



HARVEST
HOSTS

50 Simple & Easy RV Camping Recipes

AND BONUS



Introduction

When you travel in an RV, one of the biggest perks is the opportunity to bring an entire kitchen along with you. This allows travelers to save money while on the road since they have the ability to prepare meals from their camper. For those who enjoy cooking, it can be a great way to unwind and relax, while also creating something delicious. For those who do not enjoy cooking, finding simple and yummy recipes is often the key to cooking more meals at home.

Every RV kitchen is different. Some may come with more upgrades and features. Certain pieces of equipment are standard to most RV kitchens. These include a refrigerator, a sink, a stovetop, an oven, and cabinets and drawers for storage. Other RVs may also include a microwave or convection oven and other handy upgrades.

RV kitchens also differ in the amount of space. Some are rather small with little counter space, while others are larger with entire islands and even a built-in pantry. Even the largest RV kitchens are still quite small in comparison to kitchens found in a traditional home. This can make cooking a challenge. Less storage space often means many RVers have to pick and choose between their favorite kitchen appliances when packing for a trip. Less pantry and refrigerator space also means that most RVers must make do with limited ingredients.

All of this leads many RVers to prefer to stick to simpler recipes when cooking in their RV kitchen. Nonetheless, no matter which features your RV kitchen has, there are plenty of meals you can easily prepare with minimal equipment and limited ingredients. Many RVers even prepare rather complex meals in their tiny kitchens. Here, we are going to learn all about the basic tips to cooking in an RV kitchen, as well as the basic tools that are recommended for cooking in your RV. Included are over fifty delicious and simple recipes to have you cooking excellent food in your RV in no time.



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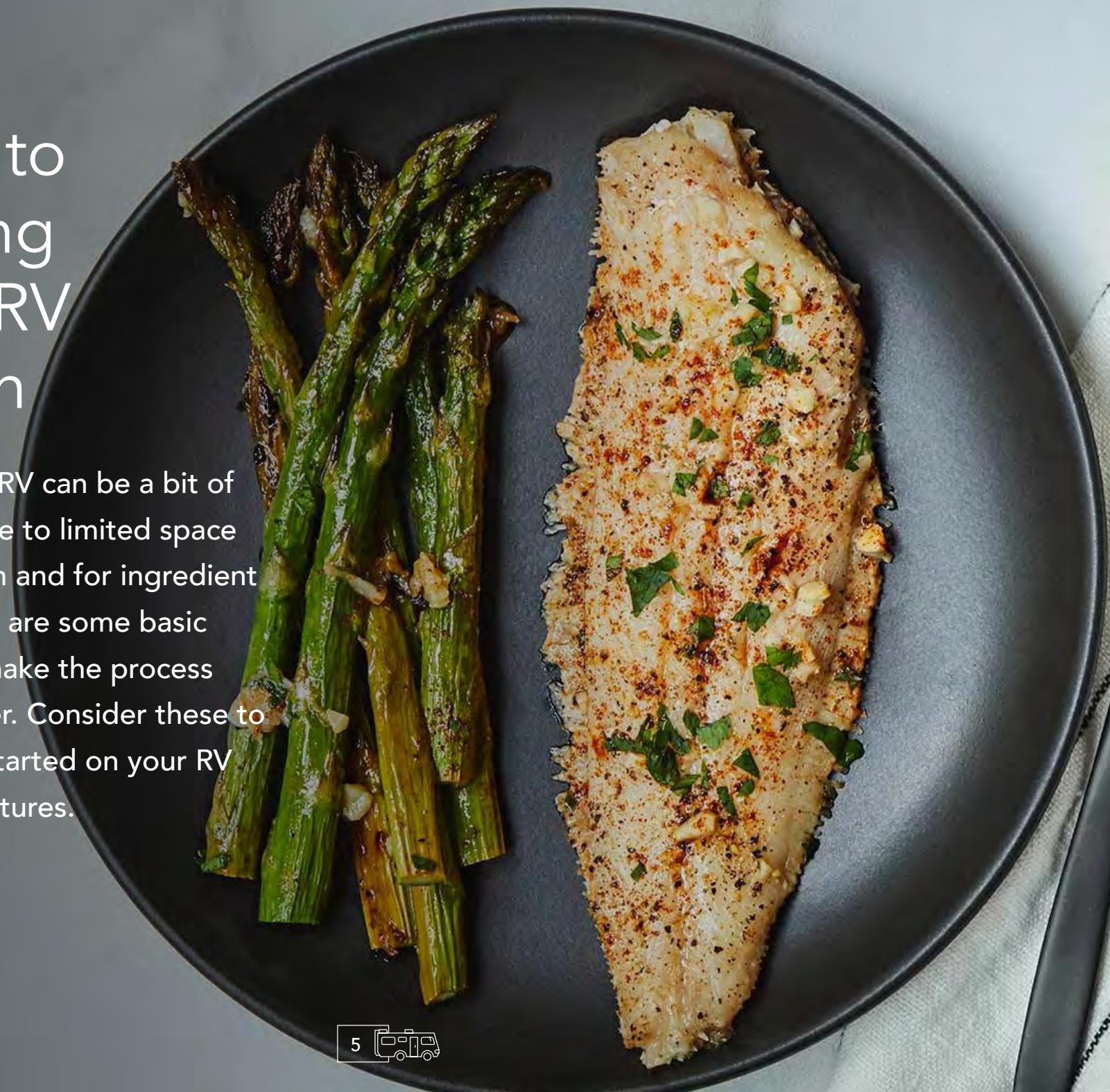
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Guide to Cooking in the RV Kitchen

Cooking in an RV can be a bit of a challenge due to limited space for preparation and for ingredient storage. There are some basic tips that can make the process much smoother. Consider these to help you get started on your RV cooking adventures.



1. Utilize multiple surfaces

Because counter space is likely limited, it's important to be willing to utilize other spaces when cooking more complicated meals. Consider spreading out to use the kitchen table as a workspace or utilizing any sort of pull-out cutting board or countertop extension. The kitchen table can also be a great place to chop vegetables or meat on a separate cutting board. If you do end up using multiple surfaces, just be sure to sanitize each before and after you are finished.

2. Pull out ingredients before starting

RVers without a dedicated pantry often store their dry ingredients in cabinets. While organizational tools such as shelves and lazy Susan devices can make accessing these ingredients easier, it is still a bit of a challenge to pull ingredients out in the middle of creating a recipe, especially if you have to dig for them. To make things easier, locate all ingredients ahead of time, and organize them together on the counter. Once you have your ingredients ready, you may begin cooking.

3. Minimize mess

Cooking in a messy kitchen can make the process so much more stressful. Be sure to start with a clean kitchen with an empty sink. This will help to ensure there is

plenty of space for dirty dishes. In addition, wipe your countertops and table down before and after you cook for a cleaner kitchen and cooking environment. Cleaning when you are all done will also give you a head start for the next time you cook.

4. Clean as you go

In a small kitchen, mess and clutter can make it feel even smaller! To help combat this, try cleaning as you go. If you are not going to use a dish anymore, put it in the sink to wash later. If you are finished with a certain ingredient, put it away. If you have down time while a certain part of the meal is cooking, clean up during that time. This way, you have a clean kitchen once you are ready to eat.

5. Wash dishes after each meal

Very few RVs come equipped with a dishwasher, which means that hand washing dishes is an unfortunate necessity. However, hand washing dishes is made even more difficult when the dishes are allowed to sit for long periods of time, as the dirt and old food dries to the surface. Wash dishes after each meal to enjoy an easier dishwashing practice, and set your dishes out on a drying rack to air dry before putting them away.

6. When making multiple courses/dishes, use different cooking stations

If you are making a meal with a few different sides, consider using a few different cooking stations. For instance, say you are making chicken with green beans and potatoes. To avoid trying to cook all of this on a small stove, consider roasting the chicken in the oven, and cooking the green beans on the stove. You could then also cook the potatoes on the stove, or bake them in the oven, or use a kitchen appliance to cook them, depending on your preference. Using a few different stations will help to simplify your cooking process and make things go a bit smoother.

7. Cook outside if you can

Cooking outside can be a great way to enjoy your campsite while simultaneously minimizing mess. It can also be an excellent way to avoid heating up the RV interior in the hot summer months. Consider packing a portable propane grill or even a newer Blackstone appliance grill for outdoor cooking use. If you'd rather cook outside the old fashioned way, you can also try one of many popular campfire recipes. See below for awesome outdoor recipes to try.

Please note that certain boondocking and overnight camping sites do not allow outdoor cooking or open fires. Please check with the property owners before cooking outdoors.

8. Utilize cooking appliances if you have them

If your RV kitchen has the space, consider bringing along a helpful cooking appliance with you. The InstantPots, standard slow cookers, and air fryer appliances are all popular choices in an RV. These small devices take up some counter space, but they often perform the functions of many different appliances and can make cooking much simpler. In addition, they can prepare meals quickly and efficiently, while saving time and energy. Just be sure that your electrical hookup has enough wattage to run one of these, and consider running your generator if you are boondocking.

RV cooking is not as complicated as it may seem to some. With a few useful tips and tricks to make it easier, you can find yourself cooking delicious meals from your RV kitchen in no time.

Tools Needed to Get Started

Now that you are armed with an arsenal of RV cooking tips, you'll need to know which kitchen items to pack for your upcoming trip. Because your RV kitchen is not as large as your traditional kitchen, it's not quite possible to bring along all the things you typically find in a kitchen. This list is very versatile and should help you know where to begin. Keep in mind that this list is not all-inclusive, and some people may prefer to leave some of these items at home, while others may pack these items and more. Factor in your RV kitchen size, what will properly fit, and what you will actually use when on a trip. Then get to work packing out your rig and preparing for your next voyage!

Dishes

In order to make and serve many of these recipes, you need to have a certain set of essential dishes on hand. See the list below to know which basic essentials to pack. Keep in mind that many of these items are just suggestions and may not be needed by everyone. There are certain things you may need outside of this list. This offers a great place to start.

Serving

- Large plates
- Small plates
- Bowls
- Forks
- Knives (steak and butter)
- Spoons (small and large)
- Mugs
- Cups
- Serving bowls

Cooking

- Large stockpot
- Small pot
- Cookie sheet
- Large frying pan
- Small frying pan

- Large casserole dish
- Serving spoon
- Wooden spoon
- Metal spatula
- Ladle
- Slotted spoon
- Whisk
- Pizza cutter
- Tongs
- Measuring cups
- Measuring spoons

Misc. Storage Items

- Tupperware containers
- Tin foil
- Plastic wrap
- Small ziploc bags
- Gallon ziploc bags

Ingredients

While each of the recipes below is equipped with its own list of ingredients, there are some essential ingredients that are necessary for almost any cooking arsenal. Other things are just nice to have while traveling. Of course, everyone's ingredient list is going to look different, but this is a great place to start.

Dry Food

- Olive Oil
- Vegetable oil
- Salt and pepper
- Onion powder, garlic powder, dried herbs, and any other of your favorite spices
- Vinegar
- Coffee/tea
- Sugar
- Flour
- Canned foods (beans, tomatoes, etc)
- Pasta
- Ramen
- Bread
- Wine/Beer
- Chocolate/marshmallows/graham crackers
- Snacks

Perishables

- Meats
- Cheeses
- Vegetables
- Eggs
- Milk
- Creamer
- Condiments

Appliances

Kitchen appliances are not essential to cooking in an RV, but they sure do make it much easier! Easy slow cooker meals are just as doable in an RV as they are in a house, and the same goes for meals made in the Instantpot, the Ninja Foodi, or any other small kitchen appliance that you favor. Just be sure to factor in available space, and only bring what you have room for and what you will actually use. When packing for your next trip, consider any of the following appliances to make your meal prep much simpler.

- Waffle Maker
- Coffee Pot/Keurig
- Slow cooker
- Griddle
- InstantPot
- Air Fryer
- Rice maker
- Blender
- Toaster
- Popcorn maker
- Outdoor grill or Blackstone grill

Once you are equipped with all the right tools, it's time to get started!

Recipes

While there are an endless amount of meals that can be created in an RV, these recipes serve as an awesome place to start. Here you can find how-tos for breakfast, lunch, dinner and dessert, with an addition of campfire meals, slow cooker meals, soups and salads, and some recipe favorites by Harvest Hosts members. Most of these recipes take under an hour to create and can be prepared fairly easily in an RV. For an awesome list of recipes that will have you enjoying delicious camp meals in no time.



Breakfast is one of the best meals of the day! It can be truly essential before heading out for a day of exploration and outdoor activities. You can save a lot of money making healthy and hearty meals at home, let's get started!

BREAKFAST

Steak Tips and Eggs

This delicious and protein-packed breakfast is sure to fill you up and fuel your adventures! Serve with a side of roasted potatoes and/or toast for an even more satisfying meal.

Ingredients

- 12 oz steak, cut of choice, cut into cubes
- ½ yellow onion, sliced thinly
- 1 tbsp vegetable oil of choice
- 1 tsp freshly ground black pepper
- 1 tsp kosher salt
- 2 tbsp butter
- 4 fresh eggs
- Roasted potatoes and/or buttered toast (for serving)

Directions

1. In a large skillet over medium heat, add your oil. Once the oil is warm, add the onions into the pan. Lightly season with salt and pepper. Cook until soft, about 4-5 minutes
2. Add the steak into the pan, sprinkling evenly with salt and pepper. The steak can be cooked to whatever level of doneness you prefer.
3. Finish the steak and plate it, leaving it to rest for at least 5 minutes.



