



Skottle Recipes For Camp & Home



ORIS 

Ryan Chapman

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Ryan Chapman is an avid off-roader and overlanding enthusiast. He is the founder of Off Road Industries and multi brand company that supplies products to the off road community. His latest project is the **Oris Skottle**, a multi-purpose cooking device used by overlanders and RV enthusiasts.

(www.skottle.com)

Ryan has been in the off road industry for 15 years, He currently has a show on Amazon Prime called Drive There. He lives in St George Utah with his wife and 2 kids. Connect with him on

Instagram and **Facebook**.

Introduction

Many of us have planned different camping trips or picnics, and we all know that the excitement involved during preparations can be very palpable; you can feel your bones buzzing with it. Driving out there must have been pretty exciting until the dilemma of what to cook and how to cook comes up. Especially when you have a large number of full-grown hungry men, kids, and teens around and everyone is at a loss on what to do so you probably ended up making toast or ordering pizza, a downer on all the pent up excitement.

Some people are less adventurous and enjoy being in the comfort of their homes than outdoors, but *what happens when you have to plan for a family dinner with all your cousins, great aunts, and uncles whom you haven't seen in years in attendance?* And you have to come up with something amazing to make a good impression and have to do it fast and in massive quantities.

Whether you are planning a camping trip or a family dinner, you do not have to worry anymore about settling for pizza or having your aunts and uncles scrunch up their noses in distaste when you eventually try to whip up something. With the Skottle and the bunch of amazing Skottle recipes in this book up your arsenal, plan all you want and watch everything go smoothly.

Many of us are familiar with the regular grills. Still, the Skottle is fast gaining its deserved recognition since it was first discovered in South Africa and has been tagged a South African cooking utensil. It is a seasoned frying pan having no side walls but with a slightly concaved shape to prevent your food from rolling off, and it is usually mounted on a tripod. So you can get yourself this cooking utensil and let the Skottle become your very own lifesaver whether you are out camping or trying to come up with something for family dinner during New Year.

Why exactly is the Skottle a must-have? Being able to cook anything, I mean absolutely anything on the Skottle, is one major advantage you definitely do not want to pass up, coupled with the fact that you get to do it in large quantities so you can save yourself a lot of stress involved in

cooking in smaller quantities on a regular grill and don't you forget it comes preseasoned. Hence, you are ready to work your magic immediately. So during camping trips, you get to show off your newly acquired cooking skills while using the Skottle, and at home, you have your not so friendly aunts and uncles ogling your professional cooking abilities.

It is not enough to get yourself one of these amazingly stress-free and easy to use Skottle, or even understand how to use it; maximizing what you have to get optimum results is super important. Cooking the same thing over and over again with little to no diversification or even experimenting can be very tiring. I mean, if people take on cooking as a career, *doesn't that mean it must be enjoyable and fun?* So even if you've got an array of cooking utensils that would have the greatest chefs in our time going green with jealousy, and you don't maximize it fully, you would get tired and eventually discard it.

This is why this cooking book with amazing Skottle recipes would come in handy. In this book, you would be delving into the world of different Skottle dishes, and you would be held by the hands and walked through every step thoroughly till you get to the stage of perfection and can be referred to as a pro in making different Skottle recipes.

You would have access to 100 amazing recipes, including 30 breakfast recipes, 35 lunch recipes, and 35 dinner recipes and provision for vegetarians among these recipes. Hence, there is absolutely no one who wouldn't benefit from it. You have yourself a whole new adventure series to try out with your family at home and make your camping trips even more awesome.

The recipes in this book were put together with you in mind, considering the best recipes that would put you at ease while cooking. And also making sure you experience as much fun as you can while trying them out coupled with a lot of meticulousness and study just to give your taste buds new experiences they probably wouldn't recover from. Cooking could never be more fun when you have the powerful combination of your Skottle and this amazing Skottle recipe.



Also, virtually all recipes here will require you to be meticulous with many utensils, especially the Skottle, to create a delicious meal. So, if you want to get a quality and durable Skottle, Stove-top, griddle, pan, or cast iron skillets. Check out my website (www.skottle.com) and while you are at it, if you still need help in selecting the right utensil or need more information on certain specifications, contact me on social media: [Instagram](#) or [Facebook](#). I promise to respond as fast as I can.

Well, now that you are well aware of what you are delving into, without further ado, move on to the next chapter to finally start!

Breakfast Recipes

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French Toast Roll-Ups



Prep Time:
20 mins

Cook Time:
45 mins

YIELD:
8 Servings

Ingredients

- 1 teaspoon of ground cinnamon
- Butter, for coating skillet
- 8 slices of white sandwich bread
- 2 eggs
- 3 tablespoons of milk
- 1/3 cup of sugar

Filling Options:

- Peanut butter
- Bananas, sliced
- Cream cheese softened
- Canned cherry pie filling
- Apples, sliced

Notes :

- You can serve with syrup on the side if you want.

Direction

1. Cut crusts from slices of the white-bread, and use the rolling pin to flatten the bread.
2. Spread desired to fill on 1 side of each slice of bread. You could combine cream cheese with peanut butter, fruit, or banana (Use whatever flavor combo you would love!)
3. Roll up the slice of bread tightly.
4. Continue with the rest of the slices.
5. Beat the egg and milk using a whisk in a shallow dish.
6. Mix sugar and cinnamon and in a separate dish.
7. Melt butter in a 10-inch skillet over medium heat to coat inside of the skillet.
8. Dip each of the rolls into the egg mixture.
9. Place the rolls in skillets.
10. Cook, turning until the roll is browned in batches of 3 or 4.
11. Dip into cinnamon sugar.
12. Roll until completely covered.
13. Serve immediately.
14. Enjoy!

Dukkah Spiced Carrots



Prep Time:
10 mins

Cook Time:
30 mins

YIELD:
6 Servings

Ingredients

Dukkah Spice Blend:

- 1 teaspoon of coriander seeds
- 1 teaspoon of cumin seeds
- 1 tablespoon of chickpea flour
- 1/4 cup of hazelnuts
- 2 tablespoons of raw pepitas (pumpkin seeds)
- 2 teaspoons of sesame seeds
- 1/2 teaspoon of coarsely cracked black peppercorns
- 1/4 teaspoon of cayenne pepper

Carrots:

- 2 pounds of medium carrots, peeled
- 1/3 cup of finely chopped fresh dill
- 2 tablespoons of butter
- 3/4 teaspoon of kosher salt

Notes :

- **To make ahead:** You can refrigerate dukkah airtight for up to 14 days.

Direction

Preparing the dukkah:

1. Heat a small cast-iron-skillet over medium heat.
2. As it heats, combine pepitas, hazelnuts, cumin seeds, sesame, and coriander in a small bowl.
3. Sprinkle the mixture into the pan. Toast until lightly brown and fragrant, constantly stirring, for about 3 to 5 minutes. Return to the bowl to cool.
4. Sprinkle chickpea flour in the pan. Toast until evenly browned, constantly stirring, for about a minute. Scraping immediately into a separate small bowl.
5. Transfer the nut mixture into a spice grinder, blender, or mini food processor; pulse until almost evenly ground.
6. Add to the chickpea flour along with cayenne and peppercorns; stir to combine. Then break up any clumps of seeds and nuts.

Preparing the carrots:

7. In a large skillet, heat butter over medium heat.
8. Add carrots and toss to coat once the foam subsides.
9. Cover and cook. But occasionally turning, for about 12 to 15 minutes, until just tender when pierced with a fork.
10. Remove from heat, sprinkle the carrots with the dukka, salt, and dill.
11. Serve warm and enjoy.

Tomato With Bacon Frittata



Prep Time:
20 mins

Total Time:
20 mins

YIELD:
4 Servings

Ingredients

- 2 large roma (plum) tomatoes, sliced
- 1/2 cup of shredded sharp Cheddar-cheese (2 ounces)
- 2 tablespoons of real bacon pieces (from 2.8-oz package)
- 2 tablespoons of light sour cream
- 1 carton (16 ounces) of cholesterol-free fat-free egg product
- 1/4 teaspoon of salt-free garlic-and-herb seasoning
- 1/4 teaspoon of salt
- 2 teaspoons of vegetable oil
- 4 medium green onions, sliced (1/4 cup)

Direction

1. In a medium bowl, mix garlic and herb seasoning, egg product with salt. Set it aside.
2. Heat oil over medium heat in 1-inch nonstick skillet.
3. Add onions. Cook and stir for about a minute.
4. Reduce the heat to medium-low.
5. Pour the egg mixture and cook for about 6 to 9 minutes, lifting edges of cooked portions gently using a spatula. So it will let the uncooked egg mixture flow to the bottom of the skillet until set.
6. Set skillet control to broil.
7. Top the frittata with cheese, tomatoes, and bacon.
8. Broil with top 4-inches from heat until cheese is melted, for about 1 to 2 minutes.
9. Top each serving with sour cream.
10. Serve and enjoy.

Notes :

- Wrap the skillet handle in a double layer of heavy-duty foil.

Goat Cheese With Mashed Blackberries Toast



Prep Time:
5 mins

Cook Time:
20 mins

YIELD:
8 Servings

Ingredients

- 1 1/2 tablespoons of sugar
- 3 tablespoons of water
- 1 to 2 teaspoons of cornstarch, sifted
- 8-ounces of challah bread, sliced (or your bread of choice!)
- 1 1/2 cups of blackberries
- 1/2 cup of blueberries
- 1 teaspoon of vanilla
- 4-ounces of goat cheese
- Fresh mint to garnish

Notes :

- Garnish with mint, just before serving. Then serve and enjoy!

Direction

1. In a medium-sized saucepan, combine the blueberries, blackberries, sugar, vanilla, and water (covered) over a medium-low flame.
2. Gently mash using a fork or potato masher once simmering, and the fruit starts to burst, for about 5 minutes.
3. Then whisk in the cornstarch until well incorporated.
4. Cover once more. Then simmer over a low flame until needed.
5. Toast challah bread if you want.
6. Smear each slice of the challah bread when ready, using a thick layer of goat cheese.
7. Then spoon over with the smashed blackberries.
8. Serve and enjoy.

Skillet Pasta With Veggies



Prep Time:
30mins

Cook Time:
30mins

YIELD:
4 Servings

Ingredients

- 1 large shallot, halved lengthwise and sliced
- 1 pound of boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- 1/4 teaspoon of salt
- 1/4 teaspoon of ground pepper
- 6 ounces of whole-wheat fusilli
- 1 bunch of asparagus, trimmed and cut into 1-inch pieces
- 1/2 cup of julienned sun-dried tomatoes (not oil-packed)
- 1 tablespoon of extra-virgin olive oil
- 1/2 cup of low-sodium chicken broth
- 1/2 cup of prepared pesto
- 2 tablespoons of lemon juice
- 1 pinch of Grated Parmesan cheese for garnish

Direction

1. Bring a large pot of water to a boil.
2. Add pasta and cook following the pasta directions, but cook for 3 minutes less than the package time.
3. Add sun-dried tomatoes and asparagus, then continue cooking for about 3 minutes more, until just tender. Drain it.
4. Meanwhile, in a large skillet, heat oil over medium-high heat.
5. Add shallot—Cook & stir for about a minute. Add the chicken, pepper, and salt.
6. Continue cooking and stirring for about 5 to 7 minutes, until the chicken is just cooked through.
7. Reduce heat to medium; stir in pesto and broth, and cook for about 2 minutes, until slightly reduced.
8. Add vegetables and pasta to the skillet. Then toss to coat.
9. Cook until heated through, stirring for about 1 or 2 minutes.
10. Remove from heat. Stir in lemon juice.
11. Serve and enjoy.

Notes :

- Just before serving, garnish with Parmesan, if you want.

Lemon Berry Pancakes



Prep Time:
20 mins

Total Time:
20 mins

YIELD:
6 Servings

Ingredients

- 1 teaspoon of vanilla
- 1/4 cup of fresh blueberries
- 1/4 cup of fresh raspberries
- Butter and real maple syrup
- 1 cup of Original Bisquick™ mix
- 1 egg
- 1 cup of milk
- Grated peel and juice of 1 lemon
- 1/4 teaspoon of ground cardamom

Notes :

- You can garnish with additional berries if desired.

Direction

1. In a large bowl, stir Bisquick-mix, milk, egg, lemon juice, and the peel, vanilla, and cardamom together using a whisk just until blended.
2. Gold in 1/4 cup of each raspberry and blueberries gently.
3. Heat a griddle or skillet over medium-high heat at 375 degrees f.
4. Use vegetable oil to brush if necessary, or use cooking spray to spray before heating.
5. For each pancake, pour a desired amount of batter onto the hot griddle.
6. Cook until bubbles form on top, for about 3 minutes.
7. Turn and cook the other side until it turns golden brown.
8. Serve pancakes with syrup and butter.
9. Enjoy.

Cheddar Quesadillas



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
1 Serving

Ingredients

- 2 eaches 9-to-10-inch (burrito-size) flour tortillas
- 1-1/3 cups of grated reduced-fat Cheddar cheese
- 1 cup of sauerkraut, rinsed
- 1/2 cup of water
- 1 small Granny Smith or other tart, juicy apple, peeled and very thinly sliced, peeled and very thinly sliced

Notes :

- If you like, a little chopped ham tastes wonderful layered in with the other ingredients.

Direction

1. In a medium skillet, place the sauerkraut and water.
2. Heat until the liquid has evaporated, but not so much that the sauerkraut starts to stick to the pan. Remove from the heat.
3. Heat a large cast-iron gradually over medium heat.
4. Put 1 tortilla in the pan. Sprinkle 1/3 cup of cheese over half of it immediately.
5. Arrange about half of the apple slices over the cheese quickly, then top with half of the sauerkraut by spreading it evenly. Sprinkle with extra 1/3 cup of cheese.
6. Fold the tortilla over the filled half.
7. Gently press on it using a spatula to seal.
8. Heat the quesadilla for about 2 minutes until the bottom is golden, then flip carefully and lightly brown the other side.
9. Slide the quesadilla onto a cutting board. Then cut into quarters or halves. Prepare the next one in the same fashion.
10. Serve and enjoy.

Socca



Prep Time:
20 mins

Cook Time:
40 mins

YIELD:
4 Servings

Ingredients

- 1/4 teaspoon of ground pepper
- 1 cup of water
- 1 cup of chickpea flour
- 1/2 teaspoon of salt
- 2 tablespoons of extra-virgin olive oil, divided

Notes :

- To make ahead, refrigerate socca batter for about a day.

Direction

1. In a large bowl, whisk flour, pepper, and salt.
2. Add water and whisk until well smooth.
3. Let it rest while the oven preheats, or you can just refrigerate for about a day.
4. Position racks in lower and upper thirds of oven.
5. Place a 12-inch cast-iron skillet on the lower rack.
6. Preheat for about 30-mins to 450 degrees F.
7. Carefully remove the hot pan when the oven is preheated and swirl in 1 tablespoon of oil.
8. Whisk the batter, pour it into the pan. Then swirl to coat.
9. Bake until the edges are crispy and the bottom is browned, for about 20 minutes.
10. Remove from the oven, and brush the socca with the rest of the tablespoon of oil using a pastry brush.
11. Turn the broiler to high. Broil the socca on the upper rack for about 2 to 3 minutes, until browned in spots.
12. Cut into wedges.
13. Serve hot and enjoy!

Skillet Lasagna



Prep Time:
20 mins

Cook Time:
20 mins

YIELD:
6 Servings

Ingredients

- 1 (24 ounces) package of frozen or refrigerated cheese ravioli
- 1 pound of lean ground beef
- 1 (28 ounces) can of no-salt-added crushed tomatoes
- 1/4 cup of chopped fresh basil
- 8 ounces of small fresh mozzarella balls, divided
- 1-1/2 teaspoons of dried oregano
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of salt
- 1/4 teaspoon of ground pepper

Notes :

- It is a great crowd pleaser, so you can double this recipe if you want. Enjoy!

Direction

1. Preheat broiler.
2. Bring a pot of water to boil.
3. Cook ravioli just according to package instruction; drain and set it aside.
4. Meanwhile, in a large cast-iron skillet, cook ground beef over medium-high heat for about 4 to 5 minutes, until cooked through, using the back of a wooden spoon to crumble the beef.
5. Season with garlic powder, oregano, pepper, and salt.
6. Add the basil and tomatoes, then bring to a simmer.
7. Fold in the cooked ravioli with half of the mozzarella balls.
8. Scatter the rest of the mozzarella balls over the top of the pasta.
9. Transfer the pan to the oven carefully.
10. Broil for about 2 to 3 minutes until the cheese is melted.
11. Serve and enjoy.

Mushroom Rice Frittata



Prep Time:
10 mins

Cook Time:
50 mins

YIELD:
6 Servings

Ingredients

Wild Rice:

- 1/2 cup of wild rice, rinsed
- 1/8 teaspoon of salt
- 2 cups of water

Frittata:

- 1/2 teaspoon of salt, divided
- 1/2 teaspoon of freshly ground pepper, divided
- 1/4 teaspoon of ground nutmeg
- 2 teaspoons of extra-virgin olive oil
- 1 cup of chopped red onion, 5 eaches large eggs, 2 eaches large egg whites
- 2 tablespoons of chopped fresh parsley
- 1 tablespoon of minced fresh rosemary or 1 teaspoon dried
- 1 pound of mixed mushrooms (cremini, white button, shiitake), sliced
- 1/2 cup of finely shredded Parmesan cheese
- 4 eaches thin slices prosciutto (about 2 ounces), chopped

Direction

Preparing the wild rice:

1. Combine rice, water, and salt in a small heavy saucepan; bring to a boil.
2. Cover and reduce heat to maintain a simmer.
3. Cook for about 40 to 50 minutes, until the rice is tender. Drain it.

Preparing the frittata:

4. Beat eggs and the egg whites in a large bowl with 1/4 teaspoon of pepper, nutmeg, 1/4 teaspoon of salt and parsley, about 30 minutes after you start cooking the rice.
5. Position the rack in the upper third of the oven; then preheat the broiler. Heat oil in a cast-iron over medium heat.
6. Add the remaining 1/4 teaspoon each salt and pepper with onion; cook until softened, stirring, for about 3 minutes.
7. Stir in rosemary, and add mushrooms. Cook, occasionally stirring, until the pan is dry, for about 8 minutes. Reduce heat to medium-low, and stir in the rice.
8. Pour the reserved egg mixture over the veggies and rice—cover and cook for about 5 minutes, until set around the edges.
9. Sprinkle with prosciutto and Parmesan. Place the pan under broiler and broiler until the top of the eggs are nicely browned and set, for about 2 mins.
10. Let it stand for 5-min before serving. Enjoy!

