

# STICK COOKING

## Cold Cut Sandwich Skewers

Serves: 2

### Ingredients

#### Sandwich Skewer

- 2 Mini French Steak Rolls
- 2 Slices of Deli Turkey
- 2 Slices of Deli Ham
- 2 Slices of Deli Salami
- 2 Slices of Provolone
- ½ of a Tomato, sliced
- 2 Green Leaf Lettuce Leaves
- 2 (10 inch) Skewers



### Dipping Oil

- 2 Tablespoons of Olive Oil
- 1 Tablespoon of Red Wine Vinegar
- 3 Tablespoons of Fresh Oregano (or 1 Tablespoon of Dried)

### Instructions

1. Cut the steak roll in half, lengthwise, then cut each half into quarters.
2. Cut the deli meat, and tomato into quarters.
3. Cut the sliced provolone in half.
4. Thread the meat, cheese, rolled lettuce and tomatoes onto the skewers.
5. In a small bowl, mix together the olive oil, vinegar and oregano.
6. Serve the olive oil mixture on the side for dipping.

# Classic Club Sandwich Skewers

Serves: 2

## Ingredients

### Sandwich Skewer

- 2 Slices of White Bread
- 4 Slices of Deli Turkey
- 4 Slices of Cheddar-Mozzarella
- 4 Grape Tomatoes
- 2 Green Leaf Lettuce Leaves
- 4 Slices of Bacon, cooked
- 2 (12 inch) Bamboo Skewers

### Dipping Condiment

- 2 Tablespoons of Stoneground Mustard

### Instructions

1. Cut each slice of bread into quarters.
2. Cut the turkey, cheese & tomato slices into quarters.
3. Thread the meat, cheese, bacon, rolled lettuce and tomatoes onto the bamboo skewers.
4. Serve mustard on the side for dipping.



# Grilled Chicken & Veggie Skewers

Makes 6 skewers

## Ingredients

### Marinade

- ¼ cup olive oil
- ¼ cup chopped basil
- ¼ cup chopped parsley
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 teaspoon salt
- 

### Skewers

- ½ lb chicken (boneless, skinless thighs work best), cut into 1 inch pieces
- 8 oz whole mushrooms, stems removed
- 8 oz cherry tomatoes
- 2-3 green onions, cut into 1 inch pieces
- 

### Instructions

1. Combine the ingredients for the marinade in a large bowl or ziplock bag. Add the chicken pieces and thoroughly coat. Cover the bowl or seal the bag and marinate for at least an hour. This step can be done at home ahead of time - just put the sealed bag in your cooler.
2. Fire up your grill or get your campfire going. You'll be cooking the kebabs over medium-high to high heat.
3. Build the kebabs by threading the chicken and vegetables onto your skewers.
4. Grill the kebabs over medium-high to high heat, turning occasionally so they cook evenly until the chicken is cooked through - about 10 minutes total.
5. Remove from the grill and enjoy!

# Ham and Cheese Sandwiches

## Ingredients

- Bread
- Mayonnaise
- Deli Ham
- Cheese of choice
- Pickles

## Instructions

1. On bread, spread mayonnaise, ham, cheese and pickles.
2. Top with another slice of bread
3. Cut the sandwich into quarters.
4. Toast each quarter on a stick/skewer until the cheese melts.



# Campfire Cinnamon Rolls

Yields:8

## Ingredients

- 1 can refrigerated cinnamon rolls

## Directions

- Skewer cinnamon rolls horizontally.
- Toast over a campfire (low flame is ideal) until golden and cooked through in the center, rotating, 15 to 20 minutes.
- Drizzle with icing and serve immediately

# Skewer garlic-parmesan potatoes

Makes 4

## Ingredients

- 1 gal ziplock bag
- Skewers
- 2 cans whole potatoes - (2 large cans or 4 smaller cans)
- 1 c grated Parmesan Cheese
- 1 c soft butter
- 1 Tbsp garlic powder
- 1 tsp oregano or Italian blend
- salt & pepper to taste
- bacon bits (optional)

## Preparation

1. Drain potatoes.
2. Place potatoes & rest of ingredients in a gallon sized zip lock bag.
3. Gently shake bag to coat potatoes with mixture.
4. Skewer potatoes and place over a medium heat grill/fire till browned on all sides.
5. Slide off skewers & top with bacon bits.

