats have soaked up most of the milk, and are creamy.

BERRY ALMOND CRUNCH
Top with berries, almonds, coconut flakes, and a drizzle of honey or maple syrup.

SPICED APPLE PIE
Top with apples, chopped walnuts, apple pie spice, a pat of butter and a splash of milk.

STRAWBERRIES & CREAM
Top with chopped strawberries, heavy cream and mint.

SNACKS

Everyone needs something to nibble on during the day, whether they are chilling next to a river, or pulling themselves up the side of a mountain.

And if you've ever camped with kids, you are probably familiar with the constant barrage of, "mom I'm HUNGRY!" Usually being declared, right after you have just cleaned up from the previous meal.

Some of these snack recipes are best to prepare ahead of time, but most of them are easy to whip up in just a few minutes, with minimal fuss and cleanup.

Mason Jar Parfaits

Creamy yogurt, crunchy granola and tangy sweet fruit...what's not to love? Use whatever kind of fruit or jam that you have on hand. If you like your granola softer, make the layers smaller, if you prefer crunchier granola, use a taller layer so it stays nice and crisp!

PREP TIME	COOK TIME	SERVES
5 mins	0 min	4

INGREDIENTS

3 cups yogurt
1 cup granola

TOPPINGS
fresh fruit
mint
jelly
honey
coconut flakes
fresh berries
fresh peaches

METHOD

Layer yogurt, berries, jam and granola layers, evenly into 4 pint mason jars.

Serve immediately or make these ahead of time and tuck into your cooler.

Serve with additional fresh fruit, mint, coconut flakes and a drizzle of honey.

SPACE SAVING TIP

These parfaits are super easy to whip up at home and tuck into the cooler for a quick and easy breakfast the first day camping. Then wash out the mason jars and everyone has their drinking glass for the trip!

Cowboy Nachos

These nachos are packed with all kinds of classic taco goodies. So easy and always a hit with kids and adults alike. One of our favorite variations of this dish is to use leftover bbq pulled pork (pg 69), coleslaw and baked beans!

PREP TIME	COOK TIME	SERVES
5 mins	30 mins	4

INGREDIENTS

1 bag tortilla chips
2 cups shredded cheese
1 red pepper, diced
2 cups cooked taco meat or seasoned black beans
½ cup leftover corn (pg 85)
1 jalapeño, sliced
½ cup cotija cheese

TOPPINGS

hot sauce
cotija cheese
chopped cilantro
salsa
mexican crema or sour cream
lime wedges

METHOD

Line cast iron skillet or dutch oven with tortilla chips.

Top with shredded cheese, red peppers, meat or beans, corn and jalapeños.

Cover tightly with foil. Place skillet on fire and cook until cheese has melted, about 15-30 minutes.

Remove from fire and serve with cojita cheese, cilantro, salsa, crema or sour cream and lime!

CAMPING TACO SEASONING

- *2 tablespoons chili powder*
- *1 tablespoon cumin*
- *1 teaspoon garlic powder*
- *1 teaspoon dried onion*
- *1 teaspoon black pepper*
- *1 teaspoon salt*

Combine all seasonings together. Season beans or ground beef liberally.

DIP IT SAVORY!

sundried tomato guacamole, greek hummus, tzatziki

These fresh dips only take a couple of minutes each to make. Serve just one, or go crazy and whip up all 3 for a lunch spread. Sweet potato sliced thin, makes a delightfully crunchy veggie chip.

Add in some cheese, salami or grilled meat skewers to the board, to make it a full tapas style dinner!

Sun Dried Tomato Guacamole

Sun dried tomatoes might seem like a strange addition to guacamole, but trust me. Drying them concentrates the flavor, and lends a chewy pop of flavor that contrasts the acid of the lime and salt from the bacon. Even if you normally don't love sun dried tomatoes, give this a shot. Every time I serve this, people ask me for the secret ingredient, and they are surprised to find out what it is!

PREP TIME	COOK TIME	SERVES
15 mins	0 min	4

INGREDIENTS

4 ripe avocados
4 slices cooked bacon, chopped
½ onion, minced
¼ cup sun dried tomatoes, chopped
¼ cup cilantro, minced
1 teaspoon minced garlic
½-1 lime, juiced
salt and pepper to taste

OPTIONAL:
1-2 tablespoons jalapeño, deseeded and minced (roughly half of a medium jalapeño)

METHOD

Cut the avocados in half and remove the seed. Scoop out the avocado flesh and mash with a fork in a mixing bowl.

Add bacon, onion, sun dried tomatoes, garlic, cilantro and jalapeño if using. Stir.

Add salt, pepper and lime juice to taste.

Serve with tortilla chips (Juanita chips are our favorite!) or a large mixed veggie platter.

Creative Hummus Toppings

A simple container of store bought hummus topped with fresh toppings is a super classy way to spruce up a cheese board. But it's also the easiest ways for me to convince my kids, that eating veggies is fun! Mix and match ideas below to make other fun variations!

PREP TIME	COOK TIME	SERVES
5 mins	0 min	4

GREEK HUMMUS
- cherry tomatoes
- cucumbers
- kalamata olives
- cotija cheese
- balsamic reduction

CAPRESE
- cherry tomatoes
- mozzarella cheese
- basil
- balsamic reduction

MEXICAN STREET CORN
- grilled or canned corn
- lime juice
- yogurt
- cilantro
- cotija cheese

METHOD

Combine topping ingredients together in a bowl. Taste and season with salt and pepper to desired level.

Top store bought hummus with seasoned toppings. Drizzle with balsamic reduction and/or sprinkle cheese to finish off dish.

Tzatziki Dip

Tzatziki sounds really fussy but it couldn't be simpler. It's a classic Greek meze (appetizer) made from thick yogurt, cucumber, garlic, olive oil and fresh dill. If you have a grater, grate your cucumber, otherwise just dice it. The dill isn't really optional but if that's the only item you don't have, make it anyways, it's still absolutely delicious!

PREP TIME	COOK TIME	SERVES
25 mins	0 min	4

INGREDIENTS

½ a large english cucumber
a pinch of salt
1 cup full-fat greek yogurt
1 tablespoon minced garlic
Coarse black pepper
fresh lemon juice
fresh lemon zest

OPTIONAL
1 teaspoon dill (fresh is best but dried is fine)

METHOD

Grate or dice the cucumber, removing as many of the watery parts as possible. Salt lightly and let rest for at least 20 minutes.

Mix yogurt, garlic, lemon juice and zest.

Wrap cucumber in a paper towel or thin towel and squeeze to remove as much liquid as possible.

Add cucumber to yogurt mixture. If time allows, chill for several hours or overnight to allow flavors to blend. Add dill close to serving time, it can begin to overpower the other flavors the longer it stays in the dip.

DIP IT SWEET!

chocolate, vanilla bean, nutty & jammy yogurt dips

These fresh fruit dips whip up easily with greek yogurt. It's a great healthy sweet treat that keeps the kids and adults from eating too many artificial sweets!

Dip It Sweet!
chocolate, vanilla bean, nutty & jammy yogurt fruit dips

Greek yogurt is one of my go to ingredients to pack, because it's so versatile. These dips are an easy afternoon pick me up with a cup of coffee or tea. They make a great light dessert as well if you are looking for something with minimal added sugars!

