

Super-Easy Weekend Camp Meals Menu – Food – Recipes – Supplies

Campfire Cooking – No camp Stove needed – Complete Recipes & Shopping Lists
 Minimal supplies – Minimal cooking and clean-up, and minimal camping cookware!
 *Includes recipes and prep, beverages and snacks, and chuck box items needed.

Camp Meals Menu:

Friday	Saturday	Sunday
<p>Dinner: Tin-foil Hobo Hamburger with Veggies Warmed Sliced Apples Sliced Bread Loaf w/butter Beverage/Coffee</p> <p>Evening Campfire Treat: Chocolate Banana Boat</p>	<p>Breakfast: Instant Oatmeal and Toasted Bagel with Spread Juice/Coffee</p> <p>Lunch: Toasted Subs (heros) Fruit – Oranges Pringles Chips Beverage/Coffee</p> <p>Afternoon Snack: Trail Mix (Gorp) Granola Bars Cookies/Pringles Chips Beverage</p> <p>Dinner: Grilled BBQ Chicken Breast Baked Potatoes and Veggies Bread – Pull-apart Loaf Beverage/Coffee</p> <p>Evening Campfire Treat: Hobo Pastry on a Stick Beverage/Coffee</p>	<p>Breakfast: Baggie Omelets Fried Hashbrowns Orange Wedges Juice/Coffee</p> <p>Lunch: Ramon Cup-o-Noodles Pringles Beverage/Coffee</p> <p>Afternoon Snack: Trail Mix (Gorp) Granola Bars Cookies/Pringles Chips Beverage</p>

Note: Menu designed for campfire cooking – not camp stove cooking

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Cooking Supply Notes:

Cookware and cooking utensils needed:

- ___ Bulk water container *(size and quantity depend on on-site water availability – minimum is one 2.5 gal. container)
- ___ campfire cooking grate - *optional if you have a lg. cast iron frying pan
- ___ camp coffee pot or tea kettle for hot water - *pot can be used instead
- ___ cooking pot/pan - *min. 2 qt. size – bigger for groups
- ___ frying pan – preferably cast iron *(will also serve as wash basin)
- ___ cooking spatula
- ___ long-handle tongs
- ___ large camp kitchen knife
- ___ cutting board - *med. to large size
- ___ can opener
- ___ heavy-duty leather gloves for campfire cooking
- ___ matches/lighter

Disposable paper and plastic

___ Cups – (4 per camper) ___ Plates – (8 per camper)
___ Bowls – (2 per camper) ___ Utensils: - (7 sets per camper)

Chuck Box Supplies:

- ___ heavy-duty aluminum foil - *full roll, you will be using a lot of it
- ___ Qt.-size Zip-Loc freezer bags - *will need one per camper – but get a box of them to be safe
- ___ snack-size Zip-Loc baggies – 1 box - *used for trail mix
- ___ paper towels – at least 2 rolls for 3+ campers, 3 for a large group
- ___ draw-string trash bags - *lg. kitchen 13 gal. size is minimum – plan on using one per day
- ___ dish soap - * small bottle
- ___ cooking oil - *sm. 8oz. bottle
- ___ salt and pepper – *disposable shakers work well
- ___ creamer/sugar for coffee - *use packets instead of bulk containers
- ___ magic marker - *for marking foil meals and baggie omelets

Cooking notes:

1. Obviously, you can substitute any menu choice you want – just make appropriate changes to the grocery list
2. All campfire cooking is done over/on coals and embers, not flames
3. If you do not have a camp table to work from – your cutting board will be your work station – keep that in mind when you pick a cutting board size

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Grocery List Notes

1. Coffee – Folger’s single-serve bags, (just like tea bags), are the easiest choice
2. Powdered beverage mix is used. It can be mixed a glass at a time by each camper
3. Quantities are minimums – if you have heavy eaters – adjust accordingly
4. Might be good to get a few extra bananas
5. For more than 2 campers – buy the small 3 – 5 lb bags of smaller apples and oranges – it’s cheaper
6. Baking potatoes and onions should be medium size – not large
7. Long loaf bread is a bakery loaf about 14” – 16” long, or a longer French bread loaf will work also
8. Mayo and mustard should be small plastic squeeze bottles – no glass
9. Hamburger should be at least 90% lean-style or you will have too much grease in your Hobo dinner
10. Lunch meat – always safe with sliced ham, but take your pick. You could even use two kinds of meat if you want – and add tomatoes to your list if you think campers would want it
11. American sliced cheese is safest for all tastes, but cheddar is better
12. Shredded cheese should be sharp cheddar
13. A few extra granola bars wouldn’t hurt – you can always use left-overs at home
14. Dividing trail mix into Zip-Loc snack baggies or more convenient to take on camping activities
15. Juice should be in paper cartons – no glass
16. Check the servings on bulk beverage mix containers to see how many to buy
17. Might as well just buy a small 8 oz bag of chocolate chips
18. Biscuits are to dough biscuits from the dairy section – 4 or 8 per pkg.
19. Hash browns should be the diced kind – like Orida Frozen hash browns
20. Instant Oatmeal – stick with one flavor, like; maple & brown sugar, or Apple Cinnamon, variety packs DON’T suit everyone

