NO BULL
RV Sales

51 RECIPES

For The Wilderness-ish



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Special Thanks To

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For their help on this project

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What do we do during the off-season, when it's too cold for us Albertans to hit the road? While others may sit and kibitz waiting for the thaw, we spend our time in the kitchen. We've been testing and modifying recipes to bring you the best of the best for your camping get-away!

Food Safety Tips and Recommendations

Food Storage:

Keep your prepared foods and leftovers in air tight containers and in the fridge or cooler (safe bet is 40°F/4°C or lower). Most leftovers/cooked foods can be eaten for 2-3 days after cooking if stored properly. Watch for signs of spoiling such as mold or discoloration, change in smell, color, or texture.

Cross Contamination:

It can be easier for cross-contamination to occur in smaller spaces with less prep room. Be careful to use a clean knife and cutting board when going between raw meat and veggies. Be sure to store raw foods away from cooked/ready to eat meals.

Temperature Safety and Spoiling:

Throw away all perishable foods that have been left at room temperature for more than 2 hours – 1 hour if the temperature has been higher than 32°C/90°F (so any extended outdoor meals).

Bacteria grows rapidly between the temperatures of 40°F-140°F/4°C-60°C. After food is cooked, hot food must be kept at 140°F/60°C to prevent bacterial growth.

Cold foods, such as chicken salad or deli meats, should be kept at 40°F/4°C or lower.

When you know you'll be keeping food out for a long period of time, such as a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Cold foods can be kept chilled by nesting dishes in ice, or using smaller serving trays and replacing them often.

Refer to Health Canada for more details.

Safe Internal Temperatures:

Knowing the safe internal temperatures of meats will save you a lot of stress so keep a food thermometer on hand.
Basic Temperatures:
Poultry and Fowl: 165°F
Eggs and all ground meats: 160°F
Fresh meat, steaks, chops, and roasts: 145°F (this is the minimum safe temperature)

Preparation Tips

Do as much at home prep as you can, this will save time, space, and food waste at camp. Chop, clean, and portion foods and meals at home. Meal planning is king! If you know when you're going to eat each meal, you can pack everything so you won't have to go digging.

A few examples:

-pre measure spice mixes for any meals so you don't have to bring extra
-clean and trim excess fat from meat so you don't have to do this at camp
-wash all produce at home so it's ready to eat at camp!

Seal all prepped food and ingredients in airtight containers, freezer bags, or vacuum sealed packets. Depending on the food you can either freeze these or keep these in the cooler/ fridge. Dry items such as pre-measured spice mixes can be kept at room temperature.

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BREAKFAST





MAKE AHEAD BREAKFAST SANDWICHES

These guys can be made ahead of your trip, wrapped up and frozen until needed. Everyone can personalize their own to please even picky eaters! This recipe makes 4 sandwiches, and can be edited to make as many as you require.

Equipment:

Rimmed baking pan (8-inch by 8-inch), Non-stick spray or butter to grease, Medium-large bowl

For Storage and Reheating:
Plastic wrap (for storage only, please don't reheat your sandwiches over the fire in plastic). Foil

Ingredients:

- 12 large eggs or 1 ½ cups liquid egg
- 4 English muffins
- 4 thick slices of ham
- ½ cup shredded cheese (or more, live your life!)

Optional: you can add veggies as well to the egg bake: Diced bell peppers, Diced onions, Spinach, Mushrooms

Seasonings:

- ½ tsp onion powder (omit if using onion)
- Salt and Pepper to taste

Instructions:

1.At home: Preheat oven to 375°F. Spray your 8-inch by 8-inch baking pan with non-stick spray or butter.

2.In a medium-large bowl, use a fork or whisk to mix egg with seasonings. You'll know you've mixed enough when it's homogenous and there are no streaks of egg white left.

3.If using additional veggies, sauté until soft in a pan and let cool slightly before stirring into egg mixture. If the veggies are too hot you will begin to cook the eggs.

4.Transfer egg mixture to baking pan and bake until firm, about 18-20 minutes.

5.While eggs bake, split your English muffins and toast them.

6.When the eggs are almost done sprinkle with cheese and let bake until it melts, about 2 minutes.

7.After the egg bake has cooled completely (you can do this in a fridge when the pan is no longer hot to the touch), slice into four squares. Assemble each sandwich with a slice of egg, ham, and any additional toppings you want.

Freeze and Store:

After sandwiches are assembled, wrap them tightly in plastic wrap or foil, they can be frozen for up to a month.

*Storage tip: If you're making large batches or different flavors, place the wrapped sandwiches in labeled containers or large freezer bags, removing as much air as possible, before freezing.

To Reheat at Camp: Sandwiches can be reheated in the microwave or by the fire.
- Microwave: Unwrap sandwich and tightly wrap in paper towel. Reheat in the microwave for 1-2 minutes on defrost. Microwave as normal for an additional 1-2 minutes or until hot.
- Fire: Keep the sandwich wrapped in foil (NO PLASTIC) and reheat by the fire until hot. Time will vary.

(Adapted from Simply 6 recipes, Lisa Lillien)



MAKE AHEAD BREAKFAST TACOS

This is basically a no brainer meal that can be easily personalized for everyone. The tacos can be cooked right after assembly or frozen and packed for the road. This recipe makes 8 tacos, and can be modified to suit however many you require easily!

Equipment:

Tin foil, Rimmed cookie sheet (for oven heating)

Ingredients:

(this is a super versatile meal so feel free to expand on these options)

• 8 corn or flour tortillas (note that corn tortillas fall apart very easily without heating)

• ½ cup refried beans

• 8 strips bacon, cooked and chopped

•8 eggs, scrambled
• 1 cup shredded cheese of choice such as a Nacho/ Taco style mix, cheddar, Monterey Jack, etc.

Additional fillings: tomato, avocado, salsa, onion, cilantro, jalapenos, hot sauce, sauteed peppers and onions, roasted potatoes or hashbrowns, etc.

Note: certain fresh fillings such as avocado, tomato, cilantro, and hot sauce may be better added after heating to avoid the taco from becoming soggy.

Storage:

You can keep these in the fridge without freezing for 2-3 days before eating, depending on your ingredients. Remember certain food safety standards will differ on store time of cooked food.

(Adapted from bowlofdelicious.com)

Instructions:

1. For wrapping ease, tear off a strip of foil slightly larger than your tortilla to assemble your taco on.

2. Place tortilla on foil and layer your chosen toppings. For this recipe: 1 scrambled egg, 1 piece of bacon, 1 tbsp beans, 2 tbsp shredded cheese - and additional fillings.

3. Roll up the taco and wrap tightly with the foil. We recommend wrapping the foil like you would a burrito and tucking the ends in to avoid spilling.

4. From here you can freeze the burritos OR place them in the oven to heat

Cooking Options:

1. If you are not cooking from frozen, place the tacos on a rimmed cookie sheet after assembly and into a 350°F oven for 15 min. They can stay in the oven at no more than 200°F for up to 2 hours if you have late risers.

2. If you are going from frozen, go through the same steps, but put them in the 350° oven for about 20 minutes or until heated through.

3. If using the fire, place over the heat for 15-20 min or until hot through. Depending on your fire this may still require the use of a baking sheet.

4. You can also heat these in the microwave if you're in a pinch! Remove the tin foil and wrap the taco in a damp paper towel for even heating, about 2 minutes per taco.



OMELETTE BAKE

Approx 4 servings

Omelettes can be intimidating, but they don't have to be. This simple recipe is a cross between an omelette and a crustless quiche and will feed a group! Bake in the oven or cover the skillet in foil to cook over the fire. You can also halve this recipe for a smaller group or freeze your leftovers to reheat later.

Equipment:

Large oven safe/fire safe skillet, preferably cast iron, non-stick spray or other fat to grease the skillet, foil.

Ingredients:

The basics of an omelette are simple and you can use whatever fillings you want! Here's just a few to get you started:

- Approx 20 eggs OR 2 ½ cups liquid egg/egg substitute. (You can also use just egg whites if you want to lower the fat content)
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 6 oz (about 9 thick slices) of ham, chopped
- ¾ cup cheese of choice, I recommend cheddar but Swiss is also delightful

Seasonings:

- Salt and Pepper to taste
- Dash or more hot sauce of choice, I recommend tabasco.

Notes: To save on prep you can pre-chop your veggies and ham and store in tightly sealed containers to have ready at a moment's notice.

Instructions:

1. For oven cooking, preheat to 375°F

2. Prepare the skillet and veggies: Spray skillet with non-stick spray or otherwise grease. You can sauté your peppers and onions or other veggies at this point, usually about 4 minutes or until soft. Take off the heat and let cool for a bit.

3. Add the egg, chopped ham, ½ cup cheese (reserve the last ¼ cup), and seasonings. Mix gently until combined.

4. Cover with foil if using a fire to prevent ash from joining the party.

5. Bake until the center is firm, about 45 minutes in the oven. (internal temp: 165°F)

6. Sprinkle remaining cheese on top and bake until melted.

Freeze and Store:

Reheat from frozen: Leftover omelette can be reheated on defrost in the microwave or wrapped in foil and put near the fire until hot. While you CAN eat omelette cold, I wouldn't recommend it on texture alone.

Safety notes:

Remember to use caution when removing the skillet from the fire! Keep small children and animals from touching the skillet.

(Adapted from Simply 6 Recipes, Lisa Lillien)



CRUSTLESS QUICHE

Great for breakfast or lunch, you can easily make this quiche your own! Serve with a salad and some crusty bread for a deceptively fancy meal.

Equipment:

9-inch pie plate. Whisk, Mixing bowl, Knife & cutting board

Ingredients:

- 6 ounces cooked ham, cut in 1/4-inch dice
- ¾ cup frozen broccoli cuts, thawed (can also use fresh)
- 2 ounces shredded Monterey Jack or Swiss cheese
- 2 ounces cheddar cheese
- 8 large eggs
- ½ cup milk
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp dry mustard

Instructions:

1. Heat oven to 375°F and grease a 9-inch pie plate.

2. Scatter ham, broccoli, and cheeses evenly on the pie plate.

3. Whisk remaining ingredients in a bowl until blended. Pour into the pie plate.

4. Bake for 40 minutes or until firm. Cover the top with foil if it starts to get too brown.

5. Cut into wedges to serve.

Notes: This stores in the fridge for up to three days, and can be frozen as well.

Substitutions and Additions:

- You can substitute most any meat, like diced chicken breast, pastrami, or sausage, for the ham.
- Swap out spinach instead of broccoli.
- Add diced red or orange peppers and onions, this will require additional cook time.
- Add chopped tomatoes, this addition will require extra cooking time.



PB&J OVERNIGHT OATS

Marry two different breakfasts together for added protein. Makes for a great breakfast or snack when you need something quick.

Ingredients:

- 1 cup of Rolled Oats
- 1 cup of unsweetened Vanilla Almond Milk
- 1 tablespoon of Chia Seeds
- 1/2 tablespoon of Maple Syrup
- 2 tablespoons of All-Natural Peanut Butter
- 1 tablespoon of Jelly or Preserves (flavor of preference)

Notes: Chia seeds add a tapioca texture as the oats sit, however they can be omitted if you do not like that texture.

Instructions:

1. Mix the rolled oats, almond milk, chia seeds, maple syrup and peanut butter in a bowl or container.

2. Place the mix into the fridge for 3-24 hours, it will thicken more the longer it sits.

3. Remove from the fridge and mix in a little more almond milk for a thinner consistency if preferred.

4. Top with Jelly or Preserves and enjoy!

Variations: Top with fresh berries instead of jelly.

(Adapted from Fit Foodie Finds)



DUTCH OVEN FRENCH TOAST BAKE

Tastes like breakfast, eats like dessert. This French Toast Bake is a breakfast twist on bread pudding.

Equipment:

Dutch oven, Parchment to line, Spatula and Whisk, Medium mixing bowl.

Ingredients:

- 8 slices thick bread
- ¾ cup of milk
- 3 eggs
- 2 tbsp sugar
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ⅛ tsp salt
- ¾ cup blueberries (or berries of choice)

Instructions:

1. Line your Dutch oven with parchment on the bottom and up the sides.

2. Tear the bread into rough chunks, about 2 square inches, and set aside.

3. In a large bowl mix the eggs, salt, sugar, cinnamon, and vanilla well until no streak of eggs can be seen and then add the milk and mix.

4. Add bread to egg mix and use a spoon or spatula to lightly toss the bread until evenly coated. Pour into the lined Dutch oven.

1. If your bowl is not big enough to do this, add the bread and egg mix to the Dutch oven and gently mix together.

2. You want all the bread to be coated well, note that there may be some egg mix pooling at the bottom and that's fine!

5. Sprinkle your berries over top (or save to top fresh).

6. Cover the Dutch oven and set over approximately seven evenly spaced briquets with approximately 14 on top. Alternatively, bake in a preheated 350°F oven.

7. Bake for 30 minutes, or until there is no sign of runny egg and the eggs and bread are lightly toasted. Serve with maple syrup and butter.

(Adapted from Fresh Off the Grid)



BANANA BREAD TO MAKE AHEAD

Whether you like it with your coffee, as a snack on the trail, or for breakfast, banana bread is a classic for a reason. Make this recipe at home before you head out – it freezes super well!

Equipment:

Mixing bowl, Measuring cups/spoons, Loaf pan (9x5)

Ingredients:

- 3 large ripe bananas
- 1 cup sugar
- 1 egg
- 2 tbsp butter, melted and cooled
- 1&1/2 cups all-purpose flour
- 1 tsp salt
- 1 tsp baking soda

Instructions:

1. Preheat your oven to 325°F and lightly grease your loaf pan.

2. In a large mixing bowl, mash your bananas fully (you should end up with about a cup.)

3. Beat in your sugar, then egg and butter.

4. In a second bowl, stir together your flour, salt, and baking soda. Add this to the banana mixture and stir just until everything is wet and there are no streaks of dry flour.

