

# Camping Menu

*A list of easy, family-friendly camping food ideas .*

## Easy Camping Meals

- Boil In Bag Omelets
- Cowboy Breakfast Skillet
- Camping Doughnuts
- Breakfast Burritos
- Quesadillas
- Chili Mac Casserole
- Camping Tacos
- One Pot Spaghetti
- Beef & Bean Burritos
- Naan Pizza
- Philly Cheesesteak Sandwiches
- Easy Camping Garlic Bread
- Make Ahead Roasted Potatoes
- Campfire S'mores Cones
- Caramelized Peaches in Foil

## No Recipe Needed Ideas:

- Pancakes
- Cereal
- Sandwiches
- Leftovers
- Yogurt
- Trail Mix

## No Recipe Side Dish Ideas:

- Turkey Sausage Links
- Bacon
- Pre-Packaged Salad Mixes
- Canned Baked Beans
- Canned Vegetables
- Canned Fruit





## Boil In The Bag Meals: Build Your Own Omelet

Author: Jodi Danen, RDN | Create Kids Club

*Put these simple boil in the bag omelets on your camping food checklist! These omelets make for quick camping meals. They are boil in the bag meals that utilize freezer bag cooking. All in just 15 minutes.*

### Ingredients

- 12 eggs (see note for camping tips)
- 1/2 cup chopped ham
- 1 cup shredded cheddar cheese
- 1 pepper, diced
- 4 quart sized Freezer Ziplock Bags

### Instructions

1. In a large pot or dutch oven, bring water to a boil
2. Evenly distribute the whisked eggs between the ziplock bags
3. Add mix-ins of choice such as ham and cheese or veggies and cheese
4. Boil for 5 minutes for 3 egg omelets or 10 minutes for 6 egg omelets.
5. Check to make sure inside of omelet is firm. If it is still runny, place ziplock back into boiling water and cook a couple more minutes, or until set.

### Notes

Use a glass mason jar with a lid or a plastic container to transport cracked eggs for less mess when camping.

Simply shake the jar when ready to make your omelet to "whisk" them.

### ZIPLOCK BAG NOTE

You MUST use Freezer bags. These are the only bags that will hold up to the high heat.

**FOR LARGE GROUP CAMPING:**

Have everyone bring their own eggs in freezer ziplock bags to one campsite along with a mix-in to share. Add mix-in and cook.

Ideas include ham, sausage, diced tomatoes, mushrooms, spinach, feta cheese, cheddar cheese, onions, etc.



## **Cowboy Breakfast Skillet: Breakfast In Cast Iron Skillet**

Author: Jodi Danen, RDN | Create Kids Club

*Looking for a simple breakfast in a cast-iron skillet? Look no further than this hashbrown, sausage, and egg breakfast skillet - the perfect way to start your day.*

### **Ingredients**

- 1 - 4.2 oz. box dry hashbrowns
- 1/2 cup diced green pepper (chop and freeze before heading to the campground)
- 1/2 cup diced onion (chop and freeze before heading to the campground)
- 1 cup shredded cheese
- 6 eggs
- 6 pre-cooked turkey sausage links, broken into pieces
- 1 tbsp. olive oil
- salt and pepper to taste

### **Instructions**

1. Add water to hashbrowns per box instructions.
2. Heat oil in a skillet over a camp stove.
3. Add onions, green peppers, and sausage. Saute until veggies are translucent.
4. Add hydrated hashbrowns and let cook for 5 minutes, flipping occasionally.
5. Clear a space in the middle of the hashbrowns and add eggs.
6. Gently stir until eggs are cooked through.
7. Top with cheese. Turn heat off and cover.
8. Serve once the cheese has melted



## Camping Doughnuts

Author: Jodi Danen, RDN | Create Kids Club

*Homemade doughnuts with biscuits are the perfect camping treat for your next getaway. These easy camping doughnuts are crisp on the outside and soft on the inside.*

### Ingredients

- 1 can biscuit dough
- 1/4 cup vegetable oil
- 1 cup sugar
- 1-2 tbsp. cinnamon

### Instructions

1. Before leaving for your camping trip, combine sugar and cinnamon in a gallon-sized ziplock bag.
2. Heat oil in a cast-iron skillet on your camping stove.
3. Place doughnuts into hot oil and cook 15 - 30 seconds per side, depending on oil heat.
4. Flip doughnuts halfway through. Remove when golden brown on both sides.
5. Place on a paper towel, then place the doughnuts into the cinnamon and sugar blend in the ziplock bag. Serve hot!



