

GSHPA Camping

Meal Ideas

MEAL TIME

Camp and outdoor meals give girls, families, or troops a chance to try new recipes and cooking methods that you don't usually use! During meal time, you can choose to eat whatever you'd like! Below are some traditional camp, Girl Scout, and GSHPA staff suggestions to get you thinking.

Camp-style cooking is possible in your home kitchen and it can help you earn badges, too! Feel free to get creative, and no matter what you cook, please make sure there is adult supervision!

Badge Connections



Planning and making a camp meal will help you complete step 1 of the Daisy Buddy Camper.



Planning and making a camp meal will help you complete step 3 of the Brownie Cabin Camper.



Planning and making a camp meal will help you complete step 2 of the Junior Eco Camper.



Planning and making a camp meal will help you complete step 3 of the Junior Camper.



Plan and make a camp meal, with a camp stove or similar alternative, will help you complete step 3 of the Cadette Primitive Camper.



Plan and make a camp meal, with a camp stove or similar alternative, will help you complete step 3 of the Senior Adventure Camper.



Plan and make a camp meal, utilizing 3 different cooking methods, will help you complete step 3 of the Ambassador Survival Camper.

Make Your Own Mess Kit

What is a mess kit?

- It's a collection of plates and utensils used during camping or backpacking.
- They can be simple or elaborate – it all depends on what you plan to eat or cook while camping!



Activity – Making a Mess Kit

- The following materials are needed to create your own mess kit. If you don't have all the materials, think of things that you can use in place of them. Try your best to use materials that are made out of reusable plastic or metal.
 - Basic Mess Kit
 - Mug, cup or reusable water bottle
 - Fork, knife, and spoon
 - Dinner plate
 - Small bowl
 - Mesh bag or container to keep all mess kit materials in

*Example from Girl Scouts of Greater Chicago and Northwest Indiana

Dinner Ideas

Princess Pat's Personal Pizzas

Ingredients

- 8 oz. can tomato sauce
- 1/2 teaspoon Italian seasoning
- 4 pre-baked mini pizza crusts, 8-inch (or bagels or other bread)
- 1-1/3 cups shredded part-skim mozzarella cheese
- 1 3.5 oz. pkg sliced pepperoni (or other topping)

Directions

- Preheat oven to 450°F. Mix tomato sauce and Italian seasoning in a small bowl until well blended. Spread evenly onto crusts.
- Sprinkle pizzas evenly with cheese; top with pepperoni. Place on an ungreased baking sheet.
- Bake on the center oven rack in the oven for 8 to 10 minutes, or until the edges of the crusts are lightly browned and cheese is melted.

(*Credit to GSOSW Council)

Dutch Oven BBQ Chicken and Potatoes

Ingredients

- 4 boneless chicken breasts or thighs, cut into bite-sized chunks
- 1 package bacon, cut into pieces
- 5 potatoes, sliced thinly
- 1 onion, chopped
- 1 stick butter
- 1 bottle of BBQ sauce
- 1 container French's fried onion pieces

Directions

- Prepare coals, either from fire wood or 26 charcoal pieces
- Put Dutch oven on top of 14 of the hot coals and cook the bacon. Drain off ¾ of the grease. Cooking the bacon can be done ahead of time on the stove top in a skillet for ease, but make sure to keep some of the grease with the bacon.
- Add potatoes, chicken pieces, butter, and BBQ sauce into the Dutch oven.

- Cover with the lid and make sure there are 14 coals underneath the Dutch oven and 12 on top.
- Cook about 45 minutes, or until the chicken is done.
- Serve in a bowl with some fried onion pieces sprinkled on top.

* This can be made in a slow cooker. Just precook the bacon and onions and then throw everything in the slow cooker until the chicken is done - about 3-4 hours on high, 4-5 on low.

*Using a Dutch oven liner (parchment paper) makes clean up super easy!