5. Pour your batter in to the prepared pan and baked in the oven for 55-60 minutes or until a knife or tooth-pick is inserted in the center and can be removed with only a few crumbs adhering.

Notes: The recipe makes a single loaf, but doubles well – bread can be frozen ahead and defrosted at camp.

(Recipe from my mother's cookbook where the title page has been lost)



SAUSAGE, EGG, AND CHEESE BREAKFAST SANDWICHES

Served with a sriracha honey sauce, these sandwiches will switch up any boring breakfast and can be assembled in a flash! Makes 6 sandwiches

Equipment:

Cast iron skillet or grill, Spatula, Bowl for mixing sauce

Ingredients:

Sausage Patties:
- 1 pound ground pork
- 2 tsps dried herbs of choice: thyme, rosemary, sage (for a balance of multiple spices, use poultry seasoning)
- 1 tsp salt

Sriracha Honey Sauce:
- ½ cup honey
- 2 tbsps Sriracha

Sandwich:
- 6 eggs
- 6 slices cheese
- 6 English muffins

Instructions:

1. Prep the sausages: Mix the ground pork, herbs, and salt in a large bowl until thoroughly combined. Form into 6 equal sized patties, keeping in mind that they will shrink slightly while cooking.

2. Make the sauce: Combine the honey and sriracha in a small bowl and stir together. Set aside.

3. Cook: Heat a griddle or skillet over your campfire or stove top. Once hot, place the sausages on the surface and cook until browned, 2-3 minutes. Flip and cook the other side until browned, 2-3 minutes more. Meanwhile, cook the eggs as desired (sunny side up, over-easy, scrambled, and toast the English muffins.

4. Assemble and Serve: Spread the Sriracha honey sauce on the English muffins, then layer with a sausage patty, egg, and slice of cheese. Serve & enjoy!

Make Ahead:

- Make the sausage patties and place in an air-tight container in your cooler. You can also freeze them and defrost overnight in the fridge.

- The morning you prepare the meal, begin at step 2.

(Adapted from Fresh Off the Grid)



PIE IRON STUFFED BISCUITS

Warm breakfast sandwiches that you'll love and are totally kid friendly!

Equipment:

Pie-iron, Non-stick spray, Knife & Cutting board, for fruit, Spoon/knife for spreading filling

Ingredients:

- Banana
- Strawberries or berries of choice
- Nutella
- Peanut Butter
- Jam or Jelly of choice
- Pre-made biscuit dough (like Pillsbury)
- Non-stick spray

Instructions:

1. Spray the interior of the pie iron with non-stick spray.

2. Layer 1 biscuit, followed by your fillings; Nutella and sliced banana pieces OR peanut butter and jelly OR peanut butter and banana OR strawberries and Nutella, followed by a second biscuit.

3. Close and latch the pie iron.

4. Cook over the fire, opening the iron to check progress periodically.

5. Cook for approximately 5 mins per side depending on how hot the fire is.

Notes:

- When using a camp cooker/pie-iron, begin by applying non-stick cooking spray or oil to the inside of both cooking plates, this is crucial to keep your food from sticking to the plates.

- Cook the recipe over an open fire. We recommend placing the cooker over the fire for two minutes before unlatching, checking for doneness and flipping the cooker to cook the other side.

- Use caution when handling both the metal latch and handles as they can become hot while cooking.

(Adapted from Homemade Heather)



FRUIT AND YOGURT PARFAITS

If it ain't broke, don't fix it. This classic breakfast meal combines creamy yogurt with sweet fruits and is easy to prep at home for camp assembly!

Equipment:

Knife & Cutting Board, Paper towel, Jars or Bowls

Ingredients:

•Individual yogurts OR 1 tub (usually 650-750 g) (flavor of preference; vanilla, plain, berry, etc)
•Fresh fruit: apples, berries, pineapple, oranges, bananas, etc.
•Optionally: granola mix, fine chopped nuts
•Orange juice or lemon juice: see step 1B.

Instructions:

1.For ease, prepare as much at home as you can:
a. Wash and chop your fruit, smaller pieces will be better for a parfait.

b. If you're using a fruit that gets brown when exposed to air, such as apples, dip them in orange or lemon juice after chopping them and dry on a paper towel. The acid will help prevent browning.

c. You can also do this step at camp, but it will be easier to prepare larger fruits such as pineapple at home, than smaller fruits at camp such as bananas and apples.

2. Store your prepared fruits in airtight Tupperware and keep in a cooler or fridge until you're ready to eat.

3. Using individual yogurts will cut down on clean up at camp. However, you can also portion yogurt into bowls if you want to save space with a single tub.

4. Simply top your yogurt with your chosen assortment of fruit, adding granola and/or nuts for added texture and flavor and enjoy!



FRESH FRUIT WITH HONEY-MINT SYRUP

A different look at a fruit salad, this works great as a side with eggs and toast, or our French Toast Bake!

Equipment:

Small bowl for syrup, Measuring spoons, Whisk, Cutting board & Knife

Ingredients:

Syrup:

- Zest and juice of ½ an orange
- Zest and juice of ½ a lime
- Zest and juice of ½ a lemon
- 3 mint sprigs, finely chopped (reserve some whole leaves for garnish if you like)
- 1 1/2 tbsps honey

Fruit:

- 6 cups of your favorite fresh fruit, cubed. We recommend watermelon, cantaloupe, grapes (halved), fresh berries, etc. Sweeter fruits will pair well with the tart citrus of the syrup.

Instructions:

1. Combine the ingredients to make the syrup, mixing well to incorporate the honey. If you find the honey isn't dissolving, heat the syrup in the microwave for a few seconds and stir. Chill the syrup in the fridge.

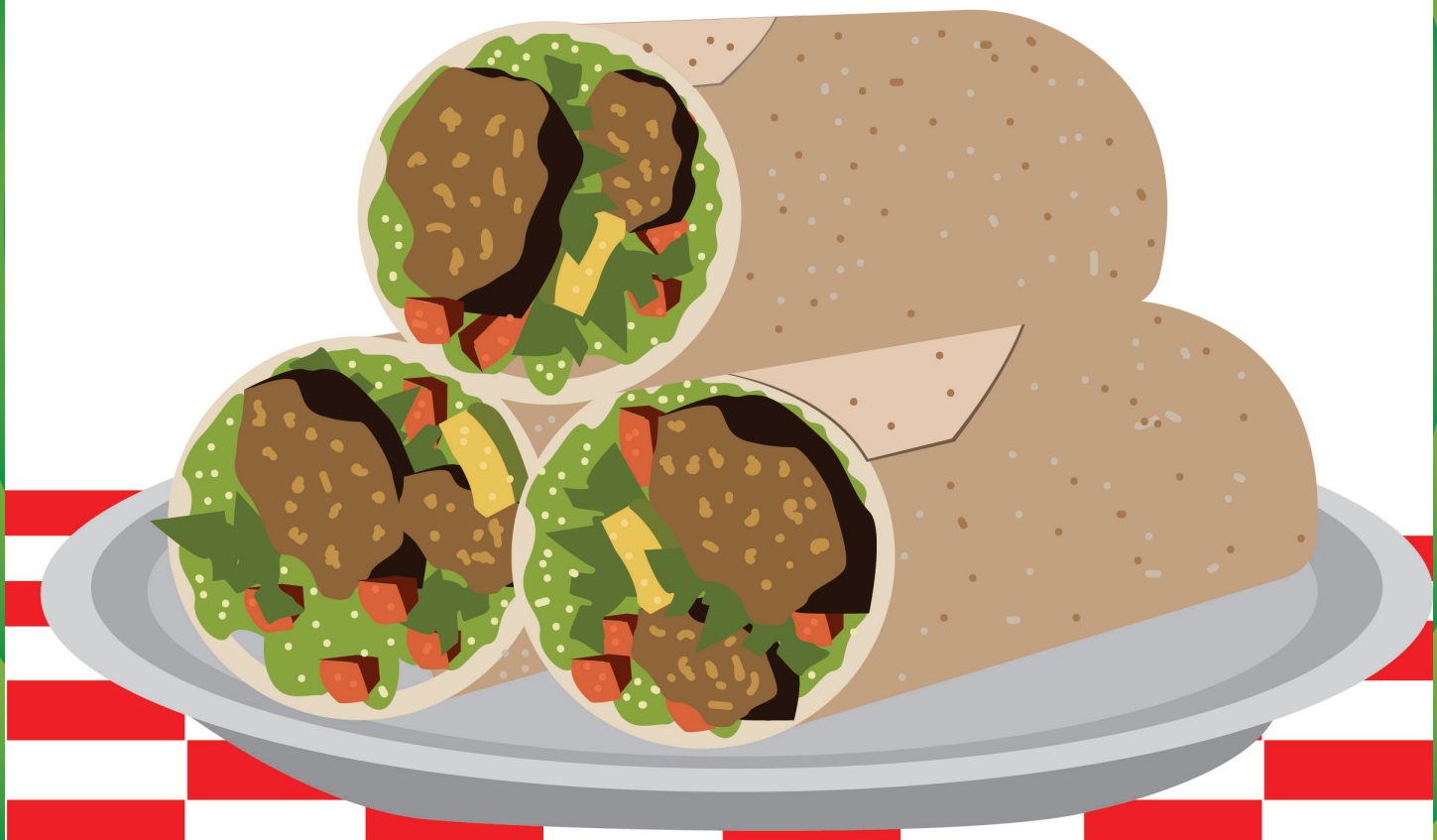
2. Clean and cube the fruit.

3. Gently toss the fruit in the syrup and let stand for a short time before serving. Note that some of the fruits may express some juice. If you want you can strain this and add it to a cocktail!

4. Garnish with reserved mint leaves for serving or grab a fork and dig in!

(Adapted from Camping for Foodies)

LUNCHES





SALAD WRAPS- 3 WAYS

Wraps are one of the easiest meals to make and can be easily modified to suit everyone. As an added bonus, they can be made with fresh and healthy ingredients! Here are three simple wrap recipes to inspire you!

Ingredients:

Cobb Salad:
For each wrap you will need:
• 1 spinach or whole wheat tortilla (about 8 inches)
• 1-2 tbsp blue cheese dressing or ranch
• 2 slices of avocado
• ½ cup shredded cooked chicken
• ½ medium tomato, sliced
• ½ cup spring salad mixed greens
• 2 cooked bacon strips
• ½ -1 tbsp sliced ripe olives
• ½-1 tbsp crumbled blue cheese

Chicken-Caesar:
For each wrap you will need:
• 1 tortilla (flour or whole wheat) (about 8 inches)
• 1-2 tbsp Caesar dressing (see the recipe below for a great homemade, dairy-free option)
• 2-3 romaine leaves
• 1-2 slices cooked bacon, chopped
• ¼-½ cup sliced cooked chicken
• Handful shredded parmesan cheese

Veggie:
For each wrap you will need:
• 1 tortilla (flour/tomato/spinach/whole wheat) (about 8 inches)
• 1-2 tbsp hummus of choice
• 1 lettuce leaf (romaine, iceberg, butter)
• ¼-½ carrot, shredded or grated (can also be sliced for more crunch)
• 2-4 cucumber sticks and/or avocado slices
• 1 tbsp tomato salsa or chopped tomatoes
• Handful of grated cheese (cheddar, Monterey Jack, etc.)

Instructions:

For each wrap, layer the ingredients with the dressing spread over the tortilla leaving space around the edges and then arrange the toppings in a bank down the center before rolling up.

Rolling tips!
Fold the bottom of the wrap up just over the filling, fold in the sides and then roll the rest of the way. You can also tuck the top down, burrito style if you're wrapping these up to take on the go.

Homemade Caesar Dressing:
• 2 small garlic cloves, minced
• 1 tsp anchovy paste
• 2 tbsp fresh squeezed lemon juice
• 1 tsp Dijon mustard
• 1 tsp Worcestershire sauce
• 1 cup good quality mayonnaise
• ½ cup freshly grated parmesan cheese
• ¼ tsp salt
• ¼ tsp fresh ground black pepper



LEFTOVER CHICKEN SANDWICHES

Did you have a great barbeque last night, grill up some chicken, baked potatoes, the works? Hell yeah!

Now to make those leftovers into one of the best chicken sandwiches you will ever have.

Ingredients:

- Roasted bell peppers (you can buy these in a jar or make your own)
- Ciabatta buns
- Sun-dried tomato pesto
- Fontina or Swiss cheese
- Fresh arugula or spinach

Instructions:

1. Slice your leftover chicken and roasted bell peppers

    a) Be sure to remove the excess oil from the peppers with a paper towel

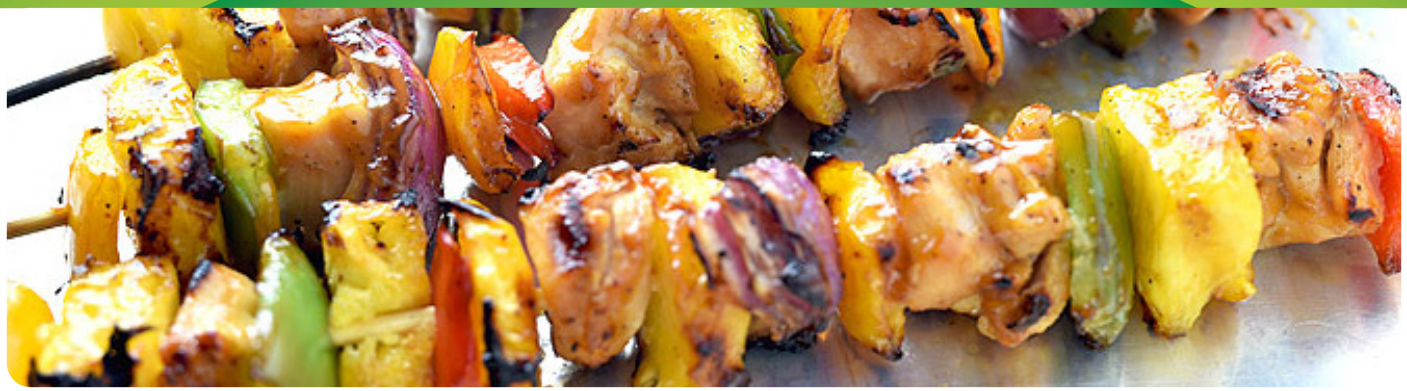
2. Optionally: grill the buns cut side down or toast them under the broiler to add texture and flavor.

