

Easy Weekend Camp Meals Menu #2

Campfire and Dutch Oven Cooking – No camp stove needed – Minimal camping cookware - Complete Recipes & Shopping Lists

*Includes recipes and prep, beverages and snacks, and chuck box items needed.

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

Camp Meals Menu:

Friday	Saturday	Sunday
<p>Dinner: Beef and Noodles with Veggies* Sliced Bread Loaf w/butter Beverage/Coffee</p> <p>Evening Campfire Treat: S'Mores and Toasted Marshmallows</p> <p>*since this is an arrival day dinner – ideally all prepping, and as much cooking as possible should be done at home so this dinner can essentially be a “dump and warm” dinner – recipe instructions for at-home, can be changed to at-camp preparation if you really want to cook it there.</p>	<p>Breakfast: Instant Oatmeal and Toasted Bagel with Spread Juice/Coffee</p> <p>Lunch: Toasted Subs (Heros) Pringles Beverage/Coffee</p> <p>Afternoon Snack: Trail Mix (Gorp) Granola Bars Cookies/Pringles Chips Beverage</p> <p>Dinner: Kielbasa and Italian Sausage with Potatoes and Veggies Cinnamon Apple Slices Bread – Pull-apart Loaf Beverage/Coffee</p> <p>Evening Campfire Treat: The Devil’s Cherry Cobbler Beverage/Coffee</p>	<p>Breakfast: Sausage & Egg Scramble Orange Wedges Biscuits w/butter Juice/Coffee</p> <p>Lunch: Cold-cut Sandwiches Fruit – Oranges Pringles Chips Beverage/Coffee</p> <p>Afternoon Snack: Trail Mix (Gorp) Granola Bars Cookies/Pringles Chips Beverage</p>

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Grocery List:

✓	Grocery Item.....	Per Camper	2 people	3 people	4 people	5 people	6 people
	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
___	Kaiser rolls	1	2	3	4	5	6
___	Biscuits	2	1 can	1 can	1 can	2 can	2 can
	Spreads						
___	Cream cheese	2 portion	Sm. Tub	2 sm tub	2 sm tub	3 sm tub	3 sm tub
___	Butter	8 portion	med tub	med tub	1 lg tub	1 lg. tub	1 lg. tub
___	Mayo/Mustard	portion	sm Bottle	sm Bottle	sm Bottle	sm bottle	sm Bottle
___	Eggs	2 - 3	4 - 6	6 - 9	8 - 12	12	12
	Meats						
___	Beef cubes	portion	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs
___	Kielbasa Sausage	portion	1 lb	1 lb	1 ½ lb	1 ½ lb	2 lb
___	Italian Sausage	portion	4 links	6 links	7 links	8 links	8 links
___	Breakfast Sausage	portion	½ lb	1 lb	1 lb	1 ½ lb	1 ½ lb
___	Lunch meat(s) per	6 slice	12 slice	18 slice	24 slice	30 slice	36 slice
	Cheeses						
___	Sliced cheese	4 slice	8 slice	12 slice	16 slice	20 slice	24 slice
___	Shredded cheese	portion	2 cup	2 cup	2 cup	2 cup	2 cup
	Misc.						
___	Monterey Stk Seas	portion	Sm. btl	Sm.bottle	Sm. btl	Sm. btl	Sm. btl
___	Bulk sugar	portion	1 cup	1 cup	1 cup	2 cup	2 cup
___	Grd Cinnamon	portion	1 sm btl	1 sm btl	1 sm btl	1 sm btl	1 sm btl
___	Worcestershire	2 tbsp.	2 tbsp.	2 tbsp.	2 tbsp.	2 tbsp.	2 tbsp.
___	Beef Broth	portion	2 cans	2 cans	2 cans	2 cans	2 cans
___	Beef Gravy Mix	portion	2 pkgs.	2 pkgs.	2 pkgs.	2 pkgs.	2 pkgs.
___	Inst oatmeal	2 pks.	4 pks	6 pks.	8 pks.	10 pks.	12 pks.
___	Hash Browns	portion	1 bag	1 bag	1 bag	1 bag	1 bag
___	Whl. Kernel corn	portion	1 can	1 can	1 can	1 can	1 can
___	Peas	portion	1 can	1 can	1 can	1 can	1 can
___	Choco. Cake Mix	portion	1 box	1 box	1 box	1 box	1 box
___	Cherry Pie Filling	portion	2 cans	2 cans	2 cans	2 cans	2 cans
	Produce						
___	Apples	3	6	1 Bag	2 Bag	2 Bags	2 Bags
___	Oranges	2	4	1 Bag	1 Bag	2 Bags	2 Bags
___	Small potatoes	portion	4	1 Bag	1 Bag	1 Bag	1 Bag
___	Green Peppers	portion	1 med.	1 med.	2 med.	2 med.	2 med.
___	Onions	portion	2 med.	3 med.	1 bag	1 bag	1 bag
___	Tomatoes	portion	2	3	4	5	6
___	Shred lettuce	portion	2	3	4	5	6