## Breakfast Burrito

Author: Jodi Danen, RDN | Create Kids Club

*Looking for camping menu ideas? This delicious Breakfast Burrito is a great addition to add to your list of premade camping meals for your next camping trip! Make now and freeze for a quick camping breakfast.*

### Ingredients

- 1 lb. seasoned ground pork sausage
- 8 large eggs, whisked
- 1 cup diced peppers
- 3/4 cup shredded sharp cheddar cheese
- 8 large flour tortillas
- 1 tbsp. olive oil

### Instructions

1. In a medium pan, heat olive oil and saute peppers 3-5 minutes or until softened.
2. Add ground pork and cook until browned. Drain.
3. In a medium-sized pan prepared with non-stick cooking spray, add whisked eggs and cook until set, stirring often.
4. Evenly distribute cooked pork, eggs, and cheese between the 8 flour tortillas.

### TO FOLD

Wrap sides of tortilla into the middle.

Grab the bottom of the tortilla and wrap it over the eggs and meat.

Gently pull the egg and meat under the tortilla towards you while rolling the end of the tortilla up. This helps make a nice tight wrap for the burrito.



## Shredded Chicken Quesadilla

Author: Jodi Danen, RDN | Create Kids Club

*Add this Shredded Chicken Quesadilla to your list of easy camping lunches. Made with canned chicken, canned refried beans, and lots of cheese, this is an easy camping meal for kids that comes together quickly!*

### Ingredients

- 16 oz. can refried beans
- 4.5 oz. can white chunk chicken
- 1 cup shredded cheddar cheese
- 10 8-inch flour tortillas

### Instructions

1. Heat cast iron pan on the stove top or on the grill grate over medium-high heat.
2. Add a drizzle of oil to the pan.
3. Place quesadilla into the pan.
4. Cook about 2-3 minutes per side, or until golden brown and cheese is melted
5. Serve immediately

### Notes

Optional Sides for Serving: Salsa, sour cream, cilantro, jalapenos



## Chili Mac Casserole

Author: Jodi Danen, RDN | Create Kids Club

*A chili mac casserole with few ingredients and comes together in just 15 minutes. Perfect for camping or for dinner any night of the week!*

### Ingredients

- 16 oz. box elbow noodles
- 38 oz. can of chili (with or without beans)
- 2 cups shredded cheddar cheese
- 3 cups of water

### Instructions

1. Add chili, water, and dry pasta into a large skillet or pot. Cover.
2. Bring to a boil, then turn heat down and let simmer for 10 minutes, or until pasta is softened
3. Turn heat off
4. Gently stir in 1 cup of shredded cheese
5. Sprinkle the second cup of cheese on top, cover.
6. Serve once the cheese has melted!





## Camping Tacos

Author: Jodi Danen, RDN | Create Kids Club

*Camping tacos are simple to make and easier to clean up! Made in individual Frito or Dorito bags, this taco in a bag recipe is a great camping recipe for large groups.*

### Ingredients

1 lb. taco seasoned ground beef or turkey  
small individual bags of Fritos and/or Doritos  
shredded lettuce  
shredded cheese  
salsa  
tomatoes  
sour cream

### Instructions

1. Heat taco meat and spread topping out on picnic table.
2. Place taco meat directly into individual Frito or Dorito bags then add toppings of choice.
3. Eat with a fork straight from the bag!



