



# Richmond Centre for Disability

## Duke of Edinburgh Challenge CAMPING RECIPE

### Omelet in a Bag

Eggs, Assorted add ins – bacon, tomato, peppers, cheese  
Ziploc sandwich bags, Pot of boiling water

Place up to 2 eggs per bag along with desired vegetables, meat and cheese. Add a small amount of water (maybe 1 tsp). Seal bag. Mix all ingredients. Drop into boiling pot of water. Remove once during cooking to squish ingredients a second time. Remove at end of cooking (eggs will look done).

### Breakfast hash

Potatoes, Fish or meat, all diced into bite size pieces  
Vegetable, chopped  
Some shredded cheddar cheese, Eggs (beaten)

Cook the potatoes in some oil in a pan for about 10-15 minutes, add the other ingredients and cook until the potatoes are completely cooked. Add the beaten eggs and cook until the eggs are done. Top with shredded cheese and let it melt in.

### Cooking Eggs

Cut an orange in half. Remove the pulp. Try not to tear the peel. Crack an egg open and put into orange peel. Set peel filled with egg onto a bed of coals or over stove. The moisture from the orange peel will cook the egg. Add salt & pepper.

### Foil Breakfast

Hash brown potatoes, Eggs, Sausage, Spices, Aluminum foil

Place potatoes, scrambled eggs (uncooked), sausage and spices in aluminum foil. Wrap securely. Place on coals or stove for about 15 minutes. Turn and rotate as needed.

### Foil Roasted Veggies & Fries

Spray foil liberally with oil, and spray cut vegetables and potatoes lightly. Place in center of large piece of foil, and sprinkle seasoning. Close and roast over fire or stove for 45 minutes.

## **Vegetable stew**

Variety of vegetables, some garlic cloves  
Butter, Salt and pepper, Tin Foil

Cut the vegetables into chunks and add butter, garlic (minced or chopped) and the salt and pepper. Wrap in a foil, sprinkle with a small amount of water and set over a fire or stove for about 30 minutes (or longer if you prefer your veggies well cooked).

## **Campfire Stew**

Ground beef, Onion  
Canned Vegetable Soup

Brown ground beef and onion. Drain. Add vegetable soup and heat till hot. This can be made in a dutch oven over a fire, on the camper stove or in an electric skillet.

## **Foil Meat Dinner**

Ground Meat – beef or chicken, or corn beef  
Carrots, Potatoes, Onions, Green Peppers  
Salt and Pepper, Butter, Tin foil

Assemble packets using double layer. Add ingredients and fold packet to seal. Place packet into the campfire on hot coals or stove and let cook for 15-20 minutes.

## **Pasta & Spaghetti with sauce**

Boil water in a saucepan, add some salt and oil, put pasta or spaghetti in hot boiling water, cook until soft. Drain water and put aside to serve. Heat up sauce in a saucepan, pour over pasta or spaghetti to serve.

## **One Pot Camp Spaghetti**

Ground Meat – beef or chicken, or corn beef  
Onion, Minced garlic  
Tomato paste  
Canned stewed tomatoes  
Spaghetti or pasta  
Salt and pepper

Cook meat and onion in large skillet over medium heat, until no longer pink; drain. Add remaining ingredients, bring to a boil. Reduce heat, cover and simmer 15 minutes or until spaghetti is tender. If you want to save time while you are camping, brown the beef and onion as directed at home. Add all spices and freeze or put in camper fridge. Then follow the remaining directions for a quick one pot meal.

## **Souper Grilled Potato**

Large potato, Butter  
Dry Lipton Onion soup mix  
Salt and pepper

Wash potato and cut into small cubes or slices. Place cut potatoes on a sheet of heavy duty aluminum foil and top with butter, dry soup mix, salt and pepper. Seal the foil tightly to form a pouch and place pouch on grill or hot coals. Cook for approximately 30 minutes, turning pouch every 8-10 minutes. Can also add pre-cooked meat or vegetable.

## **Mini-pizza**

Bread (regular or wheat)  
Butter  
Mozzarella cheese  
Spaghetti sauce  
Pepperoni

Butter one side of two slices of bread and put 1 ½ tablespoons of pizza sauce on one of the slices. Top the pizza sauce with Mozzarella cheese and some sliced pepperoni and then place the other side of the bread on top and butter the outer sides of the bread. Put the sandwich into a pie iron and place on coals of a fire and turn frequently. Cook until the bread is toasted.

## **Foil Apple Cobbler**

Take sheet of foil and spray with some oil. Place diced apples inside, and add granola. For fun, toss in some caramel or peanut butter or chocolate chips. Close and roast for 20-30 minutes.

## **Ants on a Log**

Celery stalk  
Peanut butter or cream cheese  
Raisins

Fill the celery stalk with peanut butter or cream cheese, top with raisins.