# Shishkebab

## Ingredients:

- Beef or pork cut into 1" cubes
- Small whole onions
- Red or green peppers
- whole mushrooms
- whole cherry tomatoes

## Directions:

1. Brown the cubed meat in a skillet over high heat for 1/2 minute on each side.
2. Cut the peppers in large chunks, leave the other vegetables whole.
3. Slip the pieces onto a skewer, alternating the ingredients. (Skewer the onions and mushrooms through the core, or they might fall off while cooking.)
4. Cook over the open fire for 15-20 minutes till done.
5. Sprinkle with grated cheese and breadcrumbs before serving.

# **Biscuits on a stick**

## **Ingredients**

- Ready to bake biscuits (1 can)

Because you are cooking a biscuit, you can't use a small stick or cloths-hanger. You will need to have a stick that is about  $\frac{3}{4}$  of an inch to 1 in diameter.

## **Preparation**

1. Once you get your sticks, put tin foil around the end of the stick covering a good six inches. If you don't do this your stick may start burning.
2. Insert the foil covered stick into the biscuit horizontally and roast over a campfire until golden brown on the outside and baked completely on the inside.

# One Pot/Pan Cooking

## Grilled Apple Rings

### Ingredients

- Apples
- Granulated sugar
- Brown sugar
- Cinnamon
- Butter or margarine

### Preparation

1. Core crisp apples. Do not peel.  
Cut in crosswise 1 inch slices.
2. Brush with margarine or butter and lay carefully on the grill.
3. Grill about 8 minutes on one side about 4 to 6 inches from the coals.
4. Turn and sprinkle on the sugar and cinnamon. The sugar will melt while the other side is browning.
5. Continue grilling until the apple rings are tender and browned.

## Tacos

### Ingredients

- 1 lb. ground beef
- 1 pkg taco seasoning mix
- Shredded cheese
- Scallions
- Black olives
- Tomatoes
- Sour cream
- Shredded lettuce
- Taco shells (soft or hard)
- Salsa

### Preparation

1. Brown ground beef in skillet
2. Add taco seasoning mix and cook according to directions
3. Chop scallions and tomatoes
4. Put meat in shells and top with preferred ingredients

# Chili

(This is a basic, non-spicy chili. For more heat, substitute chipotle chili powder)

## Ingredients

- 1 lb ground beef
- 1 onion, chopped
- 1 can (28oz) chopped tomatoes
- 1 can (14 oz) dark kidney beans
- 1 can tomato soup
- 1 Tbs. chili powder
- 1 Tbs. paprika
- 1 Bay Leaf
- Shredded cheese
- Sour cream

## Preparation

1. Brown ground beef and onion
2. Add remaining ingredients
3. Simmer for 30-60 minutes
4. Remove bay leaf before serving
5. Add cheese and sour cream as toppings if desired

Can be served plain, over cooked noodles, or as a chili topping for hot dogs, potatoes, quesadillas, etc.

# Campfire Hash 'N' Eggs

Makes 8

## Ingredients

- 1 - 15 oz. can Corned Beef Hash
- 1 Tbsp Minced Onion
- 1 1/2 Tbsp Prepared Mustard
- 8 Eggs
- 2 - 1 oz. Slices American Cheese

## Preparation

1. In a large skillet, stir together hash, onion and mustard.
2. Cook over medium heat or medium-hot coals, stirring occasionally, until lightly browned, about 4 minutes.
3. With a spoon, make 8 indentations in hash mixture, about 2 inches in diameter each.
4. Break and drop an egg into each indentation. Cover and cook until egg whites are almost set, about 10 - 15 minutes.
5. Cut each cheese slice into 4 triangles.
6. Uncover hash and eggs; top with cheese triangles in pinwheel fashion.
7. Cover; remove from heat and let stand until whites are set and cheese is melted, about 2 - 3 minutes.