## One-Pot Spaghetti Recipe

Author: Jodi Danen, RDN | Create Kids Club

*This One Pot Spaghetti Recipe tastes amazing and comes together in just 15 minutes! It works great as a one-pot camping meal that everyone will rave about and makes enough for leftovers the next day.*

### Ingredients

- 1 lb. ground turkey or beef
- 2 tsp. minced garlic
- 1 medium onion, diced
- 1 tbsp. olive oil
- 16 oz. box dry spaghetti noodles
- 32 oz. jar spaghetti sauce
- 28 oz. can crushed tomatoes
- 1 cup of water
- 5- 10 fresh basil leaves, torn or 1 tsp. dried
- 5-10 fresh oregano leaves, torn or 1 tsp. dried
- salt and pepper to taste

### Instructions

#### PREP IN ADVANCE

1. Heat olive oil in a medium-sized skillet, add onions and saute.
2. Add garlic and cook about 1 minute.
3. Add ground turkey or beef and cook until browned, drain.
4. Let cool then place into a freezer ziplock bag and freeze.

## TO PREPARE

5. In a large pot, add spaghetti sauce, crushed tomatoes, water dry spaghetti, and prepared meat.
6. Cover and cook for 10-15 minutes or until spaghetti is cooked.
7. Turn off heat and add fresh or dried herbs and season with salt and pepper if desired.



## Beef and Beans Burrito

Author: Jodi Danen, RDN | Create Kids Club

*Do you love Beef and Beans? Then this bean, beef, and cheese burrito is for you. Add this recipe to your list of easy Camping Meals for large groups because it's simple, delicious, and super customizable to everyone's liking.*

### Ingredients

- 1 lb. ground beef taco meat (ground beef + packet taco seasoning)
- 16 oz. can refried beans
- 1.5 cup shredded sharp cheddar cheese
- 8 flour tortilla shells

### Instructions

1. In a medium-sized bowl, combine ground taco meat with refried beans.
2. Evenly divide meat mixture between flour tortillas.
3. Top with cheese and any additional toppings.
4. Fold sides in and roll tightly.

### TO HEAT OVER A CAMPFIRE:

Wrap burritos in heavy duty tin foil and place on grill grate over the fire  
Heat for 3-5 minutes, rotating the burrito frequently

### Notes

Optional Toppings: diced tomatoes, black olives, salsa, sour cream, cilantro, lime wedges, jalapenos, green onions



## Naan Pizza 3 Ways

Author: Jodi Danen, RDN | Create Kids Club

Fun dinner recipe perfect for sleepovers or lunch boxes! These simple individual sized pizzas come together in under 10 minutes.

### Ingredients

- 2 mini naan bread
- 1/2 cup pizza sauce
- 1 tbsp. olive oil
- 1 tsp. minced garlic
- 1/2 cup shredded mozzarella cheese
- 1/4 cup fresh parmesan cheese, sliced
- 1/4 cup sun-dried tomatoes
- 1/4 cup arugula blend
- 1 tsp. red pepper flakes

### Instructions

#### FOR ALL

1. Preheat oven to 350 degrees (for a crispier crust bake at 400 degrees).
2. Bake for 8 minutes or until cheese is melted.

#### MEDITERRANEAN PIZZA:

Brush naan bread with olive oil and minced garlic. Top with cheese and sun-dried tomatoes. Place arugula on top of the cheese. Add additional cheese and red pepper flakes if desired.

**PEPPERONI PIZZA:**

Spread pizza sauce on naan bread. Sprinkle with cheese. Top with pepperoni and more cheese.

**VEGGIE PIZZA:**

Spread pizza sauce on naan bread, sprinkle with cheese. Top with veggies and more cheese.



## Philly cheesesteak Foil Pack

Author: Jodi Danen, RDN | Create Kids Club

Peppers and onions are marinated with oil and spices, then cooked with steak, topped with cheese, and placed on a crisp hard roll drizzled with juice. A healthy camping recipe in foil packets that can easily be made ahead of time.