4. Wipe the pan used for steak and bring it back to a lower medium heat. Melt the butter in the pan.
5. Crack 4 eggs into the pan and let them cook for about 90 seconds. Then, using a metal spatula, flip each egg individually, being careful not to crack the yolks. If you would prefer a more well-done egg, you can pierce the yolks and let them cook entirely before plating them.
6. Season eggs with salt and pepper, and slide two onto each plate. Serve with steak, and/or roasted potatoes and buttered toast (optional). Enjoy!

Servings: 2



Bacon Breakfast Burritos

This delicious breakfast involves a few different steps, but has a delicious pay-off. These can also be made ahead of time and heated in the oven (wrapped in foil) or in the microwave (wrapped in a moist tea towel or paper towel). Feel free to sub in sausage or any other of your favorite breakfast meats in place of bacon. You'll definitely want to make this one more than once!

Ingredients

- 4 large tortillas
- 8 strips of bacon, diced
- 1 tbsp olive oil
- ½ small yellow onion, sliced
- 1 red bell pepper, diced
- 1 seeded jalapeño, diced (optional)
- 6 large eggs
- ½ cup milk
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper
- ¼ tsp chili powder
- 1 cup cheddar cheese, shredded
- Salsa, sour cream, and guacamole for serving (optional)

Directions

1. Begin cooking your strips of bacon. This can be achieved by either pan frying them until crispy or laying them flat on a baking sheet and cooking them at 350 degrees for about 15-20 minutes.
2. Meanwhile, heat a large skillet over medium heat. Add the oil, onion, bell pepper, and jalapeño. Cook until soft, stirring frequently, about 5 minutes.
3. Crack the eggs into a bowl and whisk them until smooth. Add in the milk and all spices, stirring until everything is incorporated.
4. Pour the egg mixture into the softened vegetable mixture, whisking constantly to keep the eggs from sticking to the pan. Cook until the eggs are firm and no longer runny.
5. Meanwhile, warm the tortillas in the microwave for 15 seconds or by setting them over a warm pan for about 30 seconds. This will make them much easier to wrap.
6. Sprinkle $\frac{1}{4}$ cup of cheese onto each tortilla, and top with two strips of cooked bacon.
7. Evenly divide the egg and vegetable mixture between the four tortillas, and wrap and seal each burrito.
8. In a large skillet over medium heat, grill each burrito with the flat side down to create a seal. Serve with any assortment of salsa, sour cream, and/or guacamole.



Sausage, Pepper and Onion Breakfast Casserole

Do you have a fun and early adventure planned for tomorrow? This is the perfect make-ahead recipe for that fun morning activity you have planned. Let's dig in!

Ingredients

- 1 lb ground sausage
- 1 tbsp butter
- 1 tbsp olive oil
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 medium onion, diced
- 10 large eggs
- 1 cup milk of choice
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper
- $\frac{1}{2}$ tsp garlic powder
- 1 cup shredded cheese of choice (white cheddar and colby jack are both awesome!)

Directions

1. In a skillet over medium heat, cook the ground sausage and crumble it as you cook until it is browned.
2. Using a slotted spoon, transfer the sausage to a plate lined in paper towels.
3. Leave the remainder of the sausage grease in the skillet, and add the butter and olive oil to the pan.
4. Stir in the vegetables and allow them to cook until they are soft and fragrant, about 5-7 minutes.
5. Meanwhile, whisk the eggs together, and stir in the milk and the spices.
6. Mix the sausage and vegetable mixture together in a greased 13"x9" pan.
7. Stir in the cheese, and pour the egg mixture overtop.
8. When you are ready to cook the dish, preheat your oven to 350 degrees, and cook the dish for 45-60 minutes until the eggs are firm and fully cooked. This will vary oven by oven, but be sure a fork or toothpick comes out clean from the center of the dish.
9. Slice and serve!

Servings: 6.



Southwest Vegan Breakfast Skillet

This hearty breakfast meal is protein-filled, filling, and awesome for anyone eating a plant-based or vegetarian diet. Feel free to add in some eggs and/or cheese if you are not a strict vegan.

Ingredients

- 2 peeled and diced red potatoes or sweet potatoes
- 1 tbsp kosher salt
- 2 tbsp olive oil or avocado oil
- 1 jalapeño, diced
- 1 cup red onion, diced
- 1 medium green bell pepper, diced
- 1 15-oz can black beans, drained and rinsed
- 3 tbsp fresh cilantro, chopped finely
- ½ lime, juiced
- ½ tsp salt
- ½ tsp paprika
- ¼ tsp black pepper
- ½ tsp garlic powder
- ½ tsp cumin
- For garnish: avocado slices, chopped cilantro, chopped green onion, salsa, vegan cheese, hot sauce (vegan)
- For garnish/topping: shredded cheese, over-easy egg (vegetarian)

Photo courtesy: crowdedkitchen.com



Directions

1. Fill a pot with water and add 1 tbsp salt, bringing it to a boil.
2. Once boiling, add the potatoes, and cook until they are somewhat tender but not entirely cooked (about 6-8 minutes). Drain and set aside.
3. Heat a large skillet over medium heat, and add the oil. Sauté the onion and bell pepper until soft, for about 5-7 minutes.
4. Add the jalapeño, and cook for an additional 2-3 minutes, stirring frequently.
5. Add the potatoes and spices to the pan, stirring constantly. Allow the potatoes to come to a slight crisp.
6. Add the lime juice, cilantro and beans, cooking the entire dish for an additional 4-5 minutes.
7. Top with vegan or vegetarian toppings, and dig in!

Serves 2-3.

Stovetop Oatmeal

This meal is so simple, yet so satisfying. The recipe is for the plain stovetop oatmeal itself, while the additional add-ins will flavor it, depending on your preference. The oats can also be made ahead of time, with mix-ins added right before you consume it.

Ingredients

- 1 cup old-fashioned or rolled oats
- 2 cups water
- $\frac{1}{2}$ cup milk
- Dash of salt
- Toppings and add-ins - any combination of the following:
 - Mixed berries: strawberries, blueberries, raspberries
 - Sliced bananas + sliced almonds
 - Sliced apples + sliced walnuts + cinnamon
 - Peanut butter and honey
 - Maple syrup + brown sugar
 - Sliced peaches + honey granola



Directions

1. In a medium pot, bring the water to a boil and reduce the heat to medium.
2. Stir in the oats and dash of salt, and cook for about 4 minutes, until the water is absorbed.
3. Dish oatmeal into two bowls, adding $\frac{1}{4}$ cup milk to each bowl, plus toppings of choice.

Serves 2



Farmer's Omelettes

Omelettes are a breakfast classic, but for some, they are difficult to perfect. This recipe is a traditional German take on a classic, filled with a variety of breakfast meats, cheese, and vegetables. Be sure to prep your ingredients before cooking the omelette!

Ingredients

- 3 potatoes, diced
- 4 slices bacon, cooked and crumbled
- 2 sausage links, browned and crumbled
- 1 tbsp butter
- $\frac{1}{2}$ cup onion, diced
- $\frac{3}{4}$ cup mushrooms, sliced
- $\frac{1}{2}$ tsp salt, plus 1 tsp (divided)
- $\frac{1}{4}$ tsp pepper
- 4 eggs, scrambled
- Sour cream and cheese for garnish (optional)
- Avocado, sliced (optional)

Directions

1. Bring a medium-sized pot of water to a boil, adding in 1 tsp salt and stirring until it dissolves.
2. Once boiling, stir in the potatoes and cook for 10 minutes. Then drain the water and remove the potatoes.
3. In a medium skillet over medium heat, add butter and potatoes, sprinkling generously with salt and pepper. Continue stirring every 1-2 minutes until potatoes are crispy. Set aside.
4. Heat another large skillet over medium heat, and add butter. Stir in the onion, cooking until it is soft and translucent, about 4 minutes.
5. Add the mushrooms, continuing to cook for another 2 minutes or so. Mix in the crispy potatoes and cooked meats.
6. Scramble the eggs in a medium bowl and pour over vegetable and meat mixture. Allow the egg to cook and start to set without any additional stirring.
7. Flip the entire omelette after about 3-4 minutes. It should move as one solid piece.
8. Cook for an additional 2 minutes before sliding onto a plate. Top with sour cream and/or cheese if desired, along with avocado.

Note: This serves 2 adults, but each omelette should be cooked separately for best results. Therefore, ingredient amounts must be halved for each individual omelette.

A large submarine sandwich is the central focus, filled with meat, cheese, lettuce, and onions. It is served on a white plate. The sandwich is cut in half, showing its layers. The bread is crusty and golden brown.

While cooking breakfast and dinner may be fun, many people prefer to do something quick and easy for lunch. Some of these recipes are easily packable for daytime hikes and adventures, while others are great for a quick lunch at home. There are also several different types and varieties of cuisines listed here. Below, you will also find salad and soup recipes, which can also be made for lunch if you want to switch things up.

LUNCH

Classic Italian Sandwich

There's nothing like a well-made Italian sandwich, and making them at home is easier than you'd think. This is the perfect meal to bring as a picnic or on a day trip to a national park. Follow along for a classic recipe, and feel free to substitute or hold any ingredients you don't enjoy.

Ingredients

- 1 large French baguette
- 4 tbsp mayonnaise
- 6 slices hot dry capocollo
- 6 slices pepperoni
- 6 slices hard salami
- 6 slices sharp provolone cheese
- 6 large slices of tomato
- 3 large lettuce leaves
- $\frac{1}{4}$ cup thin sliced red onion
- $\frac{1}{4}$ cup banana pepper slices
- 1.5 tbsp olive oil
- 1 tbsp white vinegar
- $\frac{1}{2}$ tsp oregano
- Salt and pepper to taste



Directions

1. Slice the baguette lengthwise, being careful not to cut all the way through it. Spread the mayo evenly over the surface of the bread.
2. Line the bottom half of the bread with lettuce leaves, and top with slices of tomato.
3. Line the top half of the bread with cheese, and top with salami, followed by capocollo and finished with pepperoni.
4. Sprinkle the red onion and banana peppers evenly over the sandwich. Mix the oil, vinegar and oregano together in a small bowl and drizzle evenly over the rest of the toppings.
5. Finish it off by sprinkling salt and pepper to taste over the sandwich. Cut in half or in quarters, and serve. If you are packing the sandwich, carefully wrap each half in plastic wrap and keep cold until you are planning to enjoy it.

Serves 2-3.

Turkey Club Sandwich

Another favorite sandwich is a traditional club. For many, this is an excellent diner food, but these can also be easily made at home. Be sure to toast your bread for maximum enjoyment.

Ingredients

- 12 slices white or wheat bread
- ½ cup mayonnaise
- 8 3-4" pieces romaine lettuce
- 8 large slices of tomato
- Salt and pepper to taste
- 16 slices of bacon, cooked
- 16 slices oven roast turkey
- 8 slices provolone cheese
- Avocado slices (optional)
- 16 toothpicks

Directions

1. Lightly toast bread slices in a toaster, a pan over low heat, or on individual racks in the oven (350 degrees for 4-5 minutes, turning halfway through).
2. Assemble sandwiches, starting by arranging 3 slices of bread in a row. Spread mayonnaise evenly across all 3 bread slices.



3. Place a slice of lettuce and a slice of tomato onto the first 2 slices of bread. Salt and pepper the tomato. Then top each with 2 slices of turkey, 2 pieces of bacon, and one slice of cheese. Add salted avocado slices if desired.
4. Place the middle piece of bread (topped with vegetables and meats) onto the first slice of bread (also topped with vegetables and meats). Top the sandwich with the final slice of bread.
5. Cut in half diagonally, and stick 2 toothpicks into each sandwich half. Serve immediately with chips and a pickle, or wrap each sandwich half in plastic wrap for a picnic lunch later.

Serves 4.

Waldorf Chicken Salad Wraps

Another classic lunch, chicken salad wraps are easy and delicious. Tortillas can be swapped out for large slices of lettuce for a keto lunch (hold the grapes if you are eating low carb). For an added twist, use spring mix or spinach instead of leaf lettuce inside the wrap. This is another simple and packable lunch.

Ingredients

- 2 cups of cooked and shredded chicken
- ½ cup diced celery
- 2 green onions, sliced thinly
- ½ cup pecan halves, chopped
- 1 cup quartered red grapes (optional)
- ½-¾ cup mayonnaise (depending on preference)
- 2 tbsp fresh dill or ¼ tsp dried dill
- ¼ tsp black pepper
- ¼ tsp garlic powder
- ½ tsp salt
- Juice of ½ lemon
- 4 pieces of lettuce
- 8 slices of tomato (optional)
- 4 tortillas or large, round lettuce leaves



Directions

1. In a large bowl, combine chicken, pecans, green onions, celery, and grapes (if using). Stir together until everything is incorporated.
2. In a medium bowl, combine mayonnaise, lemon juice, and spice and mix together. Pour the dressing over the chicken mixture, and stir well.
3. Spread chicken salad over tortillas or lettuce leaves evenly. If using tortillas, apply lettuce and optional tomato slices. Wrap tightly and slice in half.
4. Serve immediately, or wrap tightly and save for a picnic lunch.

