

Camp Recipes – Lunch



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Almond Chicken

Ingredients:

1 cup chicken breast, skinless	1 tablespoon light soya sauce
½ cup celery, sliced	¼ teaspoon salt
½ cup green bell pepper, diced	1 chicken stock cube
½ cup frozen peas	4 teaspoons cornstarch
½ cup roasted slivered almonds	¼ cup water
olive oil	

Equipment:

frying pan

Instructions:

1. Slice the chicken into strips and stir fry with a little olive oil.
2. Add the soya sauce and salt to the chicken. Stir well.
3. Add the celery and green peppers. Stir fry until the vegetables are tender.

Cheesy Jalapeno Cornbread

Ingredients:

1 package cornbread mix or corn muffin mix	1 cup milk
canned jalapeno peppers	½ cup oil
1 cup shredded cheddar cheese	2 eggs

Equipment:

box oven	2 8-inch baking pans	whisk
10-15 charcoal briquettes	liquid measuring cup	colander
large mixing bowl	rubber spatula	cheese grater
can opener	paring knife	cutting board
toothpick	cooking spray	

Instructions:

1. Prepare one or two baking pans. Spray with cooking spray.
2. In a large bowl, prepare the cornbread mix according to package instructions by adding in the milk, eggs, and oil.
3. Fold in the shredded cheese.
4. Drain canned jalapenos and chop into small pieces.
5. Add jalapenos to mix depending on your taste.
6. Option: Add 1 cup of corn niblets to the mixture for extra flavour and texture.
7. Bake in box oven for 25 to 30 minutes, until golden brown around the edges and a wooden toothpick inserted into the centre comes out clean.
8. To get the temperature of the box oven to 350°F, use about 10 charcoal briquettes. The briquettes must be hot (eg. white in colour) before putting them into the box oven.

Chili Pepper Fact:

Chili pepper range in heat from mild to very hot. Generally, the smaller the chili, the hotter it is! The heat is concentrated in the seeds and veins. If you want a milder flavour, remove these parts before adding the chili to your recipe. Canned chilis, such as jalapenos, tend to be milder than fresh.

Chicken Corn Chowder**Ingredients:**

5 slices bacon	2 cups chicken stock
½ cup chopped celery	1 cup water
4 cloves of garlic minced	1 teaspoon ground cumin
3 cups peeled and cubed potatoes	¼ teaspoon curry powder
¼ teaspoon poultry seasoning	¼ cup butter
5 cans (14 ounces) cream style corn	1 cup milk
3 cans (12 ounces) corn	2 cups light cream
1 ½ cups chopped cooked chicken	shredded cheddar cheese

Equipment:

frying pan

Instructions:

1. Saute bacon until light brown. Add celery and garlic. Cook until tender.
2. Add potatoes, chicken stock, water, pepper, cumin and curry powder. Cover and simmer for 20 minutes until the potatoes are tender.
3. Mash the potatoes lightly.
4. Add all the corn, chicken and butter. Heat for about 10 minutes.
5. Sprinkle with cheese on top.

Chicken Souvlaki**Ingredients:**

8 ounces chicken breasts, skinless olive oil

Equipment:

wooden skewers frying pan

Instructions:

1. Soak the skewers in cold water for about 1 hour so that they won't flame on the barbeque.
2. Light the barbeque or the fire.
3. Cut the chicken into medium-sized cubes. Put onto the skewers and brush lightly with olive oil. Put about six pieces of chicken on each skewer.
4. Cook the chicken, turning occasionally until the chicken is thoroughly cooked and no pick remains. Alternatively, the chicken can be cooked on a frying pan.

Cowboy Soup

Ingredients:

potato chunks	1 medium onion	1 can tomatoes	bay leaf
1 can peas	1 can baked beans	1 can corn	nutmeg
1 lb ground beef	1 can green beans	chili powder	salt

Equipment:

frying pan

Instructions:

1. Brown the ground beef and onion together in a frying pan.
2. Add all the other ingredients, except the seasonings.
3. Do not drain the vegetables.
4. Cook until the potatoes are done.
5. Add seasonings and cook for 30 minutes.