Ooey-Gooey Bacon Grilled Cheese

Ingredients

- 8 slices preferred bread
- 12 oz. bacon, cut crosswise into 1/2 inch pieces
- 8 slices preferred cheese
- 2 tablespoons butter

Directions

- Cook bacon pieces in a hot skillet, stirring occasionally, until almost fully cooked (approximately 8-10 minutes).
- Butter one side of each slice of bread. Place 4 slices, buttered side down on a hot skillet or grill. Add 2 slices cheese and top each with 1/4 of the bacon. Place remaining slices of bread on each, buttered side on the outside.
- Cook 2-3 minutes, then flip and cook another 2-3 minutes, until warmed through. (*Credit to GSOSW Council)

Chicken & Veggie Foil Pack

Foil packs are an easy way to cook a meal. You can put a variety of meat, beans, or vegetables inside with a bit of oil or butter if you would like. Each person can season their own packet just the way they like! You can cook foil packets in your kitchen oven, on a grill, or over the hot coals of a campfire.

Ingredients

- Boneless chicken, cubed into bite-sized pieces
- Veggies, anything you prefer like carrots, potatoes, corn, onions, green beans, or peppers
- 1 tablespoon oil or butter
- Seasonings, anything you prefer like salt, pepper, garlic powder, chili powder or basil
- Heavy duty foil

Directions

- If you're going to cook over the fire, start your fire about an hour ahead of your meal. You need to let some of the wood burn down to make a bed of coals. If using an oven, preheat to 375 degrees.
- Make a square of foil that has two layers. Place your ingredients in the center. Make sure to be safe handling raw chicken, especially if you're outside at your campsite.

- Fold up two sides and make a fold-over to keep them connected. Seal the ends. Leave a tented area so the air can move around inside.
- Cook for about 30 minutes. Check the chicken to make sure it's cooked through the inside.

Additional Notes:

- You can easily serve this with instant rice or other grain. A piece of fruit or a salad are also good. Beans can replace the chicken for a vegetarian option.
- Don't use meat with the bones still in. Those take longer to cook.
- Don't use "soft" veggies like fresh tomato or fruits. They cook much faster and will burn during the 30 minutes that the chicken needs.

Walking Tacos

Ingredients

- 1 pound of ground beef
- 1 packet of taco seasoning mix
- ½ cup water
- 6 snack bags of corn chips (1 oz)
- Any toppings you like on tacos. Suggestions: cheddar cheese, lettuce, tomatoes, peppers, onions, sour cream, salsa, or guacamole.

Directions

- In a large skillet, brown the beef over medium heat. Stir frequently and make sure to break the beef into crumbles. This should take between 5-7 minutes.
 - Drain the fat and let cool slightly.
- Stir the packet of taco seasoning and the water into the beef. Simmer until the water is absorbed and the beef mixture thickens.
- Prepare any of the taco toppings by cutting up any vegetables into bite sized pieces.
- Pop open a bag of corn chips.
- Spoon the beef mixture directly into the bag and add any taco toppings you like.
- Enjoy eating your tacos straight out of the bag with a fork.

*Beef can also be cooked beforehand and reheated over a campfire using a skillet, so meal can be enjoyed while camping!

Snacks or Small Dishes

Campfire Nachos

Ingredients

- 1 tablespoon neutral flavored oil
- ½ lb tortilla chips
- 1 (7.75 oz) can El Pato hot tomato sauce, or equivalent
- 1 cup shredded Mexican cheese blend
- 1 (14.5 oz) can black beans, drained
- 1 large avocado, cubed

- 4-5 green onions, sliced handful of fresh cilantro, chopped
- 1 small lime, cut into wedges

Directions

- Lightly oil the bottom of a large Dutch oven, to prevent the nachos from sticking.
- For the first layer, evenly spread $\frac{1}{3}$ of the chips into the Dutch oven, topped with $\frac{1}{4}$ can El Pato, $\frac{1}{4}$ can black beans, $\frac{1}{4}$ cup cheese, and a handful of avocado, green onions, and cilantro. Repeat for the second layer.
- For the third and final layer, use the remaining $\frac{1}{3}$ portion of chips, $\frac{1}{2}$ can El Pato, $\frac{1}{2}$ can black beans, $\frac{1}{2}$ cup cheese, and the remaining avocado, onion, and cilantro.
- Cover the Dutch oven and place on a metal grill over your campfire for about 10 minutes, until the cheese has melted. Serve with the lime wedges.