Serves 4.

Classic Charcuterie

This is another awesome and simple meal that is both delicious and aesthetically pleasing. It can be eaten for lunch or dinner, but also makes for an awesome and packable lunch. Hold the bread, crackers and fruit to make this meal keto-friendly, and hold the meat for an awesome vegetarian meal. Charcuterie is so versatile, and the ingredient lists can be combined in any way to create a delicious and beautiful spread. Pack an awesome serving board and choose local and seasonal ingredients to really level this meal up.

Ingredients

- Meats: sliced prosciutto, sliced salami, sliced pepperoni
- Cheese: cheddar cheese, goat cheese, bleu cheese, brie cheese, assorted hard cheeses, etc.
- Fruits: strawberry slices, apple slices, pomegranate seeds, raspberries, grapes, blueberries
- Spreads and sauces: fig jam, onion jam, honey, chocolate spread, flavored olive oils
- Textured items: olives, pickles, cashews, almonds, pistachios, small candies
- French bread slices (optional)
- Assorted crackers (optional)



Directions

1. Arrange your preferred assortment of meats, cheeses, fruits, vegetables, spreads, toppings, and bread/crackers on a serving board. Don't forget to add spreaders and spoons for serving.
2. Enjoy!
3. Serving size is versatile, depending on the amount of food used to create the board.

Skillet Flatbread Pizza

This simple recipe is an excellent shortcut for a quick pizza/flatbread meal. Use store-bought flatbread pieces or even naan bread or pita in place of flatbread, depending on what you have on hand.

Ingredients

- Cooking spray
- 4 pieces of flatbread
- 1 cup sauce of choice (tomato, pesto, garlic cream sauce, etc)
- 2 cups shredded cheese (mozzarella and parmesan work best)
- Optional meat toppings: pepperoni, cooked chicken, crumbled ground sausage or beef, chopped ham
- Optional vegetable toppings: sliced mushrooms, sliced tomato, spinach, sliced onions, banana peppers, sliced bell peppers, halved olives, etc.
- Optional herb toppings: italian seasoning, garlic powder, onion powder, basil, salt and pepper

Directions

1. Heat a large skillet over medium heat, and spray a generous amount of cooking spray.
2. Add flatbread to the pan and cook for about thirty seconds, flipping it over to the other side.



3. Cover flat bread in sauce of choice as it is heating, spread sauce evenly over the bread. Top with cheese and vegetables/meats of choice. Top with herbs of choice
4. Cover and cook on low heat until cheeses melt, being careful not to burn the bottom of the flatbread.
5. Remove from the pan with a metal spatula. Slice and serve hot and fresh.



Mason Jar Ramen

Instant ramen is a delicious comfort food, but many people are wary of its high sodium content. Making your own instant noodle jars is an easy and delicious way to enjoy this favorite meal without all the added salt and processing. These cups are versatile and reheat easily for a simple, quick lunch. They can also be made prior to your trip and quickly reheated by simply adding hot water to each jar. These work best with 16-ounce jars. Be sure to consume ramen within 3-4 days of creating the jars for best freshness.

Ingredients

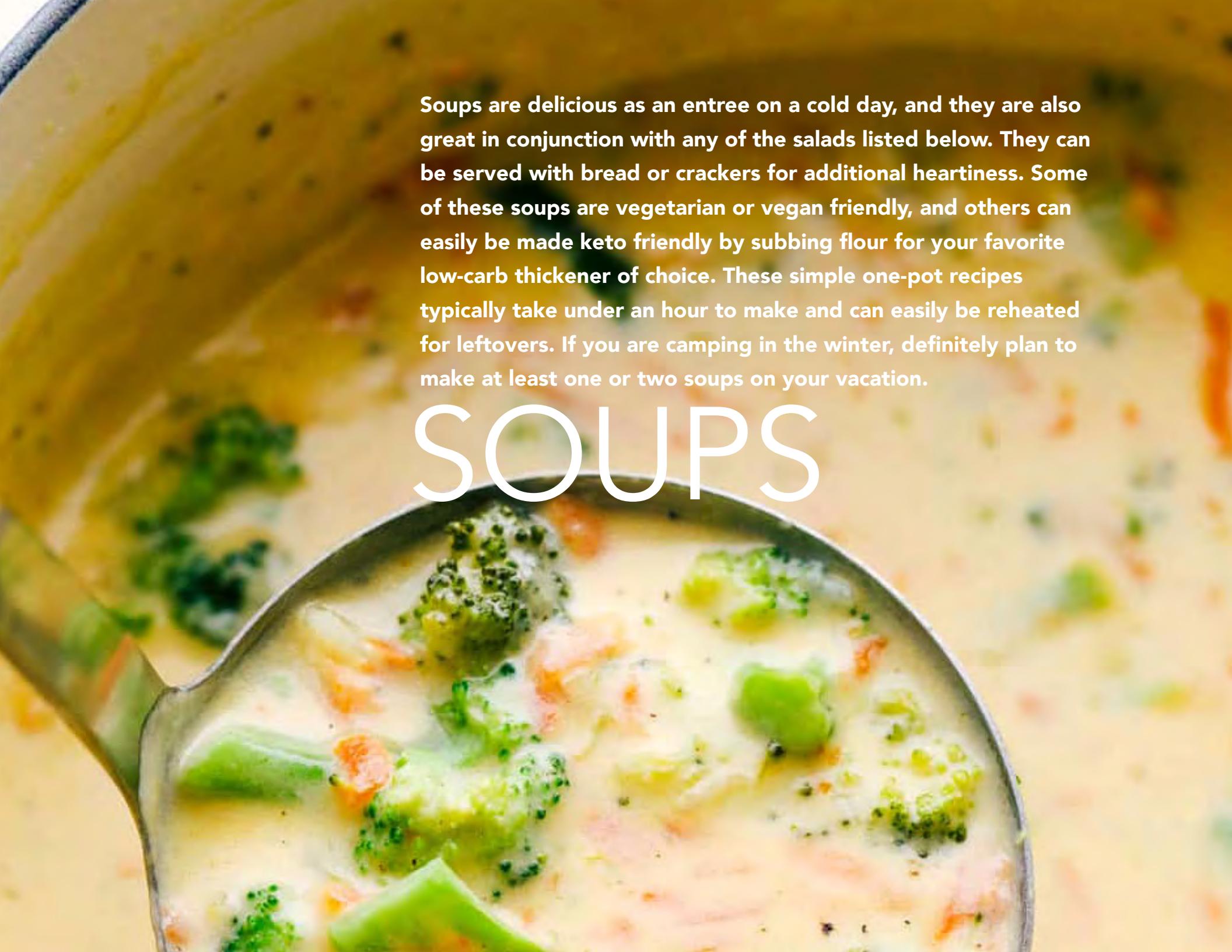
- 1-3 tbsp flavoring base: soup stock base (chicken, beef, vegetable, etc), curry paste, bean paste, miso paste, etc.
- 1-3 tbsp additional flavor bonus: chili oil, soy sauce, ginger paste, minced garlic, sesame oil, sriracha

- $\frac{1}{2}$ -1 cup filler ingredients of choice: diced tofu, diced cooked meats (chicken, beef, shrimp, etc), cooked or frozen vegetables (corn, diced carrots, sliced mushrooms, jalapeno slices, spinach), kimchi, hard-boiled or soft boiled eggs
- $\frac{3}{4}$ -1 cup cooked noodles of choice: yakisoba or ramen noodles, udon, rice noodles, shirataki noodles, zoodles (zucchini noodles)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup fresh ingredients for topping: seaweed slices, green onion slices, fresh cilantro, fresh bean sprouts

Directions

1. Assemble the jars by starting with the soup base and any flavor add-ins at the bottom.
2. Add the filler ingredients above the soup base, and top with noodles.
3. Place the fresh ingredients at the top of the jar, and seal tightly with a lid.
4. When you are ready to enjoy, add boiling water, filling to the top of the jar. Stir the ingredients around well. Serve hot, and enjoy with a fork or chopsticks.

1 jar per person.



Soups are delicious as an entree on a cold day, and they are also great in conjunction with any of the salads listed below. They can be served with bread or crackers for additional heartiness. Some of these soups are vegetarian or vegan friendly, and others can easily be made keto friendly by subbing flour for your favorite low-carb thickener of choice. These simple one-pot recipes typically take under an hour to make and can easily be reheated for leftovers. If you are camping in the winter, definitely plan to make at least one or two soups on your vacation.

SOUPS



Broccoli Cheddar Soup

Broccoli cheddar soup is a long-time favorite soup, and it is also vegetarian friendly. Substituting the flour thickener can easily make this a keto or low-carb friendly soup as well. Serve as a main course or as an appetizer on a chilly fall or winter day.

Ingredients

- 2 tbsp butter
- 1 white onion, chopped
- 1 stalk celery, chopped
- 1 tbsp garlic (3 cloves)
- ¼ cup flour
- 3 cups stock (chicken or vegetable)
- 2 cups broccoli florets, chopped
- 1 cup carrots, matchstick or thinly sliced
- ½ tsp smoked paprika
- ½ tsp mustard powder
- ½ tsp white pepper
- 2 cups half and half
- 2 ½ cups sharp cheddar cheese
- Salt to taste

Directions

1. Melt the butter in a large stock pot over medium heat. Add the onion and celery, and sauté until both are translucent, about 4-5 minutes. Add the garlic and allow it to cook for 1-2 minutes.
2. Whisk in the flour, and let the flour and vegetable mixture cook for 1-2 minutes, stirring constantly and being careful not to burn it.
3. Slowly pour in the stock, whisking constantly to allow the flour to incorporate into all the liquid.
4. Simmer the soup on low for about 20 minutes. Add the carrots, broccoli, half and half, and spices, mixing well. Continue cooking the soup for another 10-15 minutes.
5. Stir in cheese, whisking constantly until all has melted. Add salt to taste, and serve hot with a hearty sliced bread.

Serves 6-8.

Chicken Noodle Soup

Chicken noodle soup is another homestyle classic that warms you right to the soul. Hearty chicken stock really sets the tone for the dish, so be sure to start with something high quality. This is the perfect meal for a snowy winter's day or a day out hitting the slopes.

Ingredients

- 2 tbsp butter
- 1 white onion, diced
- 2 stalks of celery, chopped
- 2 large carrots, peeled and diced
- 3 cloves garlic, minced (1 tbsp)
- 8 cups high-quality chicken stock
- 3 bay leaves
- 3 sprigs fresh thyme or $\frac{1}{2}$ tsp dried thyme
- Salt and pepper to taste
- 2 lbs boneless, skinless chicken breasts
- 2 cups egg noodles
- 2 tbsp chopped fresh parsley leaves

Directions

1. Melt the butter in a large stockpot over medium heat. Add the onion, celery, and carrot, and cook until they are soft, about 4 minutes. Add the garlic and continue to cook for another minute.



2. Stir in the chicken stock, bay leaves, thyme, and salt and pepper. Add the chicken breasts, and bring everything to a boil. Cover and simmer for about 45 minutes, or until the chicken is thoroughly cooked.
3. Remove the cooked chicken from the pot, and shred with 2 forks, returning to the pot and stirring to incorporate it. Add the noodles to the soup and allow them to cook for 7-8 minutes.
4. Stir in fresh parsley and serve hot with a crusty, rustic bread.

Serves 8.

Tomato Soup

There's nothing like a classic grilled cheese with a side of tomato soup. This soup is so easy and can be made using canned, crushed tomatoes or even fresh. For simplicity, we're going to go with canned tomatoes for this recipe. This is the perfect lunch or dinner for anyone short on time or if you are just wanting to make something simple.

Ingredients

- 2 tbsp butter
- 1 large yellow onion, chopped
- 3 garlic cloves, minced (1 tbsp)
- 1 28-oz can crushed tomatoes
- 1 cup chicken broth (vegetable broth to keep it vegetarian)
- 1 cup half and half
- 1 tsp dried oregano
- ½ tsp black pepper
- Salt to taste
- 1 bay leaf
- Grilled cheese (optional)

Directions

1. Melt the butter in a large stockpot over medium heat. Add the onion, and cook until it is



translucent, about 4-5 minutes. Add the garlic, and cook for an additional minute.

2. Add the canned tomatoes, broth, and spices, bringing the soup to a simmer and cooking for about 15 minutes.
3. Remove the bay leaf, and use an immersion blender to blend the soup to your desired consistency. A regular blender will also puree everything, but you will have to work in batches. If you do not have either item packed with you, the soup will still turn out just fine, but it will not be as smooth.
4. Serve hot with grilled cheese or a crusty bread.

Serves 6.



Minestrone Soup

Minestrone soup is a classic Italian soup, made with a variety of seasonal vegetables. This recipe is vegan-friendly and makes a large portion, which allows you to have plenty of leftovers. It's hearty and packed with lots of nutrition, so it's the perfect food to enjoy after a day of adventures.