PREP TIME	COOK TIME	SERVES
5 mins	0 min	6

CHOCOLATE

1 cup greek yogurt
1 tbsp cocoa powder
1 tbsp maple syrup
mini chocolate chips

NUTTY

1 cup greek yogurt
2 tbsp honey
1 tbsp nut butter
1 tsp vanilla
pinch of cinnamon
sliced almonds

JAMMY

1 cup plain yogurt
¼ cup jam or jelly
1 tsp vanilla
1 tsp lemon juice
berries

VANILLA BEAN

1 cup greek yogurt
1 tbsp honey
½ tbsp lemon juice
1 tsp vanilla bean paste OR
2 tsp vanilla extract

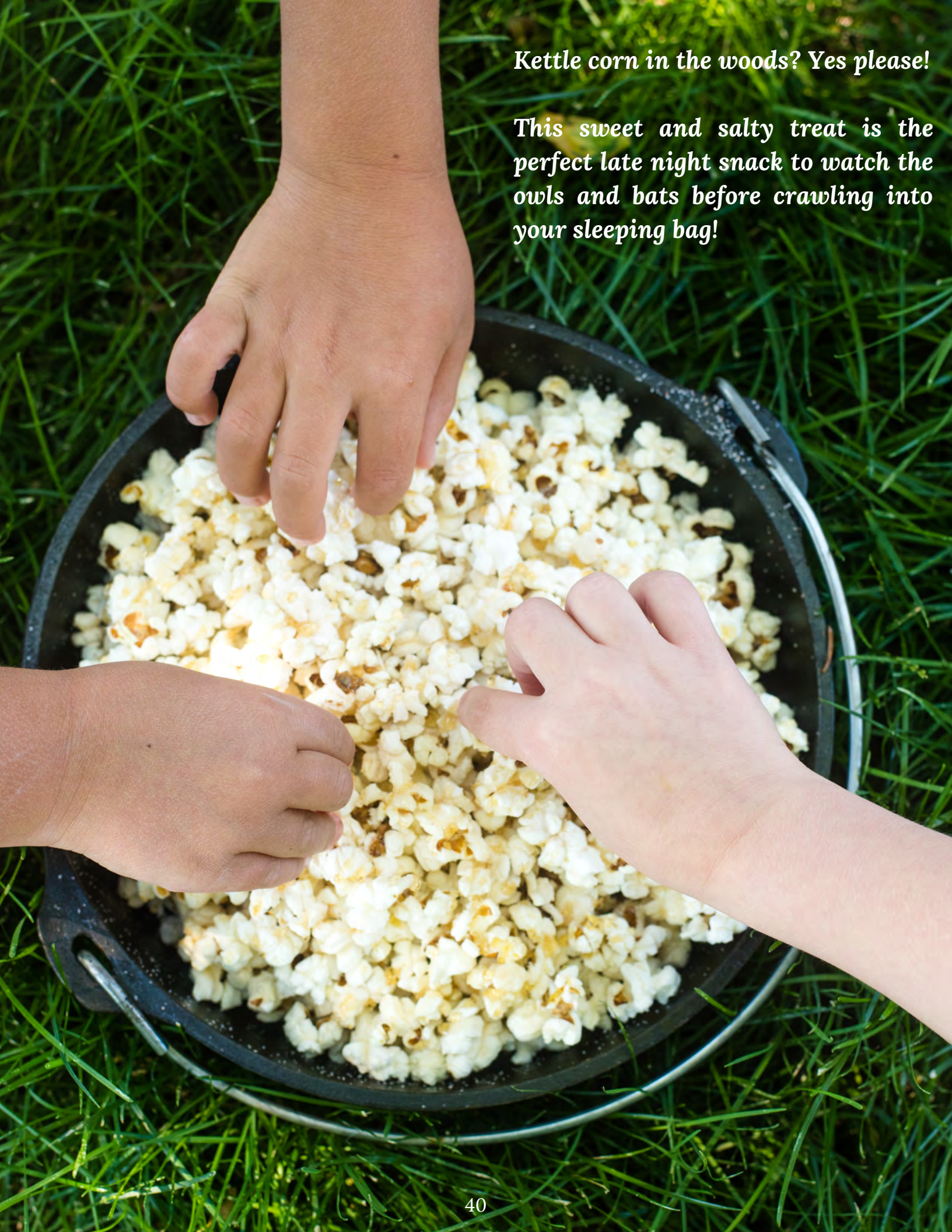
METHOD

Combine ingredients together in a bowl and stir well.

Serve with an assortment of fresh fruit, cookies, and pretzels, or cake cubes.

MAKE IT VEGAN!

Hands down my favorite vegan substitute for yogurt and sour cream, is Forager Project Cashewmilk Yogurt. The plain or vanilla work well in this application. I prefer to purchase plain, just so I only need 1 kind, and can take it savory or sweet!



Kettle corn in the woods? Yes please!

This sweet and salty treat is the perfect late night snack to watch the owls and bats before crawling into your sleeping bag!

Sweet & Salty Popcorn

I don't know why but making popcorn from scratch has always intimidated me. Being raised on air popped popcorn or microwave packets, the idea of making it in a pan just seemed hard. But it couldn't be easier! Just a bit of oil, popping corn and a hot Dutch oven will have you munching away on fragrant buttery popcorn in just minutes!

PREP TIME	COOK TIME	SERVES
5 mins	20 mins	4

INGREDIENTS

2 tablespoons coconut oil (you can use olive oil but only cook over medium heat)
½ cup popping corn (or enough to cover the bottom of the pan in a single layer)

TOPPINGS
butter
honey
salt

I prefer to make this dish by adding ¼ cup of sugar to the pan with the oil and popping corn, vs finishing with honey.

But it does make it more prone to burning over the fire since it's less consistent heat. If you have enough corn to experiment give it a shot! Delicious!

METHOD

Preheat the Dutch oven. Add oil and popping corn to Dutch oven and cover with lid.

Place over fire on the grate, or cook on the camp stove for more regulated heat.

If you use olive oil, I recommend doing it on the camp stove vs. the fire, and cook at medium heat. Olive oil has a lower smoke point than coconut and vegetable oils.

Once you hear the corn starting to pop, rotate the Dutch oven every 2 minutes so you don't end up with hot spots. You can give it a good shake to keep things moving each time.

Time varies dramatically depending on fire conditions, so use your ears to tell when it's done. Once it stops popping completely, remove from the fire and immediately pour into your wooden, or metal mixing bowl.

Drizzle melted butter, honey and salt over popcorn while stirring to evenly distribute, kids love to help with this part!

Date Night Cheese Board

This is my favorite meal to bring for a romantic camping trip. It's simple, requires absolutely no cooking and feels oh so fancy. Pair it with a nice glass of wine or a cocktail and you are set to go! If I am doing this for the kiddos, I often do it with colby jack sliced cheese, baby dill pickles, black olives, hummus and milk chocolates!

PREP TIME	COOK TIME	SERVES
15 mins	0 min	2-4

INGREDIENTS

I-2 packages artisan crackers
6 ounces brie and/or havarti
6 ounces aged cheddar
6 ounces gouda
1 pound sliced cured meats:
salami, pepperoni, or prosciutto
1 bunch grapes or berries
½-1 cup kalamata olives
½ cup whole almonds
8 dark chocolate squares
jam or jelly
mustard
honey

METHOD

Put anything you plan to have in small bowls together first, and place on serving platter.

Arrange the cheese around the containers.

Fold meats in half and fan out around the cheeses.

Add crackers and chocolates next.

Then fill in the spaces with fruits and nuts.

If desired, drizzle a bit of honey over cheeses.

Add cutting knives and serve!

WATERMELON PIZZA

The kids go nuts for this recipe because it's fun to eat, and I love that they are eating something other than chips and hot dogs! It's perfect to serve just before swimming, so they can wash off all the juicy watermelon mess!

Watermelon Pizza

Juicy watermelon is topped with creamy greek yogurt, tangy berries, fragrant mint, crunchy toasted coconut & almond slices for a refreshing middle of the day snack!

PREP TIME	COOK TIME	SERVES
10 mins	0 min	4

INGREDIENTS

1 2-inch thick watermelon slices
½-1 cup plain greek yogurt
1 tablespoon honey
1 tablespoon vanilla

TOPPINGS
raspberries
blueberries
blackberries
strawberries
mint
toasted coconut flakes
sliced almonds

METHOD

With a chef's knife, cut the center of a watermelon vertically into 2 inch thick round slices.

Mix yogurt, honey, and vanilla together. If you prefer, a flavored yogurt can be used here!

Spread yogurt onto one side of watermelon.

Top with berries, mint, toasted coconut and almonds.

