

# Camp Recipes – Adventure Camping

## OAL Adventure Training (Oct 2014)



Compiled by PJ Borghardt and Erin DeBruin

Adventure Camping food doesn't have to be boring or the same old thing every day. Below is just a small start to a list of ideas and a few recipes to get you going. Remember there are different types of adventure camps and different types of food, fuel and storage requirements. Backpackers need to dehydrate almost everything to conserve space and weight, whereas water activities allow for frozen options (for at least a couple of days). Think about "early in the trip food" and "later in the trip food".

### Breakfast

- Granola and fruit
- Mashed Yams
- Oatmeal
- Quinoa
- Seeds/Nuts
- Omelette-in-a-Bag
- Bisquick
- Hash browns patties on a toaster
- Yogurt (fresh and dried)
- Pop Tarts
- Quiche
- Sunrise Spuds

### Lunch

- Soup
- Sandwiches
- Wraps
- Hard Cheese/Waxed Cheese
- Pepperoni Sticks/Jerky
- Meats/Tofu
- Peanut Butter and Banana Chips
- Veggie Sticks
- Quinoa Salad
- Bean Salad

### Dinner

- Turkey Shepherd's Pie
- Taco-in-a-Bag
- Chicken Stir Fry
- Pasta
- One-Pot Meals
- MEC Dehydrated Meals

### Snacks

- Trail Mix
- Muffins
- Veggies and Hummus
- Granola Bars
- Ranger Bars
- Butterscotch Bars
- Fruit Leather
- Hot Dogs
- Pudgy Turtles
- Jerky
- Gummy Stingers
- Cheese and Crackers
- Pepperoni
- Pudding Cups

### Desserts

- Pumpkin Pie
- Apple Crisp
- Wicked Good Brownies
- Meringue Cookies
- Harry Beasts (French bread, sweetened condensed milk, coconut)

### Drinks

- Water
- Drink Crystals (cold and warm)



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# Breakfast Recipes

## Backpacking Breakfast Burritos

(Source: Agnes D'Entremont)

### Ingredients:

package of powdered egg	pre-cooked bacon	tortillas
dehydrated hash browns	cooking oil	cheese
dehydrated peppers	dehydrated onions	salsa

### Equipment:

frying pan

### Instructions:

At Camp:

1. Rehydrate hash browns, pepper, onions, and salsa.
2. Cook eggs, hash browns, and veggies.
3. Wrap in tortillas with cheese and salsa.

## Broccoli and Cheese Quiche

(Source: Leave No Crumbs Camping Cookbook by Rick Greenspan and Hal Kahn)

### Ingredients:

300 grams frozen broccoli	½ teaspoon garlic powder
1 tablespoon dehydrated onion	½ teaspoon basil
½ teaspoon oregano	3 tablespoons powdered whole egg
2 tablespoons powdered milk	3 tablespoons cheese

### Equipment:

outback oven

### Instructions:

At Home:

1. Dehydrate broccoli.
2. Package broccoli and onion together.
3. Package garlic, spices, powdered milk, and egg together.

At Camp:

4. Rehydrate broccoli and onion.
5. To make quiche pudding, add 2/3 cup of water (use any reconstituted water from broccoli and add as necessary).
6. Season with salt and pepper.
7. Add rehydrated broccoli, cheese, and mix well.
8. Pour into outback oven.
9. Bake at "E" of bake until filling is thickened and no longer runny.

## Chocolate Banana Baked Oatmeal

(Source: Budget Bytes food blog <http://www.budgetbytes.com/2012/04/chocolate-banana-baked-oatmeal/>)

### Ingredients:

3-4 large bananas	2 large eggs
½ cup unsweetened cocoa powder	1/3 cup brown sugar
1 teaspoon vanilla extract	1 teaspoon salt
½ teaspoon baking soda	½ teaspoon baking powder
2 ½ cups old-fashioned oats	2 cups milk

### Equipment:

oven          bowl          whisk          8" x 8" casserole dish          non-stick spray

### Instructions:

At Home:

1. Preheat the oven to 350°F.
2. In a medium bowl, mash 1.5 cups of bananas (about 3 large or 4 medium bananas).
3. Combine bananas with eggs, cocoa powder, brown sugar, vanilla extract, salt, baking soda and baking powder. Whisk together until smooth.
4. Add milk, whisk again until no clumps of cocoa powder.
5. Stir oats into milk/chocolate/egg mixture.
6. Coat inside of an 8" x 8" casserole dish or large pie pan with non-stick spray.
7. Pour oat mixture into pan.
8. Slice last banana and place slices over top of the oat mixture (optional garnish).
9. Place oats in oven and bake for 45 minutes.
10. Cool and crumble. Dehydrate.

