

Delicious and Easy 5-Ingredient Camping Recipes

Delicious Bacon Quiche

Dutch Oven Bacon Quiche is a savory dish made with bacon, eggs, cheese, and a crust, all cooked in a Dutch oven.

Serves 6 | Prep. time 10 minutes | Cooking time 45 minutes

Ingredients

- 6 large eggs
- ½ package refrigerated pie crust
- ¾ cup sour cream
- 3 cups Monterey Jack cheese, shredded
- 1 pound bacon, cooked and crumbled
- ½ teaspoon freshly ground black pepper
- ½ teaspoon kosher salt

Directions

1. Prepare your campfire or coals.
2. Spray a 10-inch Dutch oven with cooking spray.
3. Place the Dutch oven over the hot coals for preheating. Place 8 hot coals underneath the pot and 13 coals on top of the lid.
4. Fit the pie crust into the bottom of the prepared Dutch oven. Bake for 5 minutes.
5. Sprinkle the bacon and shredded cheese over the crust.
6. In a medium mixing bowl, whisk together the eggs, sour cream, pepper, and salt. Pour the mixture over the bacon and cheese mixture.
7. Bake the quiche for 40 minutes or until the center is set.
8. Cut into wedges and serve.

Nutrition per serving

Calories 757, fat 59 g, carbs 4 g,
Protein 48 g, sodium 2334 mg

Buffalo Cauliflower

Buffalo cauliflower is a flavorful snack or side dish that's perfect for vegetarians or anyone wanting a meatless alternative to traditional buffalo wings.

Serves 4 | Prep. time 10 minutes | Cooking time 25-30 minutes

Ingredients

- 1 medium cauliflower head, diced into florets
- 1 tablespoon honey
- 1 cup cheddar cheese, shredded
- 8 ounces cream cheese
- 1 cup buffalo sauce

Directions

1. Preheat grill or campfire grate over medium heat.
2. In a large mixing bowl, combine the cauliflower, honey, cheddar cheese, cream cheese, and buffalo sauce.
3. Add the cauliflower mixture to a large foil packet. Fold and seal the packet.
4. Add the packet to the grill or grate. Cook for 25-30 minutes.
5. Serve warm.

Nutrition per serving

Calories 367, fat 29 g, carbs 14 g, sugar 7 g,
Protein 14 g, sodium 627 mg

Greek Souvlaki Skewers

Greek Souvlaki Skewers are a wonderful choice if you feel like a Mediterranean-inspired dinner.

Serves 4 | Prep. time 10 minutes | Cooking time 8-10 minutes

Ingredients

- 1 pound pork tenderloin, cut into bite-sized pieces
- 2 garlic cloves, minced
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 small onion, cut into chunks
- ¼ teaspoon kosher salt

Directions

1. Preheat your grill or campfire grate to medium-high heat.
2. In a large mixing bowl, combine the pork pieces, garlic, lemon juice, olive oil, and salt.
3. Thread the pork pieces and onion chunks onto soaked wooden skewers.
4. Place the pork skewers on the hot grill or grate. Cook for 8-10 minutes or until cooked through, turning the skewers halfway through.
5. Serve warm.

Nutrition per serving

Calories 233, fat 11 g, carbs 2 g, sugar 3 g,
Protein 30 g, sodium 214 mg

Chicken Breasts and Caramelized Onions

A simple, easy meal perfect for camping or at home! It's a good idea to chop your onions at home if you want to cut time for prepping this recipe.

Serves 4 | Prep. time 15 minutes | Cooking time 35 minutes

Ingredients

- 4 (boneless, skinless) chicken breasts, halved
- ½ cup butter, cubed, divided
- 6 onions, peeled, halved, and sliced
- 1 teaspoon garlic powder
- Salt and black pepper, to taste

Directions

1. Prepare your campfire or coals to medium heat.
2. In the meantime, season the chicken breast with garlic powder, salt and pepper. Set aside.
3. Let about $\frac{3}{4}$ of the butter melt in a large cast iron skillet.
4. Add the onions and let cook for 10-15 minutes or until the onions are tender and well caramelized, stirring often. Transfer the onions to a plate and cover with foil to keep warm.
5. Let the remaining butter melt in the skillet. Add the chicken breasts and fry until cooked through, about 15 minutes.
6. Add the onions back in the pan and cook for 2-3 minutes just to warm the onions through and serve.