Cut into slices with a sharp chef's knife.

the grown up watermelon pizza
strawberry balsamic mascarpone

2 ounces sliced strawberries
2 tablespoons mascarpone cheese
1 teaspoon balsamic glaze
mint leaves

LUNCH & DINNER

LOADED TACO SALADS

If you don't want to pack in raw meat, you can pre-cook the ground beef at home, or go vegetarian for the night and use seasoned black beans!

Loaded Taco Salads

I like to pack at least one container of salad greens every trip, just to make sure I don't come back feeling ill from eating junk food all weekend. Packed with seasoned black beans, or simple taco meat, and all the taco goodies, plus it's ready in less than 10 minutes!

PREP TIME	COOK TIME	SERVES
10 mins	10 mins	4

INGREDIENTS

4-6 cups chopped romaine
½ cup shredded cheese
2 cups cooked taco meat OR seasoned black beans *(see page 33 for our taco seasoning mix)*
½ cup cotija cheese

TOPPINGS

ranch or italian dressing
sliced tomatoes
avocado slices
tortilla chips
cotija cheese
chopped cilantro
salsa
mexican crema or sour cream
lime wedges
hot sauce

METHOD

Warm the taco meat or seasoned black beans (page 33), until they are steaming hot.

Top salad greens with meat or beans and all the toppings you like.

I personally prefer to skip the dressing and just use loads of lime juice!

Maple Sriracha Chicken Kabobs

Chunks of pineapple and red bell pepper paired with sticky, sweet, and spicy chicken. Totally addicting. Plan on making several more of these per person than you think you need, because everyone is always disappointed when they are gone!

PREP TIME	REST TIME	COOK TIME	SERVES
5 mins	4 hours	10 mins	4

INGREDIENTS

2 large chicken breasts, cubed
¼ cup soy sauce
¼ cup maple syrup
1 tablespoon sriracha sauce
2 cups pineapple chunks
2 red bell peppers, cubed

FORGOT SKEWERS?

Don't fret, this dish works just as well in a skillet. Dump it all into the pan (marinade included), and simmer over medium heat until everything is sticky and well combined.

Excellent served over rice as a sticky rice bowl!

METHOD

Place cubed chicken breasts in a large resealable plastic bag.

Whisk together soy sauce, maple syrup, and sriracha sauce.

Pour over the top of the chicken and massage into the chicken.

Marinate for at least 4 hours in the ice chest.

Once chicken is done marinating, soak wooden skewers in water for 10 minutes.

Then skewer the chicken pieces, red bell pepper and pineapple chunks on to the skewer.

Grill chicken until it is thoroughly cooked through, and the sauce is well caramelized, about 10 minutes.

Mac n' Cheese with Kielbasa

This Camping Mac and Cheese with Kielbasa is a total crowd pleaser. Using alfredo sauce in the jar, makes this far easier than trying to make a white sauce from scratch in the woods. It only takes a few more minutes than boxed mac and cheese, and tastes SO much better!

PREP TIME	COOK TIME	SERVES
10 mins	30 min	4-6

INGREDIENTS

1 12-16 oz package kielbasa, sliced into 1 inch rounds
2 cups elbow macaroni noodles
1 15-ounce jar alfredo sauce
2 cups shredded cheese blend: cheddar and mozzarella, pizza blend or mexican cheese blend
¼-½ cup milk
salt and pepper to taste

METHOD

In a large cast iron skillet or Dutch oven, cook kielbasa. Drain excess fat and set aside.

In a separate pot, cook pasta according to package directions. Drain and rinse with cold water.

Add noodles, alfredo sauce, cheese and slowly add milk to create a sauce (start with 1/4 cup and add more if needed).

Season with salt and pepper to taste. Heat on a grate over campfire coals for 5-10 minutes, stirring regularly until cheese is fully melted.

Remove from fire and serve immediately.

INSTANT MAC N' CHEESE

You can prepare the noodles at home. Boil them to al dente, pour them into a colander and cover them with cold water to stop the cooking process. Add them to plastic tupperware and toss 1 tablespoon of olive oil in with them. Keep in the cooler until you are ready to assemble the dish!

Grilled Cheese & Tomato Soup

This dish is a hat tip to my boyfriend, who insists that all you need for camping is cans of chili and peanut butter & jelly sandwiches. Simple is best sometimes. And let's be honest, when it is chilly there is nothing quite as good as warm soup and grilled cheese.

You can make this as fancy as you like with leftover cheeses from your cheese board night, or go super classic. Whatever you do, the most important thing, is that you use good ingredients. Go for the higher quality boxed soups vs. cans. For a classic grilled cheese, go with a good quality bread (brioche or a spelt bread are my favorites), a nice colby jack sliced cheese and salted irish butter.

SERVES: 4

COOK TIME: 15 mins

1-2 boxes tomato soup
8 slices bread
8 slices cheese
butter

Warm soup.
Butter bread on one side, top with cheese.
Grill on both sides over medium heat until cheese is melted and bread is crispy.

Chicken Fajitas Foil Packets

Juicy chicken with bell peppers and onions cook up for a simple, almost no mess dinner! Foil packets, make it super easy for each person to customize their packet too. You can mix and match with chicken, pork, swap up the veggies or add in beans. Get creative!

PREP TIME	COOK TIME	SERVES
5 mins	30 mins	4

INGREDIENTS

1 ½ lbs chicken breasts
2-3 bell peppers
1 onion
4 tablespoons taco seasoning (pg 33)

SERVE WITH
flour tortillas
sour cream
salsa
cilantro
jalapeños
avocado slices
limes

METHOD

Cut chicken breasts, bell peppers, and onion into strips.

Toss spices, chicken, and vegetables together and wrap them in a foil packet.

Cook on grill over indirect heat for 20 -25 minutes until chicken is cooked all the way through.

Remove carefully with tongs to a plate or cutting board (make sure you support the bottom!).

Serve with tortillas, sour cream, salsa, cilantro, jalapeños, avocado and lime wedges.

PROTEIN SWAP

This dish works equally well with strip steak, pork tenderloin strips or shrimp. You can also whip this up veggie style with portobello mushrooms. You can do tofu or tempeh but I recommend just doing the veggies in foil packets and pan frying the tofu and tempeh to get it crispy.

Thai Chicken Salad

This dish could be considered a smidge fussy to make in the woods, but it stores so well that I included it. It whips up quickly and lasts for days in the cooler, for a quick cool lunch, when the last thing you want to do is cook. Make a double batch of sauce, the salad soaks up the sauce the longer it's stored, but it's also 100% addicting as a dipping sauce.

PREP TIME	COOK TIME	SERVES
15 mins	0 min	4

INGREDIENTS

4-6 cups chopped kale
1 lime, juiced
2 cups broccoli slaw*
1 cup cooked, shredded chicken

SAUCE

½ cup hummus
½ cup sweet chili sauce
2 tablespoons nut butter
1 tablespoon rice wine vinegar
2 teaspoons sriracha sauce

TOPPINGS

peanuts
black sesame seeds
cilantro
basil

METHOD

Remove any large stems from kale and finely chop. You can use the pre-washed and chopped kale, just make sure you remove any woody parts and chop finely.

Squeeze lime over the kale and vigorously massage the kale to soften it.

Combine hummus, sweet chili sauce, nut butter, rice wine vinegar and 1 teaspoon of sriracha. Taste and add additional teaspoon sriracha if desired.

Mix kale, broccoli slaw, chicken and half of the sauce together. Mix well especially if you are serving immediately.

Store at this stage or serve immediately.

Serve with remaining sauce, chopped peanuts, sesame seeds, chopped cilantro and basil.

**Broccoli slaw comes packaged with the salads in the produce section. It holds up to storage better and stays crunchier than cabbage does!*

Loaded Baked Potato Bar

Campfire potatoes are a classic camping meal, and for good reason! They are so easy and pick up all the natural smokey flavor, for a rich satisfying end of day meal. Delicious with bbq pulled pork (pg 69), as well if you have some leftover!