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Grocery List:

✓	Grocery Item.....	Per Camper	2 people	3 people	4 people	5 people	6 people
	Snacks						
___	Granola Bars	3	6	9	12	15	18
___	Cookies	4	8	12	16	20	24
___	Choco. Candy Bars	1	2	3	4	5	6
___	Marshmallows	portion	1 bag	1 bag	2 bag	2 bag	2 bag
___	Pringles Chips	½ can	1 can	2 cans	3 cans	3 cans	4 cans
___	Graham Crackers	2 each	4 pcs.	6 pcs.	8 pcs.	10 pcs.	12 pcs.
___	Trail Mix	8oz	16 oz	24 oz	32 oz	40 oz	48 oz
___	Dr. Pepper Soda	Portion	1 16oz btl	1 16oz btl	1 16oz btl	1 16oz btl	1 16oz btl
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____

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. For more than 2 campers – buy the small 3 – 5 lb bags of smaller apples and oranges – it’s cheaper
5. Green peppers and onions should be medium size – not large
6. Long loaf bread is a bakery loaf about 14” – 16” long, or a longer French bread loaf will work also
7. Mayo and mustard should be small plastic squeeze bottles – no glass
8. 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
9. American sliced cheese is safest for all tastes, but cheddar is better
10. Shredded cheese should be sharp cheddar
11. A few extra granola bars wouldn’t hurt – you can always use left-overs at home
12. Dividing trail mix into Zip-Loc snack baggies or more convenient to take on camping activities
13. Juice should be in paper cartons – no glass
14. Check the servings on bulk beverage mix containers to see how many to buy
15. Hash browns should be the diced kind – like Orida Frozen hash browns
16. Instant Oatmeal – stick with one flavor, like; maple & brown sugar, or Apple Cinnamon, variety packs DON’T suit everyone
17. Snack quantities are minimums – It never hurts to have extra

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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)
- ___ camp stove - *optional
- ___ 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
- ___ Dutch Oven *(will also serve as wash basin)
- ___ cooking spatula
- ___ long-handle cooking/serving spoon
- ___ 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
- ___ 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

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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Menu Items:

Friday Dinner

- Beef Tips and Noodles Dutch Oven Dinner

*ideally this should be a "dump and warm dinner" for arrival day. Steps 1 thru 3 should be done at home and put into a Zip-Loc baggie for camp use.

Ingredients: *quantities determined by group size

- Beef Cubes*	- 2 pkgs. Beef gravy mix
- Medium Pasta Noodles*	- 1 tbsp. Monterey Stk. Seasoning
- 1 Med. Onion	- 1 tbsp. Worcestershire sauce
- 1 can peas	- 1 tsp. black pepper
- 2 cans beef broth (20 - 24oz)	- 4 tbsp. olive oil
	- 10 - 12oz water

1. Chop a med. onion into ½ chunks and place in Zip-Loc baggie
2. Cook pasta noodles – drain well, then toss with 2 tbsps. Olive oil to coat noodles to prevent sticking. Spread noodles on a baking pan to cool. When cooled, put into gallon-size freezer Zip-Locs for transport to camp. (don't stuff the Zip-Locs)
3. Brown beef cubes in skillet with 2 tbsps. Olive oil and 1 tbsp. Monterey Steak seasoning. Let cool in skillet – then put beef cubes and liquids from skillet in a gallon-size freezer Zip-Loc

- At Camp:

1. Put into Dutch Oven, over medium-hot coals: beef cubes, 1 tbsp. Worcestershire sauce, 1 tsp. black pepper, and 2 cans Beef broth, (20 -24oz.). Heat to a simmer for 30 - 60 minutes, (30 min. will do, 60 is better)
2. Slice loaf bread, wrap in foil, and warm on top of simmering Dutch oven.
3. Just before end of simmer time, add one broth can of water and 2 pkgs. Of gravy mix to 1 qt. pan, stir and heat to a boil.
4. Add peas, gravy, and chopped onions to Dutch oven with beef cubes, return to simmer, then remove from heat. Stir in noodles and serve.