(*Credit to GSOSW Council)

No Bake Nutella S'mores Granola Bars – 10 granola bars

- $\frac{1}{4}$ cup butter
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup Nutella spread
- 2 $\frac{1}{2}$ cups rolled oats
- $\frac{1}{2}$ cup mini chocolate chips + extra
- $\frac{1}{2}$ cup mini marshmallow bits (or regular minis) + extra

Directions

- Grease an 8x8 baking pan and set aside.
- Place butter and honey into a saucepan and heat over medium low heat until melted. Add Nutella spread and mix until melted. Remove from heat.
- Pour oats into the pan mix until the oats are completely coated. Let the mixture stand for five minutes.
- Add the mini chocolate chips and marshmallow bits. Stir quickly until they are just mixed in. Scoop the mixture into the baking pan and spread evenly.
- Sprinkle the top of the granola with one to two tablespoons of extra mini chocolate chips and marshmallows.
- Place a piece of wax paper on the top of the bars and press down firmly. Make sure to compress the mixture into the pan.
- Allow the bars to cool. Store in a sealed container.



Banana Boats



Ingredients

- 1 banana
- Aluminum foil
- Any candy or dessert fillings you like! Suggestions: chocolate chips, mini marshmallows, peanut butter, caramel sauce, or nuts.

Directions

- Take the banana with the peel on and cut it down the middle, making sure to go through the peel and about halfway through the banana.
- Along the cut, stuff any candy or fillings you like into the banana.
- Tightly wrap the banana boat in aluminum foil.
- Cook over a fire for about 10 minutes or bake in an oven at 350 degrees for 10 minutes.
- Unwrap your aluminum foil and enjoy eating your banana boat.

No Bake Ants on a Log

Ingredients

- Celery stalks
- Hummus
- Cream cheese
- Raisins/chocolate chips
- Almond/peanut/nut butter

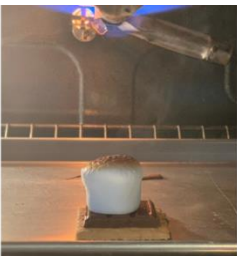
Directions

- Wash and cut celery into 2 - 3 inch pieces, creating logs.
- Fill the middle groove with cream cheese or nut butter.
- Add a few raisins on top of logs as decoration.

S'mores and More!

The typical s'more includes these main ingredients: graham crackers, marshmallows, and chocolate. However, there are varieties of ways to customize your s'more. Below you will find ideas of ways to 'upgrade' your s'more!

Ways to make a "typical" s'more at home!



In the Oven

- Preheat your oven to *broil* on high.
- Place graham cracker, chocolate, and marshmallow on a cookie sheet.
- Ensure that your cookie sheet and s'more are on the top rack, to ensure they get as much contact with the direct heat as possible.
- Watch s'more carefully, it should begin to brown and char after about 30-45 seconds.
- Carefully remove from the oven and top with a second graham cracker. Enjoy!



On the Stovetop

- Turn one stove top element (gas or electric) to medium-high.
- Place a marshmallow on a roasting stick (wooden skewers work great) that is at least one foot long.
- Roast marshmallow over stove top, similar to how you would over a campfire.
- Have a friend help you sandwich your melted marshmallow between your two graham crackers and chocolate piece! Enjoy!



In the Microwave

- Place base graham cracker, chocolate, and marshmallow on a microwave safe plate.
- Microwave for 5 second intervals, until your marshmallow is soft and gooey.
- Usually about 15 second's total (warning: if you do it for a straight 15 seconds and not in intervals, your marshmallow may expand and balloon off your s'more).
- Top with a second graham cracker and enjoy!



(*Credit to GSOSW Council)

Apple S'mores

Ingredients

- Apples (whichever variety you prefer!)
- Caramel sauce or nut butter
- Marshmallows

Directions

- Core a whole apple and cut it into thin-to-medium slices.
- Grab two apple slices and spread caramel sauce or nut butter on one or both slices.
- Roast your marshmallow.
- Place it between your apple slices and enjoy!



Strawberry/Raspberry Shortcake S'mores

What do you need?

- Trefoil Girl Scout Cookies
- Strawberry or raspberry jelly/preserves
- Marshmallows

Instructions

- Grab your Trefoils and jelly/preserves. Use a butter knife to spread a little (or a lot) of the jelly/preserve on one side of both cookies.
- Roast your marshmallow.
- Once it is roasted to your liking, place it between the Trefoil cookies and enjoy your own makeshift shortcake s'more!

