

CAMPFIRE CREATIONS

RECIPES AND TIPS FOR HAPPY CAMPERS

Packing List

Consider these items depending on your recipes of choice.

- > Aluminium foil
- > Large pot and pan
- > Campfire stove or charcoal and matches
- > Can opener
- > Cooler
- > Utensils: fire-worthy tongs, spatula, mixing spoon, knives, brushes for sauce
- > Cutting board
- > Paper plates and napkins (or each camper brings his/her own mess kit)

Tips For Keeping Campers Happy

- > Campfire cooking takes longer, so start the fire up to 2 hours before dinner.
- > Children can prepare the ingredients before they get hungry to help out.
- > Brown meat at home and freeze in a freezer-safe bag; keep cool in ice chest until fire is started.
- > Bring lots of hand sanitizer or a bar of soap in a leg of pantyhose (soap on a rope) tied to the closest waterspout.
- > Wash hands before food prep and eating! Bring pre-sliced fruit and veggies as finger snacks and appetizers.

Breakfast Recipes

Rise and Shine Omelettes

- > Chopped veggies (leftovers from Pocket Lunch work well!)
- > 2 dozen eggs
- > 2 tbsp butter
- > 1 loaf of whole wheat bread

Add veggies to egg mixture. Melt butter to coat pan. Cook omelette on pan over a small fire or warm coals so you don't burn the eggs. Put the eggs on a piece of bread for open-face breakfast sandwich.

Jungle Breakfast

- > Sugar-free applesauce
- > Individual containers of a variety of breakfast cereals
- > Bananas and oranges
- > 1 gallon of skim milk

Serve in bowls. For extra fun, hide the fruit and cereal containers around the campsite before campers wake, like the animals have attacked and strewn the food everywhere! Campers must "scavenge" for their breakfast, Easter egg hunt-style!

Lunch & Dinner Recipes

Pocket Lunch

- > 2 8-oz packages reduced sodium, pre-cooked sliced chicken (optional)
- > 2 cans reduced sodium tomato or pizza sauce
- > 2 onions, 2 bell peppers, 8 oz button mushrooms, chopped
- > 1 can corn
- > 2 bags shredded cheese
- > 2 cups light sour cream
- > Whole wheat pita pockets

Cut the pita in half and spread sauce inside. Add the chopped veggies as desired and top with cheese. Wrap the pita in aluminium foil and place on edge of fire for about 10 minutes.

More recipes on reverse!



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Jacket Potato

- > 1 potato for each camper
- > 2 bags broccoli, steamed or lightly boiled (need clean water)
- > 2 onions, chopped
- > 2 bunches of chives, chopped
- > 2 bags shredded cheese
- > 1 stick butter

Cut slit into potato and add toppings. Wrap each potato in aluminium foil, place really close to coals/fire and roast for about 40 minutes depending on the heat.

Tacos

- > 2 lbs chicken or ground turkey or beef (only ingredient that needs to cook!)
- > 2 cans pinto or black beans
- > 2 onions, 1 bell pepper, 3 tomatoes, chopped
- > 1 bag shredded lettuce
- > 1 cup light sour cream
- > 2 bags shredded cheese
- > Taco shells (hard or soft), one for each camper

Cut the chicken into strips and cook until white, or brown the turkey or beef. Have the campers assemble the tacos layering desired ingredients into the tacos.

Burgers & Camp Corn

Prepare the burgers at home.

- > 2 lbs ground turkey or 98% lean beef
- > 2 cups rolled oats
- > 1 ½ cups low-fat cottage cheese
- > 2 onions, chopped
- > 2 eggs, stirred together
- > 1 tsp salt
- > 2/3 tsp Worcestershire sauce
- > Whole wheat buns

Mix all raw ingredients in a large bowl. Form flat patties. Place on sprayed cooking sheet and broil 2-4 minutes on each side. Allow to cool and freeze, and then pack for the camping trip and remember to bring lettuce, tomato and condiments.

Camp Corn

- > Frozen corn on the cob
- > Butter
- > Pepper

Thaw burgers and corn by removing them from ice and keeping them in a cooler. Grill burgers over charcoal fire. Spread thin layer of butter on the corn and season as desired. Wrap in aluminium foil and place around edge of fire; cook corn about 15 minutes.

Dessert Recipes

Banana Boats

- > Bananas, one per camper
- > 2 bags semi-sweet chocolate chips
- > 1 bag mini-marshmallows

Unpeel one strip from each banana, leaving the peel intact. Cut out a small section of the banana and remove it; tuck goodies into it and put the peel back in place. Wrap the banana in aluminium foil and place on the edge of the fire for a few minutes.

Spiced Baked Apples with Raisins

- > Apples, one per camper
- > Ground cinnamon
- > Raisins

Core the apples and add cinnamon and raisins into the apple core. Wrap in foil and place at edge of fire for about 30 minutes.

