

BEEF

When I first started camping, the menu ranged from hot dogs to hamburgers and most times canned baked beans. The males in the family would devour the beef while the female members went for the vegetables. Things haven't change much, Fred still wants his beef (see [Cooking with Fire](#) for tips on cooking beef over a campfire) so often the beef is prepared as a one-pot dish with extra vegetables added to the dish.

BEEF NOODLE BOWL

Serves 4



You can vary the pasta and even use wide egg noodles with good results. Chicken and any green vegetable can substitute for the beef and broccoli. A sprinkle of toasted sesame seeds is a nice touch.

8 ounces Linguine pasta, uncooked
3 cups broccoli florets or green beans
3 carrots peeled and thinly sliced into coins
1 pound sirloin beef steak, cut into strips

1/4 cup commercial Asian Toasted Sesame dressing
1 Tablespoon [teriyaki sauce](#)

Cook pasta according to package directions. Add vegetables to boiling water for the last two minutes of the pasta's cooking time. Meanwhile, heat a splash of oil in a skillet to hot but not smoking. Add meat; cook until browned on all sides, stirring occasionally. Stir in dressings and sauce; cook an additional two minutes or until sauce thickens slightly. Lightly drain pasta and vegetables and add to meat mixture; toss to coat. Serve immediately.

Nutritional Information/serving: Calories 344; Protein 36g; Cholesterol 77mg; Sodium 310mg; Fiber 1.7g; Sugar 3.5g.

CAMPER'S SKILLET

Serves 4

This is one of my oldest camping recipes. I started making it when my brothers and I would go camping in the mountains near our home in Camarillo, CA. We didn't have a tent but slept on the bench seat in my old Chevy sedan. Good memories.

1 pound ground beef
1 envelope brown gravy mix
½ teaspoon salt
1/4 teaspoon black pepper
½ teaspoon poultry seasoning

2 medium onions, sliced thin
4 carrots, peeled and sliced into thin coins
4 medium potatoes, peeled and sliced thin
½ cup grated mild-Cheddar cheese

Cook meat in a skillet, breaking it into small pieces, until it loses its red color. Sprinkle gravy mix, salt, pepper, and poultry seasoning over the cooked meat. Layer vegetables on top and pour a cup of water over the whole thing. Cover, reduce heat, and simmer 35 to 45 minutes or until vegetables are tender. Remove from heat and sprinkle with cheese. Replace the cover and let set until cheese melts. NOTE: Check the skillet after about 20 minutes. Additional water may be necessary. There is little to no actual gravy in the finished dish.

Nutritional Information/serving: Calories 868; Protein 53g; Cholesterol 219mg; Sodium 1220mg; Fiber 3.3g; Sugar 6.9g.

POCKET PATTY

Serves 1

No pots or pans to wash - love this recipe. You can substitute some boneless or ground chicken or a pork chop for the ground beef with good results. Add a slice of orange or apple for a hint of sweetness. If you use parchment paper in lieu of aluminum foil, this recipe can be made in a microwave; cook on high for 6 to 8 minutes.

1/4 pound ground beef	- sliced tomato
1 Tablespoon chopped onion	- a carrot peeled and sliced into coins
Optional toppings might be:	- a dash of Worcestershire sauce
- a slice of potato	- or whatever sounds good and you have

Start a campfire. Tear off a large rectangle of aluminum foil. Shape the ground beef into a 1/4" thick patty and place in the middle of the foil. Top with onions and other goodies. Sprinkle with salt and pepper. Bring the foil's edges to the middle and fold so it won't leak. Place package on grill, over hot coals, and leave it alone for up to 30 minutes. Turning is not necessary. Carefully remove the package from the grill and let set for five to ten minute before opening. Again, be careful, the escaping steam is super hot!

Nutritional Information/serving: Calories 303; Protein 20.2g; Cholesterol 85mg; Sodium 77mg; Fiber 0.2g; Sugar 0.4g.

SHIPWRECK DINNER

Serves 4

Try substituting leftovers for some of the ingredients listed in this recipe (diced ham or Spam, mixed vegetables). It is a good way to finish off leftovers before heading home.

1 pound ground beef	1 can (15 ounces) peas, rinsed and drained
1 package macaroni and cheese dinner	1 cup milk
1 can (15 ounces) stewed tomatoes, undrained	1 cup grated cheese - optional

Brown ground beef in large pot or skillet. When beef is cooked add macaroni and cheese dinner (pasta and cheese package) along with tomatoes with any juice in the can, peas and milk. Stir to mix; bring to a boil. Reduce heat, cover, and simmer 15 to 20 minutes or until pasta is tender. Check after 10 minutes (a 1/4 to 1/2 cup of water might be needed if prepared above 5,000-ft). When pasta is tender take pot off the heat, sprinkle the grated cheese and let stand until cheese is melted (about five minutes).