Your Notes:

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Grocery List:

✓	Grocery Item.....	Per Camper	2 people	3 people	4 people	5 people	6 people
	Produce						
___	Apples	3	6	1 Bag	1 Bag	2 Bags	2 Bags
___	Oranges	2	4	1 Bag	1 Bag	1 Bag	1 Bag
___	Bananas	1	2	3	4	5	6
___	Red potatoes	1	2	3	4	5	6
___	Bake potatoes	1	2	3	4	5	6
___	Onions	1	2	3	4	5	6
___	Carrots	1	2	3	4	5	6
___	Shred lettuce	1 portion	1 bag	1 bag	1 bag	1 bag	1 bag
	Bread						
___	Bagels	1	2	3	4	5	6
___	Long loaf	2 slice	½ loaf	½ loaf	loaf	loaf	loaf
___	Pull-apart loaf	2 pcs	loaf	loaf	loaf	2 loaf	2 loaf
___	Sub rolls	1	2	3	4	5	6
	Spreads						
___	Cream cheese	2 Portion	Sm. Tub	2 sm tub	2 sm tub	3 sm tub	3 sm tub
___	Butter	8 portion	med tub	2 med tub	1 lg tub	1 lg. tub	1 lg. tub
___	Mayo/Must	Portion	sm Bottle	sm Bottle	sm Bottle	sm bottle	sm Bottle
	Meats						
___	Chicken breast	1	2	3	4	5	6
___	Hamburger*	½ lb	1 lb	1 ½ lb	2 lb	2 ½ lb	3 lb
___	Lunch meat	4 slice	8 slice	12 slice	16 slice	20 slice	24 slice
___	Sliced cheese	3 slice	6 slice	9 slice	12 slice	15 slice	18 slice
___	Shredded cheese	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cup	1 ½ cup
	Snacks						
___	Granola Bars	3	6	9	12	15	18
___	Cookies	4	8	12	16	20	24
___	marshmallows	portion	1 bag	1 bag	1 bag	1 bag	1 bag
___	Pringles Chips	½ can	1 can	2 cans	3 cans	3 cans	4 cans
___	Trail Mix	8oz (1pkg)	16 oz (2 pkg)	24 oz (3 pkg)	32 oz (4 pkg)	40 oz (5 pkg)	48 oz (6 pkg)
	Beverages						
___	Coffee	6 bags	12	18	24	30	36
___	Drink mix	8 portion	16portion	24 portion	32 portion	40 portion	48 portion
___	Juice	12 oz	1 qt.	2 qts.	2 qts.	3 qts.	3 qts.
	Misc.						
___	Monterey Steak Seasoning	Portions	Sm. btl	Sm.bottle	Sm. btl	Sm. btl	Sm. btl
___	Bacon Bits	1 spoon	1 sm. pkg	1 sm. pkg	2 sm.pkg	2 sm. pkg	2 sm. pkg
___	BBQ Sauce	portion	1 sm btl	1 sm btl	1 sm btl	1 sm btl	1 sm btl
___	Bulk sugar	2 Portion	1 lb box	1 lb box	1 lb box	1 lb box	1 lb box
___	Grd Cinnamon	Portion	1 sm btl	1 sm btl	1 sm btl	1 sm btl	1 sm btl
___	Hershey Choco.	1	2	3	4	5	6
___	Candy bar						
___	Biscuits (dough)	1	2	3	4	5	6
___	Inst oatmeal	2 pks	4	6	8	10	12
___	Hash Browns	1 cup	2 cups	3 cups	4 cups	5 cups	6 cups
___	Cut Green Beans	4 oz	1 can	2 cans	2 cans	3 cans	3 cans
___	Whl. Kernel corn	4 oz	1 can	2 cans	2 cans	3 cans	3 cans
___	Cup-o-Noodles	1	2	3	4	5	6

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Menu Items:

Friday Dinner

- Tin-foil Hobo Hamburger & Veggies
 1. Thin slice, (1/4") ; all red potatoes, carrots, thick slice, (1/2"), 1/2 of onions
 2. Core and slice apples into wedges, (peel-on), 1 apple per camper
 3. Divide hamburger in 1/2 lb portions and press into thin patties
 4. Tear off 2 each 16" – 18" pieces foil, and 1 each 12" piece foil - per camper
 5. Lay out 2 lg. foil pieces in a criss-cross, layer ingredients in center of cross – as follows
 6. Coat 8" circle in center of foil with butter
 7. Layer of sliced onions; 1/2 spoon of butter; hamburger patty – sprinkle patty with Monterey Steak seasoning, (not too much); layer of potatoes; layer of carrots, add 1/2 cup whole kernel corn; - salt & pepper to taste
 8. Fold ends of foil over ingredients; fold-close top and sides of foil; repeat with second layer of foil in cross so that ingredients are in a double wrapper
 9. Place on bed of coals – rotate 1/2 turn after about 10 minutes – done after another 15 - 20 minutes

- Warmed Apple Slices
 1. place apple wedges in center of 12" piece of foil; add 1/2 spoon butter; sprinkle with sugar and ground cinnamon, to taste
 2. bring foil ends up and fold closed; fold sides closed to seal ingredients
 3. lay in coals about 5 minutes – rotate 1/4 turn – done after 5 more minutes

- Bread; slice appropriate slices, wrap in foil, and warm 3 – 5 minutes in coals
*turn frequently

Friday Evening Campfire treat

- Chocolate Banana Boat
 1. slice banana in half, length-wise with peel on
 2. break Hershey's bar into pieces and lay between banana halves, full length of banana
 3. lay marshmallows on top of chocolate
 4. place two halves back together and wrap in foil
 5. place in embers – about 5 – 10 minutes – turning frequently
 6. unwrap and eat with spoon

Saturday Breakfast

- Instant oatmeal and bagel – Hope you don't need directions here
*Bagel can be warmed in foil or toasted on fire grate

Saturday Lunch

- Toasted Sub
 1. Slice sub roll, add mustard or mayo as desired and add 4 slices meat and 3 slices cheese
 2. wrap in foil and warm in coals, remove and add shredded lettuce, and sliced onions if desired
 - slice oranges into wedges

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Saturday Dinner

*baked potatoes will take about 40 minutes – start them first

1. slice potato in half, salt & pepper to taste, add spoon of butter
2. put halves back together and wrap in foil, with ends folded to keep sealed
3. place in coals, cook about 30 - 40 minutes – turning frequently

- BBQ Boneless chicken breast

1. Sear chicken breasts on campfire cooking grate or in frying pan
2. Place in center of foil cross, (like the Hobo meal), add 2 – 3 spoons BBQ sauce
3. Salt & pepper to taste, fold closed and place on coals – cook about 10 minutes – turn – done after 10 more minutes

- Veggie – Cut Green Beans

1. Open can(s) about 7/8 way, enough to lift lid but not detach it – remove paper label – set in coals to warm – use gloves to hold can and stir contents every couple minutes – should be warmed in 5 – 10 minutes
- Bread; wrap entire pull-apart loaf in foil and warm on coals for 5 – 10 minutes, turning frequently

Saturday Evening Campfire Treat

- Hobo Cinnamon Sugar Pastry

1. each camper needs a long roasting stick
2. mix some sugar and cinnamon, (to taste), on a paper plate – be generous you will be rolling finished pastry in this
3. melt some butter and pour onto another paper plate – enough to form a liquid layer to roll finished pastry in
4. pull and shape a biscuit dough until it is about as long as a hot dog and about 1” wide (should be about ¼” thick)
5. press one end onto point of stick, then wrap around and down stick in a spiral – should still be about as long as a hot dog
6. roast over coals – not flame – until dough puffs and browns - turning constantly to keep from burning
7. still on stick - roll browned pastry in melted butter, then in sugar/cinnamon mix

Sunday Breakfast

- Baggie Egg Omelet

1. Fill pot with water and bring to boil
2. pour approx. ½ cup cooking oil into frying pan and heat to temp.
3. put 2 – 3 raw eggs into qt. freezer baggie – no shell of course
4. add; 1 spoon bacon bits (or two), 1 spoon chopped onion, ¼ cup shredded cheese
5. salt & pepper to taste and seal bag – squeeze out as much air as possible, but make sure baggie is well sealed, then mush it all together with your fingers until eggs looked scrambled and everything is mixed together *baggies can be marked with names if ingredients differ
6. place in boiling water; 5 – 10 minutes, you can see when they are done
7. fry hash browns in frying pan while omelets are cooking
8. remove omelets and dump on top of plate of fried hash browns

Sunday Lunch – Ramon Cup-o-Noodles - follow directions on cup! Serve with Pringles
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