

Camp Recipes – Dinner



Table of Contents

1.	Artichoke Veggie Pizza	p. 2
2.	Chicken Curry	p. 2
3.	Chicken Noodle Stir Fry	p. 3
4.	Cranberry Camembert or Brie Pizza	p. 3
5.	Foiled Chicken	p. 4
6..	Gluten-Free Campfire Pizza	p. 4
7.	Grandma's (Alberta Beef) Hamburger Soup	p. 5
8.	Mama's Chili	p. 5
9.	Mandarin Chicken	p. 6
10.	One-Pot Fettucine Alfredo	p. 6
11.	Pocket Pizza	p. 6
12.	Red Cabbage and Apple Casserole	p. 7
13.	Rock Chicken	p. 7
14.	Taco-in-a-Bag	p. 8
15.	Three Bean Chili	p. 8
16.	Wicked Veggie Chili	p. 9

Artichoke Veggie Pizza

Ingredients:

1 tube refrigerated pizza crust	½ sweet onion, chopped
8 ounces cream cheese, softened	1 can chopped ripe olives, drained
½ cup sundried tomato spread	¾ cup sliced carrots
1 can water-packed artichoke hearts	¾ chopped green pepper
1 ½ cups fresh broccoli florets, chopped	1 cup shredded Italian cheese blend

Equipment:

cookie sheet or 10" x 15" baking pan fork small bowl

Instructions:

1. Preheat the oven to 425°F.
2. Press pizza dough into greased cookie sheet or baking pan.
3. Prick dough thoroughly with a fork.
4. Bake for 13 to 15 minutes or until golden brown. Let cool.
5. In a small mixing bowl, beat cream cheese and tomato spread until blended. Stir in artichokes.
6. Spread over the pizza crust. Sprinkle with remaining vegetables and cheese. Press down lightly. Chill for 1 hour.
7. Cut into squares. Refrigerate leftovers.

Chicken Curry

Ingredients:

1 lb chicken breast	olive oil	fresh ginger root
¼ teaspoon turmeric	½ onion	1 medium tomato
1 ½ teaspoon curry powder	½ cup water	1 clove garlic
1/8 teaspoon cayenne	salt	1 tablespoon coconut milk
rice		

Equipment:

frying pan

Instructions:

1. Cut the chicken breasts into thin slices.
2. Heat the olive oil. Fry the onions gently for 5 minutes until they are soft, but not browned.
3. Add the tomatoes, crushed garlic, ginger, turmeric, and salt. Cook for 5 minutes.
4. Add the chicken pieces. Cover tightly and cook until tender.
5. Add the curry powder, water, and cayenne. Add the coconut milk.
6. Cook for about ½ hour.
7. Serve the curry chicken on rice.

Chicken Noodle Stir Fry

Ingredients:

1 bag Farkay steam fried noodles	1-2 precooked chicken breasts, sliced
1 bag Manns stir fry veggies	1 can baby corn
1 can water chestnuts	soy sauce
2 packages oxo chicken soup stock	sesame seeds
green onions	nuts

Equipment:

frying pan	large pot	colander
------------	-----------	----------

Instructions:

1. Bring water to a boil in a large pot. Add steam fried noodles to the pot of boiling water for 2 minutes. Strain and serve.
2. Put 1 cup of water and both oxo packages in a large frying pan. Add the bag of vegetables to the frying pan. Stir fry.
3. Add the baby corn and water chestnuts to the frying pan. Heat for 3 to 4 minutes.
4. Add the chicken last.
5. Add sesame seeds, green onions, and nuts as garnish. Add soy sauce if desired.

Cranberry Camembert or Brie Pizza

Ingredients:

1 tube refrigerated pizza crust	8 ounces camembert or brie cheese
¾ cup whole berry cranberry sauce	½ cup chopped pecans

Equipment:

12" pizza pan

Instructions:

1. Preheat the oven to 425°F.
2. Unroll crust onto lightly greased 12" pizza pan.
3. Flatten dough and build up edges slightly.
4. Bake for 10 to 12 minutes or until light golden brown.
5. Remove the rind on the cheese. Cut into ½" cubes. Sprinkle cheese over the crust.
6. Spoon cranberry sauce evenly over the crust. Sprinkle with pecans. Bake for 8 to 10 minutes longer or until the cheese is melted and the crust is golden brown.
7. Let cool for 5 minutes before cutting.