3. On one side of the bun spread a generous amount of pesto, then add your chicken, cheese and arugula or spinach and top with another bun half.

4. You can either toast this in a pie iron or between two hot cast iron skillets until the cheese is melted. Don't have those? Place the sandwich half with the cheese under the broiler until it melts, then top with greens and other bun half.

5. Serve warm!

(Adapted from Oprah Magazine)



PINEAPPLE CHICKEN KABOBS

Get these marinating before you head out in the morning and they're ready to throw on the grill for lunch!

Ingredients:

For the marinade:

- ¼ cup olive oil
- ½ cup chopped cilantro
- 1 tbsp honey
- 2 tsps minced ginger, note: you can also buy ginger paste.
- 1 lime, juiced
- 1 tsp salt

For the skewers:

- ½ lb chicken, boneless, skinless thighs work best, cut into 1-inch pieces
- 1 medium red onion, sliced into 1-inch pieces
- Pineapple wedges, cut into 1-inch cubes (see notes)

Notes:

Fresh pineapple can be used - either from a whole pineapple (prep this at home!) or if you can find fresh pineapple spears for less chopping. (Check the refrigerated section of the produce department). Alternatively, you can use canned pineapple (drain before using).

Instructions:

1.Combine the ingredients for the marinade in a large bowl or strong plastic bag.

2. Add the chicken to the marinade and stir to coat. Cover or seal the container, and let marinate for at least an hour, or up to 24 hours. If you're going to marinate for longer than an hour, place it back into your cooler.

3. In the meantime, fire up your grill or get your campfire going.

4. Build the kabobs by threading the chicken and vegetables onto your skewers. Brush with a bit of oil.

5. Grill the kabobs over medium-high to high heat, turning occasionally so they cook evenly until the chicken is cooked through – about 10 minutes total.

6. Remove from the grill and enjoy!

Notes

1. Optional at home prep:

a) Chicken and vegetables can be pre-chopped.

b) The marinade ingredients can be combined in a small, sealable jar.

2. If you plan to make this on your first evening at camp, the chicken and marinade can be combined for up to 24 hours (longer than that affects the chicken's texture).

(Adapted from Fresh Off the Grid)



CREAMY PESTO CHICKEN PASTA

So simple it just might work! This recipe only needs one pot and comes together in less than 45 minutes!

Equipment:

Dutch oven or deep skillet, Knife and cutting board

Ingredients:

- 1 lb. boneless, skinless chicken breast
- 2 Tbsp butter
- 2 cloves garlic (alternatively, you can use 2 tsp jarred minced garlic)
- 1/2 lb. penne pasta
- 1.5 cups chicken broth
- 1 cup milk
- 3 oz. cream cheese
- 1/3 cup basil pesto
- 1/4 cup grated Parmesan
- freshly cracked pepper
- ⅛ tsp crushed red pepper

Optional Additions:

- 3 cups fresh spinach
- 1/4 cup sliced sun dried tomatoes

Instructions:

1.Cut the chicken breast into 1-inch pieces. Add the butter to a deep skillet or Dutch oven and melt, careful not to let it burn. Add the chicken to the skillet and cook, stirring regularly until the chicken is slightly browned on the outside.

2. While the chicken is cooking, mince the garlic. Add the garlic to the pot with the chicken after it's browned and continue to sauté for one minute more.

3. Add the uncooked pasta and chicken broth to the pot with the chicken and garlic. Stir to dissolve any browned bits from the bottom of the skillet (there's tons of flavour there!) Place a lid on the pot, and bring the broth up to a boil.

4. Once the broth comes to a full boil, give the pasta a quick stir, replace the lid, and turn the heat down to medium-low or move away from any direct heat to allow the pasta to cook without burning. Simmer for about 8 minutes, or until the pasta is tender and most of the broth has been absorbed. Stir the pasta briefly every two minutes as it simmers, replacing the lid quickly each time.

5. Once the pasta is tender and most of the broth absorbed, add the milk, cream cheese (cut into chunks), and pesto. Gently stir until the cream cheese has fully melted into the sauce. Finally, add the grated Parmesan and stir until combined.

6. Optional: add the fresh spinach and/or sliced sun-dried tomatoes. Stir until the spinach has wilted, then remove the pasta from the heat. Top the pasta with freshly cracked pepper and a pinch of crushed red pepper, then serve.

(Adapted from Budget Bytes)



PIE IRON PIZZA POCKETS

Dinner in less than an hour! This recipe makes 4 individual pizza pockets and can be made as exciting or basic as you want. And I don't want to scare you, but you can use pineapple on pizza. Don't come for us.

Equipment:

Pie iron(s), Silicone BBQ brush (for greasing), Heat resistant gloves, Oil for greasing the pie irons

Ingredients:

Pizza Dough
(you can absolutely use a store-bought mix, but here's a recipe for homemade)

- 2 ¾ cups all-purpose flour
- 1 packet rapid rise yeast
- 2 tsps salt
- 1 cup warm water
- 2 tbsps olive oil

Fillings
(whatever you wish, here are a few recommendations)

- ½ cup pizza sauce
- 1 cup low-moisture shredded mozzarella cheese
- Diced pineapple
- Diced ham and/or sausage
- Diced peppers
- Sliced black olives
- Diced mushrooms
- Pepperoni

Notes:

Pre-Trip Prep: The dough can be made at home ahead of time and stored in a container in your cooler or fridge. Remove from the cooler 30 minutes before cooking to make it easier to roll out.

(Adapted from Fresh Off the Grid)

Instructions:

1. Make the dough (this can be done ahead of time!): In a mixing bowl, stir together the flour, yeast, and salt. Add the oil and water. Using a spoon or fork, mix the ingredients until a dough forms. Add additional flour if it seems too wet, then knead until a soft ball forms. Cover and let rise for 20 minutes. *Alternatively, use pre-made dough.

2. Divide the dough into 8 pieces. Working with two pieces at a time (keeping the others covered with a damp towel to avoid having them dry out), stretch and flatten the dough into roughly 4 ½ x 4 ½ inch squares.
   a) You can do this by hand or on a flat, clean work surface/cutting board.

3. Oil both sides of the pie iron and press one square of dough into the bottom plate. Load up your ingredients: 2 tablespoons of sauce followed by the ¼ cup cheese, and your choice of fillings (recommended: don't overfill, stick to roughly a ¼ cup of additional fillings). Top with a second square of dough. Close & lock the pie iron.

4. Cook over the fire or on top of your campfire embers until the crust is golden brown, flipping as needed to ensure even heat. Exact timing will vary depending on your campfire intensity, but generally, this will only take 2-3 minutes. Check often!

5. Remove from the heat, then carefully unlock the pie iron and turn the pizza pocket out.

6. Repeat with the remaining ingredients. Be mindful that the iron will be HOT when prepping subsequent pizza pockets. Wait until the iron has cooled, or take extreme care when reloading the iron.



PIE IRON TOMATO AND GOAT CHEESE STUFFED CROISSANT

For the fancy crowd, elevate your pie-iron recipes with croissants, chicken, goat cheese, and sun-dried tomatoes.

Equipment:

Pie iron(s), Silicone BBQ brush (for greasing), Heat resistant gloves, Oil for greasing the pie irons

Ingredients:

- Sliced roasted chicken breast
- Goat cheese
- Sun dried tomatoes
- Pillsbury crescent rolls

Instructions:

1. Grease both sides of your pie iron with non-stick spray or oil.

2. On one side of the iron, layer one roll, ¼-⅓ cup chicken, 1-2 tbsp goat cheese, a few tomatoes and a second roll. Be sure the rolls cover your fillings; lightly press down around to edges before closing and locking the iron.

3. Cook over the fire or on top of your campfire embers until the crescent rolls are golden brown, flipping as needed to ensure even heat. Exact timing will vary depending on your campfire intensity, but generally, this will only take 3-5 minutes. Check often as it can depend on the heat of your fire.

4. Once done, carefully open and remove your sandwich from the iron and enjoy.

1. Be sure to let the pie iron cool before making another sandwich, use caution when building your sandwich in the iron.

(Adapted from Homemade Heather)



TZATZIKI CHICKEN SKEWERS

Switch up the average BBQ kabobs with fresh tzatziki. Serve with warm pita or naan bread.

Recipe makes about 2 full servings, or 3-4 if served with an additional side.

Equipment:

BBQ skewers (metal or bamboo; be sure to soak bamboo skewers in clean water for about twenty minutes before assembling), Basting brush, Heat resistant gloves, Tongs

Ingredients:

- 2 tbsps olive oil
- 1 lemon, juiced
- 1 tbsp dried oregano
- ½ tsp garlic powder
- ½ tsp salt
- 4 boneless skinless chicken thighs, cut into 1" pieces
- 1 small zucchini, sliced into 1/4" discs
- 1 red onion, chopped into 1" squares
- 14 cherry tomatoes
- ½ cup prepared tzatziki, store-bought or recipe as follows

Tzatziki Sauce:

- ½ cup Greek yogurt
- ¼ cucumber, seeds removed & chopped fine
- 1 tbsp chopped fresh mint
- 2 cloves garlic, finely minced
- ¼ tsp salt

Optional Sides:

- Rice
- Pita or Naan bread
- Fresh cucumber

Instructions:

1. Marinate the chicken: Mix the olive oil, lemon juice, oregano, garlic powder, and 1/2 tsp salt together in a bowl. Add the chicken and toss to coat. Set aside for 30 minutes in the fridge or cooler (up to 2 hours) to marinate, tossing occasionally.

2. Make the tzatziki (can be done ahead): Remove excess moisture from the chopped cucumber by blotting with a towel. Place the cucumber, Greek yogurt, mint, garlic, and salt in a small bowl and mix to combine.

1. Cover & store in your cooler if made ahead of time.

3. Prepare a grill or campfire for grilling.

4. Thread the chicken and vegetables onto skewers; due to different cooking times, recommend doing separate skewers for veggies and chicken.

5. Once the grill is ready, place the skewers on the grill grate and cook, turning every few minutes so all sides cook evenly. The chicken will need to cook 3-5 minutes per side, and the veggies will need roughly 10-12 minutes.

6. Remove skewers. Serve with the tzatziki for dipping, add a side of fresh cucumbers, rice and or naan or pita bread. Enjoy!

(Adapted from Fresh Off the Grid)



PANZANELLA CHOPPED SALAD

Something a little different, this recipe includes fresh ingredients and a lot of flavor!

Ingredients:

• 1 pound loaf Italian bread, slightly stale
• 2 tomatoes chopped
• 1 cucumber peeled, chopped
• 1/2 red onion chopped (can substitute with white or sweet onion is you prefer)
• 1 yellow bell pepper chopped
• 2 cups fresh marinated mozzarella balls
• 2 cups chopped fresh spinach
• 2 cups fresh basil leaves
• 4 cloves garlic minced
• 2 tbsps chopped fresh rosemary
• 1/4 cup oil from the marinated mozzarella balls
• 2 tbsps balsamic vinegar
• Salt and pepper to taste

Instructions:

1. Cube the bread. You can either slice or tear the bread into bite sized pieces.

2. Chop the veggie: tomatoes, cucumber (peeled and seeded first), red onion, bell pepper, fresh spinach, basil leaves, garlic and rosemary.

3. Make the dressing by whisking together the garlic, rosemary, oil, vinegar, salt and pepper until emulsified and completely blended together.

4. In a large bowl, toss the bread with the dressing to coat the cubes.

5. Now add the spinach, basil, tomatoes, cucumber, onion, bell pepper and mozzarella balls and continue tossing until all ingredients are combined.

6.Serve immediately.

Notes: If prepping ingredients ahead keep veggies, bread, and cheese separate and wait to dice up “wet” veggies such as tomatoes and cucumber until assembling the salad.

(Adapted from Camping for Foodies)



PESTO TOMATO WRAPS

A vegetarian lunch wrap that you can take on the go and tastes like a caprese salad (add some balsamic vinegar as a light drizzle if you want!)

Ingredients:

- 4 large wheat tortillas
- 8 tbsps prepared pesto
- 2 Roma tomatoes sliced
- 1 pound fresh mozzarella sliced
- 8 small leaves fresh basil torn

Instructions:

1. Slice tomatoes and mozzarella with equal thickness (recommended about 1cm.)

2. Lay tortillas flat and spread equal amounts of pesto on each. Optionally, drizzle a little balsamic vinegar on top.

3. Evenly divide and layer tomatoes, mozzarella and basil on each tortilla down the center like shingles to get a little bit in every bite.

4. Fold the bottom up, then one side over and roll up!

(Adapted from Camping for Foodies)



BUFFALO TURKEY MEATBALLS

These meatballs are great to prep at home and reheat easily at camp for a fantastic meatball sub lunch!

Equipment:

Large mixing bowl, blender, Ice cream scoop (optional, but helps you make your meatballs all the same size), Baking sheet + silicone mat (or tin foil + parchment paper)

Ingredients:

- 3 lbs ground turkey
- ¾ cup breadcrumbs
- 1 tsp salt
- 6 ounces crumbled blue cheese
- ¼ cup buffalo sauce
- 1 bunch scallions/green onions (about 2-4)
- 3 eggs
- 3 garlic cloves
- Hoagie rolls
- Shredded lettuce
- Sliced tomato
- Pickles
- Ranch

Instructions:

1. Preheat your oven to 350°

2. Add ground turkey, blue cheese, salt, and breadcrumbs to a large bowl. Mix to combine.

3. Add eggs, buffalo sauce, scallions, and garlic to a blender and blend until smooth. Add the wet ingredients to the meat and mix.