# Skillet Burritos

Servings: 4

## Ingredients

- 1 tablespoon olive oil
- 1 yellow onion , chopped
- 1/8 teaspoon salt
- 1- pound ground beef
- 1/8 teaspoon ground cumin
- 1/8 teaspoon paprika
- 1/4 teaspoon chili powder, or to taste
- 1/4 teaspoon garlic powder
- salt and fresh ground pepper, to taste
- 2 cups diced tomatoes (you can also use a 14-ounce can diced tomatoes)
- 1 can (15-ounces) red kidney beans, rinsed and drained
- 1/2 cup water
- 4 (6-inch) whole wheat flour tortillas, each cut into 6 triangle shaped wedges
- 1 cup Shredded Taco Blend Cheese

## For Garnish

- plain non-fat yogurt or sour cream
- avocado
- green onion, chopped

## Instructions

1. Heat olive oil in a large skillet; add onions, season with salt and cook for 2 minutes, or until translucent.
2. Add beef and cook until browned, stirring occasionally; drain.
3. Return to heat and season meat with cumin, paprika, chili powder, garlic powder, salt and pepper.
4. Stir in tomatoes and kidney beans.
5. Add water and bring to a boil.
6. Lower heat to medium-low and continue to simmer for 7 minutes.
7. Stir in tortilla wedges.
8. Add cheese on top and remove from heat.
9. Cover skillet and let stand for 5 minutes, or until cheese is melted.
10. Garnish with yogurt or sour cream, avocado, and green onions.
11. Serve.

# Campers Favorite Dip

YIELD: 3-1/2 cups.

## Ingredients

- 1 package (8 ounces) reduced-fat cream cheese
- 1 can (15 ounces) chili with beans
- 2 cups shredded cheddar cheese
- 2 thinly sliced green onions, optional
- Tortilla chip scoops

## Directions

1. Prepare campfire or grill for medium-low heat. Spread cream cheese in the bottom of a 9-in. disposable foil pie pan. Top with chili; sprinkle with cheese.
2. Place pan on a grill grate over a campfire or on grill until cheese is melted, 5-8 minutes. If desired, sprinkle with green onion. Serve with corn chips.

# Sausage and Bean Stew

Serves 6

## Ingredients

- 2 cans (15.5 oz. size) cannellini beans, drained and rinsed
- 2 cans (15.5 oz. size) chickpeas (garbanzos), drained and rinsed
- 1/3 cup olive oil
- 1 tablespoon chopped fresh rosemary leaves
- 1/2 red bell pepper, sliced
- 1/2 yellow bell pepper, sliced
- 4 medium garlic cloves, chopped
- 1 1/2 pounds cooked Italian sausages, cut into 1-in. chunks
- 1/4 cup fresh oregano leaves

## Preparation

1. Mix ingredients except for oregano with 3/4 cup water in a 4- to 6-qt. large pot. Cover.
2. Cook, checking pot and stirring every 10 to 15 minutes, and adding more water if stew gets dry, until peppers soften and sausages swell, 30 to 45 minutes.
3. Serve with oregano sprinkled on top.

# Omelet in a Bag

## Ingredients

- 2 eggs
- 2 slices ham, chopped (optional)
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon chopped onion (optional)
- 1 tablespoon chopped green bell pepper (optional)
- 2 tablespoons chopped fresh tomato (optional)
- 1 tablespoon chunky salsa (optional)
- 2 fresh mushrooms, sliced (optional)

## Preparation

1. Crack the eggs into a large resealable freezer bag. Press out most of the air, and seal.
2. Shake or squeeze to beat the eggs. Open the bag, and add the ham, cheese, onion, green pepper, tomato, salsa, and mushrooms.
3. Squeeze out as much of the air as you can, and seal the bag.
4. Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water.
5. Cook for exactly 13 minutes.
6. Open the bag, and let the omelet roll out onto a plate. The omelet should roll out easily.