Ingredients

- 3 tbsp olive oil
- 1 large white onion, diced
- 2 stalks celery, chopped
- 2 large carrots, peeled and diced
- 5 cloves garlic, minced (1 ½ tbsp)
- ½ cup tomato paste
- 2 cups of your favorite vegetables (zucchini, fall squash, green beans, etc)
- ½ tsp dried Italian seasoning
- ½ tsp dried basil
- ¼ tsp dried thyme
- ¼ tsp red pepper flakes
- 1 28-oz can diced tomatoes
- 6 cups vegetable broth
- 3 bay leaves
- 1 ½ tsp salt

- ½ tsp black pepper
- 1 cup small pasta of choice
- 1 ½ cups cannellini beans (1 15-oz can drained and rinsed)
- 2 cups chopped greens (kale, collards, baby spinach, etc)
- ½ lemon, juiced
- Parmesan cheese for topping (optional)

4. Remove the lid, and stir in the pasta, beans and greens, cooking for an additional 15 minutes, or until the pasta is tender.
5. Stir in lemon juice, and serve hot, topped with parmesan cheese.

Serves 8.

Directions

1. Heat the olive oil to a large stockpot over medium heat. Add the onions, celery, and carrots, and cook until they are tender, about 4-5 minutes. Stir in tomato paste and garlic, and cook for an additional minute.
2. Add the seasonal vegetables and spices, and continue to cook for another 2-3 minutes, allowing all the flavors to integrate.
3. Pour in the diced tomatoes with their juices and vegetable broth. Add bay leaves, salt, pepper, and red pepper flakes. Cover and bring to a boil, then reduce the heat and allow the soup to simmer for an additional 15 minutes.



Chicken Corn Chowder

Chicken corn chowder is a rich and creamy soup, filled with meat, vegetables, and general goodness. Serve topped with bacon, cheese, and sour cream to really bring it to the next level.

Ingredients

- 1 large yellow onion, diced
- 1 red bell pepper, diced
- 1-2 jalapeños, seeded and chopped finely (optional)
- 5 cloves garlic, minced (1 ½ tbsp)
- $\frac{1}{3}$ cup flour
- 6 cups chicken broth
- 4 medium golden potatoes, peeled and chopped into 1"-sized pieces
- 1 ½ lbs chicken breast
- 3 bay leaves
- Salt and pepper to taste
- 3 cups frozen or fresh corn

- 2 cups half and half
- Green onions, thinly sliced (optional, for serving)
- 6 sliced bacon, cooked and crumbled (optional, for serving)
- Cheese (optional, for serving)
- Sour cream (optional, for serving)

Directions

1. In a large stockpot over medium heat, melt the butter. Add the onion, bell pepper and jalapeño (if using), cooking until the vegetables are tender, about 5 minutes. Add the garlic and cook for an additional minute.
2. Sprinkle flour over the vegetables, stirring well and allow it to cook for 2-3 minutes. Be careful not to burn the flour.
3. Slowly add chicken broth, whisking constantly to properly incorporate the flour and vegetables into the soup. Add potatoes, whole chicken breasts, and bay leaves to the soup. Add salt and pepper to taste.

4. Bring the soup to a boil, and then reduce to lower heat, allowing the soup to simmer, covered, for 30-40 minutes. Remove the chicken from the pot and shred thoroughly. Add the shredded chicken, corn, and half and half back into the soup, allowing it to cook for an additional 10-15 minutes.
5. Serve hot and top with green onions, bacon crumbles, cheese and/or sour cream. Enjoy!

Serves 8.



French Onion Soup

This classic French soup is a bit of a commitment, but it is so delicious and is easily made in an RV kitchen. You can toast the bread in the oven and add it to the soup, or you can use oven safe bowls to broil the soup, topped with bread and cheese. Don't forget your potholders, because this meal is very hot!

Ingredients

- 4 tbsp butter
- 6 large yellow onions, peeled and thinly sliced
- 1 tsp salt
- 2 tsp sugar
- 6 cloves garlic, minced (2 tbsp)
- $\frac{1}{4}$ cup flour
- $\frac{1}{2}$ cup dry white wine
- 6 cups beef stock (or vegetable stock)
- 2 bay leaves

- 5 sprigs fresh thyme or $\frac{3}{4}$ tsp dried thyme
- Salt and pepper to taste
- $\frac{1}{4}$ cup brandy
- Baguette, sliced into 1" thick pieces
- $\frac{1}{2}$ tbsp olive oil
- Grated cheese of choice (Swiss, provolone, or Gruyere work best)

Directions

1. In a large stockpot, melt butter over medium-high heat. Add onions, salt, and sugar, and sauté until they have cooked down and caramelized, about 30 minutes. Covering will allow the onions to caramelize faster. Be sure to stir every 3-5 minutes when the onions initially start to cook, gradually increasing to stirring every minute or so, the sooner they get to caramelization.
2. Add the garlic and cook for 2 minutes. Stir in the flour and cook for an additional minute, then pour in the wine, scraping up anything that has settled to the bottom.
3. Pour the beef stock into the onion and garlic mixture, stirring well to thicken the soup and incorporate all ingredients. Add the bay leaves, thyme, brandy, and salt and pepper to taste, and bring the soup to a boil.

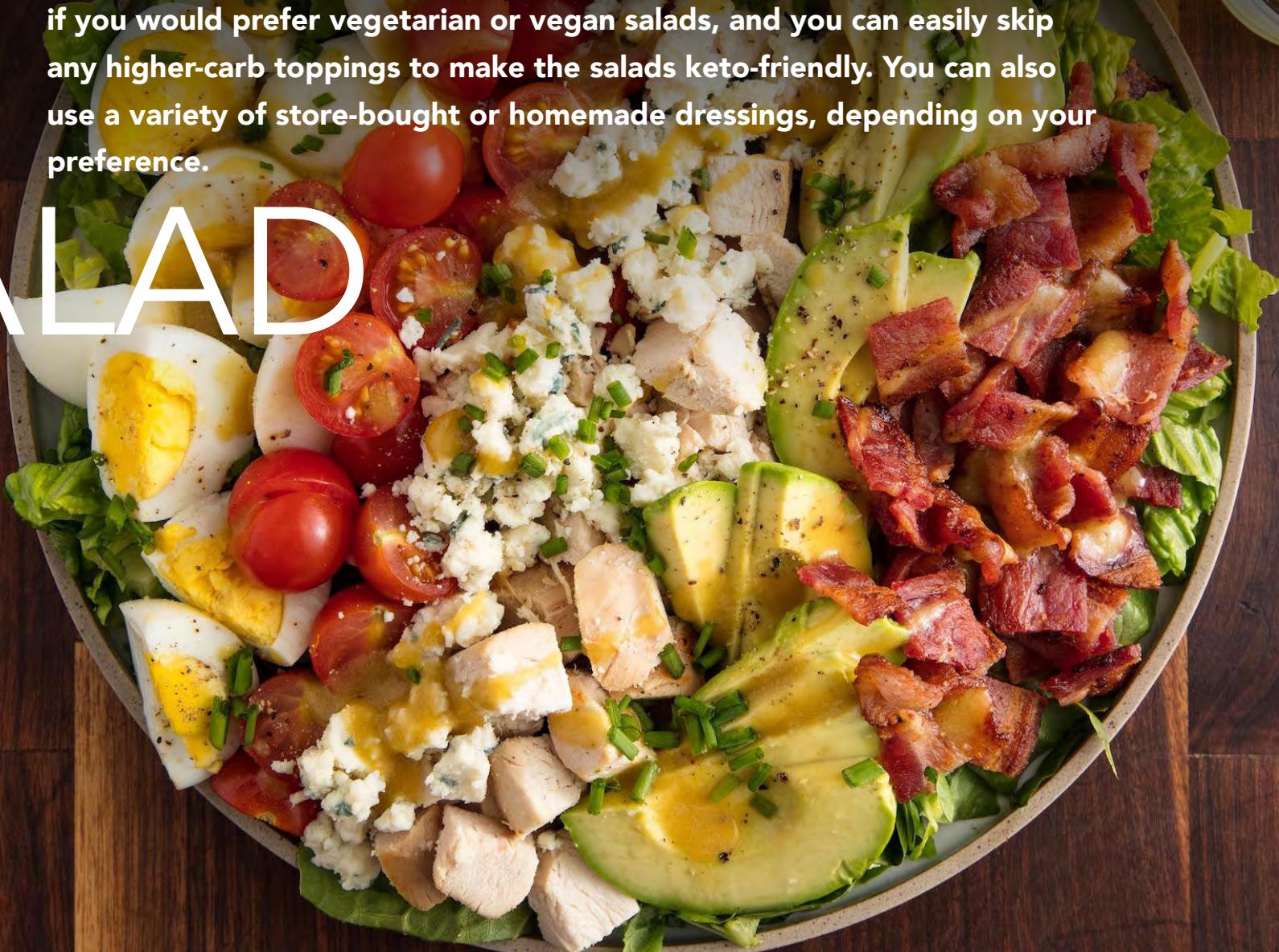
Then, reduce it to a low simmer and cook for at least 15 additional minutes.

4. Meanwhile, preheat your oven to 400 degrees. Brush baguette slices in olive oil and arrange on a pan. Cook for 10 minutes, turning halfway through.
5. Discard bay leaves and thyme sprigs (if applicable), and ladle soup into bowls. Top with crunchy baguette pieces and cover them in cheese. Broil for 2-3 minutes or until the cheese is browned and bubbly. Alternatively, you can add the cheese to the baguette slices while they are in the oven, then just add the cheesy bread to each soup bowl.
6. Serve hot over potholders, being careful of the hot bowls. Enjoy!

Serves 4-6 people.

Salads are awesome as a stand-alone entree or as a side to complement almost any meal. They are great in the summer, when you can easily find fresh produce along your travels. They are also awesome to pack as lunch on-the-go or even as a simple summer meal to enjoy outside at the campground. This list shows a variety of salad options. The meats and cheeses are optional if you would prefer vegetarian or vegan salads, and you can easily skip any higher-carb toppings to make the salads keto-friendly. You can also use a variety of store-bought or homemade dressings, depending on your preference.

SALAD



Chicken Cobb Salad

This classic salad is filling and packed with protein. It's an excellent low-carb friendly meal that is sure to fuel all your upcoming adventures!

Ingredients

- 1 tbsp olive oil
- 1 ½ lbs boneless skinless chicken breasts
- Salt and pepper to taste
- 6 slices bacon, cooked and crumbled
- 1 large head romaine or 2 small heads romaine, roughly chopped
- ½ red onion, peeled and sliced thinly
- 1 ½ cups halved cherry or grape tomatoes
- 2 avocados, halved, peeled, seeded and sliced
- ¾ cup cheese (shredded cheddar or bleu cheese)
- 8 soft-boiled eggs, peeled and halved
- Ranch or oil-vinegar dressing

Directions

1. Heat the olive oil in a large skillet. Salt and pepper both sides of the chicken and sauté on medium for 5-7 minutes on each side. The exact time needed will depend on the thickness of the chicken, be sure to temp the chicken to ensure it has fully cooked (it should reach a minimum internal temperature of 165 degrees).



Alternatively, you can grill the chicken outside if you have a grill. Slice the chicken into strips once it has cooked.

2. Assemble the salad by starting with the romaine base. Top with bacon, red onions, tomatoes, avocado slices, cheese, and eggs.
3. Plate the salad and let everyone add their dressing of choice. Enjoy!

Serves 4

Vegan Cobb Salad

A great take on the favorite chicken cobb salad, the vegan cobb swaps chickpeas for chicken and tempeh bacon for traditional bacon. The radishes add extra texture, and the vegan ranch really brings it home. This is the perfect, fresh salad for those eating plant-based or for anyone who wants to enjoy a filling, meatless dinner.

Ingredients

- 2 heads romaine, roughly chopped
- 1 cup corn kernels, either canned or sliced off of a corn cob
- ¼ red onion, sliced thinly
- 1 ½ cups canned chickpeas, drained and rinsed
- ½ cup tempeh bacon or coconut bacon, cooked and crumbled
- ¾ cup radishes, chopped
- 1 cup cherry or grape tomatoes, halved
- 1 avocado, halved, seeded, peeled, and sliced into strips
- ¾ cup vegan ranch dressing
- Salt and pepper to taste



Directions

1. In a large bowl, assemble the salad. Start with the romaine base, and sprinkle the red onions, chickpeas, "bacon," radishes, tomatoes, and avocado overtop.
2. Pour vegan ranch over the salad, and toss to coat Enjoy!

Serves 2-3.

Summer Berry Salad with Grilled Salmon

There's nothing like a delicious berry salad in the summer, and adding grilled salmon to the mix takes it to the next level. This fresh salad is perfect for a long day by the water or for outdoor enjoyment at camp.

Ingredients

- 2 6-ounce salmon fillets
- 1 tsp olive oil
- Salt and pepper to taste
- 5 cups baby spinach, arugula, or spring mix
- $\frac{3}{4}$ cup fresh blueberries
- $\frac{3}{4}$ cup fresh strawberries, sliced
- $\frac{3}{4}$ cup of fresh raspberries
- 1 11-oz can mandarin oranges, drained
- 2 cup candied pecan halved, chopped
- $\frac{1}{3}$ cup poppyseed dressing or raspberry vinaigrette dressing

Directions

1. Start by baking the salmon. Preheat the oven to 400 degrees. Brush both sides of the salmon in olive oil, and sprinkle with salt and pepper to



taste. Bake for 15-20 minutes, flipping halfway through. Remove when the salmon has cooked thoroughly, and allow it to cool some.