Foiled Chicken

Ingredients:

1 green bell pepper, chopped	4 large chicken breasts	pepper
½ red bell pepper, chopped	1 can pineapple slices	salt
10 mushrooms, chopped	garlic powder	

Equipment:

4 squares (16" x 16") aluminum foil	Pam cooking spray	hot coals
-------------------------------------	-------------------	-----------

Instructions:

1. Divide the bell peppers and mushrooms into four equal parts.
2. Coat a small area in the centre of the aluminum foil with cooking spray or a small amount of butter.
3. Place a portion of peppers and mushrooms on the greased area of the aluminum foil.
4. Top with a chicken breast and a pineapple slice.
5. Season with garlic powder, salt, and pepper to your taste.
6. Fold the foil securely and check for leaks.
7. Place on hot coals for 10 to 15 minutes per side.

Gluten-Free Campfire Pizza

Ingredients:

1 cup Bob's Red Mill Gluten-Free Biscuit Mix	pizza sauce or pesto
½ teaspoon oregano	choice of meat or meat substitute
½ teaspoon basil	choice of veggies
1 cup water	shredded mozzarella cheese
oil	

Equipment:

cast iron frying pan	heavy duty aluminum foil	paper towel
flipper	grate or rack over your coals	large bowl
fork		

Instructions:

1. Start a campfire. Fire should be reduced to hot coals.
2. Lightly oil the frying pan and wipe out with paper towel.
3. Combine the biscuit mix, oregano, and basil. Mix with a fork to distribute herbs.
4. Add ½ cup of water at a time to the biscuit mix, and stir with a fork between additions. Mixture should be smooth enough to spread, and not pour, in the frying pan. Add more water if necessary.
5. Spread mixture in the frying pan to create one large pizza base.
6. Place the frying pan on the fire grate and cook underside of the pizza base until it is golden. Remove from the fire.
7. Carefully flip the pizza base over and dress the pizza with the desired toppings.
8. Cover the frying pan with aluminum foil.
9. Return the frying pan to the hot coals and bake until the underside is golden.

Grandma's (Alberta Beef) Hamburger Soup

(Source: Mosaic 2016)

Ingredients:

1 pound ground beef	2 cups chopped onions
1 cup chopped celery	1 cup sliced carrots
6 cups water	2 teaspoons chili powder
2 teaspoons basil	1/8 teaspoon pepper
1 cup tomato sauce	2 bay leaves
3 tablespoons beef bouillon powder	1 28 ounces diced tomatoes
1/2 cup small pasta of choice	2 14 ounces green beans (or 3 cups frozen)

Equipment:

pot

Instructions:

1. Start with a big pot and cook the beef. Drain off any fat.
2. Add the onions, celery, and carrots. Stir for 5 minutes.
3. Add everything else except the beans and bring it to a boil.
4. Reduce heat, cover, and cook for 50 minutes.
5. Add the beans and cook until heated.
6. Remove the bay leaves.
7. This soup freezes well.

Mama's Chili

(Source: Guiding Mosaic 2016)

Ingredients:

28-ounce can diced tomatoes	1 can red kidney beans, drained
1 can white kidney beans, drained	1 can chickpeas, drained
1 can black beans, drained	1/4 cup olive oil
2 tablespoons soya sauce	

Vegetarian Version:

1/2 textured vegetable protein (TVP) or 1 package soya ground chunk

Meat Version:

1 pound of ground beef, chicken or pork	1 tablespoon chili powder
1 tablespoon diced onion	2 teaspoons garlic powder
salt and pepper to taste	

Equipment:

large pot

Instructions:

1. Mix together in a large pot and simmer for an hour to mix tastes.

Mandarin Chicken

Ingredients:

4 boneless chicken breasts	1 large tomato	chicken seasoning
2-3 mandarin oranges	1 large onion	Italian dressing

Equipment:

4 Ziploc bags aluminum foil

Instructions:

Pre-Prep:

1. Butterfly chicken (cut it down the middle). Or place the chicken between two pieces of aluminum foil and pound thin to speed up the cooking.
2. Place a thin slice of onion, slice of tomato and four or five sections of mandarin orange in a Ziploc bag with chicken.
3. Pour in some Italian dressing and squeeze some juice from remaining orange.
4. Let marinade as long as two days in the cooler.

How to Prepare:

5. Place contents to the Ziploc bag into double thick foil packets.
6. Sprinkle with seasoning and seal the bag.
7. Cook on hot coals or on the grill for approximately 10 minutes. Then turn for an additional five minutes.

One-Pot Fettucine Alfredo

Ingredients:

fettucine	powdered milk	paprika	parsley
flour	parmesan cheese	salt	onion

Equipment:

pot colander

Instructions:

1. Cook fettucine in boiling water for 10 minutes. Drain the pasta,
2. Add powdered milk (1/4 cup per person), flour (1 tablespoon per person) and spices and seasonings. Stir constantly while adding the flour a little at a time.
3. Top with parmesan cheese.