PREP TIME	COOK TIME	SERVES
10 mins	45 mins	4

INGREDIENTS

4 medium russet potatoes
4 tablespoons salted butter
sea salt
fresh cracked black pepper
1 small onion, sliced
1 tablespoon minced garlic

TOPPINGS

sour cream
shredded cheese
cooked bacon
diced red onion
green onions

If you do not have time to burn down the coals and want them to get started you can also cook them on the cooking grate. Just be sure to rotate them regularly.

METHOD

Wash potatoes and pat dry.

Rub down each potato with butter and thoroughly season with salt and pepper. They will absorb the seasoning so be liberal. You can add additional seasonings like garlic powder, onion powder or dried herbs if desired.

Cut them in half and if desired, stuff them with sliced onions and garlic.

Wrap them in foil and cook in coals that are burned down. You do not want the fire to be too hot or the exterior will burn before the center is cooked.

Rotate the potatoes every 10 minutes for a total cook time of 30 mins to 1 hour depending on the size of potatoes and temperature of fire.

Remove from heat with long tongs and let stand 5-10 minutes. Open carefully to release the steam.

Top with sour cream, shredded cheese, bacon, red onion and green onions.

Garlic Butter Salmon Foil Packets

The butter gently poaches the salmon, and releases the flavors of the fresh garlic and lemons. Grill a couple extra lemons to serve with this and to add to your cocktails or lemonade for a smokey kick!

SERVES: 4

PREP TIME: 5 mins

COOK TIME: 30 mins

4 salmon steaks
2 heads garlic, peeled
4 tablespoons butter
1 lemon, sliced
salt and pepper
parsley

Make foil boats and evenly divide salmon steaks, garlic cloves, butter, and lemon slices. Season well with salt and pepper.

Cook for 20-30 mins on the grate or nestled into very cooked down coals.

BBQ Jerk Black Bean Burgers

These are one of my go to, first night dinners at camp, when we have vegetarian friends with us! The meat eaters in my family devour them happily too, which makes it way easier than cooking two separate meals.

It's great with regular bbq sauce, but look for a jamaican jerk bbq sauce if you can find it! They usually are spicy so keep that in mind for littles.

PREP TIME	COOK TIME	SERVES
5 mins	8 mins	4

INGREDIENTS

4 frozen black bean burgers
1 cup jamaican jerk bbq sauce

SERVE WITH
buns
pineapple broccoli slaw (pg 75)
lettuce
tomatoes
cheese

METHOD

Preheat skillet over heat. Lightly spray skillet with cooking oil and place frozen burgers in skillet.

Cook burgers for 7-8 minutes, turning burgers over occasionally.

Baste with barbecue sauce and cook 1-2 additional minutes.

Warm your buns or crisp them up with a bit of butter in a pan.

Serve with extra barbecue sauce sauce, slaw, and lettuce. Some people like tomatoes and cheese on them too!

Asian Lettuce Cups

Chicken or black beans are mixed with a sweet and spicy sauce, and topped with our tangy asian broccoli slaw (pg 75), and cucumber avocado salad (pg 76).

SERVES: 4 **PREP: 5 MINS** **COOK: 5 MINS**

2 cups cooked chicken, shredded
1-2 tablespoons sriracha sauce
½ cup thai sweet chili sauce
1-2 heads living butter lettuce
asian broccoli slaw (pg 75)
avocado cucumber salad (pg 76)
limes
cotija cheese

Toss the chicken with the sriracha and thai sweet chili sauce. Warm in a pan.

Serve over lettuce cups with asian broccoli slaw, avocado cucumber salad, limes and cotija

Cozy Chicken & Dumplings

This is a family staple, the dumplings are absolutely amazing! I've included the full recipe here so you can make this in the woods, or at home easily. But, if that's overwhelming you can simply pick up chicken soup from the deli, warm it up at camp and add the dumplings!

PREP TIME	COOK TIME	SERVES
20 mins	40 mins	6

INGREDIENTS

3 32-oz containers chicken stock
2 onions, diced
4 carrots, peeled and sliced into 1 inch" rounds
1 head broccoli, chopped
2 tablespoons butter
2 tablespoons olive oil
2-3 cups shredded turkey
2 bay leaves
½ teaspoon dried oregano
½ teaspoon dried basil
½ teaspoon dried thyme
1 tablespoon minced garlic
½ teaspoon salt
¼ teaspoon pepper
½ cup half and half
2 tablespoons cornstarch

FOR DUMPLINGS

1 ½ cups flour
2 teaspoons baking powder
½ teaspoon salt
1 cup buttermilk or ½ and ½

SERVE WITH

grated parmesan cheese
fresh black pepper

METHOD

To the bottom of Dutch oven, over medium heat, add butter, onions, carrots, and broccoli.

Cook until onions are translucent and carrots are beginning to soften. If using fresh garlic, add it in for the last 3 minutes of cooking time.

Add olive oil or a splash of stock as needed, if the pan looks too dry. Add stock, shredded turkey, and seasonings to the stockpot. Increase heat to medium-high, boil for 20-30 minutes.

Whisk cornstarch into half and half until all lumps are gone. Whisk into the soup and boil for 5 minutes until slightly thickened.

In a medium bowl mix flour, baking powder, salt, and buttermilk together with a spoon, until fully combined, but do not overwork the dough.

Add heaping tablespoons of batter into the center of where the soup is boiling most vigorously.

Put the lid on and cook on high for 2-3 minutes. Serve immediately.

Top with grated parmesan and a bit of fresh cracked pepper.

BEER BRAISED BRATS

This german classic became popular in Wisconsin after being introduce in Milwaukee County Stadium in 1954. To my surprise cheap lager really is the winner here, there is not a significant improvement by using more expensive beer, so save those for drinking with them!

Beer Braised Brats

Everyone has a different way of fixing them, but the taste tests prove that soaking them after you grill is superior to presoaking. Cooking the brats breaks down the membrane and allows them to absorb more of the flavor.

PREP TIME	COOK TIME	SERVES
5 mins	15 mins	4

INGREDIENTS

4 good quality bratwursts
1 12-oz can cheap lager beer
2 tablespoons butter
1 onion, sliced
2 tablespoons brown sugar

SERVE WITH
buns
spicy brown mustard
sauerkraut
jalapeños

METHOD

Grill bratwursts until cooked through on a roasting stick or in a pan.

While brats are cooking, take a skillet large enough to fit all bratwursts in one layer, add beer, butter, onion and brown sugar and bring to a boil.

Reduce to medium heat and transfer the brats to the mixture. Allow them to cook in the mixture for 5 minutes minimum, while you prepare the buns and condiments.

Pull them out and serve, or if you like, you can boil down the sauce until it caramelizes the onions and becomes thick enough to serve over the brats. Some of them may split open if you leave them in the entire time, but they will still be delicious.

Serve with spicy brown mustard, sauerkraut and my personal favorite, jalapeño slices.

The classic recipe calls for a german hard bun vs a soft squishy hot dog style bun. If you don't have a german bakery handy, you can totally serve these in soft buns, or go with a hoagie style roll for a bit more density!

1

Tacos 4 Ways:
beef, black bean, walnut & mushroom

Tacos are one of my go to dinners at home, and camping is no different. When we have vegetarian friends with us, I like to make sure we have lots of options. My favorites are black beans, grilled shitake mushrooms and a smoky onion-walnut mixture that mimics ground beef surprisingly well.

PREP TIME	COOK TIME	SERVES
10 mins	30 mins	4

INGREDIENTS

2 cups of any combination:
ground beef
steak
black beans
shittake mushrooms
walnuts

ADD:
4 tablespoons mexican seasoning (pg 33)
1 poblano pepper
1 onion

SERVE WITH
corn or flour tortillas
chopped tomatoes
chopped romaine
avocado slices
cotija cheese
chopped cilantro
salsa
mexican crema or sour cream
lime wedges
hot sauce

METHOD

Season your protein choice liberally with mexican seasoning.