4. Use an ice cream scoop to scoop out the meatballs onto a parchment lined baking sheet (about 2 tbsp average), and bake for 30 minutes or until cooked through and the internal temperature reaches 165°

5. Douse meatballs in buffalo sauce and toss to coat evenly.

6. Slice a hoagie roll in half, add ranch, lettuce, tomato, and meatballs, and enjoy!

(Adapted from Josh Scherer)



ALBERTA MAN CHICKEN SOUP

Simple, delicious, and easy! Feed the family with a one pot meal that will be their new go-to comfort food. The key to this recipe is the rotisserie chicken - cutting down on time and prep.

Equipment:

Dutch oven or large soup pot (only if cooking on the stove), Knife and cutting board, Heat safe spoon to stir

Ingredients:

- Full rotisserie chicken (buy this from most grocery stores)
- 1-2 peppers, (red/yellow/orange), diced
- 1 white onion, diced
- 1-2 tsp minced garlic (about 2 cloves)
- 2-3 carrots, diced
- 3-4 stalks of celery, diced
- 1 cup frozen corn
- 8 cups/2 quarts chicken broth
- 1-2 tsp poultry seasoning (to taste)
- Salt and pepper, to taste
- Butter or Neutral Oil

Optionally:

- Add cooked rice when serving, do not store with rice in the soup - it will break down and affect the texture of the broth.

- Not a fan of corn? Use frozen peas instead!

- Turn this into chicken-noodle by adding cooked noodles when serving - as with rice do not store with noodles in the soup because they will break down.

Instructions:

1. In your pot add about 1 tbsp butter or oil and then diced onion. Sauté until the onion starts to soften before adding your diced carrots, peppers, and celery. Continue cooking until all veggies are soft.

2. Add minced garlic and sauté another minute until fragrant, then add your broth and poultry seasoning and bring to a simmer.

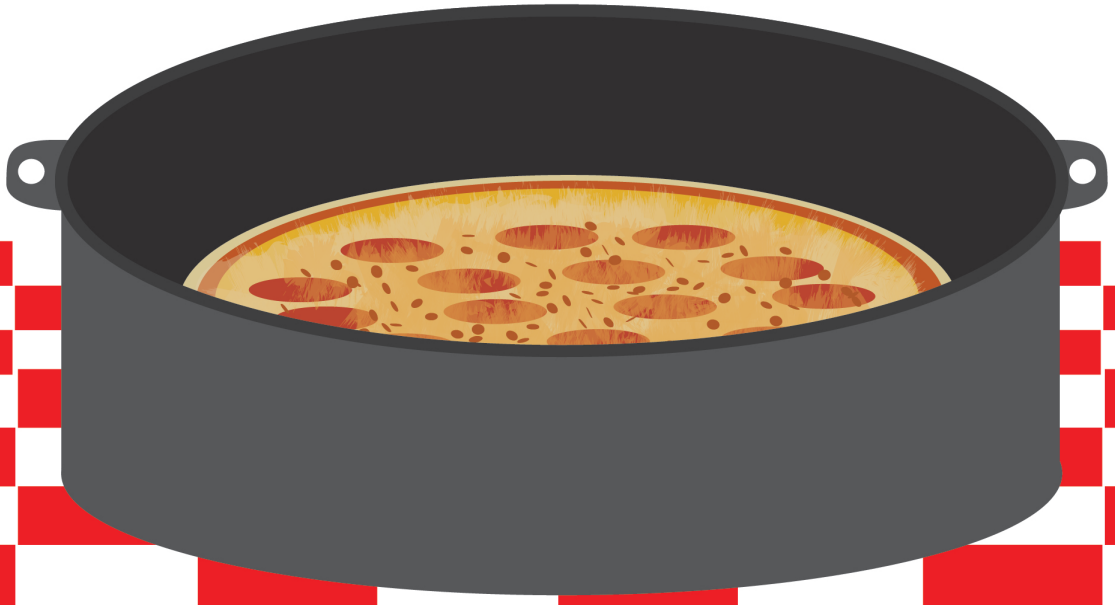
3. While waiting for broth to simmer, break down your chicken (if you haven't already), tearing the meat into bite sized pieces. Add the chicken to the pot.

4. Add your corn to the pot and let soup simmer for about ten minutes until corn is cooked through, season with salt and pepper and serve!

Notes:

Pull apart your chicken at home and store in freezer bags. You can freeze this chicken and add it to the soup still frozen. This will increase day-of cooking time, but can save you prep time and fridge storage space!

DINNERS





BBQ CHICKEN QUESADILLAS

This recipe makes 2 quesadillas and can be easily doubled for a larger group. Switch up the classic quesadilla with some smoky BBQ sauce. Throw in some homemade pickled onions, fresh cilantro, and dig in!

Equipment:

Cast iron skillet, Tongs/spatula

Ingredients:

- ½ small red onion
- 2 limes
- ½ tsp salt
- 1 tbsp cooking oil
- Cooked and shredded or cubed chicken
- ¼ cup BBQ sauce
- cilantro (optional)
- 1 cup shredded cheese such as Colby Jack or cheddar
- 4 large flour tortillas
- 1 tbsp butter

Sides:

- Salsa
- Avocado/Guacamole
- Sour cream
- Roasted corn
- Brown or black beans

Instructions:

1. At home (up to two days in advance) thinly slice the red onion and place it in a resealable container. Add salt and the juice of two limes. Shake and refrigerate. This allows the flavours a chance to mellow out. If you forget, try and prep this 20-30 minutes before you start cooking at camp.

2. Either pre-cook some chicken thighs or breasts, or break down a rotisserie chicken.

3. At camp: mix chicken with BBQ sauce and cilantro. Drain the red onions well (too much acid from them can make the cheese texture…weird) and add half of them to the chicken, reserve the rest for later. Toss to coat everything evenly.

4. Preheat skillet and add butter or oil to lightly grease the bottom. Assemble each quesadilla in the skillet: Tortilla - shredded cheese, chicken mixture, more cheese, and second tortilla. Cook until bottom is golden brown (about 2-4 minutes) then flip and cook the other side.

5. Chop the finished quesadilla in quarters, top with the rest of the onion and more cilantro. Serve with your chosen sides.

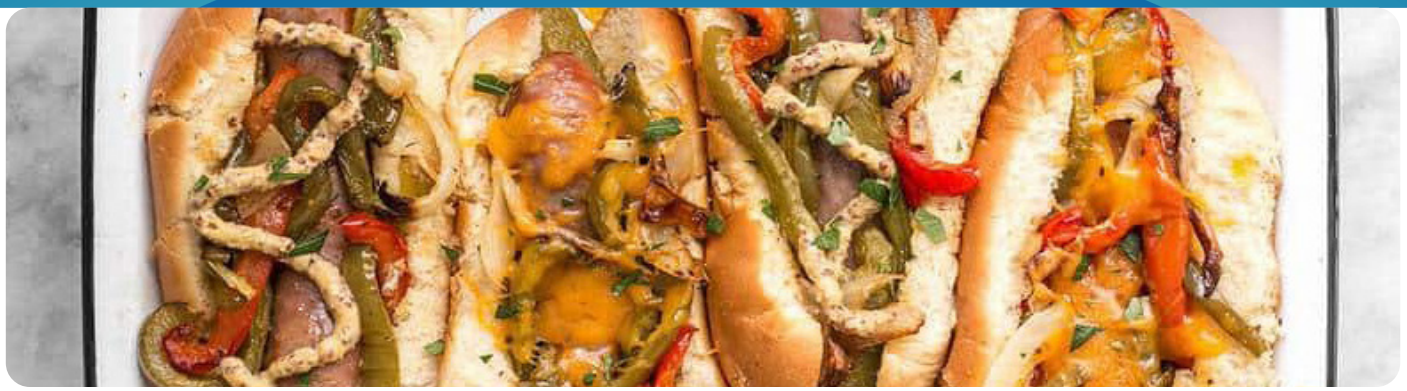
Pre-trip Prep Tips:

- the pickled red onions can be made ahead of time or in as little as 30 minutes

- either purchase shredded cheese or pre-shred your cheese and place in a sealed container

- cook and chop your chicken ahead of time. You can also buy a rotisserie chicken and break it down to use. Store in a sealed container. This can be frozen and defrosted later as well.

(Adapted from Fresh Off the Grid)



BRATS WITH PEPPERS AND ONIONS

You can switch up the flavors by switching from the classic tri-color peppers with poblano, Anaheim, or even fresh jalapeño. Leftovers of this meal can be added to an egg scramble the next morning.

Equipment:

Cast iron skillet, Fire safe utensil to stir veggies, Tongs

Ingredients:

- 2 tbsp oil
- 1 yellow onion, halved and then sliced
- 1 red bell pepper, deseeded and sliced lengthwise
- 1 poblano pepper (optional) deseeded and sliced lengthwise
- 1 tsp salt
- 1 lb bratwurst sausage
- Sandwich rolls or buns
- Mustard and other condiments of choice

Instructions:

1. Preheat cast iron skillet over the fire (or camp stove on medium heat). Add oil, onions, peppers, and salt. Cook until veggies just begin to soften, stirring regularly to avoid burning.

2. Add the brats and make sure they come into contact with the skillet

3. Turn the brats and stir veggies occasionally to ensure even cooking (add a little extra oil to the pan if you notice a lot of sticking). About 15-20 minutes. The safe internal temp of a bratwurst is 160°F

4. Remove from heat and divide brats and veggies between your rolls. Top with condiments and enjoy!

Note:

You can toast your rolls over the fire briefly to add some extra texture and flavor!



CABBAGE ROLL CASSEROLE

This recipe makes about six servings but the leftovers aren't too shabby if you want to have dinner planned for two nights but only cook one!

Equipment:

Casserole dish OR Dutch oven, Large pan

Ingredients:

- 1 ½ lbs ground beef
- 2 medium onions, chopped
- 1 garlic clove, minced
- 1 tsp salt
- ¼ tsp pepper
- 14 oz can tomato sauce
- 14 oz water (can use sauce can to measure)
- ½ cup uncooked, long grain rice (jasmine or basmati work)
- 4 cups shredded cabbage
- Sour cream, for topping

Instructions:

1. Sauté onion until slightly softened then add beef and cook through.

2. Add garlic, salt, pepper, tomato sauce and water. Bring to a boil and stir in the rice.

3. Cover and simmer for approx. 20 min, stirring often to avoid burning, until the rice has absorbed the liquid.

4. Place half of the cabbage in a greased baking dish, cover with half of the rice mixture. Repeat layers.

5. Cover and bake in a 350° oven, or in a Dutch oven over hot coals, about 1 hour. Cabbage should be soft and semi translucent in places where the leaves were thinner.

6. Serve warm, topped with sour cream.

Notes:

This recipe can be refrigerated before baking for up to a day.

(Adapted from Best of Bridge)



DUTCH OVEN ENCHILADAS

For some reason the enchilada intimidates people, and to them I say: you're probably overthinking it. This recipe is made with a few easy staples, can be put together quickly, and all you need is a Dutch Oven to cook it!

Equipment:

Knife and cutting board for prep, Dutch Oven

Ingredients:

• 2 tbsp neutral oil (grapeseed, canola, avocado)
• 1 red bell pepper, cut into strips
• ½ red or white onion, cut in strips
• 2-4 cloves of garlic, minced
•1-2 tsp (or to taste) cumin (you can add additional spices like chili powders and oregano to taste if you want different flavors)
• 2 tsp salt
• 14 oz can enchilada sauce
• 1 cup shredded cheese (I recommend a blend of mozzarella and cheddar)
• 1 cup cooked black beans (optional)
• 4-6 large (8") flour tortillas

*You can add additional protein by including chopped, cooked shrimp or shredded chicken, beef, or pork.

Garnishes and sides:

• Cilantro
• Lime
• Sour Cream
• Salsa
• Additional Cheese
• Refried beans
• Lettuce
• Rice

Pre-Trip Prep!

You can cut down on the cooking work as well as kitchen utensil packing by making the enchilada filling ahead of time.

Instructions:

1. Get your fire hot so you have embers to cook with or prepare your coals.

2. Add the oil to the Dutch oven, sauté the peppers until they just start to soften and add the onions. Sauté until the onions are soft and translucent. Add garlic, cumin, salt, and optional cooked protein and sauté until fragrant, about 30 seconds. You don't want to burn the spices here!

3. Remove pot from heat and transfer the filling to another dish so the Dutch oven is ready to fill with enchiladas.

4. Add ½ cup of enchilada sauce to the bottom of the Dutch oven to coat it.

5. To build the enchiladas, place the filling in a line down the center of the tortilla, add a few spoonfuls of black beans (optional) and roll up with the sides tucked in. Place in the Dutch oven seam side down and repeat. This recipe will make 4-6 enchiladas depending on the size of your oven and how much filling you use for each.

6. Cover the enchiladas with the remaining sauce and top with cheese.

7. Place the lid on top and return to the fire over indirect heat (a grill grate or tripod works great for this)

8. Cook for about 10 minutes depending on the heat of your fire, until the cheese has melted and the sauce bubbles. Remember, at this point your filling should be entirely cooked and heated through!

9. Serve with your choice of toppings and enjoy!

Note:

Cooked veggies and meat (aside from shrimp/fish) can be stored in the fridge for 2-3 days safely if you are pre-making the filling. Remember certain food safety standards will differ on store time of cooked food.

(Adapted from Fresh Off the Grid)



ROSEMARY DIJON HONEY CHICKEN

Great with a side of rice and the veggie of your choice, this is a quick and delicious recipe sure to please anyone!