Note: For extra protein and flavor, add a cheese slice of your choice (Swiss cheese is a good choice as is cheddar) over each chicken breast, 5-10 minutes before the end of the cooking process.

Nutrition per serving

Calories 336, fat 12 g, carbs 21 g, sugar 2 g,
Protein 37 g, sodium 481 mg

Delicious Camping Spaghetti

Create a mouthwatering dish that captures the essence of outdoor dining in every delightful bite.

Serves 8 | Prep. time 10 minutes | Cooking time 30 minutes

Ingredients

- 8 ounces cheddar cheese, shredded
- 24 ounces pasta sauce
- 2 (15-ounce) cans stewed tomatoes
- 1 pound ground beef, cooked and drained
- 16 ounces elbow macaroni, cooked al dente

Directions

1. Prepare your campfire or coals.
2. Add the cooked pasta, pasta sauce, stewed tomatoes, and ground beef to a 4-quart Dutch oven. Combine well.
3. Cover the Dutch oven with a lid. Place 7 hot coals underneath the pot and 14 on top of the lid. Cook for 25 minutes.
4. Stir in the cheddar cheese. Cover again and cook for 5 minutes.
5. Serve warm.

Nutrition per serving

Calories 677, fat 14 g, carbs 99 g, sugar 5 g,
Protein 37 g, sodium 7431 mg

Perfect Bean Burritos

If you're craving Mexican food when camping, turn to these bean burritos.

Serves 6 | Prep. time 5 minutes | Cooking time 10-15 minutes

Ingredients

- 6 flour tortillas
- 1 (15-ounce) can diced tomatoes and their juices
- 1 (15-ounce) can refried beans
- 1 teaspoon chili powder
- 1 onion, diced
- 1 tablespoon olive oil
- ½ teaspoon sea salt

Directions

1. Prepare your campfire or coals.
2. Heat the oil in a large skillet over medium heat.
3. Add the onion, chili powder, and salt. Cook for 3-4 minutes.
4. Add the tomatoes and beans. Cook over medium-low heat until just warm, about 3-5 minutes. Remove from heat.
5. Lay the tortillas flat. Evenly divide the bean mixture between the tortillas.
6. Roll each tortilla into a burrito. Wrap each burrito in aluminum foil to create a packet.
7. Place the packets over the fire. Cook for 3-5 minutes.
8. Serve warm.

Nutrition per serving

Calories 161, fat 6 g, carbs 26 g, sugar 6 g,
Protein 6 g, sodium 498 mg

Fudgy Brownies

Fudgy brownies are dense, moist, and rich in flavor.

Serves 12 | Prep. time 10 minutes | Cooking time 30-60 minutes

Ingredients

- 12 ounces chocolate chips
- 1 (12-ounce) can dark soda pop
- 1 (18 $\frac{1}{3}$ -ounce) package brownie mix

Directions

1. Prepare your campfire or coals.
2. Line a Dutch oven with parchment paper or butter paper.
3. In a medium mixing bowl, combine the brownie mix and soda. Pour chocolate chips in the center of the batter.
4. Cover the Dutch oven with a lid. Place 7 hot coals underneath the pot and 14 on top of the lid. Cook for 30-60 minutes or until baked through.
5. Remove the Dutch oven from heat and let it cool slightly.
6. Serve warm.

Nutrition per serving

Calories 344, fat 0 g, carbs 51 g, sugar 29 g,
Protein 3 g, sodium 153 mg

***These recipes and more are found in Louise Davidson's *Camping Cookbook: Easy 5-Ingredient Camp Recipes Vol. 2*. To get your copy, click on the cover below or click [here](#).