Notes : Cool & store airtight in the refrigerator for up to 3 days.

Eggs With Tomatoes & Pepper



Prep Time:
10 mins

Cook Time:
40 mins

YIELD:
4 Servings

Ingredients

- 1/4 teaspoon of crushed red pepper
- 1 28 ounces can of whole plum tomatoes, drained
- 4 large eggs
- 1/12 cup of fresh parsley leaves, coarsely chopped
- 2 tablespoons of olive oil
- 1 onion, finely chopped
- 1 green bell pepper, seeded and chopped
- Salt and pepper
- 2 cloves garlic, minced
- 2 teaspoons of paprika
- 1/2 teaspoon of cumin
- Crusty bread, optional

Notes :

- Serve with crusty bread if you want and enjoy.

Direction

1. In a 10-inch skillet, warm oil over medium-heat.
2. Add onion. Sprinkle with salt, then cook until softened, often stirring, for about 5 minutes.
3. Stir in bell pepper. Then go ahead with cooking for 5 minutes longer.
4. Add paprika, garlic, red pepper, cumin, and 1/4 teaspoon of salt.
5. Cook until vegetables are very tender, stirring, for about 3 minutes longer.
6. Puree tomatoes in a blender. Stir into the veggie-mixture.
7. Cover and turn heat to medium-low.
8. Cook until the sauce has thickened, occasionally stirring, for about 15 minutes.
9. Season with pepper and salt.
10. Crack an egg into each quarter of the pan carefully.
11. Cover; cook for about 10 to 12 mins, until egg whites.
12. Sprinkle with parsley.
13. Serve and enjoy.

Skillet Vegetables Egg Scramble



Prep Time:
30 mins

Cook Time:
30 mins

YIELD:
4 Servings

Ingredients

- 1 teaspoon of minced fresh herbs, such as rosemary or thyme
- 6 large eggs (or 4 large eggs plus 4 egg whites), lightly beaten
- 2 cups of packed leafy greens, such as baby spinach or baby kale (2 ounces)
- 1/2 teaspoon of salt
- 2 tablespoons of olive oil
- 12 ounces of baby potatoes, thinly sliced
- 4 cups of thinly sliced vegetables, such as mushrooms, bell peppers, and/or zucchini (14 oz.)
- 3 eaches scallions, thinly sliced, green and white parts separated

Direction

1. Heat oil in a nonstick skillet over medium heat.
2. Add potatoes. Cover and cook for about 8 minutes, constantly stirring, until they start to soften.
3. Add the scallion whites and sliced vegetables. Cook uncovered until the vegetables are lightly browned and tender, occasionally stirring, for about 8 to 10 minutes.
4. Stir in herbs, then move the vegetable mixture to the perimeter of the skillet.
5. Reduce the heat to medium-low.
6. Add scallion greens and eggs to the center of the pan.
7. Cook for about 2 minutes, stirring until the eggs are softly scrambled.
8. Stir the leafy greens into the eggs.
9. Remove from the heat. Stir to combine well and stir in salt.
10. Serve and enjoy.

Notes :

- If you're not don't have a nonstick skillet, you can use a large cast-iron.

Avocado Toast With Tomatoes & Cottage Cheese



Prep Time:
1 min

Cook Time:
5 mins

YIELD:
4 Servings

Ingredients

- 1 tomato sliced
- Salt and freshly cracked pepper to taste
- 8 slices of hearty whole grain bread
- 2 cups of cottage cheese low fat
- 1 ripe of California avocado sliced

Notes :

- You can use any kind of bread for this recipe.

Direction

1. On a large cutting board, lay the bread slices.
2. Top each of the slices with 1/4 cup of cottage cheese.
3. Sprinkle with pepper and salt.
4. Top the cottage cheese with tomato slices and avocado.
5. Then season with a pinch of pepper and salt.
6. Cut the bread slices into halves.
7. Serve and enjoy.

Chard Frittata



Prep Time:
10 mins

Cook Time:
40 mins

YIELD:
4 Servings

Ingredients

- 1/8 teaspoon of salt
- 2 tablespoons of extra-virgin olive oil
- 4 cups of chopped chard (1 small bunch)
- 1/2 cup of finely diced Spanish chorizo or pepperoni (about 2 ounces)
- 3 cups of frozen shredded hash browns
- 7 eaches large eggs
- 3 eaches scallions (1/2 bunch), sliced
- 1/2 cup of shredded Parmesan cheese
- 1/4 teaspoon of freshly ground pepper

Notes :

- You can use Pepperoni if you don't have chorizo.

Direction

1. In the upper third of the oven, position your rack and preheat the broiler.
2. Whisk scallions, eggs, pepper, cheese, and salt in a large bowl.
3. Over medium-high heat, heat oil in a large cast-iron skillet.
4. Add chorizo and chard. Cook for about 2 to 3 minutes, stirring until the chard is wilted.
5. Stir in hash browns and pat the mixture into an even layer inside the pan.
6. Pour the mixture into the pan, and spread to the edges evenly.
7. Cook over medium-high heat, using a spatula to lift around the edges to allow uncooked egg to flow under, for about 3 to 4 minutes, until set around the edges.
8. Place the skillet under the broiler until the eggs are slightly browned, and the top is cooked, for about 3 to 4 minutes.
9. Let it stand for 5-mins.
10. Run the spatula around the edges to release the frittata from the pan until you can slide or lift it out on a serving plate or cutting board.
11. Cut in wedges, serve and enjoy.

Monkey Bread



Prep Time:
15 mins

Cook Time:
35 mins

YIELD:
15 Servings

Ingredients

- 1 cup of packed brown sugar
- 1/2 cup of chopped walnuts
- 1/2 cup of raisins
- 3 (12 ounces) packages of refrigerated biscuit dough
- 1 cup of white sugar
- 2 teaspoons of ground cinnamon
- 1/2 cup of margarine

Notes :

- Do not cut the bread. It will just pull apart.
- Use only solid tube pans for this recipe. The hot syrup would leak from any removable bottom pans.

Direction

1. Preheat oven to 350 degrees f.
2. Grease a 10-inch pan.
3. In a plastic bag, mix cinnamon and white sugar. Then cut the biscuits into quarters.
4. In the sugar-cinnamon mix, shake 6 to 8 biscuits pieces.
5. Arrange pieces in the bottom of the prepared pan.
6. Go ahead until all biscuits are coated—place in the pan.
7. If using raisins and nuts, arrange them in and among the biscuits as you go along.
8. Melt the margarine with the brown sugar in a small saucepan, over medium heat.
9. Boil for about a minute and pour over the biscuits.
10. Bake for about 35 minutes at 350 degrees f.
11. Let the bread cool in a pan for 10-mins. Turn out onto a plate.
12. Serve and enjoy.

Buttermilk Pancakes



Prep Time:
15 mins

Cook Time:
10 mins

YIELD:
12 Servings

Ingredients

- 1-1/2 teaspoons of baking soda
- 3/4 teaspoon of salt
- 3 cups of buttermilk
- 1/2 cup of milk
- 3 cups of all-purpose flour
- 3 tablespoons of white sugar
- 3 teaspoons of baking powder
- 3 eggs
- 1/2 cup of butter, melted

Notes :

- You can add a little more milk to thin the batter some.

Direction

1. In a large bowl, combine sugar, flour, baking soda, baking powder, and salt.
2. In a separate bowl, beat together milk, buttermilk, melted butter, and eggs.
3. Keep the two mixtures separate, just until you're ready to cook.
4. Heat an oiled frying pan or griddle lightly over medium-high heat.
5. You can flick water just across the surface of the oil to know if it sizzles. If it beads up, then it's ready!
6. Pour the wet mixture into the dry mixture, using a fork or wooden spoon to blend.
7. Stir until it's just blended together. Don't stir!
8. Scoop or pour the batter onto the griddle, using approximately 1/2 cup for each pancake.
9. Brown both dies.
10. Serve hot and enjoy!

Spinach Quiche



Prep Time:
20 mins

Cook Time:
40 mins

YIELD:
6 Servings

Ingredients

- 1 (10 ounces) package of frozen chopped spinach, thawed and drained
- 1 (4.5 ounces) can of mushrooms, drained
- 1 (6 ounces) package of herb and garlic feta, crumbled
- 1 (8 ounces) package of shredded Cheddar cheese
- salt and pepper to taste
- 1/2 cup of butter
- 3 cloves garlic, chopped
- 1 small onion, chopped
- 1 (9-inches) unbaked deep-dish pie crust
- 4 eggs, beaten
- 1 cup of milk
- salt and pepper to taste

Direction

1. Preheat oven to 375 degrees f.
2. In a medium skillet, melt butter over medium heat.
3. Saute onion and garlic in butter for about 7 minutes, until lightly browned.
4. Stir in mushrooms, spinach, 1/2 cup of cheddar cheese, and feta.
5. Season with pepper and salt. Then spoon mixture into pie crust.
6. Whisk together milk and eggs in a medium bowl—season with pepper and salt.
7. Pour into the pastry shell, allowing egg mixture to combine thoroughly with spinach mixture.
8. Bake for about 15 minutes in the preheated oven.
9. Sprinkle top with the rest of the Cheddar cheese.
10. Bake until set in center, for an additional 35 to 40 minutes.
11. Serve and enjoy.

Notes :

- Allow it to stand for about 10 minutes just before serving. Enjoy!

French Toast



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
12
Servings

Ingredients

- 3 eggs
- 1/2 teaspoon of ground cinnamon
- 1 teaspoon of vanilla extract
- 1/4 cup of all-purpose flour
- 1 cup of milk
- 1 pinch of salt
- 1 tablespoon of white sugar
- 12 thick slices of bread

Notes :

- Instead of adding cinnamon to the batter, you can dip the bread, flip, sprinkle with cinnamon, and place on the griddle (cinnamon side-down), and sprinkle on the other side. Enjoy!

Direction

1. In a large mixing bowl, measure the flour.
2. Whisk in the milk slowly.
3. Whisk in the eggs, salt, vanilla extract, cinnamon, and sugar until smooth.
4. Heat a lightly oiled frying pan or griddle over medium heat.
5. Soak bread slices in mixture until saturated.
6. Cook the bread on each side until brown.
7. Serve hot and enjoy.

Crepes



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
4
Servings

Ingredients

- 1/2 cup of milk
- 1/2 cup of water
- 1 cup of all-purpose flour
- 2 eggs
- 1/4 teaspoon of salt
- 2 tablespoons of butter, melted

Notes :

- Use the best non-stick cookware at [skottle.com](https://www.skottle.com) to make cooking your favorite recipes that much easier.

Direction

1. Whisk together the eggs and flour in a large mixing bowl.
2. Add in the water and milk gradually, stirring to combine.
3. Add the butter and salt. Then beat until smooth.
4. Heat a lightly oiled frying pan or griddle over medium-high heat.
5. Scoop or pour the batter onto the griddle, using approx 1/4 cup for each crepe.
6. Tilt the pan by using a circular motion so the batter will coat the surface evenly.
7. Cook the crepe until the bottom is lightly brown, for about 2 minutes.
8. Using a spatula to loosen, turn, and cook the other side.
9. Serve hot and enjoy.

Pumpkin Pancakes



Prep Time:
20 mins

Cook Time:
20 mins

YIELD:
6
Servings

Ingredients

- 2 teaspoons of baking powder
- 1 teaspoon of baking soda
- 1 teaspoon of ground allspice
- 1 teaspoon of ground cinnamon
- 1/2 teaspoon of ground ginger
- 1-1/2 cups of milk
- 1 cup of pumpkin puree
- 1 egg
- 2 tablespoons of vegetable oil
- 2 tablespoons of vinegar
- 2 cups of all-purpose flour
- 3 tablespoons of brown sugar
- 1/2 teaspoon of salt

Direction

1. In a bowl, mix the pumpkin, milk, oil, egg, and vinegar together.
2. Combine the flour, baking powder, brown sugar, allspice, baking soda, ginger, cinnamon, and salt in a separate bowl.
3. Stir into the pumpkin mixture just enough to combine.
4. Heat a lightly oiled frying pan or griddle over medium-high heat.
5. Scoop or pour the batter onto the griddle by using approx 1/4 cup for each of the pancakes.
6. Brown on both sides.
7. Serve hot and enjoy!

Notes :

- When you see a recipe calling for vinegar and milk, these two mixed together give you an emergency substitute for buttermilk.

Breakfast Quinoa



Prep Time:
10 mins

Cook Time:
10 mins

YIELD:
2
Servings

Ingredients

- 1/2 teaspoon of ground cinnamon
- 1/2 teaspoon of vanilla extract
- 1/2 cup of dried cherries
- 1/2 cup of cashews
- 1/2 cup of quinoa
- 1/2 cup of water
- 1/2 cup of skim milk
- 1 tablespoon of honey
- 1/2 cup of fresh blackberries
- 2 tablespoons of creme fraiche

Direction

1. In a saucepan, bring quinoa, milk, water, vanilla extract, and cinnamon to a boil.
2. Reduce the heat to medium-low.
3. Cover and simmer until quinoa has absorbed the water, and tender for about 10 to 15 minutes.
4. Remove saucepan from heat.
5. Mix cashews, cherries, and honey into the quinoa mixture.
6. Serve and enjoy.

Notes :

- Top with creme fraiche and blackberries, just before serving.

Breakfast Casserole



Prep Time:
25 mins

Cook Time:
55 mins

YIELD:
10
Servings

Ingredients

- 1 (4.5 ounces) can of mushrooms, drained and chopped
- 1 cup of shredded sharp Cheddar cheese
- 1 cup of shredded Monterey Jack cheese
- 1/4 teaspoon of dry mustard
- 2-1/2 cups of seasoned croutons
- 1 pound of spicy pork sausage
- 4 eggs
- 2-1/4 cups of milk
- 1 (10.75 ounces) can of condensed cream of mushroom soup
- 1 (10 ounces) package of frozen chopped spinach - thawed, drained, and squeezed dry
- 2 sprigs of fresh parsley, for garnish

Direction

1. Spread croutons on bottom of greased 9 by 13-inch baking-dish.
2. Crumble sausage into a medium skillet.
3. Cook, occasionally stirring over medium heat until browned.
4. Drain off any drippings and spread sausage over the croutons.
5. Whisk together milk and eggs in a large bowl until well blended.
6. Stir in spinach, soup, cheeses, mushrooms, and mustard.
7. Pour the egg mixture over croutons and sausage.
8. Refrigerate over the night.
9. Preheat oven to 325 degrees f the next morning.
10. Bake until set and lightly browned on top in the preheated oven for about 50 to 55 minutes.
11. Serve hot and enjoy.

Notes :

- Garnish with parsley sprigs just before serving.

Egg, Bean & Salsa Tortilla



Prep Time:
5 mins

Cook Time:
5 mins

YIELD:
2
Servings

Ingredients

- 4 (6 inches) flour tortillas
- 1-1/2 cups of shredded lettuce
- 2 tablespoons of refried beans
- 2 tablespoons of salsa
- 3 eggs, beaten
- 1 tablespoon of mayonnaise

Notes :

- You can put the beans and salsa right on the tortilla instead of in the pan of the eggs.

Direction

1. Stir the salsa and beans together in a small bowl until smooth.
2. Heat a nonstick skillet over medium heat.
3. Pour the beaten eggs into the pan. Then allow the bottom to set, approx for about a minute.
4. Spread bean-mixture into one-half of eggs. Flip other half over to make a half-circle, and go ahead to cook until the eggs are set.
5. Spread an equal amount of mayonnaise onto each tortilla.
6. Cut eggs into 4 equal pieces. Then place 1 piece on each tortilla.
7. Cover each with shredded lettuce and roll up your tortillas.
8. Serve and enjoy.

Turkey Sausage



Prep Time:
10 mins

Cook Time:
10 mins

YIELD:
8
Servings

Ingredients

- 1-1/2 teaspoons of ground sage
- 1-1/2 teaspoons of ground thyme
- 1/2 teaspoon of dried marjoram
- 1/2 teaspoon of red pepper flakes
- 2 pounds of ground turkey
- 1 tablespoon of brown sugar
- 2 teaspoons of kosher salt
- 1-1/2 teaspoons of ground black pepper

Direction

1. Mix turkey, salt, brown sugar, black pepper, thyme, sage, marjoram, and red pepper flakes in a bowl.
2. Shape turkey mixture into the patties.
3. In a large skillet, fry the patties over medium-high heat until brown and no longer pink in the center, for about 6 to 8 minutes.
4. Serve and enjoy.

Notes :

- You can also use ground pork if you have.

Ham & Cheese Tortilla



Prep Time:
30 mins

Total Time:
30 mins

YIELD:
4
Servings

Ingredients

- 4 ounces of Cheddar cheese, shredded
- 4 (10 inches) flour tortillas
- 1/2 cup of salsa
- 12 eggs
- 1/3 cup of milk
- 3 slices of cooked ham, diced
- 2 green onions, minced
- salt and pepper to taste

Notes :

- You can top with salsa just before serving.

Direction

1. Beat together milk and eggs.
2. Heat a lightly oiled skillet over medium-high heat.
3. Cook egg mixture until firm, occasionally stirring.
4. Stir in ham, salt, green onions, and pepper when almost done.
5. Spoon 1/4 of the egg mixture just on top of each tortilla.
6. Sprinkle the eggs using cheese. Make a roll by folding over the tortilla.
7. Serve and enjoy.

Fried Rice



Prep Time:
10 mins

Cook Time:
40 mins

YIELD:
6
Servings

Ingredients

- 6 slices of bacon
- 4 eggs, beaten
- 1 large yellow onion, chopped
- 1 cup of frozen peas
- 4 cups of water
- 2 cups of uncooked white rice
- 4 green onions, chopped
- 1-1/2 tablespoons of soy sauce, divided

Notes :

- You can use red pepper if you don't have bacon. Also, cook the onion and pepper first if you want. You would love it!

