

Hillbilly Breakfast

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Ingredients:

1 bag shredded hash brown

6 eggs

1 lb cooked ham

1 medium onion, chopped

2 cups shredded sharp cheese

seasoning salt and pepper

Preparation:

Take an aluminum foil cooking bag sprayed with pam, sprinkle with seasoning salt and put some pats of butter in the foil bag. Open a bag of hash browns, beat eggs, chop onions, pour all ingredients into the bag of hash browns, and mix by squeezing. Then pour the mixture into the foil cooking bag and spread out. Add some salt and pepper, more seasoning salt, and a bit more butter on top of the hash brown mixture. Place the aluminum cooking bag on a preheated grill (medium heat) and turn the bag every five minutes. The bag will start to puff and you can open it to check for doneness.

Servings: 6

Peanut Butter Chocolate Wraps

Better than a chocolate bar and a lot more fun.

Ingredients:

Peanut butter

Flour tortillas

Miniature marshmallows

Miniature semisweet chocolate chips

Spread 2 tablespoons of peanut butter on each tortilla. Sprinkle 1/4 cup of marshmallows and 2 tablespoons of chocolate chips on half of each tortilla. Wrap them well in tin foil and bake in the hot coals of the fire about for 5 to 10 minutes. Unwrap and eat.

Spicy Tortilla Soup

8 pre-cooked boneless skinless chicken breasts

1 green bell pepper, seeded and halved

2 medium onions, finely chopped

3 10-ounce cans enchilada sauce

2 cups water

1 15-ounce can beef broth

1 tablespoon chili powder

1 teaspoon ground cayenne pepper

2 cups shredded Colby-Monterey Jack cheese blend

1 medium-size (about 14 ounces) bag tortilla chips

1 16-ounce container sour cream (optional)

1 red bell pepper, seeded and halved

2 cans whole tomatoes, drained and chopped

3 cloves garlic, minced

2 small cans chopped mild green chiles, drained

1 can chicken broth

2 teaspoons ground cumin

2 teaspoons ground black pepper

2 teaspoons salt

1 bay leaf

¼ cup grated Parmesan cheese

1. Roast red and green bell pepper halves on the grill until lightly charred.
2. Cube the pre-cooked chicken breasts into bite-size pieces and chop the grilled peppers, placing each, along with the tomatoes, onions, and garlic, in a Dutch oven with a capacity of at least six quarts.
3. Add enchilada sauce and green chilies.
4. Pour water, chicken broth, and beef broth into the Dutch oven. Stir and add cumin, chili powder, black pepper, cayenne pepper, salt, and bay leaf. Stir thoroughly.
5. Cover and cook for two hours using 20 charcoal briquettes under the oven and 10 briquettes on the lid. Refresh the coals as they expire.
6. Remove from heat, remove the bay leaf, and stir shredded cheese into soup.
7. Serve in bowls, topping with a handful of crushed tortilla chips and a sprinkling of Parmesan cheese.
8. If desired, garnish with dollop of sour cream.

Serves: 8 to 10

Tuna can Egg McMuffin

1 tuna can, empty and washed.

Sausage patty, ham or bacon

1 egg per can

English muffin

Tin foil

Spray can with cooking spray. Put sausage ham or bacon in the bottom of the can. Break an egg (or 2) on top.

Wrap in foil; cook over the campfire. Some people cook it on the grill while others actually place it right in the coals of the fire. Check every few minutes to see if eggs are done. Pop the mixture out of the can and put in a toasted English muffin.

(You could season the mixture with salt, pepper or other seasoning and/ or add cheese on top.)

Potatoes, carrots and onions in the coals

3-4 potatoes, diced in small pieces

1 onion diced small

1 carrot diced small

Salt and peeper to taste

Tablespoon of margarine

Aluminum foil

Place 2 pieces of foil, shiny side up on the table. Mix potato carrot and onion together on the foil. Add any spices, and margarine on top then wrap the mixture in the foil. Place in coals of fire for 30 minutes and then check to see if the potatoes are cooked. Serves 3-4 people.

