

Rustic Meals for Camping, Cookouts or Home

Spring 2019



For past cooking class recipes, go to uhs.berkeley.edu/cookwellberkeley



Carrot Dogs

Vegan, can be gluten-free. Common allergens: soy

Serves 6

Ingredients

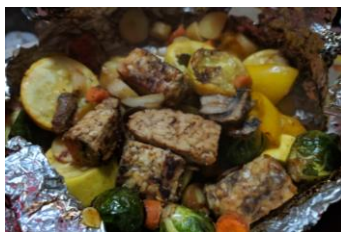
- 6 large, thick carrots
- 1 cup vegetable broth
- ¼ cup apple cider vinegar
- ¼ cup reduced sodium tamari
- 1 tablespoon mustard
- 4 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 2 teaspoons black pepper
- ½ teaspoon liquid smoke, optional
- 6 whole grain hot dog buns

Instructions

1. Cut ends off of carrots to be about the same length as hot dog bun. Peel carrots. Optional: round off ends with peeler to resemble hot dog.
2. Steam carrots until slightly tender, or when a sharp knife can pierce them, 12-15 minutes, depending on thickness.
3. Meanwhile, combine remaining ingredients except buns to make the marinade.
4. Place carrots into marinade and refrigerate overnight, up to one day (8-24 hours).
5. Heat grill, or skillet with 1 tablespoon oil to medium high heat, remove from marinade, and cook until slightly charred, turning twice, about 5-8 minutes. Serve on a hot dog bun with any desired toppings, such as mustard or chili.

Foil Packet Meals Template

Can be vegan, gluten-free. Common allergens: none as written



Ingredients

- **Vegetables** (suggestions: potatoes or sweet potatoes, zucchini, mushrooms, onion, bell pepper)
- **Protein** (tempeh, beans, chicken, fish)
- **Seasoning** (marinade, BBQ blend seasoning, herbs or spices)

Instructions

1. **Vegetables:** Cut according to cooking time – slice starchy veggies like potatoes or sweet potatoes into thin coins, about ¼ inch. Chop high-water veggies like zucchini and bell pepper into large 1+ inch chunks.
2. **Protein:** Cut into bite sized pieces. If using tempeh, try steaming it for 10 minutes to reduce bitterness, then marinate in sauce of your choice. Season your protein option.
3. **Assemble packet:** lay down a 12x18 inch piece of heavy duty foil. Place starchy veggies on the bottom, then other veggies and protein, putting the meat on top if using. Top with seasoning and/or sauce.
4. Prepare a campfire. If possible, wait until the fire is reduced to embers. Use a stick to spread out the embers and nestle the foil packet into the embers.
5. If your fire is still going, place the packets on a grill grate over the fire, out of the flames. Turn every few minutes and flip onto other side. Cook until protein is fully cooked and vegetables are tender.

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Stuffed Bananas

Gluten-free, can be vegan. Common allergens: peanuts

Serves 4



Ingredients

- 4 bananas, just ripe or a little green
- ½ cup peanut butter, organic preferred
- ½ cup dark chocolate chips
- ½ cup chopped peanuts, organic preferred

Other Toppings

- Chocolate + marshmallows + crumbled graham crackers
- Strawberries + hazelnut spread + hazelnuts
- Chopped nuts
- Cold cereal
- Other fruit

Instructions

1. Using a paring knife, cut a slit in the banana lengthwise along the inside curve. From the cut, peel the banana open, leaving the peel on.
2. Spread a layer of peanut butter on the inside of the banana, then add chocolate chips.
3. Use a 12" square of foil to wrap the banana. Repeat steps 1-3 with remaining bananas.
4. Prepare a campfire. If possible, wait until the fire is reduced to embers. Use a stick to spread out the embers and place the foil-wrapped bananas on top.
5. If your fire is still going, place the wrapped banana on a grill grate over the fire, out of the flames.
6. After about 5-10 minutes, use tongs to give the wrapped banana a light squeeze. If it gives a little, it is probably done. Remove from the embers. The foil will cool down quickly but open the foil very carefully because any steam released will be very hot. Pull back the banana peel and eat the insides with a spoon.

Tips

To make ahead at home: Stuff bananas, then place on a baking sheet (no need to wrap in foil) and roast for 8-12 minutes at 400°F, or until banana gives a little when squeezed.

5 Ingredient Chili

Vegetarian, can be vegan, gluten-free. Common allergens: none

Serves 4-6



Ingredients

- 1 tablespoon canola oil
- 1/2 medium yellow onion, diced
- 2 15-oz cans pinto beans, rinsed and drained
- 16-ounce jar salsa
- 2 tablespoons chili powder
- Salt and pepper to taste

Instructions

1. In a large pot over medium heat, sweat onions in 1 tablespoon oil and season with salt and pepper. Stir and continue cooking on medium heat until translucent and soft.
2. Add beans, salsa, and chili powder. Add enough water to cover the mixture but not make it soupy. Bring mixture to a simmer, cover and cook for at least 20 minutes, preferably 30 - or until it is thickened. Add more water to thin if necessary.
3. Serve warm.

Optional Ingredients

1 bouillon cube, cumin, or diced vegetables (sweet potato, carrots, bell pepper).

Toppings

Green onion, red onion, avocado, lime juice, cheese, hot sauce.

Put of top of: Baked potato, carrot dog, rice.