Direction

1. In a saucepan, bring rice and water to a boil.
2. Reduce heat to medium-low. Cover and simmer until liquid is absorbed and rice is tender, for about 20 to 25 minutes.
3. In a large skillet, place bacon and cook over medium-high heat, occasionally turning, for about 10 minutes, until evenly brown.
4. Transfer the bacon slices to a paper-towel-lined plate to drain.
5. Then crumble into bite-size pieces, reserving the rendered bacon fat in the skillet.
6. In the same skillet, cook and stir egg over medium heat for about 1 to 3 minutes, until slightly set.
7. Stir yellow onion, green onions, peas, and 1-1/2 teaspoon of soy sauce into eggs.
8. Cook and stir for about 5 minutes more, until yellow onion is translucent.
9. Reduce heat to low.
10. Stir rice, crumbled bacon, and rest of the soy sauce into the egg mixture for about 1 to 3 minutes until well-combined and heated through.
11. Serve and enjoy.

Hot Water Cornbread



Prep Time:
5 mins

Cook Time:
10 mins

YIELD:
6
Servings

Ingredients

- 1 teaspoon of white sugar
- 1 tablespoon of shortening
- 3/4 cup of boiling water
- 1 cup of cornmeal
- 1 teaspoon of salt

Notes :

- You can use bacon grease in place of the shortening if you want.

Direction

1. In a medium bowl, combine cornmeal, sugar, and salt.
2. Add boiling water and shortening.
3. Stir until shortening melts.
4. Pour bacon fat or oil to a depth of half-inch in a large skillet.
5. Heat to 375 degrees f.
6. Shape the cornmeal mixture into flattened balls by using a heaping tablespoon as a measuring guide.
7. Fry each in hot oil until golden brown and crisp, turning once, for about 5 minutes.
8. Drain on paper towels.
9. Serve immediately with honey or maple syrup.
10. Enjoy!

S'mores



Prep Time:
1 min

Cook Time:
2 mins

YIELD:
1
Serving

Ingredients

- 1 (1.5 ounces) bar chocolate candy bar
- 1 large marshmallow
- 1 graham cracker

Notes :

- You can use Peanut butter cup instead of chocolate bar.

Direction

1. Heat the marshmallow over an open flame until it starts to melt and brown.
2. Break the graham cracker in half.
3. Sandwich the chocolate between the hot marshmallow and cracker.
4. Allow the marshmallow to cool a moment before eating.
5. Serve and enjoy.

Cassoulet



Prep Time:
15 mins

Cook Time:
15 mins

YIELD:
4
Servings

Ingredients

- 1 (15 ounces) can of kidney beans, rinsed and drained
- 1 (15 ounces) can of cannellini beans, rinsed and drained
- 1 (14.5 ounces) can of diced tomatoes, drained
- 2 bay leaves
- 1 teaspoon of dried thyme
- 1/2 teaspoon of salt
- 1/4 teaspoon of ground black pepper
- 1 tablespoon of vegetable oil
- 2 carrots, diced
- 2 stalks celery, diced
- 1 small yellow onion, diced
- 2 cloves garlic, chopped
- 1/2 pound of smoked sausage, sliced
- 1 tablespoon of chopped fresh parsley (optional)

Direction

1. In a large skillet, heat oil over medium-high heat.
2. Add the carrots, onion, celery, and garlic.
3. Cook and stir until the onion is transparent, for a few minutes.
4. Add the sausage to the skillet.
5. Cook for some minutes to brown.
6. Pour in the kidney beans, tomatoes, and cannellini beans.
7. Season with the bay leaves, salt, thyme, and pepper.
8. Cover and reduce the heat to low.
9. Simmer for about 10 minutes, occasionally stirring until vegetables are tender.
10. Remove bay leaves. Discard.
11. Sprinkle parsley over the top.
12. Serve and enjoy.

Notes :

- You can use Great Northern instead of cannellini beans and save a little bit of the bean juices to add to the sauce.

Camping Griddle Sausage With Potatoes & Cheese



Prep Time:
10 mins

Cook Time:
25 mins

YIELD:
5
Servings

Ingredients

- Eggs
- Cheese
- Minced Garlic
- Salt
- Pepper
- 4 pounds of Gold Potatoes
- 1 pound of Bacon
- 5 Polish sausages

Notes :

- You can top with shredded cheese and mix in sour cream as well.

Direction

1. Wash the potatoes. Then dry them off.
2. Polish the sausages. Then slice & dice all the veggies.
3. Fire up the griddle. Spread on bacon grease or a little bit of oil to assist with the nonstick, as well as assisting in sauteing the food.
4. Mix the onions, potatoes, and polish sausage together on your griddle.
5. Season with pepper and salt.
6. Cook until the potatoes are tender.
7. Remove to a bowl or a separate plate once your potatoes are done. Then cover to keep warm.
8. Fry up the bacon to your doneness preference.
9. Fry up the eggs at the same time or scrambled eggs.
10. Serve everything together and enjoy.

Lunch Recipes

ORIS 



Cast-Iron Skillet Pizza With Kale & Sausage



Prep Time:
25 mins

Cook Time:
20 mins

YIELD:
4
Servings

Ingredients

- 2 cups of kale, torn into bite-size pieces
- 1 pound of whole-wheat pizza dough, at room temperature
- 1 teaspoon of cornmeal
- 3 teaspoons of extra-virgin olive oil, divided
- 6 ounces (about 2 links) of sweet Italian sausage, casings removed
- 6 tablespoons of drained fire-roasted diced tomatoes
- 1 cup of part-skim shredded mozzarella

Notes :

- Let it cool before serving for about 5 minutes.

Direction

1. Place a 12-inch cast-iron-skillet in the oven.
2. Preheat to 500 degrees f.
3. In a small skillet, heat 1 teaspoon of oil over medium-high heat.
4. Add sausage. Cook, occasionally stirring and breaking up using a wooden spoon, for about 3 to 5 minutes, until no longer pink.
5. In a medium bowl, toss kale with 1 teaspoon of oil.
6. Stretch the dough into a 12-inch circle.
7. Remove the pan from the oven. Sprinkle cornmeal into it.
8. Place the dough in the pan carefully, and spread the tomatoes over the dough. But leave a 1-inch border.
9. Top with half the sausage, half the cheese, and half the kale.
10. Repeat with the rest of the sausage, cheese, and kale.
11. Use the rest of the oil to brush the edge of the dough.
12. Bake for about 15 minutes, until the cheese is starting to brown and the bottom of the pizza is crisp.
13. Serve and enjoy.

Trail Mix



Prep Time:
10 mins

Total Time:
10 mins

YIELD:
8
Servings

Ingredients

- 1/4 cup of dried cranberries
- 1/4 cup of goji berries
- 1/4 cup of raisins
- 1/4 cup of almonds
- 1/4 cup of walnuts
- 1/4 cup of pumpkin seeds
- 1/4 cup of sunflower seeds
- 1/4 cup of semisweet chocolate chips

Direction

1. Combine the walnuts, almonds, sunflower seeds, pumpkin seeds, goji berries, cranberries, chocolate chips, and raisins in a bowl.
2. Serve and enjoy.

Notes :

- You can store in a resealable plastic bag or airtight container for up to 14 days.

Campfire Banana Splits



Prep Time:
10 mins

Cook Time:
8 mins

YIELD:
6
Servings

Ingredients

- 1 (10.5 ounces) package of miniature marshmallows
- 6 large bananas, unpeeled, stems removed
- 2 cups of semisweet chocolate chips

Notes :

- Note that eating bananas while camping will increase the amount of mosquito bites! So, get prepared!

Direction

1. Preheat the grill for high heat.
2. Use cooking spray to spray 4 sheets of aluminum foil that is large enough to wrap bananas.
3. Slice the peel of the banana while slicing the banana inside lengthwise.
4. For easier handling later, the bananas can be cut into slices, if you like (while still in peel).
5. Open the banana carefully, just wide enough to place the marshmallows and chocolate chips inside the peel with the banana.
6. Stuff with as much of the marshmallows and chocolate chips as desired.
7. Use aluminum foil to wrap the bananas. Place on the grill or just directly in the coals of a fire.
8. Leave it long enough to melt the marshmallows and the chips for about 5 minutes.
9. Unwrap the bananas.
10. Open the peels.
11. Use a spoon to starting eating it.
12. Enjoy!

Beef Kebabs



Prep Time:
20 mins

Cook Time:
10 mins

YIELD:
6
Servings

Ingredients

- 2 tablespoons of steak sauce
- 2 tablespoons of white sugar
- 2 tablespoons of apple cider vinegar
- 2 tablespoons of Worcestershire sauce
- 1/4 cup of water
- 1-1/2 pounds of beef sirloin, cut into 1 inch cubes
- 1 zucchini, cut into chunks
- 1 red bell pepper, cut into 1 inch pieces
- 1 (15 ounces) can of pineapple chunks, drained
- 2 tablespoons of olive oil
- 1/2 cup of ketchup
- 1 teaspoon of salt
- 12 bamboo skewers

Notes :

- Try other meats such as lamb, chicken and other vegetables of your choice such as onions, mushrooms, or steamed sweet potatoes. Enjoy!

Direction

1. Place the zucchini, pineapple, and bell pepper in a mixing bowl.
 2. Drizzle using olive oil. Then toss to coat.
 3. Divide the mixture into freezer bags.
 4. Whisk the salt, ketchup, sugar, steak sauce, vinegar, water, and Worcestershire together in the same bowl until smooth.
 5. Add the beef cubes. Toss until evenly coated.
 6. Divide the beef just into freezer bags. Seal and freeze the bags.
- For cooking:**
7. Take many bags you need from the freezer, and thaw in the refrigerator over the night, for about 8 hours.
 8. Soak the skewers for about 3 minutes in warm water, or place into the water when you start thawing the vegetable and meat packets.
 9. Preheat an outdoor grill for medium heat. Oil the grate lightly.
 10. Make the skewers by alternating beef, pineapple, and vegetables on the skewers.
 11. Discard the rest of the marinade.
 12. Cook the skewers on the preheated grill until cooked to your desired degree of doneness, occasionally turning, for about 10 minutes.
 13. Serve and enjoy.

Cowgirl Steak & Eggs



Prep Time:
10 mins

Cook Time:
15 mins

YIELD:
2
Servings

Ingredients

- 1 pound of yukon gold potatoes
- 2 (1 pound) of cowgirl ribeye steak
- 4 eggs
- 1/2 jalapeno pepper, minced
- 1 tablespoon of olive oil
- Chop House Steak Rub
- 1 scallion, sliced thin

Notes :

- Add the potatoes into boiling water to par-boil the potatoes, and cook until soft, but not falling apart.

Direction

1. Fire up the griddle and season steaks generously with Chop House Rub.
2. Drizzle olive oil on the hot skillet, then sear steaks for about 5 to 7 mins per side, depending on the thickness.
3. Quickly sear edges after the final sear.
4. Then add 1 or 2 tablespoons of butter. Baste the steaks immediately, turning using tongs.
5. Transfer steaks on a cutting board for about 5 minutes.
6. Halve the par-boiled potatoes.
7. Season with more Chop House Rub.
8. Sear potatoes in 1 tablespoon of butter while steaks are resting, about 2 minutes per side.
9. Add scallions and jalapeno at the end.
10. Then remove from the griddle.
11. Add the remaining butter after the first turn of the potatoes and a drizzle of olive oil in the middle of the griddle.
12. Crack about 4 eggs top. Then cook until the white is opaque, but the yolk remains runny, for about 2 minutes.
13. Place sliced steak with 2 sunny sides up eggs with potatoes on each plate.
14. Serve and enjoy.

Grilled Bacon Potatoes



Prep Time:
20 mins

Cook Time:
45 mins

YIELD:
4
Servings

Ingredients

- 12 slices bacon
- 2 tablespoons of olive oil for brushing
- 1 cup of brown sugar
- 4 baking potatoes, scrubbed
- 1-1/4 teaspoons of salt
- 2 tablespoons of freshly ground black pepper

Notes :

- The bacon adds just the right amount of salty to it.

Direction

1. Preheat an outdoor grill for about medium-high-heat.
2. Make about 4 cuts into each potato without going all the way through.
3. Place potatoes onto the squares of your aluminum foil.
4. Inside of each potato, sprinkle with 1/4 teaspoon of salt.
5. Then wrap with 3 slices of bacon, and use toothpicks to secure, if you want.
6. Use olive oil to brush the potatoes. Then sprinkle with black pepper and brown sugar.
7. Wrap the potatoes loosely in the aluminum foil.
8. Grill the potatoes, for about 45 minutes, depending on the grill temperature, until the potato is soft in the center and bacon has crisped.
9. Serve and enjoy.

Cabbage Skillet



Prep Time:
20 mins

Cook Time:
1 hour
3 mins

YIELD:
4
Servings

Ingredients

- 2 onions, chopped
- 1 large head cabbage, coarsely chopped
- 2 (15 ounces) cans of diced tomatoes
- 3 large potatoes, cubed
- 1/4 cup of butter, divided
- 1 pound of Polish kielbasa sausage, cut into 1/2-inch slices
- 1/4 cup of white sugar
- 1 tablespoon of paprika

Notes :

- You can add a jar of sauerkraut to it. It will be fantastic!

Direction

1. In a microwave, place the potatoes.
2. Cook in the microwave for about 8 minutes, until partially tender.
3. In a large cast-iron skillet, heat 2 tablespoons of butter over medium heat.
4. Cook and stir onions and sausage for about 5 minutes, until browned.
5. Transfer the onions and sausage to a bowl.
6. In the same Dutch oven, heat the rest of the butter.
7. Cook and stir cabbage for about 5 minutes, until tender.
8. Combine sugar, tomatoes, and paprika in a bowl.
9. Pour over cabbage. Bring to a boil.
10. Reduce heat, and add sausage onion mixture with the potatoes.
11. Cover the Dutch oven.
12. Simmer for about 40 minutes, until potatoes are tender.
13. Serve and enjoy.

Mashed Potato Cakes



Prep Time:
40 mins

Cook Time:
10 mins

YIELD:
6
Servings

Ingredients

- 2 tablespoons of butter
- 1 egg, whisked
- 3 cups of prepared mashed potatoes
- 4 scallions, minced
- 2 teaspoons of spicy mustard
- 1/2 cup of bacon bits
- 1/3 cup of flour, gluten-free
- 1 teaspoon of bacon rub
- 1/3 cup of Cheddar Jack Cheese, shredded

Notes :

- If you don't have mashed potatoes, shred potatoes using a grater, then squeeze them in a paper towel to drain out as much moisture as possible. Then go ahead with the recipe. Enjoy.

Direction

1. Combine mashed potatoes, scallions, bacon bits, mustard, beaten eggs, and cheddar jack cheese in a mixing bowl.
2. Whisk flour and teaspoon of bacon rub together in a separate bowl.
3. Incorporate the dry ingredients into the wet ingredients.
4. Cover and refrigerate for about 30 minutes.
5. Remove mixture from the refrigerator, then divide into 12 balls, about 2 and a half inches in diameter.
6. Set on a greased sheet tray.
7. Press down each potato ball to form a half-inch thick patty using the bottom of a bowl.
8. Season with extra Bacon rub and set it aside.
9. Fire up your griddle, and preheat to medium-low.
10. If using a charcoal grill or gas, preheat a cast-iron skillet over medium-low heat.
11. Add oil and butter to griddle to melt. Then place the mashed potato cakes on the griddle.
12. Cook until golden brown, for about 2 to 3 minutes per side.
13. Remove from the griddle.
14. Serve warm with sour cream, scallions, and the reserved bacon bits.
15. Enjoy!

Omelet In A Bag



Prep Time:
15 mins

Cook Time:
13 mins

YIELD:
1
Serving

Ingredients

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

Direction

1. In a large resealable freezer bag, crack the eggs into it.
2. Press out most of the air. Then seal.
3. Squeeze and shake to beat the eggs.
4. Open the bag and the cheese, ham, green pepper, onion, salsa, tomato, and mushrooms.
5. Squeeze out as much of the air; and you can seal the bag.
6. In a large pot, bring water to boil.
7. Place up to 8 bags into the boiling at time water at the boiling water.
8. Cook exactly 13 minutes.
9. Open the bag. Let omelet, toll onto a plate. The omelet would turn out easily.
10. Serve you and enjoy it.

Notes :

- For those concerned about melting the bagd, drop a plastic colander in your pot for easy, no splash drop ins, and removal.

Chicken & Chorizo Chili



Prep Time:
15 mins

Cook Time:
50 mins

YIELD:
8
Servings

Ingredients

- 1 red bell pepper, chopped
- 1 (15 ounces) can of black beans, drained
- 1 (15 ounces) can of white beans, drained
- 1 (12 fluid ounces) can or bottle beer
- 1 (28 ounces) can of fire-roasted diced tomatoes, with juice
- 3 cups of chicken stock
- 1 tablespoon of extra-virgin olive oil
- 3/4 pound of chorizo sausage, chopped
- 2 pounds of ground chicken
- 1/4 cup of chili powder
- 1-1/2 tablespoons of ground cumin
- 1 onion, chopped
- 3 cloves garlic, finely chopped
- 1 (6 ounces) can of tomato paste
- salt to taste

Direction

1. In a large pot, heat olive oil over medium-high heat.
2. Cook and stir chorizo in hot, for about 2 minutes, until heated through.
3. Remove chorizo using a slotted spoon to a bowl.
4. Add the chicken.
5. Cook and stir for about 5 to 6 minutes, until the chicken is crumbly and browned.
6. Season with cumin and chili powder.
7. Stir onion, chorizo, red bell pepper, garlic, white and black beans into the chicken.
8. Cook and stir for about 5 to 6 minutes until the onion starts to soften.
9. Pour beer into chili. Then bring it to a simmer.
10. Add the chicken stock, tomatoes, and tomato paste.
11. Simmer for about 5 minutes, until heated through.
12. Season with salt and reduce heat to low.
13. Simmer for about 30 minutes, until flavors blend.
14. Serve and enjoy.

Notes :

- You can use soyrizo instead of chorizo. It's still good.

Flaming Burritos



Prep Time:
20 mins

Cook Time:
12 mins

YIELD:
4
Servings

Ingredients

- 1 large red bell pepper, chopped
- 4 (10 inches) flour tortillas
- 1 pound of ground beef
- 1 (15 ounces) can of black beans, drained and rinsed
- 4 cups of shredded mozzarella cheese, divided

Notes :

- You can substitute corn tortillas for the flour tortillas if you want.
- Also, you can customize the fillings to your taste and enjoy it.
- Use a blend of Cheddar cheese, mozzarella cheese, or Jack cheese if you want.