Easy Hamburger Stroganoff

Ingredients:

1 pound lean ground beef	2-3 cloves garlic, chopped
½ cup coarse chopped onion	½ can sliced mushrooms
½ cup coarse chopped red pepper	1 can cream of mushroom soup
½ cup sour cream	cooked wide egg noodles

Equipment:

frying pan

Instructions:

1. Cook ground beef on a frying pan. Add chopped garlic to the beef.
2. Mix in the chopped onion, pepper, and mushrooms.
3. When all the vegetables are soft, stir in soup and sour cream. Add herbs and spices (eg. basil, parsley, chives) if desired.
4. Heat through and serve over hot noodles.

Fajitas

Ingredients:

2 chicken breasts, boneless and skinless	10 tortilla shells
1 green bell pepper, sliced	sour cream
1 red bell pepper, sliced	guacamole
2 packages fajita spice mix	salsa
1 onion, chopped	

Equipment:

frying pan

Instructions:

1. Slice the chicken breast and cook on a frying pan.
2. When the chicken is cooked, add the onions and cook until softened.
3. Add the bell peppers and fajita spice mix. Simmer until the sauce is thick.
4. Place a small amount of mixture on each tortilla shell and roll up.
5. Serve with sour cream, guacamole or salsa.

Hooter Sandwiches

Ingredients:

2 slices turkey lunch meat	16 slices bread	1 egg
8 slices cooked ham lunch meat	1 ½ cups flour	oil
2 slices Swiss cheese	1 1/3 cups water	
1 teaspoon baking powder	icing sugar	

Equipment:

large frying pan

Instructions:

1. Place 1 slice of turkey on 8 of the slices of bread.
2. Top with a slice of Swiss cheese and a slice of ham.
3. Top with remaining bread.
4. Cut each sandwich into quarters and use toothpicks to hold together.
5. Mix the flour, baking powder, and salt.
6. Add water to the beaten egg and add to the flour mixture. Mix well.
7. Dip each sandwich quarter into batter.
8. Heat the oil in a large frying pan and place in the sandwich quarters.
9. Fry dipped sandwiches on both sides until golden brown.
10. Remove toothpicks and sprinkle with powdered sugar. Serve warm.

Pita Bread

Ingredients:

8 pita bread butter or margarine

Equipment:

aluminum foil

Instructions:

1. Spread one side of the pita bread with butter or margarine. Stack the pita bread.
2. Wrap the pita bread in aluminum foil and heat. The bread can be heated in the barbeque or in a frying pan.

Pizza Sticks

Ingredients:

brown and serve breadsticks shredded mozzarella cheese pizza quick sauce

Equipment:

aluminum foil hot coals

Instructions:

1. Slice open bread sticks.
2. Spread with pizza sauce and cheese.
3. Wrap in aluminum foil and warm over hot coals.

Quesadillas

Ingredients:

8-inch flour tortillas salsa shredded Monterey jack cheese
sour cream green onions

Instructions:

1. Sprinkle shredded cheese over half of tortilla.
2. Top with chopped green onions and salsa.
3. Fold over tortilla. Heat in fry pan with a little oil, until golden brown on both sides.
4. Cut into quarters and serve with sour cream.

Quinoa Salad

Ingredients:

1 cup quinoa	1 tablespoon balsamic vinegar
1 cup canned green peas	2 tablespoons finely chopped fresh cilantro
2 red bell peppers, diced	1 green bell pepper, diced
2 tablespoons olive oil	2 teaspoons freshly squeezed lemon juice
sea salt	pepper

Equipment:

pot large bowl

Instructions:

1. Cook quinoa according to the instructions on the package.
2. Rinse and drain green peas.
3. Add quinoa, red bell peppers, green bell peppers, peas, and cilantro to a large bowl.
4. Add olive oil, vinegar, lemon juice, sea salt and pepper to quinoa mixture. Mix well and serve.