### Ingredients

- 1 lb. top sirloin steak, sliced
- 1 medium onion, sliced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1/4 cup olive oil
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 slices provolone cheese
- 6 rolls
- tin foil

### Instructions

1. Preheat oven to 400 degrees.
2. Whisk together oil, garlic powder, salt, and pepper.
3. Place sliced onions and peppers in a medium sized bowl. Stir in oil mixture.
4. Distribute steak evenly on 6 sheets of tin foil.
5. Top with veggies and roll up foil packets.

6. Bake, cook on grill or campfire, for 15 minutes or until steak is cooked to your preferred doneness.
7. Carefully open foil packets and place 1/2 a slice of cheese on top. Close foil packet and let cheese melt.
8. Place steak, veggies, and cheese on top of a hard roll and drizzle with the remaining juices.





## Easy Camping Garlic Bread

Author: Jodi Danen, RDN | Create Kids Club

*Looking for camping menu ideas? This easy camping side dish tastes like a gourmet camping recipe but is simple to make! A great use for leftover buns or rolls.*

### Ingredients

- 4 rolls, buns, or a baguette
- Homemade Garlic Butter

### Instructions

1. Spread garlic butter onto rolls
2. Wrap roll heavy-duty duty foil
3. Place on fire grate, next to coals, or on a grill
4. Heat for 2-3 minutes or until the butter is melted and the rolls are warm and crusty

### HOMEMADE GARLIC BREAD SPREAD

1. Soften 1 stick of butter
2. Add 2 tsp. minced garlic
3. Add a pinch of salt
4. Stir and store in the fridge
5. Use on garlic bread, roasted potatoes, or your favorite pasta



## Make-Ahead Roasted Potatoes

Author: Jodi Danen, RDN | Create Kids Club

*Simple make-ahead roasted potatoes are perfect for a quick side dish or take them on your next camping trip. Frozen roasted potatoes reheat easily and taste amazing!*

### Ingredients

- 10 baby red potatoes
- 3 tbsp. butter or homemade garlic butter
- salt to taste

### Instructions

1. Wash potatoes
2. Preheat oven to 450 degrees
3. Spread potatoes on a baking sheet, season with salt
4. Bake 25-30 minutes
5. Let cool
6. Leave as is, or use a potato masher to press the potatoes flat
7. Place into a freezer bag and freeze until ready to use

### TO REHEAT

1. Place bag of potatoes into the fridge in the morning.
2. Pour into a skillet or pan and heat over medium heat
3. Add pats of butter or use homemade garlic butter



## Campfire Dessert: Campfire Smores Cones

Author: Jodi Danen, RDN | Create Kids Club

*Looking for simple & easy campfire desserts? Look no further than this delicious camping treat that is a fun spin on campfire smores.*

### Ingredients

Marshmallows  
Chocolate Candies  
Waffle Cones  
Heavy Duty Foil

### Instructions

1. Place ingredients on to picnic table.
2. Fill a waffle cone with candy and marshmallows
3. Wrap in with heavy duty tin foil.
4. Place in the coals of the campfire for 3-5 minutes or until marshmallows are melted.  
Be careful unwrapping the foil, steam is hot.



## Caramelized Peaches in Foil

Author: Jodi Danen, RDN | Create Kids Club

Looking for simple & easy camping desserts? Look no further than this delicious campfire dessert that's made from fresh or canned peaches.

### Ingredients

- 4 fresh peaches or 1 can peaches, drained and patted dry with a paper towel
- 1/4 cup brown sugar
- 2-3 tbsp butter
- heavy duty foil

### Instructions

1. Before leaving for your camping trip, place brown sugar and butter in a ziplock bag. Store in the refrigerator or cooler until ready to use. Blend together with fingers in the bag right before use.
2. Spread 4 large pieces of heavy-duty foil on the picnic table or counter.
3. Slice peaches in half and remove the pit.
4. Place peach onto the foil. Pour 1/4th of the butter/sugar mixture onto the middle of the peach. Place peach back together and wrap tightly with foil. Repeat for the rest of the peaches.
5. Place into hot coals in the campfire. Let cook about 15 minutes or until the peaches are softened. Take care opening foil as steam will escape.
6. Let cool a little and enjoy!

Optional: Top with granola, mascarpone, or vanilla ice cream