# One Pot Camp Spaghetti

## Ingredients

- 1 pound(s) ground beef
- 1/2 onion (diced)
- 1 Tbsp minced garlic (optional)
- 1 6 ounce can tomato paste
- 2 cans water
- 1 14 ounce can stewed tomatoes
- 1 8 ounce spaghetti
- 2 c water
- 1/4 tsp dried oregano
- salt and pepper to taste

## Preparation

1. Cook beef and onion in large skillet over medium heat, until no longer pink; drain.
2. Add remaining ingredients, bring to a boil.
3. Reduce heat, cover and simmer 14-16 minutes or until spaghetti is tender.

# Backwoods Chili Rice Skillet

Makes 8

## Ingredients

- 1 pound(s) ground beef
- 4 c Uncle Ben's Quick brand rice
- 3 c water
- 1 c chopped onion
- 1 large green pepper, chopped
- 1 package chili seasoning mix
- 1 can tomatoes, undrained
- 1 can kidney beans, drained
- 1 Tbsp salt
- 1 c shredded Cheddar or Monterey Jack cheese

## Preparation

1. In a large skillet, brown meat, drain.
2. Add remaining ingredients except cheese; stir.
3. Bring to a vigorous boil. Cover tightly.
4. Simmer about 5 minutes or until desired consistency.
5. Sprinkle with cheese.

# Foil Dinners

## Quesadillas

### Ingredients

- Tortillas
- Shredded cheese
- Salsa
- Tomatoes
- Scallions
- Chili

### Preparation

1. Put cheese between two tortillas and wrap in a heavy piece of foil
2. Cook in fire until cheese is melted
3. Top with desired toppings

# Sausage, Potato and Green Bean Foil Packets

**Yield:** 4 Servings

## Ingredients

- 1 (12.8-ounce) package smoked andouille sausage, thinly sliced
- 1 pound baby red potatoes, quartered
- 1 pound green beans, trimmed
- 8 ounces cremini mushrooms, halved
- 1 onion, chopped
- 4 tablespoons unsalted butter, divided
- 4 teaspoons cajun seasoning, divided
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves



## Directions

1. Cut four sheets of foil, about 12-inches long. Divide sausage, potatoes, green beans, mushrooms and onion into 4 equal portions and add to the center of each foil in a single layer.
2. Fold up all 4 sides of each foil packet. Add butter, cajun seasoning, salt and pepper, to taste; gently toss to combine. Fold the sides of the foil over the sausage, covering completely and sealing the packets closed.
3. Place foil packets on the grill and cook until just cooked through, about 12-15 minutes.\*
4. Served immediately, garnished with parsley, if desired.  
(The Cajun seasoning makes this spicy, will taste good without the Cajun seasoning)

# Campfire French Toast

Serves: 6

## Ingredients

- 1 loaf of bread of choice
- 8 eggs
- ¼ cup milk
- 1 tsp vanilla
- 1 tsp cinnamon
- ¼ cup sliced almonds
- 1 container of fresh strawberries
- Confectioners sugar
- Syrup of choice



## Instructions

1. Wash strawberries, dice half of the container and slice the other half.
2. Wrap the loaf of bread in parchment paper, then in foil loosely so the bread slices fall slightly open.
3. Sprinkle the diced strawberries over the loaf, taking care to sprinkle some between slices; set aside the sliced strawberries for afterwards.
4. Sprinkle the sliced almonds in the same way as the diced strawberries over the loaf.
5. Whisk eggs, milk, vanilla and cinnamon until frothy. Wrap the foil and parchment paper tighter around the loaf of bread. Pour eggs evenly over the entire loaf of bread before wrapping tightly with a top piece of foil to ensure no leaks.
6. Place over the campfire or grill on low to medium heat for approximately 40 minutes, moving around occasionally to cook evenly. If the bread looks soggy still, cook slightly longer.
7. Remove from heat and let sit for 10 mins before serving with sugar, syrup and sliced strawberries.