Direction

1. Heat a large nonstick skillet over medium heat.
2. Add ground beef. Cook and stir for about 5 to 10 minutes, until browned. Stir in red bell peppers and black beans.
3. Cook for about 5 minutes, until heated through.
4. Cut four 13 by 13-inch pieces of aluminum foil.
5. On each piece of aluminum foil, place 1 tortilla.
6. Spoon beef mixture in a line down the center of each tortilla. Divide the cheese among tortillas.
7. To overlap the filling, fold opposing edges of each tortilla.
8. Roll up in the shape of a burrito, and seal the ends.
9. Rinse and dry 4 half gallon wax-lined milk cartons.
10. Cut 1-inch diamond-shaped vents into 2 corners of each of the milk carton, just near the bottom. Inside each carton, place a wrapped burrito.
11. In a safe cooking area outdoors, place milk cartons.
12. Light each on fire at one of the vents, and cook for about 2 minutes, until cartons burn down.
13. Unwrap the burritos gently with heatproof gloves.
14. Serve and enjoy.

Pepperoni Pizza



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
8
Servings

Ingredients

- 1/2 cup of shredded mozzarella cheese
- 1/2 cup of sliced pepperoni
- 1 pound of refrigerated pizza dough
- 1/4 cup of pizza sauce

Notes :

- Be sure to cover well using a foil tent during entire cooking process to help keep the heat in.

Direction

1. On grill, place pizza directly over a wood fire.
2. Roll out the pizza dough to the desired thickness.
3. Place it on the pizza stone.
4. Cook until golden, for about 10 minutes on one side.
5. Remove from the fire.
6. Spread the pizza sauce in an even layer over the dough, leaving about 1/2-inch around the rim of the pizza dough bare.
7. Sprinkle the mozzarella cheese on top of the sauce. Followed by the pepperoni slices.
8. Place uncooked side down.
9. Use a foil tent to cover and cook for about 10 minutes more, until cheese has melted.
10. Transfer the pizza to a cutting board.
11. Let it cool before cutting.
12. Serve and enjoy.

Eggs On A Grill



Prep Time:
2 mins

Cook Time:
15 mins

YIELD:
6
Servings

Ingredients

- 12 eggs

Notes :

- You can add a piece of cooked bacon on the top, and some cheese to melt.

Direction

1. Preheat an outdoor grill for medium-high heat.
2. Use cooking spray to coat all holes of a muffin pan.
3. Crack an egg into each of the holes.
4. Place on grill.
5. Grill over medium-high heat until the desired doneness, or for about 2 minutes.
6. Serve and enjoy.

Camping Pasta With Clam



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
4
Servings

Ingredients

- 1 tablespoon of seafood seasoning (such as Old Bay®)
- 1 teaspoon of dried oregano
- 1 teaspoon of dried basil
- 1 pinch of garlic powder, or to taste
- 1 pinch of red pepper flakes
- salt and ground black pepper to taste
- 1 (16 ounces) package of linguine pasta
- 1-1/2 tablespoons of dried minced onion
- 2 tablespoons of olive oil
- 2 (6.5 ounces) cans of chopped clams with juice
- 1 (8 ounces) can of sliced mushrooms, drained
- 2 teaspoons of dried parsley

Direction

1. Bring a large pot of lightly salted water to a boil.
2. Cook linguine at a boil for about 11 minutes, until tender yet firm to the bite.
3. Drain it.
4. Combine minced onion, oregano, seafood seasoning, basil, red pepper flakes, salt, garlic powder, and pepper in a bowl.
5. In a saucepan, heat the olive oil over medium-high heat.
6. Add onion mixture. Cook, constantly stirring, for about a minute, until fragrant.
7. Stir in mushrooms to coat with onion mixture.
8. Add the clams with the juice. Then bring it to a simmer.
9. Reduce the heat, and simmer for about 5 minutes until flavors are combined.
10. Serve and enjoy.

Notes :

- In a large bowl, top wthe Clam sauce with pasta.
- Top with dried parsley.

Macaroni Goulash



Prep Time:
15 mins

Cook Time:
30 mins

YIELD:
8
Servings

Ingredients

- 1 (10.75 ounces) can of condensed tomato soup
- 1/3 cup of ketchup
- salt and ground black pepper to taste
- 1 cup of freshly shredded Parmesan cheese
- 3 cups of uncooked elbow macaroni
- 1 tablespoon of olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 small green bell pepper, finely chopped
- 1 (12 ounces) can of corned beef

Notes :

- Be sure to use canned corned beef and NOT corned beef hash. Enjoy!

Direction

1. Fill a large pot with lightly salted water.
2. Bring to a rolling boil over high heat.
3. Stir in the macaroni once the water is boiling, and return to a boil.
4. Cook the pasta, occasionally stirring, uncovered, for about 8 minutes, until the pasta has cooked through but still firm to the bite.
5. Drain well in a colander set in the sink.
6. In a large pot, heat the olive oil over medium heat.
7. Cook the garlic and onion for about 5 minutes, until the onion is soft.
8. Stir in the green pepper. Cook for about 8 more minutes until tender.
9. Mash the corned beef into the pot. Then simmer until hot.
10. Mix in the tomato soup, cooked macaroni, ketchup, black pepper, and salt.
11. Stir to combine. Bring this mixture to a simmer over medium-low heat.
12. Sprinkle the Parmesan cheese on top.
13. Serve and enjoy.

Catfish Stew



Prep Time:
10 mins

Cook Time:
55 mins

YIELD:
4
Servings

Ingredients

- 6 dashes of hot pepper sauce (such as Tabasco®), or to taste
- salt and pepper to taste
- 2 pounds of catfish, cut into bite-sized pieces
- 5 slices bacon
- 1-1/2 cups of chopped onion
- 1 (28 ounces) can of tomatoes with liquid
- 1 (8 ounces) can of tomato sauce
- 3 cups of diced potatoes
- 2 tablespoons of Worcestershire sauce

Direction

1. In a large pot with a lid, place the bacon.
2. Cook over medium-high heat, occasionally turning, for about 10 minutes, until evenly browned. But reserve the drippings in the skillet.
3. Remove the bacon to a place using paper towels to drain.
4. Crumble the bacon. Set it aside.
5. Place the onions in the pot. Cover and allow to cook for 5-mins.
6. Stir in tomatoes, potatoes, tomato sauce, hot pepper sauce, and Worcestershire sauce into the onions.
7. Season with pepper and salt; allow it to simmer for about 30 minutes.
8. Stir the catfish and crumbled bacon into the mixture.
9. Go ahead with cooking for about 10 minutes more, until the fish flakes easily.
10. Serve and enjoy.

Notes :

- The acidity of the tomatoes prevented the potatoes from becoming tender in only 30 minutes. So you can cook the mixture over an hour and half checking the potatoes every 15-mins after the initial 30 minutes to ensure they are softened.

Grilled Chicken Potato Foil-Pack



Prep Time:
20 mins

Cook Time:
30 mins

YIELD:
4
Servings

Ingredients

- 1/2 teaspoon of dried basil
- 1/2 teaspoon of dried thyme
- 4 skinless, boneless chicken breast halves
- 4 large potatoes, peeled and cut into 1/4-inch slices
- 2 large onions, cut into 1/4 inch thick slices
- 2 large green bell pepper, cut into 1/4 inch strips
- 2 cups of sliced button mushrooms
- 1/2 cup of vegetable oil
- 1/4 cup of cider vinegar
- 1 tablespoon of garlic powder
- 1 teaspoon of ground black pepper
- 1/2 teaspoon of salt

Direction

1. Preheat an outdoor grill on medium-high heat.
2. Stir the vegetable oil, garlic powder, cider vinegar, salt, black pepper, thyme, and basil together in a bowl. Set it aside.
3. Lay out 4 12-by-12-inch squares of aluminum foil.
4. In the center of each square, place 1 chicken breast.
5. Top with potatoes, bell peppers, onions, and mushrooms.
6. Ladle 1/4 of the sauce on each.
7. Fold the foil just around the ingredients to form 4 sealed packets.
8. Grill the packets on the preheated grill until the internal temperature of the chicken breasts reaches 170 degrees f for about 30 to 40 minutes.
9. Serve and enjoy.

Notes :

- You can use white wine instead of vinegar and herbs de provence instead of the herbs listed. Enjoy!

Camping Caprese Salad



Prep Time:
10 mins

Total Time:
10 mins

YIELD:
4
Servings

Ingredients

- 3 tablespoons of torn fresh basil leaves
- 1 tablespoon of olive oil
- salt and pepper to taste
- 8 ounces of fresh mozzarella cheese, cubed
- 1 (10 ounces) basket of cherry tomatoes

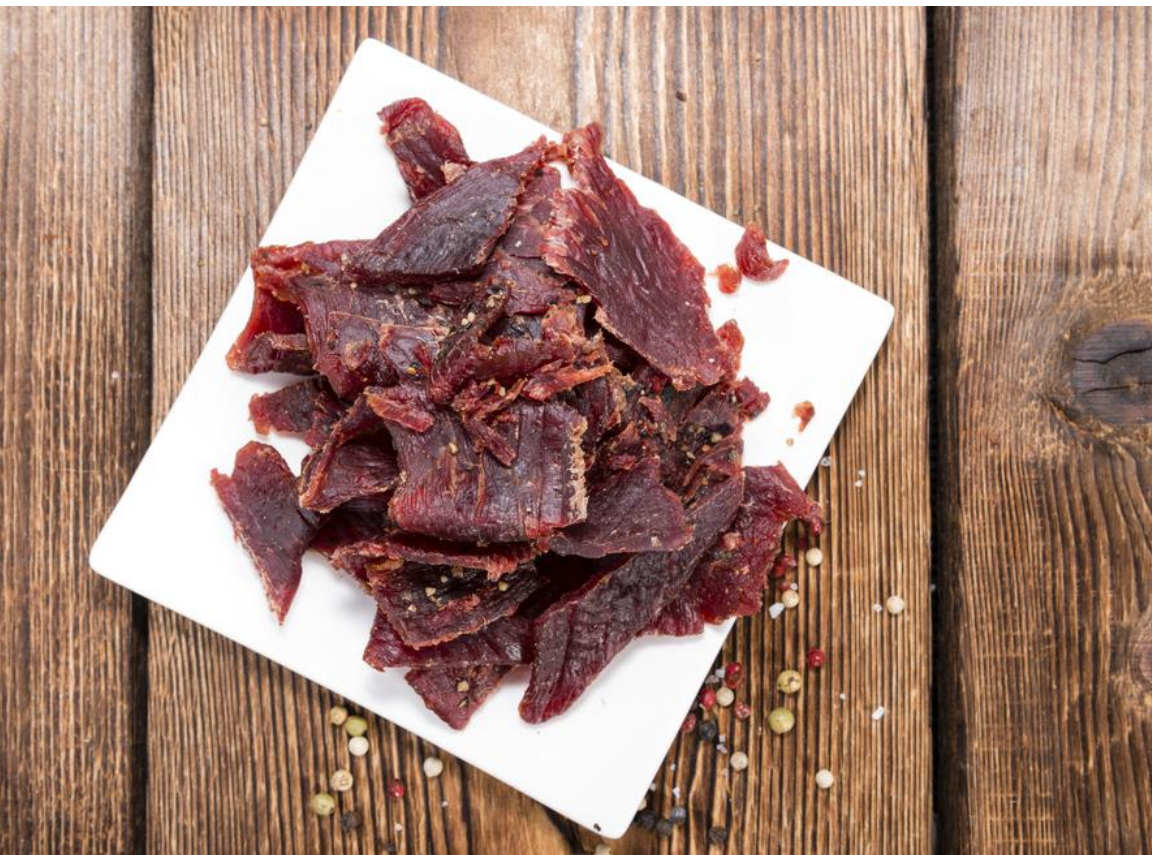
Direction

1. Toss together cherry tomatoes, mozzarella, olive oil, and basil in a large bowl.
2. Season with pepper and salt.
3. Serve and enjoy.

Notes :

- You can serve this salad in a small dessert dish with shredded romaine on the bottom and the Caprese Salad on top. Also, a splash of white balsamic would be great with this. I hope you enjoy it!

Beef Jerky



Prep Time:
15 mins

Cook Time:
5 hours

YIELD:
12
Servings

Ingredients

- 3 tablespoons of salt
- 1/2 teaspoon of onion powder
- 1/4 teaspoon of garlic powder
- 2 teaspoons of liquid smoke flavoring
- mesquite or hickory wood chips, as needed for smoker
- 5 pounds of boneless beef sirloin
- 2 cups of soy sauce
- 1 cup of water
- 3 dashes of Worcestershire sauce
- 3 tablespoons of white sugar (optional)

Notes :

- Adjust the drying time to the amount of meat used, and according to how you prefer your jerky.
- Use about 2 to 3 pans of wood chops for lots of flavor!

Direction

1. Cut beef into 1/4-inch thick slices.
2. Combine water, soy sauce, sugar, Worcestershire sauce, onion powder, salt, and liquid smoke.
3. Pour the marinade into a heavy-duty resealable bag.
4. Add beef and mix well.
5. Seal bag. Then refrigerate for about 12 hours.
6. Remove the beef from the marinade.
7. Pat dry using paper towels.
8. Allow standing for about 30 minutes.
9. Discard used marinade. Meanwhile, soak wood chips.
10. Preheat smoker for about 10 minutes.
11. Arrange the beef on drying racks.
12. Smoke, depending on how you like it, for about 5 to 7 hours, replenishing wood chips as necessary.
13. Serve and enjoy.

Grilled Yam



Prep Time:
5 mins

Cook Time:
25 mins

YIELD:
4
Servings

Ingredients

- salt to taste
- 1 tablespoon of butter
- 1 (cut into 1/2-inch thick slices) large yam, peeled
- olive oil-flavored cooking spray

Notes :

- Some prefer not to peel the yams. They scrubbed them good instead, and drizzle with olive oil, salt and pepper.

Direction

1. Preheat a grill for high-heat.
2. Oil the grate lightly when the grill is hot.
3. Coat the strips of yam using olive oil cooking spray.
4. Season with salt.
5. Arrange the yam strips on the grate crosswise. This will help not to fall through.
6. Cook until tender and glazed, for about 10 to 12 minutes per side.
7. Serve with butter.
8. Enjoy!

Campfire Carrots & Potatoes



Prep Time:
15 mins

Cook Time:
45 mins

YIELD:
4
Servings

Ingredients

- 3 large potatoes, cut into cubes
- 1 (1 ounce) package of dry onion soup mix (such as Lipton®)
- 2 carrots, cut into cubes
- 1 tablespoon of butter

Notes :

- Cook in the coal camping. Use more butter and some cooked bacon. You would love it!

Direction

1. Place a grill grate over your campfire.
2. On a flat work surface, lay a thick piece of aluminum foil.
3. Pile carrots and potatoes into the middle of the foil.
4. Put butter on the vegetables.
5. Sprinkle with onion soup mix, just over the top.
6. Fold opposite ends of the foil, so they meet. Roll together to form a seam.
7. Roll the other ends together to seal contents into a packet.
8. Cook packet on the grill until the carrots and potatoes are tenders completely, for about 45 minutes.
9. Serve and enjoy.

Fasoulia (Kidney Beans)



Prep Time:
15 mins

Cook Time:
25 mins

YIELD:
4
Servings

Ingredients

- 3 tablespoons of olive oil
- 1 large onion, chopped
- 2 teaspoons of tomato paste
- 2 (15 ounces) cans of dark red kidney beans, undrained
- 1-1/2 teaspoons of ground cumin
- 1-1/2 teaspoons of curry powder
- salt and black pepper to taste
- 1 jalapeno pepper, finely chopped, or more to taste
- 1 tomato, chopped

Direction

1. In a large skillet, heat olive-oil over medium-heat.
2. Cook the onion, occasionally stirring, for about 5 minutes, until translucent.
3. Stir in the jalapeno pepper.
4. Cook and stir for about 5 more minutes, until softened.
5. Mix in tomato paste and tomato.
6. Stir to combine the jalapeno pepper and onion.
7. Pour in the kidney beans with their liquid; stir in curry powder and cumin.
8. Bring this mixture to a boil.
9. Reduce the heat to medium-low and simmer for about 15 minutes, until the sauce has thickened and beans are hot.
10. Serve and enjoy.

Notes :

- You can use ketchup instead of tomato paste. It's still good.

Basil Burger



Prep Time:
15 mins

Cook Time:
10 mins

YIELD:
4
Servings

Ingredients

- 1 (4 ounces) container of crumbled Gorgonzola cheese
- 1/4 cup of fresh basil leaves, chopped
- salt and black pepper to taste
- 1 pound of ground sirloin or extra lean beef
- 1 tablespoon of minced garlic
- 1/8 teaspoon of onion powder

Notes :

- You can use organic extra lean ground beef and assist this dish with sweet potato fries. Also, you can put grilled onion and microgreens on the burger bun. It's great!

Direction

1. Preheat an outdoor grill for about medium-high heat.
2. Grill the grate with oil.
3. Place about 4-inches from the heat source.
4. Mix the ground sirloin, onion powder, garlic, basil, and Gorgonzola cheese together in a large bowl, just until evenly blended.
5. Divide mixture evenly to form 4 patties.
6. Cook the patties on a preheated grill until the center is no longer pink and meat is evenly browned, for about 5 minutes on each side.
7. Serve and enjoy.

Camping Pineapple Cakes



Prep Time:
15 mins

Cook Time:
10 mins

YIELD:
6
Servings

Ingredients

- 2 tablespoons of brown sugar, divided
- 1/3 cup of chopped pecans, divided
- 18 maraschino cherries
- 6 sheets of heavy-duty aluminum foil (10x12-inches)
- 1 (12 ounces) package of prepared sponge cake shells
- cooking spray
- 1 (20 ounces) can of crushed pineapple, drained, juice reserved

Direction

1. Use cooking spray to spray the aluminum sheets.
2. Place a sponge cake shell in the center of each sheet.
3. Spoon the crushed pineapple inside the cakes.
4. Divide it equally and sprinkle each of the cake with about 2 teaspoons of nuts and 1 teaspoon of brown sugar.
5. Top each of the cake with 3 maraschino cherries.
6. Drizzle about 1 to 2 teaspoons of the pineapple juice just over each of the cake.
7. Wrap the cakes inside the foil while leaving some room at the top for air to circulate.
8. Place the foil packs onto the embers of a campfire for about 10 minutes, until the cakes are bubbling and hot.
9. Serve and enjoy.