Cook ground beef, steak or beans in a pan until cooked through.

Mushrooms: slice into 1/2 inch slices.
Walnuts: cook whole.
Poblano: cook whole.
Onions: peel and cut in half.

Toss mushrooms, walnuts, poblanos and/or onions in a bit of olive oil and smoke over the grill in a grill basket, cast iron pan or a foil boat with open top.

Get the fire nice and smoky. Toss a handful of aromatic woods chips if you have them and are feeling super fancy! Cook for 15-20 minutes.

Finely chop the mushrooms, walnuts, poblanos, and onions.

Serve with tortillas and toppings.

DUTCH OVEN BBQ PULLED PORK

This dish is perfect if you are hanging out relaxing all day at camp. It simmers over a fire until the pork begins to break down, which takes about 3 hours.

Dutch Oven BBQ Pulled Pork

I normally do pulled pork with a large pork butt at home, which you can totally do in the woods. But I have found that country style ribs, are a little faster to cook over a fire, because of the larger surface area.

PREP TIME	COOK TIME	SERVES
10 mins	3 hours	4

INGREDIENTS

4 lbs boneless country style pork ribs
1 bottle of bbq sauce (we love Sweet Baby Ray's)
1 onion, sliced

SERVE WITH
buns
rice

METHOD

Add ribs, onion and barbecue sauce to Dutch oven.

Place over cooked down coals or charcoal, and top Dutch oven with some of the coals.

If using charcoal, get them nice and hot, and then spread out 10 pieces in a circle, and place Dutch oven on top. Place an additional 10 on top of the lid to create an oven.

Check to ensure that it is not too hot or cold after 10 minutes, you want them to simmer not boil.

Cook for 2-3 hours, until the meat is fork tender and falling apart. You will need to refresh the coals every hour or so.

If cooking on a camp stove, cook on high to bring it to a boil, and then reduce heat to where it simmers gently. Make sure you have enough propane!

Shred the meat for sandwiches, or eat ribs as they are over rice.

Cheesy One Pan Spaghetti & Meatballs

This is one of my go to camping recipes. I've always done it with ground beef but recently realized I could toss frozen meatballs in the bottom of the cooler and it was even easier. Be sure to double bag the meatballs so no cooler water sneaks in accidentally.

PREP TIME	COOK TIME	SERVES
5 mins	25 mins	4

INGREDIENTS

- 1 bag frozen meatballs
- 8 oz dried spaghetti noodles
- 2 cups water
- 1 24-ounce jar spaghetti sauce
- ½ cup shredded cheese

METHOD

In a large skillet over medium heat, add the meatballs and cook until warmed fully. Set aside.

Add spaghetti sauce and water to the skillet. Stir well. Break the spaghetti noodles in half and gently mix into the sauce ensuring that the noodles are submerged.

Place a lid on and bring to a boil. Reduce heat to medium low and simmer for 15 minutes, until the pasta is tender and sauce is thickened.

The noodles must be submerged in liquid at all times, so don't be afraid to add more water if needed if the sauce gets too thick.

In the last 3 minutes add the meatballs back in and top with shredded cheese. Cook until meatballs are warm and cheese is melted.

Serve immediately with a large salad.

SIDE DISHES

Pineapple Broccoli Slaw

This slaw is super simple to throw together and works with a ton of different dishes in this book. It was inspired by a Jamaican food cart down the street from our house that served it with the cucumber avocado salad with it and delicious grilled meats! Serve as a side or pile on a pulled pork sandwich, burgers, or tacos.

PREP TIME	REST TIME	SERVES
15 mins	1 hour	4

INGREDIENTS

12 oz broccoli slaw
20 oz can pineapple tidbits in juice (chunks work too you'll just need to chop them)
¼ cup rice vinegar
¼ cup cilantro
sea salt
black pepper
black sesame seeds

METHOD

Pour out broccoli slaw onto a large cutting board and roughly chop each direction in a grid to create bite-sized pieces.

Drain the pineapple, reserve the juice.

Add slaw to mixing bowl and add pineapple tidbits, rice vinegar, cilantro, salt and pepper. Add a splash of pineapple juice if desired.

Toss and adjust seasoning or add more vinegar if needed.

Let rest for at least one hour to allow vinegar to soften the slaw. Holds very well in the cooler!

Cucumber Avocado Salad

This is one of the easiest sides to whip up, but it packs a punch! The dense creamy avocado pairs surprisingly well with the crisp cucumbers. The sweet acidity of the rice vinegar with the salt balances the entire dish. Excellent with the pineapple broccoli slaw.

SERVES: 4

PREP TIME: 10 mins

REST TIME: 10 mins

3 large avocados, diced
2 large english cucumbers, diced
¼ cup rice vinegar
sea salt
ground black pepper

Toss all ingredients together. Allow to rest for 10 minutes. Serve.

Will keep for 1-2 days before avocado starts to break down, but fresh is best!

Creamy Kale Blueberry Salad

Kale is a perfect green to take camping because it is ridiculously sturdy. We use lemon juice and a quick massage to break down the kale so it's not so tough. Top it with a creamy dressing, blueberries, sliced almonds, cotija cheese and dried cranberries for a perfect mix of sweet and savory flavors. This can also be made at home easily and packs well.

PREP TIME	COOK TIME	SERVES
10 mins	0 min	4

INGREDIENTS

4 cups kale, stems removed, chopped
1 lemon, juiced

3 tablespoon yogurt
1 tablespoon rice vinegar
1 tablespoon honey

½ cup blueberries
⅓ cup sliced almonds
⅓ cup dried cranberries
¼ cup cotija cheese

METHOD

Take the stems out of the kale and cut into ribbons. Squeeze the lemon all over the kale and massage the kale vigorously with your hands for 2 minutes to soften it.

Mix the yogurt, rice vinegar and honey together.

Pour over kale and toss well. Add blueberries, almond, cranberries and cotija cheese.

Keeps well for several days but you may need to add additional dressing as the kale absorbs and softens over time.

Crispy Brussels & Bacon

Brussels sprouts get a bad rap, but even my kids beg for this dish! Don't drain the bacon fat, it helps the exterior leaves get perfectly crispy. Allow them to get crispy before you stir them, if you disturb them too frequently you will not get the same caramelization effect and will begin to steam them instead.

PREP TIME	COOK TIME	SERVES
5 mins	25 mins	4

INGREDIENTS

- 4 strips thick-cut bacon
- 2 tablespoons butter
- 1 pound brussels sprouts
- sea salt
- freshly ground black pepper

METHOD

Cook bacon in a large skillet or dutch oven until crispy. Remove to a paper towel-lined plate, then roughly chop.

In the same pan with bacon fat, add butter. Add brussels sprouts and season with salt and pepper. Cook over medium heat, stirring rarely, until sprouts are caramelized and golden brown, roughly 12-15 minutes.

Add bacon back into the pan and cook until bacon is warmed and brussels sprouts are completely tender and cooked through and exterior is crisp.

Serve immediately!

Creamy Green Beans

I first made these creamy green beans looking for a quicker, fresher version of green bean casserole. While the dish certainly doesn't look like the classic casserole, it packs many of the same flavors. Perfect with grilled meats!

PREP TIME	COOK TIME	SERVES
5 mins	15 mins	4

INGREDIENTS

1 tablespoon butter
1 pound firm fresh green beans
2 red onions, sliced thinly
2 teaspoons minced garlic
¼-½ tablespoon honey
½ cup heavy cream
sea salt
freshly ground pepper

METHOD

Melt butter in cast iron skillet or dutch oven over medium heat.

Add onions, green beans, and minced garlic. Season to taste with salt and pepper.

Cook until green beans are tender and onions have softened, about 10-15 minutes.

Stir in honey and heavy cream just before serving.

Honey Roasted Carrots

This dish is easy to toss on the fire while you are working on other dishes. The carrots take longer than other vegetables, but the slower cooking process intensifies their sweetness. Finished with honey, they caramelize into a finger licking good dish.

