

### **Hearty Weekend Camp Meals Menu #3**

Campfire, Camp Stove and Dutch Oven Cooking –Complete Recipes & Shopping Lists

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

**Note:** Menu designed for campfire and camp stove cooking.

#### **Camp Meals Menu:**

Friday	Saturday	Sunday
<p><b>Dinner:</b> Beef and Vegetable Kabobs Warm Cinnamon Apple Slices Warm Bread Loaf w/butter Beverage/Coffee</p> <p><b>Evening Campfire Treat:</b> Campfire Hobo Stick Pastries</p> <p>*since this is an arrival day dinner – ideally as much ingredient prepping as possible should be done at home so this dinner can easily and quickly prepared.</p> <p>– recipe instructions include at-home prep suggestions that can be changed to at-camp preparation if you really want to cook it there.</p>	<p><b>Breakfast:</b> Cheesy Scrambled eggs with Sausage/Bacon * Toasted Tater Tots Hot Biscuits Juice/Coffee</p> <p><b>Lunch:</b> Toasted Hoagies (Heros) Pringles/Chips Fruit – Apple/Orange/Banana Beverage/Coffee</p> <p><b>Afternoon Snack:</b> Trail Mix (Gorp) Granola Bars Cookies/Pringles Chips Beverage</p> <p><b>Dinner:</b> Steaks and Baked Potatoes Fried corn with onions Mandarin Orange Slices Warm Pull-apart loaf bread Beverage/Coffee</p> <p><b>Evening Campfire Treat:</b> Banana Strawberry Delight Beverage/Coffee</p>	<p><b>Breakfast:</b> Western Omelet Fried Apple/Orange Slices Toasted bagels Juice/Coffee</p> <p><b>Lunch:</b> Ham &amp; Cheese Fajita Wraps Fruit – Oranges/Apples Pringles Chips Beverage/Coffee</p> <p><b>Afternoon Snack:</b> 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
	<b>Bread</b>						
___	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	2 loaf	2 loaf	2 loaf
___	Sub rolls	1	2	3	4	5	6
___	Biscuits	2	4	6	8	10	12
	<b>Spreads</b>						
___	Cream cheese	2 portion	Sm. Tub	2 sm tub	2 sm tub	3 sm tub	3 sm tub
___	Butter for bread	8 portion	med tub	med tub	1 lg tub	1 lg. tub	1 lg. tub
___	Butter sticks	3 sticks	3 sticks	3 sticks	3 sticks	3 sticks	3 sticks
___	Mayo/Mustard	portion	sm Bottle	sm Bottle	sm Bottle	sm bottle	sm Bottle
___	<b>Eggs</b>	4 - 6	8 - 12	12 - 18	16 - 24	20 - 30	24 - 36
	<b>Meats</b>						
___	Beef cubes	8 oz	1 lb	1.5 lbs	2 lbs	2 ½ lbs	3 lbs
___	Steaks	portion	2*	3*	4*	5*	6*
___	Bacon*	6 strips	1 lb	1.5 lb*	2 lb*	2.5 lb*	3 lb*
___	Breakfst Sausage*	6 oz	1 lb	1 .5 lb*	2 lb*	2.5 lb*	2.5 lb* lb
___	Lunch meat(s) per	7 slice	14slice	21 slice	28 slice	35 slice	42 slice
	<b>Cheeses</b>						
___	Sliced cheese	4 slice	8 slice	12 slice	16 slice	20 slice	24 slice
___	Shredded cheese	portion	2 cup	2 cup	2 cup	3 cup	3 cup
	<b>Misc.</b>						
___	Monterey Stk Seas	portion	Sm. btl	Sm.bottle	Sm. btl	Sm. btl	Sm. btl
___	Bulk sugar	portion	1 cup	1 cup	1 cup	1 cup	1 cup
___	Brown Sugar	portion	2 cups	2 cups	2 cups	2 cups	2 cups
___	Grd Cinnamon	portion	1 sm btl	1 sm btl	1 sm btl	1 sm btl	1 sm btl
___	Worcestershire	portion	2 tbsp.	2 tbsp.	2 tbsp.	2 tbsp.	2 tbsp.
___	Tater Tots	2 tbsp.	1 bag	1 bag	1 bag	1.5 bag	1.5 bag
___	Whl. Kernel corn	portion	1 can	1 can	1 can	2 can	2 can
___	Shoepeg corn	portion	1 can	1 can	1 can	2 can	2 can
___	Scalloped Apples	portion	1 pkg.	2 pkg.	3 pkg.	3 pkg.	3 pkg.
___	Stwberry Pie Filling	4 oz.	1 can*	1 can*	2 cans*	2 cans*	2 cans*
___	Mandarin ornage	2 strips	1 can	2 cans	2 cans	3 cans	3 cans
___	Breadsticks dough	2 per	1 can	1 can	2 cans	2 cans	2 cans
___	Fajita wraps	portion	4	6	8	10	12
___	Graham Crust		1 box	1 box	1 box	1 box	1 box
___	Crumbs						
	<b>Produce</b>						
___	Apples	3	6	1 Bag	2 Bag	2 Bags	2 Bags
___	Oranges	3	6	1 Bag	1 Bag	2 Bags	2 Bags
___	Bananas	4	4	6	6	8	8
___	Strawberries*	portion	1 qt	1 qt	1 qt	1 qt	1 qt
___	Baking potatoes	1	2	3	4	5	6
___	Green Peppers	portion	1 med.	2 med.	3 med.	3 med.	3 med.
___	Onion	portion	2 med.	3 med.	1 bag	1 bag	1 bag