2. Assemble the salad, starting with the spinach, arugula, or spring mix base. Top with blueberries, strawberries, mandarin oranges, and pecan pieces. Toss with dressing, and dish into bowls, topping each salad with a piece of salmon. Enjoy!

Serves 2.

Greek Salad

This delicious salad is a family favorite. It is naturally low-carb and vegetarian friendly. Add grilled chicken if you are wanting additional protein. Stuffed grape leaves are a great addition when serving this delicious classic.

Ingredients

- 1 large head romaine or two small heads
- 1 large cucumber, sliced in half lengthwise, and then into half-moon shapes
- 1 ½ cups kalamata olives, pitted and halved
- 1 ½ cups cherry tomatoes, halved
- ½ red onion, thinly sliced
- 6 pepperoncini peppers, sliced into strips
- 1 cup feta, crumbled
- 2 tbsp red wine vinegar
- Juice of 1 lemon (about 2 tbsp)
- 1 tsp dried oregano
- Salt and pepper to taste
- 3 cup olive oil
- Stuffed grape leaves for serving (optional)



Directions

1. Start by assembling the salad. Begin with a romaine base, and top it with cucumbers, olives, tomatoes, red onions, pepperoncini, and feta cheese.
2. In a small bowl, combine the red wine vinegar, lemon juice, oregano, salt, pepper, and olive oil, whisking thoroughly. Pour the dressing over the salad, and toss to coat.
3. Plate the salad, and serve with stuffed grape leaves (optional).

Serves 2-3.



Simple Chicken Caesar Salad

Another classic, chicken caesar salad comes together so quickly and easily. You can easily hold the croutons to make it keto-friendly, or hold the chicken to make it vegetarian-friendly. This is a great appetizer for another meal or also as a main course.

Ingredients

- 2 medium heads of romaine, roughly chopped
- 1 pound cooked boneless, skinless chicken breast, sliced into thin strips
- $\frac{3}{4}$ cup parmesan cheese, shredded
- $\frac{3}{4}$ cup seasoned croutons
- $\frac{1}{3}$ cup caesar dressing

Directions

1. Begin by cooking the chicken. You can sauté it in a pan, or bake in the oven. Be sure the internal temperature of the chicken reaches a minimum of 165 degrees. Slice into strips.
2. Assemble your salad, starting with romaine as the base and topping with parmesan cheese, croutons, and sliced chicken.
3. Add caesar dressing, and toss to coat. Enjoy!

Serves 2-3.

Broccoli Slaw Salad

Broccoli slaw salad is a popular summer picnic food, often serving as an appetizer or side dish. However, it can also be a main course for those not wanting to cook and heat the house or for anyone wanting something light and fresh to eat. It stores well, and can be packed for picnics so long as it is kept cold until it is served.

Ingredients

- 6 cups raw broccoli florets, chopped
- 1 cup sharp cheddar cheese, shredded
- $\frac{3}{4}$ cup dried cranberries
- $\frac{3}{4}$ cup bacon, cooked and crumbled
- $\frac{1}{2}$ cup salted sunflower seeds
- $\frac{1}{4}$ red onion, thinly sliced
- $\frac{1}{3}$ cup mayonnaise
- $\frac{1}{3}$ cup sour cream
- 1 tbsp white vinegar
- 2 $\frac{1}{2}$ tbsp sugar
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper



Directions

1. Start by assembling the salad. Combine the broccoli, cheddar cheese, dried cranberries, bacon, sunflower seeds, and red onions.
2. In a medium bowl, thoroughly whisk together the mayonnaise, sour cream, vinegar, sugar, salt and pepper. Pour the dressing over the salad and toss to combine.
3. Serve as a side with another meal or as a fabulous and simple summertime lunch.

Serves 4-6.



Cooking and enjoying a fabulous dinner can be one of the best ways to unwind after a long day. Many of these recipes are takes on dinner classics, and there are a variety of cuisines listed here. Crack open a beer, or pour a glass of wine, and let's begin cooking dinner!

DINNER ENTREES



Steak Fajitas

Steak fajitas are such a delicious and classic meal, and they are pretty simple to prepare at home. The key to delicious steak is your marinade, and the correct blend of peppers and onions can really level it up. Additional toppings make this great meal even more superb. These can easily be made keto if eaten as a bowl instead of on tortillas.

Ingredients

- ¼ cup olive oil
- 2 tbsp lime or lemon juice
- ½ cup orange juice
- 3 minced garlic cloves (1 tbsp)
- 2 tsp chili powder
- 1 ½ tsp cumin
- 1 tsp paprika
- ½ oregano
- ½ cup chopped cilantro
- Salt and pepper to taste
- 2 pounds skirt steak, sliced very thinly
- 2 tbsp olive oil
- 2 yellow onions, sliced thinly
- 1 red bell pepper, sliced thinly

- 1 orange bell pepper, sliced thinly
- 1 green bell pepper, sliced thinly
- 1 poblano pepper, seeded
- 2 jalapeños, seeded and diced (optional)
- Toppings: cheese, sour cream, salsa, avocado, lime juice, chopped cilantro, tortillas, lettuce (optional)

Directions

1. Start by preparing your marinade. Mix half of the olive oil, lime juice, orange juice, garlic, chili powder, cumin, paprika, oregano, cilantro, salt and pepper in a medium bowl. Pour over the steak in either a sealable gallon bag or in a large mixing bowl. Marinate in the refrigerator for 4-6 hours.
2. When you are ready to cook the steak, add it to a large skillet over medium heat. Cook until the steak has reached the level of doneness you prefer, for at least five minutes to reach a medium rare, or longer if you prefer a medium well or well done steak. When it has finished cooking, move it to a plate to rest while you cook the vegetables.

3. Heat the remainder of the olive oil over medium heat in a large skillet (you can use the same one you cooked the steak in), and add the onions, bell peppers, poblano pepper, and jalapeño. Season with salt and pepper to taste and cook until the peppers and onions are soft, about 10-12 minutes. Covering the vegetables will help them to cook faster.
4. Serve the fajitas with warm tortillas or on a bed of lettuce, adding steak and vegetables, and garnishing with your choice of toppings (cheese, sour cream, salsa, avocado, chopped cilantro, etc.)

Serves 6-8.



Teriyaki Chicken Stir Fry

Teriyaki chicken stir fry is an awesome meal that can be made in one pot. You can cook the rice stovetop or in a rice cooker, even preparing it ahead of time and reheating it later. You can marinade the chicken ahead of time for additional great flavor, or you can just make the sauce while making the meal. To make it keto or low-carb friendly, use a brown sugar sweetener alternative and a thickener alternative, and serve with cauliflower rice.

Ingredients

- 2 tbsp olive oil
- 1 ½ lbs boneless, skinless chicken breast, cut into bite-sized pieces
- 1 red bell pepper, sliced into strips
- 1 cup broccoli, chopped
- 1 cup mushrooms, sliced
- 1 cup sugar snap peas
- 1 cup water chestnuts
- 3 green onions, sliced thinly

- 1 ½ tbsp sesame seeds
- Cooked white rice, brown rice, or cauliflower rice for serving
- ¼ cup soy sauce
- ½ cup chicken broth
- 3 tbsp brown sugar (use a sugar substitute for a low-carb meal)
- 1 tbsp rice wine vinegar
- 1 tsp sriracha
- 1 tbsp garlic, minced
- 1 tbsp ginger, grated
- ¼ tsp white pepper
- 1 tbsp cornstarch + 2 tbsp water, mixed into a slurry

Directions

1. In a small pot over low-medium heat, prepare the sauce. Start by adding the soy sauce, chicken broth, brown sugar, rice wine vinegar, sriracha, garlic, ginger, and white pepper together in the pot. Stir well to combine.
2. Bring the sauce to a boil, then make the cornstarch slurry (1 tbsp cornstarch plus 2 tbsp water). Add the slurry to the sauce and whisk until the sauce thickens. Remove it from the heat, and set it aside.

3. In a large wok, heat 1 tbsp olive oil over medium heat, and add the chopped chicken. Season generously with salt and white pepper, and allow it to cook until golden brown. Once cooked, remove the chicken from the pan and set aside.
4. Heat the remaining 1 tbsp olive oil over medium heat, and stir in the bell pepper, broccoli, mushrooms, and snap peas. Cook until the vegetables are browned and slightly softened, about 4-5 minutes.
5. Next, add the water chestnuts and chicken to the wok, and pour in the sauce. Reduce to low and allow the chicken to cook alongside the vegetables and sauce for at least 1-2 minutes.
6. Remove the wok from the heat, and stir the green onions and sesame seeds into the dish. Serve with rice or cauliflower rice.

Serves 3-4.

Sole and Vegetable Sheet Pan

This delicious meal is healthy, easy, and low-carb/paleo friendly. It can be cooked on a single sheet pan, making for easier clean-up and serving. It all comes together in under thirty minutes, so it's a great meal to enjoy after a day out on the trails.

Ingredients

- 1 large bunch broccoli, roughly chopped
- 1 bunch asparagus, ends removed
- 2 6-ounce sole fillets
- 4 tbsp butter, melted
- Juice of 1 whole lemon (about 2 tbsp)
- 3 cloves garlic, minced
- 2 tbsp fresh parsley
- 1 tbsp fresh thyme
- Salt and pepper to taste

Directions

1. Preheat your oven to 375 degrees. While it is preheating, prepare your glaze by stirring the butter, lemon juice, garlic, parsley, thyme, and salt and pepper together.
2. In a large mixing bowl, add the vegetables, and stir in $\frac{1}{2}$ of the glaze mixture. Toss to coat. Line a large baking sheet in aluminum foil, and spread the veggies onto $\frac{1}{2}$ of the pan.



3. Place the fish on the baking sheet, skin side down. Pour the rest of the glaze over the sole evenly. Cook the entire meal in the oven at 375 degrees for about 15 minutes, or until the fish is completely cooked through and the vegetables are softened.
4. Serve with additional lemon slices and fresh herbs for topping. Enjoy!

Serves 2.

Classic Pasta with Meat Sauce

This classic Italian meal is so delicious and so simple. Making homemade meat sauce is not as hard as it seems, and this recipe will show you exactly how!

Ingredients:

- ½ tbsp olive oil
- 1 white onion, diced
- 6 cloves garlic, minced (2 tbsp)
- ½ lb ground beef
- ½ lb ground pork
- 1 28-oz can crushed tomatoes
- 2 tbsp red wine
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tbsp Italian seasoning
- 1 tsp dried basil
- 1 tsp dried oregano
- ¼ tsp dried thyme
- ¼ tsp red pepper flakes
- 1 tsp salt
- ½ tsp pepper
- 1 lb pasta of choice, prepared
- Parmesan cheese for serving, optional



Directions:

1. Heat the olive oil in a medium-sized pot over medium heat. Add the onion, and cook until translucent, about 4-5 minutes. Add the garlic and cook for an additional minute, until fragrant.
2. Add the meats to the onion and garlic mixture and cook until they are browned, crumbling. Drain 80 percent of the grease from the pan.
3. Add the crushed tomatoes and red wine to the meat, onion and garlic mixture, stirring to combine. Add the spices and cover, simmering on low for at least 30 minutes. Stir frequently while cooking.
4. Add the prepared pasta to plates or bowls, and cover it in meat sauce. Add parmesan cheese if desired, and enjoy! Bon appétit!

Serves 4.

Chicken Cobb Salad

This classic salad is filling and packed with protein. It's an excellent low-carb friendly meal that is sure to fuel all your upcoming adventures!

Ingredients

- 1 tbsp olive oil
- 1 ½ lbs boneless skinless chicken breasts
- Salt and pepper to taste
- 6 slices bacon, cooked and crumbled
- 1 large head romaine or 2 small heads romaine, roughly chopped
- ½ red onion, peeled and sliced thinly
- 1 ½ cups halved cherry or grape tomatoes
- 2 avocados, halved, peeled, seeded and sliced
- ¾ cup cheese (shredded cheddar or bleu cheese)
- 8 soft-boiled eggs, peeled and halved
- Ranch or oil-vinegar dressing

Directions

1. Heat the olive oil in a large skillet. Salt and pepper both sides of the chicken and sauté on medium for 5-7 minutes on each side. The exact time needed will depend on the thickness of the chicken, be sure to temp the chicken to ensure it has fully cooked (it should reach a minimum



internal temperature of 165 degrees). Alternatively, you can grill the chicken outside if you have a grill. Slice the chicken into strips once it has cooked.

2. Assemble the salad by starting with the romaine base. Top with bacon, red onions, tomatoes, avocado slices, cheese, and eggs.
3. Plate the salad and let everyone add their dressing of choice. Enjoy!

Serves 4



Shepherd's Pie

Shepherd's Pie is a delicious meal that requires just a handful of dishes to prepare. It has everything in one course, including protein, vegetables, and potatoes. It's great as a camp meal and can easily be prepared ahead of time and baked when you are ready to enjoy it.