SERVES: 4

PREP TIME: 5 mins

COOK TIME: 30 mins

8 carrots, cut into 2" rounds
olive oil
sea salt
black pepper
¼ cup honey

In a medium skillet over medium heat, add carrots with a splash of olive oil, sea salt and black pepper. Cook until just tender, about 20 mins.

The last ten minutes or so, drizzle honey over carrots. Allow them to caramelize, but watch that they don't burn.

Crispy Pan Fried Potatoes

The perfect crispy potatoes are simple, with just a few key tips and ingredients. Red potatoes or Yukon Gold potatoes are key, russets need to be soaked in ice water to remove their excess starch, so it's best to avoid those.

The secret to not needing to boil your potatoes is to ensure your pan has a tightly fitted lid. This allows you to gently steam the potatoes in the same pan you then fry them in. Be sure not to stir too often or you'll get mush and not that perfect crisp you want!

PREP TIME	COOK TIME	SERVES
5 mins	20 mins	4

INGREDIENTS

1 pound medium red or Yukon Gold potatoes (3 to 4)
2 tablespoons olive oil
1 tablespoon garlic powder
Good quality fine sea salt
Freshly ground black pepper

OPTIONAL:
Finely chopped fresh herbs
1 tablespoon unsalted butter

METHOD

Wash and quarter potatoes.

Heat 2 tablespoons oil in a 12 inch non stick skillet over medium heat until shimmering.

Add the potatoes in a single layer with cut sides down. Season with salt, pepper and garlic powder.

Cover with a lid and cook until the potatoes are fork tender, about 20 minutes. Do not stir!

Flip once to another cut side of potatoes and increase heat. Taste and season more if needed. Cook until all pieces are browned and crispy.

If desired top with fresh or dried herbs and butter.

SALT MATTERS

Good quality salt makes all the difference! We use and recommend Redmond Real Salt Ancient Fine Sea Salt. It's fine enough to easily stick to your food and the added mineral content adds complexity to your dish.

Parmesan Broccoli

Broccoli is sturdy and stands up well to the abuses that come with cooler life. Buy the bag of pre-chopped broccoli from the produce section for less chopping. Avoid the shelf stable powdered parmesan cheese, it has additives that prevent it from melting well. Buy a block and grate it yourself or at a minimum snag the shredded parmesan cheese in a bag.

SERVES: 4

PREP TIME: 5 mins

COOK TIME: 30 mins

32 ounce bag fresh broccoli
3 to 4 tablespoons olive oil
¼ cup Italian style breadcrumbs
½ cup fresh parmesan cheese
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon black pepper

Over medium high heat, in a dutch oven or large skillet add broccoli and olive oil. Toss to thoroughly coat the broccoli.

Add the breadcrumbs, parmesan cheese, garlic powder, salt and pepper to the pan and stir to coat each piece.

Cook for 15 minutes, then stir and flip the broccoli, cook for an additional 10 to 15 minutes, until crispy and tender.

Mexican Street Corn

Juicy grilled corn takes on a smoky flavor that is impossible to replicate at home. If you can't find cotija cheese you can substitute it with shredded parmesan cheese. Be sure to freshly grate it yourself, don't buy the nasty powdered shelf stable "parmesan cheese".

PREP TIME	COOK TIME	SERVES
5 mins	35 mins	8

INGREDIENTS

8 ears fresh corn
¾ cup greek yogurt
¾ cup mayonnaise

SPICE MIX

½ teaspoon chili powder
¼ teaspoon garlic powder
¼ teaspoon fresh black pepper
¼ teaspoon sea salt

SERVE WITH

cotija cheese
chopped cilantro
limes

METHOD

Pull back husks on corn and remove silks. Trim the husks if desired or remove all together, but leave the stalk for a nice handle.

Grill over a hot grill, turning every 10 minutes or so until corn is cooked through and nicely blackened in spots, about 35 minutes total. Leave the husks outside of the flames if possible.

Combine chili powder, garlic powder, salt and pepper in a bowl.

Combine yogurt and mayonnaise, slather over hot corn. Top with plenty of cotija cheese, spice mix, and cilantro.

Serve with lime wedges.

COTIJA CHEESE

Cotija is a Mexican white crumbly cheese. The most common brand in the USA is Cacique. You can find it in the cheese section, it's usually not in the specialty cheese section but closer to the shredded cheeses.

DESSERTS

Apple Pie Cinnamon Rolls

Canned cinnamon rolls get packed full of fresh apples and apple pie spice for a delicious treat. Kroger, Trader Joe's or Pillsbury Flakey are the best canned dough. Parchment paper or a disposable foil pie pan set inside your dutch oven makes clean up so much easier!

PREP TIME	COOK TIME	SERVES
10 mins	20 mins	8

INGREDIENTS

1 package cinnamon rolls
1 granny smith apple, ½ inch dice
2 tablespoons butter
½ tablespoon cinnamon
pinch of nutmeg
pinch of salt
1 jar cream cheese frosting

I love cream cheese icing but I skip most packaged cinnamon roll icing because it's too sweet. But I also recommend not trying to make it from scratch in the woods as it's rather fussy.

Solution: A jar of cream cheese frosting from the baking aisle. Warm it in a small pan to get the perfect icing consistency! If you want it even less sweet, melt in a bit more cream cheese.

METHOD

Line a dutch oven or cast iron skillet with parchment paper, or just use plenty of non stick spray or butter to keep them from sticking.

In a small saucepan, melt butter. If you like browned butter it's fantastic here. Boil butter for 2-4 minutes, or until amber and fragrant. Add diced apple, cinnamon, nutmeg and salt.

If possible unroll each cinnamon roll and evenly distribute the apple filling. Gently re-roll them and place in pan. Add any excess filling to top of the rolls. If your rolls really don't want to unroll (some brands are bad at that) you can just top the rolls with the apple mixture.

Place the Dutch oven on top of coals. Then heap a thin layer of coals on top. Cook for 15-30 minutes until rolls are not doughy and apples are tender.

If using a skillet, place on campfire grate, and put a lid or foil on it to trap heat. If you have a lid and can invert it and place coals on top of it safely, do!

If you don't have a lid you will need to flip the cinnamon rolls halfway through to cook evenly. Add more butter if they start to stick.

Top with icing and serve with plenty of coffee.

No Bake Jam Cheesecakes

These easy little treats are perfect for camping and picnics! Top them with your favorite jam or preserves or just pile on the fresh fruit for a refreshing light summer dessert.

PREP TIME	CHILL TIME	SERVES
10 mins	1 hour	4

INGREDIENTS

¾ cup crushed graham cracker
2 tablespoons butter, melted
8 ounces cream cheese, room temperature
4 tablespoons yogurt
3 tablespoons maple syrup
2 teaspoons vanilla extract
1 tablespoon lemon juice

Toppings:
Jam
Fresh fruit
Shredded Coconut

You can use any kind of dry cookie to make the crusts for these!

Gingerbread snaps, chocolate cookies and vanilla wafers are all fun twists on the classic!

METHOD

Mix graham cracker and butter together.

Evenly distribute across all 4 mason jars and press down with the back of a spoon.

Mix cream cheese, yogurt, maple syrup, vanilla extract and lemon juice until well combined.

Add enough cheesecake filling to each jar to fill 2/3 way up the jar.

Chill for at least 1 hour.

When you are ready to serve, top each jar with the jam or fresh fruit and a sprinkle of shredded coconut.

If you are making ahead of time pack them tightly full so there is no space for them to slosh around inside the jar.

If you need these to last an extra long time you can top the crust with a layer of melted chocolate to help prevent the crust from getting soggy.

Boozy Pineapple Upside Down Cakes

These delicious little packets can be eaten right in the foil or make a party platter in a pie pan and do them all together. Perfect dish to go along with the coffee can ice cream on page 94!