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**Grocery List:**

✓	Grocery Item.....	Per Camper	2 people	3 people	4 people	5 people	6 people
	<b>Produce</b>						
___	Tomatoes	portion	2	3	4	5	6
___	Shred lettuce	portion	2	3	4	5	6
	<b>Snacks</b>						
___	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
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____
___	_____	_____	_____	_____	_____	_____	_____

**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

**Cooking Supply Notes:**

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### **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 2 - lg. cast iron frying pans
- \_\_\_ camp coffee pot or tea kettle for hot water - \*pot can be used instead
- \_\_\_ two cooking pot/pans - \*min. 2 qt. size – bigger for groups
- \_\_\_ 2 frying pans – preferably cast iron \*just one is workable
- \_\_\_ Dutch Oven \*(will also serve as wash basin)
- \_\_\_ 2 cooking spatulas – 1 metal, 1 stiff Teflon
- \_\_\_ 2 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. Most 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 and Vegetable Kabobs Dinner

\* To make this arrival meal easier, steps 1 thru 4 can be done at home and put into a Zip-Loc baggie for camp use.

Ingredients: \*quantities determined by group size – shopping lists has needed amounts

- Beef Cubes*	- Monterey Stk. Seasoning
- Green Peppers	- Powdered Cinnamon
- Med. Onions	- 1 tsp. black pepper
- Med. White Potatoes	- olive oil
- Apple Pie Filling*	- Loaf bread*

\*Beef cubes should be no more than ½ inch thick (just slice thicker pieces in half)

\*Apple pie filling can be substituted with Stouffer’s Warm Apple Slices dessert

\*Dinner rolls or Pull-apart or Whole loaf bread can be used

1. Peel onions, slice in half vertically, then again horizontally. Quarter each half to get crescent-shaped chunks for the skewers, and place in large Zip-Loc baggie
2. Slice green peppers in half and clean out seeds. Then cut into ¾ inch by 1 inch pieces, again, sized for the skewers, and place in large Zip-Loc baggie
3. Wash and dry potatoes, but do not slice – these need to be done at camp.
4. Mix 4 tbsps. Olive oil, 1 tsp. black pepper, and 2 tbsp. Monterey Steak seasoning. in a gallon-size freezer Zip-Loc bag, then put in beef cubes and toss around in bag until coated with mixture – this is a semi-marinade and can be done up to two days ahead of time as long as it is kept refrigerated.

- At Camp:

1. Slice potatoes in half – length-wise, then slice, across width, into approx. 3/8” slices. Ending up with half-moon shaped slices, once again, for the skewers.
2. Gather potatoes, onions, green peppers, and beef cubes – thread on skewers, in this order: beef, onion, potato, green pepper. Repeat until skewer is full. \*leave approx. 2” at bottom to handle skewer while cooking and eating.
3. Brush completed skewers with olive oil and set aside until all are done – plan at least two skewers per camper. \*More for hearty appetites
4. Pour apple pie filling into a pot or pan and add ground cinnamon powder to season to taste – careful, add a little at a time until it has the amount of cinnamon taste you want. While skewers are cooking, heat the cinnamon apple slices mixture.
5. Slice loaf bread, but don’t separate slices, wrap in foil. When skewers go on to cook, warm foil-wrapped bread on top of campfire grate, or in a dry cast iron skillet - over coals only.

**Notes:**

1. Cover fire grate surface with a sheet of heavy-duty foil and brush with oil or non-stick cooking spray – or cook the kabobs in a large cast iron skillet. Turn several times. When kabobs are almost done – remove foil and finish over grate for a char-broiled finish.