Spicy Tortilla Soup

Ingredients:

8 pre-cooked boneless skinless chicken breasts	1 red bell pepper, halved
1 green bell pepper, seeded and halved	2 cans chopped tomatoes
2 medium onions, finely chopped	3 cloves garlic, minced
3 cans (10 ounces) enchilada sauce	2 cans green chilis, drained
2 cups water	1 can chicken broth
1 can (15 ounces) beef broth	2 teaspoons ground cumin
1 tablespoon chili powder	2 teaspoons ground pepper
2 cups shredded Colby-Monterey Jack cheese	2 teaspoons salt
1 bag of tortilla chips	1 bay leaf
1 container (16 ounces) sour cream	¼ cup grated Parmesan cheese

Equipment:

grill Dutch oven charcoal briquettes

Instructions:

1. Cut the green and red bell peppers in half. Remove the seeds from the peppers. Roast the bell peppers on the grill until lightly charred.
2. Cube the pre-cooked chicken breasts into bite-size pieces.
3. Place the peppers, tomatoes, onions, and garlic in a Dutch oven.
4. Add enchilada sauce and green chilis.
5. Pour water, chicken broth, and beef broth into the Dutch oven. Stir and add cumin, chili powder, black pepper, cayenne pepper, salt, and bay leaf. Stir.
6. Cover and cook for two hours using 20 charcoal briquettes under the Dutch oven and 10 charcoal briquettes on the lid. Refresh the coals as they disintegrate.
7. Remove the Dutch oven from the heat. Remove the bay leaf and stir in shredded cheese into the soup.
8. Serve the soup in bowls. Top with a handful of crushed tortilla chips and a sprinkling of Parmesan cheese. Add sour cream if desired.

Tzatziki

Ingredients:

½ long English cucumber	1-2 cloves garlic, minced	pepper
1 teaspoon salt	2 teaspoons dried dill weed	1 cup plain yogurt
½ cup sour cream		

Equipment:

grater sieve paper towel

Instructions:

1. Grate the cucumber. Place it in a sieve and leave for 15 minutes. Squeeze out the excess liquid with some paper towel.
2. Combine the garlic, salt, yogurt, sour cream, dill, and pepper. Add the cucumber and stir well.
3. Chill before serving.

Veggie Quesadillas

Ingredients:

10 8-inch flour tortillas	1 container sour cream	1 green pepper
2 cans black beans, drained	4 cups shredded cheese	2 tomatoes
1 can corn niblets, drained	salsa	

Equipment:

large frying pan	large bowl	Pam cooking spray	knife
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Instructions:

1. Drain black beans and rinse thoroughly.
2. Seed and dice the green pepper.
3. Dice the tomatoes.
4. Add corn, black beans, tomatoes, and green peppers into a large bowl. People can create their own quesadilla using the fillings of their choice.
5. To prepare the quesadilla, place one flour tortilla on a plate and sprinkle with grated cheese.
6. Layer with the veggie filling and place more cheese on top. The cheese acts like a glue to hold together the veggies to the tortilla.
7. Top with the second tortilla and press down lightly.
8. Spray Pam cooking spray on the frying pan.
9. Place the quesadilla on the hot frying pan.
10. Allow the quesadilla to brown on one side and for the cheese to melt.
11. Carefully flip to brown the other side. Cut the quesadilla into quarters using a sharp knife or a pizza cutter.
12. Serve with sour cream, salsa, and guacamole.

Walking Tacos or Tacos-in-a-Bag

Ingredients:

1 bag of nacho chips	lettuce, shredded	sour cream	salsa
lean ground beef	tomatoes, chopped	hummus	lentils
shredded cheese	beans	onions	

Equipment:

frying pan

Instructions:

1. Cook and season the lean ground beef.
2. Crush the nacho chips in the bag.
3. Add the lean ground beef, shredded cheese, lentils, onions, lettuce, beans, and tomatoes.
4. Add lentils and hummus. Add salsa and sour cream.
5. Eat from the bag with a fork or spoon.

Wiener Roll Ups

Ingredients:

hot dog wieners

cheddar cheese

Pillsbury crescent rolls

Equipment:

toothpicks

box oven

Instructions:

1. Slice hot dog wieners lengthwise and fill with cheese.
2. Wrap in Pillsbury dough square.
3. Secure with toothpicks.
4. Bake in box oven until dough is browned.