

Recipe Ideas

Trail Mix:

Prep time: 10mins Total time: 10 mins

Servings: 2 – add more ingredients for bigger groups as needed

Ingredients:

- 2 cups chocolate chips
- 1 cup almonds
- 1 cup raisins
- 1 cup banana chips
- 1 cup dry cereal
- 1 cup dried apricots or cranberries

Instructions: Use a bowl to mix all ingredients together. Use small plastic bags to portion out trail mix for your hike.

Garbage Bag Salad:

Prep time: 5 mins Cook time: 5 mins Total time: 10 mins

Servings: 4 – add more ingredients for bigger groups as needed

Ingredients:

- 1 bag of prewashed spinach or mixed greens
- Sprinkle a desired amount of seeds (pumpkin seeds, sunflower seeds, cashews, sliced almonds, etc.)
- Dried cranberries
- Sliced carrots or cucumber
- Choice of salad dressing (blue cheese, ranch, balsamic vinegar, etc.)

Instructions: Put all ingredients in a small-unused garbage bag, shake the bag and serve!

Macaroni Soup:

Prep time: 5 mins Cook time: 20 mins Total time: 25 mins

Servings: 4

Ingredients:

- 2 pounds of ground beef (or other meat, chicken or turkey)
- 1 quart of water
- 2 cans of stewed tomatoes
- 1 medium onion
- 4 handfuls of pasta
- Salt and pepper to taste
- French bread
- Butter

Instructions: Put meat in a medium sized pot with water. Cut onion into small pieces and add with canned tomatoes to the pot. Bring all ingredients to a boil. Use a spoon to break up meat and cook until meat turns brown. Add pasta and boil until pasta is tender. Serve with French bread and butter.

Kabobs:

Prep time: 30 mins Cook time: 1 hour Total time: 90 mins

QUICK TIP: Assemble the kabobs at home to save on prep time, soaked skewers will not burn, smaller pieces of meat will cook faster!

Servings: 8

Ingredients:

- Wooden skewers
- 2 lbs boneless skinless chicken breasts
- 2 lbs sirloin tips
- 2 bell peppers (red or green)
- 2 large onions
- 1 lemon

Instructions: Cut the chicken and beef up into pieces, slice up onion and bell peppers, place vegetables and meat through the wooden skewers and squeeze lemon over kabobs right before grilling.

Chili Cheese Dogs:

Prep time: 15 mins Cook time: 15 mins Total time: 30 mins

QUICK TIP: Chop onions and shred cheese and put in plastic bags and refrigerate until needed at campground.

Servings: As needed

Ingredients:

- Hotdogs
- Buns
- Chili (canned or homemade)
- Shredded cheddar
- Chopped onions
- Mustard
- Relish

Instructions: Grill as many hotdogs as desired for the number of people in your camping party. Heat up chili in a pan over medium heat. When the dogs are done cooking, put one on a bun with a desired amount of mustard, some chili, chopped onions, and a handful of cheese.

Foil Pack Meals:

Prep time: 10 mins Cook time: 30 mins Total time: 40 mins

Servings: 4

Ingredients:

- 1 pound meat (hamburger, chicken, shrimp)
- Mixed vegetables (onion, broccoli, potatoes, carrots)
- Salt and pepper, to taste
- Butter
- Heavy duty foil or foil pouches

Instructions: Layout four foil sheets 12 inches in length. Cut meat into bite-sized pieces. Add a serving to center of each foil pack. Add chopped vegetables of choice to each. Potatoes and carrots are very hard, so slice into smaller than bite-size pieces or used the canned variety. Add butter or cooking spray to make sure the whole thing doesn't stick to the foil. Season and close the bag or fold foil with center seam and ends sealed well. Cook over fire. Can be done directly on coals, but you must turn more frequently. Rotate and turn often with tongs for about 20 minutes, open and check on how the food is progressing from time to time. Remove from heat and allow them to cool on the ground or other safe surface. Open carefully, steam may be hot. Eat from opened foil with a fork!

Easy Burritos Ground Beef Dish:

Prep time: 10 mins Cook time: 20 mins Total time: 30 min

Servings: 6-9

Ingredients:

- 1 to 2 pounds lean ground beef (or other lean meat)
- 2 cans of beans
- 1 tablespoon chopped garlic
- 1 tablespoon chili powder
- 1 jar or package of salsa
- Lettuce
- Sharp cheddar cheese, grated
- Flour tortillas

Instructions: Using a large skillet, brown ground beef or other lean meat. Add salsa to skillet and cook for 5 mins. Add beans, chili powder, and garlic. Stir ingredients together and cook for 15 mins at low heat. Serve on flour tortillas with lettuce and cheese.

Quick Pizza

Prep time: 5 mins Cook time: 3 mins Total time: 8 mins

Servings: 6

Ingredients:

- 1 package of pita bread
- 3 cup grated mozzarella cheese
- 1 jar of tomato sauce
- 1 package of sliced pepperoni
- Any other favorite toppings

Instructions: Cut one pita bread in half and pour in tomato sauce and spread out with spoon inside. Add cheese and pepperoni, along with other toppings of your choosing. Wrap pita in heavy duty foil and place on hot coals. Cook for a minute and a half on each side, plenty of time to melt the cheese and warm the pita up. Open and serve.

Breakfast Scramble:

Prep time: 10 mins Cook time: 10 mins Total time: 20 mins

Servings: 4

Ingredients:

- 8 eggs or liquid eggs
- 6 hash brown patties
- 6 slices of ham
- 1 bell pepper
- Salt and pepper to taste
- Half of one onion
- 4 mushrooms

Instructions: Chop bell pepper, mushrooms, and ham into smaller pieces. Warm skillet under medium heat and scramble eggs. Add hash brown patties and break up with fork and mix into eggs. Next add chopped onions, mushrooms, and ham to scramble. Finally add salt and pepper to taste. Add ketchup or hot sauce for additional flavor.

Eggs in a Hat:

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins

Servings: 4

Ingredients:

- 8 slices of your favorite bread
- 8 eggs
- 8 slices of ham
- 8 slices of cheese

Instructions: Warm a skillet over a camp stove and use cooking spray or butter to grease the pan. Using a cookie cutter or a drinking glass, cut out a hole in the center of your bread. Place the bread in the skillet and toast on both sides. Next, crack an egg or pour liquid egg into the hole in the bread and cook until the egg white is almost solid. Flip the bread over and place a slice of cheese and then a slice on ham on top. Once the cheese has melted the meal is ready to serve.