

FRIDAY

Dinner – Camping Nachos

Corn Tortilla chips topped with cooked beans, grilled corn, charred red peppers, cheese, salsa, avocado, sour cream.

Ingredients: 1 large bag of corn chips, 1 can of pinto beans, 2 cans of black beans, 2 tbsp of chipotles in adobo (pureed), 2 ears of corn, 2 red peppers, 1 lb of Monterey jack cheese (shredded), 1 container of salsa, 3 avocados, 1 small container of sour cream, salt and pepper.

Supplies: can opener, cutting board, knife, two cast iron skillets, wooden spoon, metal tongs, oven mitt.

Prep work: (1) put 2 tbsp of pureed chipotles in adobo in a plastic container; (2) shred cheese and package;

SATURDAY

Breakfast – Breakfast Tacos

Scrambled eggs topped with queso fresco, cilantro, salsa, avocado wrapped in a tortilla. (<http://www.annies-eats.com/2011/10/17/breakfast-tacos/>) Can use up misc. leftover from night before (migas, cheese, salsa, etc.)

Ingredients: 12 tortillas (wheat and corn), 1 block of queso fresco, 1 bunch cilantro, 12 eggs, salsa, 2 avocados, 1 small onion.

Supplies: cast iron skillet, wooden spoon, metal tongs.

Lunch – Fruit, Nuts, and Herbed Goat Cheese with Crackers

Ingredients: 1 huge 12 oz. log of herbed goat cheese, 1 box of wheat crackers, 1 box of gf crackers, misc. fruit (apples, peaches, whatever is in season and looks good), Pistachios or other nuts.

Dinner – Baked Potato Boats and Mexican Grilled Corn

A baked potato, stuffed with cheese and whatever veggies you'd like!

(<http://www.echoesoflaughter.ca/2012/06/camping-bbq-recipes-week-potato-boat.html>)

Mexican Grilled Corn is grilled corn with a compound butter.

Ingredients: 6 medium baked potatoes (double wrapped in heavy duty foil with extra room), 1 stick of butter, a variety of cheese(s) (cheddar, goat, etc.), a variety of veggies (tomatoes, zucchini, greens, etc.), salt, and pepper; 6 ears of corn, compound butter.

Supplies: foil, cutting board, knife, metal tongs.

Prep work: (1) bake 6 medium potatoes, double wrap in heavy duty foil (with room); (2) make compound butter – combine salted butter, chopped cilantro, lime, chili powder, minced garlic. Roll in plastic wrap, freeze.

SUNDAY

Breakfast – Vegan, Gluten Free Blueberry Pancakes

Buckwheat, Oat, Brown Rice pancakes with bananas, blueberries, and almond milk.

Ingredients: Buckwheat flour, oat flour, brown rice flour, corn starch, baking powder, almond milk, bananas, blueberries, maple syrup, vanilla, oil or butter for skillet (four times this recipe: <http://ohsheglows.com/2012/03/08/vegan-gluten-free-vanilla-blueberry-buckwheat-pancakes/>)

Prep work: (1) mix dry ingredients together (put in large plastic ziplock bag). (2) mix wet ingredients together. (3) put Maple syrup in small container.

Recipe (at camp): Combine dry and wet ingredients in large ziplock, mix in diced bananas. Cut corner of bag to make pancakes.

Supplies: cast iron skillet (or foil to cover grates), spatula

Lunch – Chips and Texas Caviar, Leftovers

Ingredients: tortillas chips, black eyed peas, beans, peppers, cilantro, corn, tomatoes, etc.

Dinner – Succotash over Quinoa and Cucumber Tomato salad

Ingredients: Succotash: 1 lb. frozen lima beans, 4 ears of corn, 1 zucchini, 1 eggplant, 1 onion, thyme, salted butter, salt, pepper, sour cream, parsley, 1 cup quinoa.
Cucumber/tomato salad: 1 or 2 cucumbers, 2 or 3 tomatoes, small red onion, olive oil, vinegar, salt, pepper.

Recipe: Succotash Toss-1 pound frozen lima beans, 2 cups corn, 1 diced zucchini, 1 diced eggplant, 2 sprigs thyme, 2 tablespoons butter, and salt and pepper—put in cast iron skillet. Grill over medium-high heat, 10 minutes. Add 1/4 cup sour cream, cook 10 more minutes. Top with chopped parsley.

Supplies: cast iron skillet, wooden spoon, cutting board, knife.

Prep work: (1) cook quinoa, package.

MONDAY

Breakfast – *Kitchen Sink Oatmeal*

Ingredients: 3 cups of oats, maple syrup, brown sugar, dried fruit, almond milk (plus leftover nuts, fruit, cheese, salsa, veggies)

Desserts

S'mores

Cookies/Brownies/Bars?