Notes :

- You can find the sponge cakes in the bakery and/or produce department. They're typically used to make strawberry shortcakes

Foil-Pack Mushrooms



Prep Time:
15 mins

Cook Time:
20 mins

YIELD:
4
Servings

Ingredients

- salt and freshly ground black pepper, to taste
- 24 fresh crimini mushrooms, stems removed
- 4 green onions, chopped
- 2 tablespoons of pine nuts
- 1/4 cup of olive oil

Notes :

- You can make one large packet, instead of individual ones. It's pretty easier to handle that way and takes up less room on the grill.
- Also, you can add Parmesan cheese and fresh torn basil to the pine nuts. You would love these with any sort of steak or London broil. Enjoy!

Direction

1. Preheat the grill to high heat.
2. Grease about 4 large sheets of heavy-duty aluminum foil.
3. Stuff each of the mushroom with equal amounts of pine nuts and green onions.
4. On each piece of aluminum foil, place 6 mushrooms.
5. Drizzle with olive oil.
6. Season with pepper and salt.
7. Seal the foil, just around the mushrooms, forming about 4 packets.
8. On the preheated grill, place the foil packets until mushrooms are tender, for about 20 minutes.
9. Serve and enjoy.

Tomatoes With Spicy Green Beans



Prep Time:
10 mins

Cook Time:
5 mins

YIELD:
4
Servings

Ingredients

- 1/2 teaspoon of red pepper flakes, or to taste
- 1/8 teaspoon of garlic salt, or to taste
- 2 (15 ounces) cans of green beans, drained
- 1 (14.5 ounces) can of diced tomatoes, with liquid

Direction

1. Combine green beans, red pepper flakes, tomatoes, and garlic salt in a saucepan.
2. Cook over medium heat, for about 5 to 10 minutes, until heated through.
3. Serve and enjoy.

Notes :

- You can use petite canned tomatoes and add a bit of parsley. It's still good!

Mix White Fudge



Prep Time:
20 mins

Cook Time:
10 mins

YIELD:
42
Pieces

Ingredients

- 2/3 cup of granulated sugar
- 1 (5 ounces) can of evaporated milk
- 1/4 teaspoon of salt
- 8 ounces of white chocolate chips (or bar, cut into medium dice)
- 1-1/2 cups of miniature marshmallows
- 1/2 cup of dried cranberries
- 1/2 cup of dried apricots, cut into 1/2-inch dice
- 1/2 cup of roasted pistachios, coarsely chopped
- 1/2 cup of crystallized ginger, cut into small pieces

Direction

1. Use cooking spray to spray an 8-inch square pan. Fit an 8 by 16-inches sheet of oil in the pan. This will help use the foil overhang as a handle to pull fudge from the pan.
2. Place apricots, cranberries, ginger, and pistachios in a medium bowl.
3. Then bring milk, sugar, and salt to a full rolling boil in a medium heavy-bottomed saucepan over medium heat.
4. Simmer, constantly stirring until the mixture thickens and begins to turn a pale caramel for about 5 minutes.
5. Remove from heat.
6. Stir in marshmallows quickly after removing from heat.
7. Then place your chocolate and stir until the marshmallows start to melt.
8. Pour the mixture into a bowl with nuts and fruits. Go ahead to mix vigorously until the nuts and fruits are evenly distributed.
9. Press fudge into the prepared pan.
10. Refrigerate for about 1-1/2 hours until cool and hard.
11. Serve and enjoy.

Notes :

- To balance the sweetness of the fudge, make sure to use salted/roasted pistachios, and also use a mix of Turkish apricots, also called "Mediterranean" which are sweet, and California apricots which are "tart".

Cranberry Trail Bars



Prep Time:
15 mins

Cook Time:
10 mins

YIELD:
24
Bars

Ingredients

- 1/3 cup of unsweetened flaked coconut
- 3-1/2 cups of crisp rice cereal
- 1 cup of dried cranberries
- 3 tablespoons of peanut butter
- 2 tablespoons of butter or margarine
- 7 cups of miniature marshmallows
- 1/3 cup of sesame seeds
- 1/3 cup of raw sunflower seeds
- 1/3 cup of chopped pecans
- 1/3 cup of chopped almonds

Notes :

- Make sure you watch carefully as they burn easily.

Direction

1. In a large skillet over medium-heat, stir the sesame seeds, almonds, pecans, and sunflower seeds together.
2. Cook for about 3 minutes until the sesame seeds are starting to turn golden.
3. Add the coconut, and stir until sesame seeds are golden.
4. Stir in the cereal and cranberries. Remove from heat.
5. In a large saucepan, combine the butter, peanut butter, and marshmallows.
6. Cook and stir over low heat until the marshmallows are melted.
7. Pour in the nut and cereal mixture. Stir until evenly coated.
8. Lightly press into a greased about 9 by 13-inches baking dish.
9. Let it stand until cool, then cut into bars.
10. Store in an airtight container.
11. Enjoy.

Camp Chilaquiles



Prep Time:
5 mins

Cook Time:
20 mins

YIELD:
2
Servings

Ingredients

- 1 (7 ounces) can el Pato sauce, (or 1 cup of tomato sauce and a chopped jalapeño)
- 1/2 teaspoon of salt
- 2 – 4 eggs
- 1/3 cup of vegetable oil
- 6 corn tortillas, cut into wedges
- 1/2 red onion, diced
- 2 cloves garlic, minced

Optional toppings

- grated cheese, fresh lime, cilantro, avocado, diced red onion slices

Notes :

- You can use a store-bought tortilla chops if you want.

Direction

1. In a skillet, heat the oil over high heat.
2. Add the tortilla triangles in a single layer once the oil is hot.
3. Fry until golden brown, for some minutes, flipping once.
4. Remove and set aside on a paper towel to drain. Repeat this with other tortillas.
5. Lower the heat to medium. Add the red onions to the rest of the oil. Then saute until they begin to soften, for some minutes.
6. Add the garlic, and saute for 30-seconds. Then add the tomato sauce, a splash of water, and salt to the skillet.
7. Bring it to a simmer. Add the fried tortillas and stir to coat.

Cooking the eggs:

8. Move the tortillas to the outside edges of the skillet; this will help create a well in the center.
9. Drop the eggs inside the sauce, then cook to your liking.
10. You can scramble them. Cover the skillet and allow them to poach in the sauce.
11. Serve with the toppings of your choice.
12. Enjoy!

Chickpea Hash



Prep Time:
5 mins

Cook Time:
15 mins

YIELD:
2
Servings

Ingredients

- 1 (15 ounces) can of chickpeas, drained
- 1/2 teaspoon of cumin
- 1/4 teaspoon of coriander
- 1/8 teaspoon of cinnamon
- 1 tablespoon of oil
- 1 summer squash or zucchini, sliced into 1/2-inch half moons
- 1 small red onion, sliced into 1/4-inch half moons
- 3 mini sweet peppers, cut into 1/4-inch slices, or 1 bell pepper
- 1/2 teaspoon of salt, plus more to taste
- 2 eggs

Direction

1. In a skillet, heat the oil over your campfire or camp stove on medium-high heat, until shimmering and hot.
2. Add the onions, zucchini, and peppers.
3. Saute for about 5 minutes until it starts to soften.
4. Add the spices and drained chickpeas. Then cook for about 10 minutes, until the chickpeas and veggies are cooked through and browned in spots.
5. Move the chickpeas and veggies to the sides of the skillet; this will help create a well in the middle of the pan.
6. Add little oil in the bottom of the pan is dry.
7. Crack about two eggs into the well, then cook the eggs to your liking.
8. Pull the skillet off the heat and serve.
9. Enjoy!

Notes :

- You can replace the chickpeas with cooked mung beans, and then use whatever veggies you have at hand. It's still good.

Bacon & Apple Grilled Cheese



Prep Time:
5 mins

Cook Time:
15 mins

YIELD:
2
Sandwiches

Ingredients

- 4 slices of bread
- 1/2 apple, thinly sliced
- Honey Dijon Kettle Brand Chips
- 2 slices of bacon, cut in half
- 4 ounces of sharp white cheddar cheese, sliced

Notes :

- To serve, you can use Honey Dijon Kettle Brand Chips, and place it on the side, and enjoy.

Direction

1. Set a skillet just over medium-low heat. Add the bacon.
2. Cook, flipping as needed until the bacon is cooked to your liking, and some of the fat has rendered out.
3. Remove and place on a paper towel-lined plate.
4. Increase the heat to medium. Then add about 2 slices of bread.
5. Layer half of the cheese, bacon, and apples on each slice of the bread.
6. Then top with the second slices of bread.
7. Cook until the cheese starts to melt and the bottom of the sandwich is golden brown, then flip to cook the other side.
8. Serve and enjoy.

Broccoli Pasta



Prep Time:
5 mins

Cook Time:
20 mins

YIELD:
2
Servings

Ingredients

- 2 cloves garlic, minced
- 1/4 cup of olive oil
- 1 teaspoon of red chili flakes
- Zest of one lemon
- 1/3 cup of lemon juice, from one lemon
- 1/2 pound of penne pasta, can be whole wheat, gluten-free, or any other kind you like
- 1 small head of broccoli, cut into bite-sized pieces
- 1/4 cup of basil, chiffonade
- Salt and pepper to taste
- Vegan parmesan, optional

Notes :

- Top with the desired amount of vegan Parmesan, just before serving.

Direction

1. Bring water to a boil, and measure out your olive oil while you're waiting for the water to come to a boil.
2. Mince the garlic and the basil.
3. Salt the water and the pasta once the water reaches a boil.
4. Subtract about 4 minutes from the pasta cooking time.
5. Add the broccoli to the pot when this timer goes off.
6. When the pasta and broccoli finish, turn the heat to low. Then drain the water.
7. You can add a little bit of pasta water, but try to keep no more than 1/4 cup.
8. Return the pot to the heat and add the garlic, olive oil, and red chili flakes.
9. Stir until the garlic is fragrant, for about a minute.
10. Add the basil, juice, and lemon zest to combine.
11. Add the pepper and salt to taste.
12. Serve and enjoy.

Lemon Trout



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
4
Servings

Ingredients

- 1/4 cup of grated lemon zest, divided
- 4 (6 ounces) fillets rainbow trout
- 1 lemon
- 1/2 cup of lemon juice
- 1/2 cup of extra-virgin olive oil
- 4 cups of all-purpose flour
- 2 tablespoons of lemon pepper
- 1-1/2 tablespoons of salt
- 1/2 teaspoon of dried thyme
- 1/2 teaspoon of cayenne pepper
- 1 teaspoon of onion powder

Direction

1. In a large bowl, stir the flour, lemon pepper, flour, thyme, salt, half of the lemon zest, and cayenne.
2. Combine the lemon juice with the rest of the lemon zest in a shallow dish.
3. Soak fish fillets for a minute.
4. In a large skillet, heat oil over medium heat.
5. Dip the trout fillets in the flour mixture; this will help both sides to be well coated.
6. Shake off the excess, then place fillets in the hot oil.
7. Cook on each side, for about 3 to 4 minutes, until fish can be flaked using a fork, and until golden brown.
8. Discard the leftover lemon juice.
9. Remove from the skillet. Drain on paper towels, just briefly before serving.
10. Garnish each serving using a wedge of lemon.
11. Enjoy.

Notes :

- You can reduce the amount of flour to 1 cup but keep the spice amounts the same.
- For the lemon marinade, you can use bottled lemon juice but use the lemons from the zesting to squeeze over the fish prior to serve.

- This dish can be served with wild rice & fresh spinach. Enjoy!

Campfire Reubens



Prep Time:
15 mins

Cook Time:
30 mins

YIELD:
4
Servings

Ingredients

- 1/2 pound of sliced Swiss cheese
- 1 cup of sauerkraut
- 8 slices of pumpernickel bread
- 1 cup of Thousand Island dressing
- 3/4 pound of deli-sliced corned beef

Notes :

- You can buy deli corned, turkey and hamd and roasted beef.
- Also, you use swiss, american and pepperjack cheeses for this recipe. Enjoy!

Direction

1. Preheat a grill for low heat.
2. Cut 4 large squares of aluminum foil.
3. On each piece of foil, place 2 slices of bread side-by-side.
4. Spread the bread slices with Thousand Island dressing.
5. Divide the corned beef, sauerkraut, and Swiss cheese evenly among the bread.
6. Top with a second slice of the bread to make a sandwich.
7. To make a sealed packer, wrap the foil snugly around the sandwich.
8. Place the packets on the preheated grill.
9. Cook until the bread is lightly toasted and cheese melted, turning every 10 minutes, for about 30 minutes.
10. Serve and enjoy.

Pork Sandwich



Prep Time:
10 mins

Cook Time:
4 hours

YIELD:
4
Servings

Ingredients

- 1 tablespoon of butter
- 3 cups of chicken stock
- 4 tortilla rollas, halved
- 1/4 cup of dijon mustard
- 4 dill pickle, slice
- 1 pound of ham or prosciutto
- 1/4 cup of mayonnaise
- pull pork rub
- 3 (1/2 pound) of pork shoulder
- 8 ounces of swiss cheese, sliced
- 1 tablespoon of vegetable oil
- 1 white onion, sliced

Direction

1. Preheat your grill to 350 degrees f. Season pork shoulder generously with pull pork rub. Then transfer it to the grill grate.
2. Smoke for about 1 hour, then flips pork and smoke for another 1 hour. Place chicken stock and onion in a deep cast-iron skillet or grill pan.
3. Transfer the pork into the skillet, then use a shallow cast-iron skillet or aluminum foil to cover.
4. Braise for about 2 hours, then increase the grill temp to 300 degrees f and braise for an extra 1 hour.
5. Remove the cover, use tongs to pull out the pork while still on the grill. Toss the seasoned onions and stock. Remove from the grill and set it aside. Preheat the griddle to medium-low. Heat oil and butter on the griddle. Then toast the rolls, pressing down using a metal spatula.
6. Combine mayonnaise and mustard, then spread onto both sides of the rolls. Set it aside. Divide the pork into 4 portions. Then place on the griddle together with the sliced ham.
7. Cook for about 2-3 minutes, rotating pork and ham. Layer the ham, pork, cheese, and pickles. Cover for about a minute to make the cheese melt.
8. Return rolls back into the griddle and cuts each portion of the filling into half—stack 2 per prepared rolls.
9. Press each sandwich down using a spatula. Flip carefully and press down again. Remove sandwiches from the griddle. Serve warm and enjoy.

Notes :

- Swap the pulled pork with smoked pork tenderloin and slice it up if you don't have time to make pulled pork

Dinner Recipes

ORIS 



Pork Chops With Bourbon Molasses Glaze



Prep Time:
55 mins

Brine Time:
12 hours

YIELD:
6 Servings

Ingredients

For the Pork Chops:

- 8 garlic cloves, pressed
- 1 bunch of fresh thyme
- 3 bay leaves
- 2 tablespoons of peppercorns
- 1 cinnamon stick
- 2 cup of orange juice
- 1/2 cup of packed brown sugar
- 1/2 cup of kosher salt
- 6 boneless pork loin chops (3 pounds total)
- 2 tablespoons of canola oil

For the Bourbon Molasses Glaze:

- 1 rosemary sprig
- 4 tablespoons of cut-up unsalted butter
- 1/4 cup of bourbon
- 3/4 cup of molasses
- 1/4 cup of apple cider vinegar
- Kosher salt and black pepper

Notes :

- Just before serving, season with kosher salt and black pepper. Enjoy!

Direction

Making the Pork Chops:

1. Bring orange juice, salt, brown sugar, thyme, garlic, peppercorns, bay leaves, 6 cups of water, and cinnamon to a simmer in a large pot.
2. Remove from the heat and cool to room temperature.
3. Add pork and brine for about 12 hours.
4. Remove pork from Brine. Rinse under cold water, and pat pork dry using paper towels.
5. Preheat oven to 350 degrees f. In a large-skillet, heat oil over medium-high heat. Cook the pork in batches, for about 4 to 6 minutes, turning once, until golden brown.
6. Transfer to a rimmed baking sheet, and bake for about 4 to 6 minutes, until the internal temperature reaches 140 degrees f.
7. Let it rise for 5 min and serve by drizzling with Bourbon Molasses Glaze.

Making the Glaze:

8. Combine apple cider vinegar, molasses, and rosemary in a small saucepan.
9. Cook until for about 12 to 15 minutes over medium heat.
10. Whisk in bourbon and unsalted butter; continue to cook for about 2 minutes until thickened.
11. Serve and enjoy.

Grilled Salmon With Pepper Salsa



Prep Time:
3 mins

Cook Time:
14 mins

YIELD:
4 Servings

Ingredients

Salmon:

- 1/2 teaspoon of ground coriander
- 1/4 teaspoon of ground chipotle chile powder
- 4 (6-ounces) skinless salmon fillets
- 2 teaspoons of chili powder
- 1 teaspoon of ground cumin
- 1/2 teaspoon of salt
- Cooking spray

Salsa:

- 1 tablespoon of chopped fresh cilantro
- 1 1/2 teaspoons of fresh lime juice
- 13 teaspoon salt
- 1 cup of prechopped red bell pepper
- 1/4 cup of chopped tomato
- 2 tablespoons of prechopped red onion

Direction

Preparing your salmon:

1. Heat a grill pan over medium-high heat.
2. Combine ground cumin, chili powder, salt, ground coriander, and ground chipotle chile powder together; rub evenly over fillets.
3. Use cooking spray to coat.
4. Add fillets to the pan.
5. Cook until the desired degree of doneness or about 4 minutes on each side.
6. Prepare the salsa while the fish cooks.
7. Combine the rest of the ingredients and the bell pepper.
8. Serve and enjoy.

Notes :

- Serve salsa with fillets, and enjoy.