Breakfast

Breakfast Banana Splits

- 1 banana for every girl
- oranges, peeled and chunked
- apples, washed and chunked
- grapes, washed and halved
- ...any other fresh fruit that the girls desire, done up in bite size pieces
- frozen Yogurt, flavours desired (2 scoops per girl seemed to do just fine)
- cereal of choice, to sprinkle over top

Slice banana in half, lengthwise, place in bowl. Put two scoops of frozen yogurt in between the bananas then spoon fresh fruit over top. Top off with cereal and enjoy!

Dinner

Foiled Chicken

- 1 sm Green pepper; chopped
- 1/2 sm Red pepper; chopped
- 10 Mushrooms; chopped
- 4 lg Chicken breasts
- 1 can Pineapple slices (8oz)
- Non-stick cooking spray *or* 1 tsp butter
- Garlic powder, salt and/or pepper to taste
- 4 Squares heavy duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste.

Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

Dessert

Banana Boat

- 1 Banana
- Mini marshmallows
- Chocolate chips
- Raisins (optional)

Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate, and raisins. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

Karen's Chicken Corn Chowder

5 slices bacon **OR** 4 oz salt pork **OR** pancetta
1/2 cup chopped celery and 4 cloves of garlic minced
OR 1/2 cup chopped onion & 1
garlic clove
3 cups peeled and cubed potatoes
2 cups chicken stock
1 cup water
Pepper to taste
1 tsp ground cumin
1 1/4 tsp curry powder, 1 1/4 tsp poultry seasoning
5 14 oz tins cream style corn
3 12 oz cans corn
1/4 cup butter
1 cup milk
2 cups light cream
1- 1/2 cups chopped cooked chicken or turkey

Garnish:

Grated cheddar and chopped green onion

Sauté bacon until light brown, add celery and garlic, and cook until tender. Add potatoes, chicken stock, water and pepper, cumin and curry powder. , and simmer covered for about 20 minutes until potatoes are tender. .mash lightly. Add all the corn, chicken butter and heat through until warm, about ten minutes.

Can refrigerate at this point, and reheat the next day , She thinks it tastes better if made a day a head.. I don't usually do that, and Ian never complains about it .

To serve, put warm soup in heat proof bowls, sprinkle with cheese and onions. Place under broiler to melt cheese, or just place in the bowls and let the heat melt the cheese.

Coconut Meringue Cookies

These are light, fluffy, and only about 50 calories each!

Ingredients

1-1/2 cups sweetened shredded coconut
2 egg whites
1/4 tsp vanilla extract
Dash of salt
2/3 cup granulated sugar

Directions

Beat egg whites and dash of salt until soft peaks form. Gradually add in sugar while beating until peaks are stiff and glossy.

Fold in coconut.

Drop by rounded teaspoon onto greased baking sheet.

Bake at 325°F 18-20 minutes until set and very slightly browned.

Center will still be soft.

Number of Servings: 20

Breakfast Burrito's

2 eggs cracked into a Ziploc bag
add a bit of milk if desired.

shake and break the eggs up

If you want each girl to do her own then put her name on a wooden clothes peg and attach it to the top of the bag before it gets added to the pot.

Drop bag into a pot of boiling water, cook until done. The more bags in the pot the longer it takes.

Have some grated cheese, Pre-cooked bacon bits & Chopped green onions in serving bowls

When the eggs are done empty the Ziploc on to a tortilla. Customize with your toppings of choice. wrap the tortilla up and enjoy

You could also have salsa and ketch-up

Chicken Noodle Stir-fry

Soy Sauce

1 bag of Farkay Steam fried noodles

1 bag of Manns stir fry veggies

1 (or 2) cans of baby corn

1 can Water Chestnuts

1 or 2 pre cooked chicken breasts sliced into thin strips or small cubes

2 pkgs oxo chicken soup stock

Any other veggies the girls might like.

Put 1 pot of water on to boil for cooking noodles

Put 1 cup water and both OXO pkgs in a large frying pan. Add the bag of veggies cook for 5 minutes

Add the tins of corn and water chestnuts to heat them up approx 3 or 4 minutes.