Ingredients:

- 2 lbs potatoes, peeled and quartered
- $\frac{1}{2}$ tbsp salt
- 4 tbsp butter, sliced into 1 tbsp pieces ($\frac{1}{2}$ stick)
- 1 cup whole milk
- 2 tbsp butter
- 2 carrots, peeled and diced
- 1 medium onion, diced
- 5 garlic cloves, minced (1 $\frac{1}{2}$ tbsp)
- 1 $\frac{1}{2}$ lbs ground beef
- 2 tbsp flour
- 1 cup beef broth
- 1 cup peas (thawed frozen peas or canned)
- Salt and pepper to taste

Directions:

1. Bring a small pot of salted water to a boil, and add potato pieces. Cook until they are tender and fall off the fork, about 20 minutes. Drain and add them to a bowl.
2. Using the pot that you boiled the potatoes in, heat the milk and 4 tbsp butter together in a pan. Once the butter has melted, pour the mixture over the cooked potatoes, and mash the potatoes using a masher.
3. In a large skillet over medium heat, heat 2 more tbsp butter. Add the onions and carrots to the butter, cooking until they are tender, about 4-5 minutes. Add the garlic and cook for another minute.
4. Preheat your oven to 400 degrees.
5. Add the ground beef to the vegetables, and cook until browned, about 5-7 minutes.
6. Add the flour to the vegetable and meat mixture, stirring constantly. Cook for about 1-2 minutes.
7. Carefully whisk in the beef broth, and add the peas. Stir until everything has mixed together well, and add salt and pepper to taste.
8. Grease a casserole dish with cooking spray and spoon the meat and vegetable mixture evenly onto the bottom. Top with mashed potatoes, and cover in aluminum foil.
9. Bake in the oven for 30 minutes. Let stand for 15 minutes before cutting and serving hot. Enjoy!

Serves 4.

Roasted Chicken and Vegetables

This simple meal cooks all together and is so delicious. If you have the time, it's easy to prepare and can easily feed the whole family.

Ingredients:

- 4 tbsp olive oil
- 2 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley
- $\frac{1}{2}$ tsp dried rosemary
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp dried oregano
- $\frac{1}{2}$ tsp black pepper
- 1 4-lb whole chicken
- 2 large carrots, peeled and chopped
- 1 medium onion, quartered
- 2 large potatoes or parsnips, peeled and cut into cubes

Directions:

1. Preheat the oven to 400 degrees.
2. Start by making the chicken rub. Mix the olive oil and all spices together in a small bowl.



3. Arrange the vegetables around the chicken on a large sheet pan. Pour $\frac{2}{3}$ of the spice mixture onto the chicken, using a brush to evenly coat every surface. Pour the remainder of the spice mixture onto the vegetables.
4. Cook the chicken and vegetables in the oven for 15 minutes. Turn the temperature down and cook for an additional 60-75 minutes, until the internal temperature of the chicken reaches at least 165 degrees. Baste frequently with the juices dripping to the bottom of the pan for maximum flavor. This is best completed with a pastry brush.
5. Remove the pan from the oven once the chicken has finished cooking, and let stand for about 10 minutes. Carve your chicken and serve!

Serves 6.

Philly Cheesesteak Stuffed Peppers

This fun take on a classic recipe combines steak, onions, green peppers, mushrooms, and melty cheese into the perfect dinner recipe. It is also low-carb/keto friendly. Feel free to sub chicken for steak if you would prefer!

Ingredients:

- 1 red bell pepper, halved, seeded, and ribs removed
- 1 yellow bell pepper, halved, seeded, and ribs removed
- 1 green bell pepper, halved, seeded, and ribs removed
- Cooking spray
- 1 tbsp olive oil
- 1 large yellow onion, thinly sliced
- 3 garlic cloves, minced (1 tbsp)
- 1 ½ cups mushrooms, thinly sliced
- 1 lb flank or sirloin steak, very thinly sliced
- 12 slices provolone cheese
- 2 tbsp fresh parsley, chopped



Directions:

1. Preheat the oven to 400 degrees. Grease a casserole dish, and place the halved and seeded bell peppers open side up in the pan. Season with salt and pepper to taste and bake in the oven for 20 minutes.
2. Meanwhile, in a large skillet over medium heat, heat the olive oil. Add the onion slices and cook until soft and translucent, about 5 minutes. Add the garlic and mushrooms and cook for an additional 2 minutes.
3. Add the steak to the skillet, and cook for 3-5 minutes or until done. Season with salt and pepper to taste.
4. Remove the peppers from the oven, and place one slice of cheese inside each pepper half. Then, fill each pepper with the onion/mushroom/steak mixture. Top with an additional slice of provolone cheese.
5. Bake in the oven for an additional 5 minutes, or until all cheese has melted. Alternatively, you can broil for 2-3 minutes until the cheese is bubbly and melty.
6. Top with fresh parsley and serve hot.

Serves 6.



Slow cooker recipes and one-pot recipes are simple and often require much less clean-up than other recipes. The slow cooker meals can be prepared ahead of time and cooked during the day while you are out adventuring. Likewise, the one-pot meals can be prepared simply and efficiently, creating fewer dishes than other meals. Definitely plan to add a few of these meals into your cooking rotation when enjoying a camping trip!

ONE POT & SLOW COOKER RECIPES

Honey Garlic Chicken (slow cooker)

This chicken is positively delicious. The tender chicken and veggies paired with the sweet and savory sauce is unmatched. Better yet, this dish can be prepared all in one bowl!

Ingredients:

- 6 boneless, skinless chicken thighs
- 1 lb red potatoes, halved
- 1 lb fresh green beans, snapped
- 1 bag baby carrots
- $\frac{1}{2}$ cup low sodium soy sauce
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ cup ketchup
- 4 garlic cloves, minced
- $\frac{1}{4}$ tsp crushed red pepper flakes
- 1 tsp dried basil
- $\frac{1}{2}$ tsp dried oregano
- 2 tbsp fresh parsley, chopped
- $\frac{1}{2}$ tbsp sesame seeds (optional)



Directions:

1. In the crockpot or slow cooker, combine the soy sauce, honey, ketchup, minced garlic, and herbs. Whisk until blended.
2. Add the chicken thighs to the bottom and the vegetables above the meat.
3. Cook on low for 7-8 hours or high for 3-4 hours. Baste the chicken and veggies with the sauce every hour for best results.
4. Shred the chicken. Serve and garnish with parsley and optional sesame seeds.

Serves 4.

Slow Cooker Beef and Broccoli

Craving Chinese takeout at the campground? Skip the delivery fees and make this instead. With a little planning, this yummy Asian dish will hit the spot.

Ingredients:

- 2 lbs sirloin steak, sliced into strips
- 1 onion, thinly sliced
- 1 cup beef broth
- $\frac{1}{3}$ cup brown sugar (you can add a little more brown sugar if you desire a more teriyaki sweetness)
- $\frac{1}{2}$ cup soy sauce
- 2 tbsp sesame oil
- 4 cloves garlic, minced
- 3 green onions, sliced thin, plus some for garnish.
- 3 tbsp cornstarch (or thickener of choice)
- 3 tbsp water
- 3 cups broccoli florets (can be thawed from frozen or fresh)
- Sesame seeds for garnish (optional)
- White rice, cooked



Directions:

1. In the crockpot, combine the beef broth, brown sugar, soy sauce, sesame oil, minced garlic, and most of the green onions. Save a few green onions separately for garnish. Whisk until combined.
2. Add the sliced beef.
3. Cover and cook on low for 4 hours.
4. In a separate bowl, create a slurry by whisking together the cornstarch and water. Add that mixture into the crockpot.
5. At this point, also add the broccoli.
6. Cook for 30 additional minutes or until the broccoli reaches desired tenderness. Be careful not to cook the beef for too long, or it may begin to shred.
7. Serve with white rice and garnish with optional sesame seeds and the remaining green onions. Enjoy!

Serves 4.

Classic Pot Roast (slow cooker)

This hearty, comforting classic is the perfect meal after a hike or a day in the water. The best meals are the ones you can start in the morning and then come home to in the evening.

Ingredients:

- 3 lbs chuck roast or similar cut of meat, trimmed of any fat
- Salt and pepper
- 1 cup beef broth
- 2 tbsp cornstarch (or thickener of choice)
- 3 garlic cloves, mashed
- 1 tsp dried thyme
- 1 lb Yukon gold potatoes, halved (also peeled if preferred)
- 1 bag of baby carrots
- 1 yellow onion, thinly sliced
- 3 stalks of celery, diced into $\frac{1}{2}$ inch pieces
- 1 bay leaf (optional)

Directions:

1. In the crockpot, combine 2 tbsp of cornstarch with 2 tbsp of broth. Whisk to create a slurry. Then whisk in the mashed garlic.
2. Rub roast with salt and pepper.



3. Add remaining broth along with herbs, roast, potatoes, carrots, onion, and celery.
4. Cook on low for 8 hours or high for 5 hours. Check meat with a fork for tenderness. The broth should have thickened into a savory sauce. Remove the bay leaf and discard.
5. Serve and enjoy.

Serves 6 (or 4 with leftovers).

Chili (slow cooker)

Chili is an easy meal to feed many people or to have leftovers. This chili can be served standalone. Also try it with cornbread or grilled cheese. To really get all the flavors of the chili it's best to cook this recipe on low.

Ingredients:

- 2 lbs ground beef
- 1 tbsp olive oil
- Salt and pepper
- 1 large onion (any variety), diced
- 4 garlic cloves, minced
- 1 poblano pepper, diced
- 1 cup beef broth (more or less can be added depending on preference)
- 1 can dark red kidney beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 15-oz can crushed tomatoes
- 2 8-oz cans tomato sauce
- 2 tbsp chili powder
- 2 tsp smoked paprika
- 2.5 tsp cumin
- 2 tsp oregano
- 1 tsp sugar
- Cheese, sour cream, raw onions, corn chips for topping (optional)



Directions:

1. Heat a pan on medium-high heat, and add the olive oil. When heated, begin cooking the ground beef. Season with salt and pepper.
2. Drain the excess fat. Add the diced onion, garlic, and pepper. Cook until they are tender.
3. Add the skillet ingredients to the crockpot along with the broth, beans, tomatoes, tomato sauce, and spices.
4. Add additional salt, pepper, and sugar to taste.
5. Cook on low for 7 hours.
6. Serve with cheese, sour cream, raw onions, corn chips, or any other preferred toppings.

Makes 8-10 bowls.



Stovetop Chicken and Dumplings

This meal is comfort food at its best. This is a great meal to serve on a rainy day or after a long day of winter sports. If your family has never had this, it will quickly become a favorite.

Ingredients:

- 2lbs boneless, skinless chicken breasts
- 1 white onion, diced
- 1 cup carrots, sliced
- 3 garlic cloves, minced
- Salt and pepper to taste
- 5 tbsp butter
- 6 cups chicken broth
- ½ cup heavy cream
- ½ tsp dried thyme
- 3 bay leaves
- 1.5 cups frozen peas
- ¼ cup fresh parsley, chopped
- 2 cups all-purpose flour
- 1 tbsp baking powder
- ½ tsp salt
- ½ tsp pepper
- 1 ½ cups heavy cream

Directions:

1. Begin by heating the chicken broth to boiling point. Salt and pepper lightly. Add in raw chicken breasts. Boil until the chicken is thoroughly cooked.
2. Remove the chicken and shred it on a cutting board or plate. Set aside.
3. Add the onion, carrots, garlic, and additional salt and pepper to taste.
4. Bring the veggies to a boil. Add the butter, cream, and herbs, and stir. Add the shredded chicken to the pot, followed by the frozen peas.
5. Place the lid on top and let the dish simmer for 15 minutes. Meanwhile, begin making your dumplings.
6. In a large bowl, combine the flour, baking powder, salt, pepper, and heavy cream. Combine the mixture until it forms a dough.
7. Use a larger spoon to create balls of dough that are about $\frac{1}{2}$ - $\frac{3}{4}$ inch in diameter. Roll the dough balls into circular dumplings. The dough should yield about 16-20 dumplings depending on the size of the spoon.
8. Drop them into the simmering soup one at a time. Be sure they don't touch.
9. Add the parsley and cover the pot. Let the soup simmer for 10-15 minutes or until the dumplings are cooked through.
10. Serve the meal with 2-3 dumplings per serving. Enjoy!

Serves 8.



There's nothing quite like cooking over a campfire to truly inspire the camping spirit. This will also help you to avoid heating up your house on a hot summer day. For best results, try using a cast iron skillet. These heat evenly and can withstand the temperatures of a hot flame. In addition, you should practice elevating the pan above the fire, as cooking directly over the flames will often burn your food before it has fully cooked. With these tips in hand, we're ready to begin!

CAMPFIRE MEALS

Campfire Nachos

This meal is so easy, and the campfire makes it even easier. This cheesy, crunchy meal always hits the spot, no matter the occasion. This can be prepared in smaller pans so everyone can have their own personal dish of nachos with whatever toppings they choose.

Ingredients:

- 1 large bag of tortilla chips
- 1 lb ground beef, ground turkey, or 1 lb of diced chicken breast
- 1 packet taco seasoning per pound of meat
- 2 cups shredded cheese
- Cooking spray
- Additional toppings: sliced black olives, sour cream, beans, taco sauce, diced tomatoes, avocado, cilantro, lime, salsa, jalapeños, etc

Directions:

1. Cook the meat and taco seasoning according to the directions. Drain off the grease when the meat is fully cooked, if applicable.



