



# Camping Meal Planner (meat)

## Mains

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### Chilli Con Carne

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1 tbsp olive oil  
1 onion, chopped  
1 garlic clove, crushed  
500g beef mince  
400g tinned tomatoes  
1 tsp chilli powder  
1/2 tsp cumin, ground  
salt and pepper  
400g kidney beans  
Rice to serve

Heat oil & fry garlic & onion gently for a couple of mins. Add mince & cook until lightly browned. Add tomatoes, chilli & cumin. Season with pepper & salt. Bring to boil & simmer on a low heat for 30 mins, stir occasionally. Add kidney beans & simmer for 20 mins  
This can be made in advance & just heated up

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### Tomato & Bacon Pasta

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500g cherry tomatoes  
1 red onion, finely diced  
leftover bacon  
olive oil  
balsamic vinegar  
salt & pepper  
1 tsp dried Basil  
your choice of pasta

Wrap the tomatoes, onion, seasoning, basil and a splash of oil & vinegar on a large sheet of foil & fold to make a parcel. (It's best to use 2 layers.) Place the foil parcel on the barbecue. It will take about 30 mins over a low heat. Fry the bacon, cook the pasta & combine all ingredients.

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### Cowboy Stew

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8 sausages  
1 onion, diced  
4 garlic cloves, crushed  
1 tin baked beans  
1 tin mixed beans  
1 tin tomatoes  
salt & pepper  
paprika

Heat a large saucepan /casserole dish.  
Fry sausages until brown, (can cut in half to speed things up).  
Add onion, garlic & paprika. Once onion is softened, add the beans and tomatoes & seasoning. Simmer on a low heat for 30 mins or so.



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## Breakfasts

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### Pancakes

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225g plain flour  
3 tsp baking powder  
pinch salt  
4 tbsp caster sugar  
50g melted butter  
125ml milk  
125ml buttermilk (can use all milk)  
2 eggs  
1 tsp vanilla extract

Combine all ingredients well with a whisk. In a large frying pan you can cook 4 pancakes at a time (about a tbsp each). Fry for 2 minutes on one side before flipping. Serve with topping of your choice, eg honey, banana, chocolate spread, fresh berries  
The batter can be made in advance & kept cold

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### Eggy Bread

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4 eggs  
4 slices of bread  
4 tbsp milk  
knob of butter  
Bacon (optional)

Whisk the eggs in a bowl with the milk. One at a time, dip the slices of bread in the egg mixture until properly coated. (Thick slices of bread work best). Then fry in a small knob of butter, turning over after a few minutes, until both sides are golden brown. Serve with a rasher of bacon (optional)

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### Burritos

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4 Flour Tortillas  
1 red onion  
3 medium potatoes  
8 mushrooms  
3 eggs, beaten  
100g Cheddar (grated)  
Leftover bacon/sausage (optional)  
1 tbsp Oil  
Salt and pepper

Dice the potato & par boil in a pan of lightly salted water. Dice the onion & fry for 2 mins in the oil, add chopped mushrooms (& bacon if using) & fry until cooked. Add the egg mixture & keep stirring until the eggs are cooked.  
To serve, place a large spoonful on a tortilla, top with cheese and roll up



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## Shopping List

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### Main ingredients

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3 red onions  
1 garlic bulb  
1 pack cherry toms  
1 pack mushrooms  
3 potatoes  
thick sliced bread  
Flour tortillas  
500g beef mince  
1 pack bacon  
1 pack sausages  
12 eggs  
milk  
unsalted butter  
Cheddar cheese

easy cook rice  
pasta  
2 tins of tomatoes  
1x baked beans  
1x kidney beans  
1x mixed bean

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### Store Cupboard

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olive oil  
balsamic vinegar  
chilli powder  
paprika  
ground cumin  
dried basil  
salt and pepper  
plain flour  
caster sugar  
baking powder

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### Optional Extras

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side dishes/veg/salad  
pancake toppings  
tea/coffee/sugar  
soft drinks  
snacks