Have the chicken added for the last minute just long enough to warm-it up.

Add steam fried noodles to pot of water boil for 2 minutes, strain Serve

You can add sesame seeds, green onions, and nuts as a garnish.

Have soy sauce on the side for the girls that want it.

Snicker Salad

Ingredients:

1 large container of cool whip topping

3 snickers bars cut into small pieces

8 large apples cored and peeled and cut into bite size pieces

Directions: Mix together and serve. You can also use Crispy Crunch bars instead of Snickers, and seedless green grapes instead of apples.

Yogurt Parfaits

Ingredients

Yogurt – various flavours

Granola or your choice of Cereal

Fruit – strawberries, kiwi, melon, grapes etc

whip cream or dream whip

Directions

Layer granola, yogurt and fruit in a cup. Top with whip cream. Mmmmmmmmmmm

To make it fun I sometimes use funky see through cups – whatever I can find at the 4 store.

Fruit Dip

Need to use up leftover yogurt and fruit? Mix dream whip with yogurt. About ½ a cup to a tub of yogurt (or use up what you have to taste). Simple and most kids love to dip their fruit.

Sheryl McLeod

Favourite Breakfast:

French toast and fruit with Whip cream

Favourite Lunch:

Grilled cheese on Buddy burners or

Quesadillas on buddy burners.

Either can be wrapped in Foil making it is easy to prepare early, pack and easy to cook.

Favourite Dinner:

Foil Dinners Ham or Hamburger patties with Vegetables

How to wrap: Place squares of foil on table dull side down, cover with layer of wet newspaper and then another layer of foil shiny side up now.

Wrap food leaving room for expansion, using drugstore wrap to fold.

Cook of hot coals in fire or briquette coals.

Recipe: Hamburger patty, onions, sliced potato, turnip, carrots green peppers etc. Flavour with salt, pepper and preferred seasoning and sauces.

Recipe: Ham Steak, Potato, onion, pineapple?, carrots, salt and pepper and preferred seasonings and sauces.

Favourite Desert:

Roasted Squirrels.

Wrapped in foil and cooked over coals.

2 two bite brownies with marshmallows, chocolate chips, nuts, etc sandwiched between the brownies.

BREAKFAST:

Applesauce Sandwiches

This meal is great on a buddy burner!

Spread applesauce on a slice of bread. Sprinkle with sugar and cinnamon. Top with a second slice of bread and butter the outsides of the sandwich. Cook like a grilled cheese sandwich.

DINNER:

Pita Pocket Pizzas

Ingredients:

pita pocket bread (at least 2 pocket halves per person)
squeeze pizza sauce
pizza cheese
pizza toppings - pepperoni, sausage (pre-cooked), onions, pineapple, green pepper, etc.
heavy aluminium foil

Directions: Start the fire well ahead of time, you will need a good bed of coals for cooking. Each person can make their own pita pizza with the fixings. Seal tightly in a square of aluminium foil. Bake in the coals for 3 to 8 minutes turning at least once. When you hear the pizzas start to sizzle they are done.

DESSERT:

Soda Crackers for Dessert

Ingredients:

3 sleeves unsalted soda crackers
2 packages instant vanilla pudding mix
2 cups whipping cream or whipped topping
2 cups cold milk
1 can favourite pie filling

Directions:

Line bottom of a glass cake dish (9 x 13) with crackers. In a bowl combine pudding mix, whipping cream and milk and whip until slightly thickened and fluffy. Spread 1/2 inch thick over crackers. Repeat layer of crackers and then more pudding and finally more crackers. Top with pie filling.

Refrigerate for 24 hours. The crackers look and taste like puff pastry when this dessert is ready to eat. Cut into 20 squares and serve.

Eggs-in-a-Bag

Crack as many eggs as you'd like into a sturdy Ziploc bag (the freezer bags are recommended). Add onion, peppers, ham or whatever else you'd like. Cheese is not a good idea because during the cooking process the cheese gets much hotter than the eggs, and the bags may melt. Close the bag, getting out all the air you possibly can. Then the girls get to "smoosh" up their eggs to make them scrambled. Drop the bags into a pot of boiling water. Takes about 5-10 minutes to cook. If you are cooking with a number of girls, it might be a good idea to write names on the bags with permanent marker before cooking for easy identification. This is an especially good meal to make while you are camping and have to heat up your water for dishes since the pan itself never gets dirty, and you have your water already heated.