2. Spray cooking spray throughout a deep cast iron pan. Add one layer of chips onto the bottom. Top with a layer of meat, cheese, and additional toppings desired (except sour cream, avocado, salsa, or other cold sauces). Repeat layers once more.
3. Cover with foil and cook over coals until the cheese is melted, about 4-5 minutes.
4. Use a large spatula to carefully remove the nachos.
5. Add additional cold toppings such as sour cream, avocado, salsa, or other sauces. Enjoy!

Serves 4.

Grilled Pizza

This recipe is always a knockout with any crowd due to the customizations that can be made. 1 tube of pizza dough makes about a medium-sized pizza. Split in half for personal-sized or kid-sized pizzas. Consider switching out the base sauce for ranch or alfredo to change up your pizza flavors. For longer camping trips, double the recipe because the kids will be requesting this again for sure!

Ingredients:

- 3 tubes raw, classic-crust pizza dough
- 4 tbsp olive oil, divided
- 1 jar pizza sauce
- 2 cups mozzarella cheese per pizza, 6 cups total
- Additional toppings (pepperoni, cooked sausage, vegetables, chicken, bacon, herbs, etc)

Directions:

1. Add 1 tbsp of oil to a large, warmed cast iron skillet or flat pan. Ensure the oil is spread onto the sides of the pan.
2. Unroll the pizza crust and add to the hot pan. Take care to spread it out evenly. If the crust is rectangular, you can trim it to fit the shape of the pan.



3. Lightly brush the top of the dough with olive oil.
4. Cook on the fire for about 4 minutes or until the crust begins to brown on the bottom.
5. Carefully flip the pizza over in the pan.
6. Spread a light amount of sauce onto the base of the pizza. Don't forget to leave a rim around the edge for a crust!
7. Add 2 cups of cheese and toppings. Cover with foil and return the pan to the fire. Cook for about 5-6 minutes or until the cheese is melted.
8. Carefully remove the pan from the heat and slide the pizza out onto a cutting board. Let it cool slightly before slicing.
9. Finish preparing the remaining pizza dough.

Serves 2 adults and 2 smaller kids.

Seafood Boil Foil Packets

This meal is perfect for large gatherings or when you're having that seafood boil craving! You won't believe how easy the foil packets are, as opposed to cooking a whole big pot of seafood boil.

Ingredients:

- 1 lb red potatoes, halved
- 1 lb deveined shrimp, raw with the shell on
- 1 lb Andouille sausage, sliced into thin rounds
- 4 ears corn, cut into eight pieces each
- 4 garlic cloves, minced
- 4 tbsp butter, divided
- 1 tbsp Old Bay seasoning
- 1 tbsp Cajun seasoning
- 2 whole lemons, sliced into wedges
- Salt and pepper
- ¼ cup parsley, chopped

Directions:

1. Par boil the potatoes in a pot of boiling, salted water. Boil for about 4-5 minutes.
2. Assemble the foil packets. Begin by rolling out about 14-18" of heavy duty foil. If you don't have heavy duty foil, it will be essential to wrap the packets a second time.



3. In the middle of the large sheet of foil, assemble the par-boiled potatoes, raw shrimp, sausage, corn, and 1 tbsp butter per packet. Sprinkle liberally with garlic, salt and pepper, and other seasonings.
4. Squeeze the desired amount of lemon into the packet and place the lemon rinds into the packets.
5. Fold the packets beginning with the shorter ends first. Then roll or crimp the longer side to seal. If you are not using heavy duty foil, add another layer of foil before folding.
6. Cook your packets over a section of coals with a grate if possible for maximum cooking control. Begin checking your packets at the 8-10 minute mark. They should be fully cooked within 15 minutes total.
7. Garnish with additional lemon slices and parsley.

Serves 4.

Campfire Breakfast Hash

This hearty breakfast is the perfect meal before a hike or a busy day outdoors. This can be customized with any breakfast meat of your choosing, even brats! Alternatively, this recipe can be made with sweet potatoes or refrigerated, shredded hash browns.

Ingredients:

- 3 large russet potatoes, diced
- ¼ cup of olive oil plus 2 tbsp, separated
- 1.5 cups of water
- 8 oz fresh chorizo
- 1 large onion, diced
- 1 bell pepper, diced
- 8 eggs
- Salt and pepper

Directions:

1. In a pan or cast iron skillet, add water, ¼ cup of oil, potatoes, and a generous amount of salt. Bring the mixture to a boil using low flames or hot coals. Continue cooking until the potatoes begin to sizzle and the water is nearly evaporated.



2. Add the chorizo, onion, and bell pepper. Cook until the veggies begin to brown and the chorizo is crispy, about 15 minutes. Salt and pepper to taste.
3. Push the mixture to the side of the pan and add remaining 2 tbsp of olive oil. Add eggs, season with salt and pepper, and cook to desired doneness. Depending on the pan size, it may be necessary to cook the eggs in a few cycles.
4. Serve hash topped with eggs.

Serves 4.

Campfire Mussels

This meal complements a day at the beach perfectly and is great for anytime you are craving a more delicate meal. If you hold the bread, this is a great keto or low-carb meal.

Ingredients:

- 1lb fresh mussels
- 3 tbsp butter
- 4 garlic cloves, minced
- ¼ cup dry white wine
- 1 tbsp lemon juice
- ½ cup parsley, chopped
- 8 slices lemon
- 1 tsp of salt
- ½ tsp pepper
- 4.5-oz can diced tomatoes, drained (optional)
- Sliced and toasted bread (optional)

Directions

1. Using cold water, rinse and scrub the mussels. Remove the “beard” carefully with a knife or with your fingers and discard. Discard any open mussels.



2. Create a large, secure foil pack. This can be done with one large piece of foil, or two pieces to create a bottom and lid. Alternatively, use a pot over the fire.
3. Melt the butter and add in the minced garlic. Cook until the garlic begins to brown.
4. Add wine, lemon juice, parsley, salt and pepper, and optional tomatoes.
5. Cook until boiling.
6. Add the mussels. Stir them once throughout the broth and then cover with foil or a lid. Cook them for 8-10 minutes or until nearly all the mussels are open. Discard any that do not open. It's important not to overcook the majority.
7. Serve with lemon slices and optional bread.

Serves 4 as an appetizer or 2 as a standalone meal.

Foil-wrapped Pull-apart Cheesy Garlic Bread

This bread is absolutely delicious. This can be served as an appetizer or alongside a dinner. This is a great way to turn an ordinary meal into something extraordinary.

Ingredients:

- 1 round loaf rustic bread (sourdough, whole wheat, white, etc)
- ¼-½ cup butter, depending on the size of the bread loaf
- 2 cloves garlic, minced
- ½ tbsp garlic powder
- 1 cup mozzarella cheese
- 1 cup Parmesan
- 3 tbsp parsley, chopped

Directions

1. Begin by cutting the bread with a sharp knife in a crosshatch or criss-cross pattern. This can be done by cutting 1 inch slices deep into the bread. Turn the loaf 90 degrees and make the same type of cuts, creating squares. Do not cut through to the bottom. The cuts should be about $\frac{3}{4}$ of the way through the loaf.



2. Melt the butter and add in the minced and powdered garlic.
3. Generously spread throughout the garlic butter deep into the squares. Save a few tbsp of garlic butter.
4. Mix the two types of cheese together and stuff it between the squares. Be sure that there is cheese in the bottom.
5. Brush the loaf and the top of the cheese with the remaining garlic butter.
6. Wrap the loaf in foil and cook it over the fire for about 15 minutes or until the cheese is completely melted. Be sure to rotate it for even cooking.
7. Remove the bread from the fire, top with parsley, and serve warm.

Serves 3-6, depending on loaf size.

Campfire Cowboy Meal

This hearty meal is a campfire favorite and is super easy to prepare. After all, beans and franks are a camping essential.

Ingredients

- 12 hot dogs or brats, sliced into chunks
- 4 cans of your favorite flavor of baked beans, drained. Depending on the choice, this can add a smoky or sweet profile to the dish.
- 1 tbsp butter or oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 cup beer or water
- Salt and pepper
- $\frac{1}{2}$ cup BBQ sauce (optional)
- Optional toppings: American cheese, corn chips, cornbread, or the Cheesy Garlic Bread recipe from above.



Directions

1. Heat the butter or oil over medium-high heat (or a campfire) and add the onion and garlic. Let cook for 1 minute.
2. Add the sliced hot dogs or brats. Cook until lightly browned.
3. Add drained beans, beer or water, and BBQ sauce (if adding). Salt and pepper generously to taste. Lower the heat or move the pan to more indirect heat of the fire.
4. Cook for 10-12 minutes, stirring occasionally. Allow the sauce to bubble and thicken.
5. Serve and add additional toppings if desired.

Serves 6.



There's nothing quite like following an excellent meal up with a homemade dessert. These six simple dessert ideas require minimal dishes and only a handful of ingredients each, while still providing all the flavor and sweetness of much more complicated recipes. Some of these can even be made ahead of time and packed for your camping trip. If you plan to bake dessert in your RV, don't forget all your baking ingredients!

DESSERTS

S'mores Bake

This bakeable s'mores dessert lets you bring the campfire to wherever you are. This is best prepared in an 8x8 or 8x10 type of casserole dish.

Ingredients:

- 4-6 Hershey's chocolate bars, broken into small, individual bars
- 40 large Marshmallows cut in half crosswise or 2 cups of mini marshmallows
- 1 sleeve graham cracker bars, broken in half
- Cooking spray (optional)

Directions

1. Preheat the oven to 375 degrees. For an easier cleanup, coat your pan with cooking spray.
2. Begin by placing one layer of graham crackers across the bottom of the dish.
3. Place one layer of marshmallows on top of the graham crackers.
4. Place one layer of chocolate bars on top of the marshmallows.



5. Top with remaining marshmallow halves, cut side down.
6. Bake for 8-12 minutes or until the marshmallows are golden brown and the chocolate has melted.
7. Serve the individual s'mores and top with the other half of the graham cracker square.

Serves 4-8.

5-minute Chocolate Pudding

This creamy dessert will satisfy your sweet tooth and is a hit with almost everyone. This can be eaten on its own or incorporated into other desserts.

Ingredients:

- ¼ cup Hershey's cocoa powder
- ⅔ cup sugar (or sweetener substitute)
- 3 tbsp cornstarch or thickener of choice
- ¼ tsp salt
- 2 ¼ cup whole milk (coconut cream can be substituted)
- 1 tsp vanilla
- 2 tbsp butter
- Whipped topping (optional but recommended)

Directions

1. Whisk together cocoa powder, sugar, thickening agent, and salt in a medium saucepan.
2. Gradually begin whisking in the milk until it is thoroughly incorporated.
3. Begin simmering over medium heat for 1-2 minutes, stirring constantly. When the mixture begins to bubble, remove it from the heat, and whisk in vanilla and butter.



4. Pour into mason jars, ramekins, or any other dessert dishes.
5. Pudding may immediately be served warm or covered tightly with plastic wrap and placed in the fridge for at least two hours to cool. Top with whipped topping if desired.
6. Tip: press the plastic wrap directly onto the surface of the pudding cups to avoid a skin from forming over the top.

Serves 4.

No-Bake Oreo Truffles

These easy treats are crazy good for only being made with 3 ingredients! These are great for kids to help make and decorate. You can also make these ahead of time for a little sweet treat on the road.

Ingredients:

- 1 pack of Double Stuf Oreos
- 4-8oz of cream cheese, depending on preference
- 12oz of white chocolate or almond bark for coating

Directions

1. Crush the oreos in a food processor or with a rolling pin until they are fine crumbs. Set aside $\frac{3}{4}$ cup of crumbs.
2. Mix in the cream cheese until the desired consistency is achieved.
3. Use a scoop or spoon to portion out equal lumps of Oreo mixture. Roll into smooth balls. Place on a cookie sheet lined with wax paper and refrigerate for 15 minutes.
4. Melt the coating in the microwave for 30 seconds intervals until melted.



5. Roll the Oreo balls around in the melted coating with a fork. Set back onto the wax paper-lined pan. Top with remaining Oreo crumbs and refrigerate for 10 minutes. Alternatively, these can also be frozen for a cool treat. After the coating has hardened, they are best stored in a plastic bag or tupperware container. Enjoy!

Makes about 25 truffles.

Crockpot Bread Pudding

This is the perfect dessert after a day of swimming in a chilly lake. It's warm, filling, and comforting and cooks easily in a slow cooker. This can be paired with whipped topping or a little scoop of ice cream.

Ingredients

- 8 cups bread cubes (this can be sliced bread, loaf bread such as French, or even brioche)
- 4 eggs
- 2 cups of milk
- $\frac{1}{2}$ tsp vanilla
- $\frac{1}{4}$ cup butter, melted
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ tsp nutmeg
- 1 tsp cinnamon
- Optional add-ins: 1 cup raisins, 1 cup nuts, 1 cup chocolate chips, caramel drizzle, etc.



Directions

1. Place the bread cubes in the slow cooker.
2. Whisk the milk, vanilla, melted butter, brown sugar, nutmeg, and cinnamon together. Pour over the bread cubes. If the sugar is not fully dissolved, that's ok. It will dissolve in the slow cooker.
3. Cook on low for 3-4 hours or until a knife can be inserted and cleanly removed into the middle.
4. Use cooking spray or a crockpot liner for easy cleanup.