Skillet Potato Chicken With Peppers



Prep Time:
55 mins

Total Time:
1 hour
15 mins

YIELD:
4 Servings

Ingredients

- 6 slice bacon
- 1/2 cup of canola oil
- 4 small chicken legs
- 4 small red cherry peppers
- 2 sprig of fresh rosemary
- Kosher salt
- 1 pound of red bliss potatoes
- 2 tablespoons of olive oil
- 2 small onions

Notes :

- Just before serving, uncover and cook until any liquid has evaporated, the chicken is cooked through, and the potatoes are tender, for about 5 minutes.

Direction

1. Cut the bacon slices into half crosswise. Roll up each piece and use a toothpick to secure. Trim the toothpick.
2. In a large skillet, heat the canola oil over high heat: season the chicken with 1/4 teaspoon of salt.
3. Add half of the chicken to the skillet, skin side down. Scatter the bacon just around the chicken, and cook for about 4 to 6 minutes per side until the bacon is crisp and the chicken is golden.
4. Transfer the bacon and chicken to a plate, then repeat with the rest of the chicken pieces. Wipe out the skillet. Return to medium heat.
5. Toss the potatoes in a medium bowl with the olive oil, then season with 1/4 teaspoon of salt.
6. Transfer the potatoes and add any oil in the bowl of the skillet.
7. Arrange the potatoes cut-side down and cook for about 8 minutes, until golden brown and crisp.
8. Turn and cook on the rounded sides for 2 minutes, until crisp.
9. Add the peppers, onions, and rosemary, and toss to combine.
10. Cook, covered, for about 5 min, shaking the pan occasionally.
11. Return the chicken with the juices and bacon to the pan, nestling it among the vegetables. Then cook, covered, shaking the pan for 5 minutes.
12. Serve and enjoy.

Skillet Rice, Shrimp & Sausage



Prep Time:
0 mins

Cook Time:
35 mins

YIELD:
4 Servings

Ingredients

- 2 clove garlic
- 1 cup of long-grain white rice
- 1/2 cup of dry white wine
- 2 teaspoons of Creole seasoning
- 2 tablespoons of olive oil
- 6 ounces of fully cooked andouille sausage
- 1 medium onion
- 1 red pepper
- 1 3/4 cup of low-sodium chicken-broth
- 12 ounces of peeled and deveined shrimp
- 12 ounces of plum tomatoes
- 1/2 cup of fresh flat-leaf parsley

Notes :

- Sprinkle with parsley before serving & enjoy!

Direction

1. In a large skillet, heat the oil over medium-high heat.
2. Add the sausage. Then cook for about 2 minutes per side, until browned; transfer into a plate.
3. Reduce the heat to medium and add the onion.
4. Cook, covered, for about 4 minutes, stirring occasionally. ;
5. Add the garlic, pepper, and cook, until the vegetables are just tender, occasionally stirring, for about 5 minutes more.
6. Stir in the rice, wine with the seasoning. Bring it to a simmer.
7. Add the broth. Bring to a boil. Then reduce the heat, and simmer, for about 12 minutes, covered.
8. Fold the sausage into the rice mixture. Nestle the shrimp in the partially cooked rice. Cook until shrimp are opaque throughout, and rice is tender, covered, for about 5 minutes more.
9. Fold in the tomatoes.
10. Serve and enjoy.

Shrimp Lo Mein



Prep Time:
15 mins

Cook Time:
15 mins

YIELD:
4-6
Servings

Ingredients

- 1 pound of lo mein noodles (fresh, if possible)

- Sauce:**
- 2 tablespoons of oyster sauce
- 1 teaspoon of granulated sugar
- 1 teaspoon of toasted sesame oil
- pinch ground white pepper
- 2 tablespoons of light soy sauce
- 1 tablespoon of dark soy sauce
- 2 tablespoons of Shaoxing wine

- Stir-Fry:**
- 8 ounces can of bamboo shoots , rinsed and drained
- 1 pound of raw shrimp (26/30) peeled, deveined, tail on or off
- 1 tablespoon of minced garlic cloves
- 2 teaspoons of grated fresh ginger (you can use a microplane)
- 2 cups of mung bean sprouts

Direction

Making the Noodles:

1. In a pot of lightly-salted-water, boil the lo mein noodles for about 3 to 5 minutes, until al dente.
2. Drain and rinse under cool running water. Then set it aside.

Making the sauce:

3. While the noodles are boiling, whisk the dark and light soy sauces, oyster sauce, Shaoxing wine, sesame oil, sugar, and white pepper together in a bowl. Set it aside.

Making the Stir-Fry:

4. Cut the scallions into half to divide them into the white/light and dark green parts. Slice the white/light green parts thinly.
5. Cut the dark green parts into 2 segments of about 2 inches, and set it aside.
6. Heat a skillet over high-heat until very hot.
7. Add 1 tablespoon of vegetable oil and saute the carrots, water chestnuts, snow peas, and bamboo shoots until crisp-tender, for about 2 minutes. Remove from the pan. Set it aside.

- extra soy sauce, chili oil, and/or rice vinegar , for serving (optional)
- 6 scallions
- 3 tablespoons of vegetable oil , divided
- 1 cup of shredded carrots
- 1 cup of snow peas , trimmed
- 8 ounces can of water chestnuts , drained

Notes :

- You can serve hot or warm with a drizzle of chili oil and soy sauce if you like the dish spicy, or a little drop of rice vinegar for a tangy finish. Enjoy.

8. Heat another pan, and saute shrimp until translucent, pink, and lightly browned on the edges for about 2 to 3 minutes. Remove from the pan. Set it aside.
9. Heat the oil left in the pan, and add ginger, garlic, light and white green scallions. Saute for a minute.
10. Add sauteed vegetables, noodles, shrimp, and bean sprouts into the pan. Toss to combine.
11. Pour the sauce mixture just around the sides of the pan. Then add the dark green scallion parts.
12. Cook and toss for about 1 to 2 minutes.
13. Taste the lo mein—season to taste with additional ground white pepper and soy sauce, if desired.
14. Serve and enjoy.

Pan-Grilled Tuna Salad



Prep Time:
10 mins

Cook Time:
15 mins

YIELD:
2 Servings

Ingredients

- 1 navel orange, sectioned and chopped
- 1 tablespoon of sugar
- 2 tablespoons of chopped fresh cilantro
- 2 tablespoons of fresh lime juice
- 2 tablespoons of rice vinegar
- 1/2 teaspoon of dark sesame oil
- 2 (6-ounces) Yellowfin tuna steaks (about 1-inch thick)
- 1/4 teaspoon of salt
- 13 teaspoon of black pepper
- Cooking spray
- 4 cups of thinly sliced napa (Chinese) cabbage
- 1 cup of thinly sliced cucumber
- 1/2 cup of matchstick-cut carrots
- 1/3 cup of presliced red onion
- 1/4 teaspoon of sambal oelek (ground fresh chile paste) or Sriracha (hot chile sauce, such as Huy Fong)

Direction

1. Heat a grill pan over medium-high heat.
2. Use cooking spray to coat the pan and sprinkle fish evenly with pepper and salt.
3. Add the fish to the pan; cook until the desired degree of doneness, for about 2 minutes on each side.
4. Transfer to a cutting board.
5. Combine cabbage, cucumber, carrots, red onion, and navel orange in a large bowl.
6. Combine sugar with the rest of the ingredients in a small bowl, using a whisk to stir well. Reserve about 1 tablespoon of dressing.
7. Drizzle the rest of the dressing over the salad. Toss to coat gently.
8. Divide the salad mixture evenly between 2 plates.
9. Cut each of the tuna steaks across the grain into 1/4 inch slices.
10. Arrange the salad mixture over and drizzle about 1 1/2 teaspoons of the reserved dressing over each serving.
11. Serve and enjoy.

Notes :

- For dessert, spoon about 1/2 cup of coconut sorbet into each 2 dessert bowls, and top each serving with 1 tablespoon of toasted flaked sweetened coconut and 2 tablespoons of diced peeled mango.

Beef Tenderloin Steaks With Sauteed Mushrooms



Prep Time:
10 mins

Cook Time:
15 mins

YIELD:
4 Servings

Ingredients

- 3 (4-ounces) packages of presliced exotic mushroom blend (such as shiitake, cremini, and oyster)
- 2 garlic cloves, minced
- 1/4 cup of Madeira wine or dry sherry
- 1 tablespoon of low-sodium soy sauce
- 2 tablespoons of chopped fresh parsley
- 1 tablespoon of extra-virgin olive oil
- 4 shallots, peeled and quartered
- 2 teaspoons of chopped fresh thyme
- 0.13 teaspoon of salt
- 0.13 teaspoon of crushed red pepper
- Cooking spray
- 4 (4-ounces) grass-fed beef tenderloin steaks, trimmed (about 1-inch thick)
- 1/2 teaspoon of salt
- 1/4 teaspoon of freshly ground black pepper

Direction

1. In a large nonstick-skillet, heat oil over medium-high heat.
2. Add shallots, saute until lightly browned, or for about 3 minutes.
3. Add thyme, crushed red pepper, 1/8 teaspoon of salt, and mushrooms; saute until lightly browned or for about 6 minutes.
4. Add garlic; saute for about 2 minutes.
5. Stir in soy sauce and wine; cook until liquid almost evaporates or for about 15 seconds.
6. Stir in parsley and cover. Set it aside.
7. Heat a grill pan over medium-high heat. Use cooking spray to coat. Sprinkle steaks with black pepper and 1/2 teaspoon of salt.
8. Add steaks to pan; cook until the desired degree of doneness or for about 3 minutes on each side.
9. Let it stand for about 5 minutes.
10. Serve with mushroom mixture and enjoy.

Notes :

- Serve it with a full-bodied, soft red to contrast the leanness of grass-fed beef. Enjoy!

Steak Fajitas



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
4 Servings

Ingredients

- Salt and pepper
- 2 limes
- 1/2 cup of reduced-fat sour cream
- 8 fajita-size flour tortillas
- 2 clove garlic
- 1 pound of beef flank steak
- 1 bunch of radishes
- 2 teaspoons of vegetable oil
- 3 poblano peppers
- 1 medium onion
- 1/4 cup of water

Notes :

- Serve with lime wedges and radish salad.

Direction

1. Rub garlic all over the steak. Let it stand at room temp.
2. Toss radishes in a small colander or sieve with 1/8 teaspoon of salt.
3. Place the colander over a bowl. Cover and refrigerate. Grate peel from 1 lime into a small bowl and cut the lime into quarters; set it aside.
4. Stir in the sour cream into the lime peel. Cover bowl, then refrigerate.
5. Preheat toaster oven to 300 degrees f.
6. Wrap tortillas in foil. Heat in a toaster oven until pliable and warm, or for about 15 minutes. Heat 12-inch cast-iron until hot, and brush garlic off the steak; discard.
7. Squeeze juice from the lime quarters all over the steak.
8. Sprinkle with 1/4 teaspoon of freshly ground black pepper and 1/4 teaspoon of salt to season both sides.
9. Add 1 teaspoon of oil into the skillet. Add steak and cook for about 10 minutes, or until the desired doneness. Transfer steak to the cutting board. Then reduce heat to medium. Add the rest of the oil into the skillet, and add onion with peppers.
10. Cook until onion is brown, occasionally stirring, for about 2 minutes.
11. Add 1/4 cup of water. Cook until vegetables are tender, or about 5 minutes, stirring occasionally.
12. Cut steak just across the grain into thin slices. Cut the rest of the lime into wedges. Divide the vegetables and steak among the tortillas; top with sour lime cream. Enjoy.

Roasted Pepper Couscous With Steak



Imran

Prep Time:
5 mins

Cook Time:
30 mins

YIELD:
4 Servings

Ingredients

- 3/4 teaspoon of salt
- 1/2 teaspoon of ground turmeric
- 1/2 teaspoon of ground cinnamon
- 1/2 teaspoon of freshly ground-pepper
- 2 eaches of medium bell peppers
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1 whole lemon, plus more lemon-wedges, for garnish
- 2 tablespoons plus 1 teaspoon plus of extra-virgin olive oil, divided
- 2/3 cup of whole-wheat couscous
- 1 pound of skirt steak (see Note) or sirloin steak, 3/4 to 1 inch thick, trimmed
- 2 tablespoons of chopped green olives

Direction

1. Position rack in the upper third of oven, and preheat your broiler.
2. On a baking sheet, place bell peppers and roast under the broiler until softened and charred, turning every 5 minutes, for about 10 to 15 minutes.
3. Transfer to a clean cutting board; chop the peppers into bite-size pieces when cool enough to handle.
4. Meanwhile, combine coriander, salt, cumin, cinnamon, turmeric, and pepper in a small bowl.
5. Grate half a teaspoon of zest from the lemon. Juice the lemon into a cup measure and add enough water to make 1 cup.
6. Pour into a small saucepan. Add the lemon zest, 1 teaspoon of olive oil, and 1 teaspoon of the spice mixture; bring to a boil.
7. Stir in couscous. Cover and remove from the heat and let it stand.
8. In your cast-iron skillet, heat the rest of the tablespoon oil over medium heat until shimmering.
9. Rub the remaining spice mixture on both sides of the steak.
10. Cook the steak per side for medium-rare, about 2 to 3 minutes. Let it rest on the cutting board for about 5-mins.
11. Stir pepper peppers and olives into the couscous. Slice the steak thinly. Serve and enjoy.

Notes :

- Serve with the lemon wedges and couscous, if you want.

Stir-Fried Udon Noodles



Prep Time:
10 mins

Cook Time:
10 mins

YIELD:
2 Servings

Ingredients

- Yaki Udon Noodle Sauce
- 2-1/2 tablespoons of dark soy sauce
- 2 tablespoons of oyster sauce
- 1 tablespoon of mirin
- 2 teaspoons of brown sugar
- 1/2 teaspoon of rice wine vinegar
- 2 packets of udon noodles
- 1-1/2 cups of mushrooms sliced
- 3 bok choy quartered or halved
- 1/3 white onion chopped
- 2 stalks scallions
- 1/2 pound of ground pork, chicken, turkey, meat beef
- 1 tablespoon of avocado oil

Notes :

- Frozen udon noodles can be added directly into the pot of boiling water.

Direction

1. In a small-bowl, mix all of the ingredients and set it aside.

Cooking the Udon Noodles:

2. Remove your udon noodles from its package. Then add it into a pot of boiling water.
3. Gently stir until your udon noodles are pliable and separated, for about 1 to 2 minutes.
4. They come precooked to avoid overcooking them as they can get too soft.
5. Rinse and drain the noodles under cold water.
6. Drizzle on a little bit of oil if not using right away. This will keep them from sticking.

Stir fry:

7. Over high heat, heat your pan and add the oil.
8. Add in the ground meat. Stir fry for about a minute before adding other vegetables.
9. Stir fry together for about a minute. Then add in the sauce and noodles.
10. Continue stir-frying until well combined or for about 3 to 4 minutes.
11. Serve immediately and enjoy!

Grilled Caesar Salad



Prep Time:
15 mins

Total Time:
10 mins

YIELD:
4 Servings

Ingredients

- 2 cloves garlic, halved
- 1 small tomato, halved and seeded
- 1 head of romaine lettuce, outer leaves discarded and head cut into quarters
- 1 long thin baguette
- 1/4 cup of olive oil, divided
- salt and coarsely ground black pepper, to taste
- 1 cup of Caesar salad dressing, or to taste
- 1/2 cup of Parmesan cheese shavings

Notes :

- You can top with Parmesan cheese just before seasoning with salt and black pepper.

Direction

1. Preheat grill on low heat. Then lightly oil the grate.
2. Cut baguette on a severely sharp-diagonal to make 4 long slices, for about 1/2-inch thick.
3. Brush each cut side lightly with about half of the olive oil.
4. Grill the baguette slices on the preheated grill for about 2 to 3 minutes per side, or until lightly crispy.
5. Rub each of the baguette slices with the cut-side of tomatoes and cut-side of garlic.
6. Set it aside to cool.
7. Use the rest of the olive oil to brush 2 cut sides of romaine quarters.
8. Grill romaine quarters for about 2 to 3 minutes per side, until lightly seared.
9. Sprinkle grilled romaine with salt.
10. Set it aside to cool.
11. Place a grilled romaine quarter, cut side up, on top of a grilled-baguette-slice.
12. Drizzle with Caesar dressing.
13. Season with black pepper and salt.
14. Serve and enjoy.

Chicken Potpie



Prep Time:
25 mins

Cook Time:
35 mins

YIELD:
8 Servings

Ingredients

- 4 medium carrots
- 2 stalk celery
- 2 clove garlic
- 1/2 teaspoon of salt
- 1/2 teaspoon of Freshly ground pepper
- 2 tablespoons of all-purpose flour
- 3 tablespoons of heavy cream
- 2 cups of chicken broth
- 2 tablespoons of unsalted butter
- 1 medium onion
- 4 cups of shredded cooked chicken
- 1 cup of frozen peas
- 1 1/2 tablespoons of chopped fresh-dill
- 1 store-bought piecrust
- 1 Egg

Direction

1. Preheat oven to 400 degrees f.
2. Heat your butter in a 12-inch cast-iron skillet over medium heat.
3. Add carrots, onion, garlic, and celery, then cook for about 6 minutes, until carrots start to soften.
4. Season with pepper and salt.
5. Reduce heat to medium-low.
6. Stir in flour and cook for about 1 minute.
7. Stir in heavy broth and cream, until well combined, using a whisk.
8. Stir in peas, chicken, and dill, and bring to a boil. Remove from the heat.
9. Roll gently out store-bought pie crust until it reaches 12-inches in diameter.
10. Place dough atop chicken mixture, then brush with egg - cut vents in pastry.
11. Transfer skillet to oven, and bake for about 35 minutes.
12. Serve and enjoy.

Notes :

- When baking, make sure you bake until flaky and crust.

Plum Salsa With Grilled Chicken Breast



Prep Time:
10 mins

Cook Time:
12 mins

YIELD:
4 Servings

Ingredients

Chicken:

- 1/2 teaspoon of salt
- 4 (4-ounces) skinless, boneless chicken breast halves
- 2 teaspoons of vegetable oil
- 1/2 teaspoon of ground cumin
- 1/4 teaspoon of garlic powder
- 2 teaspoons of brown sugar

Plum Salsa:

- 2 teaspoons of cider vinegar
- 1/4 teaspoon of hot sauce
- 0.13 teaspoon of salt
- 1 cup of chopped ripe plum (about 2 plums)
- 2 tablespoons of chopped fresh or 1 teaspoon of dried cilantro
- 2 tablespoons of chopped red onion

Direction

1. To prepare the chicken, combine the brown sugar, salt, ground cumin, and garlic powder together.
2. Rub chicken with brown sugar mixture.
3. Heat the oil in a nonstick skillet or grill pan over medium heat.
4. Add the chicken—cook on each side or until done, for about 6 minutes.
5. Combine the rest of the ingredients in a bowl while the chicken is cooking.
6. Serve with chicken, and enjoy.