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Banana Boats

Put a slice in each banana lengthwise down the center (not all the way through). Put some mini marshmallows and chocolate chips into the slice, wrap it all up in tinfoil and heat in the coals until soft and gooey!

Fiona (Firefly) McFarlane's favourite camp dinner

Why you ask? It is easy for the girls to make and each canoeist/camper/hiker can add whatever they want spice & condiment wise to suit their particular palate.

ONE-POT FETTUCINE ALFREDO

[found online back in 2007 but I am not sure where.....but submitted By: Christine]

Serves: 2

Cooking Time: 15 min.

Equipment pot, stove and something to strain (either a strainer or pot lid...)

Required:

Ingredients: Fettucine

Flour

Paprika

Salt

Powdered milk

Any other seasonings (parsley, tabasco, onion...)

Parmesan cheese

Cooking Instructions: Boil water, add the fettucine, simmer for about 10 minutes (until pasta is cooked).

Drain the pasta leaving a little bit of water and add the powdered milk (about 1/4 cup per person), flour (about 1 tbsp per person) and spices/seasonings. Top with parmesan cheese

Vegetarian Recipe: Yes

Dehydrated Meal: Yes

Preparation Simple

Difficulty:

Comments: Stir constantly while adding the flour a little at a time to avoid lumps.

Campfire éclairs

Ingredients:

2 cans of frozen crescent rolls (16 rolls)
1 pkg (6 individual cups) of vanilla pudding snacks
1 bag (225 g) milk chocolate chips
cooking spray

Equipment:

Cooking sticks (either gathered from the campsite or metal roasting forks)
Aluminum foil
Propane stove
Saucepan with water
resealable bag for chocolate chips
paring knife or scissors
Tongs
Oven mitts or potholders
Spoons for adding vanilla filling

Directions:

Prepare a cooking fire with hot embers. Wood fires are the best, but you can also add some charcoal if there is not enough wood available or you need more heat. Leave at least 20 minutes from the time you light the fire to end up with hot embers over which you can cook your food. You may need more time depending on the weather conditions.

Cover tip of stick with aluminum foil and spray with cooking spray. Stretch one crescent roll over foil and squeeze the tip to close and tighten. Cook over the campfire until golden brown, turning frequently. The crescent roll is done when it slides off the foil easily. Heat a saucepan of water over a propane stove (or campfire grill) and bring to a boil. Turn down heat and allow the water to simmer. Place chocolate chips in the resealable bag and place in the simmering water. Hold onto the bag with tongs and keep it away from sides of the pot so the bag does not melt. As the chocolate chips melt, move them around the bag so all of the chocolate melts evenly. When ready, remove from water and snip a small hole in the corner of the bag to make a "piping bag". Fill center of crescent roll with vanilla pudding and chocolate and enjoy!

Cheesy Jalapeno Cornbread

serves 8

Ingredients:

1 pkg cornbread mix or corn muffin mix
1 cup (250 ml) milk
2 eggs
½ cup (125 mL) oil
canned jalapeno peppers (optional)
1 cup shredded cheese – cheddar or Monterey jack

Equipment:

Box oven
Charcoal briquettes (10 to 15)
2, 8 inch baking pans
measuring cup – liquid
large mixing bowl
whisk
rubber spatula
cheese grater
can opener
colander
paring knife
cutting board
toothpick

Prepare 1 or 2 baking pans (spray with cooking spray), depending on the size of your box oven and pan size. In a large bowl, prepare the cornbread mix according to package instructions by adding in the milk, eggs and oil. Fold in shredded cheese. Drain canned jalapenos and chop into small pieces. Add jalapenos to mix depending on your taste.

Option – add 1 cup of corn niblets to the mixture for extra flavor and texture.