At Camp:

11. Add enough water to cover and bring to a boil.
12. Serve.

## Sunrise Spuds

(Source: Barb Aven)

### Ingredients:

dehydrated potatoes	bacon bits	cheese	pepper
hot water	chives	salt	chili flakes

### Equipment:

Ziploc freezer bags

### Instructions:

1. Combine all the ingredients in a Ziploc bag and let the potatoes rehydrate.
2. Squish the bag around so that the cheese and garnishes mix in.

# Salad Recipes

## Coleslaw

(Source: "Backcountry Cooking" by Dorcas Miller)

### Ingredients:

¼ cup dried shredded cabbage  
2 tablespoons shredded dried carrots

Seasoning (choose from):

-mayonnaise (individual serving packet)  
-vinaigrette (oil and vinegar)  
-ranch (individual serving packet)  
-salt and pepper

### Instructions:

1. Add cold water to veggies and let stand for 1 hour.
2. Drain and dress.

## Quinoa Salad

(Source: PJ Borghardt)

### Ingredients:

water or broth	cucumber	lemon juice
red peppers	feta	fresh mint, chopped
yellow peppers	red onion	cracked pepper
orange peppers	olive oil	

### Instructions:

1. Prepare quinoa with water or broth.
2. Add diced red, yellow, orange peppers, cucumber, feta, red onion, olive oil, lemon juice, fresh chopped mint and cracked pepper.  
Keeps for 3 days without refrigeration.



## One Pot Meal or Crock Pot Meal at Snow Camp

### Instructions:

Make things that people want to eat. Check with your group to ensure that what you bring to camp will get eaten. Instead of a regular unit meeting the week before a snow camp or adventure camp, have a cooking meeting at someone's house.

Make stews, chilis, pastas, teriyaki chicken rice bowls, and curries. Freeze or dehydrate individual portions in heavy duty Ziploc freezer bags. These meals will act as your freezer packs in your cooler.

## One Pot Shepherd's Pie

(Source: Barb Aven)

### Ingredients:

1 pound ground meat (beef, turkey, or veggie ground round)  
 1 package of instant mashed potatoes (eg. Idahoan mashed potatoes)  
 1 package onion soup mix or gravy mix  
 400-500 grams frozen vegetables

### Equipment:

Ziploc bags                      dehydrator

### Instructions:

At Home:

1. Cook ground meat. Rinse with water to remove fat.
2. Dehydrate (approximately 1 cup).
3. Dehydrate frozen vegetables.
4. Pack meat and vegetables in separate Ziploc bags.
5. Place all ingredients into one large Ziploc bag with "at camp" instructions.

At Camp:

6. Rehydrate ground meat (approximately 1 hour) and vegetables (approximately 4 hours).
7. Add 3 cups of water in a pot with the veggies and meat.
8. Bring to a boil and cook until hot and veggies are soft.
9. Add potatoes and seasoning mix.
10. Add water to thin out. Serves 4.

## Outback Oven Garlic Bread

(Source: PJ Borghardt)

### Ingredients:

Pillsbury crescent dough (or Bisquick)	soft butter
garlic, minced	parsley, chopped

### Equipment:

outback oven

### Instructions:

1. Combine butter, minced garlic and chopped parsley.
2. Spread on to crescent dough triangles. Roll up and bake in an outback oven for approximately 10 minutes.

## Outback Oven Pizza

(Source: PJ Borghardt)

### Ingredients:

Pillsbury pizza dough (or Bisquick)	coloured peppers, diced	fresh basil
sundried tomatoes in oil	goat cheese	pepper

### Equipment:

outback oven

### Instructions:

1. Roll out dough into outback oven.
2. Spread sundried tomato oil or pesto on to the dough.
3. Dice sundried tomatoes, peppers and goat cheese.
4. Add basil and cracked pepper.
5. Bake for approximately 10 minutes.

## Pasta or Thai Food

### Ingredients:

pasta	curried chicken	rice	Thai sauce
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### Equipment:

2 Ziploc freezer bags

### Instructions:

1. Prepare pasta with your sauce or rice with curried chicken and Thai sauce.
2. Freeze in heavy duty Ziploc freezer bag.
3. After food has thawed either cook in pot or double bag freezer bags. Drop into hot water to warm up, squishing the food around inside the bag once in a while.

## Satay Chicken

### Ingredients:

chicken breast

### Instructions:

1. Buy or make chicken skewers. Freeze before camp.
2. Let thaw at camp and cook over a fire.
3. Serve some sort of peanut sauce or Thai sauce as a dip.