Notes :

- This salsa would be great on chips as well. It would be great if there are leftovers.

Skillet Shrimp Fajitas



Prep Time:
10 mins

Cook Time:
27 mins

YIELD:
3 Servings

Ingredients

- 1 1/2 pounds of shrimp, deveined & peeled, tails removed patted dry
- 1 yellow bell pepper sliced thin
- several turns of freshly ground pepper
- 2 teaspoons of chili powder
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon of smoked paprika
- lime
- 1 red bell pepper, sliced thin
- 1 orange bell pepper, sliced thin
- 1 teaspoon of kosher salt
- fresh cilantro for garnish
- tortillas, warmed
- 1 small red onion, sliced thin
- 1 1/2 tablespoons of extra virgin olive oil divided

Direction

1. Combine salt, pepper, onion powder, garlic powder, chili powder, smoked paprika, and cumin in a small bowl.
2. Heat 1 tablespoon of olive oil in a 12-inch cast-iron pan over high heat.
3. Add bell peppers and onion with half of the seasoning mixture.
4. Cook until bell pepper and onions are tender, for about 5 minutes.
5. Push the bell peppers and onions to the side of the skillet to make room for the shrimp.
6. Saute the shrimp until pink. Then cooked through.
7. Squeeze juice from 1 fresh lime over the skillet. Sprinkle with chopped cilantro.
8. Serve in warm tortillas.
9. Enjoy!

Notes :

- Have your bell peppers, shrimp, and onions prepared before you start cooking. The recipe only takes 5 minutes to cook, so make sure you have all the ingredients ready to go as soon as you start cooking.

Grilled Chicken With Mustard Tarragon Sauce



Prep Time:
5 mins

Cook Time:
12 mins

YIELD:
4 Servings

Ingredients

- 2 tablespoons of red wine vinegar
- 2 tablespoons of water
- 1 tablespoon of extra-virgin olive oil
- 1 teaspoon of chopped fresh tarragon
- 1/2 teaspoon of sugar
- 4 (6-ounces) skinless, boneless chicken breast halves
- 1/2 teaspoon of salt, divided
- 1/4 teaspoon of black pepper, divided
- Cooking spray
- 3 tablespoons of minced shallots
- 3 tablespoons of Dijon mustard
- 4 cups of gourmet salad greens

Direction

1. Heat a grill pan over medium-high heat.
2. Sprinkle the chicken evenly with 1/8 teaspoon of pepper and 1/4 teaspoon of salt.
3. Use cooking spray to coat the pan.
4. Place the chicken in the pan; cook until done, for about 6 minutes on each side.
5. Combine the rest of the pepper and salt, shallots, Dijon mustard, red wine vinegar, water, extra-virgin olive oil, fresh tarragon, and sugar in a bowl.
6. Stir well using a whisk.
7. Serve and enjoy.

Notes :

- Serve chicken over greens with sauce, and enjoy!

Chicken, Sweet Potato, Apple, & Brussels Sprouts Skillet



Prep Time:
25 mins

Cook Time:
25 mins

YIELD:
4 Servings

Ingredients

- 1 tablespoon of olive oil with 1/2 teaspoon of black pepper
- 4 slices of thick-cut bacon chopped
- 3 cups of Brussels sprouts trimmed and quartered (about 3/4 pound)
- 1 medium sweet potato peeled and cut into 1/2 inch cubes (about 8 ounces), 1 medium onion chopped
- 2 Granny Smith apples peeled and cored (cut into 3/4 inch cubes)
- 4 cloves garlic minced (about 2 teaspoons)
- 2 teaspoons of fresh-thyme, chopped or 1/2 teaspoon dried thyme
- 1 teaspoon of ground cinnamon
- 1 pound of boneless skinless chicken breasts (cut into 1/2-inch cubes)
- 1 teaspoon of kosher salt divided
- 1 cup of reduced sodium chicken broth divided

Direction

1. In a large cast-iron skillet, heat the olive oil over medium-high until shimmering and hot.
2. Add the chicken, black pepper, and 1/2 teaspoon of kosher salt.
3. Cook until cooked through and lightly browned, for about 5 minutes. Transfer into a plate lined with paper towels.
4. Reduce the skillet heat to medium-low and add the chopped bacon. Cook until brown and crisp, for about 8 minutes, and the fat has rendered. Transfer the bacon to a paper towel-line plate using a slotted spoon.
5. Discard all but 1 1/2 tablespoons of bacon fat from the pan.
6. Increase the skillet heat back to medium-high, and add the sweet potato, brussels sprouts, onion, and the rest of the salt.
7. Cook, occasionally stirring until the onions and crisp-tender are beginning to look translucent, for about 10 minutes. Stir in the garlic, apples, cinnamon, and thyme. Cook for 30 seconds, and pour in 1/2 cup of the broth. Bring to a boil, and cook for about 2 minutes until evaporated. Add the reserved chicken and other broth.
8. Cook for about 2 minutes, until heated through. Stir in reserved bacon and serve warm. Enjoy!

Notes : Store the leftovers into the refrigerator for about 3 days.

Panini Margherita



Prep Time:
10 mins

Cook Time:
4 mins

YIELD:
4 Servings

Ingredients

- 1 cup (4 ounces) of shredded part-skim mozzarella cheese
- 12 fresh basil leaves
- 8 teaspoons of extra-virgin olive oil, divided
- Cooking spray
- 16 (1/8-inch-thick) slices of plum tomato (2 large tomatoes)
- 8 (1-ounce) slices of rustic French bread loaf
- 1/4 teaspoon of salt
- 1/4 teaspoon of freshly ground black pepper

Notes :

- You can weigh down a lighter skillet with a brick wrapped in foil, a sack of flour, or canned goods.

Direction

1. Divide the tomato slices evenly among 4 bread slices.
2. Sprinkle evenly with pepper and salt.
3. Sprinkle cheese evenly over tomatoes.
4. Over the cheese, arrange basil leaves evenly, and top with the rest of the bread slices.
5. Drizzle about 1 teaspoon of olive oil over the top of each sandwich.
6. Use cooking spray to coat.
7. Place a large nonstick skillet or grill pan over medium-high heat until hot.
8. Place sandwiches in the pan, oil sides down.
9. Drizzle about 1 teaspoon of oil over the top of each sandwich.
10. Use cooking spray to coat.
11. Place a piece of foil over the sandwiches in the pan.
12. Place a heavy skillet on the top of the foil to help press the sandwiches.
13. Cook until golden brown, or for about 2 minutes.
14. Turn the sandwiches over and replace the foil and heavy skillet.
15. Cook until golden brown, or for about 2 minutes.
16. Serve immediately and enjoy.

Creamy Salmon Piccata



Prep Time:
10 mins

Cook Time:
15 mins

YIELD:
4 Servings

Ingredients

- 2 teaspoons of cornstarch
- 1/3 cup of heavy cream
- 2 tablespoons of fresh lemon juice
- 1 tablespoon of butter
- 4 (6 ounces) skinless salmon fillets
- 1 tablespoon of olive oil
- Salt and freshly ground black pepper
- 1 tablespoon of minced garlic (3 cloves)
- 1 1/4 cups plus 1 tablespoon of low-sodium chicken broth, divided
- 1 tablespoon of minced fresh dill
- 2 tablespoons of capers, rinsed
- 1 tablespoon of minced fresh parsley

Notes :

- Sprinkle with parsley and capers before serving. Enjoy!

Direction

1. Let salmon rest at room temperature for about 10 minutes.
2. Heat a 12-inch heavy-bottomed non-stick skillet over medium-high heat.
3. Add the olive oil and dab the salmon dry using paper towels.
4. Season both sides using salt and pepper.
5. Place in the skillet and sear for about 4 minutes until the bottom is golden brown.
6. Flip then continue to cook for about 2 to 3 minutes longer, until salmon is cooked through.
7. Transfer salmon to a plate and cover with foil to keep warm, leaving about 1 teaspoon of oil in the skillet.
8. Add garlic and saute for about 20 seconds, until golden brown.
9. Pour in 1 1/4 cups of chicken broth. Let simmer until broth is reduced by half, for about 4 minutes.
10. Meanwhile, in a small bowl, whisk the cornstarch and the 1 tablespoon of broth.
11. Pour cornstarch mixture into the reduced broth mixture while whisking. Cook for about 1 minute, and stir until thickened.
12. Stir in butter, cream, dill, and lemon. Remove from the heat and return salmon to skillet.
13. Spoon sauce over salmon.
14. Serve immediately and enjoy it.

Bell Pepper Skillet



Prep Time:
10 mins

Cook Time:
20 mins

YIELD:
8 Servings

Ingredients

- 1 red bell pepper, diced (1 cup)
- 1 yellow bell pepper, diced (1 cup)
- 1 small onion, diced (1 cup)
- 2 cloves garlic, minced
- 2 small tomatoes, seeded and chopped
- 1 package of Quinoa, Brown & Red Rice with Flaxseed (about 2 cups cooked rice)
- 1 lime, juiced (optional)
- 1 pound of extra-lean or lean ground turkey, chicken, or bison
- 3 teaspoons of ground cumin, divided
- 3 teaspoons of chili powder, divided
- 3 teaspoons of paprika, divided
- 1 teaspoon of oregano, divided
- 2 tablespoons of chopped cilantro for garnish (optional)
- salt & pepper to taste

Direction

1. Spray a large skillet using cooking spray, and heat over medium-high heat.
2. Add ground turkey to skillet once the pan is heated, and season with a dash of pepper and salt.
3. Brown turkey, occasionally stirring, cook the Quinoa, Brown & Red Rice with Flaxseeds while the turkey is browning, for about 90 seconds in the microwave, and according to package direction.
4. Add 2 teaspoons of cumin, 2 teaspoons of paprika, 2 teaspoons of chili powder, and 1/2 teaspoon of oregano when the turkey is completely browned; stirring to combine.
5. Remove turkey from skillet and set it aside on a plate.
6. Use cooking spray to spray skillet again and add the onion and pepper to cook for about 5 minutes, until soft, add tomatoes, garlic, and the remainder of seasonings; continue to stir and cook until all veggies have softened, for about 2 minutes.
7. Add the turkey back into the veggies along with cooked Quinoa, Brown, & Red Rice with Flaxseed.
8. Squeeze lime juice over the mixture and stir everything together.
9. Taste and season with pepper and salt or other seasonings to taste. Serve and enjoy.

Notes :

- Garnish with chopped cilantro before serving. Enjoy!

Tater Tot Casserole



Prep Time:
20 mins

Cook Time:
25 mins

YIELD:
6 Servings

Ingredients

- 1 teaspoon of prepared mustard
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- Freshly ground black pepper, to taste
- 1 can (15-ounces) pinto beans, rinsed & drained
- 2 cloves garlic, minced
- 1 pound of ground beef, or turkey
- 8 ounces of tomato sauce
- 1/2 cup of ketchup
- 2 tablespoons of brown sugar
- 2 tablespoons of Worcestershire sauce
- 1 1/2 cups of grated sharp cheddar-cheese, divided
- 1 bag (16-ounces) of frozen tater tots

Direction

1. Set a 12-inch oven-safe skillet over medium-low heat. Add little drops of extra virgin olive oil, and saute the garlic until just fragrant, and very light golden brown, for about 1 - 2 minutes.
2. Add the ground beef, increase the heat to medium, and cook until no longer pink, breaking apart, and stirring as the meat cooks; then drain the grease from the meat.
3. Arrange the oven rack in the center position while the meat is browning.
4. Preheat the oven to 425 degrees and prepare the sauce.
5. Combine the tomato sauce, brown sugar, ketchup, Worcestershire sauce, garlic powder, mustard, freshly ground black pepper, and onion powder in a large measuring cup. Pour the sauce over the browned meat, and stir to combine, then mix in the pinto-beans.
6. Simmer until heated through and slightly thickened, for about 10 minutes, stirring occasionally.
7. Smooth the sloppy joe mixture in the skillet. Sprinkle with 1 cup of the grated cheddar. In a single layer, arrange the frozen tater tots on top.
8. Sprinkle the cheese and bake until the cheese is melted and tater tots are browned, for about 30 minutes. Serve and enjoy.

Notes :

- If you prefer a more savory sloppy joe mixture, or if your ketchup contains lots of sugar, you may want to reduce the amount of brown sugar.

Skillet Shepherds Pie



Prep Time:
15 mins

Cook Time:
1 hour
10 mins

YIELD:
8 Servings

Ingredients

For Meat Mixture:

- 1 large onion chopped
- 1 clove garlic minced
- 1/2 teaspoon of red pepper flakes
- 2 tablespoons of Worcestershire sauce
- 1.9 ounces of onion soup mix (you can use Knorr, 55g package)
- 1 cup of beef broth low sodium
- 1 tablespoon of olive oil
- 1 1/4 pounds of ground beef lean, 1/2 teaspoon of salt or to taste
- 1/2 teaspoon of pepper or to taste
- 2 cups of frozen veggies (you can use a mix of peas, carrots, green beans and corn)

For Mashed Potatoes:

- 6 large potatoes peeled and cut into cubes
- 1/2 teaspoon of white pepper or to taste
- 1 tablespoon of parsley fresh, for garnish
- 4 tablespoons of butter softened
- 2/3 cup of milk
- 1/4 cup of Parmesan cheese
- 1/2 teaspoon of salt or to taste

Direction

1. Place the potatoes in boiling water until fork-tender, for about 15 minutes. You can prepare the meat mixture while the potatoes are cooking.
2. In a large skillet over medium heat, heat the oil and add the ground beef to the skillet, season it with the pepper and salt. Cook it until it's no longer pink, breaking it up as you go along, for about 5 minutes.
3. Add the garlic and onion and cook until the onion becomes translucent and softens, for about 3 mins. Add the Worcestershire sauce, pepper flakes, beef broth, and onion soup mix and stir.
4. Stir in the frozen veggies and cook for more few minutes; set it aside.
5. Preheat the oven to 350 degrees F. Drain the potatoes, then add them inside a large bowl.
6. Add in the butter, and mash until smooth using a potato masher.
7. Add the Parmesan cheese, milk, pepper, salt, and mash a bit until smooth. Spread the potatoes over the meat, use a spoon to smooth. Take a fork and rough up the top a bit. Garnish with little parsley.
8. Place the skillet on a baking sheet, then place it in the oven and bake until golden brown on top, for about 40 minutes. Enjoy!

Notes : Garnish with more pepper and parsley.

Sweet Potato Hash



Prep Time:
5 mins

Cook Time:
25 mins

YIELD:
4 Servings

Ingredients

- 2 stalks celery, diced
- 1 1/2 teaspoons of sea salt
- 1/2 teaspoon of ground black pepper
- 2 tablespoons of olive oil
- 3 medium sweet potatoes, skin-on and diced into equal, bite-size chunks
- 1/2 medium white onion, diced
- 2 cloves garlic, minced
- sliced green onions, for garnish

Direction

1. In a large-pan, heat oil over medium-high heat.
2. Add the potatoes, celery, onion to the oil.
3. Sprinkle with the pepper and salt. Stir to combine.
4. Cover and cook until potatoes are almost tender, occasionally stirring, for about 20 minutes.
5. Turn the heat to high. Add the garlic, stirring to combine.
6. Cook on high until sweet potatoes are nicely browned, for about 2 to 5 more minutes.
7. Serve and enjoy.

Notes :

- Serve hot with sliced green onions if you want.

Skillet Meatballs In Sauce



Prep Time:
15 mins

Cook Time:
15 mins

YIELD:
4 - 5
Servings

Ingredients

- 1 pound of lean ground turkey breast
- 1 egg, slightly beaten
- Kosher salt & fresh ground black-pepper, to taste
- 3 ounces of part-skim mozzarella cheese, cut into 1/2 inch cubes
- 1/2 cup of shredded part-skim mozzarella cheese
- 3 cups of marinara sauce
- 1/4 cup of panko breadcrumbs, gluten-free breadcrumbs if needed
- 1 tablespoon of Worcestershire
- 1 clove garlic, grated or minced
- 1 teaspoon of dried basil
- 3/4 teaspoon of dried oregano

Direction

1. Combine the ground turkey, panko, egg, basil, garlic, Worcestershire, oregano, salt, and pepper with your hands in a large bowl
2. Scoop the meatball mixture using a small ice cream scoop.
3. Take one of the pieces of cubed mozzarella, then stuff it into the center of the meatballs, making sure to cover the cheese with meat.
4. Repeat the process until all the meat mixture is gone.
5. Over medium-high heat, heat a large skillet and spray it with cooking spray generously, or add 1 tablespoon of olive oil.
6. Place the meatballs in the skillet. Then brown on each side for about 2 minutes.
7. Pour the marinara sauce evenly into the skillet. Turn the heat down to medium-low.
8. Cover the skillet using a lid.
9. Simmer the meatballs for about 10 minutes.
10. Serve and enjoy.

Notes :

- Top the meatballs with the shredded mozzarella. Serve and enjoy!

Rice With Sausage



Prep Time:
10 mins

Cook Time:
25 mins

YIELD:
4 Servings

Ingredients

- 1-1/2 cups or 1 drained and rinsed can of red kidney beans
- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1 teaspoon of onion powder
- 2 teaspoons of garlic powder
- 1 tablespoon of paprika (you can use smoked paprika, but any kind will do)
- 1-2 tablespoons of grass-fed butter or lard
- 1 onion, chopped
- 1 bell pepper, chopped
- 2 cups of cooked rice, any variety
- 4 andouille sausage links, cooked and chopped
- 1/4 teaspoon of red pepper flakes or cayenne pepper (or both)
- 1 teaspoon of oregano
- 1 teaspoon of thyme

Direction

1. Heat the butter in a cast-iron skillet over medium heat.
2. Saute the onion and bell peppers until they start to soften.
3. Add the rice, red beans, and sausage.
4. Stir, then let it cook until warmed through.
5. Serve warm in the skillet.
6. Enjoy.