# Campfire Chicken Parmesan

## Ingredients

- 6 chicken nuggets (thawed)
- 1/8 c shredded lowfat mozzarella cheese
- 1/4 c spaghetti sauce
- parmesan cheese
- oregano or Italian seasoning

## Preparation

1. On a square piece of foil, place the thawed chicken nuggets.
2. Pour the spaghetti sauce on top of the nuggets.
3. Spread cheese on top of nuggets and sprinkle with parmesan and season to taste.
4. Cook over campfire until cheese is melted and nuggets heated through (about 10-15 minutes). Open and enjoy!

# Berry Crisp Foil Packs

## Ingredients

- 3 c. mixed berries (raspberries, blueberries, blackberries)
- Juice of 1/2 lemon
- 1/4 c. brown sugar, divided
- 2 c. old-fashioned rolled oats
- 1 tbsp. all-purpose flour
- 1/3 c. chopped pecans
- 1/4 c. butter, softened and cut into cubes
- 1 tsp. ground cinnamon
- 1/2 tsp. kosher salt
- Vanilla ice cream, for serving

## Directions

1. Create four 8-x-8" foil pouches and grease with cooking spray.
2. In a large bowl, toss berries, lemon juice, and 1 tablespoon brown sugar until combined. Set aside.
3. In another bowl, stir together oats, flour, pecans, butter, remaining brown sugar, cinnamon, and salt until combined and mixture forms a crumble topping.
4. Layer half the berries on foil, then top with half the crumble mixture. Repeat.
5. Fold foil pouches and seal.
6. Grill until berries are bubbling and oat mixture cooked through, 15 to 20 minutes.
7. Let cool slightly, then top with vanilla ice cream and serve.

# Grilled Pizza Bread

## Ingredients

- 1 large loaf, halved
- 1 15-oz. jar pizza sauce
- 3 c. shredded mozzarella
- 1/3 c. pepperoni
- 1/4 c. black olives
- 1/2 red onion, cut into thin half moons
- 1 Green Bell Pepper, chopped
- pinch of crushed red pepper flakes

## DIRECTIONS

1. Scoop out the middles from both bread halves to create shallow boats. Spread pizza sauce onto each half then top with mozzarella, pepperoni, black olives, red onion, green bell pepper, and red pepper flakes.
2. Wrap bread loosely with aluminum foil and place over campfire (or on a hot grill) and cook until the cheese is melty and the crust is toasted, 10 to 15 minutes.
3. Let cool for about 10 minutes until slicing. Serve warm.

# Foil Pack Chicken Nachos

## Ingredients

- 1 bag tortilla chips
- 2 c. shredded rotisserie chicken
- 1/2 c. red enchilada sauce
- 1 (15-oz.) can chopped fire-roasted tomatoes, drained
- 1 c. black beans, drained
- 1 1/2 c. shredded cheddar
- 1 1/2 c. shredded Monterey Jack
- Freshly chopped cilantro, for garnish (optional)
- Sour cream, for serving (optional)

## DIRECTIONS

1. Heat grill to medium-high. In a large bowl, toss together chicken, enchilada sauce, tomatoes, and black beans. Divide tortilla chips between four large pieces of foil, then top chips with chicken mixture. Top each with cheeses, then fold to seal into packets.
2. Place packets on grill and cook until cheese has melted and chicken mixture is warmed through, about 15 minutes.
3. Garnish with cilantro and dollop sour cream on top, if using.

# Breakfast Foil Packs

## Ingredients

- 6 large eggs
- 1/2 c. milk
- kosher salt
- Freshly ground black pepper
- 1 lb. refrigerated hash browns (thawed if frozen)
- 1 c. chopped ham
- 2 c. shredded Cheddar
- Butter, for foil
- Chopped fresh chives, for garnish

## DIRECTIONS

1. In a large resealable plastic bag, crack eggs, add milk, and season with salt and pepper. Stir in hash browns, ham, and cheese.
2. Butter four squares of aluminum foil and divide mixture among foil. Fold tightly and seal.
3. Place packets over campfire or grill and cook until eggs are cooked and hash browns tender and crispy, about 10 minutes.
4. Garnish with chives and serve.