## Tofu Jerky

(Source: "Babes in the Woods" by Bobbi Hoadley)

### Ingredients:

extra firm tofu

Asian Marinades:

soy sauce

chili flakes

powdered ginger

Italian Marinades:

balsamic vinegar

rosemary

powdered garlic

### Equipment:

dehydrator

### Instructions:

1. Soak tofu in marinade overnight.
2. Dry on dehydrator.

## Turkey Chili

(Source: PJ Borghardt)

### Ingredients:

1 lb ground turkey

1 large chopped onion

2-3 cloves of garlic

1 can black beans, drained

1 large can diced tomatoes

3 tablespoon chili powder

chili flakes (as desired)

salt

2 chopped peppers (red, yellow, orange)

2 chopped stalks of celery

1 can red kidney beans, drained

1 can chick peas, drained

1 small can tomato paste

2 tablespoon ground cumin

pepper

### Equipment:

frying pan

dehydrator

### Instructions:

1. Scramble fry turkey, then onion, then celery, then peppers.
2. Add spices, then tomatoes, and tomato paste.
3. Let stew for at least an hour, stirring and adjusting spices.
4. Eat, freeze or dehydrate.

## Vegetarian Thai Curry

(Source: Agnes d'Entremont)

### Ingredients:

1 ½ cups jasmine rice  
1 package curry paste  
1 pound tofu  
1 package powdered coconut milk  
400 grams frozen vegetables

### Equipment:

dehydrator                      pot

### Instructions:

At Home:

1. Dehydrate vegetables.

At Camp:

2. Rehydrate vegetables (approximately 4 hours).
3. Put all ingredients into a medium pot.
4. Add 3 ½ - 4 cups of water.
5. Bring to a boil and simmer for 20 minutes or until rice is cooked. Serves 4.

# Dessert and Snack Recipes

## Backcountry Cheesecake

(Source: Erin DeBruin)

### Ingredients:

1 package Jello instant cheesecake mix	¼ cup powdered milk
1 teaspoon lemonade crystals	dehydrated sliced strawberries
1 package graham crackers	

### Equipment:

### Instructions:

At Home:

1. Premix Jello filling with lemonade crystals and powdered milk.

At Camp:

2. While getting dinner ready, add 1 cup of water (according to the directions on the package). Let sit if it's a cool evening. If the weather is warm, put cheesecake mix in a water bottle and float in the creek.
3. Top with dehydrated strawberries and scoop up mix with the graham crackers.

## Backcountry Cinnamon Rolls

(Source: Betty Crocker)

### Ingredients:

3 cups Bisquick mix	3 tablespoons Ghee or shortening
1 cup water	¾ teaspoon cinnamon
1 tablespoon powdered milk	½ cup brown sugar
2 tablespoons granulated sugar	¼ cup chopped nuts (optional)
¼ cup raisins (optional)	

### Equipment:

2 Ziploc bags          outback oven

### Instructions:

At Home:

1. Mix Bisquick, powdered milk, and sugar in a Ziploc bag.
2. Mix cinnamon, brown sugar, nuts and raisins in another Ziploc bag.
3. Pack together with Ghee in a container.

At Camp:

4. Mix together most of Bisquick mix with water.
5. Use remaining mix to flour a surface to roll out.
6. Mix Ghee and brown sugar. Mix until creamy and spread onto dough.
7. Roll up jelly roll-style and slice into 1" pieces using dental floss.
8. Place in an outback oven and bake for 15 to 25 minutes until done.

## Breakfast Quinoa or Couscous

### Ingredients:

¼ cup quinoa flakes or couscous	½ teaspoon cinnamon
2 tablespoons powdered milk	dried fruit
1 tablespoon brown sugar	trail mix

### Equipment:

Ziploc bag

### Instructions:

At Home:

1. Combine all ingredients into a Ziploc bag.

At Camp:

2. Add ¼ - ½ cup of boiling water to the Ziploc bag.
3. Close the bag and let sit for 5 minutes.
4. Add your favourite toppings (eg. dried fruits, trail mix, etc.) and stir well.  
Makes 1 serving.

## Brownies

### Ingredients:

1 box brownie mix oil (as per directions)	1 tablespoon whole egg + 3 tablespoon water
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### Equipment:

outback oven

### Instructions:

1. Mix all the ingredients.
2. Put in outback oven for 30 minutes on moderate heat.

## Butterscotch Bars

(Source: Anne Van den Byllardt)

### Ingredients:

¼ teaspoon salt	4 cups rolled oats
¾ cup flour	1 cup margarine or shortening
2 teaspoons baking powder	2 cups brown sugar
2 teaspoons vanilla extract	1 package butterscotch chips

### Equipment:

9" x 12" baking pan

**Instructions:**

1. Melt shortening, add sugar and stir over low heat until the sugar dissolves. Remove from heat.
2. Add vanilla and stir in dry ingredients. Mix.
3. Add butterscotch chips.
4. Add oats to sugar mix, and then combine all other dry ingredients and stir.
5. If mixture is too dry stir in a  $\frac{1}{4}$  cup of water.
6. Put into a greased 9" x 12" baking pan.
7. Bake in the oven at 300°F for 30 minutes.