Notes :

- Add the spices until coated completely, just before serving.

Kabobs



Prep Time:
30 mins

Cook Time:
10 mins

YIELD:
2 Servings

Ingredients

Souvlaki:

- 4 garlic cloves, minced
- 1/2 pound of skinless, boneless chicken-breast, cut into 1-inch pieces
- 1 medium zucchini, quartered lengthwise and cut into (1/2-inch-thick) slices
- Cooking spray
- 3 tablespoons of fresh lemon juice
- 1-1/2 teaspoons of chopped fresh or 1/2 teaspoon of dried oregano
- 2 teaspoons of olive oil
- 1/2 teaspoon of salt

Tzatziki Sauce:

- 1/4 teaspoon of salt
- 1 garlic clove, minced
- 1/2 cup of cucumber, peeled, seeded, and shredded
- 1/2 cup of plain low-fat yogurt
- 1 tablespoon of lemon juice

Direction

Preparing the souvlaki:

1. Combine fresh lemon juice, olive oil, oregano, salt, and garlic together in a zip-top plastic bag. Seal and shake to combine.
2. Add the chicken to the bag—seal and shake to coat.
3. Marinate the chicken for about 30 minutes, turning once.
4. Remove the chicken from the bag. Discard marinade.
5. Thread the zucchini and chicken, alternatively onto each of 4 skewers, about 8-inches.
6. Heat a grill-pan that is coated with cooking spray over medium heat.
7. Add the skewers; cook until the chicken is done, for about 8 minutes, turning once.

Preparing the tzatziki sauce:

8. Combine yogurt, cucumber, 1/4 teaspoon of salt, 1 tablespoon of lemon juice, and 1 garlic clove, stirring well.
9. Serve and enjoy.

Notes :

- Serve with tzatziki sauce with souvlaki, and enjoy!
- You can customize your kabobs by adding peppers, tomatoes, or any vegetable of your choice.

Santa Fe Stew



Prep Time:
10 mins

Cook Time:
40 mins

YIELD:
8 Servings

Ingredients

- 2 (10 ounces) cans of diced tomatoes with green chile peppers
- 1 (15 ounces) can of red kidney beans
- 1 (15 ounces) can of black beans
- 1 (15 ounces) can of pinto beans
- 2 pounds of ground beef
- 1 onion, chopped
- 2 (1 ounce) packets of taco seasoning mix
- 2 (1 ounce) packets of ranch dressing mix
- 2 (16 ounces) cans of shoepeg corn
- 1 (14.5 ounces) can of chicken broth
- 1 (14.5 ounces) can of diced tomatoes

Direction

1. Heat a large skillet over medium-high heat.
2. Cook and stir onion and beef in the hot skillet until crumbly and browned, for about 5 to 7 minutes. Drain and discard grease.
3. Stir taco seasoning mix. Ranch dressing mix into the ground beef.
4. Add corn, shoepeg, diced tomatoes with green chile peppers, black beans, red kidney beans, chicken broth, pinto beans, and diced tomatoes.
5. Bring the mixture to a simmer, occasionally stirring; cook for about 30 to 60 minutes, until the tomatoes are softened.
6. Serve and enjoy.

Notes :

- Spoon on a plate for a thick stew, leaving out the chicken broth.

Cheesy Mac



Prep Time:
10 mins

Cook Time:
30 mins

YIELD:
6 Servings

Ingredients

- 1/8 teaspoon of ground black pepper
- 1 1/2 cups of hot water
- 1 1/2 cups of elbow macaroni
- 1 cup of milk
- 1 pound of ground beef (80% lean)
- 2 cups of fresh salsa
- 1 teaspoon of taco seasoning mix
- 1 (8 ounces) package of processed cheese food (such as Velveeta®), cut into cubes
- 4 ounces of shredded sharp Cheddar cheese

Notes :

- Instead of the processed cheese food, you can use a store-bought salsa with the extra shredded cheese.

Direction

1. Over a medium-high heat, heat a large deep skillet.
2. Cook and stir beef in the hot skillet until crumbly and browned, for about 5 to 7 minutes. Drain and discard grease.
3. Return skillet to heat. Stir taco seasoning mix, salsa, and black pepper into the beef; simmer the mixture for about 5 minutes, until hot.
4. Stir in macaroni, water, and milk into the beef mixture, and bring to a boil.
5. Reduce the heat to medium-low, and cover the skillet.
6. Simmer the mixture for about 10 minutes, until the pasta is tender.
7. Stir in the Cheddar cheese and cheese food into the pasta mixture; cook for about 5 to 7 minutes, until the cheese melts completely.
8. Serve and enjoy.

Skillet Potatoes, Cabbage & Ham



Prep Time:
20 mins

Cook Time:
40 mins

YIELD:
4 Servings

Ingredients

- 1/4 cup of water
- 3 large potatoes, scrubbed and sliced
- 1 dash of seasoning salt
- 1 dash of paprika
- 2 tablespoons of margarine
- 1 onion, chopped
- 1 small head cabbage, coarsely chopped
- 2 cups of cubed cooked ham

Notes :

- You can use chicken broth instead of water, and you can also add it to the cabbage so it won't burn or stick.
- To save yourself some time, you can use a can of potatoes. Enjoy!

Direction

1. Over medium heat, in a large skillet, saute the onions in the margarine.
2. When tender, add the cabbage, then stir together.
3. Pour water over and cover.
4. Simmer gently on a medium-low for about 10 minutes.
5. Add the potatoes and mix.
6. Cover again and allow it to simmer for extra 10 minutes.
7. Add another water if needed.
8. Sprinkle seasonings paprika and salt over potatoes and cabbage.
9. Allow it to simmer, covered until potatoes are nearly cooked and cabbage is soft, for an additional 5 to 10 minutes.
10. Mix ham in, then finish cooking until potatoes are done, and ham is hot.
11. Serve and enjoy.

Spinach Lasagna With Cheese



Prep Time:
10 mins

Cook Time:
35 mins

YIELD:
4 Servings

Ingredients

- 1 (8 ounces) can of tomato sauce
- 2 cups fo torn fresh spinach
- 1/2 cup of ricotta cheese
- 1 pound of Italian sausage roll
- 8 lasagna noodles, broken into pieces
- 1 (28 ounces) can of crushed tomatoes
- 4 ounces of fresh mozzarella cheese, sliced
- 1/4 cup of grated Parmesan cheese

Notes :

- Just before serving, you can top with Parmesan Cheese, and enjoy.

Direction

1. Heat a large skillet over medium-high heat.
2. Cook & stir sausage.
3. Break it into smaller pieces in the hot skillet until crumbly and browned, for about 5 to 7 minutes.
4. Mix noodles into sausage.
5. Pour tomato sauce and crushed tomatoes over sausage-noodle mixture. Bring it to a boil.
6. Cover skillet. Reduce the heat and simmer until sauce is thickened, and noodles are cooked for about 25 minutes.
7. Add ricotta cheese, spinach, and mozzarella cheese.
8. Cover skillet. Remove from heat and let the lasagna stand for about 5 minutes.
9. Serve and enjoy.

Mexican Quinoa



Prep Time:
15 mins

Cook Time:
25 mins

YIELD:
4 Servings

Ingredients

- 1 cup of yellow corn
- 1 cup of chicken-broth
- 1 tablespoon of red pepper flakes, or to taste
- 1-1/2 teaspoons of chili powder
- 1 tablespoon of olive oil
- 1 jalapeno pepper, chopped
- 2 cloves garlic, chopped
- 1 (15 ounces) can of black beans, rinsed and drained
- 1 (14.5 ounces) can of fire-roasted diced tomatoes
- 1/2 teaspoon of cumin
- 1 cup of quinoa
- 1 pinch kosher salt and ground black pepper to taste
- 1 avocado - peeled, pitted, and diced
- 1 lime, juiced
- 2 tablespoons of chopped fresh cilantro

Direction

1. In a large skillet, heat oil over medium-high heat.
2. Saute jalapeno pepper and garlic in hot oil for about a minute, until fragrant.
3. Stir tomatoes, black beans, yellow corn, chicken broth, and quinoa into the skillet.
4. Season with chili powder, red pepper flakes, salt, cumin, and black pepper. Then bring it to a boil.
5. Cover the skillet using a lid and reduce the heat to low.
6. Simmer until liquid is mostly absorbed and quinoa is tender, for about 20 minutes.
7. Stir lime juice, avocado, and cilantro into quinoa until well combined.
8. Serve and enjoy.

Notes :

- Stir in 1 tablespoon of Sriracha sauce for a little more heat.
- Use vegetable stock instead of chicken for a vegetarish dish.

Spicy Tofu Stir-Fry



Prep Time:
25 mins

Cook Time:
35 mins

YIELD:
2 Servings

Ingredients

- 2 teaspoons of cayenne pepper
- 1-1/2 teaspoons of diced fresh ginger
- 1/2 (16 ounces) package of linguine-style rice noodles
- 3 tablespoons of olive oil
- 1 (12 ounces) package of extra-firm tofu, cut into 1/2-inch cubes
- 3 green onions, minced
- 1/3 cup of lite soy sauce
- 1 tablespoon of Thai garlic chile paste
- 2 cloves garlic, diced
- 1 cup of snow peas
- 1/2 green bell pepper, sliced
- 1/2 red bell pepper, sliced

Notes :

- You can add some spiralized carrots, green zucchini and squash if you want. They really goes well in this dish. Enjoy!

Direction

1. Whisk soy sauce, garlic, garlic chili paste, ginger, and cayenne pepper together in a small bowl until chile paste is dissolved completely.
2. In a large bowl, place noodles and cover with hot water.
3. Set it aside for about 8 to 10 minutes, until noodles are softened. Drain and rinse.
4. In a large wok, heat oil over medium heat.
5. Cook and stir in tofu cubes in hot oil for about 3 to 6 minutes, until browned on all sides.
6. Stir in green onion into the tofu.
7. Cook and stir for about 2 minutes, until fragrant. Pour 1/2 of the soy sauce mixture over tofu mixture.
8. Bring to a simmer for about 5 minutes, and cook until sauce reduces. Stir snow peas, red bell pepper, and green bell pepper into tofu mixture.
9. Cook and stir for about 5 minutes, until vegetables are heated through. Pour the rest of the soy sauce mixture over the top.
10. Cook and stir until vegetables are tender and liquid reduces, for about 5 minutes.
11. Add rice noodles into the tofu mixture and toss to coat.
12. Cook for about 5 minutes, until noodles are heated through and flavors are well combined.
13. Serve and enjoy.

Shakshuka



Prep Time:
15 mins

Cook Time:
30 mins

YIELD:
6 Servings

Ingredients

- 1/2 teaspoon of freshly ground black pepper, plus more to taste
- 1/4 teaspoon of cayenne pepper
- 1 (28 ounces) can of crushed San Marzano tomatoes or other high-quality plum tomatoes
- ½ cup of water, or more as needed
- 6 large eggs
- 2 tablespoons of crumbled feta cheese
- 2 tablespoons of chopped fresh parsley
- 2 tablespoons of olive oil
- 1 large onion, diced
- 1/2 cup of sliced fresh mushrooms
- 1 teaspoon of salt, or more to taste
- 1 cup of diced red bell pepper
- 1 jalapeno pepper, seeded and sliced
- 1 teaspoon of cumin
- 1/2 teaspoon of paprika
- 1/2 teaspoon of ground turmeric

Direction

1. In a large heavy skillet, heat olive oil over medium-high heat.
2. Add mushrooms and onions. Sprinkle with salt.
3. Cook and until mushrooms start to brown and start to release all of their liquid, for about 10 minutes.
4. Stir in the jalapeno pepper and bell peppers.
5. Cook and stir for about 5 minutes until peppers start to soften up.
6. Season with paprika, cumin, black pepper turmeric, and cayenne.
7. Stir and cook for a minute.
8. Pour in the water and crushed tomatoes.
9. Adjust heat to medium. Simmer, uncovered until the veggies are sweet and softened, occasionally stirring, for about 20 minutes.
10. Add more water if the sauce becomes too thick.
11. Use a large spoon to make a depression in the sauce.
12. Crack the eggs into a small ramekin. Then gently slide into each indentation; repeat with other eggs.
13. Season with pepper and salt.
14. Cover and cook until the eggs are done.
15. Serve and enjoy.

Notes :

- Top with parsley and feta cheese just before serving.

Sausage Potato Stuff



Prep Time:
15 mins

Cook Time:
15 mins

YIELD:
4 Servings

Ingredients

- 2 tablespoons of olive oil
- 2 large russet potatoes, peeled and cut into 1-inch cubes
- 1 (14 ounces) beef smoked sausage (such as Hillshire Farms®), cut into 1/2-inch slices
- 2 (4 ounces) cans of chopped green chiles
- 2 cups of shredded Cheddar cheese

Notes :

- This dish is still delicious if you make without the green chilies. You would still love it!

Direction

1. In a large skillet, heat olive-oil over medium-high heat.
2. Cook and stir in sausage and potatoes in hot oil, for about 7 to 10 minutes, until the potatoes are tender.
3. Stir in green chiles into the potato mixture.
4. Cook and stir for extra 5 minutes.
5. Remove skillet from the heat.
6. Then sprinkle Cheddar cheese over the potato mixture. ;
7. Place lid on the skillet.
8. Set it aside for about 3 to 5 minutes, until the cheese melts.
9. Serve and enjoy.

Thai Noodles



Prep Time:
5 mins

Cook Time:
10 mins

YIELD:
1 Serving

Ingredients

- 1 1/2 teaspoons of freeze-dried cilantro
- 1 teaspoon of chia seeds (optional)
- 1/4 teaspoon of salt
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of ground ginger
- 1/4 teaspoon of garlic powder
- 1 cup of dried rice noodles
- 1/4 cup of chopped peanuts
- 1/4 cup of freeze-dried vegetables
- 2 tablespoons of powdered peanut butter (such as PB2®)
- 1 1/2 teaspoons of powdered chicken bouillon
- 1/8 teaspoon of ground black pepper
- 1 dash of cayenne pepper (optional)
- 1 cup of boiling water

Direction

1. Combine the rice noodles, vegetables, peanuts, chicken bouillon, powdered peanut butter, chia seeds, cilantro, ginger, garlic powder, cayenne pepper, and black pepper in a resealable plastic bag.
2. Remove air and seal.
3. Pour in 1 cup of boiling water to reconstitute the rice noodle mixture.
4. Mix well and let it cook until vegetables and noodles are tender, for about 10 minutes.
5. Serve and enjoy.

Notes :

- You can dehydrate your own veggies and the seasonings as written.

Cowboy Casserole



Prep Time:
5 mins

Cook Time:
20 mins

YIELD:
5 Servings

Ingredients

- 2 (15 ounces) cans of baked beans with pork
- 1/3 cup of barbeque sauce
- 1/2 pound of bacon
- 1 pound of ground beef
- 1 small onion, chopped
- 1 (7.5 ounces) package of refrigerated biscuit dough

Notes :

- You can use sourdough rolls, and cut out the centers to make bread bowls. Yummy! Instead of using biscuits.

Direction

1. In a large skillet, cook bacon over medium heat until evenly browned.
2. Drain and cut into bite-size pieces. Set it aside.
3. Add the onion and hamburger to the skillet.
4. Cook until the onion is tender and no longer pink. Drain.
5. Stir bacon, barbeque sauce, and baked beans into the ground beef, and bring to a boil.
6. Reduce heat to medium-low.
7. In a single layer, place biscuits over the top of the mixture.
8. Cover and simmer until the biscuits are done, for about 10 minutes.
9. Place two biscuits on each plate, and spoon beans over. Serve and enjoy.

Conclusion

We have come to the end of our journey, and to wrap it all up, it is a fact that we all need to cultivate the habit of eating healthy and eating right. The phrase “*you are what you eat*” is universally accepted because everyone knows that what we consume goes a long way in determining how our body functions and how fast our mind works, which in turn affects our productivity. You don't consume whooping amounts of calories every day and expect your body to give you the same results as someone conscious about what goes into his stomach.

You need to regulate your cravings and say no when your body is asking for unnecessary edibles. *Do you want to have a stunning figure? Or maybe you want hard rock muscles and abs? Or you want your mind staying sharp all day long, or if not, you want beautiful, glowing skin - everyone wants that.* All of that is not difficult to get, coupled with different routines and exercises you would have to perform; eating the right blend of foods takes the front seat.

Taking in food extends far beyond just mixing a different combination of edibles, dishing it into a plate, and consuming it. *What happened to making sure what you have whipped together is healthy and a balanced diet? Or finding out if you are allergic to any of the ingredients that make up what you want to eat? Or even more, finding out what food item is ideal for which health condition?* If you want to eat, then make sure you are doing it right. You do not want to feed your body a bunch of junks throughout your life because you would surely have to give an explanation as to why you couldn't develop a healthy eating lifestyle at the end of it, so it is best to save yourself the unnecessary headache and do the needful.

Usually, many people know that some of their health conditions were a result of poor and unhealthy eating habits. Still, because they didn't have access to the right information, they had no choice but to make do with what they could get their hands on, but it wasn't what their body needed at the time. Some probably did get the right information, but it was too late by then; they had taken in things they shouldn't have, now they would have to put in double efforts to correct their mistakes. You do not have to always wait for things to blow out of proportion before taking the right step, and it is a good thing this cookbook provides the right information on making healthy foods with the Skottle and a very reliable one.

You have a duty of making sure you get the best of everything, and making sure your health is in tiptop shape tops the chart. You alone would understand your health the most. There is no better way to getting the best of your health than making sure it gets the best care it could possibly have. It is pretty evident you

understand this; that is why you have gone ahead and gotten this book, but your experience throughout this book would be incomplete if you do not use them.

Having gone through this book, it is safe to say that eating healthy would not be an issue anymore, and you would even look forward to having the time of your life while cooking either with the Skottle or not. So it doesn't matter whether you are a mom, a dad, young adult, or even a teen; fun does not begin to describe what you would experience while using the Skottle to make your foods and because the more, the merrier, extending the invite to your loved ones would be the way to go.

It truly is an amazing step you've taken in getting your hands on this Skottle recipe book because admitting that you do not know it all and that you need help requires a whole lot of courage. It brings a smile to my face to see you become better using this Skottle recipe book for cooking delicious food.

Enjoy!

Thank You!

**Skottle Recipes
For Camp & Home**

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