Breakfast Ideas

Hey Burrito, Breakfast Burritos

Ingredients

- 1lb bulk breakfast sausage (feel free to use pork, turkey sausage, or vegan sausage). If using a lean sausage, sauté the meet in oil.
- 12 eggs
- 1 can (4.5 oz) chopped green chilies, drained
- 2 cups (8 oz) shredded cheddar cheese
- 8, 12-in flour tortillas

Directions:

- In a large skillet, cook sausage, stirring often until it is cooked through. Follow directions on packaging.
- While meat is cooking, crack 12 eggs and whisk eggs together until well blended.
- When the sausage is cooked through, add egg mixture to the skillet. Cook eggs, stirring frequently until eggs begin to set. While the mixture is still cooking, add green chilies, and continue to cook and stir until the eggs are set. Add cheese to the mixture, stir to disperse evenly. Then remove the mixture from the heat.
- Place a damp paper towel on top of your tortillas and place them in the microwave. Microwave for 15-30 seconds to soften.
- Take one tortilla and spoon 1/8 of the sausage mixture onto the center. Fold the ends in and roll into a burrito. Make sure not to over fill!

Campfire Breakfast Potatoes

Ingredients

- 6-7 Russet potatoes, cubed
- 1/4 cup olive oil
- 2 tablespoons butter or margarine
- 1 onion, chopped
- 2 bell peppers, chopped
- 1 jalapeno, sliced
- 2 teaspoons garlic powder
- 2 teaspoons seasoned salt
- 2 teaspoons smoked paprika
- Lots of pepper, to taste

Directions

- Coat the bottom of the pan with a thin layer of olive oil, about 2 tablespoons, and place the pan over the coals of your campfire, on a grate (or on the stove if inside). Mix the olive oil with a little butter or margarine if you have it.



- Add the onion and cook until just tender, about 2 minutes. Add the potatoes, peppers, and another 2 tablespoons of olive oil. Stir to coat. Stir occasionally for about 10 minutes, until potatoes start to brown.
- Add a few tablespoons of water and cover with foil to steam for about 5 minutes.
- Add seasonings, continue to stir occasionally until fully browned, crispy, and tender in the middle. Serve alongside your favorite other breakfast items.
(Credit to <https://www.dirtygourmet.com/campfire-breakfast-potatoes/>)

Omelets in a Bag

- 2 eggs
- Salt
- Pepper
- Any of your favorite omelet ingredients. Cheddar cheese, ham, bacon (cooked), sausage (cooked), peppers, onions, or tomatoes.

Directions

- Bring a pot of water to a boil either over a campfire or on a stove.
- Crack the eggs into a large re-sealable bag (recommend Freezer Ziploc); close the bag, pressing out as much air as possible.
- Squeeze and shake the bag to beat the eggs.
- Open the bag and add your favorite omelet ingredients. Add salt and pepper to taste.
- Add the bags to the boiling water.
- Cook for about 8 minutes or until the eggs have set.
- Carefully remove the bag from the water and open it.
- Roll the omelet onto your plate to enjoy!



Blueberry-Cinnamon Campfire Bread

Ingredients

- 1 loaf (1 pound) cinnamon-raisin bread
- 6 large eggs
- 1 cup 2% milk or half-and-half cream
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans, toasted
- 2 cups fresh blueberries, divided

Directions

- Prepare campfire or grill for low heat. Arrange bread slices on a greased double thickness of heavy-duty foil (about 24x18 in.).
- Bring foil up the sides, leaving the top open. Whisk eggs, milk, syrup and vanilla. Pour over bread; sprinkle with nuts and 1 cup blueberries. Fold edges over top, crimping to seal.

- Place on a grill grate over campfire or grill until eggs are cooked through, 30-40 minutes. Remove from heat; let stand 10 minutes. Sprinkle with remaining blueberries; serve with additional maple syrup if desired.
- Oven Directions: Preheat oven to 350°. Place foil packet on a 15x10x1-in. baking pan. Bake 25-30 minutes or until heated through. Let stand 10 minutes before serving. Sprinkle with remaining blueberries; serve with syrup.
(Credit to <https://www.tasteofhome.com/recipes/blueberry-cinnamon-campfire-bread/>)