Serves 6.

Campfire Cinnamon "Rolls"

This easy snack can easily become a sweet breakfast option. You'll never make regular cinnamon rolls again after trying this trick. These can be made with any brand of cinnamon rolls. For an added twist, try this recipe with orange-glaze or cream cheese-frosted cinnamon rolls.

Ingredients:

- Campfire skewers (metal or wooden)
- 2 packages of cinnamon rolls with icing

Directions

1. Open the packages of cinnamon rolls.
2. Unroll the dough and then wrap it around the skewers. Be sure not to make too thick of layers so that it cooks evenly. Do this with both packages.
3. Cook them over a campfire for about 5 minutes or until cooked evenly. Rotate often.
4. After they have fully cooked, drizzle them with icing. Enjoy!

Makes 10-12 cinnamon "rolls" depending on the brand.



No-Bake Peanut Butter Bars

You'll be the hero of the hiking trip with these tasty, filling bars. And better yet, they only require 3 ingredients and don't need to be baked.

Ingredients:

- 1 cup peanut butter (use chunky for extra protein and texture)
- $\frac{1}{2}$ cup honey
- 3 cups rolled oats
- Cooking spray
- 1 cup chocolate chips (optional)



Directions

1. Coat a 9x9 baking dish with cooking spray.
2. Either in the microwave or on the stovetop, melt together the peanut butter and honey until it becomes a smooth, blended consistency.
3. Combine the oats into the peanut butter/honey mixture. Add chocolate chips if desired.
4. Press firmly into the baking dish. Chill for 30 minutes or until set. Cut into squares and serve!

Makes 9 bars.



Harvest Hosts has a lively social following, and our RV recipe contest had some great recipes. Here are the favorites based on total votes!

BONUS SECTION:

FAN FAVORITES!





The Best Brine and BBQ Chicken!

(Credit: Sarah Reid)

This recipe has taken me a few years to perfect. It can be used doubled for Turkey on Thanksgiving or with 2 whole chickens. You can use it on Chicken breasts or leg quarters also. Brining will make your meat incredibly flavorful and juicy throughout. Once you brine, you will never want to cook your white meat another way again!!

Brine

Ingredients

- 1 cup Kosher salt
- 2 tbsp chicken bouillon
- 2 tbsp dried thyme
- 1 tbsp dried Italian seasoning
- 1 tsp garlic powder
- 1 can 7up



- 4 cups Water
- Additional water
- 1 whole chicken, inner parts removed

Directions

1. Combine all seasonings and 4 cups of water in a small saucepan and cook on med/high until salt evaporates. Remove from heat and cool. (If you are in a hurry, pour it over some ice cubes to cool).
2. Combine 7up with cooled seasoning liquid into a large bowl or xlarge Ziploc. Place chicken into liquid and then add enough water to barely cover the chicken.
3. Cover or close and store in a cool place (refrigerator or ice chest) for 24 hours.



Bake and BBQ

1. You will need to cook your chicken in your Instapot, Roaster, Oven or other cooking choice you prefer. Just enough to cook it through but do not overcook at all. Do not cook to the point where the chicken is ready to fall apart, that is too soft. The internal temperature of the cooked chicken should be 165 degrees.
2. You can let the chicken cool or put it straight on the grill on med high. Grilling is to sear in the flavor and crisp the chicken. The 7up helps to tenderize the meat and caramelize it. BBQ until your desired level. Brined meat is tender and juicy and does not get dried out.

Roasted Carrots (Optional Recipe to Accompany the Chicken)

Ingredients

- 6 large carrots, julienne in half lengthwise
- 2 tbsp olive or grapeseed oil
- Dash of salt
- 1 tsp Montreal Steak seasoning
- Dash of Italian seasoning

Directions

1. Combine all ingredients into a ziploc bag, shake up, and store in the fridge for an hour or so.
2. Put carrots on the grill and cook until desired level. Enjoy!



Lemon Vanilla Dutch Baby

(Credit: Lisa Hodge)

Ingredients

- 6 eggs
- Half a cup of all-purpose flour
- Half cup of cold milk
- Lemon zest
- 6 teaspoons of butter

Directions

1. Mix all together in a blender
2. Cook in a cast iron skillet
3. Butter Skillet clarifying the butter
4. Add mixture to skillet
5. Cook on 400 degrees for 20 minutes
6. Turn off stuff and let remaining cook time in the oven for 15 minutes
7. Powdered sugar and lemon juice added on top prior to serving
8. Candy lemon slices are optional to put on top for garnish. Can be served for breakfast, lunch, or dinner.





Spinach Coconut Rice

(Credit: Gina Eggers)

Easy, fast, can be doubled, one pan.
All ingredients are easily stored for whenever needed.

Directions

1. In a large pot or sauté pan on the stove (cast iron or Dutch oven or Instant-pot works too), add:
 - ½ tsp cumin
 - ½ - 1 tsp curry powder
 - 2 cups rice (any kind, but basmati is nice)
 - 1 ½ to 2 cups of water or vegetable stock (start with 1 ½ if using white rice)
 - 1 14 ounce can of coconut milk (full fat)
 - 1 tsp salt and a couple grinds of pepper



2. Bring to boil, reduce heat and simmer for 10 minutes.
Add:
 - 1 10 oz package of frozen spinach (or fresh, chopped)
 - Juice of 1 lime (if you don't have a lime, use half a lemon)
3. Re-cover the pan and cook until rice is done. If you're using brown rice you'll probably have to add more water.
4. Top with cashews or toasted coconut or nothing. It all works



Hawaiian Scallops and Linguine

(Credit: Karen Mason)

(2 servings) Adapted from Cuisine Lite publication

LINGUINI:

- 5 strips thick cut bacon, cut into $\frac{1}{2}$ inch pieces
- $\frac{1}{2}$ cup small diced fresh pineapple
- 1 Tbsp minced red onion
- 1 Tbsp minced fresh cilantro

1. Fry bacon over medium/low heat to render out fat and make pieces crispy. Remove bacon when done, leaving fat in the pan. Keep warm.
2. Meanwhile, boil linguini until al dente, drain, and add to a hot warm frying pan along with pineapple, onion and bacon pieces. Toss in bacon drippings. Keep warm. Mix in cilantro just before serving.



SCALLOPS:

- 3 Tbsps minced green onions
- 2 Tbsps pure maple syrup
- 1 Tbsp low sodium soy sauce
- 1 Tbsp Dijon mustard
- 8-10 large sea scallops
- 2 tsps canola or other neutral flavored oil

1. Combine scallions, maple syrup, soy sauce and Dijon mustard in a bowl or zip lock bag. Dry scallops with a paper towel and remove the small piece of muscle on the side (if it's there, as it will become tough and rubbery when cooked). Add scallops to marinade and toss to coat. Marinade for 10 minutes.
2. Heat oil in a skillet over medium high heat. Remove scallops from marinade, pat them dry, reserving marinade. Sear scallops in the skillet until they're browned on both sides. Remove from the skillet, then add the reserved marinade and boil until mixture begins to thicken slightly and forms a sauce. Put scallops back into the pan and toss in the sauce.
3. Put linguini on two plates, add scallops, and garnish with a little extra cilantro if you like.





Burger On A Bed

(Credit: Brenda Sanders)

Ingredients

- 1 lb Ground Turkey
- 1 lb Ground Beef
- 2 +1 Tbs Worchestire Sauce
- 1 Tbs Minced Garlic
- 2 Tbs Minced Dried Onions
- 1 Tbl of butter
- Salt and pepper
- 8 Cups chopped lettuce
- 8oz of baby Bella sliced mushrooms
- Sweet Vidalia Onion Dressing
- 4 slices of Swiss cheese



Directions

1. Mix ground turkey and ground beef together. Mix 2 Tbs Worchestire sauce, garlic, dried onions to meat. Separate into 4 even patties and salt and pepper. Grill meat to desired doneness and add Swiss cheese at the end. Sauté mushrooms in a pan with 1 Tbs of Worchestire sauce and butter. Chop lettuce, add dressing and toss.
2. Add 2 cups of lettuce to the plate, add meat to the top of the lettuce. Top with sautéed mushrooms.



Tasty Cornbread

(Credit: Gary Marich)

Ingredients

- 3 Cups Bread Flour
- 1 tsp Instant Yeast
- 2 tsp Salt
- 12 oz Warm Water

Directions:

1. Mix flour and yeast
2. Mix salt and water
3. Pour water/salt mixture into flour and mix until a ball is formed
4. Let raise for 1 ½ hours or if you're in a hurry until it doubles
5. Spray bread pans with light coating of oil
6. Mix dough to degas and stretch into a ball
7. Roll-to-Coat by sprinkling flour on dough, roll dough in flour to coat the outside
8. Roll out into bread pan, place other bread pan on top and use binder clips to hold them together
9. Proof for 30 minutes and preheat oven to 400 F
10. Bake for 35 minutes
11. Remove top bake 5 to 10 minutes





Tequila - Orange Grilled Cornish Game Hens

(Credit: Nancy Walterrs)

Ingredients

- ½ cup tequila
- ¼ cup brown sugar
- ½ cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons cilantro
- ½ teaspoon cayenne
- 1 clove garlic
- 1/3 cup vegetable oil
- 2 Cornish game hens

Directions

1. In a bowl combine all the ingredients (tequila through vegetable oil) for the marinade. Butterfly the game hens by cutting out the backbone. (I like to cut mine in half through the breastbone because they are easier



to turn on my small grill but you can leave them whole.)

Marinate overnight (or at least 4 hours), turning once.

2. Preheat a grill for indirect cooking. Sprinkle salt and pepper over the game hens and place on the grill skin side up. Baste with marinade while cooking. Cook until done and juices run clear, approximately 30-35 minutes, turning once. (Some blackening will occur when cooking due to the caramelization of the sugars in the marinade.)



Peach Chutney

Ingredients

- 2 cups peaches (fresh or frozen), peeled
- ½ cup minced sweet yellow onion
- 1 tablespoon minced ginger
- ½ cup red pepper, finely diced
- ½ cup light brown sugar
- ½ cup granulated sugar
- 2 tablespoons cider vinegar
- ¼ teaspoon red pepper flakes
- ¼ teaspoon ground coriander

Directions

1. Cut the peaches into 8 wedges. Place all ingredients (peaches through coriander) in a saucepan and cook over medium heat for 2-3 minutes until sugars are dissolved.
2. Reduce heat and cook for 25-30 minutes until sauce thickens and becomes syrupy. Serve warm over game hens.



Simple Turkey Pasta Delight

(Credit: Jennifer Pierce)

Ingredients

- 1 box of your favorite pasta (I used Ronzoni SuperGreen veggie pasta here!)
- 1-2 lbs of your favorite ground meat or meat alternative (I used organic ground turkey.)
- 1-2 zucchinis, chopped
- 1/2 cup shredded carrots
- 1 yellow onion, chopped
- 1 jar of your favorite pasta sauce (I like Newman's Own Organics)
- Fresh basil, for garnish
- Salt and pepper, to taste
- Your favorite sharp cheese, for garnish (I used Gouda!)



Directions

1. Saute onion, zucchini, and carrots. Add pasta sauce. Simmer.
2. Cook pasta according to directions on the box.
3. Brown and drain your meat. Add salt and pepper.
4. Combine all when cooked thoroughly.
5. Serve hot with basil and cheese garnishes...and wine!



Open Fire Rotisserie Chicken

(Credit: Jana Boswell)

1. Ingredients

- 1 whole chicken
- $\frac{3}{4}$ cup chicken stock
- 2 tbsp olive oil
- 1 tsp minced garlic
- 2 tbsp Adolph's seasoned tenderizer
- 2 tbsp McCormick's rotisserie chicken seasoning, or seasoning of your choice

Directions

1. Above makes one cup of marinade; use 1/2 cup per pound of chicken, and make extra for basting and injecting.
2. Marinade chicken for 1-3 hours in the refrigerator, or overnight if possible. Also inject extra marinade into chicken an hour or two before cooking. Remove chicken from



marinade and tie up the wings and legs with twine so they don't dangle while spinning on the rotisserie.

3. Prepare wood fire and place chicken on a battery operated rotisserie over the fire. Chicken should be about 18-24" from the flame so it can cook slowly. Continue to baste chicken while it cooks, and after several hours rub some butter onto the skin to help it brown and crisp. Cook until internal temperature reaches 165 degrees Fahrenheit. Note: Cooking time will be approximately 5 hours, so it does use a lot of firewood. But it's definitely worth it!



Cheesy Egg Bites

(Credit: Joe & Kait Russo)

Equipment: Omnia Stove Top Oven with muffin insert

Ingredients:

- 6 pasture raised eggs
- 2 oz of your favorite cheese cut into six pieces (cheese used in the photo is an English cheddar with sage and spinach)
- Dash of sea salt

Directions

1. Makes 6 egg bites. Beat eggs with a dash of sea salt and divide mixture into muffin molds.
2. Add one piece of cheese to the middle of the egg mixture.
3. Turn the heat on medium low and bake in Omnia Stove Top Oven for 25 minutes or until the egg bites are firm.
4. Remove the lid and let it sit for a few minutes.
5. Use a utensil to remove the egg bites and enjoy as is or with a dash of your favorite salsa or hot sauce.





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