SERVES: 4

PREP TIME: 5 mins

COOK TIME: 12 mins

4 tablespoons maple syrup
4 tablespoons butter
4 tablespoons bourbon
4 pineapple rings
4 shortcake dessert shells or thickly sliced pound cake

SERVE WITH:
maraschino cherries
whipped cream
mint
ice cream

Tear off 4, 12x12-inch squares of aluminum foil. Equally divide the maple syrup, bourbon and butter into the foil squares.

Add a pineapple slice and dessert shell to each. Fold the foil packet and grill for 12-13 minutes.

To serve, flip the cakes over. Add a maraschino cherry, whipped cream and mint. Or serve with camping vanilla ice cream if desired!

Strawberry Nutella S'more Croissants

One of our cousins turned us onto this idea and I took it to another level with Nutella vs chocolate bars. You can stuff any kind of filling ingredients inside of the croissant. For variations, check out the s'mores ideas on pg. 99 for more flavor ideas!

PREP TIME	COOK TIME	SERVES
5 mins	10 mins	4

INGREDIENTS

- 4 croissants
- 2 cups sliced strawberries
- 4 tablespoons Nutella
- 8 marshmallows

METHOD

Roast marshmallows.

Slice croissants in half like a sandwich.

Cover each side with nutella, strawberries, marshmallow. Close and wrap in foil.

Place over the campfire and cook for 10 mins or until chocolate is melted.

Enjoy!

Coffee Can Vanilla Ice Cream

Coffee can ice cream is the perfect camping treat! Everyone loves rolling the container back and forth, and the kids always squeal when it is finally done. A large 3 pound coffee can acts as the salt and ice bucket, and a smaller 1 pound coffee can holds the ice cream. Stop at 15 minutes for soft serve, or roll the full 20 minutes for a firmer ice cream!

PREP TIME	FREEZE TIME	SERVES
10 mins	20 mins	2 cups

INGREDIENTS

2 cups full fat half and half
½ cup sugar
½ teaspoon vanilla

½-¾ cup filling of your choice:
Blackberries
Peaches
Strawberries
Chocolate Chips
Nuts etc.

4 cups ice cream salt
Ice

SUPPLIES

3 lb. tin coffee can with lid
1 lb. tin coffee can with lid
Duct tape

METHOD

Pour half and half, sugar, vanilla, and fillings into a 1 lb. coffee can.

Duct tape lid if seal is poor.

Place 1 lb. coffee can inside of 3 lb. coffee can.

Using 2 cups of salt, layer in ice and salt around the outside of small coffee can. Repeat layering until the large coffee can is full.

Duct tape 3 lb. lid to coffee can, if seal is poor.

Roll briskly on picnic table back and forth for 10 minutes.

Open 3 lb. coffee can lid and drain water. Open small can carefully ensuring salt water does not get inside, stir well and replace lid.

Use additional 2 cups of salt and additional ice to repack the large coffee can. Roll briskly for another 10 minutes.

Remove 1 lb. can out of 3 lb. can.

Serve immediately with a “sprinkle” of additional toppings or with a warm campfire dessert!

Grilled Peach Shortcakes

If you have a portable personal grill for camping, then you can go ahead and toss these on there. If you are using an average campsites grill however, don't attempt to grill these directly on the grates. Use foil or a cast iron pan to get the same effect. Toast the pound cake over the fire on roasting sticks.

SERVES: 4

PREP TIME: 5 mins

COOK TIME: 10 mins

4 ripe peaches
2 tablespoons butter
4 thick slices pound cake
¼ cup maple syrup

SERVE WITH:
whipped cream
mint

Clean your grill well. Rub peaches down with butter and place on grill, a hot cast iron pan or a foil boat. Cook until hot and soft about 10 mins, turning once. Brush with maple syrup at the end to get a crispy sweet exterior.

Grill or toast the pound cake. Serve with a drizzle of maple syrup, whipped cream, and mint!

Campfire Chocolate Fondue

Whether you break this out for a crew of tiny humans or keep it all to yourself for a romantic date night, it's hard to go wrong with this recipe. We keep it super simple with shelf stable sweetened condensed milk and Nutella to keep this easy and fuss free.

PREP TIME	COOK TIME	SERVES
10 mins	5 mins	6

INGREDIENTS

½ cup Nutella OR
4 ounces chopped chocolate
2 tablespoons butter
1 14-ounce can sweetened condensed milk
2 teaspoons vanilla extract

METHOD

Add Nutella, butter, condensed milk and vanilla into a medium non stick sauce pan over low heat.

Stir continually until melted and fully combined, ensuring the chocolate does not burn, about 5 minutes.

Serve immediately with dippers!

If fondue gets too thick, add an additional tablespoon of butter and warm gently while stirring to get consistency correct.

Ideas For Dippers

Pound cake
Strawberries
Graham crackers
Vanilla wafers
Marshmallows
Pretzels
Apple slices
Oranges
Bananas
Pineapple
Wafer cookies
Oreos
Grapes
Kiwis
Angel food cake
Brownie bites
Rice crispy treats
Biscotti
Churros
Animal Cookies
Donut Holes
Cherries
Cinnamon Rolls
Cookie Sticks

Gourmet S'mores:
strawberry hazelnut, salted caramel & peanut butter cup

You can't go camping without eating s'mores at least once, but who says we have to stick to the classics? Swap chocolate for cookie butter, caramel, Nutella, and crunchy peanut butter. Add in fresh fruit, toasted coconut, or even peppermint patties to mix it up!

INGREDIENTS

1 graham cracker
2 marshmallows
½ a Hershey's chocolate bar

TOPPING IDEAS

STRAWBERRY NUTELLA
Top graham crackers with Nutella and sliced strawberries.

SALTED CARAMEL
Top one graham cracker with Nutella and one with caramel sauce. Sprinkle with flaked sea salt.

PEANUT BUTTER CUP
Top one graham cracker with Nutella and one with crunchy peanut butter.

MIX UP YOUR GRAHAMS
Swap grahams for fudge covered deluxe grahams, shortbread cookies with chocolate tops or Oreo's for a whole new treat!

HOW TO MAKE A CLASSIC S'MORE

Prepare a campfire. Allow the fire to burn down so the logs are red hot embers rather than a roaring fire of flames. This takes about 45 minutes to burn down so start early enough if you have kids to get to bed.

Break one long graham cracker in half horizontally to make two squares. Spread desired toppings on graham crackers.

Place a marshmallow on a stick and hold it over the heat, rotating often, until the marshmallow is golden brown and the inside is gooey. Some people prefer to burn their marshmallows and quickly blow out the flames. I like mine golden and gooey.

Remove the marshmallow from the fire and place it on top of one of the graham cracker halves

Top with the remaining half of graham cracker and squeeze the crackers together while pulling the stick out of marshmallow to release the stick.

Serve hot and enjoy!

Clean up sticky fingers with baby wipes.

DRINKS

Mountain Margaritas

Mexican food is so easy to whip up when you are camping, and let's be honest, no taco is complete without a bomb margarita. No triple sec? Increase the tequila and add a splash of orange juice!

SERVES: 1 **PREP: 5 MINS**

- 1 ounce triple sec
- 2 ounces tequila
- 2 ounces fresh lime juice
- Coarse salt
- Ice
- simple syrup or agave
- lime slices
- grilled pineapple chunks
- grilled jalapeño slices

Take lime wedge and rim the glass with the lime juice. Dip cup in salt.

Mix triple sec, tequila and lime juice in cup, add sweetener if desired and stir. Fill the cup ¾ full of ice. Add water if desired to top off drink. Garnish with lime slices, pineapple chunks, jalapeño slices.

Noah's Mint Lemonade

This lemonade is a refreshing twist on classic lemonade. Simply tuck several sprigs of fresh mint into bottles of fresh lemonade and allow it to steep for several hours. You can also make this up with powdered lemonade, or go to town and make lemonade from scratch at home!

KILNER
Original

Sun Tea, Arnold Palmer's & Shandy

Sun tea is so simple to make while you are camping. Any sealable container, tea bags and sugar and you are good to go! Mix it half and half with lemonade for an Arnold Palmer.