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## Friday Evening Campfire Treat

### - Hobo Cinnamon and Sugar Stick Pastries

1. Use refrigerated cans of breadsticks from the dairy section. 2 – 3 individual breadsticks per camper
2. 1 – 2 cups of sugar \*depends on number of campers
3. 1 – 2 sticks of butter, softened \*depends on number of campers
4. Ground cinnamon powder
5. 1 toasting stick per camper – approx. 1 inch diameter (size of a quarter)

\*A detailed description of the following instructions, with pictures, is available at: [How to make Hobo Campfire breadsticks](http://campingwithgus.com/2011/07/05/hobo-campfire-breadsticks-camping-kids/) (it can also be printed)

<http://campingwithgus.com/2011/07/05/hobo-campfire-breadsticks-camping-kids/>

### Prep Instructions:

1. Mix sugar and cinnamon powder, (to taste), on a flat plate
2. Place unwrapped, softened butter/margarine sticks on flat plate.
3. Skin bark back 8 inches from end of stick
4. Flatten 1 piece of breadstick dough to about 1/4 inch thick. Press one end to end of stick, and wrap down stick in a spiral. Press end of breadstick dough onto last spiral wrap.
5. Slowly toast over open coals, slowly turning until breadstick dough puffs and browns. Probably about 10 minutes.
6. When done – roll on butter stick until browned pastry is coated, then roll in cinnamon sugar mix until coated.
7. Enjoy



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## Saturday Breakfast

- Cheesy Scrambled Eggs with Bacon/Sausage/Ham\* (\*pick one or more)
- Toasted Tater Tots
- Hot Biscuits/Bagels/Toast
- Coffee/Juice

Ingredients: Quantities per camper – on shopping list

- Eggs	- Biscuits/Bagels/Toast
- Bacon/Sausage/Ham	-
- Tater Tots	
- Shredded Cheddar Cheese	

1. Fry the breakfast meat, save grease to fry the tater tots. If ham is used, add ½ cup oil. \*Remember to fry extra for Sunday's Western Omeletes
2. Fry scrambled eggs – when done stir in shredded cheddar cheese.
3. Bake biscuits in Dutch oven ( or at home and reheat in foil), or toast bagels or bread on campfire grate

## Saturday Lunch

- Toasted Hoagie

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 frequently, remove and add shredded lettuce, and sliced onions if desired
- slice oranges into wedges

## Saturday Dinner

- Steak and Baked potato, Fried Corn and Onions, mandarin orange Slices

Ingredients: \*quantities determined by group size

- Steaks	- Canned White Shoepeg corn
- Baking Potatoes	- Canned mandarin orange slices
- 1 Med. Onion	- Loaf bread/Dinner rolls
- Canned Whole kernel corn	

1. Dice 1 whole onion
2. Mix equal parts each corn, (usually 1 can each is enough), and diced onion in skillet with 1 stick butter. Fry until done (onions translucent)
3. Foil wrap the potatoes with a little butter and place in coals – cook time is usually about 45 minutes.
4. Season with Montreal Steak seasoning and grill the steaks to taste
5. Mandarin orange slices served cold

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## Saturday Evening Campfire Treat

### - Banana Strawberry Delight

This is a Dutch oven treat. That is served hot.

- 6 Bananas	- 1 sm. Jar caramel
- 1 qt. Fresh Strawberries*	- 1 8oz bag Chocolate chips (milk chocolate)
- 1 box Graham crust crumbs	- 1 stick butter
- 1 sm. Box light brown sugar	

\*Frozen strawberries, (thawed), or strawberry pie filling can be used if fresh strawberries are not available

1. Heavily oil bottom and sides of Dutch oven with cooking oil; pack bottom, and about 1 inch up sides, with Graham crust crumbs – approx. ¼ inch thick
2. Cover crust with layer of sliced bananas, then layer of sliced strawberries,\* then sprinkle a generous layer of brown sugar and Graham crust crumbs, (reserve enough crumbs to finish top with a solid layer). Repeat until fruit supplies are used up. At least three layers, but more are fine.
3. Finish by topping with a generous layer, (1/4 inch), of Graham crust crumbs
4. Slice 1 stick of butter into patties, (or 8 tbsp. soft butter), and distribute over top
5. Cover and place on low to low-medium coals, add layer of coals to top of Dutch oven.
6. Using two pots/pans as a double-boiler, fill bottom pot/pan about 1/3 full of water. Set second pot/pan in and add caramel and chocolate chips to second pot/pan. While Dutch oven is cooking, heat and stir this mixture until caramel/chocolate is a smooth mixture. The set aside.
7. 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 butter has melted in and Graham topping is crusty – you’re done.
8. Serve with a large serving spoon, dipping down to get both Graham crust and filling in each serving. Dribble caramel/chocolate over top – and enjoy.



## **Sunday Breakfast**

- Western Omelets with Fried Apple and Orange slices – Biscuits/Bagels/Toast

1. For the Western omelet, it's diced onions and green pepper, shredded cheese, and diced or crumbled meats.
2. The fried apples are skin-on apple wedge slices, the orange slices are peeled, and they are fried together with a little butter and sugar. (1 tbsp. sugar)

- 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

or, bake the biscuits at home, and just reheat them.

## **Sunday Lunch**

– Ham and Cheese Fajita wraps with fruit & chips

1. Heat the wrap in a skillet with the ham and cheese
2. Remove, add whatever else you want, ie. Lettuce/condiments
3. Wrap and enjoy