Pocket Pizza

Ingredients:

pita pocket bread	pizza sauce	onions
shredded cheese	pepperoni	peppers

Equipment:

knife frying pan aluminum foil

Instructions:

1. Cut the pita pocket in half.
2. Squeeze the pizza sauce inside each half of the pita pocket.
3. Insert toppings of choice with shredded cheese spread all over.
4. Wrap the pita pocket in aluminum foil and heat over a frying pan until the cheese melts.

Red Cabbage and Apple Casserole

Ingredients:

1 ½ pounds red cabbage	2 tablespoons caraway seeds	salt
3 onions, chopped	3 large tart apples	pepper
2 fennel bulbs, roughly chopped	1 ¼ cups plain yogurt	
1 tablespoon creamed horseradish		

Equipment:

knife large bowl casserole dish

Instructions:

1. Preheat the oven to 300°F.
2. Shred the cabbage finely. Discard any tough stalks.
3. Mix the cabbage with the onions, fennel, and caraway seeds in a large bowl.
4. Peel, core, and chop the apples. Mix the apples in with the cabbage mixture. Transfer the mixture to a casserole dish.
5. Mix the yogurt with the creamed horseradish. Stir the yogurt and horseradish mixture into the casserole, season with salt and pepper. Cover tightly.
6. Bake for 1 ½ hours. Stir once or twice during cooking. Serve the casserole hot.

Rock Chicken

Ingredients:

1 small baking chicken BBQ sauce

Equipment:

aluminum foil oven mitts 3 rocks**
newspaper tongs

NOTE: Rocks should be scrubbed, cleaned and dried. Do NOT use river rocks. The river rocks that have been in water for a long period of time may explode upon heating. Also, do not use quartz rocks, as these may break into small shards when heated.

Instructions:

1. Heat the three rocks on fire for at least an hour.
2. Use tongs and heavy oven mitts to carefully remove the rocks. Wrap in aluminum foil.
3. Open and stack newspapers about 1" high. Place a 2' sheet of aluminum foil in the centre.

4. Place chicken on the aluminum foil.
5. Using tongs, carefully place the large rock in the cavity of the chicken and a small rock under each wing.
6. Pour the BBQ sauce and add seasoning as desired.
7. Wrap the chicken in aluminum foil and then with the newspaper.
8. Cook the chicken for about 3 hours.

Taco-in-a-Bag

Ingredients:

1 pound lean ground beef	2 cups lettuce, shredded
1 package taco seasoning mix	1 fresh tomato, chopped
1 individual Dorito chips bags	1 cup shredded cheddar cheese
1/3 cup salsa	½ cup sour cream

Equipment:

large frying pan spatula knife cutting board

Instructions:

1. Place the ground beef in a large frying pan. Cook thoroughly.
2. Mix in the taco seasoning and prepare according to the directions on the package.
3. With the Dorito chips bags open, add the beef mixture, lettuce, tomato, cheddar cheese, salsa and sour cream.
4. Serve in the chip bag and eat with a spoon.

Three Bean Chili

Ingredients:

1 can kidney beans, undrained	1 can tomatoes, diced	2 cans chili beans
2 cloves garlic, crushed	1 teaspoon oregano	1 large onion, diced
1 ¼ cups vegetable broth	1 teaspoon chili pepper	1 can garbanzo beans
shredded cheese		

Equipment:

pot

Instructions:

1. Cook onion and garlic in pot.
2. Stir in remaining ingredients. Heat to boiling. Reduce the heat.
3. Simmer uncovered for 20 minutes, stirring occasionally.
4. Serve topped with shredded cheese.

Wicked Veggie Chili

Ingredients:

1 tablespoon honey	2 cans (12 ounces) kidney beans
2 teaspoons ground cumin	2 cans (12 ounces) diced tomatoes
¼ teaspoon cinnamon	1 green pepper, chopped
1 teaspoon salt	2 carrots, finely chopped
2 teaspoons chili powder	1 bunch cilantro, chopped
2 teaspoons ground cayenne pepper	6 cloves garlic, minced
1 container sour cream	1 onion, chopped
1 pound lean ground beef	cooking oil

Equipment:

frying pan Dutch oven camp stove

Instructions:

1. Saute onion and garlic in cooking oil.
2. Add peppers and carrots. Add in beans, tomatoes, honey, and cilantro. Cook for 40 minutes.
3. Cook ground beef or meat substitute.
4. Mix spices together and put in a shaker or a bowl.