**Coconut Mango Rice Pudding**

(Source: "Backcountry Cooking" by Dorcas Miller)

**Ingredients:**

$\frac{1}{2}$ teaspoon potato starch	1 $\frac{1}{2}$ teaspoon powdered coconut milk
2 tablespoons powdered milk	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{2}$ cup instant rice	1 tablespoon chopped dried mango

**Instructions:**

1. Combine all the dry ingredients.
2. Add  $\frac{1}{2}$  cup of boiling water. Stir, cover, and let stand for 5 minutes. Makes 1 serving.

**No Work Oatmeal**

(Source: Lions Area Celebration Cookbook)

**Ingredients:**

$\frac{2}{3}$ cup water	$\frac{1}{8}$ cup dried fruit	$\frac{1}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ cup quick oats	2 tablespoons sugar

**Instructions:**

1. Bring water with salt and fruit to a boil.
2. Quickly stir in oatmeal.
3. Put on lid and turn off heat. Let sit up to 20 minutes without stirring. It will look runny, but will be perfect with last minute stirring.
4. Add milk and sugar. Serves 1.

**Pudgy Turtles****Ingredients:**

Pillsbury crescent dough	caramel squares, chopped
pecans or walnuts, crushed	chocolate chips

**Equipment:**

aluminum foil      Pam cooking spray

**Instructions:**

1. Take triangle of dough and fill it with pecans or walnuts, chopped caramel squares, and chocolate chips.
2. Fold the dough over, sealing it on two sides by pressing the dough together.
3. Wrap in aluminum foil sprayed with Pam cooking spray.
4. Place it on the campfire for about 10 to 15 minutes.
5. Unwrap when it is golden brown and let it cook for a few minutes.

**Ranger Bars****Ingredients:**

½ cup chopped walnuts	1 cup peanut butter	½ cup honey
1 ¼ cups chocolate chips	1 teaspoon vanilla	1 cup shredded coconuts
½ cup unrefined coconut oil	2 cups dry oats	

**Equipment:**

metal bowl                      wooden spoon                      9" x 13" pan

**Instructions:**

1. Melt peanut butter, honey, and coconut oil over medium-low heat.
2. Once melted, remove from heat and add oats, shredded coconut, chocolate chips, and vanilla extract. Stir until chocolate is entirely melted.
3. Pour into a 9" x 13" pan and cool in the fridge.
4. When it is set, cut into bars and enjoy. Store in the fridge.

**Seven Vegetable Tagine**

(Source: *Entertaining Vegetarians*)

**Ingredients:**

1 pound sweet potato	1 red and yellow pepper	3 tablespoons oil
1 pound carrots	1 large fennel bulb	1 tablespoon cumin seeds
1 pound parsnips	2 medium zucchinis	1 tablespoon fennel seeds
4 garlic cloves	1 can chopped tomatoes	2 cinnamon sticks
zest & juice of 1 orange	1 can chickpeas, drained	12 pitted prunes
1 cup red wine		

**Equipment:**

peeler

**Instructions:**

1. Preheat the oven to 425°F.
2. Peel and cut all vegetables into chunks.
3. Place all vegetables in a roasting pan and coat with 3 tablespoons of oil, cumin, and fennel seeds.
4. Season with salt and pepper to taste.
5. Roast in preheated oven at least 30 minutes, until soft and caramelized, stirring once or twice.

6. To make the sauce, cook the garlic in 3 tablespoons of oil.
7. Add remaining ingredients and simmer until thick. Remove from heat and combine with roasted vegetables. Cover and let stand in cool place to let flavours meld. Reheat until hot. Can be dehydrated.

## Squash and White Bean Soup

*(Source: Wendy Smylitopoulos)*

### Ingredients:

1 tablespoon olive oil	1 onion
1 can (14 oz) diced tomatoes	1 red pepper
4 cups butternut squash cut small	½ cup red lentils
1 tablespoon Italian seasoning	2 cans (15 ounces) cannellini white beans
1 bunch spinach	5 cups water or stock
salt and pepper	

### Equipment:

Dutch oven

### Instructions:

1. Heat olive oil in a Dutch oven. Stir in finely diced onions (red peppers). Cook gently until soft.
2. Add tomatoes and cook 5 minutes. Then add squash in ½" dice, Italian seasoning, lentils, and water/stock. Bring to a boil then simmer until squash is tender.
3. Add cannellini beans and spinach. Cook until the spinach is wilted and beans are heated through. Add seasoning. Serves 4.