Friday Evening Campfire treat

- Toasted Marshmallows and S'Mores

1. You can use "store-bought" skewers to do the marshmallow toasting, but slim sharpened sticks add more authenticity to the event
2. S'Mores are easy – ½ chocolate bar and a couple toasted marshmallows between graham crackers.

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 on fire grate or in coals, turning g frequently, remove and add shredded lettuce, and sliced onions if desired
- slice oranges into wedges

Saturday Dinner

- Kielbasa and Italian Sausage with Veggies *can be cooked in a Dutch oven or large covered skillet

Ingredients: *quantities determined by group size

- Kielbasa Sausage*	- Whole potatoes*
- Italian sausage links*	- 1 can whole kernel corn
- 1 Med. Onion	- 1 tsp. black pepper
- 1 Med. Green Pepper	- 2 tbsp. olive oil

1. cook Italian sausage links, in 2 tbsp. oil until they are firm enough to slice into ½ in. thick slices, then continue cooking slices until done.
2. slice: potatoes, onions, and Kielbasa into thick slices, (½ in.), cut green pepper into ½ in. X 2 in. strips – add all, plus 1 can whole kernel corn, (with juice), 1 tsp. black pepper to cooked Italian sausage, cover and heat to low simmer for 20 – 30 minutes. (or until potatoes are tender) *pull-apart bread can be wrapped in foil and heated on top of covered skillet or Dutch oven during this time, or foil-wrapped and warmed on a fire grate.

- Warmed Apple Slices

1. place apple wedges in center of a piece of heavy-duty foil; add 2 tbsp. butter; sprinkle with sugar and ground cinnamon, to taste
2. bring foil ends up and fold closed; fold sides closed to seal ingredients, then wrap again with a second piece of foil
3. lay in coals, or on fire grate, or on top of covered skillet or Dutch oven about 5 - 10 minutes – rotate ¼ turn – done after 5 more minutes

Saturday Evening Campfire Treat

- Devil's Cherry Cobbler

1. heavily grease bottom and sides of Dutch oven with butter; pour in 2, (22oz.), cans cheery pie filling, and 10 oz. Dr. Pepper soda
2. pour box dry cake mix on top of mixture – BUT DO NOT STIR TO MIX!
3. slice 1 stick or butter into patties, (or 8 tbsp. soft butter), and distribute over top of dry cake mix.
4. cover and place on low to medium coals, add layer of coals to top of Dutch oven. After 15 minutes; rotate Dutch oven ½ turn one way and replenish coals on lid. cook for 15 minutes more. Then take a look at it. If your heat is right it should take another 15 minutes for cake to get spongy and cobbler is done. But if your heat was too hot it could be done after the second 15 minutes.
5. Serve with a large serving spoon, dipping down to get both cake and cherry pie filling with each spoonful. **Luxury Touch:** serve with Cool-whip or Ice Cream

Sunday Breakfast

- Sausage and Egg Scramble

1. in large skillet - fry breakfast sausage in 2 tbsp. oil, chop until sausage is all crumbled pieces, remove sausage, but do not drain skillet
2. add hash browns and 1 chopped onion to skillet and fry until hash browns are done – then return crumbled sausage to mixture
3. in a mixing bowl or pan scramble 2 – 3 eggs per camper, add salt & pepper to taste, and pour into sausage/hash browns mixture
4. add 1 cup shredded cheddar cheese and stir everything to thoroughly mix.
5. cover and cook until eggs are starting to set – stir mixture once about half-way through, (about 5 -7 minutes), and top with 1 cup shredded cheddar cheese, re-cover and finish cooking until eggs are done and cheese is melted. Serve!

- Biscuits

1. coat bottom and sides of Dutch oven with oil, cover and pre-heat
2. layout biscuits on bottom – cover – place on medium bed of coals and place layer of coals on lid – rotate oven ½ turn and replenish under-oven and lid coals after about 10 minutes – after another 5 – 7 minutes check biscuits – should be done

Sunday Lunch

– Cold-cut sandwiches, Serve with fruit and Pringles