Shandy's are a family favorite. Simply mix ½ lemonade and half light beer.

PREP TIME	STEEP TIME	SERVES
5 mins	3 hours	6

INGREDIENTS

8 tea bags (black tea is classic but herbal teas also work nicely)
1 gallon water
1 cup honey or maple syrup

OPTIONAL:
mint springs
ginger

ARNOLD PALMER
Mix half sun tea and half lemonade.

SHANDY
Mix half lemonade with half light beer (pilsner is ideal).

PEACH TEA COCKTAIL
8 ounces sun tea
1 ½ ounces bourbon
Peach slices
Mint leaves

METHOD

Put 8 tea bags and any optional add ins into a clean plastic or glass gallon container (a clean milk jug works great!).

Fill with water and replace cap. Place in the sunlight for 3-5 hours.

Ensure that the container is in the sun continually. When the tea is nice and warm, add honey, shaking vigorously to allow honey to warm and dissolve. Shake once or twice as it steeps.

Once tea has reached its desired strength, remove from sun and serve over ice or chill it down in the river!

To do this safely, duct tape the cap on snugly and tie the milk jug firmly with rope to secure it.

Ensure that you rinse it off, or at least wipe off the lid area before serving, so you don't get river water mixed in with your drink.

You can remove tea bags if desired, but we usually drink it so quickly it isn't necessary.

Campfire Whiskey Sour

It's worth it to use fresh lemon juice in these, just squeeze it into your hand or a plastic bag to catch most of the seeds if you don't have a citrus press with you. Swap lime juice for lemon in a pinch. If you want to take this to a whole new level, light the rosemary on fire, and plunge it in for a smoky addition!

SERVES: 1 **PREP: 5 MINS**

2 ounces bourbon
¾ ounce fresh lemon juice
¾ ounce simple syrup, honey, agave or maple syrup

OPTIONAL:
rosemary
orange peel
maraschino cherry

Combine and shake in mason jar. Add ice and garnish as desired.

Blackberry Moscow Mule Recipe

Blackberries grow wild in the pacific northwest and are absolutely amazing paired with ginger beer and lime juice.

SERVES: 1 **PREP: 5 MINS**

6 fresh blackberries
6 ounces ginger beer
2 ounces vodka
1 tablespoon lime juice
5 mint leaves

GARNISHES:
fresh mint
blackberries
lime slices

Add to mason jar with several ice cubes. Shake vigorously to muddle mint and berries. Add additional ice and garnish as desired.

White Claw Sangria

White claw and canned wine mix up to the ultimate easy camping sangria.

SERVES: 2 **PREP: 5 MINS**

1 can white wine
1 white claw
1 peach, sliced
5 strawberries, sliced
½ cup grapes, cut in half
Fresh mint

Add several ice cubes, white wine, fruit and mint to 2 mason jars. Shake vigorously to muddle mint and fruit. Add additional ice and top up with white claw.

The Best Camping Coffee

The secret to drinking damn good coffee in the woods is found in the humble French Press. No more stressing over percolators or eating your coffee when the grounds bubble out. All you need is a pot or kettle to boil water and a french press!

METHOD

Start with filling a large pot or kettle with enough water to fill your french press completely over high heat.

Boil water. This can be done over a campfire or stove.

Add the desired amount of coffee to your french press (normally ¼ cup for us but check your specific model).

Pour hot water slowly over the grounds and allow to steep for at least three minutes.

Depress the plunger and serve immediately.

MEXICAN MOCHAS

2-4 tablespoons powdered sugar (to taste)
½ tablespoon unsweetened cocoa powder
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1 pinch cayenne pepper
1 cup coffee
2 tablespoons half and half

Add 2 tablespoons powdered sugar, cocoa powder, cinnamon, nutmeg, and cayenne pepper to cup of hot coffee. Stir well.

Add half & half to taste and stir.

If desired add additional powdered sugar!

Spiced Apple Cider

This simple fragrant cider is the perfect recipe to fill your thermos with for a chilly hike.

SERVES: 4

COOK TIME: 5 mins

4 cups apple juice or fresh pressed cider
2 cinnamon sticks
3 star anise

OPTIONAL:
orange slices
apple slices
ginger

Warm cider, cinnamon sticks, and star anise. If you have orange slices, apple slices or fresh ginger they make lovely additions.

To boost the spiced flavor you can add the additions to cider container up to 24 hours before warming to extract even more flavor.

Red Wine Hot Chocolate

Chocolate and red wine? Sign me up! This decadent dessert drink is creamy, chocolatey and delightfully warming from the alcohol. If you want to take it to another level, stir in some chopped chocolate or a few spoonfuls of nutella for an even richer end result.

SERVES: 4

COOK TIME: 5 mins

4 cups milk
2 cups red wine
2 tablespoons cocoa powder
2 tablespoons sugar
½ teaspoon cinnamon
Pinch of salt
Toasted marshmallows

Add milk, red wine, cocoa powder, sugar, and cinnamon together in a large saucepan. Whisk to combine. Bring to a simmer over medium heat, whisking occasionally, until hot and smooth, about 5 minutes.

Top with a toasted marshmallow and serve immediately!

Hot Toddy

Grandma's classic cold remedy is a perfect addition to your camping drink repetoire.

SERVES: 1 **COOK TIME: 10 mins**

¾ cup boiling water
2 ounces whiskey
2 teaspoons honey
2 teaspoons lemon juice

OPTIONAL:
pinch of cinnamon
grilled lemon slices
grilled cinnamon sticks

Add whiskey, honey, and lemon juice to an 8 ounce mug.

Top with boiling water.

Garnish with a pinch of cinnamon, grilled lemon slices and a grilled cinnamon stick.

Serve immediately!

DIRTY HIPPIES & GOURMET HOT CHOCOLATES

Dirty Hippie & Gourmet Hot Chocolates

Dirty hippies are an off menu drink choice at many coffee shops in the pacific northwest. It's basically chai with a shot of espresso in it! All of these warm drinks are easy to make vegan with just a few tweaks of alternate milks and dairy free chocolate chips!

PREP TIME	COOK TIME	SERVES
5 mins	5 mins	1

VEGAN HOT CHOCOLATE

1 cup almond milk
2-3 tablespoons dairy free chocolate chips
1 tablespoon unsweetened cocoa powder
1 tablespoon sugar
½ teaspoon vanilla extract
Pinch of sea salt
Toasted vegan marshmallow

COOKIES & CREAM HOT CHOCOLATE

1 cup milk
2 tablespoons white chocolate chips or ½ of a Hershey's Cookies & Cream bar
½ teaspoon vanilla extract
Pinch of sea salt
cocoa powder

SNICKERS HOT CHOCOLATE

1 cup milk
1 tablespoon Nutella
½ tablespoon unsweetened cocoa powder
½ tablespoon sugar
½ teaspoon vanilla extract
Pinch of sea salt
Toasted marshmallows
Caramel sauce

DIRTY HIPPIE

1 cup milk
⅓ cup chai concentrate
⅓ cup well steeped coffee
sprinkle of cinnamon

Combine all ingredients.

Warm over medium heat, stirring constantly until fully combined.

Top with serving suggestions.

packing list.

FRUITS AND VEGETABLES

DAIRY AND EGGS

MEAT AND FISH

FROZEN

CANNED

BEVERAGES

BREAD/PASTA/GRAINS

BAKING

SNACKS/MISC

KITCHEN GEAR

camping meals.

MONDAY

Breakfast	Lunch	Dinner	Snacks/Dessert

TUESDAY

Breakfast	Lunch	Dinner	Snacks/Dessert

WEDNESDAY

Breakfast	Lunch	Dinner	Snacks/Dessert

THURSDAY

Breakfast	Lunch	Dinner	Snacks/Dessert

FRIDAY

Breakfast	Lunch	Dinner	Snacks/Dessert

SATURDAY

Breakfast	Lunch	Dinner	Snacks/Dessert

SUNDAY

Breakfast	Lunch	Dinner	Snacks/Dessert