Equipment:

Dutch oven OR large pan, Knife and cutting board

Ingredients:

- 3-4 chicken breasts, cut into thick strips or use tenderloins
- ⅓ cup (approx 5 tbsp) grainy Dijon mustard
- ¼ cup (4 tbsp) smooth Dijon mustard
- 2-3 tbsp honey (adjust to taste)
- 1-2 tsp dried rosemary or 1 small bundle fresh rosemary
- 2 mediums onions, sliced julienne (that is, in strips)
- Olive oil or other cooking oil (olive oil will add its own flavor)
- Juice of a large lemon (about 2-4 tbsp)
- 2-3 cloves garlic, minced
- Salt and pepper
- ⅓-½ cup water
- Yellow mustard (optional)

Recommended sides:

- Rice
- Roasted broccoli, asparagus, or green beans

Instructions:

1. In your Dutch oven, cook the onions in a couple of tablespoons of oil until softened and starting to brown, about 10 min.

2. Add chicken when onions are partially cooked, season with salt and pepper and sauté until cooked through.

3. Meanwhile, mix all the sauce ingredients together in a bowl. Add only half the water at this time.

1. Start with only a tablespoon each of lemon juice and honey. Taste and adjust according to your preference; if you like more acidity add more lemon, more sweetness add more honey etc. Optionally, add a tsp or so of yellow mustard if you want more mustard flavor without the spice from the Dijon.

2. The larger the pan you use, the more water you probably will need. Just make sure you add a little at a time!

4. Pour your prepared sauce over the chicken and onions and stir so everything is fully coated. If you find your sauce doesn't cover everything add more of the water and stir thoroughly.

5. At this point you can partially cover and let it cook on the stove or over coals OR place in a preheated 350° oven, until the sauce has thickened, about 15-20 minutes, stirring occasionally to avoid burning.

6. Serve with your choice of sides and enjoy!

Notes:

- You may marinate the chicken in the sauce the night before you plan to cook it for extra flavor if you like.

- Yellow mustard has a more mellow, tangy flavor than Dijon which has a bit more spice - many won't notice the difference however so this is personal preference.

(Adapted from Matters of the Belly)



SOUTHWESTERN CHICKEN PACKETS

Cook this meal wrapped in tin foil on the fire, on a grill, or in the oven. If there is such a thing as a one pot meal over a fire, foil wrapped meals are it!

Equipment:

Tin foil (heavy duty), Tongs

Ingredients:

- 1 cup frozen corn
- 1 (15oz) can black beans, drained and rinsed well
- 1-2 tsp taco seasoning
- 2 chicken breasts or 4 chicken tenders
- Salt and pepper to taste
- ½ cup salsa or pico de gallo
- 1 cup shredded cheese such as pepper jack or cheddar

Optional garnishes and toppings:

- Cilantro
- Sour cream
- Avocado or guacamole
- Pico de gallo
- Salsa

Instructions:

1. To create 2 packets, you'll need 4 sheets of heavy-duty foil (8-10 inches approximately). Use two sheets for each packet to reinforce them so they won't split over the fire. Lightly mist the innermost layer with cooking spray.

2. Stir together the corn, beans, and taco seasoning. Divide the mix between the foil packets.

3. Season the chicken with salt and pepper. 1 breast per packet, or 2 tenders. Top the chicken with salsa and shredded cheese (like a chicken parm!)

4. Fold the foil packets: Bring the two longer edges of the foil together above the food. Fold the edges down twice tightly to create the top seal. Bring the other sides together and fold, roll down tightly.

5. Cook over hot coals, on a gas grill, or in a 375°F oven for 30-45 minutes, or until chicken is cooked through. Internal temp should be 165°F

6. Top with fresh cilantro, sour cream, and avocado before serving. Can eat with warm tortillas or tortilla chips.

Notes:

If cooking on COALS be sure to turn the packet 2-3 times throughout cooking to prevent burning

If cooking on a GRILL, turn the packet once halfway through to ensure even cooking.

(Adapted from Amanda Outside)



STEAK FAJITA FOIL PACKETS

Quick and tasty and if you don't feel like making your own taco seasoning, you can use store bought! The ingredients can be prepped before you depart, tossed together and thrown on the grill for an easy dinner!

Equipment:

Heavy duty tin foil, Non-stick spray, 2 medium bowls, Measuring spoons

Ingredients:

• 2 pounds sirloin steak, sliced into thin strips
• 3 tbsps taco seasoning, divided (one package of taco seasoning is about 3 tablespoons)
• 1 tbsps vegetable or olive oil
•One each of a red, yellow, and greed bell pepper, sliced into thin strips
• 1 medium onion, sliced
• 1 lime, juiced
• optional toppings: tortilla shells, shredded cheese, guacamole, salsa, sour cream, etc.

Homemade Taco Seasoning:

• 1 tbsp chili powder
• 1/2 tsp garlic powder
• 1/2 tsp onion powder or use 1 tbsp minced onion flakes
• 1/4 tsp crushed red pepper flakes (increase or reduce for heat)
• 1/4 tsp dried oregano
• 1/2 tsp paprika
• 1 1/2 tsps ground cumin
• 1 tsp sea salt
• 1 tsp black pepper
• 3/4 cup water

Instructions:

1. Get your fire going, you'll need a grill overtop to set the packs on.

2. Cut six 12 to 18 inch strips of heavy-duty aluminum foil. Spray the foil (where you'll put your ingredients) with non-stick spray

3. In one of the bowls add the steak strips and season with 2 tbsp of taco seasoning and the juice of one lime. Mix until evenly coated. Divide the meat equally between your prepared foil strips. Place everything in the center.

4. In the second bowl add the veggies and remaining seasoning with one tbsp of oil, toss to coat and divide evenly between the foil with the steak.

5. To fold up the packets, bring the long sides of the foil together over the beef and veggies. Fold the ends together at least twice to create a strong seal. Roll up the shorter ends of the foil tightly to create a sealed packet.

6. Place the steak packets on the grill and cover if using a BBQ. Cook for 8-10 minutes or until the steak is cooked to your preferred doneness. Rotate the packets halfway through to ensure even cooking.

7. Remove packets from the grill and serve with warm tortillas and preferred topping.

Steak Doneness:

Rare: 120-130F, Red in center
Medium-Rare: 130-135F, Pink in center
Medium: 135-145F, Some pink in center
Well: 145-155F, Some very light pink
Well done: 155-165F, Mostly brown throughout
Oh my god you monster: 165F +, Brown throughout

(Adapted from Bloghetti)



UNSTUFFED PEPPERS CASSEROLE

This casserole is great for a crowd and includes all the essentials of proteins, veggies, and grains for a healthy and satisfying dinner that can come together in less than an hour!

Equipment:

9x12” baking dish, Large, deep pan for cooking, Neutral oil or non-stick spray for greasing

Ingredients:

- 5-6 peppers diced (whatever color(s) you prefer)
- ½ cup minced carrots
- ½ cup minced celery
- 1 lb ground beef or pork
- ¼-½ pound pancetta or lightly smoked bacon, diced small
- 2 cups prepared marinara sauce
- ¼-½ red wine
- ½ -1 tsp red pepper flakes (increase or decrease for preferred spice level)
- ⅓-½ cup heavy cream
- 2 cups cooked rice
- 2 cups grated parmesan cheese, divided

Notes:

This recipe keeps well in the fridge for 2-3 days. Remember certain food safety standards will differ on store time of cooked food.

Instructions:

1.Preheat the oven to 350°F; while you won’t be cooking anything in the oven this means you won’t be putting your dish into a cold oven before broiling.

2. Put a pot on medium heat and sauté your pancetta/bacon and remove once cooked. Reserve about a tablespoon of the bacon grease OR use 1-2 tablespoons of neutral oil for the next step.

3. Add carrots and celery to the pot and sauté until soft. If you see your veggies are sticking to the pan add a teaspoon of neutral oil.

4. Add ground beef and sauté until cooked and there are no raw bits left, add your diced peppers and sauté until softened.

5. Add all other ingredients but rice and cheese and cook until it reaches a slow boil, about 5 minutes.

6. Turn heat off and stir in 1 cup of your cheese and your cooked rice. Simmer for another 10-15 minutes until the liquid has reduced and you can pull a spoon or spatula through the mix without liquid rushing into the empty space.

7. Spray a 9×12″ dish with non-stick spray or oil and spoon mixture in, spread it out evenly.

8. Switch your oven to broil, then top the casserole with the remaining 1 cup of cheese and put in the oven for 2-5 minutes (this will depend on the intensity of your broiler) until the cheese is melted and slightly golden brown in spots. Watch carefully to prevent burning. At this point everything should be fully cooked so you’re just looking to melt and blister the cheese.

9. Let cool for about 5 minutes and enjoy!



QUICK AND EASY IRISH STEW

Is there anything better than meat and potatoes? I can't imagine it.

Equipment:

Knife and cutting board, Large pot or Dutch oven, Heat safe spoon to stir, Baking sheet, Parchment paper

Notes:
Baking sheet and parchment are for roasting the potatoes. This is an optional step. Not pre-roasting the potatoes will increase simmer time for stew.

Ingredients:

- 1 lb of ground beef OR 2 steaks (approx 255g each)
- 3-4 red or yellow potatoes (not russet)
- 3 stalks of celery, diced
- 3 carrots, diced
- 1-2 white or sweet onion, diced
- 2-3 cloves garlic, minced
- 2 tbsp fresh parsley, minced fine (or 1 tbsp dried)
- 2 tbsp fresh thyme, minced fine (or 1 tbsp dried)
- 8 cups beef broth
- 2 tbsp soy sauce
- 4 tbsp all-purpose flour
- Salt and pepper to taste
- Neutral oil

Optionally:
Add green peas or corn for more veggies!

Instructions:

1. If you are not roasting your potatoes, skip to step 3. Preheat your oven to 450°F and line a baking sheet with parchment paper.

2. Cut your potatoes into bite sized pieces, toss them in 1 tbsp oil, salt and pepper and place on a parchment lined baking sheet. Bake in the oven for 25-28 minutes, until golden brown.

3. In your pot, add 1 tbsp of oil, onion, celery, and carrot. Cook, stirring occasionally until the veggies soften slightly then add your garlic and cook for another minute.

4. While veggies cook, chop your steak (if using) into bite sized cubes (about 1 inch) then add to pot. If using ground beef, add to the pot.

5. Cook until steak is browned OR beef is cooked through, then add your flour and stir to coat and cook another 1-2 minutes.

6. Add your spices, broth, and soy sauce and stir well, being sure to scrape the bottom of the pot.

7. Add potatoes and season with salt and pepper.

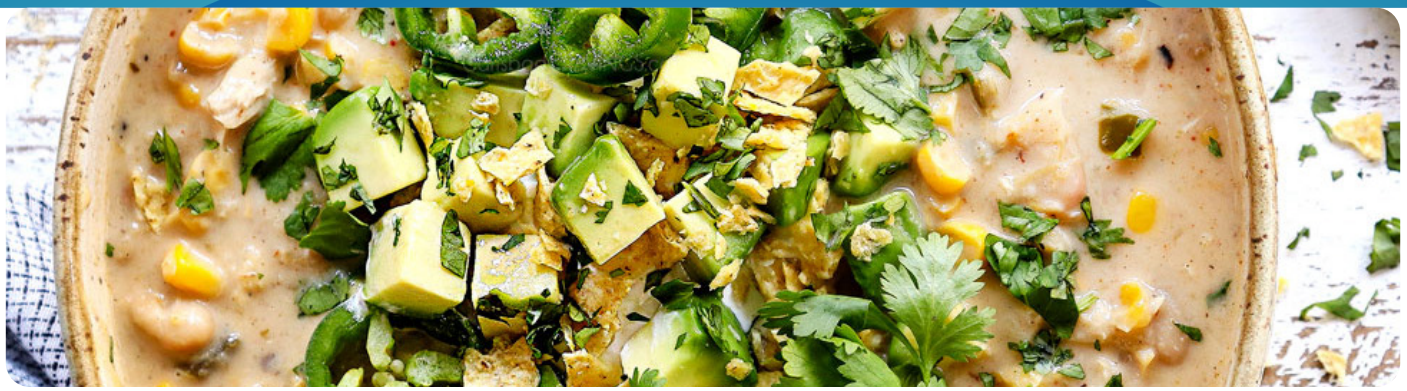
8. Let simmer, stirring often to keep from burning until the stew thickens and veggies are fully tender. (about 10-12 minutes if using raw potatoes)

9. Serve and enjoy!

Notes:

Optionally, serve with crusty rolls or top with croutons.

Slow Cooker Option: If you want to let this simmer all day, follow steps 1-7 and then place everything in a slow cooker to simmer throughout the day. Veggies and steak do not have to be cooked through before adding to the slow cooker, but lightly sauteing them will improve flavor.



WHITE CHICKEN CHILI

A creamy, spicy dish to switch up your chili game. Jalapeno and chiles add heat, while the cream cheese and sour cream mellow it out and add a smooth texture.

Equipment:

Dutch oven, Knife and cutting board

Ingredients:

- 1 yellow onion
- 4 cloves garlic
- 1 jalapeño
- 1 Tbsp olive oil
- 1.5 lbs. chicken breasts, cut in slices/or ground chicken
- 2 15oz. cans cannellini/white kidney beans (drained)
- 2 15oz. can pinto beans (drained)
- 1 7oz. can diced green chiles
- 2 tsp ground cumin
- 1 1/4 tsp dried oregano
- 1/2 tsp paprika (if using smoked start with ¼ tsp)
- 1/4 tsp cayenne pepper
- 1/2 tsp garlic powder
- 1/4 tsp freshly cracked black pepper
- 1 tsp salt (to taste)
- 4 cups chicken broth (this is equal to one, 946ml container)
- 2 cups frozen corn
- ½ cup cream cheese
- ½ cup sour cream

Notes:

A fan of flavor but not spice? Omit the chiles and only use jalapeno!