Bake in box oven for 25-30 minutes, until golden brown around the edges and a wooden pick inserted into the centre comes out clean. To get the temperature of the box oven to 350°F, use about 10 briquettes. The briquettes must be hot (i.e. white in color) before putting them into the oven. (See box oven cooking tips for more helpful info on using your box oven).

Chili Pepper fact – Chili peppers range in heat from mild to very hot. Generally, the smaller the chili, the hotter it is! The heat is concentrated in the seeds and veins, so if you want a milder flavor, remove these parts before adding the chili to your recipe. Canned chilis, such as jalapenos, tend to be milder than fresh.

Tastes really good without the jalapenos too!

Tammy's Favourite Camp Meals

Breakfast:

Backpacking Breakfast Burritos

Tortillas
Dehydrated Hash-browns
Dehydrated veggies (peppers & onions)
Salsa (may be dehydrated)
Package of Powdered egg or liquid
Cheese
Pre-cooked Bacon
Oil (to fry eggs/hash-browns)

At camp:

Re-hydrate hash-browns, veggies and salsa (may be done overnight).
Cook eggs, hash-browns and veggies. Wrap in tortillas with cheese and salsa.

Lunch/Dinner:

One Pot "Shepherds Pie"

"I have never been very consistent with this recipe... but it has always worked... ingredients can be swapped or substituted, amounts aren't precise... I always try to have a bit of extra potato in case the end result is too soupy, and a small bit of hot water in case it's too thick... As with all homemade dehydrated meals its best to experiment with stuff you like, try it out, and enjoy! Veggies can take a long time to rehydrate... try about 4 hours. Burger rehydrates quickly... try 1 hour or less."

1 package of instant scalloped Potatoes (*by one package I look for one that needs 2 cups of water added...I like the garlic flavoured ones*)
1 cup of dehydrated hamburger/ground turkey or substitute
(Cook about 1 lb of burger, drain, wash fat off in sieve and dry)
3/4 cup dehydrated veggies of choice
(I use extra onion flakes & dried soup mix veggies from store or make your own)
1 package of onion soup mix
(or gravy mix which will thicken the mixture)
spices to taste, parmesan cheese to garnish

At meal time: Put about 3 cups of water in pot with veggies & burger when hot and ready to eat add potatoes and soup mix...add extra water to thin, or potatoes to thicken. Garnish with Parmesan cheese!

Dessert:

Pudgy Turtles

Ingredients

Pillsbury Crescent Dough
Pecans or Walnuts Crushed
Chopped up Caramel Squares
Chocolate Chips

1. Take Triangle of Dough fill with nuts, chopped caramel squares, and chocolate chips.
2. Then fold dough over sealing it on two sides by pressing together.
3. Wrap in tin foil sprayed with Pam and put into fire for about 10 to 15 minutes.
4. Unwrap when golden brown let cool for a few minutes and enjoy!

Omelet in a Bag

Recipe Ingredients:

- 2 Large Eggs
- sausage, bacon or ham
- any of your favorite omelet veggies
- shredded cheddar cheese
- salt and pepper to taste

Cooking Instructions:

Crack eggs into a ziplock bag. Add shredded cheese, meat, veggies, salt and pepper to taste. Put baggy in a pot of boiling water for about 5 to 10 min. Then just cut bag off and enjoy!

Tacos in a Bag

Recipe Ingredients:

- 1 pound lean ground beef
- 1 (1 ounce) package taco seasoning mix
- 4 (2.5 ounce) packages corn chips
- 2 cups shredded lettuce
- 1 chopped tomato
- 1 cup shredded cheddar cheese
- 1/3 cup salsa
- ½ cup sour cream

Cooking Instructions:

Place ground beef in large pan, cook and stir over medium heat until brown. Drain excess off oil and mix in the taco seasoning and prepare according to the directions on the package. With the bags unopened, gently crush the corn chips. Snip two corners off the bags using scissors and slit open bags along the side edge. Spoon equal amounts of the beef mixture, lettuce, tomato, cheddar cheese, salsa and sour cream into the bags on top of the corn chips. Serve in the bag and eat with a fork.