Toppings:

- Fresh cilantro
- Shredded cheddar
- Chopped avocado

Instructions:

1. Dice the onion and mince the garlic. Deseed and mince the jalapeño. Add the onion and jalapeño to a large pot with the olive oil. Sauté over medium heat until the onions have softened then add garlic and sauté until fragrant. Garlic burns quickly so this won't take long.

2. Add the chicken and sauté until cooked through.

3. Add the beans, diced green chiles (if using), cumin, oregano, smoked paprika, cayenne pepper, garlic powder, pepper, and chicken broth to the pot. Stir to combine.

4. Cut the cream cheese into chunks and stir it into the chili until melted. Stir in the sour cream. To further thicken the chili, you can add a mix of cornstarch (1 tbsp) and water (2 tbsp).

5. Place a lid on the pot and turn the heat up to medium-high. Allow the chili to come up to a low-boil. Once boiling, turn the heat down to medium-low and let the chili simmer for 30 minutes, stirring occasionally.

6. Taste the chili and adjust the seasoning to your liking. Serve hot with your favorite toppings!

(Recipe adapted from Budget Bytes)



BARLEY VEGETABLE SOUP

It's pretty hard to screw up soup. Really you just throw everything in a pot in random quantities and add enough liquid to make it a soup instead of a porridge or something. So, this (and most soup recipes) are just suggestions for amounts, but feel free to add and subtract to your heart's content. Don't like green beans? Add more peas. Don't have peas? Add more corn. And so on and so forth.

Oh, and garlic is always measured by your heart.

Ingredients:

- 1 onion (yellow, white, sweet)
- 2 cloves garlic (or more)
- 2 tbsp olive oil or other neutral cooking oil (like grapeseed)
- 4 large carrots, diced
- 1 28oz can diced tomatoes (seasoned or not, doesn't matter, but seasoning will change final flavor)
- 1-2 cups pearled barley, uncooked (cooked: 3-4 cups)
- ½-1 tsp dried basil
- ½-1 tsp dried oregano
- Salt and pepper to taste
- 6 cups vegetable broth (add more if you add more veggies)
- 2 red potatoes (or just boiling potatoes in general, avoid russet)
- 1 cup green beans, chopped (fresh or frozen)
- ½-1 cup frozen peas
- ½-1 cup frozen corn
- Optional: 1 small can tomato paste (if you like a richer tomato flavored broth)

Instructions:

1. In a large soup pot or Dutch oven over medium heat add the oil and sauté the onions until they just start to soften, then add carrots and cook for about 3 minutes.

2. Add garlic and sauté about a minute until fragrant, then add the broth and bring to a simmer.

3. Add barley (if uncooked, this will require 30-40 minutes cook time) , canned tomatoes (and optional tomato paste), and spices.

   a. Note: You can cook the barley ahead of time and freeze it until you're ready to use it. This can cut down on cooking time on the day of.

4. If you're using precooked barley, add the potatoes as well, if not wait until the barley is mostly tender (about 30 minutes) before adding the diced potatoes and cooking an additional 10 minutes or until the potatoes are tender.

5. Once potatoes are tender, add the frozen peas, corn, and green beans. Stir to combine, bring to a simmer and cook for an additional five minutes, or until the frozen veggies are cooked.

6. Taste and adjust salt and pepper to your liking. Serve hot!

Notes:

Barley is a great grain with a wonderful nutty flavor, rich in fiber, proteins and other nutrients when compared to other commonly used grains such as white rice. It is higher in carbohydrates and calories when compared to rice as well, making it a great meal after an active day.

-Barley, unlike rice however, does contain gluten and is not appropriate for those with a sensitivity or celiac disease.

(Adapted from Budget Bytes)



SOUTHWEST SALAD WITH BLACKENED CHICKEN

This fresh and delightful salad pairs spicy chicken with an assortment of crunchy veggies. If you're lucky you'll have leftovers for the next day but I wouldn't count on it!

Ingredients:

Dressing

- Juice of 4 limes (4oz)
- Zest of 2 limes
- 2 oz oil
- 3 ½ tsp sugar
- ¼-½ tsp salt
- ¼ tsp black pepper

Salad

- 2 cups frozen corn, cooked
- 3 green onions, cut into slivers
- 1 (15 oz) can black beans, rinsed and drained
- 2-3 peppers (in colors of preference), chopped
- Small bunch fresh cilantro, chopped
- ½-1 cup cherry or grape tomatoes, halved
- Crumbled or shredded cheddar cheese

Chicken

- 2-3 chicken breasts
- 3 tbsp neutral oil (ex: grapeseed, vegetable, canola)
- 2 tsp chili powder
- 1 tsp paprika
- 1 tsp oregano
- ½ tsp chipotle powder
- ½ tsp cumin
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ⅛ tsp black pepper
- ¼ tsp salt
- Zest of 1 lime

Instructions:

1. Preheat your oven to 450, or start up your grill/prep your fire to cook your chicken.

2. Combine rub for the chicken: mix your oil, spices, and lime zest in a container and prepare your chicken.

3. Clean your chicken, removing any fatty tissue and pat completely dry.

1. Additionally, you can brine your chicken by mixing 4 cups of water and 4 tablespoons of salt. Let your chicken sit in the brine in the fridge or cooler for 20 minutes or up to an hour. Be sure to rinse the chicken thoroughly and pat dry.

4. Coat your chicken breasts with your spice rub, getting it on both sides and any nooks and crannies. Set on a prepare baking sheet and roast in your preheated oven for 15-18 minutes, or on your grill until the internal temperature reaches 165 minimum.

5. Let your chicken rest for a few minutes and then chop into bite sized pieces and set aside.

6. While your chicken is cooking, mix the dressing ingredients, adjusting the salt/sugar/pepper to taste.

1.Remember to zest your limes before juicing, doing that in reverse order is a lot more difficult!

2. When zesting, you only need the green of the lime, the white underneath is called the pith and is very bitter.

7. Chop your veggies, although this can be done in advance easily.

1. If you want to make this salad in advance, combine the dressing ingredients and refrigerate it for up to 2 days. You can also combine the corn, peppers, and beans in a separate container and refrigerate for up to 2 days.

8. Toss the dressing, veggies, and cheese just before serving and top with chicken. People can also assemble their own salads if you have any cilantro haters (me, I hate cilantro. It's an evil plant) or vegetarians!

DESSERTS





NOT YOUR MAMA'S S'MORES

A couple twists on the old classic.

Let's face it, if you haven't had a s'more at least once in your life I think legally you're allowed to sue the universe. This classic camping staple is just pure sugar: graham crackers, marshmallows, chocolate. There is no nutritional value to this snack and why should there be!

But sometimes we want to experiment, but not in a way that makes us question your life choices like your college roommate when she got that tattoo of Homer Simpson as The Rock on her butt. You can never regret a good dessert, so try some of these and let us know which one you liked best!

The Basic:

Ingredients:

Graham crackers
Marshmallows
Chocolate of your choice.

Toast that marshmallow to gooey perfect over the fire. If you're fancy you can leave your cracker and chocolate nearby to start getting all melty. Once you've either taken the slow and steady route to the Absolutely Perfect golden brown marshmallow, or if you're a true heathen and just stick your puffy sugar into the fire and watch it burn like the hopes and dreams of children when learn Santa doesn't exist, shove it on that cracker and remember that your enjoyment means you're probably going to look like a mess so let that choco-mallow perfect ooze over your hands and deal with the disaster later.

The "I Have a Gluten Intolerance"

Look, we all have that one person who got the short end of the stick right? Doesn't mean they should miss out. Through some trial and error I have found the best tasting alternatives for those of your crew with a sensitive tummy. As always, chocolate is up to personal preference.

Vegan Marshmallows:

I know, I KNOW, I said the 'V' word, but I'll be honest…these are better than normal marshmallows.

The Hot Pepper Challenge

This one isn't going to be for everyone, but hey maybe you'll get a funny TikTok out of it! Try a spicy chocolate bar at your next cookout. You'll either love it or hate it.

The Mint Chocolate Melody:

There are two types of people in the world: People who like mint-chip ice cream, and people who are wrong. There are a ton of mint chocolate candy bars in the world just waiting to be married to a marshmallow. So whether it's Aero, After Eight, or Cadbury, treat yourself to some minty majesty.

NOT YOUR MAMA'S S'MORES CONTINUED

The Up to Eleven

Oh yeah, we're getting weird here. We're ditching the graham crackers and making this a breakfast fit for a psychic preteen! Toast some Eggo waffles over the fire or hey, you have a camper? Toaster if you're playing it safe. Top those waffles with chocolate and gooey marshmallows and let your inner child free from the Upside Down.

Warning: may cause fashion regression to the 80s and the urge to play Dungeons and Dragons.

The Kid in a Candy Store

Still not enough sugar in your system? Really, you can replace the chocolate with any of your favorite candy bars. Get weird with it, who are we to judge?

- Reese's peanut butter cups
- Caramilk bars
- Snickers
- Coffee Crisp
- Bounty (however, if this is your favorite, I don't think we can be friends)

Banana Boats:

This one requires a bit more prep, you'll need:

- Banana
- Tinfoil
- Chocolate
- Marshmallows
- Graham crackers
- Sharp knife
- Patience

This one is more of a dipping or scooping scenario (bring a spoon!). Cut your banana from top to bottom, but not all the way through so now you have a little banana pocket. Stuff it with the goods: marshmallows and chocolate, then wrap tightly in tin foil and place near or over the fire for a while until the banana is soft and the choco-mallow melty. Carefully (CAREFULLY! It's hot metal! Don't go winning any Darwin awards) unwrap the banana and either scoop the yumminess out with a spoon or use a graham cracker. It's great to prep before dinner and cook while you eat.

The Breakfast of Champions:

Okay, you're sick of chocolate bars. Of course. So try some spreads! You'll probably have them already in the pantry, why not break them out! Peanut butter or nutella will add a fun change, and if you feel like it, add a banana. Then you can at least claim you had some fruit for dessert.

Finally, the Fancy Fruit

Yup, I said it again. Fruit. In this case, berries. Fresh or frozen, maybe roasted in the oven (I said what I said) but you don't have to get too elaborate. Elevate the s'more by topping it with chocolate's other best friend: berries. Strawberries, blueberries, raspberries. Have you ever stuck chocolate in a strawberry and then roasted it over the fire? I can't promise it won't be messy, but man will it be an experience.

So whether you're a s'mores scientist, or a bring-only-the-basics, there are many options to fill that fireside void. Remember, a good camper always has an emergency stash of chocolate and marshmallows. It's just good sense.



NO BAKE CHOCOLATE HAYSTACK COOKIES

We haven't tested this recipe over a fire, but it's pretty hard to mess up on the stove and a great dessert to make ahead that takes almost no time!

Also, don't you hate when you go looking for a no-bake cookie recipe and there's peanut butter? I do. It has its time and place, it's just not here.

Equipment:

Medium saucepan, Whisk, Wax paper, Cookie sheet

Ingredients:

- 2 cups sugar
- 1⁄2 cup milk
- 1⁄2 cup butter or 1/2 cup margarine
- 1⁄2 cup cocoa
- 1 dash salt
- 1⁄2 tsp vanilla
- 3 cups rolled oats
- 1 cup flaked coconut

Note:

If you don't like coconut or have an allergy, simply replace it with more rolled oats.

Instructions:

1. Line your cookie sheet with wax paper (do this first because you'll be working pretty quick once everything is assembled)

2. In a medium saucepan, combine sugar, milk, butter, cocoa (I tend to go a little heavy on the cocoa) and salt.

3. Heat to boiling, stirring frequently.

4. When it has reached a rolling boil, cook for 5 minutes, stirring constantly.

5. Remove pan from heat and mix in vanilla, oats and coconut.

6. Drop by spoonfuls onto wax paper. Work quickly!

7. Let cool completely before enjoying!

Notes:

Alternate/optional additions, add any one with coconut: 1/2-3/4 cup mini marshmallows or 1/2 cup walnuts.

(Adapted from Food.com)



BEST EVER THUMBPRINT COOKIES

A spring staple that brings together a buttery cookie and sweet and fresh jam!

Ingredients:

• 1 cup (2 sticks or 8 ounces) unsalted butter, at room temperature
•1/2 cup sugar
• 2 large eggs, at room temperature
• 1 tsp vanilla extract
• 1/4 tsp salt
• 2 cups all-purpose flour
• 1 cup chopped nuts (optional)
• 3/4 cup jam, any kind (look for seedless options)

Instructions:

Make the cookie dough:

1. Beat the butter and sugar on high speed with an electric mixer for about 3 minutes.

2. Separate the eggs. Add the yolks and vanilla extract to the butter mixture. Set aside the egg whites in a separate shallow bowl.

3. Add the flour and salt to the mixing bowl and mix until just combined.

4. Chill the dough: Place the dough in the fridge and chill for at least 30 minutes.

Baking:

1. Preheat the oven to 350°F. Line two baking sheets with parchment paper.

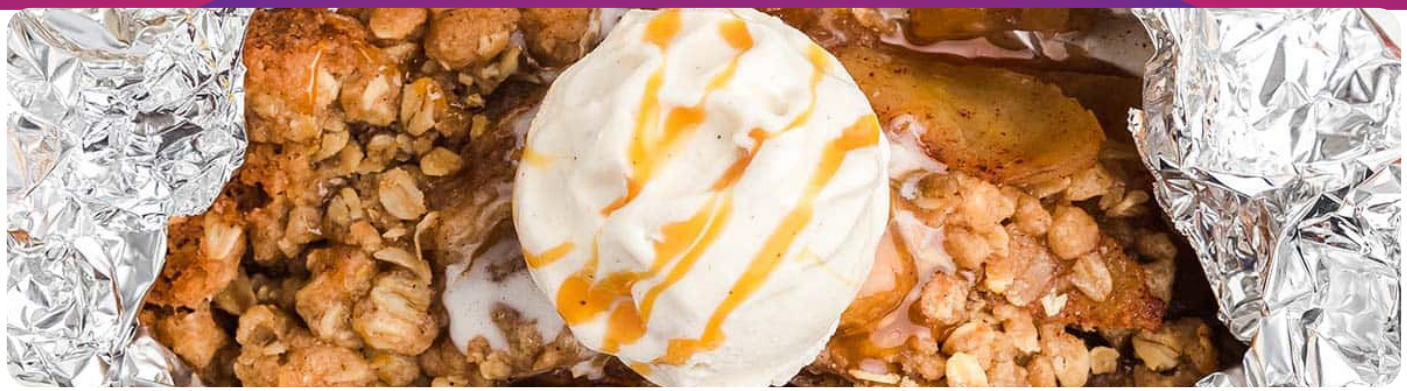
a) Shape the cookies: Roll the dough into balls about 1 inch in diameter. Place the balls on the parchment-lined cookie sheets spaced a few inches apart.

b) If using nuts, whisk the reserved egg whites until frothy. Dip the dough balls into the egg whites and then, roll them into the nuts until covered.

2. Thumbprint the dough, and add the jam: Press down on each ball of dough with your thumb to make a small well in the center of the cookie. Do not press too hard or the cookie will fall apart. Fill each cookie with 1/2 tsp of jam.

3. Bake for 12 to 15 minutes or until slightly firm. Allow to cool for a few minutes on the cookie sheet to firm up before moving them to a wire rack to finish cooling. Serve warm or at room temperature.

(Adapted from Simply Recipes)



CAMPFIRE APPLE CRISP

This recipe is so good it's addictive. Serve with vanilla ice-cream for best results - and by that I mean absolutely no leftovers!

Equipment:

Aluminum foil, Sharp knife, Cutting board, Measuring cups, Measuring spoons, Wooden spoon or spatula, Small mixing bowl and medium mixing bowl

Ingredients:

- 4 apples
- ¼ cup white sugar
- 1 tsp ground cinnamon
- ½ cup butter, melted (for crumble topping)
- ⅛ tsp ground nutmeg
- ⅛ tsp ground cloves
- 1/2 cup brown sugar, packed
- 1 cup quick oats
- Pinch of salt
- ½ cup flour

Notes:

Pre-measure your sugar & spice mix for the apples and crumble topping for the easiest camp side assembly!

Instructions:

1.Build your campfire, or preheat the grill/oven to 350°F.

2.Tear off 4 sheets of aluminum foil about 8'' x 12''. Place them dull side up in two stacks. This will reinforce them so they're less likely to break.

3. Peel and core your apples before chopping them into ½-1 inch cubes, or thinly sliced, ¼ inch thick.

4. In a small bowl, mix together sugar, nutmeg, cinnamon, and cloves. Add your apples and toss well. The apples will cause the sugar to dissolve so make sure everything is evenly coated.

5. Evenly divide your sliced apples between the tinfoil. Be sure to pour any juice left in the bowl over the apples!

6. In a medium sized mixing bowl mix together the melted butter, brown sugar, flour, and oatmeal. This is your crumble topping. Evenly sprinkle on the top of the apple mixture.

7. Fold the foil packets up and seal well. Place on a grate over a campfire, or in the oven or on the grill grate. Bake for about 20 minutes.

8. Carefully open foil packets and either eat straight from the packet or divide between bowls. Top with ice cream if desired and enjoy!

(Adapted from Gimme Some Grilling)



BLACKBERRY DUMPLINGS

Sweet, summery, a little tart. For the berry lovers, this one's for you!

Equipment:

Dutch oven, Medium mixing bowl, Spoon or spatula to mix dumpling dough, Heat safe spoon

Ingredients:

- 1 quart fresh or frozen blackberries
- 1 cup plus 1 tbsp white sugar, divided
- ⅔ tsp salt, divided
- ½ tsp lemon extract (extract, not juice. Big distinction here!)
- 1&½ cups all-purpose flower
- 2 tsp baking powder
- ¼ tsp ground nutmeg
- ⅔ cup milk (recommended: 1% or 2% instead of skim)
- Optional: cream or whipped cream, to top

Notes:

If you don't have the extract, you can use 1 tbsp of lemon juice instead.

Instructions:

1. In your Dutch oven, combine the blackberries, 1 cup of sugar, ¼ tsp salt, and the lemon extract. Bring this to a boil, stirring often, before reducing the heat and simmering for 5 minutes.

    a) If cooking over a fire, move the pot away from direct heat.

2. While the berries simmer, in your mixing bowl combine the flour, baking powder, nutmeg and remaining sugar and salt.

3. After dry ingredients are mixed add the milk and stir until just combined and no streaks of dry flour remain. (The dough will be very thick)

4. Into the hot blackberry mix, drop approximate tablespoons into 6 mounds. Cover the pot tightly and let simmer for an additional 15 minutes, or until a toothpick inserted into a dumpling comes out clean.

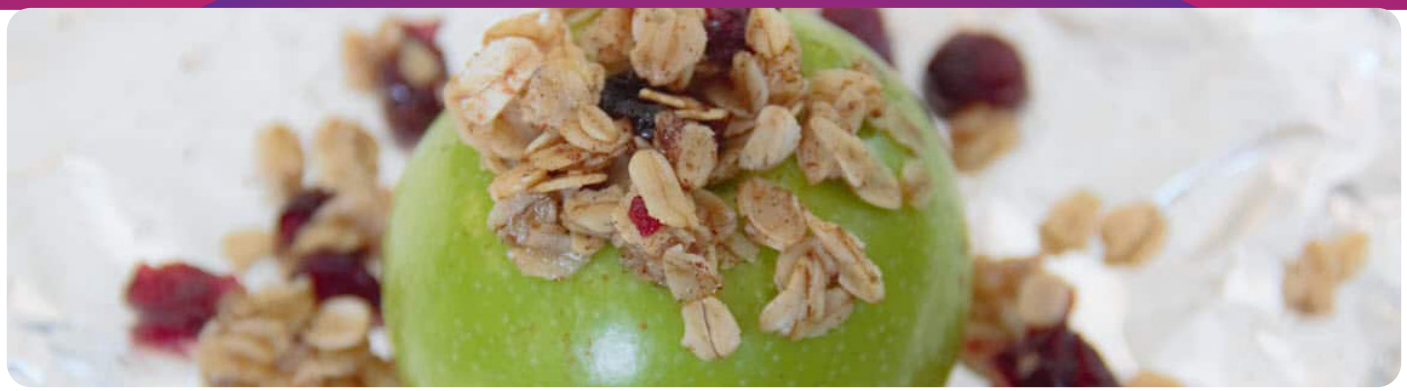
    a) Keep your pot off direct heat for this step to avoid burning.

5. Spoon a dumpling and berry mix into bowls to serve. Top with cream or whipped cream if desired.

Notes:

Your berry mix should have a good amount of juice expressed before adding the dumplings. If this is not the case for you, add a small amount of water.

(Adapted from Taste of Home)



CAMPFIRE BAKED APPLES

Stuff your apples with a spicy-sweet mix of berries, nuts, and fall flavors.

Ingredients:

- 4 large apples, such as Gala or Granny Smith
- 1 tbsp lemon juice
- ¼ cup dried cranberries
- 2 tbsp raisins
- 2 tbsp chopped walnuts
- ¼ tsp ground cinnamon
- ⅛ tsp ground nutmeg
- 1 tbsp unsalted butter

Notes:

You can also use any variety of dried fruits and nuts that you like. If using larger dried fruits, like apricots, cut them into smaller pieces before stuffing into the apples.

To bake these in a Dutch oven, double the recipe to make 8 baked apples for a 10-inch Dutch oven. Bake for 20-45 minutes with 8 hot coals underneath and 14 hot coals on top of the Dutch oven.

To bake in an oven, place the wrapped apples in an oven safe baking dish or on a cookie sheet at 350ºF for 20-45 minutes, depending on how firm you like your baked apples.

(Adapted from Family Spice)

Instructions:

1. Using a knife or an apple corer carefully core the apples, being sure to leave a good amount of the bottom of the apple alone.
    a. You can also carve out a bit more of the apple flesh at this point to make more room for filling if you want.

2. Optionally: Brush the inside of the apples with lemon juice to prevent browning. This won't change the flavor or texture.

3. Place each apple on their own 10-inch square sheet of aluminum foil.

4. In a small bowl, mix together dried fruits, nuts and spices.

5. Press dried fruit mixture into the center of each cored apple.

6. Cut butter into four pieces and place each small square on top of each apple, over the center filled with the dried fruit mixture.

7. Wrap each apple tightly with the aluminum foil, be sure to seal them well. If you're using thin foil, use two layers on each apple.

8. Place the wrapped apples in or next to hot coals, not on an open flame, and cook for 20-45 minutes, depending on how firm you like your baked apples.

9. Check on them often to avoid over or under cooking. If coals are too hot, remove the apples from the coals and place them on a grate over the coals. Apples are done when they feel tender when squeezed. Serve warm.

10. Optionally, top with ice-cream!



2 INGREDIENT CAMPFIRE STRAWBERRIES

So simple we broke it up into 3 steps just to make it longer.

Equipment:

Skewer,Microwave safe bowl, Spoon

Ingredients:

• Strawberries
• Marshmallow fluff

Optionally:

•Three 1.5-ounce milk chocolate bars, broken into pieces

•1 sleeve of graham crackers, left in the sleeve (unopened)

Instructions:

1. Pierce strawberries with a skewer. Place fluff in a small microwave-safe bowl and microwave until melty, 5 seconds.

2. Dip strawberries in marshmallow fluff.

3. Roast lightly over fire until the marshmallow is toasted and serve.

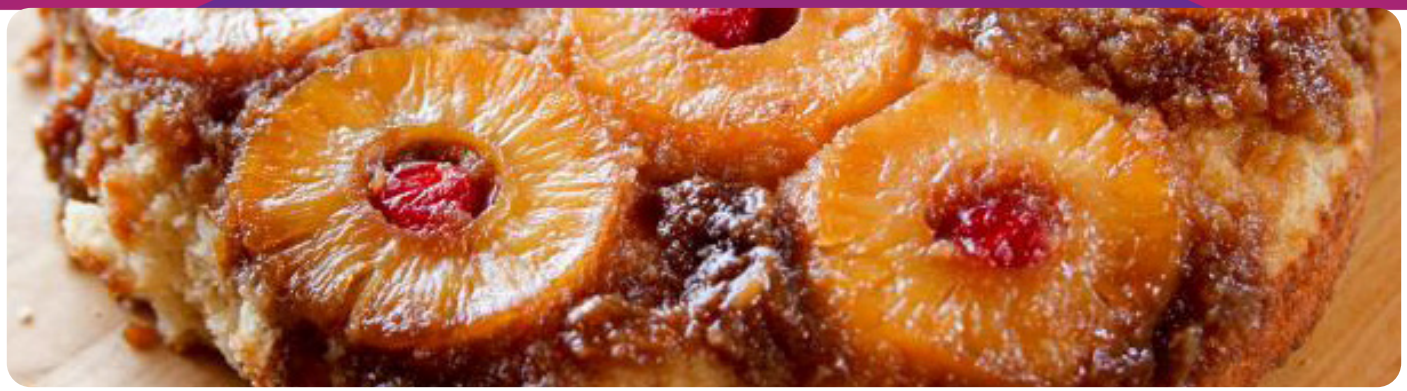
1. Gently rotate your berry to avoid burning or having marshmallow drip off.

Put the chocolate in a medium heatproof bowl or pot and set near the fire so it melts but doesn't scorch, stirring occasionally if needed.

Crush the graham crackers by massaging them in their sleeve, being careful not to puncture it. Once the crumbs are as fine as you can get them, open the sleeve along the lengthwise seam and place on a flat surface near the campfire.

Dip your roasted strawberries in chocolate and/or roll them in crushed graham crackers.

(Adapted from Delish)



PIE IRON PINEAPPLE UPSIDE DOWN CAKE

Take it back to the 20s with a modern spin (or as modern as you can get when cooking over a campfire!)

Equipment:

Pie iron

Ingredients:

- 6 tbsp salted butter (unsalted is fine if that's all you have)
- 6 tbsp brown sugar
- 6 canned pineapple slices
- 6 maraschino cherries (this is the classic, you can use fresh too but it will affect the flavor)
- 6 individual round sponge cakes (you can usually find these in the bakery section of your grocery store)

Instructions:

1. Place 1 tsp butter on 1 side of your pie iron. Hold over fire to melt; remove from fire.

2. Carefully sprinkle 1 tablespoon brown sugar over melted butter. Top with pineapple ring; add cherry to center of pineapple.

3. Top with a cake, flat side up and close iron.

4. Cook with the pineapple side down over a hot campfire until brown sugar is melted and cake is heated through, 5-8 minutes.

5. Invert iron to open (pineapple side should be up), and serve cake on an individual plate. Enjoy!

(Adapted from Taste of Home)



ACCIDENTAL FUDGE

A recipe so easy, I made it by accident. When trying a s'more puppy chow recipe I accidentally melted the marshmallows with the chocolate, causing it to seize. Well, turns out that makes a really easy and tasty fudge!

Equipment:

Microwave safe bowl, Spoon to stir, Wax paper, Something to roll out fudge: a big can or bottle will work in a pinch

Ingredients:

- 1 cup semisweet chocolate chips
- ½ cup milk chocolate chips
- 2 cups mini marshmallows

Instructions:

1. Pull out a strip of wax paper, about 10-12 inches long

2. Gently melt the chocolate in the microwave, stirring often to prevent burning.

3. When the chocolate is melted, add the two cups of marshmallows and place back in the microwave for about 10 seconds.

4. Stir immediately, you will notice the chocolate start to seize. When you have a cohesive 'dough' you can spread the mix over a prepared sheet of wax paper.

5. Fold the paper over the fudge, leaving several inches of space on either side so the fudge has room to spread.

6. Gently roll out the fudge between the wax paper until it's between ¼-½ inch thick. Let the fudge set at room temp until completely cool.

7. Unfold the wax paper and cut the fudge into cubes.

Notes:

You can store this in the fridge, however this will make the fudge stiffer and you will want it to sit at room temperature for a bit to soften again

SNACKS





APPLE CIDER MUFFINS

Makes 12 muffins

These are a must for any expedition. Not too sweet with plenty of cozy fall flavors of apple and cinnamon, plus muffins are great to freeze and defrost a few at a time. Not that these will last long enough for that!

Equipment:

Large mixing bowl, Medium mixing bowl, Whisk, Measuring cups and spoons, Muffin tin, Muffins liners OR non-stick baking spray.

Ingredients:

- 1 ¼ cups apple sauce
- 1 cup sugar
- ½ cup neutral oil (grapeseed, avocado*, or canola all work)
- 2 large eggs
- 1 tsp vanilla
- 2 cups all purpose flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 ½ tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp ground allspice
- ½ tsp salt

Note: You can use sweetened or unsweetened apple sauce, but I recommend unsweetened for a more balanced flavor.

*Avocado oil may change the color of the muffins

Instructions:

1. Preheat your oven to 350°F. (Do not use convection)

2. In your medium bowl, whisk together the apple sauce, white sugar, oil, eggs, and vanilla

3. In your large bowl, whisk together the flour, baking soda, baking powder, salt, and spices

4. Pour your wet ingredients into your dry and mix until just combined. Do not over mix or you will get tough muffins. It's alright for muffin batter to have a few lumps.

5. Cover the bowl with plastic wrap or a damp towel and allow it to stand for 20 minutes. Why? I've found that this can help the muffins rise taller.

6. Line or spray your muffin tin and divide the batter between the cups evenly. Bake for 20-22 minutes, until a skewer or toothpick inserted in the center comes out clean.

Allow the muffins to cool completely before you freeze them. They can be stored in airtight bags or containers.

(Adapted from A Cozy Kitchen)



CAMPFIRE NACHOS

Easy, cheesy, and delicious you'll love these simple campfire nachos that are sure to be a must have for every excursion!

Ingredients:

- 8-12 ounces tortilla chips
- ½ cup black olives, sliced (optional)
- ¼ cup green onions, sliced
- ½ cup diced tomatoes
- 2 cups nacho cheese, shredded (or your favorite blend)
- 2 jalapeños, sliced and seeds removed (or use canned pickled jalapeno slices)
- Cilantro for garnish (optional)
- Sour cream, salsa, and guacamole, for topping/sides

Instructions:

1. Layer ⅓ of chips on the bottom of a 10.5-inch cast iron skillet.

2. Add ⅓ of the nacho cheese, ½ of the olives, ½ of the tomatoes, and ½ of the green onions to the top of the chips

3. Make another layer with ⅓ of the chips and ⅓ of the cheese

4. Make the final layer with the remaining chips, cheese, olives, tomatoes, and green onion. Add the jalapeño to the top.

5. Cover the skillet loosely with foil.

6. Place on the fire or grill on medium heat and cook until the cheese is melted, about 10 to 15 minutes

7. Add cilantro to the top and serve with salsa, guacamole, and sour cream.

Notes:

- Ground beef can be cooked ahead of time, either seasoned or unseasoned. Store in the refrigerator for up to 3 days or in the freezer for up to a month.

- If you don't have a cast-iron skillet, you can still make this recipe by using a disposable rectangular foil pan (think lasagna pan).

- Try not to cook these directly over an open flame. Instead, get your campfire going and once the coals are nice and hot, lay grill over top and cook your nachos.



PEANUT BUTTER MUFFINS

Makes 12 muffins

Love a good peanut butter and jelly sandwich? Serve this muffin with your choice of jam or jelly and enjoy!

Equipment:

Muffin tin and liners, Large bowl, Measuring spoons

Ingredients:

- 1 ¼ cups all-purpose flour
- ¾ cup rolled oats
- ¾ cup brown sugar
- ½ tbsp baking powder
- ½ tsp salt
- 1 ¼ cups milk
- ½ cup peanut butter (crunchy or smooth)
- 1 egg
- 1 tsp vanilla

Notes:

For a less-sweet muffin use natural peanut butter.

Instructions:

1. Preheat your oven to 375°F

2. In a large bowl, mix your egg, vanilla, milk, sugar, and peanut butter together.

3. Add your oats to the wet ingredients and mix well.

4. In a separate bowl, mix together your remaining ingredients: flour, baking powder, salt. Add dry to wet and mix until just combined. Avoid over mixing or your muffins will be tough. Muffin batter can have a few lumps and does not have to be completely smooth.

5. Spoon your batter evenly into 12 muffin cups

6. Bake in your preheated oven for 15-18 minutes, or until a toothpick inserted into the center comes out clean.

7. Serve with butter or your choice of jam or jelly!

(Adapted from All Recipes)



MAPLE GLAZED TRAIL MIX

Is it healthy or is it not? Only time will tell. Blend sweet and salty (and a little Canadian) for a homemade trail mix!

Ingredients:

- ½ cup raw almonds
- ½ cup raw pecan halves
- ⅓ cup unsweetened coconut chips
- ¼ cup hulled pumpkin seeds (pepitas)
- 3 tbsps maple syrup
- ⅛ tsp sea salt
- ¼ cup chocolate chips
- ¼ cup dried cherries

Instructions:

1. Preheat the oven to 300°F and line a baking sheet with parchment paper.

2. In a medium bowl, mix the almonds, pecans, coconut chips, pumpkin seeds, maple syrup, and salt. Stir to evenly coat.

3. Spread the mixture on a lined baking sheet.

4. Bake for 20 minutes, stirring occasionally to prevent burning. Remove from the oven and let cool completely.

5. Transfer trail mix to a clean bowl and add the chocolate chips and cherries (adding these while the mix is still hot will cause the chocolate to melt).

6. Store in an airtight container.

Notes:

This trail mix will store for several days in an air-tight container at room temperature (longer if kept in the fridge).

(Adapted from Fresh Off the Grid)



HOMEMADE GRANOLA BARS

I got so sick of all the extra salt and sugars in store bought granola bars - plus so many of them just taste blah. Homemade is the way to go and surprisingly easy! Use the base recipe with your choice of extra mix-ins to make the perfect granola bar for you to take on the trail (or just have ready to be on the go)!

Equipment:

9x9 baking dish, Rimmed cookie sheet, Tin foil, Parchment paper, Large mixing bowl, Spatula or spoon to mix

Ingredients:

- 2 ½ cups old fashioned oats
- ½ cup nuts
- ¼ cup honey
- ¼ cup unsalted butter
- ⅓ cup brown sugar
- 1 tsp vanilla
- ⅛ tsp salt (can go up to ¼ tsp if you are using unsalted mix-ins)
- ¾ cup mix-ins

Mix In Varieties: You can do any combination, but make sure it's ¾ cups, with a ½ cup of chosen nuts.

Blueberry:

- Nuts: Almonds
- ½ cup dried blueberries
- ¼ unsweetened shredded coconut

Dark Chocolate Cherry:

- Nuts: Pecan
- ½ cup dried cherries
- ¼ cup dark chocolate chips

Tropical:

- Nuts: Cashews
- ½ cup dried tropical fruits (pineapple, mango, mandarin oranges)
- ¼ cup shredded unsweetened coconut

Chocolate Cranberry:

- Nuts: Almonds
- ¼ cup dried cranberries
- ¼ cup sunflower seeds
- ¼ cup mini dark or semi-sweet choc chips

Peanut and Chocolate:

- Nuts: Peanuts
- ½ cup M&Ms (I recommend mini if you can find them, if not roughly chop the M&M's before mixing them in)
- ¼ cup mini chocolate chips

Chocolate Peanut Butter Pretzel:

- ⅓ cup broken pretzel pieces
- ⅓ cup sunflower seeds (these are optional but they add a nice flavor)
- ¼ cup peanut butter chips (add these at the same time as the chocolate)
- ¼ cup mini chocolate chips

Spiced Nut:

- ½ cup almonds
- ½ cup pecans
- ½ cup cashew
- ½ cup walnuts
- ½ tsp cinnamon (added with vanilla + salt)

Sunflower Pecan:

Nuts: Pecan
- ½ cup sunflower seeds
- ¼ candied sunflower seeds - you can buy these or make them yourself

Instructions on next page



HOMEMADE GRANOLA BARS

Continued

Instructions:

1. Preheat the oven to 350°F. Line a 9-inch square baking dish with parchment paper.

2. Line a rimmed cookie sheet with tin foil (this will help you easily transfer your toasted mix into your mixing bowl)

3. Place the oats and nuts on the lined baking sheet and bake for 8-10 minutes or until lightly toasted, stirring occasionally. Some nuts will toast faster than others so stay aware.

4. While the oats/nuts are toasting, add honey, butter, and brown sugar to a small saucepan. Cook over medium heat until the butter melts and sugar dissolves, stirring constantly. After the sugar has fully dissolved, let the mixture bubble for 1 minute while stirring then remove from heat.

5. Place the toasted nuts and oats in a large bowl.

6. Stir the vanilla and salt into the butter mixture. Pour this mix over the oats/nuts and stir to combine. Add any extra ingredients at this point (except for chocolate) and combine. Make sure everything is evenly coated and nothing is dry.

7. If you are adding chocolate, let the mix cool for about 15 minutes before adding and stirring. Adding the chocolate earlier can cause it to melt as you mix and make the bars crumble apart.

8. Place all of the oat mixture in the prepared 9-inch pan. Use a spatula or the bottom of a greased measuring cup to press the mixture firmly into the pan. This is what makes the bars stick together.

9. Chill for at least 2 hours before removing the bars from the pan with the parchment paper. They will also set up at room temperature but it will take longer.

10. Remove the parchment paper and cut into your desired shapes/sizes.

11. You can store these in an air-tight container in the fridge for up to 10 days (can also keep them on the counter but for less time). If you are stacking the bars, place a piece of parchment or wax paper between them to keep them from sticking. You can also freeze the bars for up to 3 months (longer may affect the flavor and texture over time)

Notes:

• I recommend against adding peanut butter to the mix as it affects the texture of the bars and causes them to crumble.

• Using maple syrup instead of honey will affect the texture of the bars and cause them to fall apart.

(Adapted from Bless This Mess)



EASY BANANA CHOCOLATE TRAIL MIX

Also known at the funky-monkey, banana grand slam, George's Go To, or Planet of the Snacks - try this practically healthy trail mix!

Equipment:

Bowl to mix in, measuring cups, rimmed backing sheet, tin foil

Ingredients:

- 1 cup walnuts
- 1 cup pecans
- 1 cup cashews
- 1 cup banana chips
- 1 cup toasted coconut ribbons (you can toast your own if necessary, see endnotes)
- ½ cup dried cranberries
- ½ cup dark chocolate or semi-sweet chocolate chunks

Instructions:

1. Preheat your oven to 350°F. Line your baking sheet with tin foil

2. Place the walnuts, pecans, and cashews on the baking sheet and toast them in your oven for 6-8 minutes, or until they are lightly browned and smell fragrant. Remove them from the oven and let them cool completely.

3. Once the baking sheet is cool, add all the other ingredients and mix them together. Store in a sealed bag.

Notes:

•If your coconut is not toasted, place it on a separate baking sheet and toast it in the oven for 4-5 minutes. Coconut will toast faster and burn easier than the nuts so keep a close eye on it.

(Adapted from The Endless Meal)



VEGAN FRIENDLY, NUT FREE TRAIL MIX

For anyone with a few more dietary restrictions, this is a snack that doesn't sacrifice flavor!

Equipment:

Large rimmed baking sheet, Parchment paper,Small pot, Heat safe mixing spoon

Ingredients:

- 1/4 cup maple syrup
- 1/8 tsp salt
- 1/2 tsp pumpkin pie spice
- 1/2 cup shelled pumpkin seeds
- 1/2 cup roasted shelled sunflower seeds
- 1/3 cup dried cranberries
- 1/3 cup golden raisins
- 6 dried apricots, chopped into smaller pieces
- 1/4 cup allergen-free chocolate chips or chunks (i.e. Enjoy Life)

Instructions:

1. Line your baking sheet with parchment paper.

2. Add the maple syrup to a small pot over medium heat. When it starts to bubble, stir in the salt and pumpkin pie spice.

3. Reduce heat to medium low, and add the pumpkin seeds and sunflower seeds and stir.

4. Continue to cook for 3-5 minutes, stirring often. Be sure to watch this closely as it's a fine line between a nice maple coating and burning the mix. When there appears to be no more "extra" syrup in the pot and everything is sticking to the seeds, remove from heat and pour the mixture onto the parchment paper, spreading it evenly. Let cool.

5. Once cool, the seeds should have a firm glaze on the outside. Break apart any clusters as needed, and mix in a bowl with the remainder of the ingredients. Enjoy!

Notes:

Store in an airtight bag or container at room temperature for up to a week.

(Adapted from Dairy Free for Baby)



BIRD FEED TRAIL MIX

Not just for the birds! Mix in seeds, coconut and dried fruit with some added sweetness with Reese's Pieces.

Ingredients:

- 1 cup shelled pumpkin seeds, roasted and salted (buy or make yourself)
- 1/2 cup sunflower seeds, roasted and salted (buy or make yourself)
- 1/2 cup sweetened coconut flakes
- 3/4 cup raisins OR dried cranberries (or dried fruit of choice)
- 1/2 cup red-skinned Spanish nuts
- 3/4 cup Reese's pieces

Instructions:

1. Stir together all ingredients in a large bowl.
2. Store at room temperature in an air-tight container.

Notes:

Follow our toasting steps from Homemade Granola Bars if you are toasting your own seeds. While seeds are still hot, sprinkle with salt and let cool before mixing with other ingredients.

(Adapted from The Cooking Bride)

